

## MOVIE REVIEW

## A movement of middle class

Taran Adarsh

Not a day passes when you don't hear/read about rampant scams and corruption, dreadful and appalling crimes, shortage of essential commodities and thick-skinned and power-hungry netas going back on their promises. There's no denying that you commence the day by reading/watching mostly miserable news in newspapers/news channels. Prakash Jha, a conscientious film-maker, has always emphasized on narrating stories that mirror actuality, raising pertinent issues that affect the nation. This time, in SATYAGRAHA, the proficient storyteller attempts to depict the anguish in middle class Indians and how this stratum of society is left with no choice but go on recourse to start a movement against corruption and the deceitful babus responsible for the mess.

of the middle class to re-negotiate transparency in democracy. It's the story of a man who is a firm believer of Gandhian principles [Amitabh Bachchan], an ambitious entrepreneur who represents the modern India shining philosophy [Ajay Devgn], a social activist who aims to be a politician [Arjun Rampal], a fearless political journalist [Kareena Kapoor Khan] and a wily politician [Manoj Bajpayee] who uses every means to break the system.

Prakash Jha, one of the finest narrators of political themes, derives inspiration from a number of real-life episodes that occurred in the recent past, but SATYAGRAHA doesn't take sides nor does it favor/denounce any particular politician. In that respect, it's a standalone film that encompasses episodes such as the Anna Hazare movement, the

thoughts. Sachin Krishn's cinematography captures the hues and angst with precision. Dialogue are piercing, intense and thought-provoking all through.

SATYAGRAHA is embellished with qualitative performances, with each actor grabbing eyeballs. Both Amitabh Bachchan and Ajay Devgn's characters bear striking correlation to real-life characters, but the capable actors ensure they don't come across as caricatures. Amitabh is incomparable and unmatched yet again, delivering a performance that's easily one amongst his finest in the recent times. He's fantastic and also the scene stealer. Ajay underplays his part brilliantly. He breathes fire where required and handles the poignant moments with extreme care, without going overboard. Kareena is effortless yet again,



The timing couldn't be more appropriate, for SATYAGRAHA summarizes the mood of the ordinary man and the nation in general. Jha minces no words while flaying and condemning the fraudulent and unscrupulous politicians and the unjust system in a style that's now synonymous with his brand of cinema -- realistic, hard-hitting, forceful -- that leaves a hammer-strong impact.

I wish to affirm that SATYAGRAHA has a striking semblance to Jha's former proficient work RAAJNEETI, but I must also acknowledge that this is Jha's most intensely political film thus far. Right from the abuse of power taking place around us to depicting the ugly underbelly of Indian politics, which, of late, has transformed into big bucks and business, Jha and co-writer Anjum Rajabali make sure they chisel and sculpt the screenplay around the present-day scenario, often borrowing from headlines and episodes that the spectator is acquainted with. In addition, like the well-intended political protest movement sometime back, SATYAGRAHA also portrays the fact that the movements ought to be well thought-out and structured to recover from the current scenario.

SATYAGRAHA deals with the movement

murder of the whistleblower who exposed the road mafia and the telecom scam, besides highlighting the police attack on public and the candle light protests. Also smartly intertwined are intricate relationships amidst the backdrop of politics and corruption to make the goings-on more absorbing and engaging.

Executing a political thriller seems like a cakewalk for Jha, who, by now, is a veteran in this genre of cinema and executes a variety of sequences with aplomb. Note the point in the narrative when Amitabh is released from police custody after Manoj Bajpayee intervenes and the sequence that ensues. There's another pertinent moment between Amitabh and Ajay -- an emotional one, in fact -- which gets you all moist eyed. Similarly, there are several episodes in the second hour that keep you thoroughly hooked to the proceedings... and that includes the culmination, which takes the film to its pinnacle. Besides, Jha smartly bundles in a couple of songs in the narrative, with 'Raske Bhare Tore Naina' [Adesh Shrivastava] and 'Raghupati Raghav Raja Ram' [Salim-Sulaiman] pepping up the goings-on, especially the latter which has truly strong words that reverberates one's

displaying a natural streak while interpreting her character. Arjun Rampal also stands out in a film that boasts of towering performers. That speaks volumes of his range as an actor of calibre and competence. Manoj Bajpayee is vicious and sadistic to the core, flaunting the evil streak to the optimum. Here's another power-packed performance by this splendid actor. Amrita Rao sparkles in a noteworthy role, leaving a strong impression.

Indraneil Sengupta leaves a mark in a cameo. Vipin Sharma is tremendous yet again. Vinay Apte is top notch. Mugdha Godse doesn't get much scope. Manoj Kohatkar, Shireesh Sharma, Ajay Trehan and Girish Sahdev are noticeable.

On the whole, SATYAGRAHA is an all-engrossing, compelling drama that mirrors the reality around us. In fact, it's yet another brilliant addition to Prakash Jha's credible repertoire, who has created some of the most politically momentous motion pictures. For the splendid drama and the electrifying dramatic highs, I suggest you must watch this hard-hitting fare. Absolutely recommended!

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## HEALTHLINES

## Amputation risk in Diabetes

The current focus on preventive aspects of Diabetes has brought to light the risk of diabetes related lower limb amputation getting doubled or even tripled because of improper foot care.

Dr. Jitendra Singh

The commonest non-traumatic cause of foot amputations or lower limb amputations in this country continues to be Diabetes Mellitus. It is strange that while enormous funds are being pumped in by international agencies including the World Health Organisation (WHO) to set up artificial limb centres and rehabilitation centres in under-developed or developing countries including India, little attention is paid to the preventive aspects of this incapacitating handicap which could be avoided with timely care and awareness.

George Bernard Shaw once wrote, a surgeon gets paid more for amputating a limb than for saving a limb. The current focus on preventive aspects of Diabetes has brought to light the risk of diabetes related lower limb amputation getting doubled or even tripled because of improper foot care.

Vulnerability Factors The risk of amputation obviously increases with the duration of Diabetes and the extent to which Diabetes has been kept under control. Certain laboratory parameters like glycosylated hemoglobin (Hb A1C) serve as an indicator of how well the Blood Sugar levels have been under control over a period of time and thus could also predict the underlying vulnerability of a Dia-

betic to develop various complications including diabetic foot that often precedes an amputation.

Available data reveals that amputations are more likely in those Diabetics who have a previous history of foot ulcers or limb infections, neuropathy accompanied with diminution of sensation in the extremities and peripheral vascular disease involving narrowing of arteries resulting in impaired blood circulation in the limbs.

## Fashion Shoes not always Safe

In the current era of consumerism with a

penchant for marketing products which are unusual, innovative and somewhat exclusive, the use of fashion shoes has also come under a question mark. A report published in one of the world's most reputed medical journals "Diabetes Care" states that wearing fashion shoes may be associated with as much as fourfold increased risk of amputa-

tion in Diabetics. Figures gathered from surveys among diabetic population make some interesting revelations. The lower limb amputation risk was found to be nearly tripled by going barefoot in men, doubled by wearing sneakers regularly to work in women, increased fourfold by wearing sneakers to town and doubled by wearing rubber thong sandals. In other words, high-risk footwear seems independently associated with 2 to 4 fold increased risk of minor or major amputation.

Needless to reiterate, the feet of a Diabetic affected individual are susceptible because of diminished sensation unable to perceive minor trauma or pressure effect due to inadequate footwear. Peripheral Vascular Disease leading to reduced blood circulation increases the chances of a noticed or an unnoticed sore getting complicated and uncontrolled Blood Sugar levels contribute to unrelenting infection at the site. It is with this consideration that Diabetics should be reminded to conduct a careful daily self-inspection/examination of their feet and particularly look for any pressure areas, scratches, injury marks etc. Significantly, some of the studies claim that daily self-examination of feet is associated with as much as 80% reduced risk of amputation.

In a nutshell, a health strategy that aims to improve footwear particularly in those who already have diabetic foot disease and that seeks better diabetes education with emphasis on preventive self-care coupled with early medical help-seeking behavior can certainly help reduce the burden of lower limb amputation among Asian Indians.

## NATURE

## Pet care during the rainy season

Dr Ankur Sharma

We all love the monsoon season but even with the outside mercury dipping, your pets life becomes extremely stressful. Elevated levels of atmospheric humidity seem to be treacherous for them making the rainy season next to unbearable for them. We might enjoy the rains, but they get really irritated by it and while it may seem that your pet likes to play in the downpour, but actually he is unhappy.

It is very hard to keep a check on your pet, as he is dirty the next minute you give him a bath. Using too much water can result in skin infections in your hairy pet. Thus, the best option would be to use a dry shampoo and clean him thoroughly. These shampoos do not require the use of water and can be used to get rid of dirt and grime from the coat. A hairdryer can be used to dry the damp hair and then trendy monsoon dog shirts can protect them from getting wet again. Coolers are not advisable as they further increase the humidity and stress due to heavy rainfall.

Dogs do not sweat much through their skin which makes them susceptible to fungal and yeast infections and may result in a lot of discomfort resembling an itchy rash or lump around the eyes, ears or muzzle or dominating the pads of their feet and having a need to scratch. Scratching makes skin diseases become more severe. Sometimes the infections may even cause death so it is important to keep the fur dry. This can be prevented by cleaning the skin with a clean dry towel and dabbing antifungal powders or ointments for localized infection.

Infectious diseases like parvovirus diarrhoea, distemper, foot wounds, maggots and hepatitis spread among dogs during the rainy season. But

you have done a good cleaning is by seeing if your dog is licking itself. The less it licks the cleaner is its body. Even the nails collect dirt so trim them to avoid infection.

Monsoon pet diet should mainly consist of fiber rich food like banana that help pets who suffer from indigestion. Dairy products need to avoided as for



some it may be allergic. Always make sure the food is freshly prepared and free from fungi. Addition of multivitamins during the rainy season is highly recommended, especially when rains come each day. Maintaining a good hygiene, keeping the feeding area clean, feeding a balanced diet, clean water and regular exercise will keep your pets healthy in the wet season. During the rainy season you must look out for the poisonous mushrooms that may sprout up in your garden or anywhere your pet goes for a walk. These are extremely toxic and may result in poisoning. In case, your pet comes down with uncontrollable vomiting or diarrhoea, you must rush to the vet.

It is hard to take pets for a walk everyday during rainy season, if you are unable to do so for a long

**The best way to prevent tick infestation is to avoid taking your dog for a walk on grass and also keep their sleeping area free of mosquitoes, fleas, ticks and bugs.**

the most life-threatening disease among these is leptospira. Humidity during the rainy season causes the spread of leptospira among pets that can further be passed on to human beings and cause serious problems. Pets contract these infections through rats so it is necessary to control the spread of such diseases among domestic animals to prevent its outbreak among human beings.

Pets are very susceptible to worms in this rainy season so deworming is absolutely necessary for them. Worm infestation may lead to anaemia, general debility, anorexia, dullness of coat and many other complications. Another problem that seems to haunt most pet owners at this point is that of ticks and fleas. The best way to prevent tick infestation is to avoid taking your dog for a walk on grass and also keep their sleeping area free of mosquitoes, fleas, ticks and bugs. You must remember to use anti-tick preparations such as dog collars, shampoos, lotions or powders to protect your pet from ticks and fleas. Since their ears, paw and fur are more prone infection, the long hairs of the dogs like the Retriever, Cocker Spaniel can be trimmed short. The ears and paws also need cleaning so use cotton swabs to remove all the fine dirt. To test whether

time, you may notice obesity problem especially in case of Labrador dogs. So make them climb up the stairs or leave them free inside to keep them active. Playing Frisbee or a soft ball in the indoor can also help in keeping the pets fresh and active.

Rainy season increases the chance of pets falling ill. Number of problems related to skin, coat, stomach etc are common during this season. With a large numbers of pet lovers in the city, numerous pet shops and chemists have latest kinds of medicines, shampoos and accessories to avail and keep pets healthy. Along with proper medication, the foremost thing is to keep the surroundings clean, dry and avoiding the chances of birth of infections. If you still find your pet suffering from repeatedly scratching, feeling uncomfortable and sick, take it to the vet for specialised treatment. Neglect may lead to chronic diseases that need time-consuming and costly treatments.

Do remember that prevention is better than cure. The pet care tips for monsoon season above are not very hard to practise. It is very important that you give more to your loving, faithful friend, "Happy pet care during the rainy days!"

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## HEALTHLINES

## Answer to Zero Sperms

Dr Richa Sharma

Male factor is showing a rising trend these days and it can be multifactorial in origin ranging from Life style changes like smoking, alcohol intake, stress, genetic origin and in majority of cases cause not known which adds to the stress of couples further as when we know the reason we are pacified, problems arise when the underlying causative factor cannot be detected.

Till now male factor was more of considered to be undiagnosed and untreatable and also due to social inhibitions and mind set of people, male infertility was labeled to be as not treatable. With latest advances in the assisted reproductive techniques,

the ovum by the sperm. Abnormalities of any of these processes can lead to male factor infertility

## What is Azoospermia?

Azoospermia: means no sperms in the semen. It can be due to some obstruction (Obstructive azoospermia) or can be Non Obstructive Azoospermia depending upon the etiology.

## What is MicroTESE?

MicroTESE is a new technique allowing targeted removal sperm (male gametes-shukranoo) forming tissue in males with nil sperms in semen analysis. Traditional methods of searching for Sperms (testicular biopsy, FNAC, TESE, TESA) have a poor success rates of finding sperms.

MicroTESE is done under general anaesthesia, under microscope such that the operative field is magnified by 25 times to search for the much precious sperms. It's a milestone rather a miracle, a boon for male factor.

Can take over 3-4 hours of painstaking surgery. The sperms that are found can be used to get test tube baby (ICSI done-embryos formed). Conventional testicular biopsy involves taking multiple random testicular

biopsies. Sites of spermatogenesis limited and not predictable.

## Advantages of MicroTESE

Micro-TESE has the advantage of allowing microsurgical exploration of the entire testicular parenchyma to maximize the chance of finding sperm while

- \* Sperm retrieval rates are higher
- \* Amount of tissue removed is less
- \* Testicular trauma is less
- \* Hormonal difference in testosterone after micro-TESE vs conventional is less
- \* This procedure is becoming standard of care for patients with NOA

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solution has been found in such cases (depending upon the clinical scenario) so even males with no sperms can father like others.

Male factor infertility exists when there is failure to conceive, and, a persistently abnormal semen analysis and/or findings on exam associated with male factor infertility.

- \* In 20% of couples, an isolated male factor is present.
- \* In 40% of couples, both male and female factors are present.

Thus, in 60% of infertile couples, a male factor is at least partially responsible.

Normal male reproductive function requires adequate semen production and transport, delivery of sperm to the ovum, and, successful penetration of