



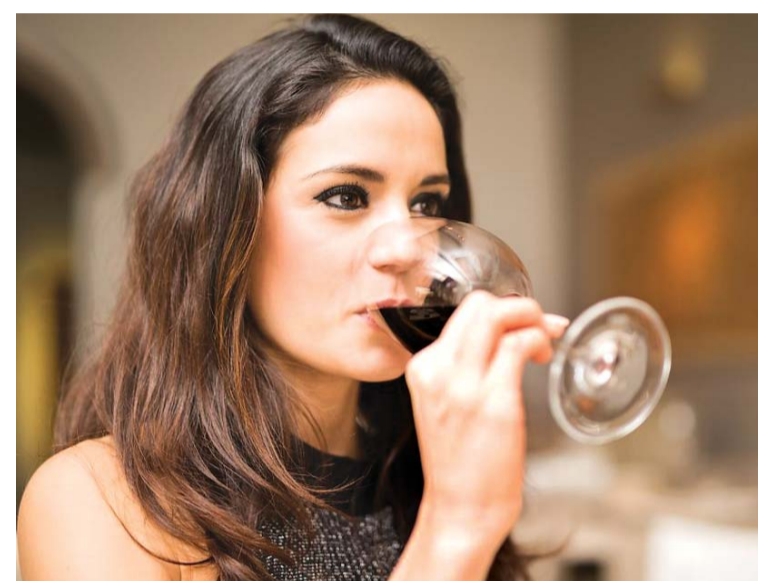
Mountain Day

Looking for a thrilling adventure? Explore the breath-taking heights, stunning vistas, and diverse wildlife of these majestic landmasses. Enacted on May 23, 2014, officials in Japan announced that they would celebrate and promote Mountain Day as a public holiday in the country. The purpose and idea behind the day is a simple one: get to know and appreciate the mountains and the blessings that come from them. Head into nature to enjoy the beauty and appreciate everything it has to offer on Mountain Day!

#RESEARCH

Just ONE Drink A Day Can Raise Your Blood Pressure

Finding a linear correlation between alcohol consumption and systolic blood pressure is important because systolic pressure-the force against the artery walls as the heart contracts-is a strong predictor of cardiovascular disease risk.



Limiting yourself to one alcoholic drink a day may not be enough to avoid detrimental effects on your health, researchers report.

The new study confirms for the first time that both low and high daily alcohol intake are continuously associated with increases in blood pressure levels, potentially increasing the risk of cardiovascular disease.

The findings were the result of combined analysis of seven international research studies conducted between 1997 and 2021 in almost 20,000 adults in the US, Korea, and Japan in whom the association between usual intake of alcohol and blood pressure could be observed for periods of four to 12 years. None of the participants had been previously diagnosed with high blood pressure, cardiovascular diseases, or alcoholism.

Participants who consumed an average of 12 grams of alcohol per day-roughly equivalent to 1.5 oz. of liquor or one 11 oz. beer-saw systolic blood pressure rise 1.25 mmHg. Consuming 48 grams per day saw a systolic blood pressure increase of 4.9 mmHg.

The association between alcohol consumption and higher blood pressure was robust, being seen for all levels of alcohol intake, in both men and women, and in North Americans as well as Asians.

The findings may be most important for those who already have higher than desired blood pressure levels, says Paul Whelton, professor in the epidemiology department at Tulane University's School of Public Health and Tropical Medicine and co-author of the study in the journal Hypertension.

"We found participants with higher starting blood pressure readings had a stronger link between alcohol intake and blood pressure changes over time," he says.



"This suggests that people with a trend towards increased, though still not high, blood pressure may benefit the most from low to no alcohol consumption."

Diastolic blood pressure-the force against artery walls between heart beats-is less of a risk predictor. Still, diastolic blood pressure rose 1.14 mmHg per 12 grams of daily alcohol and 3.1mmHg per 48 grams of daily alcohol, though the effect was only seen in males.

"We found no beneficial effects in adults who drank a low level of alcohol compared to those who did not drink alcohol," says senior study author Marco Vinceti, professor of epidemiology and public health in the Medical School of the University of Modena and Reggio Emilia University in Italy.

"We were somewhat surprised to see that consuming an already-low level of alcohol was also linked to higher blood pressure changes over time compared to no consumption-although far less than the blood pressure increase seen in heavy drinkers."

No Grief Greater Than “सन्तान शोक”

One morning we were told That Kaka and Khurima were leaving Jaipur to work with a group of Quakers in the interior of Odissa amongst the tribals. Their opulent property was sold at a short notice at one-tenth the market price. They couldn't have cared less. The Shalimar cinema was made on the plot and now the Sangam Complex dominates the area. After working with Quakers their sorrow was lessened by helping the tribals in the area. Besides this the strong principles of simple living and strict rules of behaviour amongst the Quakers made their burden lesser. I remember how Gita Khurima's eyes would moisten many years later whenever we met. I suppose I was a constant reminder of Kajaol for her. The sorrow diminishes but never disappears. It is only possible to divert one. Samir Kaka and Gita Khurima lived for nearly fifty years after that but they were never the same.



Dr. Goutam Sen
CTVS Surgeon
Traveller
Story teller

There is no greater loss than that of an adult child. My heart goes out to Sejal and Mehul at the bereavement for their beloved son Keshav. There was so much joy when he was born. A fourth generation to the empire of the Emerald King, Khel Shankar Durlabhji had been born. Soon after his birth he failed to thrive and then it was discovered that he suffered from Thalassemia. It was a thunderous blow to the family. Rashmi Kant, his grandfather, was the one who decided about the measures to be taken to care for him. He was a man of clear thought and quick decisions. Rashmi Kant asked around and was informed that such children need repeated blood transfusions to survive. There would be side effects, out of which deposition of iron in all tissues, would be responsible for damage and shorter life. Incidentally, he and Keshav were of the same blood group and so a system of blood collection from Rashmi Kant and transfusion to Keshav was organised. This required

a good blood bank. Since Santokba Durlabhji Hospital was a part of the Durlabhji trust it was decided that a good and modern blood bank be created as fast as possible. That was the beginning by Dr. B C Sangal and then soon all other modalities like fractionation and other development raised the level of the SDMH blood bank to be that of a reliable regional blood bank. All hospitals in far-flung areas of Rajasthan and Haryana could appeal for blood components from it. I remember the very early days when blood was difficult to get and relatives had to be goaded to donate blood for major operations. They would all plead ill health or myriads of reasons to avoid donating blood. With increasing understanding of the

virtually no shortage of blood of the common groups. It is amazing that more than thousand bags of blood can be collected in a single day in a blood donation camp. There is an assurance of reciprocity which ensures that the donor will be entitled to blood in required numbers when the need arises. Even the rare negative groups are available on lists and those come quickly on call. The blood bank at SDMH has gone one step further created a list of thalassemia patients who are now regular recipients of blood. Myriads of reasons to avoid donating blood. With increasing understanding of the

#GRIEF



My father and Samir Kaka



nearly my age. She was brought up in a prim manner as her mother was convent educated and improper behaviour was just not acceptable. We did not meet often although they lived in a magnificent thatched house with thick mud walls nearby. They could well afford a pucca house but this was a part fancy and part effect of Quakers in the interior of Odissa amongst the tribals. Their opulent property was sold at a short notice at one-tenth the market price. They couldn't have cared less. The Shalimar cinema was made on the plot and now the Sangam Complex dominates the area. After working with Quakers their sorrow was lessened by helping the trib-

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Dr. K. R., lost his son in a motor vehicle accident near Dudu on the Jaipur-Ajmer Road. At that time it used to be a two lane road. Accidents do happen and often one dies due to no fault except that one was at that location at that time. Dr. R... and his wife

of a child due to illness or accident. No matter how many precautions are taken death will creep up suddenly on many occasions. The question 'What if?' keeps coming back at odd moments. I remember this teenager pestering his parents for a motorbike. The parents were unwilling. Finally they gave in. A few months later the boy was hit by a fast moving car from the rear and died on the spot. The refrain in their sorrow was - This would not happen if he had not been gifted the motor bike. We could have easily given him a car. I am sure it would have been safer but when death strikes there is no way out.

The biggest problem is how to cope with the sorrow. A couple is surrounded by many loving relations and friends initially, but this does not last long. Later they are totally dependent on each other and to a lesser degree on other children. I am sure there will be tons of books and talks available for coping mechanisms. In the end if there is a system that works it has to arise from within and it should be so powerful that it is able to involve the partner equally well.

were devastated. Both just stopped living. Mrs. R., even stopped speaking. Her eyes were dry and yet they wept. Dr. R was a man of few words even before and became monosyllabic. He had a hearty laugh which disappeared completely. In his effort to remember his son he decided to get a trauma hospital created at Dudu. He felt many of the accident victims could have been saved if immediate medical care was given. His efforts were successful but the hospital had to be shut down due to man power shortage. The couple tried many methods of diversion. They started to go to religious gatherings. Attended Yoga and meditation meetings. Nothing seemed to help. Mrs. R. died an early death!

I often wonder if anyone can really prepare for the loss

#CELEBRATION

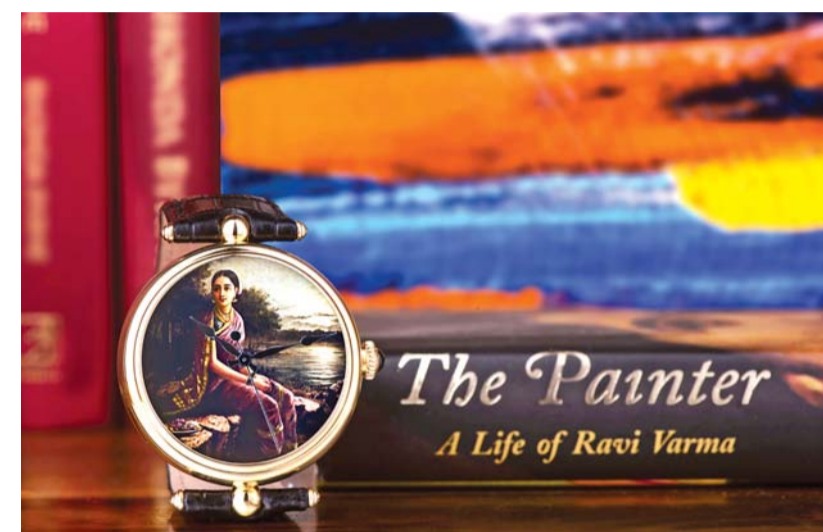
ART MEETS LUXURY

Jaipur Watch Company unveils Raja Ravi Varma Collection celebrating a fusion of heritage and horology.



Tusharika Singh
Freelancer writer
and city blogger

The Jaipur Watch Company, renowned for its exceptional craftsmanship and innovation in horology, has unveiled a masterpiece that marries the realms of art and luxury. In a tribute to the eminent Indian painter Raja Ravi Varma, the company introduced the limited-edition Raja Ravi Varma collection amidst great fanfare in the Pink City.



A Legacy of Artistic Brilliance

Raja Ravi Varma, a luminary in the annals of Indian artistry, is celebrated for his unparalleled fusion of European academic art and indigenous Indian sensibilities. Hailed as the first modern Indian artist, Varma's legacy is a tapestry of divine depictions and timeless mythological narratives. Notably, his groundbreaking efforts to democratize art through affordable lithographs made his work accessible to all. Joining and retiring into religious communities has been the common method advocated. Others feel listening to discourses help. Others try and immerse themselves into work and business in a wholesome manner. All this may help. But finally it must be accepted that there is no balm. In a solitary moment the face, smile and other actions of the beloved child lost does flit into the mind.

A Dual Celebration

The year 2023 marks the 175th birth anniversary of Raja Ravi Varma, coinciding with the 10th anniversary of the esteemed Jaipur Watch Company. To honour these momentous occasions, the company has curated a collection that captures the essence of Varma's artistry and the brand's commitment to excellence.

Telling more about this collection, Gaurav Mehta, Founder & CEO, Jaipur Watch Company, says: "While we have celebrated European artists, we have forgotten the legacy of India's first modernist. That inspired me to create the Raja Ravi Varma watch collection. I reached out to Sachin Kaluskar, who owns the largest collection of Raja Ravi Varma's oleographs and through him, to Rama Varma Thampuran of Kilimanoor Palace, the artist's descendant who heads the Kilimanoor Palace Art Trust. Kilimanoor Palace is where Raja Ravi Varma was born and where, even today, his studio continues to be visited by travellers and art enthusiasts."

A Limited-Edition Tribute

The Raja Ravi Varma collection comprises a rare assortment of limited-edition watches, with only 112 pieces available. Each watch is a testament to precision engineering

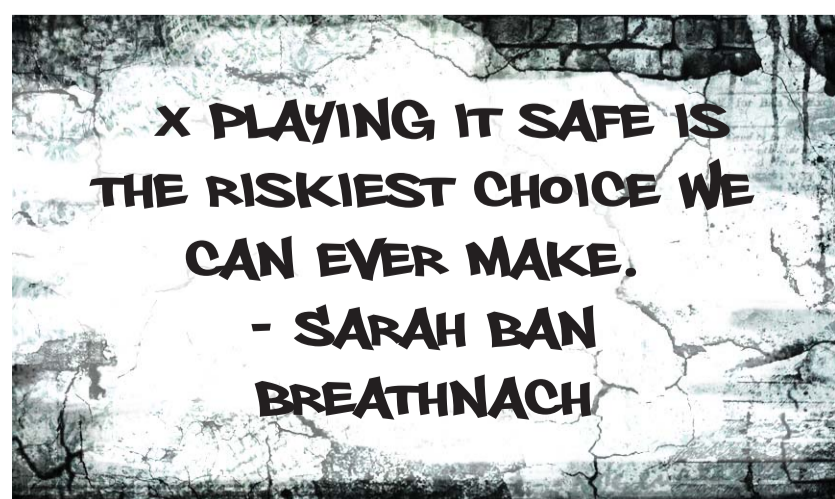


and artistic prowess, paying homage to the timeless legacy of Raja Ravi Varma. Telling more about the process of these watches being made, Mehta says: "To recreate the paintings on the watch dial to perfection, Jaipur Watch Company signed a MoU with Kilimanoor Palace Art Trust and accessed high resolution images of the paintings. A special machine imported from Japan offered us the capability to recreate his oleographs with colours and tones similar to the painting, on the watch face. Each watch carries a certificate of Authenticity signed by Rama Varma Thampuran."

Preserving Heritage

The Raja Ravi Varma collection by Jaipur Watch Company stands as a testament to the symbiotic relationship between art and luxury. By encapsulating the spirit of an artistic visionary within the confines of a watch, this collection not only honours the past but also paves the way for a timeless legacy that merges art, heritage, and horology. As admirers and collectors eagerly await these limited-edition timepieces, the Raja Ravi Varma collection emerged as an eloquent reminder that art and luxury are not just commodities, but conduits to the very essence of human creativity and expression.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman

