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ने पशुओं में भूख बढ़ाने के लिये स्मार्ट बोलस प्रस्तुत किया है। स्मार्ट बोलस में लाईव वीट एमिनो एसिड, लिवर एक्सट्रैक्ट तथा विटामिन B12 का मिश्रण है। भूख न लगना पशुओं में आम बीमारी है। जब जानवर भूखा रहता है तो उसकी दूध की मात्रा भी कम हो जाती है तथा वह भी कमजोर हो जाता है। स्मार्ट बोलस के प्रयोग से पशु को भूख लगना आरम्भ हो जाती है। बड़े पशुओं को स्मार्ट बोलस 1 सुबह 1 शाम तथा छोटे पशुओं को आधा बोलस सुबह शाम दे सकते हैं। स्मार्ट बोलस की कीमत ₹ 70/- प्रति दो बोलस है। कम्पनी सम्पूर्ण भारतवर्ष में इस उत्पाद की फ्रैंचाइजी देना चाहती है। व्यापार की इच्छुक पार्टियाँ कम्पनी के मार्केटिंग मैनेजर श्री प्रशांत मोहन से मो- 09736701313, 09882011313 पर सम्पर्क कर सकते हैं।

महिला ड्रग्स अधिकारी की गोली मारकर हत्या



फाइल चित्र

चंडीगढ़ से प्राप्त समाचार के अनुसार पंजाब के खरड में जोनल लाइसेंसिंग अथॉरिटी के पद पर तैनात महिला अधिकारी नेहा शौरी की उन्हीं के कार्यालय में गोली मारकर हत्या कर दी गयी। हत्यारोपी की पहचान बलविन्दर सिंह के रूप में हुआ है। जाँच में पाया जा रहा है कि 10 वर्ष पहले नेहा शौरी ने रोपड़ में जिला ड्रग्स अधिकारी के पद पर रहते हुअे एक कैमिस्ट शॉप पर छापेमारी कर उस मैडीकल स्टोर पर अनेक अनियमितता पाये जाने पर उसका लाइसेंस निरस्त कर दिया था इसी रजिंश के चलते महिला अधिकारी की हत्या कर दी गयी। घटना सी-सी-टी-वी कैमरे में कैद हो गयी। पुलिस ने हत्या का मामला दर्ज कर जाँच शुरू कर दी है। -अभय सिंघल, मो- 09319980483.

Wockhardt Receives US FDA Approval For Prostate Cancer Drug



Mumbai:- Pharmaceutical and biotechnology major Wockhardt Mob:- 09927106668, 09922890687, 09530080315, 9818669406, 09911529629, 09425170032 has received approval from the United States Food & Drug Administration (US FDA) for an ANDA for 250mg tablet of Abiraterone acetate, which is used to treat Prostate Cancer. Wockhardt's Abiraterone acetate tablet is a generic version of Zytiga®, marketed in USA and other countries by Johnson & Johnson. Abiraterone is used to treat men with prostate cancer that has spread to other parts of the body. According to IQVIA December 2018 data, the product has sales of \$1.26 billion in the US. "This is one more product in Wockhardt's growing portfolio of oncology products in the US and has several pending ANDA's for oncology products" said Dr. Habil Khorakiwala, Wockhardt Founder Chairman and Group CEO. "Along with oncology products, specialty products remain a focus area for our US business and for creating a sustainable growth worldwide" he said. Wockhardt will be launching this product in the United States, in a short period of time. With its nationwide distribution network and its excellent relationship with all major trade, retail and institutional customers, Wockhardt is already a significant player in the US pharmaceutical market. The product is being manufactured at a contract manufacturing facility, based near Hyderabad, India.

States Food & Drug Administration (US FDA) for an ANDA for 250mg tablet of Abiraterone acetate, which is used to treat Prostate Cancer. Wockhardt's Abiraterone acetate tablet is a generic version of Zytiga®, marketed in USA and other countries by Johnson & Johnson. Abiraterone is used to treat men with prostate cancer that has spread to other parts of the body. According to IQVIA December 2018 data, the product has sales of \$1.26 billion in the US. "This is one more product in Wockhardt's growing portfolio of oncology products in the US and has several pending ANDA's for oncology products" said Dr. Habil Khorakiwala, Wockhardt Founder Chairman and Group CEO. "Along with oncology products, specialty products remain a focus area for our US business and for creating a sustainable growth worldwide" he said. Wockhardt will be launching this product in the United States, in a short period of time. With its nationwide distribution network and its excellent relationship with all major trade, retail and institutional customers, Wockhardt is already a significant player in the US pharmaceutical market. The product is being manufactured at a contract manufacturing facility, based near Hyderabad, India.

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आयकर रिबेट, एक्जेम्पशन और डिडक्शन में अंतर

अंतरिम बजट में इस बार कई लोगों को एक बड़ी उलझन का सामना करना पड़ा। पीयूष गोयल ने जब 5 लाख रुपये के रिबेट का एलान किया तो सभी खुशी से उछल पड़े। उन्हें लगा कि यह एक्जेम्पशन है। लेकिन, बाद में पता चला कि यह एक्जेम्पशन नहीं बल्कि रिबेट है। यानी जिन लोगों की इनकम 5 लाख रुपये से ज्यादा है। उन्हें इसका फायदा नहीं होगा। अक्सर लोग रिबेट, एक्जेम्पशन और डिडक्शन में अंतर नहीं कर पाते हैं। इस मुश्किल को आसान बनाने के लिए आज हम इन तीनों में फर्क बता रहे हैं। क्या हैं टैक्स एक्जेम्पशन? इनकम के कई ऐसे स्रोत हैं जो टैक्स के दायरे में नहीं आते हैं। यानी इस के स्रोत हैं जो टैक्स के दायरे में नहीं आते हैं। यानी इस तरह के स्रोत से होने वाली आय पर कोई टैक्स देने की जरूरत नहीं होती है। टैक्स देनदारी निकालते समय वेतन से एक्जेम्पट आय को सबसे पहले घटाया जाता है। उदाहरण के लिए कुछ शतों के साथ हाउस रेंट अलाउंस (एचआरए) टैक्स के दायरे में नहीं आता है। इस तरह यह एलाउंस लेने पर टैक्स एक्जेम्पशन क्लेम कर सकते हैं। सेक्शन 10(1) के अन्तर्गत कृषि आय पर भी टैक्स से छूट है। पराग सिंघल, मो- 09410664214.

रक्तदान के लिए

यदि हीमोग्लोबिन 11 प्वाइंट है तो व्यक्ति सामान्य है, लेकिन रक्तदान के लिए कम से कम 25 वर्ष की उम्र होनी चाहिए। वजन 45 किलो से ज्यादा होना चाहिए। 18 से 65 की आयु वाले रक्तदान कर सकते हैं, बसतें वे स्वस्थ हों। क्या आप स्वस्थ महसूस कर रहे हैं, इसका जवाब हाँ है तो आप रक्तदान के लिए फिट हैं। ग्रामीण क्षेत्रों में रक्तदान को लेकर जागरूकता की कमी है। सरकार और स्वयंसेवी संस्थाएँ इसको बढ़ावा दें।

डॉ० लाहा का सम्मान

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महँगी दवाओं के खिलाफ एक बार फिर केंद्र सरकार ने सख्त कदम उठाया है। राष्ट्रीय औषधि मूल्य निर्धारण नियामक (एनपीपीए) ने बुधवार को तीन अहम फैसले लिए। इनमें 42 तरह की कैसर निरोधक दवाइयों के मूल्य नियंत्रण के दायरे में शामिल करने का फैसला भी है। अब इन दवाओं पर कंपनियाँ 8 मार्च के बाद 30 फीसदी से ज्यादा मुनाफा नहीं कमा पाएंगी। बता दें कि कैसर की 57 दवाएँ पहले से ही सूचीबद्ध फार्म्यूलेशन के तहत मूल्य नियंत्रण के दायरे में शामिल हैं। साथ ही 38 दुर्लभ बीमारियों की दवा को भी जल्द ही नियंत्रण में लाया जाएगा। एनपीपीए ने कैसर, मधुमेह, रक्तचाप, संक्रमण दर्द, अस्थमा सहित 36 तरह की दवाओं की कीमत पर भी औषधि कीमत नियंत्रण आदेश 2013 (डीपीसीओ) के तहत नियंत्रण किया है। हालाँकि एनपीपी ने दवा निर्माता कंपनियों को फिलहाल कुछ दिनों का वक्त दिया है। नई कीमतें 8 मार्च 2019 से लागू की जाएंगी। सभी औषधि निर्माताओं को सात दिन के अंदर अपने खुदरा मूल्यों में बदलाव मूल्यों में बदलाव कर लेने को कहा गया है। इसकी जानकारी एनपीपीए के साथ ही राज्य दवा नियंत्रकों, थोक दवा व्यापारियों और खुदरा दवा व्यापारियों को भी देने के लिए कहा गया है।

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- Lupidol Flupirtine Maleate 100mg
- Lupidol P Flupirtine Maleate 100mg + Paracetamol 325mg

For Further Enquiries Contact :

Admin Office: 175, First Floor, Ind. Area, Phase-1, Panchkula (Haryana)

Tel.: + 91 172 5017638, **Cell:** + 91 7508340032, 9988099348, 9115454032

Head Office: 396, Kamath Ind. Estate, Prabhadevi, Mumbai 400025

Overseas Office: Cista Medicorp 217, Woodstock, ON, Canada

Cista
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Product List (CISTA MEDICORP)

See Page No. 11 (Column No. 03)

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- Kofrol Plus**
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- APSTEL**
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Ph.: 09917550007, 09012520007, 0121-4050007
Email : agebiotech@gmail.com

Cipla and Wellthy Therapeutics Announce Partnership To Offer Digital Therapeutics For Diabetes And Cardiovascular Diseases

Mumbai:- Cipla Limited Mob:- 09760036888, 09911865532, 09829240002 and Wellthy Therapeutics Private Limited ("Wellthy Therapeutics") today announced that they have entered into a partnership to offer a combination of pharmacotherapy and digital therapeutics for improved patient outcomes in the chronic therapies of diabetes and cardiology. Under the agreement, a multi-lingual clinically-validated digital disease management platform will be made available to patients living with diabetes or cardiovascular diseases via doctors' clinics or co-packaging on select Cipla brands. The platform brings together behavioural science, real world clinical evidence and artificial intelligence to provide real time monitoring, coaching and advice to patients, and virtual clinical assistance to doctors. This partnership is a result of Cipla's campaign, Innoventia, which was envisioned as a first-of-its-kind challenge by an Indian pharmaceutical company to encourage innovation-led entrepreneurship and to harness disruptive ideas in healthcare to fulfil unmet patient needs.

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- Heloflox-DH
- Helomox-KT Eye Drops
- Timee Eye Drop
- Clear Vision Cap.
- Helomox-LP
- Eyecure Eye Drops

- Allercon Eye Drops
- Dormed-T Eye Drop
- Flutop Eye Drop
- Heloflox-KT Eye Drops
- Helomox- P Eye Drops
- Tobee Eye Drops
- Helogat Eye Drops
- Helogat-FP
- Lubricative

- Allerdine Eye Drop
- Eyeneep Eye Drop
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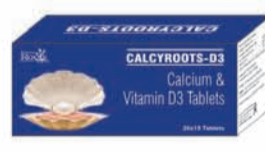
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M.R. Bag



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Email : pharmarootshealthcare@gmail.com
Website: pharmarootshealthcare.com

Contact No. : 08847248892, 8837783433, 06239540054

Product List (Pharma Roots)

See Page No. 11 (Column No. 02)

FORTH COMING EVENTS

April 2-4, 2019 AMT 2019 Mishref, Kuwait. Arab Medical Travel (AMT) along with Kuwait Health, will be held at Kuwait International Fairground, Mishref, Kuwait. For details Contact: Jeano Pangan, (Group Director). Atex International Exhibitions, 1610, Opal Tower, Business Bay, PO Box 413520, Dubai, UAE. **Tel.: +971-4-587-8627, M: +971-55-198-3448.** E-mail: amt@atexinternational.com ; **Website:www.arabmedicaltravelexhibition.com**

April 4-6, 2019 EgyMedica 2019 Cairo- Egypt. EgyMedica + EgyLabMedicine, exhibition and Conferences on Medical and Lab products will be held in Cairo, Egypt. For details contact: M/s Greenland for Organizing International Exhibitions & Conferences, 35, Oboor Building - Salah Salem, Heliopolis - Floor (13) - Cairo, Egypt. **Tel.: +202-208-22137, 22109,.** Email: info@egymedica.com **Website: www.egymedica.com, www.egylabmedicine.com**

April 8-9, 2019 Radiology and Oncology Congress 2019 Abu Dhabi, U.A.E. The Third World Congress on Radiology and Oncology with theme of Practice, Research and leadership will be held in Abu Dhabi, U.A.E. For Details Contact: Conference Series LLC Ltd., 47,Churchfield Road, London, W3 6AY, UK. **Tel.: +44-2088190774.E-mail: oncologyradiology@mehealthvents.org (For Attn.:Christina Williams,**

Conference (IDLEC) an Exclusive Event on Dental Laboratory Segment will be held at HITEX Exhibition Centre, Hitec City, Hyderabad, India. For details Contact: Ivory Exhibitions & Conferences, F-41B, Ground Floor, Barkat Apartment, Shaheen Bagh, Abul Fazal Enclave-2, Okhla, New Delhi-110025. **Tel.: +91-11-2694-1512, and/or +91-92125-82184.** E-Mail:ivoryindiacorp@gmail.com ; **Web: http://www.dentallabexpo.com**

April 16-18, 2019 TIHE 2019 Tashkent, Uzbekistan. The 24th International event TIHE has been Uzbekistan's main medical exhibition. It is the only medical exhibition in Uzbekistan approved by UFI. The event will be held at Uzexpo Centre, Tashkent, Uzbekistan. For details Contact: ITE Uzbekistan, 3rd Floor, 59A, Mustakillik Avenue, Tashkent-100000, Uzbekistan. **Tel.: +998-71-113-0180, EMail:post@ite-uzbekistan.uz Website: www.tihe.uz**

April 16-19, 2019 Korea Lab 2019 Kintex 1, Korea. 13th Korea's International Laboratory, Analytical equipment and Biotechnology Exhibition will be held at Kintex, 1, Korea. For details Contact: Kyungyon Exhibition Corp., Rm 501, Geumsan bldg., 750 Gukhoedaero, Yeongdeungpogu, Seoul, Korea. **Tel.: +82-2-785-4771, E-Mail: hylee@kyungyon.co.kr and/or jihyeseo@kyungyon.co.kr Website: www.korealab.org**

2018DECEMBER 2018 37 PROVEN TRADE CONTACTS organized around the Theme Emerging Trends in Organic Chemistry and Probes in Drug Research'. For details Contact: Pulsus Group, 40, Bloomsbury Way, Lower Ground Floor, London, U.K., WC1A 2SE. **Tel.: +1-408-429-2646 and/or +0-800-088-5419. E-Mail: contactus@pulsus.com ; Website: <https://organicchemistry.pulsusconference.com>**

June 26-28, 2019 FIME 2019 Florida, USA. The Florida International Medical Expo (FIME) now in its 29th year is the leading business healthcare platform across the Americas. The event will be held in Miami beach convention centre, Miami beach, Florida, USA. For details Contact: Gil Alejo, (Exhibition Manager). Informa Exhibition, Level 20, World Trade Centre Tower, P.O Box-9292, Dubai, United Arab Emirates. **Tel.: +971-4-336-5161and/or +971-4-407-2642, E-Mail: kris.olarte@informa.com, Website: www.fimeshow.com**

June 27-29, 2019 Fatty Liver (ICFL 2019) Berlin, Germany. The 2nd International Conference on Fatty Liver (ICFL 2019) will be held at Radisson Blu Hotel, KarlLiebknecht-Str. 3, 10178 Berlin, Germany. The only multi disciplinary event dealing with the issue of Fatty Liver Disease. For details Contact: Kenes Group, Global HQ, Geneva Office, Rue François-



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Program Manager.) Web: <https://radiologyoncology.annualcongress.com>

April 8-10, 2019 Human Genetics Meet 2019 Abu Dhabi, U.A.E. 6th World Congress on Human Genetics and Genetic Diseases will be held in Abu Dhabi, U.A.E. For details Contact: Stella Anderson, Program Manager, Human Genetics Meet 2019, 47 Churchfield Road, London, W3 6AY, United Kingdom. **Tel.: +44-2088190774. E-mail: human-geneticsmeet2018@gmail.com Web: <https://www.humangenetics.geneticconferences.com>**

April 11-14, 2019 IDEX 2019 Istanbul, Turkey. 16th Istanbul Dental Equipment and Materials Exhibition will be held at CNR Expo Fair Center Yesilkoy, Istanbul, Turkey. For details Contact: Erdem Taylanli (Fairs Group Manager). CNR HOLDING A.S. Cnr Ekspo Fuar, Merkezi, Yesilköy, Bakirköy, Istanbul. Tic. Odasi, Istanbul Ticaret Odasi. Tic. Sicil No: 530508 / 478090. Vergi Dairesi, Bakirköy, Vergi No.: 211-048 8676. **Tel.: +90-212-465-74-74, E-Mail: info@cnrholding.com ; Website: <http://cnrholding.com> and/or <http://cnridex.com>**

April 13-14, 2019 Dental Lab Expo & Conference 2019 Hyderabad, India. The 3rd International Dental Lab Expo &

April 17-18, 2019 Bacteriology 2019 Amsterdam, Netherlands. World conference on Bacteriology and infections Diseases will be held in Amsterdam, Netherlands. For details Contact: Pulsus Group, 40 Bloomsbury Way, London, UK WC1A 2SE. **Tel.: 408-429-2646. E-mail: bacteriology@pulsusevents.org (For Attn. Kiranmai N, Program Manager). Website: <https://bacteriology.pulsusconference.com>**

April 22-23, 2019 Nursing Education 2019. Dubai, U.A.E. World Nursing Education and Evidence based practice conference (Nursing Education 2019) will be held on April 22-23, 2019 in Dubai, U.A.E. For details Contacts: Arshya S, Program Manager, Pulsus Group, 40 Bloomsbury Way, Lower Ground Floor, London, U.K WC1A 2SE. **Tel.: +408-429-2646 and/or +44-203-769-1765. E-Mail: contact@pulsus.com, Website: <https://nursingeducation.pulsusconference.com>**

June 17-18, 2019 Organic Chemistry 2019 London, U.K. 4th International Congress on Organic Chemistry and Advanced Drug Research will be held at London, UK. The conference will be DECEMBER 2018 35 PROVEN TRADE CONTACTS PROVEN TRADE CONTACTS 36 DECEMBER

Veronnex 7, 1207 Geneva, Switzerland. **Tel.: +41- 22-9080488. E-Mail: Switzerland@kenes.com and/or info@kenes.com, Website: www.icfl.kenes.com/2019**

June 27-29, 2019 Spine World Summit 2019 Kuala Lumpur, Malaysia. Leading professionals from orthopaedic, neurosurgery and SURGICAL/MEDICAL/SCIENTIFIC healthcare will get together at Spine World Summit 2019, Kuala Lumpur Convention Centre, Kuala Lumpur, Malaysia. For details Contact: Spine World Limited, Unit 1202, Hillwood Centre, 17-19 Hillwood Road, Tsim Sha Tsui, Kowloon, Hong Kong. **Tel.: +852- 2115-8781, Fax: +852-3753-0118. E-Mail: info@spineworld.org, Web: www.summit.spineworld.org**

June 27-30, 2019 Medical Taiwan 2019 Taipei, Taiwan. Medical Taiwan is the only B2B business platform in the medical device and healthcare industry in Taiwan. The exhibition will be held at Taipei World Trade Center, Taipei, Taiwan. For details Contact: Mr. Kevin Chang - Taiwan External Trade Development Council (TAITRA). 4-7 Fl., 333, Keelung Road, Sec. 1, Taipei-11012, Taiwan. **Tel.: +2-2725-5200 and/or +886-2-2725-5200, E-mail: taitra@taitra.org.tw and/or orshukaichang@taitra.org.tw, Website: www.medicaltaiwan.com.**

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सम्मानित हुये



दिनांक 23.03.2019 को होटल The Grand नई दिल्ली में **Liza Life Sciences** Khasra No. 223, Plot No. 216, Mohanpura-Mohammedpur, South Civil Lines, Rooke (U.K.) के पार्टनर **Mr. M.L. Saiyed** Mob:- 9897862999 को Asian African Chambers of Commerce & Industries की तरफ से **EXCELLENCE IN PHARMA SERVICES** अवार्ड से सम्मानित किया गया. मैडीकल दर्पण मीडिया हाऊस की ओर से **M.L. Saiyed** को इस स्वर्णिम पल के लिये हार्दिक शुभकामनायें.

Biocon Appoints Dr. Christiane Hamacher as CEO Of Biocon Biologics India Limited



Bengaluru:- Biocon Ltd. Mob:- 09811206565, +91 8028082808, 91 8040144014 Asia's premier biopharmaceuticals company, announced today that Dr. Christiane Hamacher has been appointed as CEO of Biocon Biologics India Ltd. effective today. Dr. Hamacher comes with more

than 20 years of leadership experience in both strategic and operational roles across the value chain in global pharma, spanning Asia, Europe and the U.S. She has been with Roche, Basel, Switzerland since 2007 and prior to that spent 10 years at Schering AG, Berlin, Germany. Ms Kiran Mazumdar-Shaw, Chairperson & Managing Director, Biocon, said: "I am delighted to welcome Christiane Hamacher as CEO of Biocon Biologics India Ltd. Christiane joins us at a critical inflexion point in the business as we build our stature in the large and growing opportunity for biosimilar biologics. I am confident that she will successfully lead the company to become a major global player in the near future. Being a woman leader, I believe she also brings a diversity perspective which is integral to our leadership journey." Dr. Hamacher is an accomplished international C-suite executive with a passion for setting the corporate vision, defining

उच्चतम न्यायालय के आदेश: अब आयकर रिटर्न दाखिल करने से पहले करना होगा यह काम

आयकर को लेकर उच्चतम न्यायालय ने एक नया आदेश जारी करते हुए कहा है कि अब से आय कर रिटर्न दाखिल करने के लिये पैन को आधार के साथ जोड़ना अनिवार्य होगा. याचिका की सुनवाई करते हुए न्यायमूर्ति ए के सीकरी और एस अब्दुल नजीर को पीठ ने कहा कि शीर्ष अदालत पहले ही इस मामले में निर्णय सुनाते हुये आयकर की धारा 139एए को सही ठहरा चुकी है. शीर्ष अदालत ने श्रेया सेन और जयश्री सतपुड़े को वर्ष 2018-2019 का आय कर रिटर्न पैन नंबर का आधार जोड़े बिना ही दाखिल करने की अनुमति देने के दिल्ली उच्च न्यायालय के आदेश के खिलाफ केन्द्र की अपील पर यह निर्देश दिया. पीठ ने कहा कि उच्च न्यायालय ने इस तथ्य के मद्देनजर यह आदेश दिया था कि मामला शीर्ष अदालत में विचारार्थ लंबित है. चूंकि शीर्ष अदालत ने इस मामले में पिछले साल 26 सितंबर को फैसला सुना दिया और आयकर अधिनियम की धारा 139एए को बरकरार रखा है, अतः पैन नंबर को आधार से जोड़ना अनिवार्य है. पीठ ने केन्द्र की अपील का निबटारा करते हुये किया कि कर आंकलन वर्ष 2019-20 के लिये आय कर रिटर्न शीर्ष अदालत के फैसले के अनुरूप दाखिल करना होगा. 5 सदस्यीय संविधान पीठ ने 26 सितंबर, 2018 को अपने निर्णय में केन्द्र की आधार योजना को संवैधानिक रूप से वैध करार देते हुये कहा कि आयकर रिटर्न दाखिल करने और पैन नंबर के आबंटन के लिये आधार अनिवार्य होगा. लेकिन बैंक खातों के लिये आधार आवश्यक नहीं है. इसी प्रकार मोबाइल कनेक्शन के लिये दूरसंचार सेवा प्रदाता भी आधार नहीं मांग सकते है.

परग सिंघल, मो- 09410664214.

ऐसा क्यों होता है?

सभी देशों का समय एक जैसा क्यों नहीं होता है? समय का स्थिति के आधार पर किया जाता है. पृथ्वी के गोल होने के कारण सभी स्थानों पर सूर्योदय एक समय पर नहीं होता. पूर्व से पश्चिम की ओर बढ़ने पर प्रति देशांतर चार मिनट विलंब से सूर्योदय व सूर्यास्त होता है. इससे साफ है कि

हाई ब्लड प्रेशर को कंट्रोल करने के लिए रोजाना खाएं ये 5 तरह के फूड, हृदय को रखते हैं हेल्दी

क्या आपको भी हाई ब्लड प्रेशर की समस्या है? आज के समय में ज्यादातर लोग उच्च रक्तचाप से पीड़ित हैं. उच्च रक्तचाप को अच्छी तरह से व्यवस्थित करना बहुत जरूरी है. सौभाग्य से, कुछ दवाओं के अलावा एक स्वस्थ आहार और नियमित शारीरिक व्यायाम उच्च रक्तचाप को प्रबंधित करने में मदद कर सकता है. यदि आप उच्च

and implementing future-driven strategy and growing businesses through entrepreneurial innovation and patient-centricity. She has robust experience in steering complex, global matrix organizations, quickly building strong, trusting relationships to enable achievement of top-level results. During her long career in the pharmaceutical industry, she has built expertise in the areas of oncology, virology, CNS, cardiovascular, gynaecology, diagnostics, dermatology, rheumatology and rare diseases. She holds a Ph.D. in Molecular Biology (Oncology) from the University Clinic Bergmannsheil / University of Bochum, Germany. She also studied Economics at the University of Hagen, Germany.

नववर्ष मंगलमय हो

अंग्रेजी महीने के हिसाब से 1 जनवरी साल का पहला दिन है. जबकि भारत में विक्रम संवत यानी हिन्दी महीनों के नाम से प्रचलित कलेंडर में चैत्र माह के शुक्ल पक्ष की प्रतिपदा को साल का पहला दिन माना जाता है. रोम व रूस में नववर्ष 14 जनवरी, चीन, वियतनाम, तिब्बत, आयरलैंड आदि देशों में 21 जनवरी को नववर्ष मनाया जाता है. थाईलैंड, श्रीलंका व कंबोडिया में 7 अप्रैल को बौद्ध नववर्ष मनाया जाता है. प्राचीन ग्रीक में नववर्ष 21 जून को तथा प्राचीन जर्मनी में 29 जून तथा प्राचीन अमेरिका में 1 जुलाई को नववर्ष मनाया जाता है. सब लगाकर पूरे संसार में लोग नववर्ष मनाए जाने की परम्परा है. इस्लाम धर्म के कलेंडर को हिजरी साल के नाम से जाना जाता है. हिजरी साल में नया वर्ष मोहर्रम माह के पहले दिन होता है. केवल भारत की ही बात करें तो यहाँ विक्रम संवत, शक संवत, हिजरी संवत, फसली संवत, बांग्ला संवत, बौद्ध संवत, जैन संवत, खालसा संवत, तमिल संवत, मलयालम संवत, तेलगू संवत आदि के हिसाब से अलग-अलग दिन नववर्ष मनाए जाने की परम्परा है.

हर देश का नहीं अपितु हर स्थान का समय भी अलग-अलग होता है. **मोबाइल फोन त्वचा संबंधी विकारों का वाहक क्यों है?** मोबाइल फोन का अत्यधिक प्रयोग करने वालों की त्वचा में खुजली से संबंधित शिकायतें आती हैं. विशेषज्ञों का मानना है कि मोबाइल फोन का प्रयोग करने वालों के चेहरे तथा कानों पर लालिमा आ जाती है. ऐसा मोबाइल के हैंडसेट पर लगे निकेल के कारण होता है. जो सेट के बटनों व स्क्रीन के चारों ओर लगाया जाता है.

रक्तचाप का निदान चाहते हैं, तो आपको शराब का सेवन सीमित करना चाहिए और सिगरेट पीने से बचना चाहिए. उच्च रक्तचाप को नियंत्रित करने के लिए एक स्वस्थ आहार में सीमित नमक का सेवन और वसायुक्त भोजन शामिल हैं. आहार में कैल्शियम, पोटेशियम और मैग्नीशियम जैसे पोषक तत्वों पर अधिक ध्यान देना चाहिए. ऐसा इसलिए है क्योंकि ये तीन प्रमुख पोषक तत्व उच्च रक्तचाप के प्रबंधन में महत्वपूर्ण भूमिका निभाते हैं. आज हम आपको उच्च रक्तचाप को प्रतिबंधित करने के लिए आहार की उपयोगिता के बारे में बता रहे हैं. निम्न खाद्य पदार्थों पर एक नजर डालें जो उच्च रक्तचाप को प्रबंधित करने में मदद करने में ये आपकी मदद सकते हैं: **फ्रोजेन फूड से रहें दूर:-** आज की व्यस्त दिनचर्या में लोग फ्रोजेन फूड यानी मार्केट में मिलने वाले डिब्बाबंद मींस और सब्जियाँ इत्यादि, को प्राथमिकता देने लगे हैं, जोकि बहुत ही हानिकारक है, क्योंकि इसके संरक्षण के लिए इसमें कई हानिकारक केमिकल्स का प्रयोग किया जाता है जो हमारी सेहत के लिए हानिकारक है. इन खाद्य पदार्थों से बचना चाहिए और घर के पके हुए खाद्य पदार्थों का चयन करना सबसे अच्छा है. उन दिनों के लिए जब आप जल्दी में होते हैं, आप सब्जी या चिकन को सूप का विकल्प चुन सकते हैं. यह पकवान कम समय में बनाया जा सकता है और बेहद पोष्टिक और स्वादिष्ट होता है. आप अपने इस पकवान को बनाने के लिए गाजर, सलाद, गोभी जैसी सब्जियों का उपयोग कर सकते हैं. पनीर, टोफू और यहाँ तक कि कुछ चिकन स्लाइस भी जोड़ा जा सकता है. लेकिन सुनिश्चित करें कि चिकन धुना हुआ या उबला हुआ होना चाहिए. इसके अलावा, नमक का उपयोग बहुत सीमित मात्रा में करें. **जंक फूड के बजाए खाएं हरी सब्जियाँ:-** यदि आप उच्च रक्तचाप से पीड़ित हैं, तो आपको अपने आहार से जंक फूड को खत्म करना होगा. जंक फूड कोई पोषण मूल्य प्रदान नहीं करता है और इससे वजन बढ़ सकता है. इन अस्वास्थ्यकर खाद्य पदार्थों के बजाय, आपको अपने आहार में बहुत सारी ताजी, हरी-हरी सब्जियों को शामिल करना चाहिए. इनमें ब्रोकली, शिमला मिर्च, सरसों का साग, केले, पालक आदि शामिल कर सकते हैं. अन्य सब्जियाँ जैसे गाजर, टमाटर, चंटी मिर्च और मशरूम भी जोड़े जा सकते हैं. आप इन सब्जियों को अपने सलाद, सूप, सैंडविच और व्यंजनों में ले सकते हैं. **चिप्स की जगह इड्स:-** नट्स एक बेहद हेल्दी स्नैक विकल्प हैं. वे स्वस्थ वसा, प्रोटीन और फाइबर में समृद्ध हैं. एक कटोरी नट्स रोजाना खाने की कोशिश करें, जिसमें अखरोट, बादाम, अंजीर, काजू और मूंगफली शामिल हैं. इसके अलावा कुछ स्वस्थ बीज जैसे चिया बीज और सन बीज जोड़ सकते हैं. हालांकि ये ध्यान रहे कि आप कितनी मात्रा में नट्स खा रहे हैं, क्योंकि इसमें कैलोरी अधिक मात्रा में होती है. इसके अलावा, जब आपके पास नट्स हों तो नमक का उपयोग करने से बचें. गर्मी के मौसम के दौरान, आप रात भर इन्हें भिगो सकते हैं और फिर उन्हें अगले दिन उपभोग कर सकते हैं. **सॉफ्ट ड्रिंक्स के बजाए बनाना स्मूदी:-** जब हमें प्यास लगती है, तो हम अक्सर डिब्बा बंद जूस या कोल्ड ड्रिंक पी लेते हैं. लेकिन क्या आप जानते हैं इन ड्रिंक्स में कैलोरी और प्रिजर्वेटिव की मात्रा अधिक होती है. अगली बार जब आपको प्यास लगे या आप शाम के नाश्ते की तलाश कर रहे हों, तो बस केले की स्मूदी लें. आप बस दूध या दही और एक केला ले सकते हैं. इसे मिक्स करें और आपका केला स्मूदी तैयार है. केले में पोटेशियम की मात्रा अधिक होती है जो उन्हें उच्च रक्तचाप के रोगियों के लिए फायदेमंद बनाता है. दूसरी ओर, दूध या दही खनिज कैल्शियम से भरपूर होता है जो उच्च रक्तचाप से पीड़ित होने पर भी महत्वपूर्ण है. **नमक के बजाए औषधि:-** अगर आपको उच्च रक्तचाप है तो नमक में उच्च आहार बहुत हानिकारक है. इसलिए जितना हो सके नमक कम रखने की कोशिश करनी चाहिए. इस मामले में, आप कुछ स्वस्थ विकल्प चुन सकते हैं जैसे नींबू का रस, काली मिर्च, सिरका, तुलसी के पत्ते, पुदीना के पत्ते, दालचीनी आदि.

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Intas Pharmaceuticals Acquires The Generics Business of Actavis in The UK & Ireland



Establishes Accord as a leading player in the UK generics market • Compelling strategic fit and increased access to UK and Irish retail and hospital markets • Expands UK manufacturing presence with the addition of the high quality Barnstaple site in North Devon • More than doubles Intas' pan-European operations, with pro-forma revenues exceeding \$500m • Intas will become a top 20 generics player globally • Transaction due to complete in the next three months, subject only to regulatory approvals **Intas Pharmaceuticals Ltd. Mob:- 09927857406, 09450294951** ("Intas"), through its wholly owned subsidiary Accord Healthcare Ltd. ("Accord"), announced today that it has entered into definitive agreements to acquire Actavis UK Ltd. & Actavis Ireland Ltd. ("Actavis UK & Ireland") from Teva Pharmaceutical Industries Ltd. ("Teva") for an enterprise value of approximately £600 million payable in cash. The transaction is part of the European Commission's anti-trust divestiture requirements arising from Teva's acquisition of Actavis Generics. Actavis UK & Ireland is one of the leading suppliers of generic pharmaceuticals in both the UK and Irish markets with selected assets and operations across the respective markets. The company focuses on providing high quality generic pharmaceuticals and the UK & Ireland strong employee base. Actavis UK & Ireland is strong manufacturing UK through its which provides service-Actavis UK and Ireland parties. The company £250m of sales in transaction represents unity for Intas to build & Ireland - adding to ing hospital franchise - strong platform for fur- expansion" says Mr Binish Chudgar, Vice Chairman and Managing Director of Intas. "Through our subsidiary, Accord Healthcare, we have been operating successfully in Europe for more than a decade and this acquisition will make Accord a leading generics player in the UK market. We have a clear plan for the continuation and development of the Barnstaple site and the Actavis UK and Ireland team; we look forward to welcoming them to the Intas Group. We are confident that the cultural alignment between Accord and Actavis UK & Ireland will ensure a smooth integration. "Together we have a great opportunity to build on the strong foundations of our respective organisations; we are excited to join the Intas / Accord family and look forward to an exciting future together" says Sara Vincent, Actavis SVP UK and Ireland. This transaction builds on Accord's commitment to UK manufacturing having recently made a significant investment to reinstate a facility closed by Sanofi Aventis in Newcastle. The Barnstaple plant will become the company's 4th UK site, ensuring Accord has one of the most extensive local supply chains to service pharmacies, hospitals and wholesalers across the UK and Ireland and also into Europe. The transaction is only subject to regulatory approval, which is expected to be provided in the next three months, with completion following shortly thereafter.

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through its of over 600 staff. supported by a presence in the Barnstaple site, es both to and other third generated over 2015. "This a unique oppor- scale in the UK our market lead- and creates a ther European

4 Foods To Eat For Women In Their 30s

As we age, our body also ages and it becomes harder to maintain a healthy mind and body. So we have to work twice as hard to maintain our health. In order to do that you must keep a track on what you should or shouldn't be eating. Your youth allows you to try new things and be free but as it fades away slowly, you should start taking care of yourself more than you ever did. You won't feel any different in your 20s but in your 30s, you will start noticing some inexplicable changes in your body which will make it difficult for you to maintain a healthy weight or stay healthy. But the foods that you eat or avoid can help you age gracefully and lower your chances of developing certain diseases. Here are 4 foods you should eat in your 30s. **Fish:-** Ageing brings with it quite a few challenges including joint pain. It might not happen to everyone after the age of 30, but it is highly likely for a woman to face joint problems. A study done in the UK stated that eating fish can reduce cartilage-eating enzymes which can improve bone health. Eating fish can slow down cartilage degeneration and decreases inflammation in the joints, thereby giving you healthy bones. **Nuts:-** Balancing your professional and personal life can be quite a challenge in your 30s – for some, it is the starting of something new like starting a new family, for some it can be climbing the professional ladder and so on. To be able to manage all of this with utmost energy is important and eating nuts can help you with that. Nuts are loaded with vitamin E that keeps the immune system healthy and strong. It is also rich in vitamin B, which is important to maintain your blood pressure numbers, which in turn lowers your chances of developing cardiovascular disease. **Proteins:-** A metabolic disturbance can wreak havoc on your health. It will pack on unnecessary flab on your body. Metabolism is the process by

Child-Friendly Remedies to Cure Sinus Infections

A sinus infection causes infected, swollen an inflamed nasal cavities. A person suffering from sinus infection may experience pain and pressure around the nose and eyes. Sinus is a common problem in kids because kids are more sensitive to the infection. Your kid may experience stuffed nose and facial pain during a sinus infection. Antibiotics are usually given to cure sinus infection in adults. But this method cannot be applied to the kids because antibiotic use may lead to some harmful effects on your kid. You should try methods which can help your child fight sinus infection at home. Natural methods will not leave any harmful effects. Along with the remedies, you should also consult your doctor immediately to safeguard your child from further progression of the disease. **Steam:-** Steam works best to treat the symptoms of sinus infection. It can help your kid get rid of a stuffed nose. You should make your child inhale steams of hot water twice a week. After inhaling the steams, do not expose your child directly to the cold environment. Cover his or her nose for a while after taking steams. **Warm bath:-** A warm bath will give a lot of relief to your child. Your child will also inhale steam during a warm bath. You can also use

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a warm washcloth as an alternative to a warm bath. Take a warm washcloth and place it on the nose and cheeks of your child. Remove the washcloth as soon as it cools. You can use multiple washcloths and repeat the cycle for a few minutes. **Stay hydrated:-** Some minor changes in lifestyle and diet can safeguard your child from sinus infection in the long run. Make your child drink more water because proper hydration will lose the mucus secretion and clear the child's sinuses. Offer more water and juices to your child to provide the required hydration. You should also serve foods which can increase the immunity of your child. A strong immune system will help your kid fight the infection and will also prevent the progression of the infection. **Essential oils:-** Essential oils like eucalyptus, lemon and lavender can help in treating sinus because these oils have natural decongestion agents. Do not put the essential oil directly on the skin of your child. Take a cotton ball and drop a few drops of these essential oils and hold it few inches away from your child. Make your child inhale the aroma of the essential oil which will help him or her to kill the infection. If these remedies do not show any effective results in treating sinus infection then you should visit the doctor immediately without any delay. You should also not give any medication or nasal spray to your kid without your doctor's advice.

virtue of which the body utilizes calories obtained from foods and converts them into energy. After the age of 30, it becomes hard to burn excess calories, so women in their 30s should eat foods rich in protein. Eating lean meat and fish can help boost metabolism and energy. It will also help curb hunger and you won't binge eat anymore. Eating a high-protein diet will keep your metabolism in check, which in turn will help you maintain a healthy weight and keep blood sugar levels in check. **Beans:-** Fine lines begin to show on the face once you reach your 30s. A study conducted by a team of Australian scientists found that women who ate beans had fewer wrinkles and less sun-related damage. Beans are loaded with antioxidants that keep your skin protected from sun exposure and pollution. It will promote healthy skin and keep your skin guarded.

