

### With or Without

You are with somebody always. Day or night, morning or evening. The interesting thing is that this condition is not for a day or two or months but it remains for yrs. In other words you are in this condition for years. Since birth, parents, brother sister, relatives, friends, spouse, society, office colleagues environment etc.etc.

One day you say that nobody leaves me alone for a while also. Though you utter these words but the thing is that at heart you self like this situation. The reason is simple that you feel self important when you are amongst all. In other words you try to say that these people can't live without me. It may be true that you have reserved some place, a specific place for you amongst all. That only means that your some or the other quality has made you useful up to some extent for them. They are getting some benefit out of your that quality so they are paying a bit attention towards you. But that doesn't mean that they cannot live without you. They will forget you as soon as they find somebody else better than you

### Editorial

in the same field. That time you will realise that you cannot live without them. Just because when they paid attention, U unknowingly developed the habit of somebody but-tering you all the time, for or without reason.

Now, when people don't pay attention, you feel unhappy, ignored and angry. Then you start blaming others for no reason. Sometimes you put serious allegations also on others and you bring reasons also from nowhere to justify yourself. This all is done to make self important again.

This all together creates a chaos or confusion in ur mind. This is one instance of ur life. Like this, many instances we face in our lives. Every instance sometimes render peace and sometimes pain. From birth till old age many instances confront us. The result is sometimes pain and sorrow with blaming others and sometimes peace and joy with praising others. This all whether good or bad is responsible to create a state of mind in you. Mind means mental body, all the time full of thoughts or emotions, regarding those all, small or big instances you had been facing all through ur life. Not only facing but also storing them in your unconscious mind.

These thoughts n emotions provoke you to act in a specific manner. You act accordingly. These are your Karmas, a storage of which you have made unknowingly or unawarely. In old age after 60 years when you come in contact with some enlightened person, you hear or read some very literate or spiritual person then you are suddenly told that to walk on the spiritual path or to get developed spiritually you have to calm all chattering of your mind. Be peaceful and loving to all creation of Almighty God. Then in order to lead a peaceful spiritual life, you have to leave all that you have been collecting in ur mind all through ur life. All seemed true but all were a false illusion.

Now, in the beginning, you said that people can't live without me but now you have to be strong enough to live without them. They can live or not without you, is their problem but you surely have to learn to live without them. Its not only for your betterment but also an only way take you to salvation for which we are born on the Earth in the form of human being. Remember well that no other form of life or no other being has this facility to avail.

-Sulekha Shrivastava

### Actress Actress Nikita Ghag conferred the prestigious Dadasaheb Phalke Award



Whether you want to save the tigers in India, elephants in Africa, sharks in California, whales in Japan or the dogs and cats in your own streets, Nikita Ghag of DAWA is one woman who will stand up for them. An actress by profession, Nikita Ghag is an outspoken advocate for animal rights and has been spreading the word on how it is possible to be fashion-forward without harming animals.

Ghag believes in cruelty-free living and spreads awareness on the same. For her activism and her advocacy of adopting pets besides rescuing and rehabilitating them with her "Kill The Fear – Let Animals Near" initiative to sensitize school children to animal adoptions,

Ghag has been awarded the prestigious Dadasaheb Phalke Award.

"Animal safety directly affects human health and welfare. The pandemic is the time we need to relive to understand how animals feel when they are locked up in zoos or tied up in chains. Rescuing and adopting pets brings into our lives some extra-special moments as you and the rescue have both found each other," she reasons.

A vocal proponent for animal rights, Ghag has appealed to politicians to pass legislations to improve the conditions of millions of animals.

"I don't eat meat because it is unhealthy. I also don't eat meat because what is on your plate is the product of a violent and inhumane industry."

Ghag believes that her work has just begun. "We are still a long way away from building a harmonious relationship between humanity and the animal world. We humans should understand that our future totally rests on protecting biodiversity, conservation of forests and oceans, raising awareness of climate change - in respecting Earth. It is time we shift our sense to see where the world is actually going," she reasons.

What is the need of the hour? Social punishments are small compared to the wounds we inflict on our soul, when we look the other way," Ghag quotes Martin Luther King. "Treat animals as living beings. That is what they are. If we cannot adopt or rescue, it is at least stop the cruelty in our own small way. That is a step towards saving the Earth for our own children."

## Farmers Interaction Meet Cum Training Programme

**Udaipur (Dr Munesh Arora):** he Farmers Interaction Meet Cum Training Programmeon the balanced use of Zinc for higher crop production and incomes was organized on 08.03.2022 at Directorate of Research, MPUAT. Dr. S. K. Sharma, Director Research, MPUAT, Dr. Soumitra Das, Director, South Asia-ZNI, International Zinc Association, New Delhi, Dr. Rehka Vyas, Zonal Director Research, Agricultural Research Station, Udaipur and Dr. Arvind Verma, Associate Director Research, MPUAT attended the inaugural session and participated by 30 farmers of Madar village, Udaipur. The program was followed by lighting of lamp in front of Goddess Saraswati followed by the MPUAT Kulgeet.

Dr. S. K. Sharma, Director Research, MPUAT said that zinc plays an important role in plant physiology as well as in human nutrition and zinc deficiency has been recorded in 36.5 percent soils at the national level and 50 percent in the Rajasthan state. He emphasized on the application of zinc to overcome the zinc deficiency in crops for better returns. He emphasized on educating farmers and mass awareness programmes in tribal farmers and also suggested to make Mobile Apps to educate farmers and enhance the awareness. He emphasized and urged the farmers to get soil health card and according to soil zinc availability the zinc should be applied for higher income. He suggested starting the award for Best Zinc Man

Fellow and Zinc Women Fellow to the farmers who actively educate other farmers on the role and application of zinc in crops,



animal and human health. Dr. Soumitra Das, Director, South Asia, International Zinc Association, New Delhi,

explained the importance of zinc in plant nutrition and also informed that about 37 percent of the soils of the nation are

deficient by the deficiency of multiple micronutrients. He correlated the zinc deficiency in the human to the zinc deficiency from soil. He also discussed that 2 billion populations around the world is affected by zinc deficiency and due to this the common diseases like diarrhea pneumonia are seen in children's in African and Asian countries. He said that zinc has significant contribution in increasing the crop productivity. He also visited the farmer's field of Front Line Demonstrations (FLDs) at University adopted village at Madar, Udaipur.

Dr. Rehka Vyas, Zonal Director Research, Agricultural

Research Station, Udaipur emphasized on the use of micronutrients i.e. Zn at the right time, right place, right quantity and in the right way.

Dr. Arvind Verma, Associate Director Research, MPUAT explained the importance of zinc in the food chain and also said that Krishi Vigyan Kendra can play an important role for zinc demonstration and dissemination of the zinc based technologies.

Dr. Devendra Jain, Assistant Professor welcomed the participants and briefed about purpose of meeting.

The program was conducted by Dr. RH Meena, Associate professor and Co-PI and Dr. Gajanan Jati, Assistant professor and PI proposed the vote of thanks.

## Hindustan Zinc signs MoU to enhance cooperation in Telemedicine

**Udaipur :** Telemedicine is a boon, especially for people living in remote villages and those in need of specialist medical care. Understanding the importance of timeliness, which saves money and energy, Hindustan Zinc, India's only and the world's second-largest integrated zinc-lead-silver producer, has signed an MoU with Rabindra Nath Tagore (RNT) Medical College, Udaipur to offer expert doctors' suggestions and recommendations for patients who require second-level interventions. The initiative will be undertaken by Hindustan Zinc's Health initiative where 6 Mobile Health Vans are deployed in 6 locations in Rajasthan: Zabar, Debari, Dariba, Chanderiya, Agucha, Kayad. During the ceremony, Mr Arun Misra – CEO, Hindustan Zinc and Dr Lakhan Poswal – Principal, Rabindra Nath Tagore Medical College signed the MoU in the presence of Hindustan Zinc, RNT Medical College and Deepak Foundation officials.

On this occasion, Mr. Arun Misra said "At Hindustan Zinc, we've been committed to providing quality healthcare at the doorstep of our communities through our Mobile Health Vans. The MoU with Rabindranath Tagore Medical College will further this provision deeper within our rural and tribal communities with the addition of enhanced telemedicine facilities. The health and wellbeing of our people is integral for our holistic growth and the aspect of remote medical facilities like cardiology, ENT and gynecology will enable access to top-quality healthcare to the very last mile."

Hindustan Zinc has established MHVs through implementation partner Deepak Foundation with the goal of assisting its communities in curative and preventive health care. Rabindra Nath Tagore Medical College will deploy technology to provide on-the-ground doctors in the Mobile Health Vans with consultation from its specialist Doctors' team,

which will strengthen their doorstep delivery of health services in and around the operations.

"In collaboration with Hindustan Zinc, RNT Medical College will provide their expertise in Cardiology, ENT, gynaecology, dermatology and many other to the technician of Mobile Health Van working in the operational area of Hindustan Zinc, along with that we will ensure that our services and expertise will reach to the remote area of all the 5 districts and ensuring that 154 villages will be benefited with our services," informed Dr Lakhan Poswal. Hindustan Zinc has expanded various healthcare facilities, such as OPD, special health camps, and awareness sessions. A total of 8 Mobile Health Vans operates across 182 vil-



lages in Rajasthan and one in Uttarakhand. Aside from MHVs, health services are also provided by company-run hospitals and homoeopathic centres. Over the course of the year, more than 2 million patients have benefited from various health initiatives and programs conducted by Hindustan Zinc.

### Shantanu Bhamare honoured

**Mumbai:** Shantanu Bhamare got awarded in 'Shakti Ratna Puraskar-2022' at Mayor's Hall, Andheri (West), Mumbai on 11th March 2022. He got felicitated by Hands of Eram Faridi (Producer Eram Entertainment), Shri Vikas Mahante (Actor, Narendra Modi lookalike), Shri Sunil Pal (Comedian), Shri VIP Comedian) & Mrs. Aruna Nabh (Founder Life Hands Foundation). Shantanu Bhamare also promoted his recently released Genuine Super Duper Hit Romantic Hindi Song Album of this year 'Teri Aashiqui Mein' in this function. This romantic Hindi video album song which has already well received by the audience and in short period of time crossed 300K+ views and marching towards millions of views. He being a Software Professional, goes techy and distributed visiting card with quick response (QR) Code to all the attendees, by scanning this QR code attendees can watch and enjoy the album at their leisure time. Shantanu Bhamare was accompanied with gorgeous Dipali Singh, upcoming Super Model, she hails from Bihar. She was trying to get into aviation industry as a cabin crew, however she realized that she can become a Model and Actor. With help of Shantanu Bhamare she is trying to get Modeling assignments as well as Break in Bollywood Film Industry. For the same reason she accompanied Shantanu Bhamare so that she can meet people from the Bollywood Industry.

Prior to this award, Shantanu also received few awards recently which are Best Producer of Maharashtra Award, Legend Dadasaheb Phalke Award, Bollywood Legend Award, etc.

### Kandima Maldives is the perfect wellness and active lifestyle destination

**Udaipur:** Embark on a one-of-a-kind wellness journey at one of the region's most popular active lifestyle destinations – Kandima Maldives. Whether you are looking for a soulful detox, an active fitness routine, an award-winning spa experience, amazing water activities, or just a relaxing bicycle ride on a 3 km long island, the coolest active lifestyle resort in the Maldives has handpicked activities to suit your needs. You can enjoy all this and much more at Kandima Maldives with the new "Long Stay Offer". Book a stay for minimum 6 nights, and enjoy a vacation like no other with up to 50% off on all meal plans, and a range of complimentary daily activities like snorkeling, scheduled yoga and fitness programs, kids club activities, evening entertainment at Breeze

bar, and more. Honeymooners who stay for 7 nights or more, get added benefits like a 60-minute massage for 2, once during the stay.

Start your mornings with relaxing yoga and meditation on the beach by wellness professionals, with stunning views of the blue waters. Or book yourself a calming session of Aerial Yoga at Kandima's yoga studio. Choose from ten world-class options of restaurants and bars at Kandima Maldives, with a choice to experience healthy Mediterranean diner 'Azure' and the grill house 'Smoked' serving flavorful and freshly sourced seafood and meats, and a large menu of vegetarian options for all. Kandima also has a unique farm-to-table initiative that brings the freshest of green produce on your dinner table, while supporting local Maldivian communities and the environment. In the evenings, kayaking sessions or beach runs are inspiring ways to close the day. Set on its own island in the Dhaalu Atoll, the resort has crystal-blue waters and white sands for a unique private island experience to help you achieve a personal transformation of the mind, body and soul.

### Producer of Nirhua's film 'Fasal', Prem Rai praised Yogi Adityanath

The result of UP Vidhan Sabha Election 2022 is out. In such a situation, Prem Rai, the producer of Nirhua's film Fasal, has high hopes from Yogi Adityanath. He also praised Yogi Adityanath even before the result. Prem Rai said that under the Yogi government, there is a lot of co-operation in the shooting of the film in UP. The government there also gives subsidy to the makers, which is commendable.

Prem Rai has joined Shreyas Film Pvt. Ltd. Under the banner of Jubilee Star Dinesh Lal Yadav Nirhua and YouTube Queen Amrapali Dubey's film 'Fasal' has been shot in Lucknow, which is on the subject of farmers of the country. Prem Rai is going to bring two more big films soon, they are planning to shoot the film in UP. These include films like Vaastav, Hindutva, Jaaneman 2, Sanyasi. Prem Rai is making Hindutva starring the famous actor Ravi Kishan who is also a MP of Gorakhpur.

The story of Hindutva is also based on Yogi Adityanath. Prem Rai told us that apart from Ravi Kishan, there are two other big stars in the film. This film is going to be very special. Prem Rai said that Yogi Adityanath has given a lot to the film industry.

He said about the film Sanyasi that we are doing this film with Chintu, which is a very romantic film. Rajkumar R Pandey going direct the film for me.

He told that these are the upcoming films,

while FASAL will be releasing first. The director of the is Parag Patil. The story of the film has been written by Rakesh Tripathi. Music is by Om Jha and PRO of this film is Sanjay Bhushan Patiyala

### AirAsia India operates multiple rescue flights

**Mumbai:** In an endeavour to aid repatriation efforts and evacuate Indian citizens stranded as a result of the conflict in Ukraine, AirAsia India operated multiple flights from Budapest in Hungary and Suceava in Romania to Delhi, bringing 500 Indians back home, as a part of Operation Ganga, the Government of India initiative to bring back Indians stranded in Ukraine. Joining hands with the Ministry of External Affairs, AirAsia India operated its maiden rescue flight from Suceava, Romania to New Delhi on 4th March, piloted personally by Capt. Manish Uppal, Head - Operations, AirAsia India. Additional flights were operated by the airline from Budapest, Hungary to New Delhi on 5th and 6th March respectively. AirAsia India welcomed the guests on board their journeys home with hot Indian meals and beverages.

The airline additionally operated 16 domestic flights in collaboration with the Governments of Kerala and Odisha to facilitate the onward journeys home of over 2,500 Indians evacuated as part of Operation Ganga.

Speaking on the efforts, Sunil Bhaskaran, MD & CEO, AirAsia India shared, "We feel privileged to have extended our support to the Government of India's repatriation efforts as part of Operation Ganga, as well as enabling the homecoming of so many Indians, specially young students to their home states in collaboration with the Governments of Kerala and Odisha. Our pilots and crew feel a great sense in facilitating a safe journey home to fellow citizens, and ensuring the safety and comfort of our guests on board. We look forward to continuing to support humanitarian initiatives wherever we can contribute."

### Bihar's business icon Rupesh R Pandey received Golden Award in Mumbai

In the Golden Girl Award held at Rang Sharda Auditorium in Bandra, Mumbai, Maharashtra, Bihar's Business Youth Icon Rupesh R Pandey received the Golden Award in the hands of Bollywood singer Deepa Narayan Jha. All Bollywood stars were present on this occasion like Rekha Rao, Deepa Narayan Jha, Ahsan Qureshi, Bnitiwari, Supriya Shukla, Urvashi Solanki, Sanjay Bhushan Patiyala, Puneet Bhardwaj, Payas Pandit, Prince

Singh Rajput, Pushpa Verma, Anara Gupta, Laxmi, veterans like The artists swung!

Rupesh R Pandey has emerged as such a young business icon of Bihar, who is doing business of crores in India with his hard work and dedication in a very short time and is working day and night in the service of the poor! Yes friends, Rupesh Pandey Pandey had come to Mumbai to become a hero in Bollywood films, but due to his hard work, he registered a finance company Eastern Highlands Investments Limited (EHIL) and in a few years, EHIL company is doing business of crores. Is EHIL gives home loan, personal loan along with films, they dream that soon they will give free flats to all the poor, if the Government of India helps, then together this work can be possible soon! Work is going on on many projects in Maharashtra, Mumbai, they will be completed soon.

### Income Tax Department gave tips to salaried employees

**Udaipur:** Friday was in the name of relief given by the Income Tax Department for all the salaried officers and employees working in all government and private institutions of the district. All these officers-employees under the aegis of Income Tax Department gave complete information about income tax, income received by salaried employees and deductions, exemptions, and other provisions available under Income Tax rules in the RCA auditorium. They resolved their doubts related to income tax. Addressing the program, Chief Commissioner of Income Tax Irina Garg said that this workshop has been organized to inform that the salaried employees can file their returns by visiting the e-filing portal of Income Tax. He also called upon the participants to fill the income tax return error-free using the information being given in the workshop.

Additional Commissioner of Income Tax, Bhairam Choudhary, highlighted the objectives of organizing the seminar and said that the department is ready to solve all kinds of queries and problems of the income tax payers. During the workshop, he also gave practical training to the salaried taxpayers to file their income tax returns on the e-filing portal at their convenience. During the seminar, subject experts explained the process of online income tax return filing to the salaried taxpayers, TDS provisions, income earned from various sources like salary, interest, house rent, dividend, revenue from the sale, and purchase of shares. Gave information about adjusting the loss in any item of income in other budgeted income and carrying forward the loss to the next years etc.