

## Salute to the spirit of women officers

If there are passion and passion with women, then no power in the world can stop them. The woman is no longer childless. In many areas, even men are seen to be heavy.

This thinking was proved by the women officers of Nehru Yuva Kendra organization Rajasthan. The passion, passion, and passion of all these women officers are seen. To save her district from Corona, she is working hard. She is performing her duty with great care.

Nehru Yuva Kendra Sangathan, Rajasthan, currently has five women officers working as youth coordinators in different districts. Let us know briefly about the five women officers who are leading this fight. These include Madhu Yadav in Hanumangarh, Ruby Pal in Bikaner, Santosh Chauhan in Ajmer, Surmai Sharma in Nagaur, and the Dheghra Rajaawat in Jhalawar.

The youth coordinators told people about the Corona epidemic and said social distance is necessary to win the war against Corona. Take special care of cleanliness. Avoid the crowds; do not come in contact with each other. Everybody wash hands for two hours and put a mask on

the mouth and follow the instructions of the government. Women officers got masks distributed in their respective areas in lakhs—motivated youth to donate blood.

Along with inspiring paintings on the walls and roads, people are aware of the Corona. People are also being appealed to download the Arogya Setu mobile.

The Nehru Yuva Kendra organization, through its thousands of youth circles in Rajasthan, is making vigorous participation in making the common people aware and supplying masks and sanitizers.

According to the state director of Nehru Yuva Kendra Sangathan, Dr. Bhuvnesh Jain, women officers in Rajasthan have been particularly attracted to national programs by moving ahead. Most of the women officers belong to different states.

Especially Surmai Sharma hails from Haryana, Ruby Uttar Pradesh, and Lala Rajawat Madhya Pradesh. Still, in LockDown, all are firmly engaged in its work and preparing the youth for the battle of COVID 19. Along with human service, it is also clearing misconceptions.

**Madhu Yadav - Hanumangarh -**



Madhu Yadav, 26, is an M Tech and is currently working as District Youth Coordinator at the Nehru Yuva Kendra Hanumangarh, and is working to make the youth aware of combating Corona. Madhu said that 400 families in the district are making masks themselves at home. Our 15 Yuva Mandals have sprayed pesticides in respective villages.

We have trained 1800 youths to fight Covid-19, and to work as a volunteer for the country, and people should download the Arogya Setu app, social Motivated to keep the distance. Yuva Mandals had also distributed 1200 food packets for poor laborers.

**Ruby Pal - Bikaner**

This organization works mainly for the youth, and I also consider working with the youth and understanding their problems and advancing them towards nation-building and consider it as the purpose of my life.

The work of spreading awareness about Covid-19 among familiar people is being done through many mediums. The Mahila Yuva Mandals of Bikaner has made people aware of the corona transition through painting by participating in the Digital eLearning painting competition organized by the Government of India. Masks are being made and distributed.

Foodgrains and food are being distributed to poor families and laborers. Volunteers are working to sanitize villages and towns. Taking special care of animals and birds, grains and water are being arranged by young volunteers.

**Surmai Sharma - Nagaur -**

The team of Nehru Youth Center, Nagaur is engaged to fight against Corona epidemic. Duty in the isolation ward, along with the Gram Panchayat, is helping to get the migrant laborers back home and providing food ration to the needy.

Our activists are teaching people to make masks at their village level, cradling social distancing, downloading the Arogya Setu App, spreading awareness about Corona throughout the district, suggesting ways to avoid it. Until our country is freed from this epidemic, we will continue to engage with this enthusiasm.

**Dheghra Rajawat - Jhalawar**

The gallery is Rajawat MTech and serves as the youth coordinator in Jhalawar. In this battle of Corona epidemic, Nehru Youth Center Jhalawar is performing shoulder to shoulder duties. It includes service of migrant laborers, awareness work, solution of common man's problems in a rural area, mandatory tasks like prevention of Covid-19, use of masks, distribution of, and covers food distribution to low-income families. She is doing it with ease.

**Santosh Chauhan - Chittorgarh**

The Nehru Yuva Kendra in Corona Jung is working with team spirit, which has resulted in five young women Mandal and three volunteers in Chittorgarh, as well as 3000 masks, made and distributed by a former volunteer from Pratapgarh.

Food and ration packets were made available to five thousand low-income families so far by the five Yuva Mandals and four volunteers in collaboration with the administration and service committee.

Public awareness campaign is being conducted by youths and volunteers in the village, in which the villagers are given routine, farming work, etc

## Mewar showed a unique vision to rehabilitate wildlife

**Udaipur:** Due to the decrease in the number of forest areas and the lack of a favorable environment, wildlife-specific extinction is not new, but successful rehabilitation of such wildlife after its disappearance from forest area is a unique effort. Three such successful attempts have been made by the forest departmental officers of Udaipur, one of which is being completed in the month of May itself.

**The rehabilitation exercise took place in Jaisamand Sanctuary:**

Jaisamand Wildlife Sanctuary, spread over 50 square kilometers, about fifty kilometers from Udaipur city, was once notified in 1950. The area was once a game reserve for the erstwhile rulers of Mewar state, and the annual tiger shooting by the Maharana of Mewar began with this reserve. The game reserve area was rich in wildlife, including tiger, panther, hyena, wolf, jackal, jungle cat, wild boar, chinkara, sambar, spotted deer, and other animals. After independence, due to several reasons, this reserve saw an alarming decline in other wildlife along with tigers. Things happened that Sambhar and Chital were eliminated in this sanctuary, and only a few chinkaras and Neelgai were left. In these conditions, the initiative to rehabilitate chital and sambar was taken up by the Indian Forest Service officer and then Chief Conservator of Wildlife (Wildlife) Rahul Bhatnagar and the endangered chital and sambar here.

This is how the rehabilitation of 18 chitals and 23 sambars: Rahul Bhatnagar, said that he has been visiting Jaisamand Sanctuary continuously since the year 1984, but Chital and Sambhar never sat here. Their absence in the area conducive to these creatures was sad, so an action plan was made, and 18 chitals in the year 2014 and 23 sambhar in the year 2017 and 2019 were released for rehabilitation in this sanctuary. He

informed that on September 2, 2014, 18 Chital (10 males and eight females) from Shikarabadi Mini Zoo and 5 Sambhars (2 males and three females) from Delhi Golf Course and 10 Sambars in a batch from April 30, 2017, to May 7, 2017. (3 males and seven females) on May 11, 2019, and 8 Sambhars (3 males and five females) were brought from Delhi Zoo to Jaisamand Sanctuary on May 18, 2019.

**The instructions were to leave the wildlife only after 21 days quarantine:**

Bhatnagar said that to free all these wildlife in the sanctuary here, it was necessary to keep them in quarantine for the first 21 days as per the instructions of the Central Zoo Authority. For this, all arrangements were made to keep these animals here by setting up a rehabilitation center in Dimda Bagh situated in Jaisamand Sanctuary. In view of a large number of panthers in this sanctuary, the rehabilitation center was panther proofing. Waterfalls were created for shifted wildlife, and a fence was also built inside the rehabilitation center for sambar. Two months before the wildlife was transferred, green fodder was also grown in the patch, and the enclosure also had shrubs and shady trees for them. To make all these wildlife adaptable, with this area, arrangements were made for food, water, etc. and after freeing 21 days in Dimda Bagh Rehabilitation Center, they were released in the forest.

**The efforts of this team gave success:**  
The efforts to rehabilitate Chital and Sambhar are the result of the hard work of many officers and personnel of the department under the leadership of the then Chief Conservator of Forests, Rahul Bhatnagar. The team comprises wildlife expert and environmentalist Dr. Satish Sharma, Veterinary Officer Dr. Pradeep Pradhan, the then Deputy Conservator of Forests

T. Mohanraj, Assistant Forest Conservator Kesar Singh Rathore, the then Ranger Ganesh Gothwal, shooter Satnam Singh, Forester Lal Singh and the driver Mangidas of the department. Others were personnel.

**Chital has almost doubled in five years:**

Bhatnagar says that the presence of chital was not seen in the wildlife census of 2010 to 2014, while the data of wildlife census of 2018 and 2019 showed 32 chitals in this sanctuary. Here, according to the report of Gautamial Meena, the Ranger of Jaisamand Sanctuary about Sambhar, two newborns and two herds of 15-16 Sambar are regularly seen in the wild in the sanctuary. It is also worth mentioning that as per the 2019 Water Hall Wildlife Census, 13 Panthers have been sighted at Jaisamand Wildlife Sanctuary, which indicates that the Sambhars have adapted well to the new surroundings and thus the re-production is successful. Here, the water hall wildlife census for the year 2020 is scheduled on June 5, 2020, which will provide the exact position of the sambar population in the sanctuary.

**"The increase in the population of Chital and Sambar is pleasant:**

**Jaisamand Sanctuary is rich in biodiversity, and efforts were made by the Forest Department to rehabilitate chital and sambar, and its people has also increased, it is pleasant. The increase in the number of chitals has been recorded in the wildlife census in the previous years, but the number of sambhars released last year will be available only on June 5 in this sanctuary under the direction of Deputy Conservator of Forests Ajit Unchaoi"**

**- R.K. Singh**

**Chief Conservator of Forests (Wildlife), Udaipur**

## Lost Food



## Mangos contain nutrients and antioxidants

Mangos contain over 20 different vitamins and minerals, including vitamin C, vitamin A, folate, and fiber.

One cup of mango provides 35% of your daily vitamin A, 100% of your daily vitamin C, and 10% of your daily vitamin B6. One cup of mango is also an excellent source of folate, making up 20% of your daily requirement and also copper, making up 10% of your daily needs.

Mangos can help you feel full. One cup of mango contains 12% of your daily fiber. Because fiber slows the absorption of sugar in the bloodstream, the fiber in mangos makes you feel full faster. Since you stop eating when you feel full, fiber can help support weight management.

Mangos can help boost your immunity.

Combat colds with mangos! One cup of mango contains 100% of the daily value of Vitamin C. The antioxidant vitamin C found in mangos plays an important role in immune function. In addition to boosting your immune system, vitamin C supports healthy cognitive and neurologic function and helps in wound healing. Mangos also contain 10% of your daily copper, which helps form red blood cells, while also supporting healthy immune function, as well.

Mangos can assist in gut and digestive health. Mango, which contains a combination of polyphenols and fiber, was more effective than an equivalent amount of fiber powder

### Mango Bread Malai

**Ingredients**  
Mango- 1 Medium size  
Bread - 6 Slices  
Milk- 1000 ML  
Cardamom- ½ TSP  
Almond Flakes - 1TSp  
Sugar-100 GM  
Saffron- 6 Thread

### Procedure

#### Step 1

1. Take milk in a thick bottom pan.
2. Put it on fire for reduction.
3. When it reduces to 1/2th add cardamom, saffron, almond and sugar.
4. Boil it till it gets 1/4th and switched off the flame. Keep aside.

#### Step 2

1. Wash, pill and cut mangoes to batons size.
2. Take the extra mango make a puree with milk.
3. Take bread slices and trim the outer parts.
4. Take trimmed bread slices and roll baton mango and repeat the process.
5. Place the breaded mango the serving platter.
6. Pour the reduced milk on the top of breaded mango, garnished with chopped mango and flakes.
7. Keep it in refrigerator, served chilled.

### Chef Satish Tips:

1. Mango can be replaced with different r sweet fruits.
2. Only bread can be used for making Rasmalai.

## The successful operation of a substantial abdominal lump in Geetanjali Hospital



**Udaipur:** (Dr. Munesh Arora) Today, where the number of people infected with corona is increasing all over the world and on the other hand, the problems of people suffering from serious diseases are also increasing. In Geetanjali Hospital, following all the administrative and medical protocols of coronavirus, complex operations are being done continuously as per need.

During the corona epidemic, a huge lump was present in the stomach of the patient at the Cancer Center of Geetanjali Medical College and Hospital, Udaipur. Before the operation, the most effective treatment was determined by the Medicine, Surgical, and Radiation Oncology team under one roof in the tumor board, in which surgery was chosen. The team that completed the operation included

oncology surgeon Dr. Ashish Jakhetia, Dr. Arunasharma, Dr. Shantanu, Dr. Naveen Patidar from the Department of Anesthesia, Avinash, Raju, Uttam and Anil from Staff and Dr. Sanjay Paliwalav from ICU and in the team Are included.

Patient Meena (name changed), a 15-year-old resident of Chittor, said that for some time, her stomach was growing swollen, which was causing difficulty in breathing and pain in working. On conducting sonography in Chittor, the local doctor there asked to go to Geetanjali Hospital, Udaipur. After coming to Geetanjali Hospital, the patient's CT Scanned The examination confirmed the massive knot in the patient's stomach, and kept him in the ICU for two days, due to shortness of breath in the patient's chest.

Dr. Ashish said that the large tumor which had arisen from the ovary (ovary) had surrounded the stomach of the patient, and the diaphragm and lungs had also become compressed. It was necessary to remove the tumor as soon as possible. During the operation, about 10 kg lump of the patient was excluded. The patient was discharged seven days after the surgery. He is happy and happy due to the timely treatment of the patient.

## Arsha of DPS the glory of Udaipur



**Udaipur:** Arsha Dugad, a Class VIII student of Delhi Public School, Udaipur, declared the sole winner from Udaipur in an all-India level painting competition. Allen Career Institute organized the competition on 15 April 2020 on social distance in the

context of our struggle with COVID 19.

Many students from different cities across the country participated in two groups. Arsha had attended under group 1 for classes 6 to 8. Prof. Vice Chairman Mr. Govind Agrawal, Principal Mr. Sanjay Narwaria, and Headmaster Mr. Rajesh Dhabhai congratulated her on this grand success.

## Biodiversity Day celebrated at Fisheries College

**Udaipur:** Biodiversity Day was organized online at Fisheries College (MPUAT). It is worth mentioning that on May 22, every year, the United Nations to raise comprehensive awareness of the biodiversity of the Earth and share its views on its conservation and conduct various programs for preservation. On this occasion, a special seminar was organized in the fishery college on Friday in two sessions.

In the opening session of the online meeting, Dr. Subodh Sharma, the Dean of Fisheries College, while explaining the significance of online biodiversity day during the COVID epidemic, said that this year the subject of biodiversity is "Nature has a solution to our problems." He said that on this theme, the world's biologists and policymakers had seen the programs of biodiversity connected with natural solutions so that we can learn to live naturally with nature in harmony and harmony, needs to be adopted. Given special lectures on the eminent environmentalist of Fisheries College, Prof. LL Sharma apprised the participants of various essential aspects of biodiversity and conservation of the aquatic environment along with a piece of summary information on India's rich biodiversity. He said that there is a great need to conserve the marine environment and biodiversity of the state; for this, he talked about the integrated management of fisheries, fisheries from reservoirs, and environmental protection programs.

He said that for this, we need to comply with the latest technologies like gene mapping, digital technology, and environment-friendly technologies, energy economy as well as honesty, and strict enforcement of laws and policies made in this direction. On this occasion, Dr. B.K. Sharma, Head of the Department of Aquaculture, spoke about authenticated seed harvesting for conservation and promotion of local fish species in the reservoirs. Head of Fisheries Management Department, Dr. ML Ojha talked about their genetic studies and database for the conservation of local aquatic wealth. Dr. Niranjana Sarang, associated with Kanawardha, Chhattisgarh, gave information on biodiversity conservation and fisheries conservation in Chhattisgarh. It emerged in the seminar that the fish seed, which is stored in the reservoirs for the protection of local fisheries and biodiversity, important in the state's reservoirs, rivers, and other water bodies, to ensure the complete quality of fish seed at the government level. Certification is urgently needed. It is being seen that fast-growing and multifaceted fish species like Tilapia, Bighad, Thaimagur, Dogla, Pangas, etc. are being reared more in the reservoir for more production and revenue. Due to which local species have become extinct, hence there is an urgent need for their protection. In this online seminar, the faculty of the college, Dr. Shahida Jaipuri, including alumni located in remote parts of the country, faculty from elsewhere, many students of the college participated.

