

## This Routine Finally Made My Life Positive And Filled With Energy?

Getting up early in the morning can be really tough. I understand. Every night we set the alarm to 6:00 A.M. and make promise to get up early at any cost. But that never happens. To save the time we compromise with the routines. I had this bad habit and gradually led towards aggressive nature. I started blaming the time is not enough. I finally accepted the truth that if I get up early I can make things happen right. This time I was determined to wake up early for at least 21 days and see the change. It is said that to change your bad habit you only need 21 days.



Himani Khanna

Through my personal experiences I am going to tell you what these 21 days were like;

### Week One

First couple of days was worst. It was really tough to make myself come out of the bed. I managed to do it and finished kitchen chores. After that I got plenty of time to look after other tasks. But at night I could barely cook. I would get tired by that time. Was that it? Before I could stop following the new routine I came to know about Morning workout.

### Week Two

I followed the same routine but before all that I started giving at least 30 minutes to the meditation and basic yoga. I started feeling light throughout the day. I would get plenty of time to finish daily chores, writing tasks and tutor kids in the evening, play with them and hell lot of things. I started getting habitual to the routine.

### Week Three

I did not stop here. I created a diet chart for myself and followed it for the week. Now my perfect routine would include, getting up early, do yoga, prepare meal according to diet chart and stay fresh all day long. I read it somewhere, when your morning starts at a good note, entire day becomes positive. In just 21 days I saw life changed around me.

Never give up on a wish. Whenever you fell to stop, think why you started it. I have not checked my weight but I have started feeling light these days. And now I am not going to quit. Plus, I stay rejuvenated all day long. As a mother and a wife you need to stay healthy and fresh. Your appearance affects people near you. Stay healthy and keep you family healthy. Cheers!

## Certificate Distribution Program held at Govt. High School, Village Gorela



Udaipur: 4th & 5th batch of DRI Spoken English courses were conducted by MA. My Anchor Foundation under CSR project of Desiccant Rotors International Pvt. Ltd, Gurgaon, Haryana. In 4th phase two courses were conducted in Spoken English of 4 months duration from February-May 2016 & September to December 2016 in which more than 100 students were imparted training at Govt. High School, Gorela village, Udaipur with the view to improve their employability.

This is an unique initiative for capacity building of village children. To mark the successful completion of the 4th phase of the CSR project, a function was organised on 27.02.2017, 3.00 pm at the Govt. High School, Gorela village, Udaipur. In her welcome speech, Mrs. Sushmita Shekhar, President, MA. My Anchor Foundation, expressed her gratitude to Desiccant Rotors for supporting a cause which will directly affect the livelihood of future citizens of the country. She requested Ms. Sonali Dutta, Vice President- Corporate Affairs, Desiccant Rotors International Pvt. Ltd. to support the people of Udaipur. Ms. Sonali Dutta who was present on the occasion applauded the efforts of the teachers and MA. My Anchor Foundation for helping the children to learn skills. She said that it is important for students to be taught on extra skill or the language of communication to help them grow in their career.

Certificate of merit were given to the students by Ms. Sonali Dutta and Ms. Sushmita Shekhar. Teachers who contributed to this training were given a token of appreciation for their contribution. The others present on this occasion were Mr. Bhairaj, Ms. Ashima, Ms. Megha John, Mr. Prakash Megwal, Mr. Mahmood Akhtar and Mr. Yashwant Sharma, the Principal of Govt. High School, village Gorela, Udaipur.

## Heritage scooters to delight globally

Udaipur: Udaipur is always remains in news.. Very soon the city is coming up with Heritage scooters to delight the senses of tourists. Keeping in pace with the E-rickshaws, artistically painted scooters will soon be seen on the city's roads. Named as "Udaipur on wheels", these scooters will attract more than anything. With paintings of Rajasthani culture, birds and various other designs, the small yet durable machines on wheels are sure to wow the tourists and give the city more publicity on the tourist map. Colourful motifs on scooters and bikes both will definitely play an important role increasing the beauty of those lanes where taking a bigger vehicle causes traffic jam. Easy to drive, these scooters promise to give a new attractive dimension to the city.

## Blossom Expo@ at R.Kay Mall

Udaipur: Jain Sangini Jain Social Group Main and Terapanth Mahila Mandal has organised a 3 day Blossom Expo on the occasion of Women's day. The expo got underway at R.Kay Mall The event was inaugurated by Deputy Mayor Lokesh Dwivedi and R.C. Mehta of Jain Social Group International Federation (Northern Region). Expo Organiser, Khushbu Surana informed that this exhibition is organised every year. There will be 25 stalls this year. Exhibitors from across the country are invited for the expo. This helps the women customers to get comprehensive variety under one roof.

## To Be Not To Be - In Addiction Treatment



Addiction of Alcohol, Drugs and other narcotics is a world wide phenomenon where very less people seek medical treatment. This is because of many reasons for example personal fear of addicts about exposure in the society, doubts

about the nature of treatment, fear as to how to tolerate the withdrawal symptoms, underestimating the severity of the disease and overestimating their ability to control the addiction and notably treatment mostly not covered by insurance.

This callousness also involves attitude of the community towards addicts as mostly they are considered as criminals and unworthy elements in the society. Not only family members and friends, most of the medical practi-

tioners also don't recognize this problem may be due to lack of education about alcohol & drugs in undergraduate medical syllabus and many physicians feel that addiction is not treatable. Nowadays, many physicians themselves use these addictive substances and therefore, create in them a moral dilemma about treating such cases

Many lives could have been saved if treated in the early stages of addiction. For treatment of addiction, the most important role should be played by family members.

1. They should treat him/her with love & affection just as a patient having other life-threatening diseases  
2. They should not quarrel or argue with him/her when under addiction.

3. They should not be suspicious all the time about his/her addiction and take care about their health, food, medication and other needs.  
5. As it is a chronic disease of brain so, they should be patient & continue the treatment religiously till complete recovery. What we can do?

### Ask- addicts about their addiction

Advise -about quitting addiction by showing them about bad effects of these substances on health and later adverse effects on family

Assess- know about their desire to leave the addiction Assist- take them to appropriate medical practitioner or to a rehabilitation center

Arrange - when fully treated engage them in some job or activity to normalize the things

As per the report recently released in USA "Facing Addiction in America only one out of 10 addicts seeks the treatment of addiction so rest nine suffers the late effects of the addiction which can be prevented and many lives can be saved. So, treat the addiction early as addiction treatment is effective, prevention always works and recovery is possible.

Dr. P. C. Jain M.B, B.S. Medical Practitioner, De-addiction expert and doing awareness among masses about problem of addiction in Rajasthan, India. Invited to give presentations at Sikh Centers, Houston, USA, Radio talk on Radio Punjab, Interview on NNN Channel about addiction and role of society for its treatment.

## Rajasthan Bai Kalyan Samiti Awarded Japanese Grant

Japanese Government has awarded a financial grant for building hostel for underprivileged girls in Udaipur. The fund will be awarded to Rajasthan Bai Kalyan Samiti for building the hostel. The fund has been provided under Japan's Grant Assistance for Grassroots Projects. The project cost sanctioned is 8 million Yen (~46.7 lakhs). Construction of girl's hostel will provide safe and healthy educational environment to the underprivileged girls, said the Japanese Embassy. The contract was signed between Rajasthan Bai Kalyan Samiti and Kenji Hiramatsu, Japan's Ambassador to India. Hiramatsu said that they hoped that the project will improve life of people of India via expansion of education for underprivileged girls and will also help in improving relations between Japan and India.

### Set to impose fine for littering and throwing garbage

Taking the Smart City project further, municipal corporation is set to impose fine for littering and throwing garbage outside home/factory/shops. The fine amount will vary from Rs 100 to Rs 5000 per day.

With garbage collection vans running across the city in all wards, municipal corporation feels that it is now ready with its preparation. Municipal corporation has already started distributing pamphlets for spreading awareness about the same.

Health department of Municipal Corporation has started talking to hotel owners and managers informing them about the new law. Municipal Corporation will now start spreading the message in all the wards. Proposed carrying charges vary from Rs 100 for littering outside home, Rs 1000 for shops, Rs 2000 for restaurant owners and hotel owner and Rs 5000 for industrial houses. Other incidents inviting Rs 5000 fine would include throwing cow dung, sewerage water into drain, waste outside wedding arrangements, Rs 5000 per feet for cutting road without permission amongst others.

## Campus recruitment drive@GITS

Udaipur: In a campus recruitment drive 5 students of Geetanjali Institute of Technical Studies were placed in India's Top Logistic Company Transport Corporation of India for the post Management Trainee. The candidates have been selected at a package of Rs 3.15 Lakh per annum.

The Training and Placement head, Arvind Singh Pemawat informed that the TCI is among the top logistic companies of the country and works in the field of transportation.

TCI AGM HR Manager Uttam Singh Rathore and Regional Head Rajpal Dhaka briefed the students about their company and the job profile. Students were shortlisted after a round of Logical Reasoning and Quantitative Aptitude and English language command.

After that two rounds of Technical and Human resource interviews were conducted and 5 students were finally selected. Students selected were: Anand Singh, Amar Singh, Akansa Sharma, Richa Agarwal and Shreyansh Jain.

All of them are MBA students and will offer a package of Rs 3.15 Lakh per annum. GITS Director Prof (Dr) K.N Sheth congratulated the students and wished them for their better future.

MMFAA-2017.....Cont...Maharana Udai Singh Award was awarded to Dr. R. Vasudevan, the DEAN ECA & Professor of Department of Chemistry, Thiagarajar College of Engineering, Madurai, Tamil Nadu.

Another National Award is Panna Dhai Award instituted to honour an individual who has rendered selfless service, rising beyond the call of duty and setting an example to society of permanent value through sacrifice, in the face of immense hostility. This was awarded to Captain Radhika Menon, the first woman captain of the Indian Merchant Navy, Master of the oil products tanker Sampurna Swarajya.

Maharishi Harit Rashi Award was awarded to Prof. Ramakant Pandey from Jaipur who specialises in the study of Kavya-Shastra, Natya-Shastra, Philosophy, Modern- Sanskrit Literature, Another Maharishi Harit Rashi Award was awarded to Dr. Lata Shirmali from Jaipur who has gained post graduate and doctoral degree in astrology and Sanskrit as well as bachelor of laws from the University of Rajasthan.

Maharana Mewar Award was given to Ms. Gulabi Sapera, 'Dhanvanti'. She was born into a nomadic Kalbeliya tribe in Ajmer, Rajasthan. A legendary folk artist, Gulabi conceptualized and choreographed her own dance style 'Kalbeliya' that is now identified across the globe.

Another Maharana Mewar Award was given to Mr. Yatindra Mohan Pratap Mishra, Poet, Editor and Cinema Scholar. He has written four collections of Hindi poetry; Maharana Mewar Award was also awarded to Master Warrant Officer K.L. Rao (retd.) from Udaipur, Rajasthan who has served the Indian Air Force for nearly 39 years mainly in Fighter Squadrons. he has written two books entitled 'Indian Air Force - Glorious Past to Present' and 'History of the Indian Army. Both are a valuable addition to the limited literature.

Maharana Kumbha Award was awarded to historian Dr. Mallika Bohra, Dungarpur, Rajasthan. Another Maharana Kumbha Award was awarded to Mr. Lalit Sharma who is an eminent writer from Jhalawar, Rajasthan. He completed his MA in ancient history architecture and gained B.E.d in History.

Maharana Sajjan Singh Award was awarded to Mr. Ram Swaroop Sharma (Jangid), Jaipur, master for his craft known as 'Tarkashi Inlay' for the last 43 years. He was given the most prestigious Shilp Guru Award from Ministry of Textiles, Another Maharana Sajjan Singh Award was awarded to Mr. Gopal Swami Khetanchi who is a Painter from a small town Sardarshahar, Churu, Rajasthan.

Dagar Gharana Award was awarded to Ustad Ahmed Hussain and Ustad Mohammed Hussain, two brothers, who sing classical Ghazals, from Jaipur. They started their singing career in 1958 as classical and thumri artists on All India Radio, Jaipur. Their first album 'Guldasta' was successfully released in 1980. Since then they have released about 50 albums including Naat, Rifaqat, Pyaar Ka Jazba, Kashish, Dil Ki Baat, Ai-Saba, Maan Bhi Ja. Despite having completely different voices, Ms. Moti Meena was awarded the Rana Punja Award. She is resident of Manpur village, Salumber which is 60 Km from Udaipur Aravali Award is awarded for the outstanding achievements in sports and games from Rajasthan. The other Awardee Mr. Dilip Khoival is an International Volleyball Player from Fateh Nagar, Udaipur, Rajasthan with already many successes at International, National and State levels.

This year Best Police Station of Rajasthan Award was given to Police Station Dargah, District Ajmer, Rajasthan. This year Bhamashah Student Award was given to 18 students, Maharana Raj Singh Student Award to 9 students and Maharana Fateh Singh Student Award to 49 students.

Vote of thanks was given by Mr. Lakshyaraj Singh Mewar of Udaipur, Trustee, Maharana of Mewar Charitable Foundation, Udaipur.

## Acharya Lokesh honored with Great Achiever Award

Pandit Deen Dayal Upadhy birth centenary celebrations was marked with National Award Ceremony organised by Pratibha Samman Samiti with support from Deen Dayal Upadhyay Smriti Manch. In the elaborate ceremony, Ambassador of World Peace Jain Acharya Dr. Lokesh Muni was honored with Great Achiever Award for his remarkable contribution in the field of establishing World Peace and Harmony, Promoting Human Values, Inter Religion Harmony.

The function was presided over by nephew of Pandit Deen Dayal Upadhy Mr. Vinod Shukla in which Director of All India Achiever Conference Mr. Abhishek Bacchan, Dr. Rajiv Gupta, Narendra Arora and many eminent social workers expressed their views. World Ambassador of Peace Jain Acharya Dr. Lokesh Muni

accepting the prestigious award said that being honored with this award gives me the responsibility of promoting the philosophy



of Pandit Deen Dayal Upadhy ji to the masses. By this people will be inspired following his philosophy. He said that Pandit Deen Dayal Upadhy devoted his whole life for social and national development

through individual development. Upadhyay Ji was the founder of Integral Human.

His aim was to reach the last person in the society so that unity and

integrity of the country can be maintained. His whole life was devoted to the country. Today India is moving ahead by following the principles of Pandit Deen Dayal Upadhy Ji. He was a political saint whose

philosophy is relevant even today.

Shri Vinod Shukla ji on the occasion said that Acharya Lokesh Muni ji has made remarkable contributions to promote non-violence, peace and inter religion harmony in India and abroad.

Acharya Lokesh has addressed the prestigious platforms like Parliament of World's Religions, United Nations, International Yoga Day, Universal Peace Federation, International Conference on Peace and Development and many more to take Jain religion and Indian Culture to different parts of the world.

We feel pride in honoring Acharya Lokesh Muni ji. Acharya Dr. Lokesh Muni will encourage people to follow and promote philosophy of Pandit Deen Dayal Upadhy ji.

## Ashok Patni : winner of e India Innovation Award'

Udaipur: Department of Industries, Government of Rajasthan in association with Elets Technomedia Pvt. Ltd. organized the 'eIndia Innovation Summit, Expo and Awards Rajasthan' on 3rd March 2017 in Jaipur. The Summit witnessed the knowledge exchange and sharing of best practices across India to promote innovations and entrepreneurship across the nation. Shri P P Choudhary, Union Minister of State, Ministry of Law and Justice and Ministry of Electronics and Information Technology, Government of India and Shri Yoonus Khan, HMinister of Transport, Govt. of Rajasthan inaugurated the Summit and awarded Wonder Cement Ltd. Chairman Ashok Patni as the winner of eIndia Innovation Award' for Overall Business Excellence.

On behalf of Ashok Patni, Vikas Patni (JMD - Wonder Cement) and P. Patidar ( Director- Wonder Cement) received the award.

## Innovative steps from the next session in MLSU

Udaipur: To improve the level of debates in colleges, the Vice Chancellor will be introducing innovative steps from the next session onwards.

Saturday Seminar will help develop the skills of the students for discussions on various topics current affairs.

As per the seminar, professors and students will have discussions on a specific current affair topic every Saturday.

## Rohit Gupta felicitated with Innovation Award



Udaipur: Rohit Gupta, Collector, Udaipur was felicitated with Innovation Award for the Action Udaipur project which was promulgated during his tenure at Udaipur.

The award was given at the 12th eIndia Innovation Summit 2017, the ceremony for which, took place at the SMS Convention Centre in Jaipur today.

Rohit Gupta has earlier also been awarded for his dedication and achievements in the NREGA Schemes, while he was posted at Pali. It was through his dedicated efforts that Pali was ranked as the 2nd best place to work under NREGA.

He was given this award under the auspices of the Ministry of Rural Development at a function in New Delhi on 2nd February.

Talking about the Action Udaipur project, Rohit has personally taken interest in the project and clubbing the efforts with the Smart City initiative, has ensured that ample CSR work is conducted, that resulted in the beautification of plenty of public and tourist areas in Udaipur as well as cleaning of lakes all year round.

The Action Udaipur project was initiated by the erstwhile Collector Ashutosh Pednekar and Advaiya Solutions of Udaipur had initiated the project with the administration.

This public private partnership project was further promoted by Rohit Gupta.

The Action Udaipur Mobile App has also been Rohit's initiative, which resulted in the general population of Udaipur getting involved in the CSR activities of private institutions in the city as well as the administration.

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