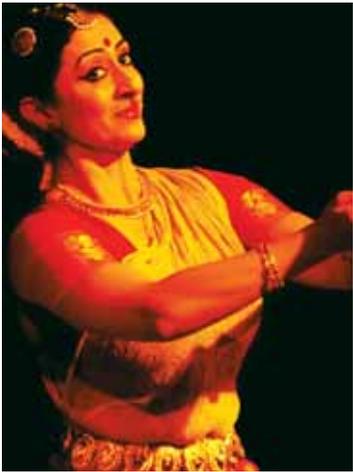


# Dancing divas dazzle the audience



## CITYPLUS NEWSDESK

IT was a treat to watch four professional dancers blazing the stage to mark the occasion of World Dance Day. Yamini Muthanna's Dance studio in Indiranagar celebrated the event with a unique presentation of four classical dance forms under one roof. The studio was decked up in a traditional way with flowers, mango leaves and incense. The rising sun peeping out of the windows lit up the stage. The dancers were flowing from one style to another explaining their nuances and the essence of the compositions.

Yamini Muthanna presented Bharatanatyam with Ganapathi Vandana in Raga Attana and Dharu - Mathe Malaya Dwaja in Raga Kamach, both compositions of Shree Jayachamarajendra Wadiyar of Mysore. Mohiniattam was performed by Rekha Raju where she presented Cholutattu in Raga Ameer Kalyani and Astapadi (Lalita Lavanga) in Raag Bowli. Maya Krishnamurthy presented Pallavi in Raga Mohana and Sritakamala Kuchha Mandala (Jayadeva Astapadi), Shwetha Venkatesh presented Kathak where she performed a composition of the

Mughal Emperor Adil Shah in praise of Lord Ganesha and Sarasawathi and a Tarana.

The most exciting part of the show was the grand finale where all the four dancers were on stage paying obeisance to the Motherland with tapping of feet on 'Vande Matram' in their own forms and styles. The programme was interactive and the audience got to enjoy the beauty and grace of all these dance forms from a close quarter. Shilpa, one of the dance watchers said, "The finale of the show was the icing on the cake and all four dancers did a fabulous job".

# Kannada sangha honours homeopathic doctor

**BHARTIYA** Karnataka Sangha (BKS) a prestigious literary and cultural association of Indiranagar felicitated Dr. PV Sathya Narayana, president of Dr. Chellapathy Memorial Homeopathic Self Reliance Forum on April 28 at Kapila Hall Indiranagar club.

Dr. Narayana being an eminent homeopathic doctor is giving his services for free at the DRDO Township. Vice president of BKS Vani Rao, retired professor, writer and a homeopathic doctor was also present on the occasion.

People present during the occasion gave a brief note on Homeopathic treatment and misconceptions related to the



homeopathic treatment.

The event was chaired by the president of BKS MB Nanjappa. General Secretary of BKS M Chikkapaiah started the event by introducing the guests and calling them up to the dais. After this, Nanjappa welcomed all the esteemed guests for the event. Dr. Sathya Narayana was honoured

with a shawl, fruit basket and the famous Mysore peta for his selfless service for treating people for free for the last 27 years. General Secretary of BKS M Chikkapaiah said, "We feel good to see people like Sathya Narayana who is working selflessly to serve others and he has also been recognized by the government for his work."

# Ketogenic diet comes to the rescue

**SIX-YEAR-OLD** Aditya Nadkarni of Mumbai is a young bubbly boy, who was diagnosed with pediatric epilepsy within months of his birth.

The boy was operated upon, but the disease raised its ugly head within months, affecting the child. His worried parents rushed back to the hospital for a course of ketogenic diet - a hassle-free treatment available since the Vedic times, but rediscovered in the early part of the 20th century. By age three, the boy was like any other of his age - full of energy and free of all drugs albeit with some speech difficulties.

The Hinduja Hospital team headed by Dr Vrajesh Udani, who treated Aditya, says the ketogenic diet is effective in reducing seizure frequency in children. The programme started in 1997 has seen the diet being administered to more than 130 children with good results. Some 60% the patients treated with the ketogenic

diet were able to achieve 50% or more reduction in seizure frequency. Of these, half had their fits reduced by more than 90%.

The Bangalore-headquartered British Biologicals is India's first and the world's third company to manufacture the ketogenic product that holds abundant hope for epileptic patients. In its quest to make this treatment available at affordable prices, the British Biologicals is selling the kit at a much lower cost.

## HOW KETOKID WORKS

\*Ketogenic diet mimics starvation by producing ketosis. Then, ketosis is maintained through high fat, adequate protein and low carbohydrate diet. The degree of ketosis could be modified by adjusting the amount of fat. For instance, a 5:1 (fat:nonfat) diet will result in greater ketosis than a 2:1 diet. ED support

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