



DR SHOBHA RAJU

WHO IS HE?

Dear readers! Hope you put some trust in the authenticity of my experience in late nineties. I confided in spirituality and devotional music, particularly Annamacharya Sankeertanas for the past forty plus years in spite of being providentially gifted and getting many commercial offers my way. Moreover, I have ample evidence for my narration.

It was my dream, to present a serial of one hundred and eight episodes, based on the life and teachings of Sri. Annamacharya, for small screen and to continue if circumstances cooperated. My efforts took a shape and I started working on the project...recorded a song with Sri S. P. Balasubramanyam garu also as a grand start.

But some powers like money, caste and so on, that can make or break, used their full strength to stop it, not with any grudge on me but with an absolute selfish motive.

I was in prayers to withstand the disappointment. There came a call from Delhi Telugu Sangham asking me for a concert. I asked

them whether it was possible to invite the Central Minister for Information and Broadcasting as the Chief Guest. I was told that he agreed to come but would give a bouquet to me and would leave after listening to one Sankeertana as he was very busy.

To my surprise, he stayed on for



full concert. Taking a queue from that, I appealed to the honorable minister from the dais itself to help me to make a serial and explained to him how it could make a positive impact on the society. The minister invited my husband and me to his house the next morning.

He asked me to give a requisition and spoke to the Director General of Doordarshan. DG in turn asked us to meet him the next day in his office. The same day I took an order for commissioned serial for six episodes. On my asking DG told me that the rules permit to give sanction for only six episodes at a time and the rest of the episodes could be sanctioned on installments.

Anyways, it was so surprising to take an order from a Govt office so easily. I didn't meet or know the Minister or the DG earlier. I couldn't believe walking out holding the order in my hands!

I need to narrate a flash back here dear readers. Just a few days before of my concert getting fixed in Delhi, I had been to a Yogi. I used to go for his blessings very frequently. I told him of my dream to make a serial of one hundred and eight episodes. He advised me not to make so many at a time. I asked him as to how many episodes I must do first. He paused for a while thoughtfully and said, "Six cheyyi"

(Do six). "I don't have money to make six episodes also", I said. "Don't worry. You'll get", he said.

Who was he? An Avtaar? A Yogi? A person who attained Sindhis?

Whatever he could be, he could bless me to get a commissioned serial from Doordarshan so dramatically. What is that power to summon the circumstances to favor his will? We could go on thinking

so. But we all agree that there is this kind of supernatural power which is capable either to create a situation to favor his will or to foresee what happens in future. There is definitely a dimension beyond physicality and not everything could be deduced to the terminology of existing physics. If we accept the existence of this dimension, sincere researchers might explore it. Them, we call "Rishis"

(sages) who could totally explore the dimension and found it to be "Anantam" (Endless), "Sarva Vyaptam" (All pervading), "Sarva Sakshi" (Evidence of everything).

For simple understanding of a common man, they called it "Devudu" (God).

(Author is a well-known musician, Devotional singer, writer and composer.) **TN**

Poor diet top contributor to heart disease deaths globally

THE NEWS BUREAU

Poor diet is a top contributor to heart disease deaths around the globe, say researchers, adding that more than two-thirds of the deaths from heart disease worldwide could be prevented with healthier diets.

The findings, published in the European Heart Journal, highlights the importance of affordable and sustainable healthy diets for all.

"Our analysis shows that unhealthy diets, high blood pressure, and high serum cholesterol are the top three contributors to deaths from heart attacks and angina - collectively called ischaemic heart disease," said study author Xinyao Liu from the Central South University in China.

"This was consistent in both developed and developing countries," Liu added.

For the results, the research team analysed data provided by the Global Burden of Disease Study 2017, which was conducted in 195 countries between 1990

and 2017.

In 2017, there were 126.5 million individuals living with ischaemic heart disease, and 10.6 million new diagnoses of the condition.

Ischaemic heart disease caused 8.9 million deaths in 2017, which equates to 16 per cent of all



deaths, compared with 12.6 per cent of all deaths in 1990.

The investigators calculated the impact of 11 risk factors on death from ischaemic heart disease.

These were diet, high blood pressure, LDL cholesterol, high plasma glucose, tobacco use, high body mass index (BMI), air pollution, low physical activity, impaired kidney function, lead

exposure, and alcohol use.

Specifically, they estimated the proportion of deaths that could be stopped by eliminating that risk factor.

Assuming all other risk factors remained unchanged, 69.2 per cent of ischaemic heart disease deaths worldwide could be prevented if healthier diets were adopted.

Meanwhile, 54.4 per cent of these deaths could be avoided if systolic blood pressure was kept at 110-115 mmHg.

Tobacco use ranked as the fourth highest contributor to ischaemic heart disease deaths in men but only seventh in women.

The findings also showed that high body mass index (BMI) was the fifth highest contributor to ischaemic heart disease deaths in women and sixth in men.

"Every day we should aim for 200 to 300 grams of fruit, 290 to 430 grams of vegetables, 16 to 25 grams of nuts, and 100 to 150 grams of whole grains," the researchers wrote. **TN**