

## AJMER DARGAH TO HAVE FACELIFT



**Udaipur:** Hindustan Zinc has joined hands with Government of India, to convert Dargah Ajmer Sharif into Swachh Iconic Places (SIP) under Swachh Bharat Mission (SBM). Hindustan Zinc is executing the Project in 3 phases and in 1st phase, the company will be investing Rs 5.68 crores that covers the establishment of two flower compost making machines, cleaning and basic repair of the Jhalra, re-flooring in select areas including laying underground pipes for electrical and water supply, procurement of machines for cleaning the floors, risk management system plan, providing drawings for conservation of Nizam Gate and undertaking conservation of Shahjehani Gate.

The MoU in this regard was signed between Hindustan Zinc, Ajmer Dargah Committee and Municipal Corporation Ajmer to spend Rs. 5.68 Crores to clean & manage Dargah Ajmer Sharif in the presence of Hon'ble Minister of Minority Affairs, Government of India - Mr. Mukhtar Abbas Naqvi on 1st September, 2018 at Kayad Vishram Sthali, Ajmer. Mr. Amitabh Gupta - CFO, HZL, Mr. I.B. Peerzada - Nazim & CEO, Dargah Committee, Ajmer and Mr. Himanshu Gupta - Commissioner, Municipal Corporation Ajmer signed the MoU.

Mr. Mukhtar Abbas Naqvi said - "This campaign is close to our Prime Minister's heart and we commend the efforts of Hindustan Zinc in getting associated with it to clean and develop a higher level of sanitation and facility management at Holy Shrine-Ajmer Dargah Sharif."

Swachh Iconic Places - a special clean-up initiative focused on select 100 iconic heritage, spiritual and cultural places in the country under the Multi-stakeholder Approach Model. The campaign was initiated in year 2016 with 10 Swachh iconic places in India to be cleaned and developed at higher level of sanitation and facility management in collaboration with corporates and leading Public Sector Units (PSUs). It is being coordinated by the Ministry of Drinking Water and Sanitation in association with the Ministry of Urban Development, Ministry of Culture, Ministry of Tourism and the concerned State Governments. At Ajmer, District Collector is the nodal agency of the project while Dargah committee and Khadims being the primary stakeholder with Municipal Corporation, Ajmer also as a stakeholder.

Mr. Amitabh Gupta - CFO, HZL, on the occasion said - "Hindustan Zinc has always been in fore-front for the greater good of the society. We are very proud to be part of this mission. Our vision is to preserve Dargah Ajmer Sharif sacred prominence in the state of Rajasthan and this is a cornerstone of our efforts."

Speaking on the initiative Hindustan Zinc spokesperson Pavan Kaushik said, "Hindustan Zinc has already installed two flower compost machines in Kayad Vishram Sthali Ajmer costing 27 lacs where they will churn out about 25 kilograms of compost from about 100 kilograms of flowers offered at Dargah. In addition, Hindustan Zinc has also prepared vision document (master plan) for all over dargah development."

The vision document has been prepared by the team of Abhimanyu Dalal Architects, Rasika Research & Design and MKG consultants.

Mr. Amin Pathan - President, Dargah Committee said "We are here to give complete support to Municipal Corporation and Hindustan Zinc and we are ensured that this association will give complete face change to Ajmer Dargah Sharif."

Mr. Vasudevani - State Education Minister also appreciated about the commitment and association of the team involved in Ajmer Dargah Sharif project under Swachh Iconic Places.

Dargah Ajmer Sharif is amongst the most sacred and visited pilgrimage sites in India and the world. It was the abode of the Sufi saint Khwaja Moinuddin Chishti between 1192 and 1236 AD. Devotees from all over the world travel almost throughout the year and offer prayers, flowers and 'chadar'. It is believed that a person's gets all his or her wishes fulfilled, when prays with a pure heart at the Ajmer Sharif Dargah.

Also present on the occasion were Mrs. Arti Dogra - Distt. Collector, Ajmer, Ms. Neelima Khetan - Head CSR, HZL, Mr. Balwant Singh Rathore - Unit Head, Kayad Mine, government officials, management of Hindustan Zinc & Ajmer Dargah Committee.

## Rajasthan at Silicon Valley

**New Delhi:** Rajasthan is shining all the way at Silicon Valley, California, USA with Young Student Entrepreneurs from Rajasthan going global. The iStart Knowledge Tour, implemented by Department of IT&C - A Student Startup Exposure Program to create a strong entrepreneurship pipeline among the youth of the state continued on Day 3, with the Students getting to know technology giant Apple at their Cupertino Headquarters, and also had thought provoking interactions with Head of Northeastern University Silicon Valley.

ACP of IT Department, Rajasthan Ms Vinita Shrivastava informed The students got to visit Apple Center and had hands-on experience with various Apple products and merchandise available only at the visitor centre. Students also experienced the highly advanced Apple Infinite Loop Augmented Reality campus view, including look at Auditorium/Steve Jobs Theater and Research and Development Centre. The delegation subsequently visited North Eastern University Silicon Valley, and had highly thought provoking session from Mr P.K. Agarwal, Dean & CEO of North Eastern University and Mr Chetan Parikh, CEO and Co-founder of ezDI. Mr P.K. Agarwal gave a deep insight into "A Vision of the future: Disruption and Opportunities" covering various fields- Artificial Intelligence, Machine Learning, Robotics, Big Data and Block Chain.

# Kaoshikii - A Dance for Mind, Body and Soul

**Dr. Vartika Jain**

**Dance:** A physical exercise is an expression of various human emotions like feelings of joy, sorrow, separation, ecstasy, etc. through various poses and movements. It is one of the best gifts given by Lord Shiva about 7000 years ago. Now-a-days dance has become part of treatment for various diseases and in particular as a remedy for some mental ailments. Dance is considered to be a good exercise to remain physically fit and mentally active. Some of the modern dances are not based on Mudras and associated sentiments, hence, benefits from them occur only at physical level. Many of the traditional Indian dances are based on 'Ta' (Head portion of feet) and 'Dhin' (Toe-tip) movements along with appropriate Mudras and emotions. These dances not only benefit the human body at physical level but have an added advantage of benefiting the mind, body and soul at psycho-spiritual levels. The Tandava dance invented and propagated by Lord Shiva has more 'Ta' movements than 'Dhin' and considered to be the only exercise for brain. But Tandava dance is specified for only males as in females, it may induce production of male hormones.

**Kaoshikii: A physico-psycho-spiritual dance**

Kaoshikii which could be called as a physico-psycho-spiritual

dance was invented by ShriiShriiAnandamurtiji on 6th September, 1978. This dance could be performed by both males and females. However, it is particularly beneficial for women as a treatment of many diseases. This year marks the 40th Anniversary of its inception and Society for Microvita Research and Integrated Medicine (SMRIM), Udaipur plans for its extensive celebration.

The name Kaoshikii comes from the Sanskrit word 'kos' a', meaning "layer of mind" and this dance helps in developing subtler layers of mind through establishing link between microcosm and macrocosm. It has 18 steps with 16 'Dhin' and two 'Ta'. Traditionally, it is performed wearing a green color top representing primary producer of ecosystem i.e. plants and maroon color Sari denoting earth. As a complete exercise for whole body, it is considered as a medicine in itself.

**Steps of Kaoshikii**-Kaoshikii dance has four phases i.e. in right, left, forward and backward directions where there is simultaneous movement of both arms and limbs (Figure 1). It starts with 'Ready pose' where one stands with palms together and arms beside ears, pointing up vertically. After this, right-movement phase starts which has three stages to the right and two back to the center and same is repeated in left

direction. After coming back to the center position, two steps are done and after that forward-movement phase starts where there are two stages down, and one back up to the center-vertical position. Then the backward-movement phase starts where two stages are in back, and one to the center-vertical position again. Last two steps are two 'Ta's; first with right foot on the ground and last with left foot on the ground. This complete cycle could be repeated as long as found comfortable to the body. It should be learnt only under guidance of experts to avoid any harmful situation arising from performing its steps in a wrong manner.

Different mudras performed during Kaoshikii have particular sentiment associated with them. The two hands when upraised and folded together represent, "Now I am establishing a link with ParamaPurus'a (Supreme Consciousness)." Both hands bending to the right indicate, "I know the right way to request HIM". The bending of the body should be at a 45° angular projection. The leftward movement represents "I know how to fulfill HIS demands." The movement of bending in front suggests complete surrender. The backward movement represents "I am ready to face all obstacles that may come." The last two steps represent, "O Lord, I repeat your rhythm." Doing Kaoshikii keeping all

these sentiments in mind strengthen the soul at spiritual level.

**Benefits of Kaoshikii**

Regular performance of this dance for 3-5 minutes twice daily checks the early ageing and hence, it could be called as an Anti-ageing Dance. The major 22 benefits of Kaoshikii dance as explained by ShriiShriiAnandamurtiji are as follows: It exercises all the

glands and limbs of human body from head to foot, increases longevity, helps in easy delivery, flexibility of spine increases, removes arthritis and gout of the spine, neck, waist and other joints, cures menstrual irregularities, regulates various glandular secretions, gives control over the limbs, adds charm and shine to the face and skin, removes wrinkles, lethargy and fear complexes, cures hysteria, insomnia, nervous disability,

levels of the feel-good hormone serotonin and developing neural connections, particularly in regions involved in executive functions, long-term memory and spatial recognition. Beneficial effects of some dances have also been demonstrated in Parkinson's disease. There is no doubt that Kaoshikii dance also improves mental faculty and physical stamina and a systematic scientific



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the ability to face various obstacles coming across during journey of life. It is more than a physical exercise and a better medicine for various diseases of the body having an important role in mental expansion. There are several evidences where it has been shown that various types of dances improve cognitive skills, such as visual recognition and decision-making as well as help in reducing stress, increasing

study is needed to substantiate the practical experiences felt by its regular performers. In a nutshell, Kaoshikii is a boon especially for females who do not find much time to keep them physically and mentally fit. Hardly 5 minutes daily practice of this dance can make them physically slim and young, mentally alert and spiritually strong to face various struggles of life. Collectively, it is a dance for mind, body and soul in a true sense.

## City News and Views

### Fortis JK Hospital collected blood donation 44 units

**Udaipur:** Blood donation program was organized in collaboration with LokMitra Blood Bank Udaipur, on 31st August 2018, by JK Hospital. The staff of Fortis Hospital participated in camp. 44 units of blood were collected from 10.00 am to 1.00 pm. Dr. Mahendra Shirmali of LokMitra told that blood donation in regular intervals have many benefits. Any healthy person can donate blood, which has not been suffering from any infectious disease for the past six months. ph-mmpps

### Finishing of Fashion Designing Workshop at MMPS

**Udaipur:** A conference session and workshop on "Fashion Designing" was organized by Pearl Academy College of Fashion Designing, Jaipur at Maharana Mewar Public School, located at City Palace. Fashion Designer Prof. Gauri Katju During this Counseling session gave guidance to students regarding future and employment opportunities in fashion designing.

After this, in the workshop she gave information about new dimensions in fashion designing with new technical skills. In the group activity session, students were divided into five to six groups by forming designs and wearing them in model form as if a part of fashion shows. The program was organized by Maqbool Ahmed Abbasi, Head of the Department of Art.

### Favor and opposition debate contest

**Udaipur:** The debate contest in the Pacific university of Computer Application was organized on 1st September 2018, in which students expressed their views in their favor and opposition in the role of Internet in industrial revolutions. They were of view that during the second half of the eighteenth century and the nineteenth century some Western countries have drastic change in, technical social and economic & cultural conditions by technological devices like Robotisk, artificial sources, etc. Mechanical producers create abnormal decline in men power creating un employment. Principal of the institute, Dilendra Hiran said that when the factories were born and produced in the form of scientific endowments in place of craft, it was called the Industrial Revolution. Hassan Mogagmwala remained first in the debate contest and Rahul Lohar stood second while Anish Manu has to satisfy with the third place.

### A Day Workshop on Humanities and Education

**Udaipur:** 01 Department of Computer Science and I.T of JRNUN, On Saturday, organized a day-long workshop on human value and education in the college auditorium. Chief guest of the workshop, Vice Chancellor Prof. SSSarange devot talked about clubbing education and human values to gather. He said that India was called world guru on the basis of its knowledge only, but in today's era, we have forgotten our cultural values for which we all are responsible. Our founder Janubhai was a sage of human values; Janaubhai served the country by remaining active in the field of social service and literature creation.

Education and literature were the two main areas of the multi-faceted life of Janubhai. Chairperson, Prof. Manju Modot Guest along with Pro B. S. Rana, Dr. Gaurav Gaud, Dr. JS Brar, Amit Singh Single, also expressed their views. Operation of work shop was done by Dr. Priyanka Soni In the workshop, Dr. Hemshankar Dadhich, Dr. Manish Shirmali, Dr. Pradeep, Dr. Dinesh Shirmali, Bhagwati Shirmali, Dr. Gaurav Garg, Dr. Bharat Singh Deora, Dr. Dhayendra Rajaura, Dr. Kaushal Nagda, Dr. Ghanshyam Singh Bhinder Krishnakant Kumawat, Dr. Om Parikh among celebrities were present. After becoming executive chairman of the All India Vice Chancellor Association, students & officials well comed VC by offering pagdi, shawl and memento. ph-108

### Plantation Motivation at Jagdish Chowk girls

**Udaipur:** PVA Gardening Solution, Udaipur and Thadiwala Café Nathdwara in a grand ceremony, provided 20 plants with pot to the twenty girls of Govt. Girls Higher Secondary School Jagdish Chowk, Udaipur. While addressing the function organized on this occasion, Akashdeep Vishnoi of Gardening Solutions informed on this occasion about gardening with latest technology & benefits that can be obtained from gardening in home. On this occasion, Ankita Parikh and Neha Parikh of Thadiwala Café advised girls to adopt any business in life. Further told how they started Thadi café in life. In this café, only women and disabilities can work only so that they do not have to suffer from any inferiority complex. So far, branches in Jodhpur and Udaipur are functional. Women have been provided employment to enhance women empowerment. On this occasion, the school's Principal Dr. Nina Pandey inspired girls to become a powerful woman in life. The program was conducted by Dr. Shabnam Chaturvedi.

### Business Reform Action Plan - 2018 "at Workshop UCCI

**Udaipur:** A workshop on "Business Reform Action Plan (BRAP) - 2018" theme was organized at the Pireotech Tempsons Auditorium of UCC Bhawan, jointly under, Udaipur Chamber of Commerce and Industry and Factory and Boilers Inspection Department. Mr. Mukesh Jain, Chief Inspector, Factory & Boilers Inspection Department, Jaipur, was the Chief Guest and Mr. Harish Kumar Gupta, Senior Inspector of Factory and Boilers Inspection Department, Jaipur was the special guest of the program.

This was the first workshop organized by the Factory and Boilers Inspection Department at "Business Reform Action Plan (BRAP) - 2018" in Rajasthan. At the beginning of the workshop, Mr. Ashish Singh Chhabda, Senior Vice President, UCCI in his welcome address, gave a brief overview of the activities & said that most government services and processes need to be done online to facilitate industry and trade.

This workshop has been organized to generate awareness about the measures to facilitate the business by the central and state government in employers and managers of the industries.

While conducting the program, Honorary General Secretary Mr. Kesari Ali said that UCCI is committed to facilitate trade

facilitation and safety measures related to the sharing of factory and boiler department. While highlighting the rules related to the factory and boiler inspection department, how can they be reduced by the process of legal compliance, Mr. Kazaar Ali appealed the participants to avail the work from the workshop. Dy. Chief Inspector of the Factory and Boilers Inspection Department, Shri D.L. Demor outlined the training program. Providing information to the participants about "Business Improvement Action Plan", Giving information about the "What are the bases of estimation?", Mr. Dhamor said that during the year, the following aspects of the areas used in the wider areas for the assessment of the trading conditions in the States are included: Due to paperless process (paper less process), online single window system, online tax payment, contract enforcement (available for purchase of land), availability and allocation of land, obtaining electricity and water connections, support for transparency, taxes, labor regulation, construction Permits, Environmental Registration as well as online disputes for commercial dispute resolution and property registration, such as 'Easy Doing Business' Allowances are included for ranking states.

Grant and renewal of licenses under the Factory Act have also been included. In addition to this, under the Factories Act, the approval, renewal and registration of licenses for the construction, expansion, planning and use of any building as a factory, registration and renewal of boilers, along with various laws. Under compliance inspection has also been included. During the technical session, information was given through the slide shows on the issue regarding the Factory Safety Award Scheme and Numerical system by Mr. Mukesh Jain, Chief Inspector of Jaipur, Chief Guest Factory and Boilers Inspection Department, Jaipur. Shri Mukesh Jain informed that these awards will be given through online applications based on the last three years of the industry data for the purpose of promoting accidents and prevention of safety measures in the factories.

During the workshop senior inspector Mr. Harish Kumar Gupta gave information about the steps taken by the Department of Factories and Boilers Inspection Department under the "Business Reform Action Plan (BRAP) - 2018". Shri Harish Kumar Gupta said that all the information related to the department is available on the website. On the basis of 36 points, the Central Government was entrusted with the task of repair work, under which the amendments were made in the Factory Act 1948. The rules were also simplified in the Boilers Act. The state is ranked first in the improvement of labor laws, incentives for self-verified process, IT support system etc. Shri Gupta said that for the year 2017, on the basis of the assessment of implementation of "Business Reforms Action Plan", Rajasthan has been ranked ninth in the top Achievers category in the state-wise ranking.

This is the state government's efforts to improve the ranking of the state and bring it to fifth place. The point to be noted is that this ranking is not permanent. This is a dynamic ranking. Under this, it is natural to have a change due to the rapid competition between them in the states of the states.

