



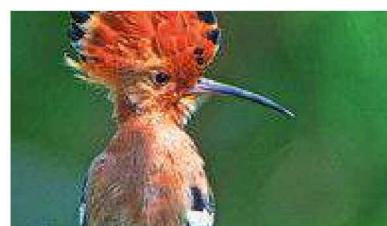
**Celebrating art**

A group of 28 women artists celebrate art with their works on different themes. Around 60 works are displayed as part of the show.  
@ Pegasus Art Gallery  
Till March 12



**Folk tribute**

Bharat Folk Arts Academy's Gopal Raj Bhatt Folk and Tribal Arts Festival 2019 features unique folk presentations from Rajasthan, Chattisgarh, Assam and Telangana.  
@ Ravindra Bharathi  
March 11; 6. 30 pm onwards



**Photo spectacle**

Members of Telangana Photographic Society which include professional, amateur and passionate photographers showcase their works in different genres.  
@ Muse Art Gallery  
March 11; 11 am to 7 pm



**Lyrical beauty**

Radhika Kacha experiments with the idea of impermanence in her latest works creating a poetic representation of the clouds, skies and seasons.  
@ Club Botanika, Near Radisson Hotel  
Till April 9; 11 am - 7 pm

# Of lines and strokes

Calligraphy and poetry merged as Iqbal Patni recited couplets on Parameshwar Raju's art works

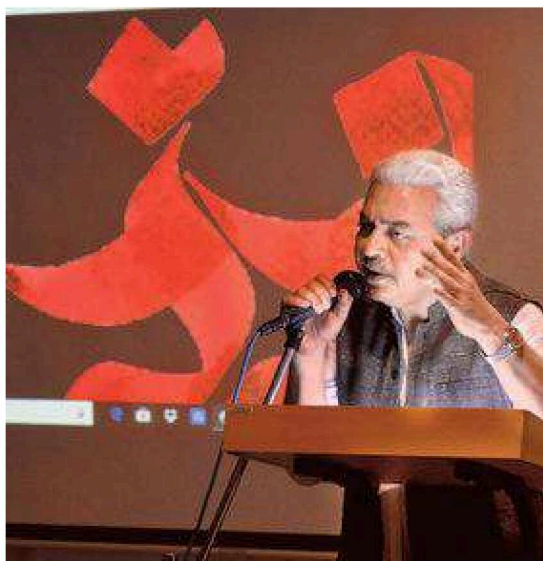
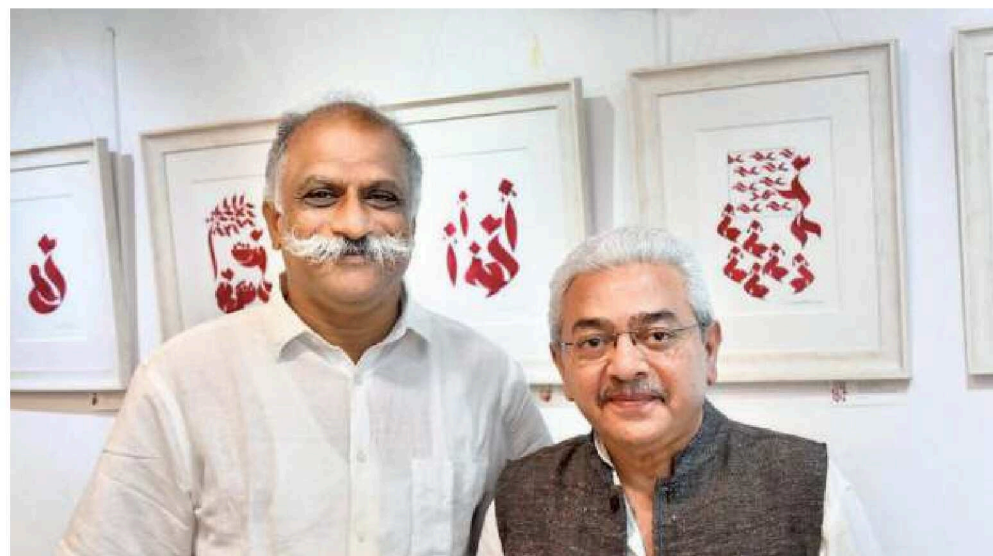
By MALLIK THATIPALLI

What happens when one form of art inspires another? Is synchronization between calligraphy and poetry possible? In a world where everything is connected, a unique event held on the occasion of Women's Day at Alliance Francaise brought together the varied streams of art, demonstrating that there are few boundaries, if any, when it comes to creativity.

Poosapati Parameshwar Raju's singular pieces of calligraphy have long captured the imagination of art aficionados. His trademark red and white artworks showcase vivid imagery beautifully captured in eclectic strokes of varying thickness. His current exhibition, 'The Nurtured Daughters', celebrates the journey of a young girl to adulthood creating a fascinating picture of the passage of life. This exhibition has become the impetus for poet Iqbal Patni, who has penned four couplets that take forward the narration started by Parameshwar Raju's work.

*Tasveer ki awaaz* is a unique fusion of art and poetry fashioned by Iqbal Patni; he has composed poems based on the works of artists Laxma Goud and SH Raza, amongst others. At the event, Iqbal recited four poems - *Aurat, Teri kami, Badal* and *Ek nasha* inspired by

**This format is very difficult but Parameshwar Raju's works evoke an entire new world which formed the inspiration for my poems**



**Poetry and paintings** Poosapati Parmeshwar Raju and Iqbal Patni; Some of the calligraphy works; Iqbal Patni reciting a poem • G RAMAKRISHNA

paintings of Raju. All the poems recited celebrate the woman of today and explore people to look beyond physical beauty.

With AR Rahman's music as the backdrop (with whom Patni has collaborated earlier), the poems struck a chord and wove a modern narrative on the role of a woman in the society, her importance and contribution as well as her heroism. Delivered in Patni's soulful voice, the synthetic setting of art with music and visuals, and his measured delivery provided the perfect

platform for the coming together of poetry and painting.

Patni who confessed that he had never seen a painting based purely on calligraphy says, "That was the distinguishing factor from any other similar collaboration I have done earlier. This format is very difficult but his works evoke an entire new world which formed the inspiration for my poems." Parameshwar Raju says that with Iqbal Patni's poetry, he saw another dimension added to his work and adds, "My work is ve-

ry simple, there isn't much detailing and the imagery to my creations is usually added by the viewer based on his/her experiences. This recital added an emotional tangent to my work which made for a good combination." Juxtaposing two different art forms against each other and producing an aesthetic pleasing end result is no mean feat, but the seamless flow of imagination and inspiration showcased that the fusion of paintings and poetry, if done right, can enrich the senses.

**ROUND-UP**



**Scholarship for women**

As an initiative to encourage young women to enter the media and entertainment industry, on the occasion of International Women's Day, Annapurna International School for Film and Media (AISFM) has announced Annapurna scholarship of ₹100,000 to a talented young woman who is interested in pursuing career in film and media. Later during a session, Amala highlighted that the 'digital era' is an exciting phase for everyone, especially women, to elevate her professionally, financially, and nurture new career possibilities. The fun-filled event also featured sessions on Holistic Living by Sridevi Jasti, MD, Vibrant living foods, Financial empowerment by Sushma, CFO Annapurna Studios and a session on 'Little things - big impact' by RJ Manasa.

**Cyient wins award**

Cyient recently won the Best Innovative Practices Award for 'Women at Workplace' at United Nation Global Compact Network India's (UNGCI) second Gender Equality Summit 2019. Some of the key differentiators for receiving the awards were - the flexible working environment and benefits that led to the return of 93% employees from maternity leave; 43% of women graduating from leadership programmes were recipient of internal awards and recognitions and child education initiatives from Cyient Foundation has led to a ratio of 56% girls in Cyient adopted schools. Cyient's ongoing initiatives include POSH (Prevention of Sexual Harassment), maternity benefits and investment in infrastructure and equipment. Cyient is the only company from Telangana and AP to win this award this year.

**On a musical note**



ADP hosted 'International Women's Day' - a fun interactive event by iWIN Medha, an internal forum of Women Associates of ADP. More than 3,400 women associates from ADP Hyderabad and Pune came together to celebrate International Women's Day to raise awareness of inclusion and diversity and to have #BalanceforBetter, which is also the theme for International Women's Day 2019. The fun-filled event saw performances by ADP associates and a special musical performance by rock band Rave and ADP Studio.

- A Space Marketing Feature

# HealthCare

## WORLD KIDNEY DAY

14, MARCH

## KIDNEY DISEASES AND TRANSPLANTATION

**What causes kidney failure, and how to prevent it?**

Diabetes (uncontrolled sugars), High blood pressure, Inflammation and infection in kidney (glomerulonephritis), Long standing obstructing urinary Stones and Hereditary (polycystic kidney) disease - are the major causes of kidney failure.

Stringent control of BP and sugar through regular check up, proper dietary restrictions, periodic blood (Creatinine) & Urine (proteinuria) tests and medications can prevent progression to dialysis requiring stage (CKD5 / ESRD).

**Is kidney disease hereditary?**

2-5% kidney failures are caused by hereditary factors (e.g. Poly-Cystic diseases and Alport Syndrome).

**How do I know that my kidneys have failed?**

The major function of kidneys is to filter out extra fluid & impurities from your blood. When kidneys don't work toxins & fluid accumulate in body causing "Uremic Symptoms" characterized by lethargy, high BP, headache, drowsiness, swelling in face & feet, decreased urine output, loss of appetite and in severe cases respiratory distress, seizures and unconsciousness.

**Is it reversible, any Curative treatment available for Kidney failure?**

Chronic kidney failure (>3 months) usually is irreversible, requires regular check up and medication to combat symptoms, control BP and good health. When severe

enough and associated with Uremic Symptoms or fluid overload, requires Dialysis.

**When is the concern about dialysis? People say it is horrible - is it that bad?**

Experience varies from patient to patient. Some do well on dialysis, some do not. Dialysis is always better than alternative of death, but is not as good as Transplant.

**How does a kidney transplant differ from dialysis?**

During dialysis session, a machine filters toxins waste, extra fluid from blood - on 3 sessions per week. Thus, patients usually have diet and fluid restrictions.

A kidney transplant is a surgical operation to give a functioning human kidney removed either from a living donor or a dying person (brain dead in coma). A transplanted kidney performs all functions of normal kidneys, so that transplant recipients lead normal quality life (without restriction on fluid, diet or activity).

**Is there any recurrence of diseases after transplant?**

Very few diseases recur (e.g. Oxalosis, FSGS, HUS) in the graft kidney and may cause damage to it - Diabetes and IgA nephropathy although graft kidney don't cause failure of recipient.

**- Dr. Urmila Anand**  
Senior Nephrologist & Kidney Transplant Physician  
Head - Dept of Nephrology & Kidney Transplantation  
YASHODA HOSPITALS Secunderabad.



**Dr. K Ravikiran M.D.**  
M.Sc.(Psych), P.G. (Virology) London  
Gold Medal for Excellency in Medicine

**Masters Homeopathy**  
The only treatment for Hepatitis and Herpes

**Hepatitis**  
Everyone is fearing about this virus in these days. Doctors find this Hepatitis with their examinations when the patients come to visit the doctors for other diseases. With that, they come to a decision that they are going to die. They think that the virus will not come out of the body due to which there are chances of liver damage for a long time. But truly there are medicines in home to control hepatitis. The patients will lead a happy and healthy life when they get homeo treatment without fear after the confirmation of Hepatitis. There are symptoms like hungering, vomiting, body pains, yellowness in urine, jaundice, her pes on skin and also uneasiness in stomach, pain in abdomen. However, it can be controlled totally after taking full time medicines by experienced homeo doctors.

**Herpes simplex**  
You will find some water pocks like sweat pocks on penis. With this the people will neglect that they are normal pocks. Later the pocks will become boil. Women too will witness the same kind of boils on vaginal parts with severe pain. If they ignore, it will lead to some more problems. Due to this, they will not be happy during sex and the couple gets embarrassed. Homeo treatment will show wonderful results for herpes problems. The people will suffer a lot when they take other medical treatments but with homeo treatments they will lead a happy and healthy life.

**"Sciatica is treated Successfully"**  
A middle-aged man came once to my clinic and asked "doctor, please give good treatment for my back pain as I have been suffering for long time. I will pay the bill whatever it is. I will be in debt to you." I asked the man to tell the details will patience. Then he told doctor, I am Narayana and native of Kurmool. I am working in a private company. Since one year I have been suffering with back pain which is gradually increasing. Now,

**MASTERS HOMEOPATHY**  
AMESTER, Kukatpally, Dilsukhnagar  
Hyderabad, Vijaya-wada, Karimnagar  
Visakhapatnam, Tirupati  
Ph: 7842 108 108, 7569 108 108

**Advertorial**  
I spread to the legs and feet. I am not able to move here and there and walk. I feel some electric current is passing through my body. When I consulted one doctor, he said that it is sciatica and prescribed pain killers. I am getting relief when using pain killers and it will remain after some time. Now, I came to you for permanent solution." I told him not to worry about it and said that there is permanent remedy for sciatica.

**After treatment**  
I gave him medicines after observing symptoms, psychological points. There is best treatment with homeo medicines for sciatica problems. Back pain can be cured completely with homeo medicines. By avoiding changes that will take place in back bone, there will be good results by giving treatment to strengthen the muscles. I advised him to visit after using medicines for one month. Then after a month, he came very happy and his face is looking joyous without pain. And he said that numbness in legs is cured. I advised him to continue full course not to discontinue medicines. After six months sciatica problem was solved. As usual he is attending work. I gave some precautionary measures not to go on bike and not to sit long time.

**You can survive even if you have HIV**

This is a case from karimnagar Branch. He is about 30 years. He is trembling. When I asked about this problem, he said, "doctor, I belong to Jammikunta. Four years back, I had sex with a girl. I didn't expect that she has some disease. Since two months, I am suffering with fever, cough and loose motions. When I consulted doctor, he said that I have HIV. And I lost weight. There is no hope of survival. Please let me live." I said not to worry about life and took some de tails.

**After treatment:**  
During some weather changes, we can see the symptoms like cold, fever, TB Infection, loose motions in some persons infected by HIV. That means if disease control system weakens, diseases can be infected. If you are strong HIV can not harm you. Homeo treatment will focus on disease control system. When he was examined it was found that the number of CD cells is 320. So, I said not to worry about and said I would start treatment. I gave him prescription and asked him to come after one month. After one month I saw a lot of change in him. He said that he was so hungry, and free from tiredness. He said he has some hopes of life. I advised him to continue medicines for one more month. Later after Examining second time, CD4 count is 710. Now he is leading a happy and normal life.

**Watch Doctors live programme in**  
V6 on every Tuesday @ 2.30 PM,  
Sakshi on every Saturday @ 2.30 PM  
and .10tv on every Sunday @ 4.30 PM.

**Lifestyle Habits and Infertility:**

Now a days, more couples delay childbearing in order to establish their careers and later visit the infertility specialist for evaluation and treatment. Some common causes of infertility related to health and lifestyle affecting fertility in both male and female.

**Smoking, Nicotine and Recreational drug use:**

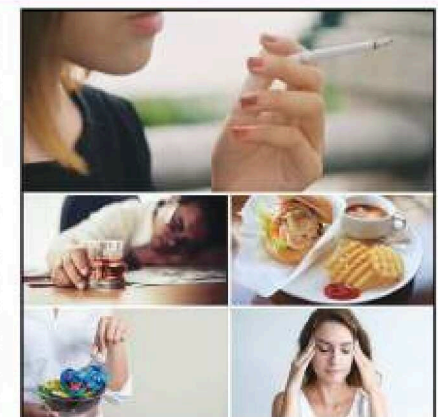
Smoking and use of recreational drug use (marijuana, cocaine etc ) may reduce sperm count or cause abnormal sperm morphology and affects the DNA in sperms. In women, studies show they have caused ovulatory problems and are also directly toxic to the developing egg. Smokers are twice more likely to get erectile dysfunction as non-smokers. Nicotine restricts blood flow to genitals. Smoking temporarily increases the testosterone levels but long-term effect is negative. Smokers have lower sperm count compared to non-smokers and take 3-4 times longer time to conceive than a non-smoker.

**Alcohol:**

Alcohol causes decrease in male libido and decrease in percentage of normal sperms. In women , most ovulatory infertility include hormonal imbalance which worsens by hepatic congestion. The hormonal excess requires a healthy liver to metabolize and excrete but the body cannot get rid of the excess hormones when its busy metabolizing alcoholic beverages.

**Food:**

Cola drinkers have 30% lower sperm count than men who drink no cola. Caffeine hinders sperm motility and there by causes infertility, where as in women caffeine reduces the muscle activity in fallopian tube that carry egg from ovaries to her womb. MSG (monosodium glutamate ) found as a food additive in chips and soups and also Aspartame found as a sweetener in diet cokes & sugarfree products is also associated with bad success rates in infertility treatment. Excess omega 3 fatty acids is associated with endometriosis compared to women who eat little or no omega 3



**Overweight / underweight:**  
Being at extreme ends of BMI is associated with hormonal imbalances.

**Stress:**  
Stress and infertility are a chicken and egg problem. stress can cause infertility and infertility causes stress as well. Present lifestyle and work pressure has brought stress into our lives and has become a major trigger of infertility leading to erectile dysfunction, decrease sperm production ,increase levels of prolactin, decrease sexual activity and ovulation suppression.

Wrong lifestyle invites infertility and other diseases too. Medicines alone cannot cure this problem, we have to correct our lifestyle too..

**For any queries call us at:**  
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