

Change begins with an action and not merely by words

“Whatever changes you would like to effect in our society has to begin with you.” – **Mahtama Gandhi**

Who we are now is not who we were last year, last week, yesterday or even a minute ago. Life never stands still, no matter what we do. Change is the very nature of existence—our thoughts, feelings, beliefs, ideas, even our relationships are as changeable as rain and sunshine, or night and day. But, as much as change is inevitable, it is not always welcome or easy to deal with. It can upset our world and generate many conflicting feelings.

However, it is in those very moments when everything looks hopeless that we have a real chance to grow into something better: what the caterpillar calls the end of the world, we call a butterfly!

As thoughts come and go, as we watch emotions rise and fall like waves, as physical, emotional or mental pain is felt and then gone, we see how this coming and going applies to everything, even our breath. This sense of rhythm informs us that, if we wait long enough, even the darkest of times will also pass.

Mahatma Gandhi famously said, "You must be the change you want to see in the

world." In other words, although life changes are inevitable, we can also initiate personal change so we can rise to the challenge and become a bigger and better person as a result.

How do we do this? We believe the best ways are to recognize that change is inevitable, that there is always the potential for positive change in every moment and to stay grounded and in touch with our peace.

I want people to start trusting that the steps will appear in front of them as we forge a path onto a new, undiscovered route rather than retreat to the well-trodden highways

because they are familiar even though we already know they lead the wrong way.

I want to see people loving themselves deeply enough to love others meaningfully and with clear eyes.

I want people to choose life over death, every time, without hesitation, and I want them to always seek their solutions in life and healing and harmony and reject the solutions offered by death, destruction, manipulation, sabotage and chaos.

I try to tell the truth even when my tribe is yelling at me to shut up, but I try to have the wisdom to only do that when it benefits everyone and not just to seek drama or atten-



tion. Let your every moment be an example of what you teach and counsel. Let your every action be a reflection of your beliefs. Let your every word be reflective of your own thoughts. The best leaders the world has ever known are the reformers who were accountable and

responsible for their own change.

To sum up my words here I go:- It takes nothing, To be nice and kind, It's a matter of words, So you give someone a smile.

It costs nothing, To be a help to someone, It's a matter of heart, Be a light in someone life. It takes nothing, To be generous and fine, It's a matter of humanity, To you it will bring a blessing twice.

LET US ALL DO TOGETHER!!!!
-Dr. Mehbeen Sadriwala



Moringa Aloo Sabzi

Moringa is believed to have many benefits and its uses range from health and beauty to helping prevent and cure diseases. In this materialistic world everyone food habits getting changes day by day and tents to reduce their natural food habit. It's very important to boost their energy.

- The benefits of Moringa include:
- Protecting and nourishing skin and hair
 - Treating edema
 - Protecting the liver
 - Preventing and treating cancer
 - Treating stomach complaints
 - Fighting against bacterial diseases
 - Making bones healthier
 - Treating mood disorders
 - Protecting the cardiovascular system
 - Helping wounds to heal
 - Treating diabetes
 - Treating asthma
 - Protecting against kidney disorders
 - Reducing high blood pressure
 - Improving eye health
 - Treating anemia and sickle cell disease

Ingredients -

- Potato (Aloo) – 3 No , boiled and cut into cubes
- 300 grams Drumstick Leaves (Moringa/Murungai Keera) , washed and chopped
- Onion – 1 No , finely chopped
- Ginger – 1 TBS, finely chopped
- Turmeric powder - 1/2 Tsp
- Red Chilli powder -1 Tsp
- Cinnamon powder – ½ Tsp
- Mustard seeds-1/2 Tsp
- Oil- 4 TBS
- Salt , to taste

How to make Moringa Aloo Sabzi

1. To begin making the Moringa Aloo ke sabji Recipe; we will first cook the drumstick leaves and potato separately.

2. Heat a teaspoon of oil in a pan; add the chopped drumstick leaves , a little salt and saute the moringa leaves until it becomes soft and tender.

3. As the drumstick leaves cook, you will notice that it releases water. Once soft increase the heat to high and sauté the drumstick leaves until all the water from the drumstick leaves is vaporized. Turn off the heat, transfer the drumstick leaves to another dish and keep aside.

4. Wipe the same pan clean with the paper towel. Heat a tablespoon of oil; add in the mustard seeds, ginger, onions and sauté until the onions are lightly browned.

5. Add the potatoes, sprinkle some salt and stir fry until the potatoes are lightly roasted. Add the turmeric, red chilli powder, cinnamon powder and salt.

6. Stir until all the ingredients are well combined.

7. Sauté potatoes for a couple of minutes until you get flavors arising from the dish and the potatoes get well coated with the spices. At this stage stir in the sautéed moringa leaves.

8. Cover the pan and simmer for couple of minutes. Turn off the heat, transfer it to a serving dish.

9. Serve the Moringa ke sabji along with Rice and dal .
Chef Satish Comments: Only leaves curry can be also made with use of moong dal.



No Emergency, No Suspension of Democratic Rights.... Still shshsh...Keep Mum!

The three months lockdown has trained the people of India to keep mum. Exercise of restraint for one's health and safety is uppermost. No doubt that Covid-19 is a real threat and all precautions need to be taken because so far there is no vaccine available which could be called a fool proof safeguard against this pandemic. It is good that the administration is working day and night to protect people from this deadly disease and medical staff including doctors, nurses, ward boys, sanitation staff etc. are working in hazardous conditions saving the lives of millions. Kudos to them. This period of lockdown has also witnessed the worst ever exodus of working population from one part of the country to another. The number is not certain but the estimates vary between forty million to hundred million. The country was given three hours forty minutes to prepare for this lock down.

The Prime Minister appealed the people to

stay where they were. He also appealed to the employers to continue paying wages to the workers. But this did not work. The workers who had been working in different states away from their homes found themselves homeless and jobless. They tried to stay where they were for some time but when the lockdown was extended again and again they were forced to move out. No buses were plying, no trains were available, even flights were not there so they started – some on foot, some on bicycles, some on trucks. Interestingly those who expressed worry about them suddenly became the target of the Godi media and the IT cell of the ruling party. Earlier we talked of moral policing being exercised by RSS and its front organizations like VHP and Bajrang Dal. But in the recent occurrence they resorted to political policing. Anybody opposing the policies of the present government became the target.

This is a new phenomenon in Indian democ-

cracy which has been in vogue in last six years. The social media has a new army called trolls. This word has been derived from Scandinavian myths in which troll are an evil character. Merriam Webster dictionary defines it as "a dwarf or giant in Scandinavian folklore inhabiting caves or hills". Sitting in their safe caves they keep spreading venom on social media.

The conflict with China in eastern Laddakh also became an issue which surprised many. No one in this country is against Indian army. Everybody salutes the bravery, courage and dedication of the armed forces. But equating a question to the decision making political bodies with the notion of insulting army has been another tendency. All this is being done to avoid independent democratic discourse. During lockdown a number of arrests were made in different parts of the country. It is for the courts to decide whether somebody is innocent or guilty but the timing of arrests raise certain doubts

about the functioning of the state. IN the economic front the prices of petrol and diesel are rising every day since 7th June but there is no public demonstration of unrest. What kind of fear is it?

In 1975 when internal emergency was imposed, the socialist leaders like Jai Prakash Narain, Chandra Shekhar, Lalu Prasad Yadav, Karpuri Thakur, George Fernandes, Madhu Limaye, along with the left (except CPI) and Jan Sangh people were opposing emergency. Several of them were in jail. Today the leaders who were in Jansangh, now in BJP are in power and socialist leaders like Dr. Sunilam, Arun Tripathi, Dr. Anand Kumar, Arun Shrivastav, etc. are calling for a nationwide movement to counter the emergency like situation in the country. There is something very serious which draws the attention of all democratic forces in the country.

- Dr.H.S.Chandalia



Zinc football academy will start practice this week

Udaipur: Zinc Football Academy in zavar is set to begin practice sessions this week. Zinc Football Academy has decided to start the practice, keeping in mind the new guidelines issued to start the sports practice session.

Hindustan Zinc Limited CEO Sunil Duggal said that the academy has only invited nine players from Rajasthan for the practice session to keep in mind the safety of the players. Zinc Football Academy players, who hail from other states, have been advised to stay home and not to travel. The nine players, who have just been called for practice, will undergo the first medical test by the academy staff. Only then will they be able to participate in the practice session.

Sunil Duggal said that for us, the health and interest of the players are paramount, so we have decided to follow the detailed protocol to keep the players and their surroundings safe. Given the current ongoing crisis, the zinc football academy sent the players to their homes in March.

Udaipur CMHO Dr. Kharadi got pride

Udaipur: Under the direction of District Collector, Mrs. Anandi, the strategy adopted to rescue the corona epidemic in the district &, relief to the affected and specific style of management of corona cases, Udaipur CMHO Dr. Dinesh Kharadi, as a reference person will share their experience and skills addressed in National of COVID Academy on Thursday via webinar.

According to the information received, this national, webinar started with the address of Rohit Kumar Singh, Additional Chief Secretary of the State Medical and Health Department, on June 18 at 11 am at COVID Academy, jointly launched by NIDM, UNICEF, WHO India and HCL under the aegis of Sphere India. The webinar will include CMHO Dr. Kharadi as well as Bhiwara CMHO Dr. Mushtaq Khan and representatives of UNICEF and WHO along with senior officials of the Department of Medical and Health shared their views

Vice-Chancellor inaugurated the Wikipedia page of Pandit Janardan Rai Nagar

Udaipur: Janardan Rai Nagar Vice Chancellor of Rajasthan Vidyapeeth (Deemed to Be University) Prof. SS Sarangdevot launched a page on Wikipedia that spread the views of founder Manishi Pandit Janardan Rai Nagar to the public and said it is neces-

sary to know the whole world about Pandit Janardan Rai Nagar. From the freedom struggle to his vision of Indian education, he established many essential dimensions, which the institutions of the country, youth and other citizens can play an essential role in the development of the country by taking inspiration. This page has been created with this thinking in mind by University worker Dr. Chandresh Chhatlani. Dr. Tarun Shrimali, Private Secretary Krishna Kant Kumawat, were present on occasion.

Paras JK hospital conducted Successful surgery for bone cancer

Udaipur: In the Udaipur. Paras JK hospital Doctors have made the patient fit to walk again by the successful operation of bone cancer in the knee.



Dr. Ashish Singhal, a specialist in bone and joint transplantation of the hospital, said that a 32-year-old man was diagnosed with bone cancer in his left leg 14 years ago. During that time, by removing the cancerous bone from the operation, the prosthesis was made capable of walking the patient. Still, for the last one year, the patient's feet started to suffer again. Family members showed him in many prominent hospitals, but all termed the operation as risky.

A later family member puts patients to the hospital. Here, Dr. Singhal decided to perform a maga tumor prosthesis after seeing the patient's examination as the patient had suffered a prosthetic prosthesis earlier due to which he was unable to walk.

Dr. Singhal said that after the operation, the patient was run on his feet the very next day. The patient is perfectly healthy and is doing all his work without any support.

The success of the operation hospital's facility director Vishwajit congratulated the hospital team and said that this operation had been made possible by new technology and experienced team. Paras JK World-class facilities in the hospital are available to Udaipurites and countrymen at all times.

Neerja Modi School celebrated National Reading Day

Udaipur: National Reading Day was celebrated today in Neerja Modi School. On this occasion, the staff and students of the school participated with great enthusiasm through online mode.

Sakshi Sojatia, director of Neerja Modi School, said that on June 19 every year, in the memory of the father of the library movement in India, late P.N. Panikkar, National Reading Day is celebrated Under this, every year from June 19 to July 18, Reading Month is organized. This year, due to the situation arising due to the Coronavirus, the school staff and students were requested to participate in it online with great enthusiasm.

Many activities will be organized in the school through the reading month program, in which the reading websites will be told about which the students will be able to read free as per their interest. The objective of this initiative is to utilize time and technology in this digital age.

The principal of the school, George A. Thomas, said that improving reading skills and increasing interest in it, stress

relief, enhance decision making, increase sensitivity, solve problems, magnification, entertainment medium, and strengthen vocabulary.

Dr. Pradeep Kumawat addressed as keynote speaker Udaipur

Udaipur: On the Haldighati War Day, through the webinar at Alok Sansthan, on Facebook and Instagram Live, Dr. Pradeep Kumawat, Director of Alok Sansthan and Chairman of Rotary Club Udaipur, said based on his research, it is said



that Maharana Pratap's war of Haldighati, which was just three hours, which is known as the battle of Khamnor, was called by the historians in the period of war, the war of Haldighati, which was a three-hour war on 16th. It started in June and ended in September, i.e., after three months of the war, where the Mughal army was forced to leave Gogunda.

Dr. Kumawat said that the Mughal army escaped from the Haldighati war and feared to go to the areas around the palaces of Gogunda. They captured Gogunda for some time, but Pratap, by destroying all his logistics, logistics up to Gogunda Did not allow content to reach. Pratap urged everyone not to provide any kind of assistance to the Mughal army. In this way, Mansingh, after making a moat in Gogunda for three months, finding himself in a state of insecurity, he decided to send a list of soldiers to Akbar. On this, Badauni and some people said that there is no need to make a list right now, the Mughal army, which is craving for food, should first arrange their logistics water. After eating raw mango and horse meat, the Mughal army took out a few days. Still, when life became stressful, in September, the Mughal army left Gogunda and was again captured by Maharana Pratap. He said that this, the battle which started in Haldighati on June 14, Maharana Pratap won in September and ended the war. Let us all take inspiration from Maharana Pratap. If Pratap, a symbol of self-respect and courage, would have accepted Akbar's deprivation, he received wandering the wilderness for the sake of self-esteem. On this occasion, tributes were paid to the martyrs killed by China.

Dr. Prithviraj Chauhan conferred with STAR 2020 certificate

Udaipur: The World Book of Records London awarded the Star 2020 Certificate to Udaipur's Hospitality, Private Security Sector, and philanthropist Dr. Prithviraj Chauhan as a result of service work being done for the last 18 years. Chauhan has been working in the interests of hospitality and society for 18 years. In the COVID-19 pandemic, this certificate was given to the people



in view of delivery of food, food items to the needy, delivery of Ayurvedic medicine. All this information of Chauhan was made available to the World Book Record.

Call for promotion of biofuel for wasteland development



Udaipur: The BioFuel Authority organized the training, Jaipur to promote biofuel for wastelands development in Zilla Parishad CEO on Friday at Badgaon Panchayat Samiti in Udaipur.

While giving instructions regarding the development of wastelands by planting trees, CEO Chaudhary talked about the growth of oily saplings on wastelands and wastelands and agricultural land by planting more saplings. He organized the first phase of training till July 5 in the field by BIF, Seva Mandir, FES (which is already working to develop the program) by Panchayat Raj Institutions and Forest Department and NGOs respectively to develop pasture land

He said that recently to develop Telai plant pasture land, about 600 pastures and about 800 water harvesting works on agricultural land have been approved, which are being implemented by about 2.5 lakh workers employed under the MNREGA scheme.

Development officer Kedar Vaishnav told that the Panchayat Samiti, a training program organized in Badgaon daily from 9 am to 5 pm, 75 employees, Agriculture Department, Forest Department, and Non-Government Institute participated in the first day. About 50 of Panchayat Raj and Aquaculture Department, The employees, will be trained on the 20th.

For Royal Harbinger Call

Mangi Lal Purohit - 9024311494

Bharat - 7597908870