

# THIS WEEK FOR YOU

01st Sep to 07th Sep

**1. ARIES:** This week, you may have to handle tasks that may not exactly feature in your domain of work. On the career front, you will learn some important lessons. Talking about your work place further, Ganesha says that you will enjoy friendly relations with your superiors and seniors. However, it is advisable that you maintain a healthy distance and avoid interfering in their personal matters, and vice versa - do not let them invade your personal space! In an honest attempt to strike a fine balance between work and personal life, you will ensure that you don't carry any work home. As a result, you will be able to spend quality time with friends and family. You will also take great care of your spouse or beloved, but there is a possibility that they will not value your affection. Expect a smooth sailing on the financial front.

**2. TAURUS:** Don't let your guard down, as the stars are in your favour right now. Although you may get the fruits of your past labour, there may still be some disappointments and setbacks. When you look at others, you will find them to be in a much better position than you are. And, this may leave you distressed. But remember, the grass is always greener on the other side of the fence. No matter how challenging your life may be right now, you will have to face things, people and challenges, if any, in a cool and composed matter, without evading your responsibilities. Try to look at the brighter side of life, says Ganesha, as this perspective will give you the strength to fight against the odds. A change in your mindset will make a world of difference to your life.

**3. GEMINI:** You may be entrusted with some mammoth tasks this week. And, you will have to be at your best to accomplish them within the given deadlines. Keep in mind that completing these tasks will mean that you have moved closer to your career goals. So, go all out! Everyone faces challenges while marching towards their goals, and you are not an exception, so keep moving forward. Ganesha foresees that you will use your intelligence and perseverance to surmount any and all challenges now. Your schedule this week is also going to be very hectic, but you shall have no option but to keep pegging on dauntlessly. On the flip side, as a result, your domestic domain may get neglected. However, you may be able to spare some time for family and friends by utilising your time more efficiently. So, calculate and figure out!

**4. CANCER:** You may begin the week on a rather down, dull note. No matter how hard you try to lift your sagging spirits, nothing may seem to be making much of a difference. Well, you just need to be patient and wait for the planetary alignment to turn in your favour, says Ganesha. Some noble souls may come to your rescue, trying to cheer you up. However, there may also be some people who will try to take advantage of your helplessness and may even provoke you to take mindless decisions. Don't pay attention to such people, else you will walk straight into a trap. You need to relax your strained nerves, so that you can decisions without getting swayed by the currently riotous emotions. Plan an outing with your near and dear ones to get a much-needed break from all such tensions, suggests Ganesha.

**5. LEO:** Expect some highs and lows on the family front this week, indicates Ganesha. You will wish to ask your family members for some help regarding a particular matter. But, you are also well aware that they may not be ready to help you. So, you may think, why even bother to ask them? Ask, prods Ganesha, for your never known! Good thing is that on your own you are perfectly capable of handling the problems. All you need to do is to be clear about what you want to do next and strike at the right time. While dealing with family members, stick to a particular point, and if they don't agree with you, just forget, forgive and move on. You should focus on other relationships as well, which you need to nurture. If you are planning a job change or relocation, do consult your well-wishers before taking a decision.

**6. VIRGO:** Friendly and cooperative, you will appreciate the people around you for their talents and good performance. As long as you maintain such good terms with them, they will be happy to help and support you, but if you go back to your cribbing ways, they will start avoiding your company. As far as your expenses are concerned, you will have little trouble meeting the expenses, as you rarely overshoot your budget. If you are a businessman, expect to go through a golden period on the business front. Wow! Ganesha feels that a change or two in sales and marketing strategies will help you increase the profits. It looks like that your business needs more people to handle the Marketing Department. Hire the right work force to expedite your progress.

**7. LIBRA:** Your family life may remain in the limelight this week. You shall do your best to fulfil the needs and desires of your family members, says Ganesha. Every moment spent with your near and dear ones will be filled with joy and laughter, and shall bring you great joy. You may become a bit possessive and protective, though. That's fine, as this is not about being obsessive, and your intention is just to provide your loved ones with enough security and peace. Those looking for a better job opportunity shall find stars in their favour this week. In fact, if you have been aspiring for a job abroad, it could very likely materialise this week, says Ganesha. Travel to foreign lands for official work is also foreseen. Plus, your work shall be appreciated by the powers that be! On the financial front you, however, need to tighten your purse strings.

**8. SCORPIO:** In an effort to identify your past mistakes, you are likely to recede into your shell to meditate and delve deep within yourself, foresees Ganesha. Once you have identified your past mistakes, you shall automatically figure out the methods to rectify them, so that you don't repeat them in the future. That's laudable, commends Ganesha. If you are in an authoritative position at your workplace, you will have to strictly supervise the work that your subordinates are doing, in order to make sure that they are not taking short-cuts. However, seeing a work-horse yourself, you shall expect the same standards from others, but you need to realise that not everyone has the same abilities to live up to your expectations. So, loosen up a bit. Back at home, you shall enjoy a great rapport with your spouse. Ganesha advises singles not to get into new relationships, though.

**9. SAGITTARIUS:** Ganesha warns you that your proclivity towards extravagance at times could drain your bank balance this week. You may be too tempted by the rare artefacts you may have seen in a nice, quaint joint, and may wish to buy some of them to embellish your home. But take care not to spend more than you can afford. And, this applies to other knick knacks, you may have been eyeing. On the job front, you shall be preoccupied with a series of meetings and seminars this week. You may also have to start a training programme for both your fresh and old employees to adapt to the state-of-the-art technology that you may have installed in your office. Since you may have an in-depth knowledge of this technology, most likely, you shall be made the training in-charge, and you shall happily comply.

**10. CAPRICORN:** Ganesha predicts that you shall be in very high spirits this week, and everyone around you will also be infected by this positive bearing of yours. You shall remain unfazed in the face of difficult circumstances, if any, and this level-headedness of yours shall help you overcome all hurdles and achieve your targets. If you wish to augment your earnings, this week you are also likely to get some opportunities to do so. You may also set this extra income aside to take care of future emergencies, instead of spending it recklessly now. If you are a businessman, Ganesha advises you to keep one ear to the ground, so that you can detect trends as they happen, and capitalise on them. You will make a good, compassionate leader, taking your business to greater heights.

**11. AQUARIUS:** This week, it may be a bit difficult for you to maintain stability in your life, whether it is in the domestic or the professional sphere, predicts Ganesha. Luck may have an important role to play in all this, remember. So try your best, but also leave some bits to the destiny. In your professional life, you shall work very hard, but it would be naive on your part to expect immediate results. You need to have patience and bide your time without letting up on the hard work. You shall also have to develop the ability to market yourself and your work, in order to get noticed by the powers that be. Apart from that you may also have to do some sweet talking. Being street smart is important in today's competitive world, adds Ganesha. Your romantic life will be smooth, if you don't let your ego interfere in your relationship.

**12. PISCES:** During the initial stages of the week, you are likely to have a smooth ride, but as the week progresses things may get a bit rough, predicts Ganesha. There shall not be any serious problem as such, though. But, some situations will require tactical handling. You will have to be astute, but cool and composed. If you lose your temper, things may flare up instead of getting resolved. It may basically be just an ego clash, and you may have to pamper the ego of the person with whom the conflict arises. So, be it! You may also realise that slogging hard is not always enough, but luck also plays an important part in your progress. You may wish to acquire new knowledge, and towards that end may enrol in a refresher course.

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# Understanding Sleep

Dhanak Gupta

Since the dawn of time, sleep has been considered an essential part of our everyday life. It is known to affect our perception, mood, social life and both physical and mental well-being. However, in the past century, this concept has been widely criticised by famous people such as Thomas Edison in 1921 who wrote, "sleep as a waste of time, 'a heritage from our cave days'". More recently in 1980s, the former British Prime Minister also stated, "sleep is for wimps".

Scientists are fascinated by the idea of Sleep. They have been thoroughly investigating to find answers to certain key questions like: What is sleep? Why do we need it? How long do we need it for? Is it possible to get away from sleep? How do I know if I am getting enough sleep? In this article, I will try to provide you with the answers known for these and many more prevailing questions:

## What is Sleep?

Sleep is the single most important and complicated behavioural experience that we have. Data suggests that an average human being, living upto 90 years, spends 32 years of his/her life sleeping. In spite of this, most of the people in today's modern society, don't give it a second thought, consider it a waste of time and some people disregard it to an extent that they consider it as an illness or even enemy. Most people abandon the idea of sleep simply because they believe that we don't do anything much while we are sleeping. However, Neuroscientists are trying to explain why Sleep is an extremely important part of our biology.

Melatonin is the hormone that induces sleep. During the daytime, when light falls into the eye, it sends neural messages to the brain that stops the production of melatonin, therefore, we are awake. During night time, when we are asleep, there is no transmission of neural signals from eye to brain as there is no exposure to light, therefore, melatonin is released and we sleep.

## Why do we need Sleep?

Scientists have come forward with various theories for why do we sleep. Here, I will outline, two of the most widely accepted theories for the same.

**Restoration idea:** According to this, all the energy we have burnt up during the day is recaptured, restored, rebuilt and replaced during the night. This concept goes back to the time of Aristotle (384 BC - 322 BC), who first came up with this idea. Recent evidence also shows that indeed there are certain genes which are switched ON only when we are asleep and these same genes are also associated with restoration and metabolic pathways.

**Brain processing and memory consolidation idea:** Research suggests that the learning ability in sleep deprived individuals is hugely smashed and attenuated as compared to individuals who have had proper sleep. Scientists have also observed that the creativity of individuals and ability to come up with novel solutions to complex problems is enhanced three times by sleeping at night. This tells us that during sleep, those neural connections in the brain that are important tend to consolidate and become more prominent and on the other hand, the less

important neural connections tend to become weaker and therefore, fade away.

## How long do we need to Sleep?

Neuroscientists have done some Sleep o-meter analysis for different age-groups of people. In 1950's an average individual was getting 8 hours of sleep every night but in 2012, this number has gone down to 6.5 hours every night. Research also suggests that where teenagers need 9 hours of sleep every night, they are getting only 5 hours of sleep on a school night. If you are aged, your sleep is very disruptive and again you might sleep for less than 5 hours a night. However, there is growing evidence suggesting that sleep requirements do not go down

associated with lack of sleep. It has been seen that 5 hours or less sleep every night make us 50% more prone to becoming obese. This is because lack of sleep cause the release of hunger hormone called Ghrelin, which makes the brain to feel the need of carbohydrates, especially sugar. This leads to metabolic predisposition to weight gain.

Stress is also associated with lack of sleep, which often leads to lack of memory. Consistent stress is also found to be connected with lesser immunity and therefore, such people are more prone to infections. There are consolidate evidences to show that diabetes and heart problems are one of the most common problems associated with stress and lack of



in old age, though it might be fragmented.

Scientific investigations also shows that a lot of accidents, for example, the tragic disasters in 1986 of Chernobyl Nuclear Power Plant in Ukraine and Space Shuttle Challenger disaster in Florida, USA and various car accidents around the world, are caused because of poor judgement as a result of extended shift work, tiredness and loss of vigilance of the workers or drivers.

Hence, lack of sleep leads to poor memory, poor creativity, increased irritability and impulsiveness and overall poor judgement.

## Is it possible to get away from Sleep?

Almost everyone tries to get away without sleeping by resorting to coffee, tea, smoking (nicotine) or even drugs. And eventually, at night when our brain feel completely wired up and awake, we try to put it to sleep using alcohol. Interestingly, small doses of alcohol at night do seem to ease transition from being awake to sleeping for only a short period of time. However, what most people are not aware of is that alcohol doesn't really sedate but actually mimics the act of sedation and in the process, is harmful for our neuronal process of memory consolidation and memory recall. Therefore, alcohol is only a short-term acute measure to getting to sleep every night. Obesity or fatness is another major problem

sleep.

## How do I know if I am getting enough Sleep?

If you are not getting enough sleep, your body will show you symptoms for the same. You will feel tired and irritable in the mornings, need a lot of stimulants to wake you up and often your colleagues will pick up on that in your office at work. You might also feel exhausted for most of the day.

There are certain measures that can be taken to make sure you get enough sleep. Firstly, make your bedroom a heaven for sleep: make it as dark as possible and slightly cooled. Reducing the light exposure atleast half an hour before going to bed, decreases our alertness and eases our transition to sleep. On the other hand, seeking out exposure to morning light is a good way of setting your biological clock to the day and night. Secondly, turn off all the mobiles, computers and other devices that can excite the brain before going to sleep as there is an increasing evidence to show that late night exposures to these devices causes sleeplessness. Lastly, try not to drink stimulants like coffee or tea after lunch.

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## CIPHER DECIPHER

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Hi Friends! We are back with your favourite column for the week. Please have a look at OUR MESSAGE before you send in your message to us.

- To all from Rishab Raina: "The ultimate measure for a man is not where he stands in moments of comforts and convenience but when he stands at times of challenge and controversy".
- From Dr Poonam Nanda to all: "Those who fights all odds overcomes challenges, finds solutions always emerges as winner".
- To all from Mrs Sharda Gupta: "There is nothing so easy to learn as experience and so hard to apply".
- From K K Gupta to all: "Life consists not in holding good cards but in playing those you hold well".
- To all from Radhika Mehra: "He who reigns within himself and rules his passions, desires and fears is more than a king".
- From Sidharth Merha to all: "A mind full of piety and knowledge is always rich; it is a bank that never fails".
- To all from Shyam Lal Mehra: "Always remember that anger is an acid that does more harm to the vessels in which it is stored".
- From Rishab K Gupta to all: "Hands that serve humanity are lot better, than lips that talk of diversity".
- To all from Monika Mishra: "Like natural flowers we should call forth images of peace and tranquility".
- From Sudhir Kumar Gupta to all: "Life is one eternal struggle between the forces of Gods and evil".
- To all from Rohini K Gupta: "Outer sense perceive visible things, heart alone sees the invisible".
- From Brighu Mahajan to all: "Ideologies separate us-dreams brings us together".
- To all from Devender Kumar: "A hero is an ordinary individual who finds the strength to preserve and endure in spite of overwhelming obstacles".

## BEST MESSAGE

The award of rupees 200 for this week's best message has gone to SAMEER PANDITA R/o H.NO-128, PRITAM NAGAR, NEAR TALAB, PALOURA, JAMMU for the message "A minute's success pays the failure of years". Congrats. The prize money would be sent to you through money order.

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### OUR MESSAGE

- Please do mention pin code number of areas while sending your message to EXCELSIOR.
- Your message must reach us by Friday evening.
- To send your message, use CIPHER-DECIPHER message chit.
- Your entries should be brief and original. We use those messages devoid of hurting the sentiments of the people.
- Out of the messages we receive, one of the message is selected for the award.

HARESH SINGH

## SPORTS SPHERE

Born on January 20, 1994, Akshar Tajeshbhai Patel is an all-rounder, who is a left-handed batsman and left-arm orthodox spinner.



The talented 19 year old young cricketer, started his cricketing career at the bigger circuit in 2012 while representing Gujarat and then played for Mumbai Indians in Indian Premier League (IPL) Season-6 in 2013.

Akshar Patel has played 1 First-Class match, 12 List-A matches and 9 T20 matches so far in his cricketer career.

He has a batting average of 32.00 in First-Class cricket, 22.87 in List-A matches and 22.75 in T20 match. His top scores in First-Class cricket has been 16\*, in List-A 45 runs and in T20 43\*.

Patel has bowled 42 balls in First-Class match and has not taken any wicket, while in List-A matches Patel has bagged 17 wickets by bowling 634 balls, with best figures of 4/24 and in T20 matches, Patel has grabbed 7 wickets, with 3/21 as his best bowling figures. His bowling averages in List-A has been 25.64, while in T20 it is 30.57.

He is presently one of the prominent emerging cricketers of the Country and is seen to be a potential cricketer, who has almost all that is required to blossom at the highest level.

Apart from being a utility player with bat and ball, Patel is also an outstanding fielder. He has taken 8 catches in List-A matches and 2 catches in T20 matches. With his all-round skills, the experts project this gritty cricketer as one of the prospects of Indian Cricket.



*Identify the Player:  
Write a brief description about him in 250 words.*

### QUESTIONS OF THIS WEEK:

- By which margin Africa Africa-A defeated India-A in the second 4-day match in South Africa?
- For which team Akshar Patel played in Indian Premier League Season-6?
- Who was top scorer for India-A in their first innings against New Zealand-A of the ongoing series in India?
- Name the Indian Shooter who has been selected for Khel Ratna Award recently?
- Who is Lal Chand Rajput?

### ANSWERS OF THE LAST WEEK:

- Innings and 13 runs 2. Delhi Daredevils 3. Cheteshwar Pujara 4. Virat Kohli 5. former First-Class cricketer.

The best entry of this week was received from Piyush Bhat of Qrt No-21, Block-G, Buta Nagar, Jammu.

The other entries of the week were from Anikait Gupta, Jammu, Sanjay Dhar from Lane No 1, H No 3, Upper Laxmi Nagar, Jammu, Yushar Mahajan, H No-55, Lower Laxmi Nagar, Sarwal, Jammu, Rajeev Verma from Talab Tiboo, Jammu, Ramesh Singh of Samba and Rahul Choudhary from Sari Rakwal, Gho Manasan Road, Jammu.

Dear Contestants, please send your reply within five days to-  
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— RAJESH DHAR

## HEALTH

# Management of Club foot

Dr. Zammer Ali

Don't worry if your child is born with deformed foot or club foot

A club foot, also called congenital talipes equinovarus (CTEV), is a congenital deformity involving one foot or both. The affected foot looks like it has been rotated internally at the ankle. Approximately half of people with clubfoot have either single foot or both feet involved, which is called bilateral club foot. It occurs in males twice as frequently as in females. Prevalence of club foot is about in about one in every 1,000 live births

Without treatment, people with club feet often appear to walk on their ankle or on the sides of their feet.

Over the years approaches to the management of clubfoot have changed and evolved. Numerous surgical, conservative and mixed treatment techniques have been utilized with varying levels of success. In the past decade the Ponseti method has become widely recognized as the gold standard for clubfoot treatment. There are different causes for clubfoot depending on what classification it is given.

Structural CTEV is caused by genetic factors. Genetic influences increase dramatically with family history.

It was previously assumed that postural CTEV could be caused by external influences in the final trimester of pregnancy such as intrauterine compression from oligohydramnios. It may be associated with other birth defects, such as spina bifida (defect in spine).

Treatment for clubfoot should begin almost immediately after birth to have the best chance for a successful outcome without the need for surgery. Over the past 10 to 15 years, more and more success has been achieved in correcting clubfeet without the need for surgery. The clubfoot treatment method that is becoming the standard in the U.S. and worldwide is known as the ponseti method.

Clubfoot is treated initially with manipulation by orthopaedic surgeons by serial casting and then providing braces to hold the feet in a plantigrade position. After serial casting, bracing using a Denis Browne bar with straight last boots, ankle foot orthoses and/or custom foot orthoses (CFO) may be used. Foot manipulations usually begin within two weeks of birth.

The Ponseti method, if correctly done, is successful in 95% of cases in correcting clubfeet using non- or minimal-surgical techniques. Typical club-

foot cases usually require 5-6 casts over 4-5 weeks. Atypical clubfeet and complex clubfeet may require a larger number of casts. Approximately 80% of infants require an Achilles tenotomy (microscopic incision in the tendon requiring only local anesthetic and no stitches) performed in a clinic toward the end of the serial casting. To avoid relapse of deformity a corrective brace is worn for a gradually reducing time until it is only at night up to four years of age.

Botox is also being used as an alternative to surgery. Botox is the trade name for Botulinum Toxin type A, a chemical that acts on the nerves that control the muscle. It causes some paralysis (weakening) of the muscle by preventing muscle contractions (tightening). As part of the treatment for clubfoot, Botox is injected into the child's calf muscle. In about 1 week the Botox weakens the Achilles tendon. This allows the foot to be turned into a normal position, over a period of 4-6 weeks, without surgery.

The weakness from a Botox injection usually lasts from 3-6 months. (Unlike surgery it has no lasting effect). Most club feet can be corrected with just one Botox injection. It is possible to do another if it is needed. There is no scar or lasting damage.

Extensive surgery of the soft tissue or bone is not usually necessary to treat clubfoot; however, there are two minimal surgeries that may be required:

Tenotomy (needed in 80% of cases) is a release (clipping) of the Achilles tendon - minor surgery -done under local anaesthesia

Anterior Tibial Tendon Transfer (needed in 20% of cases) - where the tendon is moved from the first ray (toe) to the third ray in order to release the inward traction on the foot.

Each case of club foot is different, but in most cases extensive surgery is not needed to treat clubfoot. Extensive surgery may lead to scar tissue developing inside the child's foot. The scarring may result in functional, growth and aesthetic problems in the foot because the scarred tissue will interfere with the normal development of the appendage. A child who has extensive surgery may require on average two additional surgeries to correct the issues presented above.

(The author is Registrar orthopaedics SKIMS medical college.)

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