



हर रिश्ते का रखे ख्याल...

मशीन में भी धुलाई का वही कमाल



पेश है
ओसवाल लिकिड डिटर्जेंट
और ओसवाल डिटर्जेंट पाउडर

- धुलाई में कम पानी और कम मेहनत
- कपड़ों की चमक और रंग बरकरार
- ज़िद्दी दागों पर भी असरकारक
- कोई हानिकारक केमिकल नहीं
- हाथों को मुलायम रखे
- घुलने में आसान



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ओसवाल सोप ग्रुप



हर रिश्ते का रखे ख्याल...

6 करोड़ परिवारों का विश्वास

जब अपने घर का हो सवाल, तो सिर्फ ओसवाल

क्यालिटी प्रोडक्ट्स की विशाल श्रृंखला

ग्लिसरिन बाथ सोप 100g	लिक्विड हैंड वॉश 250ml	लिक्विड डिशवॉश 500ml	डिटर्जेंट लिक्विड 1Ltr.	टॉयलेट क्लीनर 1Ltr.	ग्लास क्लीनर 500ml
फ्लोर क्लीनर 550ml	चाय पत्ती 1kg	डस्ट चाय 250g	देसी खांड 1kg	बासमती चावल 1kg	पोहा 800g
हल्दी पाउडर 500g	मिर्च पाउडर 1kg	धनिया पाउडर 500g	जीरा 1kg	सैंधा नमक 1kg	काला नमक 1kg
कच्ची धानी तेल 1Ltr. & 5Ltr.	रिफाइंड सोयाबीन तेल 1Ltr. & 5Ltr.	रिफाइंड सोयाबीन तेल पाउच 1Ltr. & 5Ltr.	मूंगफली तेल 1Ltr.	अगरबत्ती 50g	घास की झाड़ू 1kg
चना दाल 1kg	मूंग दाल 1kg	हरी मूंग दाल 1kg	काबुली चना 1kg	तूअर दाल 1kg	उड़द धुली दाल 1kg

ओसवाल रिटेल शॉप्स की
जानकारी के लिए क्युआर
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स्कैन करें और ओसवाल
के उत्पाद खरीदें।



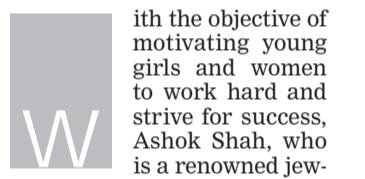
#ART EXHIBITION

Inspired By Her

Evocative portraits of 22 powerful Indian women like Gita Gopinath, Nita Ambani, Kiran Mazumdar Shaw, Roshi Nadar Malhotra, Natasha Poonawalla, Vandana Luthra painted by Ashok Shah are on display till 21 May at the 'Inspired by Her' Art Exhibition in WelcomArt Gallery of ITC Rajputana



Tusharika Singh
Freelance writer and city blogger



With the objective of motivating young girls and women to work hard and strive for success, Ashok Shah, who is a renowned jeweller by profession, painted evocative portraits of as many as 22 exceptional Indian women during the Covid-19 pandemic. These acrylic paintings are now being exhibited at the WelcomArt Gallery of ITC Rajputana till May 21.

Motivating Young Women Through Art

On being asked what got his interest in creating portraits, Shah says: "When I was a child, I used to make pencil sketches, but never paintings. My first painting was of my wife after she passed away in 2009. During the Covid-19 pandemic, I started



making portraits of some friends as a pastime. Then the idea of making portraits of famous Indian women struck me as I found them extremely inspiring for youngsters. So I looked for some of the most powerful Indian women mentioned in the Forbes list and created their portraits."

The exhibition was inaugurated by Rolee Agarwal, Commissioner of Income Tax Department, Rishi Mattu, General Manager of ITC Rajputana and Apna Kuchhal, Chairperson of Care, on May 14. It will be on display till May 21.

Date: 15 May to 21 May
Time: 11 am to 6 pm
Venue: Welcom Art Gallery, ITC Rajputana



Looking For Wolves Met With Bees

It was only 10 in the morning yet it had become pretty hot. Continuous gypsy ride and walking through tough terrain coupled with almost no sleep last night had brought a kind of fatigue and tiredness. The rocky bed, still under shadow of the overhanging hill and trees lured us to stretch on for a while. Sharma, the warden was quite a smoker and he could not resist the temptation of enjoying a fag now. He lit the cigarette and exhaled a 'wow' emitting a bust of tobacco smoke in a stylish spiralled pattern. He was being trained by the reserve management over a period of years in the form of

Sunayan Sharma
IFS (Retd.), Ex field director project tiger Sariska & keoladeo national park, Bharatpur

While some are those who reached a high stature from humble backgrounds. I want to show that these women are at their places not just because of their affluent backgrounds but also because of their grit, hard work and ambition to achieve something in life. Women are hardworking, enterprising and better than men in every sphere of life but the Indian social system is such that they are often bound within the four walls of their home and stuck in domestic chores. Through these paintings, I want to inspire young girls and women to fully utilize their calibre just like the admirable subjects of my artworks."

Art always has room for improvement

Even though Shah has no formal training in art; his area of work (earlier carpets and now jewellery) has been such that he has an eye for aesthetics, design and colour. To make one portrait, the artist takes around a week where he paints for 6-7 hours daily. However, finding the work is an ongoing process that never really ends. "After making a portrait, I keep it in my bedroom and every time I look at it, I can see some room for improvement," says Shah, for whom art translates as the constant urge to do better and serves as a perennial source of inspiration.

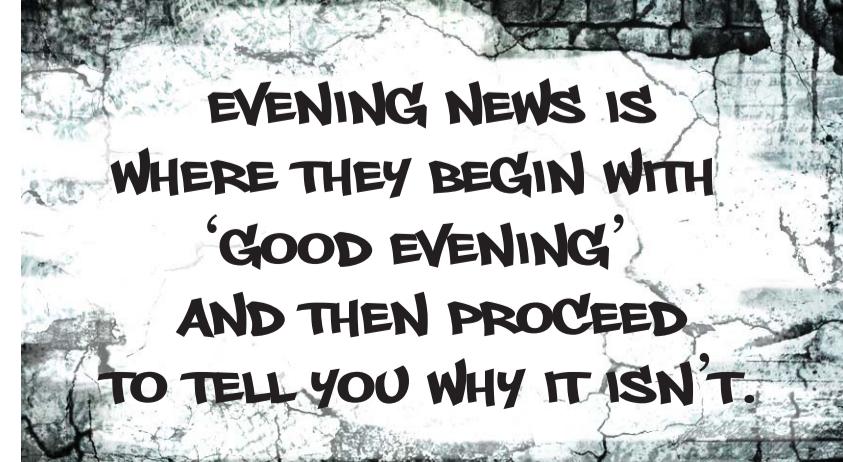
Future Plans

To fulfill his desire to inspire young women, the artist plans to take this exhibition to several colleges in the city. Later, he also plans to exhibit his work in Mumbai and invite the women whose portraits he has painted. "Though currently I am not working on a new series but I would love to paint portraits of top 20 women from Rajasthan who have made a name for themselves nationally as well as globally," tells Shah.

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THE WALL

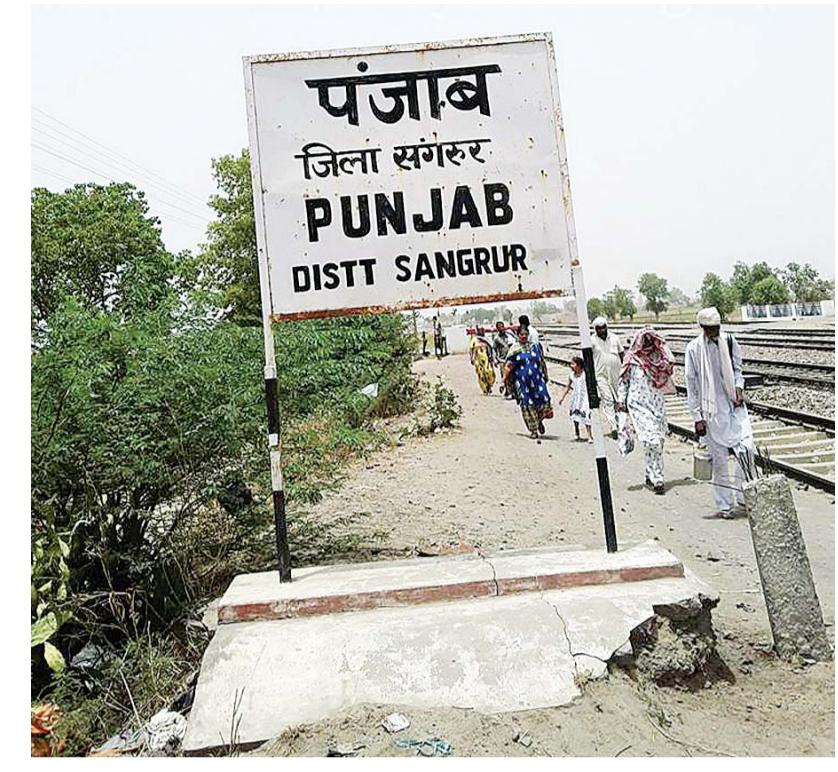


BABY BLUES



World Bee Day

ately, the concerns about bees being endangered have become widely noted among people all over the world, but information on how to take action about it has become scarce in this age. That's why World Bee Day exists to educate people about the importance of bees and other pollinators for our ecosystem, and how they can help preserve them for the sake of the future.



Nothing unusual was found except what had been experienced in past years. At places forest guards were found absent, leaving their partners alone in the deep down jungles. At Bhagani I waited at one such point for an hour as the other member of this party was a student volunteer from Alwar and the hideout was made on a state time abandoned shikar howdy (tower). It was core tiger area and the tower was located on a hillock overlooking a perennial water stream called Tuda. The young lad seemed quite scared.

The guard had gone to bring chhaichi (butter milk) from the Bhagani guwada (cattle camp). Sambar and chital were coming to the water hole individually or in small groups. Apart from the scary atmosphere another big problem

villagers but could find no dependable evidence. Checking the pug marks of wild animals including the suspected pack of wolves, I reached a rocky forest pocket by the side of a stream discharging into the Manasarovar Lake. With me were few field personnel and the honorary wildlife warden of Sariska, nominated by the state government, who had accompanied me on this trip.

It was only 10 am in the morning yet it had become pretty hot. Continuous gypsy ride and walking through the tough terrain coupled with almost no sleep last night had brought a kind of fatigue and tiredness. The rocky bed still under shadow of the over-hanging hill and trees lured us to stretch on for a while. Sharma, the warden was quite a smoker and he could not resist the temptation of a fag now. He lit the cigarette and exhaled a 'wow' emitting a bust of tobacco smoke in a stylish spiralled pattern. He was being trained by the reserve management over a period of years in the form of

Among these volunteers was Mr Kumavat, a middle aged, plump bodied person clad in white shirt and pyjama. He was a teacher in a primary school at Dausa but by appearance looked more like some small kirana store merchant. He could be good enough for humans' census but seemed totally unfit for the wildlife census. So justly he was dropped in the first interaction but on his insistence I placed him at a hideout made on a comfortable masonry structure, a remnant of an abandoned forest outpost close to Madhogarh village located on the bank of the Ruparela River. The State Highway No 13, joining Alwar to Jaipur passes through Madhogarh and thus being a disturbed point probability of large cats' visits was negligible here. Also a forest guard was put with him. He was as happy as in his designation points like Kalighat and Slokha having highest probability of tiger sightings. But I could not agree to his demand and consequently he had to move to Madhogarh with a wary face.

The census was scheduled for 24 hours from 4 pm today so according to all the parties were transported to the designated machans. As usual about 4.30 pm, I too started in my

Unfolded Hidden Secrets

It was my sixth sense that shaking off lethargy with a quick jerk I stood back on the ground to check if everything was ok. And what I witnessed was something I could not wash off my mind for decades. There was a huge honey comb barely a foot away from our stretched hands. Sharmani's one hand was almost touching the other border of the comb. Instantly, I shook him and yelled for the staff who were also resting few yards away from us and totally ignorant of this development.

To verify the fact, early morning next day I enquired from Dabkan

was mosquitoes. After an hour when the guard reached he had brought a bed sheet also from the guwada for protection against these flying giants, expert in sucking blood by piercing human body. Amongst so much of adversaries the only satisfaction the young lad had was the sighting of a fascinating panther which had visited the water hole as early as 7.30 in the evening.

The guard was justifying his absence but his act was unpardonable under the circumstances. I warned him not to leave the tower till the census is completed.

Late night I finished the round and reached Tehla for a rendezvous with the range officer. Reports were pouring in from various ranges on wireless about tiger, panther sightings. But the range officer at Tehla could bring no evidence about the presence of wolves as reported by him last evening.

To verify the fact, early morning next day I enquired from Dabkan

and head of the neurology department at Washington University School of Medicine in St Louis. We can cure stroke in a mouse using blockers of excitotoxicity. But in humans we performed numerous clinical trials, and we couldn't move the needle. Every last one of them was negative.

In this study, out of 20,000 genes, the top two genetic hits point to mechanisms involving neuronal excitation. That's pretty remarkable. This is the first genetic evidence that shows excitotoxicity matters in people and not just in mice."

Every year nearly 800,000 people in the US have ischemic strokes, the most common kind of stroke. Ischemic strokes occur when a clot blocks a blood vessel and cuts off oxygen to part of the brain, triggering sudden numbness, weakness, confusion, difficulty speaking, or other symptoms. Over the next 24 hours, some people's symptoms continue to worsen while

others stabilize or improve.

Excitotoxicity in Stroke

In the 1990s, Dennis Choi, then head of the neurology department, performed groundbreaking research on excitotoxicity in stroke. He and others showed that stroke can cause neurons to release large amounts of glutamate, a molecule that transmits excitatory messages between neurons.

Before Sharmani could understand the situation we were all surrounded by several bees. The staff suggested entering the stream, expecting the bees to leave us. We ran for life, entering the stream but the bees did not leave their chase. To my bad luck they unanimously identified me as the main culprit and consequently attacked me in the brutal-most manner I was wearing a jungle cap. Some bees entered it. I knew well that bees become ineffective in darkness but the sudden attack had soaked my wits and I committed the blunder of removing my cap to free the trapped bees. Instead of leaving me the freed bees attacked me ferociously.

I was running crossing the stream and the bees were chasing me. Sharmani and the staff personnel were shouting to leave the hills too.

The semi dry stream was about 40 feet wide. There was a bagicha (small garden like common place) on the other side of the stream where a user used to live since long. Sensing our trouble he came running to help us out of the situation. The bees had started returning, as if showing respect to the saint. Taking us to the shelter of his hut he pulled out all the stings from our body and then gave us a hot concoction made of ghee, black pepper and some other herbs. This first aid brought us enough relief to enable us to reach Sariska. The assistant field director had already brought a doctor from Thanagazi, who provided allopathic treatment as well.

Every census unfolded hidden secrets of nature to me and this too thrilled me with unique experiences full of adventure and excitement.

For more of such escapades I will try to share with the readers in the sequel to follow.

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By Rick Kirkman & Jerry Scott

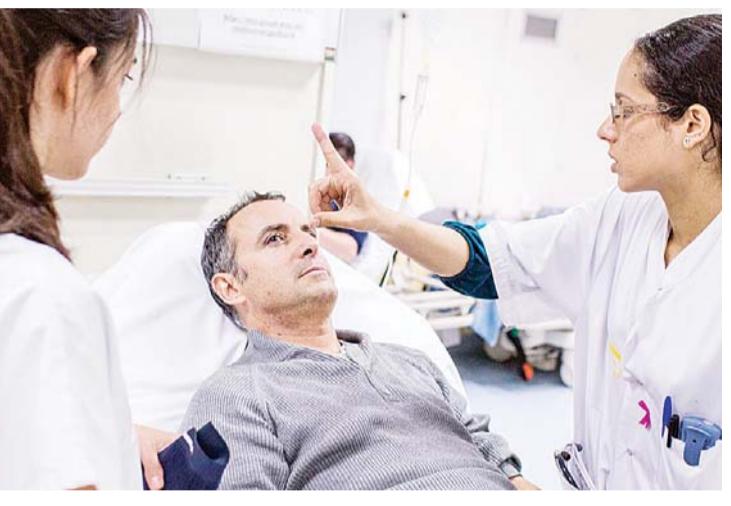
ZITS



#RESEARCH

Improving Stroke Recovery

By scanning the whole genomes of nearly 6,000 people who had experienced strokes, researchers identified two genes associated with recovery within the pivotal first 24 hours after stroke.



A new study has prompted scientists to reconsider a once-popular yet controversial idea in stroke research. The researchers believed that, in the aftermath of a stroke, calming overexcited neurons might prevent them from releasing a toxic molecule that can kill neurons already damaged by lack of oxygen. This idea was supported by studies in cells and animals, but lost favour in the early 2000s after numerous clinical trials failed to improve outcomes for stroke patients.

But a fresh approach has yielded evidence that the idea may have been discarded too hastily. The new findings appear in the journal *Brain*.

By scanning the whole genomes of nearly 6,000 people who had experienced strokes, researchers identified two genes associated with recovery within the pivotal first 24 hours after stroke. Events good or bad—that occur in the first day set stroke patients on their courses toward long-term recovery.

Regulating Neuronal Excitability

Both genes turned out to be involved in regulating neuronal excitability, providing evidence that overexcited neurons influence stroke outcomes.

"This gets back to this lingering question about whether excitotoxicity really matters for stroke recovery in people," says co-senior author Jin-Moo Lee, profes-

or and head of the neurology department at Washington University School of Medicine in St Louis. We can cure stroke in a mouse using blockers of excitotoxicity. But in humans we performed numerous clinical trials, and we couldn't move the needle. Every last one of them was negative.

As members of the International Stroke Genetics Consortium, the research team was able to study 476 ischemic stroke patients from seven countries: Spain, Finland, Poland, the United States, Costa Rica, Mexico, and South Korea. They measured each person's recovery or deterioration over the first day using the difference between their scores on the National Institutes of Health

stroke scale. The results showed that the two genes identified in the mouse were also associated with stroke recovery in humans. "We started with no hypotheses about the mechanism of neuronal injury," Cruchaga says. "We started with the assumption that some genetic variants are associated with stroke recovery, but which ones they are, we did not guess. We tested every single gene and genetic region. So the fact that an unbiased analysis yielded two genes involved in excitotoxicity tells us that it must be important."

In the years since anti-excitotoxic drug development was abandoned, clot-busting drugs have become the standard of care for stroke. Such drugs aim to restore blood flow so that oxygen and anything else in the bloodstream, including medication can reach affected brain tissue. Consequently, experimental neuroprotective therapies that failed in the past might be more effective now that they have a better chance of reaching the affected area.



By Jerry Scott & Jim Borgman



THE WALL



BABY BLUES



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ZITS



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