

‘Looking after parents does not exert undue influence’: Supreme Court

Taking care of elderly parents will not amount to exerting "undue influence" on them if the aged parents decide to sell or will their property in the name of their caretakers. By this ruling, the Supreme Court said that such a view was necessary in today's situation as otherwise, the elderly will be the object of neglect. Treading a cautious path, a bench of Justices Navin Sinha and Indira Banerjee were called upon to decide a fight between two siblings over the land they inherited from their parents. The father of the siblings died on April 21, 1971, well beyond the age of 80. Before his death, he registered a sale deed over his property in favour of one of the sons. This was not found to the liking of the other son who eyed the property. He questioned the sale deed on the ground that by taking care of his parents, his sibling exerted "undue influence" on his father owing to

which he ended up getting the property. The sale deed was executed on March 2, 1970, and within the next 10 months, the father Vajjai breathed his last. The case against the sale deed was brought up by one of his sons Raja



Ram, while the son who benefitted was Jai Prakash Singh. Raja Ram failed to convince the trial court and the Allahabad High Court following which, he appealed to the apex court. Finding no reason to interfere with the concurrent findings of the two courts below,

the apex court felt that any tinkering with this position had far-reaching repercussions. It said, "In the changing times and social mores, to straightaway infer undue influence merely because a sibling was looking after the family elder,

is an extreme proposition which cannot be countenanced in absence of sufficient and adequate evidence. By inferring a reverse burden of proof on those who were taking care of the elders as having exercised undue influence can lead to very undesirable consequences."

Justice Sinha, writing the judgment for the bench, noted that in every caste, creed, religion and civilised society, looking after elders of the family is considered a sacred and pious duty. Also, the Parliament recognised this right by enacting the Maintenance and Welfare of Parents and Senior Citizens Act, 2007. By holding undue influence against those siblings who take care of the family elder, "...it may not necessarily lead to neglect, but can certainly create doubts and apprehensions leading to lack of full and proper care under the fear of allegations with regard to exercise of undue influence." Dismissing the appeal of the son who failed to get the property, the bench felt that there is bound to be more affinity between the elders and those who look after them daily and this cannot be termed as deceit or fraudulent conduct.

This article was first published in Dnaindia.com.

Radha srinivasan was 49 when she first noticed symptoms of the menopause, in 2002. But a bout of hot flushes passed quickly and Radha, a librarian for the University, soon presumed the worst was over. In 2004, though, the flushes returned with a reprisal; this time she suffered a month long, along with lack of energy, poor concentration and mood swings. "I'd be at the counter handling readers when suddenly I'd become totally infused with intense heat," Radha recalls. "No sooner had I got over one flush than the next would come. I always felt hazy and losing control over myself."

The average age at onset of menopause is 51, and it's seen that that about 50 per cent of menopausal women are sufficiently troubled by symptoms – hot flushes are among the most common – and need some form of treatment; the most common treatment prescribed is a hormone replacement therapy (HRT). However, there are many women who either do not find HRT giving results and there are few who do not want to go for it. There are many alternative therapies available which show promising results for treating the symptoms of menopause. The reason why some female do not want to go for

Don't walk alone, seek help Menopause- keep moving

HRT or why some doctors do not recommend HRT for a long time is because studies show that long term HRT causes more health problems that it treats. This especially applies to the treatment plan which combines oestrogen with a progestogen. Studies show that HRT might reduce the risk of bowel cancer and osteoporosis, but it increases the risk of heart disease, stroke and breast cancer.

Usually women take hormones for one or two years during the menopause. Oestrogen alone is usual for women who do not have a uterus, but combination therapy is usual for others. Hormones can help relieve the hot flashes and sweats that commonly happen as the body adjusts to the changes of the menopause. People who do not want to go for hormone replacement therapy or its not recommended for them, can go for one of the many alternative therapies which have promising results.

Homeopathy is one such treatment which has shown wonderful results for menopause related symptoms. But here there is no fixed line of

treatment but each and every patient is given an individualized plan of treatment which involves the constitutional remedy which heals the patient.

The advantage of homeopathic treatment is that is not just treats the menopause but also improves the overall immunity of the patient and makes them more fitter to face the challenges which come with this change of life. Homeopathy has



promising results if the correct remedy is given as per the principles of homeopathy. Seek help of your homeopathic consultant if you or any of your loved one is suffering from this problem at this age.

Menopause is one stage which if troublesome for a lady, treatment must be sought for. It's not something to be neglected thinking that it's just a phase of life and a female should bear it. Women at

this age especially in India are hesitant to report such problems but they also have the equal right to live with peace and in health. It's important to take advise and treatment so the symptoms do not add to the agony of the lady going through this change. Help is needed so she is able to assume a daily routine and enjoy this change rather than feeling troubled and miserable with menopause symptoms. A moral support from the spouse and children and keeping yourself involved in various activities is also a great help for a lady going through these changes.

Hormones can help relieve the hot flashes and sweats that commonly happen as the body adjusts to the changes of the menopause. People who do not want to go for hormone replacement therapy or its not recommended for them, can go for one of the many alternative therapies which have promising results. Homeopathy is one such treatment which has shown wonderful results for menopause related symptoms. But here there is no fixed line of treatment but each and every patient is given an individualized plan of treatment which involves the constitutional remedy which heals the patient.

Continued at Pg 8...

बुजुर्ग वर्ग का सम्मान, लिया गोद, रखेंगे स्वास्थ्य का ध्यान

बुजुर्ग हमारे लिए किसी वृक्ष से कम नहीं है जो मार्गदर्शन के रूप में छाया प्रदान करते हैं, लेकिन कुछ समय से समाज के इस महत्वपूर्ण अंग की अनदेखी हो रही है, जिसे लेकर सभी को प्रयास करना होगा। बुजुर्ग का सम्मान हमारे संस्कारों में शामिल है। यह संकल्प रोटेरी क्लब ऑफ सोनीपत अपटाउन द्वारा जन्मत पार्टी लॉन में बुजुर्ग सम्मान समारोह के दौरान दिखा। मीटिंग चेयरमैन राजीव शर्मा एवं मुख्य अतिथि पूर्व गवर्नर रोटेरियन सुभाष जैन ने सभी का स्वागत करने के साथ ही आह्वान किया कि अपनी संस्कृति का और बेहतर बनाने के साथ हमेशा बुजुर्ग वर्ग का सम्मान करें। घर का माहौल बेहतर बनाए, क्योंकि बड़ों को देखकर ही बच्चे सीखते हैं, अगर आज घर में बुजुर्ग का सम्मान नहीं हुआ तो संभव है कि जब खुद बुजुर्ग तब उन्हें भी वह सम्मान हासिल नहीं हो। इस मीटिंग में पूर्व प्रधान संजय आंति, राजेश खुराना, मंजीत सिंह, संजीव जताना, सतपाल जैन, आशु नागपाल, सुधीर खुराना, राजेश कटारिया, गगनदीप, प्रदीप चौधरी, विपुल, कुलविंदर, गिरीश, संजय अरोरा, शशिपाल, निशित, संजय गर्ग, विशाल बेदी, महेश मुंजाल, आशीष गुप्ता, भवे चोपड़ा, मोहिंदर ढल, नितिन कटारिया, नवीन शर्मा, आशुतोष सिंह, एमपी गर्ग एवं एसआई जगत सिंह आदि उपस्थित थे। सोनीपत, जन्मत पार्टी लॉन में बुजुर्ग को सम्मानित करते हुए। नियमित होगी स्वास्थ्य जांच, निःशुल्क चश्मे भी मिलेंगे।

क्लब प्रधान संदीप आहुजा ने कहा कि पूरे साल की सब्जी क्लब की ओर से आश्रम को प्रदान की जाएगी। वहीं क्लब के पूर्व प्रधान राजकुमार पांचाल ने बताया कि यह आयोजन महज एक बार सम्मान तक सीमित नहीं है, क्लब की ओर से एक रूप में इन बुजुर्ग को

अपनाया गया है। अब नियमित रूप से उनका स्वास्थ्य जांचा जाएगा। आश्रम को 51 हजार की मदद रु समाज कल्याण शिक्षा समिति के तत्वावधान में चल रहे वृद्ध आश्रम को भूतपूर्व गवर्नर रोटेरियन सुभाष जैन 51 हजार रुपए की राशि प्रदान की। इस मौके पर आश्रम संचालक आनंद कुमार ने कहा कि वे सभी बुजुर्गों को अपने परिवार का हिस्सा मनाते हुए उनकी देखभाल करते हैं। आगे भी यह सिलसिला जारी रहेगा। बुजुर्ग हमारे लिए किसी वृक्ष से कम नहीं है जो मार्गदर्शन के रूप में छाया प्रदान करते हैं, लेकिन कुछ समय से समाज के इस महत्वपूर्ण अंग की अनदेखी हो रही है, जिसे लेकर सभी को प्रयास करना होगा। बुजुर्ग का सम्मान हमारे संस्कारों में शामिल है। यह संकल्प रोटेरी क्लब ऑफ सोनीपत अपटाउन द्वारा जन्मत पार्टी लॉन में बुजुर्ग सम्मान समारोह के दौरान दिखा। मीटिंग चेयरमैन राजीव शर्मा एवं मुख्य अतिथि पूर्व गवर्नर रोटेरियन सुभाष जैन ने सभी का स्वागत करने के साथ ही आह्वान किया कि अपनी संस्कृति का और बेहतर बनाने के साथ हमेशा बुजुर्ग वर्ग का सम्मान करें। घर का माहौल बेहतर बनाए, क्योंकि बड़ों को देखकर ही बच्चे सीखते हैं, अगर आज घर में बुजुर्ग का सम्मान नहीं हुआ तो संभव है कि जब खुद बुजुर्ग तब उन्हें भी वह सम्मान हासिल नहीं हो। इस मीटिंग में पूर्व प्रधान संजय आंति, राजेश खुराना, मंजीत सिंह, संजीव जताना, सतपाल जैन, आशु नागपाल, सुधीर खुराना, राजेश कटारिया, गगनदीप, प्रदीप चौधरी, विपुल, कुलविंदर, गिरीश, संजय अरोरा, शशिपाल, निशित, संजय गर्ग, विशाल बेदी, महेश मुंजाल, आशीष गुप्ता, भवे चोपड़ा, मोहिंदर ढल, नितिन कटारिया, नवीन शर्मा, आशुतोष सिंह, एमपी गर्ग एवं एसआई जगत सिंह आदि उपस्थित थे।

This article was first published in Bhaskar.com.

रेडियस हॉस्पिटल में 102 वर्षीय बुजुर्ग की हुई सफल हिप सर्जरी

लखनऊ: रेडियस ज्वाइंट सर्जरी हॉस्पिटल में 102 साल के बुजुर्ग की हिप (कूल्हा) और कलाई की सर्जरी सफलतापूर्वक की गई। रेडियस ज्वाइंट सर्जरी हॉस्पिटल के मुख्य सलाहकार और सीनियर ऑर्थोपेडिक डॉक्टर संजय कुमार श्रीवास्तव ने बताया कि फैजाबाद निवासी एस. आर. खान के बॉये कूल्हे की हड्डी टूट गई थी। मरीज की उम्र 102



साल होने के कारण हमारे लिए यह सर्जरी काफी चुनौतीपूर्ण थी। अगर सर्जरी न कराई जाती तो मरीज की हालत धीरे-धीरे और खराब हो जाती और उसका हिलना-डुलना मुश्किल हो जाता। 102 वर्षीय एस. आर. खान काफी बड़े अस्पतालों में सर्जरी के इलाज के लिए गए लेकिन उनकी उम्र को देखते

हुए किसी भी अस्पताल द्वारा उन्हें नहीं लिया गया और अंत में वह रेडियस ज्वाइंट सर्जरी हॉस्पिटल में आये। रेडियस ज्वाइंट सर्जरी हॉस्पिटल के सीनियर ऑर्थोपेडिक डॉक्टर श्रीवास्तव ने कहा कि वह लंबे समय से फेफड़ों के संक्रमण से भी ग्रसित थे और साथ ही उम्र ज्यादा होने के कारण उसे कुछ अन्य संक्रमण भी थे ऐसे में सर्जरी करने के लिये स्पेशल एनिसिथिसियों का प्रयोग किया गया जिसमें सीधा नसों में इंजेक्शन देकर होने वाले जोखिम को भी काफी कम कर दिया जाता है। सर्जरी के बाद मरीज के टूटी कलाई पर भी प्लास्टर चढ़ाया गया। 45 मिनट तक चली इस सफल सर्जरी के पश्चात मरीज को तीन दिन के लिए अस्पताल में रखा गया। सर्जरी के तीन दिन बाद मरीज की सेहत में सुधार को देखते हुए उन्हें अस्पताल से छुट्टी दे दी गई। सीनियर ऑर्थोपेडिक डॉक्टर श्रीवास्तव ने बताया कि सर्जरी पूरी तरह से सफल रही और कुछ समय बाद एस. आर. खान अपने पैरों के बल पर चलने भी लगेंगे।

This article was first published in Swatantraprabhat.

Don't walk alone, seek help

Menopause- keep moving

Continued from Pg 6...

The advantage of homeopathic treatment is that it not just treats the menopause but also improves the overall immunity of the patient and makes them more fitter to face the challenges which come with this change of life. Homeopathy has promising results if the correct remedy is given as per the principles of homeopathy. Seek help of your homeopathic consultant if you or any of your loved one is suffering from this problem at this age. Menopause is one stage which if troublesome for a lady, treatment must be sought for. It's not something to be neglected thinking that it's just a phase of life and a female should bear it.

Women at this age especially in India are hesitant to report such problems but they also have the equal right to live with peace and in health. It's important to take advice and treatment so the symptoms do not add to the agony of the lady going through this change. Help is needed so she is able to assume a daily routine and enjoy this change rather than feeling troubled and miserable with menopause symptoms. A moral support from the spouse and children and

keeping yourself involved in various activities is also a great help for a lady going through these changes.

Author is Dr Geeta Rani Arora is a homeopathic practitioner and with a work experience of more than 15 years in area of training chronic diseases including lifestyle disorders, autoimmune diseases. She has expertise in Allergic disorders, PCOS, autoimmune diseases and skin diseases. She has presented many papers on National and International Level including 66th LIGA congress in December 2011, LMHI conference in May 2014 in India, LIGA Conference at Paris in 2014, Research conference in Malaysia, LMHI, Paris 2014 and many more. She is also one of the Editor of journal "The Homeopathic Heritage" one of the oldest monthly homeopathic journals. She is faculty member of London College of Homeopathy, UK. She practices in Kalkaji, New Delhi and can be reached for appointments at healer.g@gmail.com and 91-9718063158, 91-11-26431955.

All donations are exempted from Income Tax Exemption certificate 80G (5) (vi) number DEL +HE 27527-17022017/8274
Exemption certificate U/S 12AA number DEL+HR 25891-17022017/7207

HARIKRIT SUBSCRIPTION FORM (REGD. No. SI/45343)

NAME: (IN CAPITAL LETTERS) _____, DOB _____
MOTHER'S NAME _____, DOB _____
FATHER'S NAME _____, DOB _____
GENDER : ☐ F ☐ M ☐ O ☐ Address _____
Tel. No.: _____ Mobile No.: _____ E-mail: _____
Occupation: _____ Subscription: Annual ☐ Two Years ☐
* Annual Subscription: Rs. 100/-
* Two Years Subscription: Rs. 180/-

* Contact us on: info@harikrit.com, visit us at: www.harikrit.com
* Payments can be made by
* Cheque/Demand Draft Favoring "Harikrit" A/c No. 2411224167
* Donation can be Made directly through transferring the money at the following account
Harikrit,
KOTAK
Kotak Mahindra Bank
C-78, Malviya Nagar, New Delhi - 110017
A/c No.: 2411224167
IFSC: KKBK0000194

Signature (Subscriber) _____

Please mail the date of transfer and the amount transferred once that is done, at saanjhisanjhi@gmail.com