

RANSWARA

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चर्चा नहीं बदली तो धोखा दे सकता है

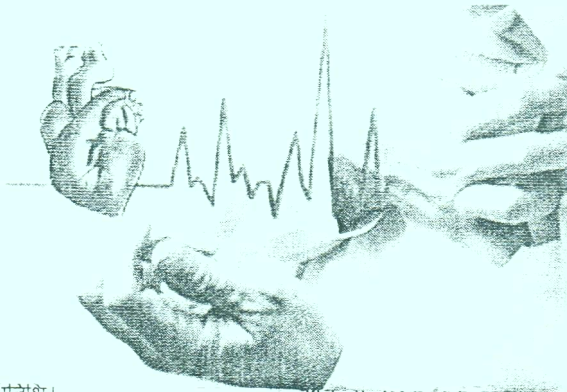
पत्रिका

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नानित प्रतिभाएं एवं मौजूद ओतोथि।



कम पानी पीना नुकसानदायक

डा. जमेश पंड्या और डा. निलेश परमार बताते हैं कि सर्दियों के शुरू होते ही लोग पानी कम पीते हैं। इससे शरीर में रक्त गाढ़ा होना शुरू हो जाता है। इस कारण धमनियों में रक्त संचार सुचारु नहीं हो पाता है। नमकीन पदार्थों का अधिक सेवन और खाने में नमक की मात्रा अधिक होने से रक्तचाप बढ़ जाता है। यह भी हृदय रोगियों में हृदयघात के खतरे को बढ़ा देता है।

चिकनाई बड़ा खतरा

सर्दियों में लोग फल-जूस और अन्य स्वास्थ्यवर्धक पेय पदार्थों का सेवन कम कर देते हैं और चिकनाईयुक्त खाद्य पदार्थों की मात्रा बढ़ा देते हैं। इससे रक्त में कोलेस्ट्रॉल की मात्रा बढ़ जाती है। इससे हृदय की मेढर में तैयारियों प्रारंभ हो चुकी हैं। के पहचाने की संभावना है।

बासवाड़ा में
मेवा काय कर
इस्लामिय
आयोजित एक
किया गया।

मोहम्मद म
मईद खान पा
मुस्लिम समुद
हुसैनी कमेटी
जमातखाना व
व्यवस्था कमेटी
परिवारों के
निःशुल्क, रख
मिलादुन्नबी के
अंजुमन इन्तर्ना
खान ने मोहद

समारोह सहित विविध आयोजन

होगी। जिसके लिए नूतन स्कूल कार्यक्रम में दूरदराज से धर्मप्रेमियों समाजजन तैयारियों में जुटे हुए हैं।

बासवाड़ा सिन्टेक्स लिमिटेड

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