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BUSCOSCAN-M Hyoscinebutylbromide 10mg & Mefenamic Acid 250mg Tab.	HELPAE-PT Aceclofenac 100mg, Paracetamol 325mg & Tramadol Hydrochloride 37.5mg Tab.	SETSPAS-FAST INJ Diclofenac Sodium 50mg & Dicyclanole 20mg / 1ml Inj.
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New Delhi now engages in quiet Covaxin diplomacy

The Indian government has been engaged in quiet diplomacy to assist Bharat Biotech's Covaxin to get international approval and this could result in approvals for the vaccine by several countries during July-August over and above the 15 countries that have approved Covaxin so far. Unlike China, India is not pursuing an aggressive policy to get Covaxin approved but rather a quiet diplomacy, advising Bharat Biotech on navigating the complex world of geo-economics in a transparent fashion and through submission of data at global institutions and various world capitals, ET has learnt. Bharat Biotech has applied for regulatory approvals in more than 50 countries, along with emergency use listing with WHO Geneva. Indian diplomats are guiding Biotech on the process to get approval from WHO. "Bharat Biotech has now received approvals from more than 15 countries, with approvals from several additional countries to be received during July-August 2021. Now that results from Phase-III final analysis have been published, more countries from Asia, Africa, Latin America, Europe and North America have come forward to grant EUAs for Covaxin," according to a person familiar with the issue. Besides Brazil, Philippines, Iran and Mexico are the countries which have approved Covaxin.

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दिल्ली AIIMS के कन्वर्जेंस ब्लॉक की 9वीं मंजिल पर लगी आग पर दमकल कर्मियों ने पाया काबू

दिल्ली AIIMS Fire: स्थित ऑल इंडिया इंस्टीट्यूट ऑफ मेडिकल साइंसेस यानी एम्डी के 9वीं मंजिल पर बुधवार देर रात आग लग गई. हालांकि कुछ देर बाद आग पर काबू पा लिया गया. आग पर काबू पाने के लिए फायर ब्रिगेड की 20 से अधिक गाड़ियों को मौके पर भेजा गया था. इस घटना में किसी के घायल होने की कोई खबर नहीं है. बताया जा रहा है कि जिस फ्लोर पर आग लगी वहां कोई मरीज नहीं था, क्योंकि फ्लोर को खाली करवा लिया गया था. शुरुआती जांच में आग का कारण शॉर्ट सर्किट बताया जा रहा है. न्यूज एजेंसी ANI की तरफ से जारी वीडियो में देखा जा सकता है कि एम्डी बिल्डिंग से आग की लपटें और धुआं निकल रहा है. रिपोर्ट के अनुसार, आग अस्पताल के कन्वर्जेंस ब्लॉक में लगी जहां मुख्य रूप से कई तरह की लैबोरेट्री और जांच अनुभाग हैं. फायर डिपार्टमेंट के अनुसार आग पर अब काबू पा लिया गया है.

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Lupin Launches Authorized Generic Version of Alinia

Mumbai- Global Pharma major, Lupin Limited (Lupin), today announced the launch of the authorized generic version of Alinia® (nitazoxanide) Tablets, 500 mg of Romark Laboratories, L.C. Nitazoxanide Tablets, 500 mg, are indicated in the treatment of diarrhea caused by Giardia lamblia or Cryptosporidium parvum in patients 12 years of age and older. Nitazoxanide Tablets, 500 mg (RLD: Alinia®) had estimated annual sales of USD 56 million in the U.S. (IQVIA MAT January 2021).
careers@lupin.com
info@lupin.com, shwetamunjal@lupin.com

Serum Institute of India produces over 10 crore doses of Covishield in June

Fulfilling its commitment, Serum Institute of India has produced over 10 crore doses of its Covid-19 vaccine Covishield in June so far as India ramps up the pace of its vaccination drive in the face of a possible third wave of the viral infection. India's Covid-19 inoculation drive has picked up pace under the new phase of universalisation of Covid-19 vaccination that commenced on June 21 with around 69 lakh vaccine doses being administered on an average daily in the last six days. The immunisation data published at 7 am on Sunday showed that India administered 64.25 lakh vaccine doses in a day, taking the cumulative number of jabs given so far under the nationwide inoculation drive to 32.17 crore.

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दिल्ली सरकार ने राष्ट्रीय राजधानी में ऑक्सीजन की कमी से मरने वाले मरीजों के परिजनों को मुआवजा देने का ऐलान किया। आज बुधवार को उप मुख्यमंत्री मनीष सिसोदिया (Delhi Deputy CM Manish Sisodia) ने इस संबंध में अहम प्रेस कॉन्फ्रेंस की। उन्होंने कहा कि दिल्ली में ऑक्सीजन (Delhi Oxygen Update) की कमी से मौतें हुई हैं। दिल्ली सरकार (Delhi Government) ने निर्णय लिया कि ऑक्सीजन की कमी से किसी मरीज की मौत होती है तो सरकार उसके परिवार को पांच लाख रुपए का मुआवजा देगी।

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सिप्ला को भारत में उपयोग के लिए Moderna वैक्सीन के आयात की इजाजत मिली।

नई दिल्ली- सिप्ला को भारत में उपयोग के लिए Moderna वैक्सीन के आयात की इजाजत मिली। फार्मास्यूटिकल कंपनी सिप्ला को भारत में आपातकालीन उपयोग के लिए Moderna की कोविड वैक्सीन के आयात की मंजूरी मिल गई है। सूत्रों ने यह जानकारी दी। Moderna वैक्सीन को कोविड के खिलाफ 90 फीसदी प्रभावी माना गया है। गौरतलब है कि Moderna ने भारत में अपनी कोविड-19 वैक्सीन की मंजूरी के लिए अनुरोध किया है इसे फार्मा कंपनी सिप्ला द्वारा आयात व बेचा जाएगा। सरकार तीसरी लहर से निपटने की तैयारी के तहत देश में बड़े पैमाने पर टीकाकरण अभियान चलाना चाहती है। दवा कंपनी सिप्ला ने सोमवार को इसके आयात और बिक्री की मंजूरी मांगी है। सिप्ला ने अपने आवेदन में सरकार के उस फैसले का हवाला दिया है जिसमें कहा गया था कि अगर किसी अन्य देश में आपातकालीन इस्तेमाल के लिए वैक्सीन को मंजूरी दी जाती है, तो उसे ट्रायल के बिना बाजार में लाया जा सकता है। ऐसी स्थिति में टीकों के पहले 100 लाभार्थियों के सुरक्षा डेटा का आकलन पेश करने की जरूरत होती है। मोडर्ना ने यह भी कहा है कि अमेरिका की सरकार COVAX के माध्यम से भारत को अपने टीके की एक निश्चित संख्या में खुराक दान करने के लिए सहमत हो गई है।

43 वॉलंटियर्स को हुआ कोरोना इंफेक्शन

कोवैक्सिन के फेज-3 क्लिनिकल ट्रायल्स में 25,800 वॉलंटियर्स शामिल हुए थे। यह भारत में कोरोना वैक्सीन के क्लिनिकल ट्रायल में शामिल होने वालों का अब तक का सबसे बड़ा आंकड़ा है। इनमें 2,433 लोग 60 वर्ष से ज्यादा उम्र के थे, जबकि 4,500 वॉलंटियर्स गंभीर बीमारियों से जुड़ा रहे थे। इनमें से 43 वॉलंटियर्स कोरोनावायरस से इंफेक्टेड पाए गए हैं। 36 प्लेसिबो ग्रुप के थे, जबकि सिर्फ 7 वैक्सीन ग्रुप के। इस आधार पर वैक्सीन की इफेक्टिविटी 80.6% रही है।

समझना

यूँ तो डॉक्टर मरीज को समझाता है, पर कभी-कभी मरीज भी डॉक्टर को समझाने लगता है। उस दिन भी ऐसा ही हुआ। मरीज कहने लगा, 'डॉक्टर साहब, समय पर भोजन तो कर लिया करें, अपने स्वास्थ्य का ध्यान रखें। डॉक्टर साहब ने भी तुरंत प्रतिक्रिया की, 'आप बैठिए, मैं भोजन करके आता हूँ।' मरीज ने भी तुरंत प्रतिक्रिया दी, 'मुझे देख जाइये, फिर भोजन करने जायें।'

समरूप

गली का कुत्ता जन्म से पूरे मोहल्ले के लोगों की गालियाँ और लात-जूते खाता। इसके बदले में उसे कुछ खाने को मिलता, उसने पलटकर न ही किसी को काटा और न ही गुराया। एक दिन किसी ने कहा समझदार कुत्ता है बिल्कुल इसानों जैसा है। उसी दिन वह पहली बार गुराया और काटने को हुआ। कुछ लगा मानो कह रहा हो, जो भी गाली देना हो सो दे देना, बस इसान की संज्ञा मत देना।
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पहले में, 5 भारतीय फार्मा प्रमुख कोविड दवा परीक्षण के लिए सहयोगी

हैदराबाद: पहली बार, पांच भारतीय फार्मा कंपनियों ने हल्के कोविड -19 रोगियों पर जांच-विरोधी वायरल दवा मोलनुपिरवीर के चरण - 3 नैदानिक परीक्षण करने के लिए हाथ मिलाया है। कंपनियों में डॉ रेड्डीज लेबोरेटरीज लिमिटेड, सिप्ला लिमिटेड, सन फार्मास्यूटिकल इंडस्ट्रीज लिमिटेड, टैरेंट फार्मास्यूटिकल्स लिमिटेड और एमक्योर फार्मास्यूटिकल्स लिमिटेड शामिल हैं। कंपनियों ने एक सहयोग समझौता किया है, जिसके हिस्से के रूप में वे संयुक्त रूप से भारत में नैदानिक परीक्षण को प्रायोजित, पर्यवेक्षण और निगरानी करेंगे, उन्होंने मंगलवार को एक संयुक्त बयान में कहा। कंपनियों के अनुसार, भारतीय फार्मा उद्योग में क्लिनिकल परीक्षण के लिए सहयोग अपनी तरह का पहला है, जिसका उद्देश्य महामारी के खिलाफ सामूहिक लड़ाई में उपचार की एक और लाइन की जांच करना है।

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**Piramal
Pharma
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Enters Into a
Master
Services
Agreement
with Plus
Therapeutics,
Inc.**



Mumbai- Piramal
Pharma Limited's
(PPL) Contract
Development and
Manufacturing
Organization
(CDMO), Piramal
Pharma Solutions
(PPS), announced
today that the
Company has
entered into a Master
Services Agreement (MSA)
with Plus Therapeutics, Inc.
for Piramal to perform serv-
ices related to the develop-
ment, manufacture, and sup-
ply of Plus Therapeutics'
RNLLiposome Intermediate
Drug Product. This MSA
includes the transfer of ana-
lytical methods, development
of microbiological methods,
process transfer and opti-
mization, intermediate drug
product manufacturing, and
stability studies. The transfer
will be performed at the PPS
drug product facility located in
Lexington, Kentucky. The two
companies envision that the
MSA will lead to clinical and
commercial supply agree-
ments for the drug product at
the appropriate stage of
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Entities (NCEs), generics,
and molecules that might be
following the 505(b)(2) regu-
latory pathway. Peter
DeYoung, CEO, Pharma
Solutions, Piramal Pharma
Limited, stated that "We are
excited to partner with Plus
Therapeutics. We believe that
this represents the start of a
long, collaborative, and mutu-
ally beneficial relationship
that will address our ultimate
objective of reducing the bur-
den of disease on patients."
"This agreement represents
another significant milestone

for Plus, as we work to
advance the development of
RNL as a novel treatment
option for patients diagnosed
with glioblastoma," said Marc
Hedrick M.D., President and
Chief Executive Officer of
Plus Therapeutics. "The team
at PPS has the knowledge,
experience, and expertise to
support our needs, both now
and in the future as we
advance RNL towards regula-
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Piramal Group in 2001,
Khushru has been instru-
mental in setting up the
Group's Financial Services
business. Piramal's jour-
ney in Financial Services
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one of India's largest &
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with a diversified wholesale
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INR 50,000 crores. Khushru has also played
an important role in set-
ting up the Alternative
Investments business
which today has marquee
global investors such as
CDPQ, CPPIB, and Bain
Capital. "As Executive
Director on the Board for
Financial Services,
Khushru will actively lead

the wholesale business.
He will also be closely
involved across the finan-
cial services platforms in
helping drive the transfor-
mation into a more diversi-
fied, sustainable, technolo-
gy-driven business in addi-
tion to helping develop and
train the next generation of
leaders to take on greater
responsibilities, and to
take the business to
greater heights," said Ajay
Piramal, Chairman,
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About Dr. Jayashree Dasgupta



Dr. Jayashree Dasgupta is the Co-Founder and Project Director at **Samvedna Senior Care**. A clinical psychologist with a specialization in neuropsychology, Dr. Jayashree holds MPhil, PhD degrees from the National Institute of Mental Health and Neurosciences (NIMHANS). She has over 15 years of clinical experience working with children and adults facing mental health issues. She has been the recipient of International Fellowships and Research Grants and has published papers in National and International peer reviewed journals. Having worked extensively in the field of mental health in government hospitals and corporate settings, Dr. Jayashree's inspiration to take up entrepreneurship came from the lack of awareness about mental health problems suffered by older adults and the stigma around it. As a healthcare professional, the entrepreneurial journey provided her an opportunity to develop and provide services to people suffering from mental health issues, outside of a hospital setting. Commenting on the current scenario of elderly care industry in India, Dr. Jayashree says "Around 75 million elderly in India have some form of chronic illness and nearly 20 percent have some form of mental illness. However, services specifically targeting mental health of the elderly and supporting families are very few. With its wide range of care services and expertise, Samvedna has been able to provide care to adults with neu-

rodegenerative disorders and mental health issues as well as support families in providing home-based care." Due to lack of awareness about mental health and neurodegenerative conditions in the elderly, most people seek help when problems become acute and very difficult for the family to handle. Dr. Jayashree believes that the earlier a problem is identified, more options are available to help the elderly and their family. Through Samvedna's community-based activities and awareness programs, they have focused on creating more awareness about age related issues and destigmatizing help seeking. They have also focused on professional training and support to bridge gaps in care provision. Today, Samvedna has a self-sustaining business model and has directly serviced more than 1000 customers in Delhi/NCR region over the past 7 years. Samvedna was started on a shoe-string budget, being one of the early entrants in the eldercare space. In a country where cultural and social norms have governed the way elderly are taken care of, it was challenging to introduce eldercare as a business model. There was low awareness and also denial for the need for such services. Finally, they also worked closely with communities like RWAs, clubs and hospitals to educate and sensitize senior citizens on eldercare issues. They regularly conduct health screening camps to make people aware of impending health issues. Samvedna Senior Care has been recognized as one of the '25 Best Social Enterprises' as a part of Yes I am the Change initiative by Yes Bank. **Mob.: +917428097301 +911244229659 contact@samvednacare.com**

COVID-19: पिछले साल के 18 प्रतिशत गिरावट की तुलना में इस साल 32 प्रतिशत बढ़ी

मेडिकल स्टोर्स में ट्रांजैक्शन ग्रोथ

COVID-19: भारत भर में छोटे और सूक्ष्म व्यवसायों की नब्ब दिखाने वाली एक नई रिपोर्ट में, ओकेकेडिट ने खुलासा किया है कि संक्रमण में नवीनतम वृद्धि एसएमबी के लिए पिछले साल की तरह विनाशकारी नहीं है। इस मध्यम प्रभाव का प्राथमिक कारण मार्च 2020 में कठोर लॉकडाउन की तुलना में इस वर्ष एक राष्ट्रीय लॉकडाउन का अभाव रहा है, जिसने कई व्यवसायों को बंद करने के लिए मजबूर किया। हालांकि, इस साल, राज्यों ने अर्थव्यवस्था को ध्यान में रखते हुए लॉकडाउन के प्रति अधिक ढील दी है। अध्ययन के अनुसार, चिकित्सा आपूर्ति की मांग में अचानक बढ़ोतरी और डिजिटल बहीखाता

पद्धति के अनुप्रयोगों को तेजी से अपनाने के कारण पिछले साल की इसी अवधि में 18 प्रतिशत की गिरावट की तुलना में मेडिकल स्टोर और फार्मेसी स्टोर में इस साल 32 प्रतिशत की तेज वृद्धि देखी गई। मार्च 2021 के अंतिम सप्ताह से लेकर मई 2021 तक के आंकड़े लिए गए हैं। इलेक्ट्रॉनिक्स, फल, सब्जियां और डेयरी अन्य श्रेणियां थीं जिन्होंने लेनदेन में प्रत्येक में 5 प्रतिशत की वृद्धि दर्ज की। प्रति व्यापारी ग्राहकों की संख्या वास्तव में बढ़ी है, यह दर्शाता है कि पिछली लहर की तुलना में ज्यादा से ज्यादा व्यापारी डिजिटल बहीखाता पद्धति का सहारा ले रहे हैं और ग्राहकों का नामांकन कर रहे हैं। कई स्थानों पर, राज्य सरकार ने लॉकडाउन लागू करने से पहले पूर्व सूचना दी। इससे व्यापारियों को डिजिटल रूप से ग्राहकों को जोड़कर पहले से तैयारी करने का समय मिल गया। किराना स्टोर में ग्राहकों की संख्या में 7 प्रतिशत की वृद्धि देखी गई है और इसलिए फल/सब्जी डेयरी की दुकानें, मोबाइल रिचार्ज स्टोर और इलेक्ट्रॉनिक्स स्टोर हैं। आवश्यक सेवाओं में प्रति व्यापारी ग्राहकों की संख्या में वृद्धि का मतलब है कि बहुत से ग्राहकों ने लॉकडाउन की घोषणा से पहले सामान का स्टॉक कर लिया होगा। ग्राहकों की संख्या के भीतर, सक्रिय ग्राहकों ने 2020 में 40 प्रतिशत की तुलना में केवल

16 प्रतिशत की गिरावट देखी है। किराने के सामान के मामले में सक्रिय ग्राहकों में पिछली साल पूर्व-कोविड अवधि की तुलना में 6 प्रतिशत की वृद्धि हुई है। हालांकि, फरवरी की तुलना में अभी भी 6 फीसदी की गिरावट है। इस गिरावट के दो कारण हो सकते हैं- एक तो यह हो सकता है कि कई ग्राहक ऑनलाइन रिटेल की ओर रुख कर रहे हैं और दूसरा कई किराना स्टोरों को स्टॉक खरीदना मुश्किल हो रहा है। ओकेकेडिट के सह-संस्थापक और सीईओ हर्ष पोखराने ने कहा कि "हालांकि प्रभाव पिछले साल की तरह विनाशकारी नहीं रहा है, तथ्य यह है कि छोटे और सूक्ष्म व्यवसाय संघर्ष कर रहे हैं। उनमें से कुछ के लिए नकदी प्रवाह गंभीर रूप से प्रभावित हुई है और अन्य के लिए ग्राहक ऑनलाइन चले गए हैं। इसके अलावा, वायरस के डर ने सुनिश्चित किया है कि उनमें से बहुत से बंद रहते हैं।" 2020 के लॉकडाउन के दौरान लेन-देन करने वाले व्यापारियों की संख्या में 32 प्रतिशत की गिरावट आई, जबकि इस वर्ष यह केवल 9 प्रतिशत थी। जिन श्रेणियों में यह गिरावट न्यूनतम रही है, वे हैं मेडिकल स्टोर, किराना, हार्डवेयर, इलेक्ट्रॉनिक्स, मरम्मत सेवाएं और फल/सब्जी/डेयरी।

कोवैक्सिन का वेस्टेज भी कम

कोवैक्सिन या BBV152 एक व्होल वायरस इनएक्टिवेटेड SARS-CoV-2 वैक्सीन है। इसे वेरो सेल्स से बनाया गया है। यह 2 से 8 डिग्री सेल्सियस पर स्टोरेज रहती है और रेडी-टू-यूज लिक्विड फॉर्मेशन में ट्रांसपोर्ट की जा रही है। मौजूदा वैक्सीन सप्लाई चैन चौनल्स के लिए यह उपयुक्त है। BBV152 के साथ 28 दिन की ओपन वायल पॉलिसी भी है, जो वैक्सीन के वेस्टेज को 10-30% तक कम करती है।

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Alembic Pharmaceuticals announces its joint venture Aleor Dermaceuticals receives USFDA Final Approval for Nystatin & Triamcinolone Acetonide Cream USP, 100,000units/gm and 1mg/gm.

Alembic Pharmaceuticals Limited (Alembic) today announced that its joint venture Aleor Dermaceuticals Limited (Aleor) has received final approval from the US Food & Drug Administration (USFDA) for its Abbreviated New Drug Application (ANDA) for Nystatin and Triamcinolone Acetonide Cream USP, 100,000 units/gram and 1 mg/gram. The approved ANDA is therapeutically equivalent to the

reference listed drug product (RLD), Nystatin and Triamcinolone Acetonide Cream USP, 100,000 units/gram and 1 mg/gram, of Taro Pharmaceuticals U.S.A. Inc. Nystatin and Triamcinolone Acetonide Cream, USP is indicated for the treatment of cutaneous candidiasis; it has been demonstrated that the nystatinsteroid combination provides greater benefit than the nystatin component

alone during the first few days of treatment. Nystatin and Triamcinolone Acetonide Cream, USP has an estimated market size of US\$ 19 million for twelve months ending December 2020 according to IQVIA. Alembic has a cumulative total of 139 ANDA approvals (123 final approvals and 16 tentative approvals) from USFDA. **Mob.: +91 022 30611666 info@alembic.co.in**

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पुरुषों की पहली पसंद

जोशअप

एवं गोल्ड कैप्सूल

जोशअप बलवर्धक चूर्ण (हृत्क)

शरीर परिणाम के लिए
जोशअप गोल्ड कैप्सूल के
साथ जोशअप बलवर्धक चूर्ण
का प्रयोग लाभकारी रहेगा।

गैसोमैक्स

Gasomax Capsule

शुद्ध आयुर्वेदिक जड़ी-बूटियों
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पुरानी सी पुरानी गैस, अपच,
अफारा में अतिप्रभावी है।

जोशअप गोल्ड

जोशअप गोल्ड कैप्सूल

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जोशअप गोल्ड कैप्सूल के
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जोड़ों एवं मांसपेशियों के दर्द की प्रभावी औषधि आयुर्वेदिक औषधि

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वितरक रहित क्षेत्रों में वितरक की आवश्यकता है



Samvedna Senior Care

Empowering the elderly to age better

Established in 2013, Samvedna Senior Care is on a mission to provide the best-in-class senior care services for the elderly. Their services have been designed to cater to the physical and emotional health and well-being of the elderly. Through their programs, they help the elderly in living an active and independent lifestyle, in the comfort of their home and community through interactive caregiving. Founded by Archana Gautam Sharma, an experienced IT professional and Dr. Jayashree Dasgupta, a renowned clinical psychologist, Samvedna Senior Care offers a multi-disciplinary team of doctors, clinical psychologists, mental health specialists and social workers making it a pioneer in the eldercare services industry. Samvedna Senior Care has been recognized as one of the '25 Best Social Enterprises' as a part of Yes I am the Change initiative by Yes Bank.

The differentiator :- Samvedna's holistic, 360-degree care model gives it a unique position in the elderly care market. They have programs that cater to all elderly age groups. Their active ageing programs help senior citizens maintain and enjoy a quality of life. These initiatives include digital literacy, intellectual companionship and health and wellness programs. Their homecare programs are for the elderly facing chronic long-term ailments, Samvedna provides appropriate diagnostics, medical review and guides the family and patient by developing care plans and

providing scientific evidence-based interventions. They also have specialized Dementia care programs to help delay the progression of Dementia. Their mental health services provide psychological therapies and counselling for older adults dealing with mental health issues such as depression, anxiety, stress, schizophrenia CD, as well as support for caregivers of older adults with chronic ailments. Eg : caregiver enablement, counselling support for cancer.

The Inspiration :- Samvedna was founded by Archana Gautam Sharma out of her deep desire to empower the elderly to live with dignity and independence. Her motivation and inspiration came from her elderly parents. Longevity, urbanization, lack of adequate support structures and trained caregivers pose a huge challenge for families looking at a quality care support system for their parents. Many seniors are prone to social isolation and loneliness, falling prey to depression, dementia and other health disorders. These challenges are faced by seniors across socio-economic class. Samvedna Senior Care understands these challenges and has addressed this gap by providing services designed to improve the quality of life for a senior citizen. Also there is a deep social stigma around mental health ailments, Samvedna provides mental health services to help break the taboo and encourage people to seek timely professional help.

The Challenges :- Samvedna was started on a shoe-string budget, being one of the early entrants in the eldercare space. In a country where cultural and social norms have governed the way elderly are taken care of, it was challenging to introduce eldercare as a business model. There was low awareness and also denial for the need for such services. Samvedna was determined to overcome these challenges in order to fulfill the unmet needs of elderly and family caregivers. They started off by setting up a flagship senior day centre, a community space for elderly. The center conducts various pro-

grams for senior citizens to promote healthy and active ageing and conducts regular health screening camps and awareness talks. They also setup a qualified multidisciplinary team with expertise in eldercare and mental health and have adopted the best scientific evidenced based approach for care management. Finally, they also worked closely with communities like RWAs, clubs and hospitals to educate and sensitize senior citizens on eldercare issues. They regularly conduct health screening camps to make people aware of impending health issues. Today, Samvedna has a self-sustaining business model and has directly provided homecare services to more than 1000 customers in Delhi/NCR region over the past 7 years. Their community services have helped more than 5000 individuals and senior citizens through various initiatives. These services include healthy ageing awareness drives, digital literacy programs, health screening camps, caregiver support groups, mental health talks, training for caregivers and families.

Opportunity and Market Strategy:- By 2025, India's ageing population will be around 175 Mn. This trend is further going to see a rise and by 2050 India would have more than 300 Mn elderly above 60 years of age. Many elderly will be living alone or independently and will be in need of various services and community platforms to help them maintain a quality of life and have access to good care. There will be an increased burden of diseases with chronic ailments, requiring long term care and a supportive environment.

The senior care industry is still in early stages of evolution. While there is a plethora of services which are being offered by multiple players, the reach and acceptance is still very low and comes at a cost. Samvedna's strategy is to create awareness and offer eldercare service solutions which are not only superior but affordable at the same time. In the next 12 months, Samvedna plans to triple their existing customer base and penetrate other geographic locations through online services. They will also establish physical presence in three new locations outside Delhi.

Mob.: +917428097301

Mob.: +911244229659

contact@samvednacare.com

WHO and Global Fund Sign Cooperation Agreement to Scale Up HIV, TB and Malaria Interventions and Strengthen Health Systems

With South to South Learning; Improve quality of care; Encourage rapid uptake of procurement and supply chain management innovation; and Increase program sustainability, facilitate the transition to domestic financing and improve program efficiency. WHO and the Global Fund have a long and successful partnership working together to scale up HIV, TB and malaria interventions and strengthen health systems in many countries. Through focused efforts and catalytic investments, this collaboration has contributed to significantly reduce the disease burdens of HIV, TB and malaria worldwide, saving millions of lives since 2002. "The COVID-19 pandemic, more than ever, reinforces the need to strengthen our partnership to achieve our shared goals of ending the epidemics," said Dr Mubashar Sheikh, Director, Deputy Director-General's Office, WHO. "Together, WHO and the Global Fund have proven to be a powerful force that builds on strong in-country support and regional presence, technical leadership and financial resources to strengthen systems for health and accelerate the end of AIDS, TB and malaria as epidemics," said Michael Byrne, Head of Technical Advice and Partnerships at the Global Fund. "This new agreement will help overcome the multiple challenges caused by the COVID-19 pandemic, safeguard and expand HIV, TB and malaria programs."

इन राज्यों में आरटी-पीसीआर टेस्ट अनिवार्य नहीं

भारत: देश में सकारात्मक मामलों की संख्या में धीरे-धीरे गिरावट के साथ, कई भारतीय राज्य यात्रा मानदंडों को आसान बनाने की कोशिश कर रहे हैं। कई राज्यों में, एक नकारात्मक आरटी-पीसीआर परीक्षण रिपोर्ट अब अनिवार्य नहीं है। लेकिन कई अन्य राज्य यात्रियों को अनुमति दे रहे हैं बशर्ते वे टीकाकरण का प्रमाण प्रस्तुत करें। इसके अलावा, उनके नियम परिवर्तन के अधीन हैं, वे स्थायी नहीं हैं। इसलिए, यात्रा की योजना बनाने से पहले, यह महत्वपूर्ण है कि आप यह सुनिश्चित करने के लिए सभी आधिकारिक चैनलों की जांच करें कि आपके पास परेशानी मुक्त यात्रा है। लेकिन वर्तमान परिदृश्य के अनुसार, भारतीय राज्य अपने क्षेत्र में आगंतुकों को अनुमति दे रहे हैं। भारतीय राज्य जहां आरटी-पीसीआर परीक्षण रिपोर्ट की आवश्यकता नहीं है • दिल्ली • हिमाचल प्रदेश • तेलंगाना • हरियाणा • तमिलनाडु • कर्नाटक • आंध्र प्रदेश. यह आपकी सुविधा के लिए है कि तमिलनाडु को एक नकारात्मक आरटी-पीसीआर परीक्षण रिपोर्ट या टीकाकरण के प्रमाण की आवश्यकता है। लेकिन यह तब है जब आप राज्य के बाहर से कोयंबटूर के लिए उड़ान भर रहे हैं। कई एयरलाइंस आपसे एक नकारात्मक परीक्षण रिपोर्ट तैयार करने का आग्रह कर सकती हैं जिसे यात्रा के 72 घंटों के भीतर लिया जाना चाहिए। राज्य जिन्हें टीके की पहली खुराक के प्रमाण के रूप में एक नकारात्मक परीक्षण रिपोर्ट की आवश्यकता है • पंजाब • चंडीगढ़, इन दोनों राज्यों ने आपकी पहली खुराक के बाद एक कोविड टीकाकरण प्रमाणपत्र प्रस्तुत करना अनिवार्य कर दिया है। यदि संभव नहीं है, तो आपको एक नकारात्मक परीक्षण रिपोर्ट ले जाने की आवश्यकता है जो यात्रा के 72 घंटों के भीतर ली जानी चाहिए। टीके की दोनों खुराकों को पूरा करने के बाद कोई नकारात्मक परीक्षण रिपोर्ट नहीं ओडिशा: राज्य में प्रवेश करने के लिए, आपको अपना अंतिम टीकाकरण प्रमाणपत्र प्रस्तुत करना होगा। यदि प्रदान नहीं किया गया है, तो आपको एक नकारात्मक आरटी-पीसीआर परीक्षण रिपोर्ट या एक एंटीजन परीक्षण रिपोर्ट ले जाने की आवश्यकता है जो यात्रा के 48 घंटों के भीतर ली जानी चाहिए। राजस्थान : यदि आपने टीकाकरण के 28 दिन बाद की अवधि पूरी कर ली है, तो आरटी-पीसीआर परीक्षण रिपोर्ट की आवश्यकता नहीं है। उस मामले में दोनों खुराक पूरी की जानी चाहिए। छत्तीसगढ़ : आपको या तो टीकाकरण के प्रमाण प्रस्तुत करने होंगे या एक नकारात्मक परीक्षण रिपोर्ट जो 96 घंटे से अधिक पुरानी नहीं होनी चाहिए। नागालैंड : या तो टीकाकरण प्रमाण पत्र की आवश्यकता है या एक नकारात्मक आरटी-पीसीआर परीक्षण रिपोर्ट जो यात्रा के 72 घंटों के भीतर ली जानी चाहिए। मेघालय : दिल्ली, महाराष्ट्र, बिहार, उत्तर प्रदेश, कर्नाटक और पश्चिम बंगाल को छोड़कर राज्यों से आने वाले लोगों को टीकाकरण प्रमाण पत्र प्रस्तुत करने पर नकारात्मक परीक्षण रिपोर्ट प्रस्तुत करने की आवश्यकता नहीं है।

Alembic Pharmaceuticals announces its joint venture Aleor Dermaceuticals receives USFDA Tentative Approval for Efinaconazole Topical Solution, 10%.

Alembic Pharmaceuticals announces its joint venture Aleor Dermaceuticals receives USFDA Tentative Approval for Efinaconazole Topical Solution, 10%. Alembic Pharmaceuticals Limited (Alembic) today announced that its joint venture Aleor Dermaceuticals Limited (Aleor) has received tentative approval from the US Food & Drug Administration (USFDA) for its Abbreviated New Drug Application (ANDA) for Efinaconazole Topical Solution, 10%. The approved ANDA is therapeutically equivalent to the reference listed drug product (RLD), Jublia Topical Solution, 10%, of Bausch Health Americas, Inc. (Bausch). Efinaconazole Topical Solution, 10% is indicated for the topical treatment of onychomycosis of the toenail(s) due to Trichophyton rubrum and Trichophyton mentagrophytes. Efinaconazole Topical Solution, 10% has an estimated market size of US\$ 233 million for twelve months ending December 2020 according to IQVIA. Aleor has settled the case with Bausch Health and will launch its generic as per the terms of the settlement. Alembic has a cumulative total of 140 ANDA approvals (123 final approvals and 17 tentative approvals) from USFDA.

The World Health Organization and the Global Fund to Fight AIDS, Tuberculosis and Malaria signed a cooperation and financing agreement to implement 10 strategic initiatives to accelerate the end of AIDS, tuberculosis and malaria as epidemics and strengthen systems for health. This new agreement, which will cover the 2021-2023 implementation period, aims to address some of the persistent challenges that impede progress against the three diseases and protect hard-won gains from new pandemics like COVID-19. In 2019, a total of 1.4 million people died from tuberculosis and an estimated 409,000 people died from malaria. In 2020, 690,000 people died from AIDS-related illnesses. Through the new agreement, the strategic initiatives seek to: Expand TB preventive treatment for people living with HIV in 9 countries across Africa; Strengthen efforts to provide differentiated HIV service delivery; Accelerate efforts to find people with TB missed by health systems in 20 countries; Accelerate introduction of innovation for multi-drug resistant TB treatment through regional operational research in Eastern and Central Europe; Support 26 countries and territories to eliminate malaria by 2025; Improve country data collection and use to develop evidence-informed policy; Foster the rapid uptake of service delivery inno-

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7 Surprising Benefits of Jogging- Are You Missing out on them?

Why Is Jogging Must for Everyone? Have you ever wondered why the healthiest people at older ages never miss out on jogs? Jogging has stupendous effects on your immunity system and body when you practice it as a regular regime. It is amongst the most wonderful form of workout that suits the majority of the masses. Health is a science that you need to understand carefully, and it deviates from person to person. Jogging also empowers your brain health by releasing endorphins that enhance your lung capacity and amplify the blood cholesterol level!

7 Pros of Jogging Revealed!

For an hour of jogging, you can almost burn 300 calories which is great! Are you a workout enthusiast? Do you want to stay fit and healthy? Pep up yourself for the jogging session that can nurture your mind, spirit, and body! It is a wonderful exercising regime that could boost your mood and give a kick-start to your dull mornings. Stay Motivated with the top benefits unleashed by the experts of physical training:

Jogging aids in better mental health. Feeling refreshed and charged for the rest of the day is the top benefit of jogging. It makes you feel very lively and full of positive energies. The release of endorphins during the jogging activity helps in making you feel good and manages stress levels. It also helps ensure a sound sleep so that you wake up with more alertness and pep up for an active jogging session again!

Jogging Improves heart health

Regular jogging is the rawest and best form of cardio workout. Its efficacy is far better in comparison to any other cardio training with equipment. A 30-minutes of daily jog can strengthen the muscles of your heart and helps in increasing their efficiency. It also accounts for the balanced blood glucose level, blood pressure, and even cholesterol levels. The risks of cardiac arrest and deaths due to heart diseases can minimize if you regularly follow the jogging regime. However, people having severe heart syndrome or complexities must consult their physician before taking up this workout!

Jogging makes your bones stronger

When you go out for a jog each day, the body bones get habituated to bearing stress levels. With a regular session, your bones develop a range of tissues to sustain additional pressure and becomes stronger. Strengthened bones can reduce main other ailments and diseases in your body. If you go out for a regular jogging session, your bones can quickly retaliate against any minor bone-related surgeries!

Helps in Muscle Building

Most athletes and sportspeople incorporate jogging into their daily routine. It increases the engagement of overall body muscles and fosters physical activity in your body. The targeted muscles in this cardio workout are gluteal and calf muscles, hamstrings, and other mid-section body muscles. Continuity of this activity results in toning of muscles and imparts you a leaner body with a developed body stature.

Perfect for Weight Loss

Jogging is a hands-down winner for those who wish to lose weight and burn calories. You need to be also thoughtful about your meals to make a significant difference in

managing weight. Moderate sleep, the right diet plan, and plenty of water could help you shed calories. All this can surge up the metabolism level in your body and burn excess fat. So, get ready to witness a more lean and toned version of yourself.

Improves Respiratory System

Intake of Fresh oxygen in the morning is a boon in itself. Suitable jogging activities improvise your body's respiratory system and allow your lungs to boot their capacity. The respiratory system can develop endurance by amplifying breathing counts. On the whole, regular jogging sessions can help build respiratory muscles and improvise the overall efficacy of your body tissues. For people dealing with respiratory issues, a small jogging session can work wonders!

Jogging makes your joints stronger

Are you aware of osteoarthritis or rheumatoid arthritis? There is a common joint problem that mainly triggers after the age of 35 years. Hence, you need to be cautious about the joint bones and focus on developing their agility right from the start. Jogging gives better bone dexterity to the joints and cuts down the medical issues related to it. If the mild pain in joints while climbing up the stairs or going for a long walk bothers you, it's time to try the most natural workout and retain your physical health.

Basic Tips for The Jogging Beginners!

Check out the common tips to follow while pepping up for a jogging session:

- Put on the good quality and right size jogging issues. It's a must!
- Never skip warm ups before you go jogging.
- Avoid immediate speeding up without a mild walk or jog.
- Never overdo jogging activity and keep yourself hydrated.
- Put on the right clothes that are suitable for the sports activity.
- Prefer the jogging place with greenery and parks are always a preferable option.
- A balanced and nutritious diet is imperative when you can indulging in any workout activity.

The Bottom Line

Do you aspire to good health? It is not just a single form of exercise like jogging that makes a difference. You have to achieve multiple milestones to achieve proper health. It is a daily routine with ample benefits, and you can go on for it without any delays. Do not forget to have that beauty sleep for a dazzling glow on your face along with food and exercise.

With so many benefits, you cannot skip this mind-blowing cardio workout in your health care regime. Any physical training or activity helps in overall body development. And its effects on mental well-being are also proven by the top experts. If you have any other benefits of jogging in your minds, please share in the comments below. Keep Jogging, Stay Healthy!

70 करोड़ डोज प्रति वर्ष की उत्पादन क्षमता

भारत बायोटेक की योजना 70 करोड़ डोज हर साल बनाने की है। 20 करोड़ डोज हैदराबाद में बनेंगे। 50 करोड़ अन्य शहरों में। भारत बायोटेक के चेयरमैन और मैनेजिंग डायरेक्टर डॉ. कृष्णा एल्ला के मुताबिक उनकी चार नई फैसिलिटी बन रही है। इसके लिए कोशिश तेज कर दी है। जल्द ही हमारी उत्पादन क्षमता बढ़कर 70 करोड़ सालाना हो जाएगी। कंपनी का ब्राजील के साथ 2 करोड़ कोवैक्सिन डोज सप्लाई करने का समझौता हुआ है। साथ ही कंपनी अमेरिका में ऑक्जुजेन इंफेक्शन के साथ मिलकर वैक्सीन को डेवलप कर रही है। जल्द ही यह अमेरिकी बाजार में भी उपलब्ध हो सकती है।

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निराकरण

द्वेष मत, पालिए। तुरन्त ही, सुलझाईए।

अनुकरण

बड़ों के समक्ष, सिर को झुकाओ। छोटों के लिए, आदर्श बन जाओ।

-डॉ॰ नरेन्द्र नाथ लाहा,
27, ललितपुर कॉलोनी
ग्वालियर (म.प्र.),
मो॰ 09753698240.



COVID-19 and Mental Health- Tips to Retain Your Sanity!

Do you mark yourself physically safe from the dreadful pandemic virus? If yes, you are lucky, but what about mental health. Uncertainties about the lives, future and fear of loneliness create havoc on the people's minds. So, how to maintain your sanity levels? Let's peek into the details!

How to Remain Sane in COVID-19 Pandemic

Scientists are striving hard with new searches on medications and treatments to get over this pandemic horror. Paramedical staff and other experts are also on board to deal with the physical damages to people. But what about mental health? How to manage the dying businesses, jobless people, and hopelessness with the going away of loved ones? The world is shattering with the fear of getting over it, and the biggest challenge, as per health experts, is now to maintain people's sanity levels.

Many people curate that introduction of Covid Vaccine could improve the scenario. But is there any job for mental health? How to stay balanced despite all odds? Below you can find the tips to deal with the psychological roller coaster and retain your sanity!

8 Tips to Boost Mental Health amidst Pandemic Blues!

A positive attitude could be a source of several problems. The recent virus dominates all newspapers and social media headlines, thus creating a dilemma in people's minds if they are not next. It is also painful to witness the plight of uncertainties and all around, and these tips could give you some relief and mental relaxation in anxiety.

Ways to manage coronavirus anxiety:

- Rely on legit sources for information- Half details could sometimes be the worst thing as it creates a delusion between right and wrong. For any news and updates related to Covid, you should necessarily only rely on official sources such as the World Health Organisation (WHO). As they are credible, you can prevent your mind from the panic of misinformation.
- Cut down the news sessions- Your mind feeds on what quality of content you offer. For stable mental health, it is imperative to limit your exposure to media coverage. Constant eye over the infected figures could accelerate your worries and lead to distress. Switch to only notifications on your phone and take a break from the virus terror. Conceive only the factual data that could help in the protection of you and your loved ones.

● Take care of Yourself- Most neglected and essential way to secure mental health is self-care. Stay in pace with the usual activities and daily schedules to be normal. Eating good, sleeping well, and some meditation could prevent you from going insane. A good session of yoga and mind relaxation could relieve your stress completely.

- Spread love and support- You are ultimately the sum of what you do and the people you meet. If you have concerns, there are better ways to portray them than just baffling around. Dealing with challenges could be painful but assure your family and friends that this too

shall pass away! Try to erase negativity from the hearts of everyone, and you would also definitely benefit from it in many ways.

● Help people in quarantine- You might have constantly been hearing about people getting symptomatic and facing isolation. Self-quarantine is daunting, but you can find innovative ways to keep such friends or close ones engaged and help them fight the tough time. This age is blessed with digital connectivity and makes its optimum use to handle the scenario.

● Never quit positive attitude and hope- Anything and everything in this world is temporary and has to move away. Keep boasting that you are a warrior to sustain this pandemic and move out safely with your loved ones. Capture positivity from all around, like stories, articles, positive quotes, and images. You can also align your interest to motivational speakers willing to share their experiences on the recent recovery from the covid virus!

● Trust your gut instincts- Human body is blessed with many physical and mental strengths. Your mind constantly indicates the positives and negatives around you, and you need to trust it always. Manage the current situation by communicating, writing a journal, or indulging in a creative activity!

● Children's mental health also needs attention- While you struggle with your mind, do not neglect if there are kids in the house. There are very sensitive and grasp every single reaction at a much faster pace as compared to you. You need to address them with the facts in a supportive way and give away all the support or attention they require. Show them videos on how to combat mental stress and retain their sanity in such times.

Final Thoughts

Even after all the efforts, if you are still facing emotional anxiety, stress, fear, and depression, it's time to consult with health professionals. They can offer you the proper counseling on various subjects and guide you in maintaining mental health. You can also switch to other proactive measures for managing the anxiety levels, such as planning a travel trip, organizing your closet, or express thanks to quelling off the negativity from life. Be full of gratitude for what you have, and you will be soon through the current hardships. Prepare a daily regime that includes investment in health like going low on sugar and taking vitamins to stay immune. Lift your spirits high and think of the new dawn that would be free from masks, sanitizers, and PPE's! If this was unimaginable and you are facing it, that will also surely come soon. Wait for the right time, and till then, stay sane, stay positive!

Torrent's nasal spray exempted from price cap for five years

The country's drug pricing regulator has granted a rare exemption to Torrent Pharmaceuticals' tapendatol nasal spray from price caps, and approved a one-time price hike of 50% from the ceiling for key drugs carbamazepine, ranitidine and ibuprofen. The National Pharmaceutical Pricing Authority (NPPA) gave its nod to price cap exemption for Torrent's nasal spray used for pain relief under Para 32 of the Drug Price Control Order (DPCO) 2013, which is applicable when a new drug developed through a unique, indigenous process, is patented under the Indian Patent Act, 1970, and is not produced elsewhere.

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प्रयत्न

सबका भला, करते ही जाओ। उसी में सारी, खुशियों को पाओ।

शांति

कम ही बोलना, सोच कर बोलना। विवाद सुलझाती, वरना भड़काती।

दादा जी का सफर

दादा जी अस्सी साल के हो गए थे। पहली बार हवाई जहाज से यात्रा कर रहे थे। दुबई जा रहे थे। वहाँ उनके नाती ने आमंत्रित किया था। वहाँ पहुँचते ही नाती ने पूछा, "दादा जी यात्रा कैसी रही? दादा जी दुःखी स्वर में बोले, "अच्छी नहीं रही। एक तो सीट से बाँध दिया। फिर रूकती नहीं है, बाहर नहीं जा सकते। बगल का आदमी बतिया नहीं रहा था। वापस ट्रेन से भेजना।

खर्चा

मित्र की पत्नी के देहान्त पर जब मैं सपलीक उसके घर पहुँचा तो उसे बहुत दुखी पाया। कह रहा था, "उसके जाने का बहुत दुख है पर और भी दुख उस एक लाख का है, जो इसके इलाज पर खर्च हुए थे। सब बेकार गया। -डॉ॰ नरेन्द्र नाथ लाहा, ग्वालियर (म.प्र.), मो॰ 09753698240.

कुछ किये बिना ही जय-जयकार नहीं होती, कोशिश करने वालों की कभी हार नहीं होती।

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Cipla receives final approval for generic version of Sunovion Pharmaceuticals, Inc.'s Brovana® (Arformoterol Tartrate Inhalation Solution 15 mcg/ 2mL)

Mumbai, India, June 23, 2021: Cipla Limited (BSE: 500087; NSE: CIPLA EQ; and hereafter referred to as "Cipla") today announced that it has received final approval for its Abbreviated New Drug Application (ANDA) for Arformoterol Tartrate Inhalation Solution 15 mcg / 2 mL from the United States Food and Drug Administration (US FDA).

Cipla's Arformoterol Tartrate Inhalation Solution 15 mcg / 2 mL is AN-rated generic therapeutic equivalent version of Sunovion Pharmaceuticals Inc.'s Brovana®.

Brovana® is a long-acting beta-2 adrenergic agonist (beta-2 agonist) indicated for:

• Long-term, twice daily (morning and evening) administration in the maintenance treatment of bronchoconstriction in patients with chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema. According to IQVIA (IMS Health), Brovana® had US sales of approximately \$438M for the 12-month period ending April 2021. The product is available for shipping immediately. For more visit Twitter, Facebook, LinkedIn, or Visit us on www.cipla.com

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विकलांग लोगों को अब टीका लगवाना होगा



अहमदाबाद: भारत में अधिकारियों ने समाज के कमजोर निवासियों को टीकाकरण प्रदान करने के उद्देश्य से विकलांग लोगों के लिए एक विशेष अभियान के माध्यम से टीकाकरण शिविर शुरू किया है। गुजरात राज्य के सबसे बड़े शहर अहमदाबाद में सप्ताहांत अभियान के आयोजकों ने 500 विकलांग लोगों को टीकाकरण प्रदान करने का लक्ष्य रखा है, जिन्हें स्लॉट बुक करने और टीकाकरण केंद्रों तक पहुंचने में बहुत मुश्किल होती है। जो लोग वाहनों, व्हीलचेयर और अनुकूलित मोपेड पर केंद्र के सामने लाइन लगाकर अपना रास्ता बनाने में सक्षम थे, वे मुफ्त में कोविड -19 के खिलाफ अपना टीका प्राप्त करने में सक्षम थे। 45 वर्षीय दृष्टिबाधित व्यक्ति महेंद्र चुडास्मा ने कहा, टीकाकरण प्रक्रिया अब अधिक सुविधाजनक है। प्यह एक बहुत अच्छा एहसास है। कोविड -19 टीकों का सबसे बड़ा निर्माता होने के बावजूद, भारत को अपनी 1.3 बिलियन आबादी को टीकाकरण प्रदान करने में एक कठिन समय का सामना करना पड़ रहा है, जिसका मुख्य कारण दूरदराज के क्षेत्रों में रहने वाले लोगों तक पहुंचने के लॉजिस्टिक मुद्दे और अनिश्चितता के कारण भी है। खुराक। अहमदाबाद में ब्लाईंड पीपुल्स एसोसिएशन के महासचिव भूषण पुनानी, विकलांग लोगों को अक्सर उचित परिवहन सुविधा की कमी या आसान पहुंच के लिए केंद्रों पर पैर की अनुपलब्धता के कारण टीकाकरण स्थलों तक पहुंचने में बहुत मुश्किल होती है। अभियान के आयोजकों के बीच कहा। उन्होंने आगे कहा कि कई लोगों को सरकार द्वारा अनिवार्य स्मार्टफोन ऐप का उपयोग करने में समस्याओं का सामना करना पड़ा है जो खुराक के लिए खुद को पंजीकृत करने के लिए अनिवार्य है। प्रधान मंत्री, नरेंद्र मोदी ने घोषणा की है कि प्रत्येक पात्र और इच्छुक भारतीय निवासी को वर्ष के अंत तक उनकी संबंधित खुराक मिल जाएगी। स्वास्थ्य आंकड़ों के अनुसार, 950 मिलियन वयस्कों में से केवल 240 मिलियन लोगों को वैक्सीन की पहली खुराक मिली है। अप्रैल और मई के महीने में, भारत ने सकारात्मक मामलों की संख्या में भारी वृद्धि के साथ सबसे बुरे दिन देखे और अब यह माना जाता है कि इस तरह के एक वाक्यांश का अंत हो गया है। स्वास्थ्य मंत्रालय के आंकड़ों के अनुसार, रविवार को, अधिकारियों ने 24 घंटों के भीतर 80,834 नए सक्रिय मामलों की सूचना दी, जो कुछ महीनों के भीतर सबसे कम दर्ज की गई संख्या है

घर के अंदर मास्क पहनकर जनादेश

वापस पाने के लिए इजराइल

शुक्रवार को, इजराइल के स्वास्थ्य मंत्रालय ने सकारात्मक मामलों की संख्या में वृद्धि के कारण संलग्न सार्वजनिक स्थानों पर मास्क पहनना अनिवार्य कर दिया। देश को एक झटके में इस तरह की वृद्धि लोगों को टीकाकरण उपलब्ध कराने में सफल मानी गई। देश में महामारी प्रतिक्रिया टास्क फोर्स के प्रमुख नचमन ऐश ने एक सार्वजनिक रेडियो में बताया कि ऐसी आवश्यकता चार दिनों के बाद पैदा हुई जब गुरुवार को 100 से अधिक नए मामले दर्ज किए गए। ऐश ने कहा, हम हर कुछ दिनों में डबलिंग देख रहे हैं। एक और चिंता की बात यह है कि संक्रमण फैल रहा है। यदि हमारे पास दो शहर होते जहां अधिकांश संक्रमण थे, तो हमारे पास अधिक शहर हैं जहां संख्या बढ़ रही है और ऐसे समुदाय हैं जहां मामले बढ़ रहे हैं। "ऐश ने कहा कि मामलों की संख्या में वृद्धि अत्यधिक संक्रामक डेल्टा संस्करण के कारण हुई है जो भारत में विख्यात है। लोगों को सफलतापूर्वक टीका लगाने के बाद 15 जून से पूरी तरह से इसकी आवश्यकता नहीं होने के बाद फिर से मास्क लगाना

इजरायल के लिए एक बड़ा झटका है। लाखों खुराक मिलने के बाद, लगभग 5.2 मिलियन लोगों ने फाइजर-बायोएनटेक वैक्सीन की दोनों खुराकें पूरी कीं। ऐश ने कहा कि मामलों की संख्या में वृद्धि के बावजूद, अस्पताल में भर्ती होने या मरने वालों की संख्या में शायद ही कोई वृद्धि हुई हो। ऐश ने जारी रखा, प्यह स्पष्ट है कि यह समय का एक कारक है, कि पर्याप्त समय नहीं बीता है। लेकिन हमें उम्मीद है कि टीके हमें अस्पताल में भर्ती होने और मुश्किल मामलों से बचाएंगे।" स्वास्थ्य मंत्रालय ने सभी लोगों से भीड़-भाड़ वाले सार्वजनिक स्थानों और सप्ताहांत में होने वाले गौरव कार्यक्रमों में भी मास्क पहनने का अनुरोध किया। तेल अवीव में शुक्रवार दोपहर से शुरू होने वाले गौरव मार्च में 10 हजार लोगों के स्वागत की उम्मीद है। महामारी फैलने के बाद इस घटना की यह पहली घटना है। टीकाकरण अभियान के संबंध में इजराइल एक प्रेरणा था। बेंजामिन नेतन्याहू, प्रधान मंत्री ने टीकों के प्रभाव पर स्वास्थ्य

डेटा का खुलासा करने के बदले फाइजर से लाखों टीके प्राप्त किए। फरवरी में, टीकों के नए बैच का जश्न मनाते हुए, नेतन्याहू ने कहा, हमने इजराइल को सफलता के लिए एक वैश्विक मॉडल बनाया है। मामलों की संख्या में गिरावट ने लोगों को अपने सामान्य जीवन में वापस आने में मदद की, लेकिन नेतन्याहू की नौकरी को नहीं बचा सके। नफ्ताली बेनेट, एक दोस्त जो दुश्मन बन गया, उसका उत्तराधिकारी बना। मंगलवार को बेनेट ने शनए प्रकोप पर चिंता जताई। प्रसार को रोकने के लिए, उन्होंने लोगों से यात्रा के संबंध में अपनी योजनाओं को रद्द करने का आग्रह किया। उन्होंने कहा, फंडेसे विदेश नहीं जाना है, कृपया न करें। वेस्ट बैंक या गाजा पट्टी में रहने वाले फिलिस्तीनियों का टीकाकरण नहीं करने के लिए इजराइल की निंदा की जाती है। हालांकि, वेस्ट बैंक की बस्तियों में रहने वाले लोगों पर ऐसा कोई प्रतिबंध नहीं है।

'Use anti-mucor inj if key drug unavailable'

Pune: The joint national task force for Covid-19 has said posaconazole injections can be used to treat mucormycosis, also known as black fungus, if amphotericin B is unavailable or cannot be used in patients with severe intolerance to the drug. With a nationwide shortage of the drug for over two months now, experts said the advisory on posaconazole use is primarily a stopgap until supply improves. The drug inhibits the synthesis of 'ergosterol', which is an important component of the fungal cell wall, to prevent fungal growth.

"It (injectable posaconazole) is usually recommended as an alternative when both the liposomal or conventional amphotericin B formulations are unavailable. It can also be used if a patient cannot tolerate amphotericin B," infectious diseases expert Dr Sanjay Pujari, a task force member said. As many as 28,252 mucormycosis cases have been reported from 28 states and UTs. Most are from Maharashtra (6,339) and Gujarat (5,486), the health ministry had said last week. In India, posaconazole is available both as an oral tablet and intravenous (IV)

injection. "The maximum posaconazole concentration in the blood with IV formulation is seven-fold higher compared to that achieved by a single tablet. This is important during primary treatment of mucormycosis to achieve rapid anti-fungal effect," Pujari said. However, he added the injectable form is recommended only as initial therapy if availability of amphotericin B is a problem. "Oral tablets of posaconazole are preferred as step-down treatment and continued for three to six months to prevent a recurrence."

Pharma Majors Collaborate for Clinical Trial of Investigational Oral Anti-Viral Drug Molnupiravir for COVID-19

India, June 29, 2021 - Cipla Limited (BSE: 500087; NSE: CIPLA EQ, referred to as "Cipla"), Dr. Reddy's Laboratories Ltd. (BSE: 500124, NSE: DRREDDY, NYSE: RDY, NSEIFSC: DRREDDY, hereafter referred to as "Dr. Reddy's"), Emcure Pharmaceuticals Limited (hereafter referred to as "Emcure"), Sun Pharmaceutical Industries Limited (Reuters: SUN.BO, Bloomberg: SUNP IN, NSE: SUNPHARMA, BSE: 524715, "Sun Pharma" and includes its subsidiaries and/or associate companies), and Torrent Pharmaceuticals Limited ("Torrent", BSE: 500420, NSE: TORNTPHARM), announced today that the five companies will collaborate for the clinical trial of the investigational oral anti-viral drug Molnupiravir for the treatment of mild COVID-19 in an outpatient setting in India. Between March and April this year, these five pharma companies had individually entered into a non-exclusive voluntary licensing agreement with Merck Sharpe Dohme (MSD) to manufacture and supply Molnupiravir to India and over 100 low and middle-income countries (LMICs). The five pharma companies have entered into a collaboration agreement, wherein the parties will jointly sponsor, supervise and monitor the clinical trial in India. As per the directive of the Subject Expert Committee

(SEC) of the Central Drugs Standard Control Organization, Dr. Reddy's will conduct the clinical trial using its product, and the other four pharma companies will be required to demonstrate equivalence of their product to the product used by Dr. Reddy's in its clinical trial. Following the clinical trial protocol approval given by the Drugs Controller General of India, the clinical trial will be conducted for the treatment of mild COVID-19 in an outpatient setting. It is expected to take place between June and September this year across India with the recruitment of 1,200 patients. Such collaboration for a clinical trial is a first of its kind within the Indian pharma industry, and will aim to investigate yet another line of treatment in the collective fight against the COVID-19 pandemic. On successful completion of the clinical trial, each company will independently approach the regulatory authorities for approval to manufacture and supply Molnupiravir for the treatment of COVID-19 in India. Molnupiravir is an oral anti-viral that inhibits the replication of multiple RNA viruses including SARS-CoV-2. It is presently being studied by MSD, through a collaboration with Ridgeback Biotherapeutics, in a Phase III trial for the treatment of non-hospitalized patients with confirmed COVID-19 globally.

About Cipla Limited

Cipla

Established in 1935, Cipla is a global pharmaceutical company focused on agile and sustainable growth, complex generics, and deepening portfolio in our home markets of India, South Africa, North America, and key regulated and emerging markets. Our strengths in the respiratory, anti-retroviral, urology, cardiology, anti-infective and CNS segments are well-known. Our 46 manufacturing sites around the world produce 50+ dosage forms and 1,500+ products using cutting-edge technology platforms to cater to our 80+ markets. Cipla is ranked 3rd largest in pharma in India (IQVIA MAT April '21), 3rd largest in the pharma private market in South Africa (IQVIA MAT April '21), and is among the most dispensed generic players in the U.S. For over eight decades, making a difference to patients has inspired every aspect of Cipla's work. Our paradigm-changing offer of a triple anti-retroviral therapy in HIV/AIDS at less than a dollar a day in

Africa in 2001 is widely acknowledged as having contributed to bringing inclusiveness, accessibility and affordability to the centre of the HIV movement. A responsible corporate citizen, Cipla's humanitarian approach to healthcare in pursuit of its purpose of 'Caring for Life' and deep-rooted community links wherever it is present make it a partner of choice to global health bodies, peers and all stakeholders.

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Corporate Communications:- Heena Kanal Email: CorpComm@cipla.com
Investor Relations:- Naveen Bansal Email: Investor.Relations@cipla.com

About Dr. Reddy's: Dr. Reddy's Laboratories Ltd. (BSE: 500124, NSE: DRREDDY, NYSE: RDY, NSEIFSC: DRREDDY) is an integrated pharmaceutical company, committed to providing affordable and innovative medicines for healthier lives. Through its three businesses – Pharmaceutical Services & Active Ingredients, Global Generics and Proprietary Products – Dr. Reddy's offers a portfolio of products and services including APIs, custom pharmaceutical services, generics, biosimilars and differentiated formulations. Our major therapeutic areas of focus are gastrointestinal, cardiovascular, diabetology, oncology, pain management and dermatology. Dr. Reddy's operates in markets across the globe. Our major markets include – USA, India, Russia & CIS countries, and Europe. For more information, log on to: www.drreddys.com
Corporate Communications:- Usha Iyer Email: ushaiyer@drreddys.com
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About Emcure Pharmaceuticals: Established in 1981, Emcure Pharmaceuticals Ltd. (EPL) is one of India's leading pharmaceutical player headquartered in Pune with a global presence. Driven by technology and innovation, the company's mission has been to develop and deliver Effective Medicines to Cure patients, enabling them to lead healthier lives. Emcure develops and sells a wide range of branded and generic formulations, API and biotechnology products in over 70 markets. Emcure is ranked as the 12th largest pharma company in India and the largest Indian pharma company in Canada. Emcure is a market leader in cardiac, gynaecology, blood-related, anti-infective and HIV antiviral therapy areas. Emcure is also developing India's first mRNA vaccine for the novel coronavirus using its in-house developed mRNA platform. To know more about Emcure, please visit: <https://www.emcure.com>
Corporate Communications:- Piyush Nahar Email: Piyush.nahar@emcure.co.in

About Sun Pharmaceutical Industries Limited: Sun Pharma is the world's fourth largest specialty generic pharmaceutical company and India's top pharmaceutical company. A vertically integrated business and a skilled team enables it to deliver high-quality products, trusted by customers and patients in over 100 countries across the world, at affordable prices. Maintain efficiency & discipline in all processes & systems and fulfil the promises made to stakeholders. Its global presence is supported by manufacturing facilities spread across 6 continents and approved by multiple regulatory agencies, coupled with a multi-cultural workforce comprising over 50 nationalities. Sun Pharma fosters excellence through innovation supported by strong R&D capabilities across multiple R&D centers, with investments of approximately 6-7% of annual revenues in R&D. We Implement new ideas. For more, please visit www.sunpharma.com & follow us on Twitter @SunPharma_Live.
Corporate Communications:- Gaurav Chugh Email: Gaurav.chugh@sunpharma.com
Investor Relations:- Nimish Desai Email: nimish.desai@sunpharma.com



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कोरोना की दूसरी लहर में 730 डॉक्टरों की मौत, सबसे अधिक बिहार और दिल्ली में गई जान, IMA ने जारी की लिस्ट

इंडियन मेडिकल एसोसिएशन (IMA) ने बताया कि महामारी की दूसरी लहर के दौरान कोविड-19 के खिलाफ लड़ाई में 730 डॉक्टरों की जान चली गई। इसमें बिहार में सबसे अधिक 115 डॉक्टरों की मौत हुई। इसके बाद में दिल्ली (109), उत्तर प्रदेश (79), पश्चिम बंगाल (62), राजस्थान (43), झारखंड (39), आंध्र प्रदेश (38), तेलंगाना (37), गुजरात (37) और ओडिशा में 31 डॉक्टरों की मौत हुई। कोरोना की दूसरी लहर के दौरान देश में 624 डॉक्टरों की मौत हुई। IMA कोरोना की दूसरी लहर में तमिलनाडु में 32, असम में 09, छत्तीसगढ़ में 05, गोवा में 2, हरियाणा में 10, जम्मू-कश्मीर में तीन, कर्नाटक में 9, केरल में 24, मध्य प्रदेश में 16, महाराष्ट्र में 23, मणिपुर में 05, पुडुचेरी में 01, पंजाब में तीन, त्रिपुरा में दो, उत्तराखंड में दो और अन्य जगह एक डॉक्टर की मौत हो गई। आईएमए ने कहा कि पिछले साल महामारी की पहली लहर के दौरान कुल 748 डॉक्टर घातक वायरस के शिकार हुए थे। भारत पिछले कुछ महीनों से कोरोना वायरस के मामलों में भारी उछाल से जूझ रहा है जबकि मामलों की दैनिक संख्या कम हो गई है, मौतों की संख्या अधिक बनी हुई है। : IMA स्वास्थ्य मंत्रालय के आंकड़ों के अनुसार भारत में एक दिन में कोविड-19 के 62,224 नए मामले सामने आने के बाद देश में संक्रमितों की संख्या बढ़कर 2,96,33,105 हो गई। वहीं 70 दिन बाद उपचाराधीन मरीजों की संख्या भी नौ लाख से कम हो गई है। केन्द्रीय स्वास्थ्य मंत्रालय की ओर से बुधवार को सुबह आठ बजे जारी किए गए अद्यतन आंकड़ों के अनुसार, 2,542 और लोगों की मौत के बाद मृतक संख्या बढ़कर 3,79,573 हो गई है। वहीं उपचाराधीन मरीजों की संख्या कम होकर 8,65,432 हो गई है, जो कुल मामलों का 2.92 प्रतिशत है। पिछले 24 घंटे में उपचाराधीन मामलों में कुल 47,946 की कमी आई है। मरीजों के ठीक होने की राष्ट्रीय दर भी बढ़कर 95.80 प्रतिशत हो गई है।

जैसा मनुष्य पुराने वस्त्रों को त्यागकर दूसरे नये वस्त्रों को ग्रहण करता है, वैसे ही आत्मा पुराने तथा वृद्ध शरीर को त्यागकर नये शरीर को प्राप्त करती है।

सन्त चुप रहते हैं, बुद्धिमान बोलते हैं, मूर्ख बहस करते हैं।

Shashank Kansal (Mudafre Wale)

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Piramal Pharma Ltd. Acquire 100% Stake of Hemmo Pharmaceuticals a Leading Indian Manufacturer

Mumbai- Piramal Pharma Limited's (PPL) Contract Development and Manufacturing Organization (CDMO), Piramal Pharma Solutions (PPS), announced today that PPL has entered into an agreement to acquire a 100% stake in Hemmo Pharmaceuticals Pvt Ltd. (Hemmo) for an upfront consideration of INR 775 crores and earn-outs linked to the achievement of milestones. As PPS continues to expand and grow its capabilities and position as a leading CDMO, this acquisition marks PPS' foray into the development and manufacturing of peptide APIs, a capability that complements PPS' existing service offering. Hemmo is one of the few pure-play synthetic peptide API manufacturers in the global marketplace. With the addition of Hemmo's capabilities, PPS will gain access to the growing peptide API market and enhance its ability to offer integrated services to its customers globally. Hemmo is one of India's largest manufacturers of synthetic peptides with a legacy of more than thirty-eight years in business supplying peptide products and custom peptide synthesis. Hemmo has R&D capabilities and a world-class GMP manufacturing facility that has been inspected and deemed compliant by US, EU, and Asian regulatory agencies. The company has strong expertise in both solution-phase and solid phase synthesis of peptides. Nandini Piramal, Chairperson, Piramal Pharma said, "Hemmo has demonstrated excellence and a great quality track record with a differentiated and hard to replicate capability. Once welcomed into the PPL family, it will be another example of a distinctive offering to attract and delight customers. This is the third Pharma acquisition this fiscal year, and yet another example of the implementation of our profitable growth strategy." Peter DeYoung, CEO, Pharma Solutions, Piramal Pharma Limited said, "During the past decade, peptide drugs have seen increased use in oncology, treatment of diabetes and obesity. The growth in therapies for rare diseases and orphan drugs has also

increased the need for peptides. This acquisition enhances our ability to provide integrated solutions that our customers need and further expands ways in which we can help reduce the burden of disease on patients."

Madhu Utamsingh, Promoter and Managing Director of Hemmo said, "We are very excited about this transaction and believe PPS is an ideal partner to take the business through its next phase of growth. Hemmo's employees and customers have been core to the business and I strongly believe, will benefit from PPS' expertise in providing integrated services globally." The acquisition agreement is subject to customary regulatory closing conditions. Kotak Mahindra Capital Company Ltd served as financial advisor and Economic Laws Practice (ELP) served as legal advisors to PPL on this transaction. Torrey Partners India LLP served as financial advisor and Desai & Diwanji, Mumbai Office served as legal advisors to Hemmo Pharmaceuticals and selling shareholders on this transaction

About HEMMO Pharmaceuticals
Hemmo Pharmaceuticals Pvt. Ltd. is India's first & largest manufacturer of synthetic peptides. Hemmo Pharmaceuticals is privately held and has been in the business of peptides for the last 38+ years catering to the Pharmaceuticals, Research and Veterinary industries within India and globally. It has been ranked as the leading supplier of bulk Oxytocin to the global market. With more than 38 years of experience in synthetic process development & continuous spends in R & D, a well-designed & well equipped plant, multiple international regulatory approvals and the relevant skill sets, Hemmo is set to meet requirements of its customers who are leading International and Indian companies. In addition to this, Hemmo has a world class manufacturing facility with large manufacturing capacity which has been inspected by US FDA thrice and other regulatory bodies.

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Dr. Reddy's launched Sapropterin Dihydrochloride Powder

Mumbai- Hyderabad, India and Princeton, NJ, USA. April 7, 2021 – Dr. Reddy's Laboratories Ltd. (BSE: 500124, NSE: DR REDDY, NYSE: RDY, NSEIFSC: DR REDDY along with its subsidiaries together referred to as "Dr. Reddy's") today announced the launch of Sapropterin Dihydrochloride Powder for Oral Solution, 100mg, a therapeutic equivalent generic version of Kuvan® (sapropterin dihydrochloride) Powder for Oral Solution, 100 mg, USP, approved by the U.S. Food and Drug Administration (USFDA). "We are pleased to launch this generic version of Sapropterin Dihydrochloride Powder for Oral Solution, illustrating our continued commitment to bringing affordable generic medicines to market for patients," says Marc Kikuchi, Chief Executive Officer, North America Generics, Dr. Reddy's Laboratories. "At the same time, this product demonstrates that we are actively expanding the breadth of our portfolio with a treatment for a rare disease." Dr. Reddy's Sapropterin Dihydrochloride Powder for Oral Solution is available in 100 mg unit dose packets in a 30 count carton. customerservices@drreddys.com

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COMPANY PROFILE

MEROVEN PHARMACEUTICALS

meroven Pharmaceuticals

MEROVEN is specialized in medical, pharmaceutical, OTC and other healthcare products. MEROVEN's has regional representative sales offices throughout the world including Europe, South East Asia, MENA and in particular the GCC. MEROVEN's scope of business includes the following commercial activities:-

- MANUFACTURING PHARMACEUTICALS
- MANUFACTURING HEALTHCARE PRODUCTS
- TRADING IN MEDICAL DEVICES, DURABLE MEDICAL GOODS AND CONSUMABLES.

MEROVEN has established strategic international partnerships with other leading companies in healthcare to support its vision. These partnerships span from USA, Canada, EU and the GCC. MEROVEN offers its clients western quality generic medicines that fill a niche, gap and/or offer innovative technologies for delivery.

Mission:- Living a healthy life. Our basic task is to enable people to lead a healthy, good quality life. This we achieve through our rich range of products and services – with prescription pharmaceuticals, self-medication products, with cosmetic and animal health products, and with our health-resort services, with investment in people and the environment, and through sponsorship and donations.

Vision:- We are continually consolidating our position as one of the leading generic pharmaceutical companies worldwide. We are achieving this on our own by strengthening the long-term business connections and by establishing partnerships in the fields of development, product supply and marketing.

Values:- Speed and flexibility Our knowledge, our abilities, our capability to innovate, our productivity and our ingenuity enable us to be fast. We want to be first. Not just in sales, but in discovering the markets' new needs. We can do this by successfully shortening the development process, swift acquisition of registration documentation and our harmonised production and distribution. With our responsiveness and the ability to adapt we overcome the obstacles in our path, be they of a marketing or legislative nature. We can cope with any and all challenges – regardless of the size and the site of the project. Using flexible solutions, we make sure our partners can rely on us. info@meroven.com

Ahlawat Pharmacy

Ahlawat PHARMA

Ahlawat Pharmacy established in the year 2003 with a vision to be a Leading International Ayurvedic Healthcare Company, improving Quality of Life. The mission of Ahlawat Pharmacy is to provide standardized and researched Ayurvedic healthcare products and services for consumer wellbeing. It is one of the few facilities which blend modern production technology and advanced quality measures into the area of Ayurvedic products and herbal health care medicines.

Our Mission:- "To support a healthy & active lifestyle through our broad portfolio of Pharma, OTC & FMCG products."

Our Vision:- "To be amongst the top pharmaceutical companies of India by 2020-21"

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- Mob:- 09412025125
ahlawatpharmacy@gmail.com

Multani Pharmaceuticals Ltd.

Multani Pharmaceuticals Limited

M/s. Multani Pharmaceuticals Ltd. Company is fully managed by highly qualified and experienced team of professionals. The Team comprises of Chartered Accountants, M.D Drs, Scientists, R&D, Marketing & Production Experts and others. Multani Pharmaceuticals Ltd. is growing day by day. Company has maintained the good ranking in top Ayurvedic, Unani and Herbal Medicines manufactures. Now Multani Pharmaceuticals Ltd. has spread its business internationally with high quality and efficacy. Our Company product has two manufacturing units in Roorkee & Delhi with HO at OKHLA PHASE-2 New Delhi. The success of the company is the effort of hundreds of team members working in various departments.

Multani is committed on providing excellent quality products to our customers at updated price. The results of our policies and initiatives speak for themselves.

- Leading Ayurvedic & Unani products Company with Multi Crore turnover
- 3 Major strategic business units: Ayurvedic-OTC Division, Unani business division
- 2 Ultra-Modern manufacturing plants in India (Roorkee & Delhi)
- Products marketed Internationally
- Deep market penetration with over more than 1000 Distributors and with coverage in over Five lakhs stores all over India
- Multani Research

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GARY PHARMACEUTICALS



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National Doctor's Day

National Doctor's Day 2021: It is observed on 1st July to acknowledge the contributions of doctor's humane service to mankind. Let us have a look in detail about the day. At the time of the ongoing pandemic, doctors are at the forefront and leading the battle. Their commitment to keeping the nation safe and healthy in these challenging times is truly exceptional.

Doctor's Day is celebrated on different dates in different countries across the world. Several governments and non-government healthcare organisations celebrate this day. No doubt the doctors play an important role in our life. The day raises awareness about the roles, importance, and responsibilities of doctors and promotes the medical profession.

"It is truly said that we can't see God but on Earth Doctor is like a God who cures us and gives us life to live in a better way"

National Doctor's Day: History It is observed to honour the legendary physician and West Bengal's second Chief Minister, Dr. Bidhan Chandra Roy whose birth and death anniversary coincides on the same day. The day pays tribute to the whole medical profession and highlights the value of doctors in our lives. In 1991, the National Doctor's Day was established by the Central Government to pay honour Dr. Bidhan Chandra Roy and is celebrated on 1st July. Dr. Bidhan Chandra Roy was born on 1 July, 1882 and also died on the same date in 1962. On 4 February, 1961, he was honoured with India's highest civilian award Bharat Ratna. In different countries, Doctor's Day is observed on different dates. Like in the United States it is observed on 30 March, in Cuba on 3rd December, & on 23 August in Iran. Note: First time the Doctor's Day was observed in March 1933 in the US state of Georgia. This day was celebrated by sending a card to the physicians and placing flowers on the graves of dead doctors. For several years National Doctor's Day is celebrated by the Government and non-government healthcare organisations to get familiar with the doctor's contributions. Healthcare organisations staff organises several events and activities on this day. Therefore, National Doctor's Day is observed every year on 1 July to honour Dr. Bidhan Chandra Roy and his contributions.

- Thank You Doctors

Activities that Should be a Part of Self-Care Routine!

How crucial is it to be full of Gratitude and compassion? Being kind to others and showing humbleness are a few things people often go through. But what about the burnout and saturation points of yourself? Have you ever tried making yourself happy with small activities and things? Well, it's not just a soothing bubble bath that works!

A love note to yourself or just a solo time while bingeing your favorite movie can be incredible. Self-care is the most neglected thing in today's hustle-bustle but yet the beneficial one. Put some extra effort to calm down your stress, fears, anxiety, complexes, and burnout times! Develop resilience in your mind by doing multiple activities and things that make you happy.

10 Must-Do Activities For Self-Care Regime!

Feeling positive and happy nurtures a higher productivity level, and a daily dose of compassion gives a clear mindset. Let's know the magical things to do for self-care!

Travel and explore new places- A solotravel trip is always a great idea to go on a break from everything that bothers you! Secure some alone time to fuel up your soul with a divine feeling of love, compassion, and self-realization. The moment you start witnessing the newer things and exploring new places, it boosts your confidence level and makes you strong-headed for further challenges.

Eat Good and Healthy- The myth that health and taste cannot go along is already broken! You need to give yourself a treat with a tasty and delicious platter of goodness. Never gulp your meals to work and meet your commitments. Secure that time to chat with your partner or family and exchange their views of various life aspects. There should be a serene and calm environment when you are having meals!

Track your achievement- Setting up goals is good but embracing your achievement is incredible! You need to generate self-recognition before expecting it from someone else. Whether it is significant or not, anything small and productive is undoubtedly going to favor your relationship. You deserve a pat for every deed you do, whether it seeks other's attention or no. Nurture the habit of recognizing your work as it is the essential part of self-care!

Show Gratitude to yourself- You can display Gratitude to the smallest things like a good meal, a loving husband, or simply a relaxing chat with good friends. Such small things help make you feel luckier. Began your day with a word of Gratitude to thank God for all the kindness and love showered on you. Sometimes, situations strike hard, and you feel shattered, but thankfulness what's still left is the only thing that could keep you happy!

Create a Cozy Space- It could be a big self-decorated room or just a tiny corner anywhere in the house with a decked-up couch, table, books, and a cup of coffee. A self-care routine involves every bit that can make you happy. Create a space for yourself to feel warmth and comfort to cherish your good and bad times. It should be a retreat for yourself when you are unable to step outside the house. Fill up space with your favorite colors and combinations that speak out your personality and creativity at its best!

Unplug from the world- Are you feeling exhausted with Social

Media and millions of eyes constantly judging you? It's time to unplug yourself from everything! Whether it's good, bad, or worst, leave it and let yourself float in a serene ship of self-love. No one is born to impress others and keep highlighting their reels to ensure they stay up in comparison. Realize the beauty of this moment and enjoy it from the core of your heart. Being alone is sometimes great! Indulge in something adventurous- Spare your weekends or holidays to enjoy any activity that fills you with thrill and excitement. An adventurous hiking trip or a skydiving session are some things to do. Rejoice in every self-care activity, like going for a bike ride or planning an absurd road trip. Be crazy, be lively, and never depend on anyone else to bring happiness to you. Believe in being the supreme authority and trust your instincts to rule the Universal energies!

Create a self-care DIY Kit- Embrace your existence with a pretty self-care kit that has everything you love to use. Your favorite pair of socks, trendy nail paint, expensive perfumes, precious photo albums, or anything that you want to cherish. It could work as an extra dose of love for the self-care routine, and you can grow positively.

Polish your artistic side- Everyone has some hidden talent apart from the daily tasks they perform. You might also be fanatic about painting your heart out on a canvas or doing some candid photography. Pastel drawings, self-made dresses, or making innovative recipes can give you a greater sense of achievement than anything else. It is crucial always to cherish your creative instincts, or it gets fade away with time, making you feel empty and lost!

Stay active- Do you feel very dull and lazy these days? What could be the reason for feeling so lethargic? Many people forget about self-care routines and engross themselves deeply in work. But figure out one activity that keeps you happy, tuned in, and healthy all at the same time. It does not mean hitting the gym every day. You can dance to your favorite number, play your favorite sport or do yoga to rejuvenate your mind and body. Caring for yourself is something you can't afford to miss!

Final Words
When you have to manage household chores, kids, and the pressure of work timelines, getting time for self-care seems quite a fuss! It can instead be intimidating to pamper and flatter yourself with some activities. But putting yourself before anyone else can also lead to better mental health, which is the need of the hour. It can also prevent resentment and concern amongst the people. Self-care is more of a proactive pursuit that helps in individual growth from spirit and body. Anything that you forcefully but good is not self-care. Create your list of favorite things and start practicing them today as a part of your self-care routine.

10 Tips for Beginners Trying to Seek Fitness- 'Get Fit' Strategy!

How to Follow a Fitness Regime as a Beginner?

Is it your ultimate aim to get fit? What do you interpret as the perfect definition of fitness? It constitutes everything right from your exercise, diet, and even the mental health. When you conquer stability and soundness in all three, it is the first step towards getting fit! Incorporating health as a part of your lifestyle is essential to stay in shape and high in confidence. Exercising and sound sleep can also improve your moods, and you will stay charged up for the daily routines.

10 Tips and Habits to Focus on Fitness as a Beginner!

For beginners, getting fitness can be overwhelming as they are anxious and unaware of the process. And believe there is no miracle happening overnight by any diet or workout plan. You need to slog hard and create a firm mindset for achieving fitness goals. Planning and creating a perfect 'Get Fit' strategy can bolster your chances of staying in good health both mentally and physically!

Jot down your goals- You tend to believe in something you pen down, and it works as a source of inspiration for many. Figure out your health and fitness needs and explore paths to start up. Are you willing to take up a fitness challenge? Or is it going to

be your lifestyle? Your mindset is of utmost importance before you engross in anything. Sweating one day in a week could never give you that favorite athlete body you desire of!

Get started with a 30-Minute workout plan- Over-commitment or exertion of workout are common things due to which most people's plans fail. If you wish to get fit, schedule the 30-minutes dedicated time at least 3-4 times a week. A small and yet effective workout session is sufficient to get in good shape. It will make you feel empowered to achieve the goals you have been following for a long time.

Choose uniformity over intensity- A simple movement of 5 minutes daily can show up sound effects. Getting fit calls for a lot of dedication and loyalty towards your workout goals. Startup with sustainable exercises along with strength training at least 5 days a week. Consistency is the key to building up a good physique. No matter how challenging the day is when you are on the mat or at the gym, be in your best moods and give you 100% to stay fit and happy!

Find like-minded people around you- If your best friend or a colleague is putting up efforts to stay active, it inspires you to keep going. The biggest challenge with beginners is they need constant uplifting to remain in good shape. When you have other co-workers and friends gearing up for a workout each day, it develops your likeliness towards healthy things. Add positive changes in your life, such as proper sleep, sufficient hydration, and the right level of nutrition intake. All this can result in excellent results in the end!

Deck up with good shoes and sports Clothes- Getting a good pair of jogging shoes is imperative as wearing broken shoes can lead to injuries in your ligaments and joints. And while you are sprinting or running, the right pair of shoes is a must. Right arch, good heel, and comfortable sole of the shoes can help better movements during workouts. You also need to get a pair of sports apparel to make you feel comfortable while stretching during the workout session. It also adds a feel-good factor to the daily exercising regime!

Accept your setbacks and take a break- You cannot be perfect every day, and it is also tough to maintain persistence while moving ahead. While planning a fitness regime, it is essential to move ahead and achieve a better version of yourself. Take a break and rest before you accumulate energy levels for the next round of movements. Getting fit is a journey that requires a consistent pace.

Be mentally ready- Rather than just the physical transformation, the 'Get Fit' journey aims at mental wellness. When you incorporate a regular regime, it helps you stay committed to your goals and outweighs tedious difficulties. Every day you need to make your mind aware that this is a form of self-care that energizes and refreshes your body and mind both. It passes on a wave of fresh energy that makes you happy from inside!

Never compare- It is silly to judge yourself in the initial days of getting fit or comparing to others who are already fitness experts. Aim towards the progression, and perfection will automatically follow you. Your journey to get fit should be seamless and unstoppable despite the most negligible results you notice after a long time.

Eat Right and stay hydrated- Plenty of water and planned meals are the key aspects of the fitness journey. While people burn themselves out in the gym, they hardly pay attention to the proper dietary requirements of the body. Prepare a monthly meal plan and track your calorie intake. Stay high on plenty of fluids that remove all toxins of the body and help in remaining hydrated. Munch on small snacks and healthy meals multiple times a day rather than gulping up on larger quantities. All this would indeed work in your favor!

Yoga and Meditation help in mental fitness- While your body needs to stretch and release, even the mind requires some time to flow away and relax in its ways. With 20 minutes of daily meditation, you can probably achieve the mental sanity which makes you spiritually fit. Everyone must practice these mind exercises to get a firmer determination and stay high on spirits towards getting fit.

रोगहर लौकिक सूत्र

- करे न नित श्रम चक्रमण, दही से करे सनेह ।
मीठा स्वाद न छोड़कर, स्वयं करे मधुमेह ॥
- बिल्व करेला नीम, विशि मामज्जक गुडमार ।
बिजैसार जलपान कर, करो मेह पर वार ॥
- नाक बहे शिरदर्द हो, छींके बेसुमार ।
त्रिकुटा, तुलसी गाजवां, काढ़ा लो दो बार ॥
- हिचकी बन्द न हो यदि, बदलो उसका ध्यान ।
जला मरिचकाली करो, धूम नासिका पान ॥
- देख प्रकट देह पीलिया, करो ईश का ध्यान ।
पुनर्वा भूईं आवला, कूट करो रसपान ॥
- होय न ओषध पास में, दस्त यदि हो जाय ।
फौक सूखी चाय को, तुरन्त लाभ हो जाय ॥
- हरड़ बहेड़ा आंवला, चौथी नीम गिलोय ।
नित उठ करे प्रयोग तो, रोग उसे न होय ॥
- रोज रहे सिर दर्द तो, नित लेवो गुलकन्द ।
नही सूँघ लो रगड़ के, मंगरेला की गन्ध ॥
- त्वचा रोग हो देह में, खून शुद्ध ना होय ।
कुटकी और चिरायता, दूर करे मिल दोग ॥
- आफू बीज पंवाड़ के नौसादर और कैर ।
नींबू के रस घोटकर, करो दाद से बैर ॥
- वच, कुलंजन बाबची, पत्रज नागर पान ।
इन सब का सेवन करे, कण्ठ कोकिला जान ॥
- यदि रोग के कारणे, रक्त देह कम होय ।
कूट छान रस रोज लें, वासा और गिलोय ।
- हस्ती दन्तमसी भांगरा और रसौत मिलाय ।
लेप निरन्तर जो करे इन्द्रलुप्त हट जाय ॥
- गोमूत्र गुगल हरड़, लेकर वटी बनाय ।
सुबह शाम सेवन करे, बढ़ी मेद घट जाय ॥
- पुनर्वा की मूल अरू, निगुण्डी के पात ।
जो मकाम संग क्वाथ ले, शोथ शिग्र घट जात ॥
- सेमल कांटा दूध में, पीस लेप कर जाय ।
मिटे न्यच्छ अरू नीलिका, मुखड़ा सुन्दर होय ।
- बहता रक्त शरीर से, यदि बन्द न होत ।
दूर्वा रस के संग लें गैरू, सर्ज, रसौत ॥

- वैद्य मनोज शर्मा, मो० 09891063028.

COMPANY PROFILE

Medito Pharmaceutical



Incepted in the year 1992, at Ghaziabad (Uttar Pradesh, India), we, "Medito Pharmaceutical Company," are engaged in manufacturing and supplying Ayurvedic Medicine. In our range, we offer our clients Tablets, Syrup, Natural Ras, Churna, Vati and Guggal. . We formulate our entire range using supreme quality ingredients that are sourced from reliable vendors. Further, we follow strict quality control measures and develop our entire range using advanced machines and latest technology. Further, we are also facilitated with a hi-tech quality testing unit that assists us to process our offered range of medicines in compliance with set medical standards. We are bestowed with a squad of medical professionals who, with their immense knowledge and experience, assist us to offer the finest range of offered medicines. Further, our team of quality experts strictly inspect our entire range on predetermined parameters. Assisted by the incredible features, like high effectiveness, longer shelf life and superior quality, our offered range is in huge demand among the clients. Owing to our customization facility, we offer our entire range as per the needs of clients. In addition, our ethical trade policies, easy payment modes and timely delivery of consignment have made us the most preferable name for clients. Under the supervision of our mentor, Mr. Rafeeq Ahmad, we have achieved the newer heights of success in the domain. He is well-informed regarding quality parameters and always motivates us to provide the best products to our customers in timely manner. We are successfully ranked amongst the top manufacturers and suppliers of various types of Ayurvedic Medicines. The offered medicines are formulated using optimum quality ingredients that are sourced from reliable vendors. Further, we stringently inspect our entire range on precise quality parameters. Our medicines are extensively acknowledged due to their high effectiveness, purity, reliability and longer shelf life. Backed with skilled and talented team, we are able to supply an excellent range of medicines within the stipulated time frame. These medicines are in compliance with medical quality standards and are available at affordable rates. **Our Products:-** Ayurvedic Tablets • Ayurvedic Syrup • Ayurvedic Churn • Natural Ras • Tablet • Vati and Guggal • amla aloe vera juice • Jeevan Shakti Granules ETC. **Mob:- 8377800852.**

Arogya Kendra



Based on ancient and proven Ayurvedic expositions Kairali Ayurvedic Group has been for last 25 years encouraging and establishing various treatment centers, Aryogya Shalas, Arogya Kendras , Spas and resorts in India and overseas . A traditional family of Ayurvedic practitioners, who are into the manufacture, production and practice of Ayurveda for over 8 decades , and with more than 35 locations all over India and the world, Kairali is one of the premium and fastest growing Ayurveda service brand. Arogya Kendra is an endeavour to make the Kairali Ayurvedic treatments, therapies and massages accessible and affordable. At every Arogya Kendra one can easily avail ayurvedic treatments and distinctive Kairali ayurvedic medicines and products. Kairali Ayurvedic Group the pioneers in promoting ayurvedic Spas, Centres & Resorts in India & Abroad, now introduces a new concept by introducing the Kerala's famous Panchakarma treatments to the practicing doctors in their own clinic. The new brand name of this concept is 'AROGYA KENDRA'. The complete range of Kairali Ayurvedic Products Private Limited's products like Ayurveda Medicines, Tonics, Organic Products and Equipment are available at all Arogya Kendras. All the products of Kairali Ayurvedic Products Private Limited are manufactured with the help of natural and organic ingredients at state of art modern factories where the highest standards of quality control are followed. This enables us to provide with the finest of traditional formulas, immunity boosters, beauty care products, health tonic and Ayurveda equipment. The complete range of Kairali's ayurvedic products is available online also to retail customers globally. Also all the products can be purchased from our Ayurvedic spas and treatment centres worldwide. **Mob:- 6260777789.**

Sidh Ayurveda



Our company, Sidh Ayurveda, holds vast years of experience in the field of herbal products manufacturing. Since our inception in 2006, we are aiming to cater the needs of the clients with premium quality products. We are known to be one of the renowned Manufacturers and Suppliers of the industry. Our constant focus is on maintaining highest standards of quality in our Ayurvedic Products, Herbal Ras, Ayurvedic Medicine and Herbal Oil. These are formulated under the guidance of expert professionals by using high quality ingredients. Our products are 100% herbal, pure, and have unmatched effectiveness. We have committed ourselves to meet highest quality standards in our products and services. Our years of experience and in-depth market know how enable us to provide accurately composed Herbal Products in order to satisfy clients needs. Moreover, we make use of best of ingredients which are sourced from reputed vendors of the market. We have employed well-trained and qualified professionals who closely monitor all the activities

and make sure that quality is not compromised at any level. The manufactured products are tested on the basis of their:- Effectiveness • Purity And Fragrance • No Side Effects • Economical • Longer Shelf Life • Pleasant Fragrance & Aroma **Infrastructure:-** We have a sound manufacturing unit that is fully equipped with necessary machinery to prepare safe and pure range of Ayurvedic Products long with protecting the medicinal properties of the herbs, in order to achieve the best possible results. This unit is managed by experienced personnel having years of domain expertise. This help us to cater to the requirements of various clients based in many parts of the world. **Why Choose Us?:-** Wide range of herbal products to serve varied client requirements • Use of superior quality ingredients • State-of-the-art infrastructure • Stringent checks to ensure high quality • Sound research & development department • Highly proficient team members • Tamper proof packaging options for safe transit. **Mob. :- 08037303641.**

Kairali Ayurvedic



Kairali Ayurvedic Group is headed by joint Managing Directors Mrs. Gita Ramesh and Mr. K.V. Ramesh, both of whom hail from a long family lineage of traditional Ayurvedic doctors. Kairali has been helping amalgamate Ancient Ayurveda with contemporary wellness needs and healing mankind holistically worldwide for decades. The pharmaceutical manufacturing division of Kairali Group - Kairali Ayurvedic Products Private Limited (KAPPL) is a dependable and well established name involved in manufacturing, exporting and supplying an extensive collection of Ayurvedic Products and Herbal Medicines and has been strengthening the ancient tradition of Ayurveda through continuous Research and Development (R & D) of new Ayurvedic products and

range of skin care and body products is perfectly adapted from traditional Ayurvedic skin healing methods to nourish the skin and make you feel rejuvenated while enhancing your natural beauty from within. All the products of Kairali The complete range of Kairali's ayurvedic products is available online to retail customers globally. Also all the products can be purchased from our Ayurvedic spas and treatment centres worldwide. See our Ayurvedic Medicine part for full details of over a hundred Ayurvedic products. Kairali Ayurvedic Group, a company that manufactures ayurvedic drugs, operates various resorts, spas and treatment centres and also runs institutes of Ayurveda is a leading Ayurvedic group of India. Kairali Ayurvedic Group is headed by joint Managing Directors Mrs. Gita Ramesh and Mr. K.V. Ramesh, both of whom hail from a long family lineage of traditional Ayurvedic doctors. Blessed with a legacy of expertise emanating from renowned physicians as the late Dr. Sankunni Vaidiar (grandfather of Mr. K. V. Ramesh) and the Dr. K. S. Vasudevan (father of Mr. K. V. Ramesh), Kairali Ayurvedic Group stands on a solid ground of Ayurveda knowledge and research. **Mob:- 9555156156.**

Dharmani Herbs India



Ayurveda. The company has evolved as a prominent name in the industry by Manufacturing and Supplying an assortment of Herbal / Ayurvedic Products such as Vitality Enhancer, Personal Care Products, Gynecological Products, Joint Care Products, Brain Tonic, Skino Skin Care Products, UTI & BPH Medicine, Digestive Medicine,, Cardiac Medicine and Anti Cold Medicine. The company believes in the fact that customer satisfaction is the vital force which determines the establishment of any organization. The foundation stone of the company was laid in the year 2005. The company was started in with the aim of establishing itself as a reputed Ayurvedic Products Manufacturer and Supplier. Under the futurist leadership of Dr. K. K. Aggarwal, the Director of the company, we have been able to establish a name of repute in the industry. **Assured Quality:-** We ensure that our Ayurvedic Products are processed using ultra-modern technology under the supervision of pharmaceutical experts. Also, the Ayurvedic Products are packaged using high grade materials to ensure hygienic and safe shipment. We are assisted by a team of highly experienced Ayurvedic Doctors, who check every product sample for quality control analysis, thus ensuring the best Ayurvedic Products are sent to the market. **Network:-** Through persistent hard work we have been triumphant in building a well-recognized business network that is spread across India. The presence of the business network has facilitated the timely and proficient circulation of the Ayurvedic Products in the market. Dharmani Herbs India has positioned itself as one of the fastest growing Ayurvedic Products Manufacturers and Suppliers. Our remarkable range of Ayurvedic Products is inclusive of Vitality Enhancer, Skino Skin Care Products, Personal Care Products, Gynecological Products, Joint Care Products, Brain Tonic, ENT Medicine, Cardiac Medicine, Antidiabetic Medicine and Anti Cold Medicine. Our entire range is formulated by using the high-quality herbs and other ingredients. Moreover, we have never compromised on the quality and effectiveness of Ayurvedic Products. We also offer excellent packaging of the Ayurvedic Products gaining maximum customer satisfaction. **Mob:- 9990066036, 9999938354.**

Entiqua



Entiqua is a young and dynamic company specializing in importing medical equipment (www.entiqua.ly), consumables and supplies and it's a part of a group of companies under the name of: "ZEDSS GROUP" specializing in construction, medical and medicines trading, electromechanical and mechanical engineering in Libya. Entiqua established as an independent company in 2013 with capital 3,000,000 L.D about 2,300,000 USD after successful experience started from 2008 as a partner with another Libyan company. From 2013 Entiqua is supplying medical equipment and consumables for private and public sectors, about (50 private clinics, 5 public polyclinics), provide the full equipment for operation theater and intensive care unit and laboratories. Entiqua had corporate with global company from different countries like (china "homecare, Foyomed, Runsun, Bs cotton" – India "Lars Medicare, Disposafe, Net Care, Appasemy" – Turkey "Isik kardesheler , Sumer, Atese , Medsone, Novamedtek" – Poland " Infimed" USA " DRE"). Entiqua co. have about 117 employees (equipment department 19 employees, consumable department 36 employees, pharmaceutical department 15 employees), administration department 42 employees, service department 5 employee. The company have a 11,000 m2 warehouse in Tripoli, Libya (covered area about 3000 m2) with international standard, dealing with a company in Dubai under MJKA General Trading name and MED Clinic company in Malta (www.med.com.mt). Medical equipment such as radiology ICU equipments, operation room assembly, nursery...etc. • Healthcare, medical items and devices. • Medical consumables such as syringes, cannula and needles...etc. • Medical Laboratories and blood banking devices, reagents, consumables...etc. • Pharmaceutical: distributing and impelling pharmaceutical products, cosmetic products and health consuming products. **Ph:- 0218-7256700.**

A Division of-
HELOGEN Biotech
Global Operations : HELOGEN Intramedics
Delaware, United States of America

Accutears Eye Drops Sodium Carboxymethyl Cellulose 1.0% w/v	Allercon Eye Drops Pheniramine 0.1% w/v	Alleridine Eye Drop Chlorpheniramine Maleate 0.1% w/v
Accutears-PP Polyvinylpyrrolidone 0.4% w/v, Hydroxyethylcellulose 0.2% w/v	Dormed-T Eye Drop Doxantrazine 0.1% w/v	Eyesnap Eye Drop Sedative 0.1% Eye Drop
Flube Eye Drop Flubron 0.5%	Flutop Eye Drop Fluticasone Propionate 0.1%, Budesonide 0.05% w/v	Heloflox E/E Drops Ofloxacin 0.3%, Ofloxacin 0.3%, Chloramphenicol 0.2% w/v
Heloflox-DH Ofloxacin 0.3%, Ofloxacin 0.3%, Ofloxacin 0.3%	Heloflox-KT Eye Drops Ofloxacin 0.3%, Ofloxacin 0.3%, Ofloxacin 0.3%	Helomox Eye Drops Moxifloxacin 0.5% w/v
Helomox-KT Eye Drops Moxifloxacin 0.5% w/v	Helomox-P Eye Drops Moxifloxacin 0.5% w/v	Occulac Eye Drops Chloramphenicol 0.2% w/v
Timee Eye Drop Timolol Maleate 0.5%	Tobex Eye Drops Tobramycin 0.3%, Ofloxacin 0.3% w/v	Tobex-F Eye Drops Tobramycin 0.3%, Ofloxacin 0.3% w/v
Clear Vision Cap. Artificially with Lubricant, Multivitamin	Helogal Eye Drops Helogal 0.5% w/v	Occulac Eye Drops Chloramphenicol 0.2% w/v
Helomox-LP Moxifloxacin 0.5%, Steroid 0.5%	Halogal-PP Helogal 0.5% w/v	Accutears Forte Sodium Carboxymethyl Cellulose 1.0% w/v
Eyecure Eye Drops Nasacort HCL 0.05%, Prednisolone 0.1% w/v	Special Rates for Multi Specialty Hospitals & Nursing Home	Lubricative Polyethylene Glycol 400, 600, 1000, 1500, 4000, 6000, 10000, 15000, 20000, 40000, 60000, 100000, 150000, 200000, 400000, 600000, 1000000, 1500000, 2000000, 4000000, 6000000, 10000000, 15000000, 20000000, 40000000, 60000000, 100000000, 150000000, 200000000, 400000000, 600000000, 1000000000, 1500000000, 2000000000, 4000000000, 6000000000, 10000000000, 15000000000, 20000000000, 40000000000, 60000000000, 100000000000, 150000000000, 200000000000, 400000000000, 600000000000, 1000000000000, 1500000000000, 2000000000000, 4000000000000, 6000000000000, 10000000000000, 15000000000000, 20000000000000, 40000000000000, 60000000000000, 100000000000000, 150000000000000, 200000000000000, 400000000000000, 600000000000000, 1000000000000000, 1500000000000000, 2000000000000000, 4000000000000000, 6000000000000000, 10000000000000000, 15000000000000000, 20000000000000000, 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हेल्थ टिप्स जो आप के जीवन को सुखमय बना दे

दोस्तों, हमने बचपन से सुना है की “पहला सुख निरोगी काया “ छ पर आज के व्यस्त परिदृश्य में शरीर को शारीरिक और मान. सिक रूप स्वस्थ रखना एक बहुत बड़ी चुनौती है। पर चिंता मत कीजिए, इस समस्या के समाधान के लिए हम आप के लिए हेल्थ टिप्स का पिटा लाए हैं। तो आईए इन सभी हेल्थ केयर टिप्स की विस्तार से चर्चा करते हैं।

भरपूर नींद ले:- 7 से 8 घंटे की नींद आप का पूरा दिन तरोता. जा कर सकती है। पर इसके लिए आप को रात के समय जल्दी सोना चाहिए और सुबह के समय जल्दी उठना चाहिए।

सुबह उठते ही बिना कुल्ला किए पानी पिए:- जब हम सुबह उठते हैं तो हमारे मुंह की लार में लयिसोजायम (lysozyme) एंजाइम होता है जो की पेट और पाचन तंत्र की सफाई करने में बहुत सहायक है। अतः सुबह बिस्तर पर उठते ही बिना कुल्ला किए 1 लीटर तक गुन-गुना पानी एक-एक घूंट कर पीने से पेट एकदम साफ और हल्का हो जाता है।

हल्की धुप का सेवन:- सुबह के समय की धुप का सेवन विटामिन-D का अच्छा स्रोत है जो की शरीर की त्वचा और आखों को स्वस्थ रखने की उत्तम हेल्थ केयर टिप्स है।

सुबह के समय योग आसन और प्राणायाम का निरंतर अभ्यास करें:- नियमित रूप से सुबह के समय योग आसन और प्राणायाम का अभ्यास करने से शरीर में चुस्ती, फुर्ती और चहरे पर निखार रहता है। और रोग कोसों दूर रहते हैं।

सुबह के समय नाश्ता जरूर करें:- एक अच्छी सेहत के लिए सुबह के समय प्रोटीन और कार्बोहाइड्रेट से युक्त भोजन का नाश्ता जरूर करें छ अगर सुबह आप नाश्ता करते हैं तो पूरा दिन ऊर्जावान रहता है। जो की अच्छी हेल्थ की निशानी है।

सलाद खाने से आधा घंटा पहले खाएं:- सलाद भोजन के पाचन में बहुत ही सहायक है। क्योंकि सलाद मिनरल्स के अच्छे स्रोत है। सलाद खाने से आधा घंटा पहले खाने से खाने की मात्रा भी कंट्रोल में रहती है। जो की अच्छे स्वास्थ्य की सबसे अच्छी हेल्थ टिप्स है। **दूध और फलों को अपनी डेली डाइट में शामिल करें:-** सुबह और शाम के नाश्ते में मौसमी फल जरूर ले छ और रात के खाने के बाद 1 गिलास गरम दूध पीने से स्वास्थ्य दिन दुगना और रात चौगुना अच्छा होता है।

खाना खाने के तुरन्त बाद पानी नहीं पीना चाहिए:- खाना खाने के बाद हमारे पाचन तंत्र में जटरागि क्रियाशील होती है जो की भोजन को पचा कर उसमें से पोषक तत्व ऊर्जा के रूप में पूरे शरीर में पहुंचाते हैं। लेकिन अगर हम भोजन के साथ या तुरन्त बाद अधिक पानी पीते हैं तो जटरागि मंद हो जाती है और भोजन का पाचन नहीं हो पाता है जिससे ऊर्जा का समन्वय नहीं हो पाता है।

भोजन को चबा-चबा कर खाएं:- हमारी मुंह की लार, भोजन के पाचन के लिए उत्तम है। हम भोजन को जितना अधिक चबा-चबा कर खाएंगे उतना अधिक लार के एंजाइम भोजन के साथ मिक्स होंगे छ कोशिश करें एक गास खाने को कम से कम 30 से 35 बार चबा कर खाएं छ यह टिप्स एक अच्छी हेल्थ के लिए बहुत महत्वपूर्ण जानकारी है।

जमीन पर बैठ कर भोजन करना:- जब हम आराम से जमीन पर बैठ कर खाना खाते हैं तो शरीर की पोजीशन नेचुरल होती है जो की शरीर और पाचन तंत्र को मजबूत बनाता है। साथ ही रीढ़ की हड्डी और मांसपेशियों को आराम मिलता है।

खाने का तेल बदल-बदल कर उपयोग करें:- खाने के तेल सरसों और सोयाबीन में ओमेगा 3, और मूंगफली के तेल में ओमेगा 6 तत्व होते हैं। इन दोनों तत्वों की नियंत्रित मात्रा शरीर के लिए आवश्यक है। अतः दोनों तत्वों की आपूर्ति के लिए खाने की तेल को बदल कर नियंत्रित मात्रा उपयोग कर हेल्थ को मेन्टेन रख सकते हैं।

सप्ताह में एक बार पूरे शरीर की मालिश करें:- शरीर की मालिश, पूरे शरीर में ऊर्जा और ताजगी का संचार करने का सदियों पुराना प्राकृतिक नुस्का है।

चाय,काफी,और सिगरेट का सेवन नहीं करना:- शारीरिक और मान. सिक स्वास्थ्य की प्राप्ति के लिए हेल्थ टिप्स के रूप में आज से ही चाय ,काफी और सिगरेट का सेवन कम से कम कर दीजिए छ क्योंकि इन तीनों में कैफीन होता है जो शरीर के लिए बहुत हानिकारक होता है।



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ड्राई फ्रूट्स के कमाल के फायदे

दिमाग को तेज करेगा काजू:- काजू का प्लेवर न सिर्फ क्रीमी होता है, बल्कि दूसरे नट्स के मुकाबले इनमें फैट भी कम होता है. इसमें 82 प्रतिशत फैट, अनसैचुरेटेड फैटी एसिड होता है और इसमें से 66 प्रतिशत अनसैचुरेटेड फैटी एसिड स्वस्थ दिल के लिए मोनोअनसैचुरेटेड फैट होता है। इसके अलावा, काजू में पाए जाने वाले फैट के तत्व ‘अच्छा फैट’ माने जाते हैं. नट्स में पाए जाने वाले सैचुरेटेड, मोनोअनसैचुरेटेड और पोलि अनसैचुरेटेड फैट के उपयुक्त अनुपात की वजह से ऐसा होता है. काजू आयरन, मैग्नीशियम और जिंक का अच्छा स्रोत है. आयरन कोशिकाओं में ऑक्सिजन पहुंचाने का काम करता है, जो कि अनीमिया से बचाता है. मैग्नीशियम याददाश्त सुधारने में मदद करता है और बढ़ती उम्र में खोने वाली याददाश्त से बचाता है.

पिस्ता से ब्लड सर्कुलेशन होगा बेहतर:- एक पिस्ते में 4 से भी कम कैलोरी होती है. इनमें एल-आर्जीनिन होता है, जो आपकी आर्ट्रीज की परत को और लचीला बना देती है, जिससे ब्लड क्लॉटिंग के विकास की संभावना कम हो जाती है, जो हार्ट अटैक का कारण बन सकता है. इसमें पाया जाने वाला विटामिन ई बॉडी के लिए जरूरी है. दिन में पांच से सात पिस्ता खाना हेल्थ के लिए अच्छा रहता है. यह विटामिन बी-6 के लिए डेली वैल्यू का 25 प्रतिशत, थिआमिन और फासफोरस के लिए डेली वैल्यू का 15 प्रतिशत और मैग्नीशियम के लिए डेली वैल्यू का 10 प्रतिशत होता है.

आप इन्हें सलाद में डाल सकते हैं या फिर अगली बार पेस्टो सॉस बना सकते हैं.

बादाम है हर काम में परफेक्ट यह हाई फैट फूड क्या आपकी हेल्थ के लिए अच्छा है? इनमें मोनोअनसैचुरेटेड फैट का स्तर हाई होता है, जो कि हार्ट अटैक के खतरे को कम करने में सहायक है. दूसरे नट्स के मुक. इबले इसमें सबसे ज्यादा फाइबर होता है. यह विटामिन ई से भरपूर होता है, जो कि एक शाक्तिशाली एंटी-ऑक्सीडेंट है. साथ ही, शानदार तरीके से बादाम से वजन भी घटाया जा सकता है.

जलन से लड़ते हैं अखरोट हल्दी अनसैचुरेटेड फैट से भरपूर रहने का यह सबसे आसान तरीका है. अपनी डाइट में इन्हें शामिल करने से समय के साथ आपका वजन भी कंट्रोल में रह सकता है. यह एंटी-ऑक्सीडेंट से भरपूर होते हैं, जो कि कोशिकाओं को नुकसान, हार्ट संबंधी बीमारियां, कैंसर, जल्दी बुढ़ापा आ जाना जैसी समस्याओं से बचाने में मदद कर सकते हैं. यही नहीं, इनमें ओमेगा 3 फैटी एसिड भी काफी मात्रा में होता है, जो कि आपकी बॉडी के लिए अच्छा होता है.

मूंगफली रखेगी दिल का खयाल आपको बाजार में कई तरह की मूंगफली मिल जाएंगी- फ्लेवर से लेकर मसालेदार. साथ ही, इनका पोषक महत्व अलग होता है. वहीं, हम से बहुत से लोग मूंगफली का मक्खन पसंद करते हैं. इन्हें बाजार से खरीदने के साथ-साथ घर पर धुनी हुई मूंगफली और शहद से बनाया जा सकता है.

सीरम इन्स्टीट्यूट की कोविड वैक्सीन Covovax का बच्चों पर ट्रायल जुलाई से: सूत्र

नई दिल्ली: भारत में इस वैक्सीन के सितंबर में लॉन्च होने की उम्मीद है। सीरम इंस्टीट्यूट द्वारा भारत में बनने वाला यह दूसरा कोरोनावायरस वैक्सीन है। इससे पहले कंपनी ने कोविशील्ड वैक्सीन ऑक्सफोर्ड यूनिवर्सिटी और ब्रिटिश-स्वीडिश फार्मा फर्म एस्ट्राजेनेका के साथ साझेदारी में विकसित किया है। सीरम इंस्टीट्यूट ऑफ इंडिया (Serum Institute of India), जो देश में कोवोवैक्स (Covovax) नाम से नोवोवैक्स की COVID-19 वैक्सीन (Novavax's COVID-19 vaccine) का उत्पादन करने की तैयारी कर रहा है। अगले महीने बच्चों पर वैक्सीन का परीक्षण शुरू कर सकता है. अमेरिका स्थित नोवोवैक्स ने सोमवार को कहा था कि उसका COVID-19 वैक्सीन अमेरिका और मैक्सिको में देरी से क्लिनिकल परीक्षण शुरू किया जिसकी प्रभावशीलता 90 प्रतिशत से अधिक है। भारत में वयस्कों पर क्लिनिकल ट्रायल मार्च में शुरू हुए थे. सरकार इस वैक्सीन पर भरोसा कर रही है। इसके बाजार में सस्ते विकल्पों में से एक होने की उम्मीद है। कोरोनावायरस की विनाशकारी दूसरी लहर की वजह से वैक्सीन की कमी दिखी और उसका निर्यात बंद करने के लिए मजबूर होना पड़ा। इस कमी की भरपाई करने में भी यह मदद कर सकता है। केंद्र के कोविड वकिंग ग्रुप के अध्यक्ष डॉ एनके अरोड़ा ने बताया, नोवोवैक्स बहुत ही रोमांचक है। पिछले एक हफ्ते में, इसने हलचल पैदा कर दी है क्योंकि भारत एक साल में लगभग एक अरब डोज का निर्माण करने जा रहा है। यह 90 प्रतिशत वैक्सीन प्रभावशीलता के साथ सरल और सस्ता होने जा रहा है। भारत में इस वैक्सीन के सितंबर में लॉन्च होने की उम्मीद है। सीरम इंस्टीट्यूट द्वारा भारत में बनने वाला यह दूसरा कोरोनावायरस वैक्सीन है। इससे पहले कंपनी ने कोविशील्ड वैक्सीन ऑक्सफोर्ड यूनिवर्सिटी और ब्रिटिश-स्वीडिश फार्मा फर्म एस्ट्राजेनेका के साथ साझेदारी में विकसित किया है।

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कोविड-19 के बाद क्यों बढ़ जाता है शुगर लेवल, जानिए आपको क्या करना है

कोरोना वायरस अपने आप में बेहद जटिल है, यह वायरस इतना घातक है कि इसके उपचार के दौरान भी मरीजों को कई साइड इफेक्ट झेलने पड़ते हैं। ऐसा ही एक दुष्प्रभाव है बढ़ा हुआ शुगर लेवल। आपको जानना चाहिए कि आप इस स्थिति को कैसे संभाल सकते हैं। भारत ने इस बार कोरोनावायरस की दूसरी लहर का घातक वार झेला है। जिसने कई लोगों को हमसे छीन लिया। साथ ही जो लोग रिकवर हुए उनमें इसके उपचार के साइड इफेक्ट भी सामने आ रहे हैं। ब्लैक फंगस के अलावा बढ़ा हुआ रक्त शर्करा का स्तर (Blood sugar level) भी ऐसी ही एक समस्या है, जो कोविड से रिकवर हुए लोगों में देखने को मिल रही है। आंकड़े बता रहे हैं कि कोविड -19 के बाद उन लोगों को भी डायबिटीज हो रही है, जिन्हें पहले इसकी संभावना भी नहीं थी। आईए जानते हैं कि इस स्थिति को आप कैसे संभाल सकते हैं।

कोविड के बाद बढ़ रहा है ब्लड शुगर लेवल:- नवंबर 2020 में, डायबिटीज, ओबेसिटी (the journal Diabetes, Obesity and Metabolism) पत्रिका में प्रकाशित एक वैश्विक विश्लेषण में पाया गया कि गंभीर कोविड-19 के साथ अस्पताल में भर्ती 14.4% लोगों ने मधुमेह विकसित किया। भारत में ऐसे कई मामले सामने आए हैं, जहां कोविड -19 रोगियों में रक्त शर्करा का स्तर बढ़ जाता है और यह स्वास्थ्य विशेषज्ञों के लिए चिंता का विषय बन गया है।

क्या हो सकता है इसका कारण :- एपिडेमियोलॉजी डाटा से पता चलता है कि टाइप 1 मधुमेह का खतरा अक्सर किसी गंभीर बीमारी, जैसे वायरल गैस्ट्रोएंटेराइटिस या इन्फ्लूएंजा के बाद विकसित होता है। यही बीमारी शरीर की प्रतिरक्षा प्रणाली को सभी एंटीबॉडी के उत्पादन में वृद्धि करने का कारण बनती है, जिसमें पहले से मौजूद एंटीबॉडी शामिल हैं। इस बढ़ते हुए इम्युनिटी के हमले से इंसुलिन-उत्पादक बीटा कोशिकाओं का अचानक नुकसान होता है, जिससे तीव्र हाइपरग्लाइसेमिया होता है। जिसे उच्च रक्त शर्करा के स्तर के रूप में भी जाना जाता है। साथ ही, कुछ लोगों को प्रीडायबिटिक लक्षण भी होते हैं, जो अभी तक सामने नहीं आये होते हैं। ये प्रीडायबिटिक लक्षण स्टैरॉयड और कोविड ख 19 जैसी एक्ज्यूट इलनेस के संपर्क में आने से बढ़ जाते हैं और अंततः मधुमेह का रूप ले लेते हैं। साथ ही, कुछ लोगों को प्रीडायबिटिक लक्षण भी होते हैं, जो अभी तक सामने नहीं आये होते हैं। ये प्रीडायबिटिक लक्षण स्टैरॉयड और कोविड ख 19 जैसी एक्ज्यूट इलनेस के संपर्क में आने से बढ़ जाते हैं और अंततः मधुमेह का रूप ले लेते हैं।

पहचानिए क्या हो सकते हैं इसके संकेत

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Torrent's nasal spray exempted from price cap for five years

The country's drug pricing regulator has granted a rare exemption to Torrent Pharmaceuticals' tapendatol nasal spray from price caps, and approved a one-time price hike of 50% from the ceiling for key drugs carbamazepine, ranitidine and ibuprofen. The National Pharmaceutical Pricing Authority (NPPA) gave its nod to price cap exemption for Torrent's nasal spray used for pain relief under Para 32 of the Drug Price Control Order (DPCO) 2013, which is applicable when a new drug developed through a unique, indigenous process, is patented under the Indian Patent Act, 1970, and is not produced elsewhere.



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60 वर्ष से अधिक आयु के लोगों को एस्ट्रोजेनका वैक्सीन से बचना चाहिए

यूरोपीय संघ के दवा नियामक के कोविड -19 टास्क फोर्स के प्रमुख ने कहा है कि देशों को 60 वर्ष से अधिक उम्र के लोगों को एस्ट्रोजेनका कोविड -19 वैक्सीन से बचना पसंद करना चाहिए। रक्त के थक्के जमने की रिपोर्ट आने के बाद ऐसा निर्णय लागू होता है और टीकाकरण की बात आने पर कई अन्य विकल्प भी होते हैं। यूरोपियन मेडिसिन एजेंसी (ईएमए) का मानना है कि एस्ट्रोजेनका की खुराक किसी भी आयु वर्ग के लोगों के लिए पूरी तरह से सुरक्षित है। लेकिन, कई यूरोपीय संघ के सदस्य राज्यों ने एक विशेष आयु वर्ग के लिए टीका बंद करना शुरू कर दिया है, खासकर 50-65 वर्ष की आयु के बीच। वृद्ध निवासियों को रक्त के थक्के की कम दर के कारण टीका लग रहा है, जो ज्यादातर युवा पीढ़ी में देखा जाता है। कोविड -19 टास्क फोर्स के प्रमुख, मार्को कैवेलरी ने इतालवी अखबार ला स्टैम्पा से कहा, एक महामारी के संदर्भ में, हमारी स्थिति थी और यह है कि जोखिम-लाभ अनुपात सभी आयु समूहों के लिए अनुकूल है। इसके अलावा, कोविड -19 मामलों की संख्या में गिरावट के साथ और युवा आबादी में संक्रमण का खतरा कम हो रहा है, कैवेलरी ने कहा कि उन पर कोविड -19 टीकों का उपयोग करना सुरक्षित है जो मैसेंजर आरएनए (एमआरएनए) तकनीक पर आधारित हैं। जैसे मॉडर्ना और फाइजर-बायोएनटेक डोज। इस संदर्भ में कि क्या स्वास्थ्य अधिकारियों को 60 वर्ष से अधिक उम्र के लोगों को एस्ट्रोजेनका खुराक प्रदान करना बंद कर देना चाहिए, कैवेलरी ने उद्धृत किया, हां, और फ्रांस और

अमृत और मृत्यु - दोनों ही इस शरीर में स्थित हैं। मनुष्य मोह से मृत्यु को व सत्य से अमृत को प्राप्त होता है

मधुमेह रोगियों में सही खुराक और अवधि काले कवक को रोक सकती है

दिल्ली : भारत जहां वायरस की दूसरी लहर से जूझ रहा है, वहीं ब्लड शुगर से पीड़ित कई लोग इस वायरस की चपेट में आ रहे हैं। स्वास्थ्य विशेषज्ञों के अनुसार, म्यूकोमिकोसिस या ब्लैक फंगस मूल रूप से कोविड -19 रोगियों में नोट किया जाता है जिनके पास उच्च रक्त शर्करा होता है। स्टेरॉयड की सही मात्रा और अवधि इस संक्रमण को समाप्त कर सकती है। डॉ. अनूप मिश्रा, फोर्टिस-सी-डीओसी (सेंटर ऑफ एक्ससेलेंस फॉर डायबिटीज, मेटाबोलिक डिजीज एंड एंडोक्रिनोलॉजी) के अध्यक्ष, जबकि एसोसिएटेड के पोस्ट कोविड -19 युग के दौरान मधुमेह की देखभाल और प्रबंधन विषय पर श्रद्धांजलि टू वेल्नेसस अभियान पर एक वेबिनार श्रृंखला में चौबिस ऑफ कॉमर्स एंड इंडस्ट्री ऑफ इंडिया (एसोचौम) ने कहा, "म्यूकोमिकोसिस ज्यादातर अनियंत्रित मधुमेह वाले कोविड -19 रोगियों में देखा जाता है। इनमें से ज्यादातर मरीज स्टेरॉयड पर हैं। इस महामारी में एक दिलचस्प बात यह है कि इन मरीजों में मृत्यु दर पहले की तुलना में कम है। यह बेहतर बहु-विषयक प्रबंधन के कारण है। स्वस्थ जीवन के संदर्भ में, स्वास्थ्य और परिवार कल्याण मंत्रालय (एमओएचएफडब्ल्यू) के वरिष्ठ मुख्य चिकित्सा अधिकारी (एसएजी) डॉ. सुधीर गुप्ता ने कहा कि एक व्यक्ति को एक अच्छी जीवन शैली के लिए स्वस्थ आदतों का पालन करना चाहिए जिसमें उचित संतुलन बनाए रखना शामिल हो सकता है। आहार, कसरत सत्र दैनिक, पर्याप्त और अच्छी नींद जो तनाव से बचने के लिए आवश्यक है। उन्होंने यह भी कहा कि स्वस्थ जीवन बनाकर ब्लड शुगर से बचा जा सकता है। मधुमेह सीमा के भीतर हो सकता है, प्रबंधनीय हो सकता है और इसका इलाज भी किया जा सकता है। इसके अलावा, आर्टमिस होस्पिटल्स के चीफ एंडोक्रिनोलॉजी डॉ. धीरज कपूर ने कहा, कोविड -19 से उत्पन्न जटिलताओं से बचने के लिए मधुमेह को बहुत सख्ती से नियंत्रित करने की आवश्यकता है और स्टेरॉयड के अंधाधुंध उपयोग को हतोत्साहित किया जाना चाहिए। शार्प साइट आई होस्पिटल्स के सह-संस्थापक और चिकित्सा निदेशक डॉ. समीर सूद ने कोविड -19 के उपचार के साथ-साथ निवारक उपायों पर बोलते हुए कहा, "फंगल संक्रमण की संभावना को रोकने का एक तरीका है सुनिश्चित करें कि कोविड -19 रोगियों-उपचार में और ठीक होने के बाद- दोनों को स्टेरॉयड की सही खुराक और अवधि दी जाती है।" वेबिनार का उद्देश्य बड़े पैमाने पर जागरूकता लाना और मधुमेह के बारे में ज्ञान का प्रसार करना है जो कि कोविड -19 के दौरान मुख्य चिंता का विषय है। रिपोर्टों के अनुसार, रक्त शर्करा से पीड़ित छह लोगों में से एक भारत से है, जो दुनिया की मधुमेह राजधानी है।



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