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I don't know the key to success, but the key to failure is trying to please everybody.
 —Bill Cosby

Depression-fighting tips

Depression can help depression. But a type of therapy called cognitive behavioral therapy (CBT)—which focuses on changing behavior, rather than talking about your childhood, for instance—can be an effective adjuvant to or even substitute for drugs. "It's much more focused on what you seem to be doing and thinking that is keeping you depressed," Simon Rego, PsyD, director of psychology training at Montefiore Medical Center in New York City. Some of its methods can be practiced at home, on yourself, with no special training. So here are some tips for breaking the cycle of negativity. One way to sabotage yourself is to take a single event and treat it as an ongoing source of negativity. "People who are unemployed do this a lot," says Rego. "They've lost their job because of the economy and they personalize it." It's also unhealthy to catastrophize—focus on the worst imagined outcome, even if it's irrational. For example, don't let concerns about money escalate into the conviction you'll soon be homeless. Instead of thinking, "I'll never get another job," try to say to yourself: "I will get another job. It just may take some time." Ever clash with a colleague or fight with a friend and then keep obsessively thinking about it, amplifying the anger, stress, and anxiety associated with the memory? Known as rumination, this type of thinking is linked to a greater risk of becoming or staying depressed. While reflection is a good thing, and may help you solve problems, rumination does the opposite. If you catch yourself ruminating, studies suggest it may help if you try to distract yourself, meditate, or redirect your thoughts. Cognitive behavioral therapy often targets rumination because it can be so damaging to mental health. Very few (if any) of us are blessed with the ability to predict the future. But depressed people will often convince themselves they know what will happen a day, a month, or a year down the line. And it's usually bad, if not downright catastrophic. Fortunately, our dire predictions rarely come true. Try to stay in the present. It's much more manageable and you're less likely to blow things out of proportion. It's pretty pointless to tell yourself you should have done this or shouldn't have done that. You can't change the past, but you can live in the present. Just accept that you made the best decisions you could have made with the information or resources you had at the time. Hindsight is always 20/20, so best to try to just let it go and don't beat yourself up for perceived missteps. And do a rumination check; ruminating about the past can generate anxiety, just as worry about the future. A hallmark of depression is isolation. It can happen easily if you're not working, or you're avoiding people because you're depressed. But reinvigorating or expanding a social network provides an opportunity to get support, perhaps even from people in the same or a similar situation, says Rego. "Once you start reconnecting with people, you get a sense they understand," he says. "You get positive advice and encouragement and it's often done in activities that end up being fun." Staying home alone will perpetuate the depression. Getting out with other people—even a little bit—will lift your spirits. Even if you don't feel like it, make sure you get up at a set time, eat meals at the same hour every day (even if you're not hungry), and avoid lounging on the couch during the day lest it prevent you from sleeping well at night. "People who are depressed tend to eat or sleep inconsistently," says Rego. "Even if you're unemployed or feeling down, it's really important to set and establish a daily routine as best you can. This gives you a sense of regularity that can help with a depressed mood." If you can incorporate socializing into your routine, all the better. Black and white is great for zebras, but not thoughts. Depressed people tend to think in extremes: I'm a loser. No one loves me. I'll never get a job. But your thought patterns could put you in a rut or keep you there. "Being depressed or sad is going to color the way you think about yourself in a negative direction," says Rego. These thoughts can paralyze you and stop you from doing the very things that will get you out of a lousy situation. Try to think in shades of gray, says David R. Blackburn, PhD, a psychologist with Scott & White Hospital in Temple, Texas.

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LEAVE DARKNESS, FOLLOW LIGHT

By studying scriptures you will know that great Divine Beings incarnated in all religions. All scriptures describe them. All these Masters said that we should eradicate the darkness of ignorance in our life and follow the Light. Guru Nanak Dev Ji said, "Gyan anjan sadguru diya, agyan andher vinas. Hari kripa te sant bhetiya, Nanak man prakash." "The Master gave me the salve of Knowledge by which the darkness of ignorance has vanished. By the Grace of God, I met a saint and my mind is all light." Only by the grace of the Almighty does one happen to meet a true saint and the Spiritual Master. It is written in Shri Ramcharitmanasa, "Punya pooja binu milahin na santa." "Without a lot of spiritual merit, one does not come in contact with a true saint." When the postman comes to your door you know that you are to get some news. Likewise, when you meet saints you understand that you are going to get a letter from God. We do not see in the dark. When there is light then you see who is sitting near you or whether the way ahead is clear or not. The absence of light is darkness. When sun sets, then it becomes dark. Likewise when the Master imparts the light of Knowledge we turn towards the sun, the Truth. When Knowledge illuminates the mind, one is able to understand what is good and what is bad, or what we have to adopt and what we have to give up. We remember the Divine Masters because they incarnated from time to time to



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impart and spread Spiritual Knowledge to mankind. The Divine Light saves people. Lord Shri Krishna tells Arjuna that He first imparted the Spiritual Knowledge to the sun. Scientists also say that there was a big bang in the sun from which a mass, which we now call 'Earth', was ejected and it and the other planets were formed. Lord Shri Krishna says in the Bhagavad Gita, that He gave the Knowledge to the sun. When Arjuna heard this, a doubt cropped up in his mind so he said, "Lord, you are my age, so how could you have given Knowledge to the sun?" Lord Krishna replied, "Arjuna, you and I have taken many births. You do not remember them but I know all about them. You and I have had so many bodies. I also change many bodies from time to time." When our clothes wear out, we put on new ones, or we wash the old clothes and wear them again. When our clothes are torn, we throw them away. Lord Krishna compares the human body with clothes. When the old body becomes feeble, when it suffers from various diseases, we abandon it and put on a new one. That is why Lord Krishna said, "You and I have already taken many births. I know all about those, whereas you do not know, because you have limited knowledge, while I am all-knowing and possess the Knowledge of the immortal Self." When Lehna went to Guru Nanak Dev Ji, the Master asked said, 'Son, what is your name?' Lehna said, 'Maharaj Ji, I am known as 'Lehna'.' Then Guru Maharaj Ji said, 'Brother, your name means 'to take' and I am the giver. I impart the Spiritual Knowledge to a true seeker.' Guru Nanak Dev Ji initiated Lehna and made him his own. This is the greatness of a divine Master. That is why it is said, "Guru ko kijiye dandavat, koti koti pranam. Keet na jane bhring ko, guru karlen ap saman." "Prostrate to the Master millions of times, because he makes a devotee like himself, just like the bhringi wasp transforms an ordinary insect into a bhringi like itself. The Master, out of unbounded compassion, makes a disciple like himself, by imparting the Spiritual Knowledge to him. Shri Chand and Laxmi Chand were the two sons of Guru Nanak Dev Ji. Guru Maharaj Ji wanted to test whether they obeyed his commands or not. One day in winter, Guru Maharaj Ji was walking with both sons. A golden vessel he was carrying fell into a swamp. He asked his sons to go and retrieve it. Both sons said, "It's very cold and the swamp is very dirty. We have plenty of such things, so we'll go home and bring one here to fulfill your wish." But Guru Maharaj Ji was not satisfied. He turned to Lehna, who immediately jumped, fully clothed, into the swamp and brought out the golden pot. He washed off the mud and gave it to Guru Maharaj Ji. Guru Nanak Devji was so pleased by Lehna's service that he transmitted his spiritual power to him, not to his two sons. Later on Lehna became the famous Guru Angad Dev. Emperor Akbar asked his minister Birbal, "Where does God live and what does He do?" Birbal begged for time and went home very unhappy. When his son saw that his father was sad, he asked, "Father, tell me the reason for your sadness." His father told him about the Emperor's questions. His son replied, "Father, go to Court tomorrow and tell the Emperor that your son will reply to his questions." Next day, Birbal arrived at Court and saluted the Emperor. The Emperor asked for the answers to his questions. Birbal said, "Your Majesty, your questions are so simple that my son will answer them." The Emperor asked Birbal's son, "Where does God live?" The boy replied, "Maharaj, please bring me some milk." The Emperor did so. Birbal's son said, "Kindly tell me where the butter is in this milk. Is it up or down or on the left or the right side?" The King replied that butter is everywhere in the milk and can be extracted by applying a particular procedure. Then Birbal's son said, "Your Majesty, in the same way God is omnipresent. He is everywhere in the world but can be revealed only by applying a particular procedure." When our devotion is full of love, when we receive Knowledge and do meditation then God, like the butter, is revealed. King Akbar accepted this answer. Then he said, "My second question is: what does God do?" Birbal's son said, 'Maharaj, you are a learned man. You, who are asking the question, are sitting on a throne and I, who am giving the reply, is standing at a lower level! The person giving the reply at least deserves to be respected like a Guru.' Emperor Akbar said, "You are right. I made a mistake. Come and sit on my throne." The King seated him on his throne while he himself stood down below. Then Birbal's son asked the King about his next question. Akbar said that his

second question was, "What does God do?" Birbal's son replied, "You have just seen it. He demotes a King and elevates a pauper to the level of a king. I could never had sat on this throne but by the Grace of God, I am now sitting on it and you, even though you are the King, are standing beneath it." It is said, "Rai ko parvat kare, pravat rai mahin." "God can turn a mustard seed into a mountain and put a mountain within a mustard seed." This potential is within that divine power to whom we pray and prostrate and we understand that divine power incarnates on Earth in every Age for the salvation of mankind. "Paritranay sadhunam, vinashay cha dushkritam. Dharma sansthanarthaysambhawami yuge yuge." Lord Shri Krishna says in the Bhagavad Gita that He incarnates on this earth in each era to uplift and give enjoyment to saintly people, to destroy evil doers and to establish the true dharma. I also want to say that we must spread the same message of salvation to mankind given by Lord Shri Krishna which will change hearts and bring true transformation. Today it is essential to adopt and follow that message. We need the spiritual message of Guru Nanak Dev Ji and the ten Sikh Masters, which could change the hearts of people, could eradicate hatred and inspire love instead and make the Ganges of love flow through India. So, let us follow the spiritual message of the saints in our life. Divine Masters incarnated on this earth from time to time. Let us adopt their message which will transform our hearts. Receive the Spiritual Knowledge, meditate and remember the Holy Name of God to make your life successful.



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घुटनों के दर्द की दवा

घुटनों के दर्द की समस्या आजकल आम होती जा रही है कई बार ऐसा भी होता है कि किसी कारणवश चोट लग जाने से या बढ़ती हुई उम्र के कारण या फिर वृद्धावस्था में हड्डियों के कमजोर हो जाने से अक्सर घुटनों में दर्द होने लगता है. इस लेख में हम आपको घुटनों के दर्द से राहत दिलाने के लिए कुछ घरेलू नुस्खे बता रहे हैं जिनका उपयोग करने पर लगभग 7 दिन में ही आपको घुटनों के दर्द से राहत मिल जाएगी. यदि आपके घुटनों में लगातार या थोड़ा-थोड़ा दर्द या तेज दर्द बना रहता है तो यहाँ दिए गए घरेलू नुस्खे आजमाएँ और आपको 7 से लेकर 15 दिन के अन्दर-अन्दर इन घरेलू नुस्खों से पूरा-पूरा आराम मिल जाएगा और कभी आपके घुटने दर्द नहीं करेंगे. घुटनों के लिए दर्द निवारक दवा बनाने के लिए आप नीचे दिए गए कुछ नुस्खे आजमाएँ. किसी चोट का दर्द हो या घुटने का दर्द आप इस दर्द निवारक हल्दी के पेस्ट को बनाकर अपनी चोट के स्थान पर या घुटनों के दर्द के स्थान पर लगाइए इससे बहुत जल्दी आराम मिलता है. दर्द निवारक हल्दी का पेस्ट कैसे बनाएँ इसके लिए आप सबसे पहले एक छोटा चम्मच हल्दी पाउडर लें और एक चम्मच पिसी हुई चीनी और इसमें आप बुरा या शहद मिला लें, और एक चुटकी चूना मिला दें और थोड़ा सा पानी डाल कर इसका पेस्ट जैसा बना लें. इस लेप को बनाने के बाद आप उस स्थान पर जो घुटना दर्द करता हो लेप को लगा ले और ऊपर से बैंडेज या कोई पुराना सूती कपड़ा बांध दें और इसको रातभर लगा रहने दें और सुबह सादा पानी से इसको धो ले इस तरह से लगभग 1 सप्ताह से लेकर 2 सप्ताह तक ऐसा करने से आपके घुटने की सूजन मौसपेशियों में खिंचाव अंदरूनी चोट से होने वाले दर्द में बहुत जल्दी आराम मिलता है.



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Health Ministry to Establish e-enabled Structure for Regulating Sales of Medicines

Mumbai:- Aiming to ensure availability of right drugs that meet the standards of quality to the patients, curbing anti-microbial resistance (AMR) and also regulating the supply of medicines through online/ internet to persons or other entities in and outside India, the Union Health Ministry will soon establish a robust e-enabled structure for regulating sale of medicines in the country. In this regard, the ministry proposes to develop an electronic platform which will be developed and maintained by an autonomous body under the Union ministry of health and family welfare. All manufacturers will be required to register themselves with this portal and enter data relating to sale of drugs on the said e-platform to different distributors i.e. the stockists/wholesalers or other wise with batch number, quantity supplied and expiry date of the batch. All stockists/wholesalers or other distributors will, also be required to register themselves on the said portal and enter details of stocks received and supplied by them to further distributors or retailers. The data can be entered both through online and by using mobile phones. The pharmacies located in rural and other remote areas can upload the data either through mobile phones or through internet at least once every fortnight. No retailer/chemist/e-pharmacist outlet shall be permitted to sell any medicine/drug unless such pharmacy is registered on the e-portal. The retailers i.e. the chemists and druggists or e-pharmacy outlets will be required to enter all details of the medicines/drugs received, sold, returned to the manufacturer or disposed of in any other manner. as per the proposal, no sale by e-pharmacy shall be permitted to be carried out by any person or entity unless it has a licenced brick and mortar facility in each of the Licencing Authority's jurisdiction. No dispensing/ sale of drugs shall be permitted by any entity beyond the area for which a licence has been granted. Medicines other than drugs included in Schedule H, H1 and X will be dispensed or made available/distributed to any person only against prescription of a registered medical practitioner. However, in case of a few identified medicines, any other person specifically authorised (such as ASHA) to distribute a particular class of medicines may do so. The details of medicines dispensed will be entered in the e-platform and bills will be generated through the system. Such details will include prescribing doctor's Registration number (MCI or state Medical Council or the Dental Council of India) or other authorised person's identity number, the name and registration number of the dispensing chemist and the quantity supplied, etc. Details of other than the patient name and identity shall not be necessary in case of drugs not included in Schedule H, H-1 or X. The details of patient authorised person, etc. shall be kept confidential and shall not be disclosed to anyone other than the central and State Drug Regulators or other officers authorised by the Central or State Governments. The details could, after removing the confidential information, be also made available to the Pharmacovigilance Programme of India (PvPI). Hospitals and other clinical establishments or other authorised persons, both in the public sector and the private sector, shall be required to enter details of medicines dispensed or distributed/issued/made available to patients as also details of any adverse reaction, etc. and such data shall be kept confidential and made available only to PvPI and the regulator in the manner specified above. At the backend, a system of audit by regulators for ensuring compliance with the Drugs and Cosmetics Act, 1940 and Rules thereunder will be developed. The audit will be facilitated through offsite analysis. The information collected may also be used by the Ministry of Health and Family Welfare, Government of India for such purposes as considered necessary in public interest. No export of anti-bacterial or any habit forming drug shall be permitted against internet orders. Any person or entity proposing to export other medicines/drugs on the basis of internet orders shall be required to be registered with the CDSCO and details of such registration will be need to be mentioned in the invoice when exporting such medicines/drugs. An appropriate as may be entrusted to it, becomes self-sufficient.





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Skin Care Tips For a Healthy and Glowing Skin in 30s

30s is the best time of your life. You have a stable career. Most probably stable-ish relationships, you have figured out almost everything in your life by the time you are 30 except for one thing, a great skin. Yes, a great skin is a tough nut to crack. If you are thirty, here are some skin care tips that might help you to get a beautiful skin. Take a look! A healthy lifestyle-This one is the trickiest yet the most important thing. However, it is quite a simple phenomenon. If you are not healthy, you won't shine. The glow, the beautiful skin that you long, the blemish free face, it all comes from within. If you are healthy, if you have a good working physical system, it will reflect as a natural glow. So, more or less, the beauty that people talk about is actually a healthy body. Give your body a good dose of natural antioxidants, Vitamins, detoxifiers, and so on. Have a good night's sleep, eat good, workout regularly. For the sake of a younger looking and beautiful skin, maintain a healthy lifestyle, no matter how difficult it is. Moisturise well-Some of the early signs of ageing include crow feet, wrinkle, and fine lines and so on. When we age, our skin tends to dry out and lose the elasticity with the lack of moisture. The mistake that we make as we age; we stop or hardly moisturise our skin, which ultimately dries out our skin and causes the early signs of ageing such as wrinkles. Just moisturise your skin well, after showers, every time you wash your face. Use moisturising creams and lotions or you can go for natural moisturisers such as honey and milk cream. Stay hydrated-Drink plenty of water to keep your naturally moisturised and hydrated. Deficiency of water can cause dry skin, drinking water daily can keep your skin moisturised along with hydrated; preventing signs of ageing such as fine lines and wrinkles. Protect your skin from dust and sun-You may not know but the harmful UV rays are cause of 80 percent of skin ageing. Exposure to sunlight causes pigmentation, one of the early signs of ageing. Researches show that the impact of UV rays on skin can increase with age. Use a good sun-block cream to protect your skin. Live a stress-free life-No matter how preachy it may sound but staying happy is the secret to stay beautiful and young. Stress and worry can cause you to age faster. Yes, whether you are a guy or a girl, stress has similar effect on you. You tend to have wrinkles faster. Smiling and staying away from stress is the key.

माह के त्यौहार

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16.12.2017	धनु संक्रान्ति
18.12.2017	सोमवती अमावस

चावल के पानी से चेहरा धोने के फायदे

उबले चावल के पानी यानी मांड के स्वास्थ्य लाभों के बारे में शायद आप जानतेहोंगे. लेकिन क्या आप जानते हैं कि यह पानी सेहत के लिए जितना फायदेमंद है, त्वचा के लिए उतना ही गुणकारी. जी हां चावल आपकी खूबसूरती में चार चांद लगा सकता है. त्वचा की देखभाल के लिए घरेलू उपायों का प्रयोग करने वालों को पके चावल के पानी से बहुत फायदा हो सकता है. चावल के पानी का इस्तेमाल त्वचा की देखभाल के लिए भी किया जा सकता है. सप्ताह में एक बार इस घरेलू उपाय का इस्तेमाल करने से सौंदर्य से जुड़ी कई समस्याओं का निदान आसानी से हो जाता है. चावल के पानी में मौजूद प्रोटीन, विटामिन और एंटी-ऑक्सीडेंट की पर्याप्त मात्रा के कारण यह त्वचा में नमी बरक. रार रहती है. इसके इस्तेमाल से त्वचा की रंगत निखरती है. चेहरे के दाग-धब्बों और झुर्रियों दूर होते हैं. इसके अलावा मांड से त्वचा में सावट आती है और पोर्स टाइट होते हैं. इन खूबियों के चलते यह पानी एक अच्छा क्लींजर भी है.

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27.11.84	SHRI ANKIT SINGHAL JI	SHIV SHAKTI MEDICOSE	9813066386	JAJJAR	HARYANA
10.12.78	SHRI AMIT MITTAL JI	USHA MEDICAL AGENCY	9826620402	SHIVPURI	MADHYA PRADESH
15.12.74	SHRI ASHOK KUMAR JI	ASHA PHARMA	9534374380	GAYA	BIHAR

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जे.एस.शिंदे (प्रेसीडेंट)



राजीव सिंहल (सचिव)



के.के.सेलवन (कोषाध्यक्ष)

किसी भी चुनाव को जीतने में संगठन की महत्वपूर्ण भूमिका होती है और संगठन की शक्ति अगर मजबूत है तो छोटी-मोटी गलतियों को वोट नजर अन्दाज कर संगठन में ही अपनी आस्था जताता है। जी हाँ इस वाक्य को चरितार्थ किया है ऑल इण्डिया आर्गनाइजेशन कैमिस्ट एन्ड ड्रगिस्ट एसोसियेशन के दिनांक 17-11-17 को जे.पी. पैलेस आगरा में हुए चुनाव ने।

इस चुनाव में JSS पैनल से अध्यक्ष पद फिर से श्री जगन्नाथ शिन्दे ने फार्मा वीजन पैनल के ए.एन.मोहन 186 मत के मुकाबले 399 मत प्राप्त कर 213 मत से और सचिव पद पर JSS पैनल के श्री राजीव सिंहल मो. 9425056394 ने फार्मा वीजन पैनल के सुरेश गुप्ता को 242 मतों के मुकाबले 341 मत प्राप्त कर 99 मतों से और कोषाध्यक्ष पद पर JSS पैनल से के.के.सेलवन ने फार्मावीजन पैनल के बीकाराम चौधरी को 199 मतों के मुकाबले 383 मत प्राप्त कर 184 मतों से विजयश्री दर्ज की।

इस महत्वपूर्ण चुनाव की जीत में JSS पैनल ने अपनी एकजुटता, इच्छा शक्ति और संगठन शक्ति का परिचय दिया और तीनों पदों पर जीत हासिल कर फार्मा वीजन को जबरदस्त पटखनी दी। फार्मावीजन पैनल के सारे दावे हवा हवाई साबित हुये। अन्दाजा सिर्फ इसी से लगाया जा सकता है कि जहाँ सचिव पद पर फार्मा वीजन पैनल के सुरेश गुप्ता 99 मतों से हारे वहीं उनके पैनल के अध्यक्ष प्रत्याशी 213 मतों से और कोषाध्यक्ष प्रत्याशी 199 मतों से हारे इससे ये साफ प्रतीत होता है कि करीब 114 वोट्स ने सुरेश गुप्ता को तो वोट दिया लेकिन अध्यक्ष और ट्रेजरर पद पर JSS पैनल को ही वोट दिया।

अब स्थिति ये है कि तीनों पदों पर अप्पा जी का कब्जा है और उनके सामने चुनौतियाँ भी बहुत हैं। लेकिन विश्वास है कि अप्पा एन्ड कम्पनी आने वाले समय में देश के 7.50 लाख कैमिस्टों के हितों में नये और मजबूत निर्णय लेकर कैमिस्टों के हितों की लड़ाई लड़ती रहेगी। मैडीकल दर्पण मीडिया हाउस की ओर से A.I.O.C.D. की नयी टीम को ढेर सारी शुभकामनायें। **अभय सिंहल मो. 09319980483.**

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Depression-fighting tips

Medication can help depression. But a type of therapy called cognitive behavioral therapy (CBT)—which focuses on changing behavior, rather than talking about your childhood, for instance—can be an effective adjuvant to or even substitute for drugs. "It's much more focused on what you seem to be doing and thinking that is keeping you depressed," Simon Rego, PsyD, director of psychology training at Montefiore Medical Center in New York City. Some of its methods can be practiced at home, on yourself, with no special training. So here are some tips for breaking the cycle of negativity. One way to sabotage yourself is to take a single event and treat it as an ongoing source of negativity. "People who are unemployed do this a lot," says Rego. "They've lost their job because of the economy and they personalize it." It's also unhealthy to catastrophize—focus on the worst imagined outcome, even if it's irrational. For example, don't let concerns about money escalate into the conviction you'll soon be homeless. Instead of thinking, "I'll never get another job," try to say to yourself: "I will get another job. It just may take some time." Ever clash with a colleague or fight with a friend and then keep obsessively thinking about it, amplifying the anger, stress, and anxiety associated with the memory? Known as rumination, this type of thinking is linked to a greater risk of becoming or staying depressed. While reflection is a good thing, and may help you solve problems, rumination does the opposite. If you catch yourself ruminating, studies suggest it may help if you try to distract yourself, meditate, or redirect your thoughts. Cognitive behavioral therapy often targets rumination because it can be so damaging to mental health. Very few (if any) of us are blessed with the ability to predict the future. But depressed people will often convince themselves they know what will happen a day, a month, or a year down the line. And it's usually bad, if not downright catastrophic. Fortunately, our dire predictions rarely come true. Try to stay in the present. It's much more manageable and you're less likely to blow things out of proportion. It's pretty pointless to tell yourself you should have done this or shouldn't have done that. You can't change the past, but you can live in the present. Just accept that you made the best decisions you could have made with the information or resources you had at the time. Hindsight is always 20/20, so best to try to just let it go and don't beat yourself up for perceived missteps. And do a rumination check; ruminating about the past can generate anxiety, just as worry about the future. A hallmark of depression is isolation. It can happen easily if you're not working, or you're avoiding people because you're depressed. But reinvigorating or expanding a social network provides an opportunity to get support, perhaps even from people in the same or a similar situation, says Rego. "Once you start reconnecting with people, you get a sense they understand," he says. "You get positive advice and encouragement and it's often done in activities that end up being fun." Staying home alone will perpetuate the depression. Getting out with other people—even a little bit—will lift your spirits. Even if you don't feel like it, make sure you get up at a set time, eat meals at the same hour every day (even if you're not hungry), and avoid lounging on the couch during the day lest it prevent you from sleeping well at night. "People who are depressed tend to eat or sleep inconsistently," says Rego. "Even if you're unemployed or feeling down, it's really important to set and establish a daily routine as best you can. This gives you a sense of regularity that can help with a depressed mood." If you can incorporate socializing into your routine, all the better. Black and white is great for zebras, but not thoughts. Depressed people tend to think in extremes: I'm a loser. No one loves me. I'll never get a job. But your thought patterns could put you in a rut or keep you there. "Being depressed or sad is going to color the way you think about yourself in a negative direction," says Rego. These thoughts can paralyze you and stop you from doing the very things that will get you out of a lousy situation. Try to think in shades of gray, says David R. Blackburn, PhD, a psychologist with Scott & White Hospital in Temple, Texas. Instead of "no one loves me," try "lots of people (if not everybody) love me." If you're depressed, negative thoughts go with the territory. However, they are rarely grounded in reality. Once you've identified a negative thought, ask yourself, "Where is the evidence that I'm the most despicable human being on the entire earth?" There probably isn't any. "You can't just be rattling these thoughts back and forth and saying they're true," says Blackburn. "You have to come up with some solid evidence." And if you're worried about what people are thinking about you, go ahead and ask them. Select a few simple, straightforward goals you can easily set and follow, suggests Rego. Those goals should be SMART, which stands for "specific, measurable, attainable, rewarding, and time-limited." So for example, deciding you will have a job by the end of the week is unrealistic. But deciding to post two resumes online by the end of the week, on the other hand, is SMART. "It's specific. It's attainable. It's not that much effort to do and it could be rewarding," says Rego. Write down all the things you used to like doing that you've stopped doing because you're sad and depressed, suggests Rego, who is also assistant professor of psychiatry and behavioral sciences at Albert Einstein College of Medicine. That could be going to the movies, socializing with friends, or simply going to the corner coffee shop with a newspaper. Then, one by one, start reincorporating these activities into your life even if you're feeling unenthusiastic about it. Also, focus on tasks that can give you a sense of mastery or accomplishment, whether it's tidying up the apartment or paying the bills. That can help ease the depression as well. If your present situation, well, sucks, denying it will only make things worse. "Some people don't accept they're depressed and instead beat themselves up or think they're crazy or weak," says Rego. This may only drive you deeper down, while acceptance can relieve the suffering, he says. In general, knowing and accepting that you're depressed can allow you to take steps to make it better or get treatment, rather than pretend that everything's just fine. Take a look at the language you use when you think about or talk to yourself and compare it to the way you talk to everyone else. If there's a disconnect, try to treat yourself in a kinder, gentler way. "We're often kind to everybody else but we beat ourselves up. That's a double standard," says Blackburn. "It would be preferable to use a single standard: Don't beat everyone else up, but get off your own back, too."

सुरेश गुप्ता की करारी हार

(देश के कैमिस्टों ने दिखाया आईना)

हमें तो अपनों ने लूटा गैरों में कहाँ दम था मेरी कश्ती भी वहाँ डूबी जहाँ पानी कम था।

DNA

उपरोक्त शेर को अगर A.I.O.C.D. के पूर्व सचिव कहीं पर बोलते हुए नजर आये तो आपको कोई आश्चर्य नहीं होना चाहिये। सन् 1970 के दशक में आयी निर्माता निर्देशक मनमोहन देसाई की फिल्म रोटी का ये बहुचर्चित गीत - **ये जो पब्लिक है ये सब जानती है** - जरूर आपको याद होगा। इस गीत की पंक्तियाँ A.I.O.C.D. के पूर्व सचिव गाजियाबाद उत्तर प्रदेश निवासी सुरेश गुप्ता पर बिल्कुल सटीक बैठती हैं। जी हाँ पिछले 6 वर्षों में उनकी कार्यप्रणाली से खुश होकर देश के 7.5 लाख कैमिस्टों ने फिलहाल अब 2017-2020 के चुनाव में सुरेश गुप्ता को 3 वर्ष के लिए आराम दे दिया है। अब वो टेन्शन फ्री होकर देश-विदेश की हसीन लोकेशन्स पर महेँगी से महेँगी बाईक पर बैठ कर अपने फोटो खिंचवा सकेंगे।

मैडीकल दर्पण मीडिया हाउस ने पाठकों को अपने पिछले अंक में ही अवगत कराया था कि मेहनती, ईमानदार और कर्तव्यनिष्ठ राजीव सिंहल के सामने सुरेश गुप्ता की राह आसान नहीं है और मीडिया हाउस की यह भविष्य वाणी सही साबित हुयी। पूरे भारतवर्ष के हर राज्य के मीडिया हाउस के प्रतिनिधी की रिपोर्ट के अनुसार इस चुनाव में सुरेश गुप्ता के सिपहसालारों ने ही उनकी लुटिया डुबो दी। लखनऊ के एक बड़े नेता, बनारस के बहुत से अजीज दोस्तों और उत्तराखण्ड के उनके विश्वसनीय नेताओं ने उनके तिलस्म को चूर-चूर करने में अहम भूमिका निभायी।

ज्ञात रहे कि पिछले दो बार से 6 वर्षों तक देश के कैमिस्टों ने सुरेश गुप्ता को **A.I.O.C.D.** के सचिव पद पर बैठाया लेकिन इन 6 वर्षों में वे कहीं भी कैमिस्टों की उम्मीद पर नहीं उतरे, उन्होंने एक भी योजना ऐसी नहीं बनायी जिससे कैमिस्टों का कुछ भला होता उन्होंने अपना भला किया हो तो कह नहीं सकते। अप्पा जी से हर विषय पर उनका विवाद हुआ जिसका जबाब इस चुनाव में उन्हें मिला। उत्तराखण्ड के एक नेता जिन्होंने पिछले दो बार पूर्ण समर्थन देकर सुरेश गुप्ता को काफी वोट दिलायीं उन्होंने अपना नाम न छापने की शर्त पर मीडिया हाउस के प्रतिनिधि से कहा कि- **घमंड की बीमारी शराब जैसी है साहब खुद को छोड़कर सबको पता चलता है कि इसको चढ़ गयी है।**

उत्तर प्रदेश के कुछ कैमिस्ट नेता बोलते हैं कि सुरेश गुप्ता को हमने पिछले दो बार फुल वोट व सपोर्ट देकर जिताया लेकिन जब भी उन्हें किसी कार्य के लिए फोन किया तो हर बार यही रटा-रटाया जबाब मिला कि - **हवाई जहाज में बैठा हूँ बाद में फोन करना या मीटिंग में बैठा हूँ डिस्टर्ब मत करो।** पंजाब के एक बड़े नेता ने लुधियाना से फोन कर मीडिया हाउस को बताया कि **ये सुरेश गुप्ता की हार नहीं बल्कि उनके घमंड की हार है।** देहली से एक और नेता ने उनकी हार टिप्पणी करते हुए कहा कि अरे साहब - **बनिया गुड़ न दे पर गुड़ की सी बात तो कह दे** लेकिन इन साहब की तो पिछले 6 वर्षों में बोली ही कड़वी हो गयी जिसका खामियाजा उन्हें भुगतना ही था। देश के प्रमुख कैमिस्ट नेताओं ने सुरेश गुप्ता की हार पर खुशी और उनके मुकाबले राजीव सिंहल की जीत का स्वागत किया है। एक सर्वे के अनुसार कैमिस्टों से अभद्र व्यवहार और दवा कम्पनियों से कमीशन खोरी की अफवाह भी सुरेश गुप्ता की हार का कारण बनी।

अन्त में हम सिर्फ इतना ही कहेंगे कि गुप्ता जी कहाँ आप ये नेशनल राजनीति के चक्कर में पड़ गये। आप तो गाजियाबाद की होलसेल मण्डी नई बस्ती की राजनीति करते हुए ही अच्छे लगते हैं।

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चंडीगढ़:- अगर आप हड्डियों की बीमारी से पीड़ित हैं और दवा का सेवन कर रहे हैं तो सावधान हो जाएं, इन दवाओं के सेवन से आपका जबड़ा और दांत कमजोर हो सकते हैं। यह खुलासा पीजीआइ चंडीगढ़ की शोध में हुआ है। शोध के अनुसार, 100 में से 13 मरीजों को यह समस्या हो रही है। हड्डियों में कमजोरी की बीमारी से जूझ रहा हर सातवां रोगी दांतों में कमजोरी की समस्या से भी पीड़ित है। हड्डियों की कमजोरी को ओस्टियोपोरोसिस कहा जाता है। हड्डियों के रोगों से पीड़ित लोगों को दांतों की बीमारी होने का रिस्क भी कई गुना बढ़ जाता है। इसके अलावा कई ऐसे मरीज होते हैं जिनको साइड इफेक्ट के चलते दूसरे रोग हो जाते हैं। मरीज की हिलिंग केपेसिटी घट जाती है। जबड़े कमजोर हो जाते हैं। दांतों में कमजोरी से इंफेक्शन हो जाता है और मवाद भी बनने लगता है। पीजीआइ में 16 मरीजों की केस स्टडी में यह खुलासा हुआ कि ओस्टियोपोरोसिस के इलाज में ली जाने वाली दवा दांतों पर भी बुरा असर डालती है। इन मरीजों का पिछला ट्रीटमेंट ट्रैक किया गया। फिर दवा का अध्ययन किया गया। पाया गया कि इनके दुष्प्रभाव से मसूड़े कमजोर हो गए और दांतों में गैप आ गया। डॉ॰ सचिन व सतनाम ने बताया कि किसी भी बीमारी का इलाज शुरू करने से पहले डॉक्टर को पूर्व ट्रीटमेंट हिस्ट्री जरूर बताएँ। अगर पहले कोई बीमारी रही है तो ऐसा करने से डॉक्टर शरीर पर दुष्प्रभाव डालने वाली दवा से आपको बचा सकता है। डॉक्टर मरीज की पूर्व ट्रीटमेंट हिस्ट्री के आधार पर मरीज का नया ट्रीटमेंट शुरू करता है। हड्डियों की कमजोरी दूर करने के लिए कई तरह की दवा इस्तेमाल की जाती है। बिस्फोस्फोनेट और डेनोसुनेव दवा के शरीर पर गलत प्रभाव डालने की जानकारी रिसर्च में सामने आई है। इनसे दांतों में कमजोरी की बात सामने आई। कई रोगी ऐसे होते हैं जिनको दवा से दिक्कत होने लगती है। ऐसे मरीजों को डेंटल विभाग में शिफ्ट करना पड़ता है। ओस्टियोपोरोसिस के इलाज के लिए ली जा रही दवा के लगातार सेवन से मसूड़ों में रक्त संचार कम हो जाता है। मुँह के अंदर की हड्डियों की सेल भी कमजोर होने लगते हैं। मसूड़ों में इंफेक्शन होने के चांस पहले की तुलना में बढ़ जाते हैं। 'हर 100 में से 13 मरीज ऐसे हैं, जिन पर हड्डियों के इलाज के लिए ली जा रही दवा के साइड इफेक्ट सामने आ रहे हैं। रोगी को पहले ही बता देना चाहिए कि कौन सी बीमारी की वे दवा ले रहे हैं।'

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Warning Letter Seen as a Huge Negative for Lupin Stock Skids to 52 Week Low

It could not have been more ill-timed for pharma major Lupin. Even as it was coping with decline in US sales and delays in pipeline of products for that market, the company informed the bourses that two of its facilities had received a warning letter by the US regulator - the US Food and Drug Administration. In a note posted on the Bombay Stock Exchange, it says: A combined warning letter has been issued by the USFDA for its formulations manufacturing facilities at Goa and Indore (Pithampur Unit II). The warning letter, it says, was issued by the US regulator on November 6. Analysts see this as "quite a negative development for the company". In fact, just last month (in October) when Lupin announced an acquisition in the US in a niche therapy area, analysts -- while welcoming it -- pointed out that the company may have to wait for a couple of years more for benefits to accrue. It would need to first invest on sales infrastructure and promotion and these, given its weak earnings, would only put additional pressure on the company. Not surprising, Lupin while explaining that it had earlier received three form 483 observations in Goa on April 7, 2017 and six form 483 observations in Pithampur (Unit II) on May 19, 2017 (to which it had responded), said, "We are deeply disappointed to have received the outcome. While there will be no disruption of existing product supplies from either of these locations, there will likely be a delay of new product approvals from these two facilities." Sarabjit Kour Nangra, VP-Research- Pharma from Angel Broking, while retaining a buy on the stock says, "Both the plants together contribute more than half of the drug maker's US sales and approximately 20 per cent of its total sales." Apparently, the company now intends to shift 12 products to other sites and the impact of the warning letter is estimated to be felt over the next 12 to 18 months. The bourses reacted to the development and the share price of the company touched a 52 week low on Tuesday.

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17 Worst Habits for Your Heart

Bad habits for your heart:-Everyone wants to have a healthy heart. Still, cardiovascular disease affects more than 1 in 3 adults in the United States. The good news is that some simple, everyday habits can make a big difference in your ability to live a healthy lifestyle. Here are the 17 worst habits for your heart, and how to avoid them. Watching TV Sitting for hours on end increases your risk of heart attack and stroke, even if you exercise regularly. "Intermittent exercise doesn't compensate for the time you sit," says Harmony R. Reynolds, MD, associate director of the Cardiovascular Clinical Research Center at NYU Langone Medical Center, in New York City. Why? The lack of movement may affect blood levels of fats and sugars. Dr. Reynolds advises walking around periodically and, if you're at work, standing up to talk on the phone. Leaving hostility and depression unchecked. Are you feeling stressed, hostile, or depressed? It can take a toll on your heart. While everyone feels this way some of the time, how you handle these emotions can affect your heart health. "Those likely to internalize stress are in greater danger; research has shown a benefit to laughter and social support," Dr. Reynolds says. "And it's helpful to be able to go to someone and talk about your problems." Ignoring the snoring More than a minor annoyance, snoring can be a sign of something more serious: obstructive sleep apnea. This disorder, marked by breathing that is interrupted during sleep, can cause blood pressure to skyrocket. More than 18 million Americans adults have sleep apnea, which increases the risk of heart disease. People who are overweight or obese are at higher risk for sleep apnea, but slim people can have it too. If you snore and often wake up feeling tired, talk with your

doctor; there are easy ways to screen for apnea, says Robert Ostfeld, MD, a cardiologist and director of preventive cardiology at Montefiore Health System, in New York City. Not flossing While the exact reason is unknown, there is a strong link between gum disease and heart disease, Dr. Ostfeld says. If you don't floss, sticky, bacteria-laden plaque build up over time, which can lead to gum disease. One theory is that these bacteria trigger inflammation in the body. "Inflammation promotes all aspects of atherosclerosis," Dr. Ostfeld says. Treating gum disease can improve blood vessel function. Withdrawing from the world It's no secret that on some days, other human beings can seem annoying, irritating, and just plain difficult to get along with. However, it makes sense to strengthen your connections to the ones you actually like. People with stronger connections to family, friends, and society in general tend to live longer, healthier lives. Everyone needs alone time, but you should still reach out to others and keep in touch whenever you can. You're either all or nothing Call it the Weekend Warrior Syndrome. "I see so many people in their 40s and 50s dive into exercising with good intentions, hurt themselves, and then stop exercising all together," says Judith S. Hochman, MD, director of the Cardiovascular Clinical Research Center at NYU's Langone Medical Center. With exercise, it's wise to aim for slow and steady. "It's more important to have a regular exercise commitment," says Dr. Reynolds. "Be in it for the long game." Drinking (too much) alcohol Sure, studies suggest a small amount of alcohol may be good for your heart. Alas, too many over-imbibe. Excess alcohol is linked to a greater risk of high blood pressure, high levels of blood fats, and heart failure. In addition, the extra calories can lead to weight gain, a threat to heart health. If you drink, stick to no more than two drinks per day for men, and no more than one a day for women. (One drink means a 12-ounce beer or 4-ounce glass of wine). Overeating Being overweight is a major risk factor for heart disease, and 72% of men and 64% of women in the U.S. are overweight or obese. Try to eat less, avoid oversize portions, and replace sugary drinks with water. Dr. Reynolds and Dr. Hochman also suggest cutting portion sizes for high-calorie carbohydrates (think refined pastas and breads) and watching out for foods labeled "low-fat," which are often high in calories. Assuming you're not at risk Cardiovascular disease—including stroke, heart disease, and heart failure—claims more lives in the United States than any other illness, including cancer. "Don't assume you're not at risk," says Dr. Ostfeld. High blood pressure and cholesterol, diabetes, being overweight, and smoking are all risk factors that should be kept in check. Eating red meat It's best to think of red meat as an occasional treat rather than the foundation of a daily diet. Red meat is high in saturated fat, and there's also evidence that processed meat, such as bacon and hot dogs, increases your risk of cardiovascular disease and colorectal cancer. Ideally, less than 10% of your diet should come from animals and animal products, Dr. Ostfeld advises. Can't part with the beef? Choose a lean cut of red meat and limit your intake. "People have to know that if you want a steak a few times a month, it's OK," Dr. Hochman says. "It's what you're eating three times a day that's the issue. Be in it for the long haul. Eat a balanced diet." Being a health procrastinator Check in with an MD so that you know your numbers for cholesterol, blood pressure, and blood sugar. If these are elevated, you're at risk for silent killers like heart disease, stroke, and diabetes. One thought: The lifetime risk of developing hypertension, or high blood pressure, for adults in their mid-50s is approximately 90%, even with those who never had a problem before. "The general point is that just because you didn't have it at 24 doesn't mean you don't have it at 54," Dr. Ostfeld says. Smoking or living with a smoker Sure, you've heard it a million times before: Don't smoke. But it bears repeating. "Smoking is a total disaster for your heart," says Dr. Ostfeld. Smoking promotes blood clots, which can block blood flow to the heart, and contributes to plaque buildup in the arteries. It's also a smart bomb aimed at everyone around you, Dr. Ostfeld says. In fact, about 46,000 nonsmokers who live with a smoker die from heart disease each year because of secondhand smoke. Stopping or skipping meds Let's be honest: Taking pills is a pain. There can be side effects. And it's easy to forget your meds, especially if you feel fine. "High blood pressure is called the silent killer because you don't feel it," Dr. Ostfeld says. "Saying you feel fine is not a justification for stopping these pills." There are 30 types

of high blood pressure medications, so there are choices if one isn't working, Dr. Hochman says. "If one medication doesn't work, we can try something else." Avoiding fruits and vegetables "The most heart-healthy diet is a plant-based diet," Dr. Ostfeld says. That means loading up on fruits and vegetables, nuts, whole grains, low-fat dairy, and protein, and keeping junk food to a minimum. In fact, new federal dietary guidelines recommend that half of each meal should be composed of fruits and vegetables. Research has found that people who eat more than five servings of fruits and vegetables a day had about 20% lower risk of heart disease and stroke than people who ate less than three servings per day. Ignoring physical symptoms If you used to walk up three flights of stairs without a problem, but suddenly you're short of breath after one flight or have chest pressure, it's time to call your doctor—now. Never assume it's because you're out of shape. Doctors say "time is muscle," meaning the quicker you get treatment for possible trouble, the less likely you are to have permanent damage to your heart muscle. "It's better for it to be much ado about nothing than sitting on a heart attack for six hours," which is not uncommon, Dr. Ostfeld says. Being a salty snacker The more salt you consume, the higher your blood pressure rises. One in three American adults has high blood pressure, a major risk factor for stroke, kidney failure, and heart attack. "Steer clear of packaged junk food, read the labels for sodium content, and stick to the outer portions of the supermarket, which is where the fruits, vegetables, and (unsalted) nuts are," Dr. Ostfeld says. Most of us should keep sodium intake below 2,300 milligrams a day. If you have high blood pressure or are over 50, cut back to 1,500 milligrams. Eating empty calories Foods high in sugar, fat, and oil deliver calories, but very few—if any—nutrients your body can use. Studies have shown that a diet full of empty calories increases the risk of obesity and diabetes. Look for foods dense in nutrients, such as vegetables, fruits, whole grains, seafood, eggs, beans and peas, and unsalted nuts and seeds. Lean meats and poultry, along with fat-free and low-fat milk, are good choices as well.

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