

On International Women's Day, the book "Aaene Mein Hum" by Literary Writer Rachna God 'Bharti' was Launched

Kota: Super Women's, change-makers in society from Kota. They have overcome challenges to take on a leadership role. These women shared their journey on fostering leadership in sustainable development. These Super Women's Facilitated by Government Public Library Administration.

Under the Aegis of Azadi Ka Amrit Mahotsav (AKAM) series on the occasion - International Women's Day, the launch program of the book "Aaene Mein Hum" by literary writer Rachna God 'Bharti' was organized in the Dr. S.R. Ranganathan Convention Hall, Government Divisional Public Library, Kota. The program was presided over by Dr. Charu Kharoliwal Gynecologist, Chief Guest Dr.



Ekta Dhariwal Founder President Aksham Welfare Institute, Special Guest Rubina Kazi, Editor-in-Chief Kota Collage, Guest of Honor Shuchi Shah Fashion Designer and stage was conducted by

Seema Ghosh, educationist and social worker

In the welcome address, Dr. Deepak Kumar Shrivastava Divisional Librarian and Head GDP Library Kota welcomed everyone with a bouquet and

said that - "Aain Mein Hum" this is not just a book, but a series of events related to your life, making you aware of the truths of life. This is the part where every moment you will find yourself closer to this

book.

The author said in the virtual speech (from Dubai) that - There is an effort to make the new generation human values, sensibilities and interviews. The writer's companion Bharat Ratna God threw light on the personality and creativity of the writer and told that this work of Rachna ji is like churning the ocean.

On this occasion, Dr. Ekta Dhariwal said that - "Aain Mein Hum" book is like the ocean in Gagar, incomparable wealth and the basic basis for relaxing the mind. There is an age-old tradition of keeping women ahead in Indian society; Lord Shri Ram put the name of Sitaji in front of her to give equal to Sitaji. Dr. Dhariwal while speaking on International Women's Day (IWD) said that

- in today's era, women are not behind men in any field, so why this discrimination with them. Let us all together take a pledge on this Women's Day that from today we will all respect women and there will never be a hindrance in their progress. If every person in the world considers this, then women will never have to be deprived of their rights. With this, I give many congratulations to all of you on the occasion of Women's Day and give pause to my speech.

Dr. Charu Kharoliwal, who presided over the program, said that the book "Aain Mein Hum" is an option to solve the basic problems of life, which awakens the courage to take positive decisions in difficult situations.

Guest of Honor List Shah

said that education is of great importance in the upliftment of women and we have to make more efforts for the upliftment of women education.

Special guest Rubina Quazi editor in chief Kota Collage said - Rachna ji, this book tells that - Be hopeful, hope always showers happiness. Program coordinator Shashi Jain expressed gratitude to all the visiting guests. Books presented: Dr. Dhariwal presented books to the library on this occasion. The program was coordinated and managed by Ajay Saxena, Navneet Sharma and Swapnil.

On this occasion Kota Govt Public Library Administration salute our women, change-makers in society from Kota. They have overcome challenges to take

on a leadership role. These women shared their journey on fostering leadership in sustainable development. Introducing Dr. Ekta Dhariwal Founder President Aksham, Dr. Charu Kharoliwal, Renowned Gynecologist, MS Suchi Shah, Renowned Fashion Designer, Ms. Rubina Quazi, Journalist and Seema Ghosh, Educationist along with 21 Women's honored by Shakti Medal - Dr. Anupama Chaturvedi, Dr. Pritima Vyas, Dr. Manisha Mudgal, Dr. Priti Sharma, Dr. Shashi Jain, Jyoti Jha, Krishna Kumari 'Kamasin', Mamata Samariya, Asha Yadav, Alfiya, Khushaboo, Neha, Lovely Rathore, Arpita Singh, Rani Rathore, Chanchal, Savita Divyanshaa, Rabeena, Deepa and Kirti.

International Levi's Jeans launched Feature video on Dr. Kriti Bharti in their special campaign

Jodhpur: International Jeans Brand Levi's launched a special feature video on the inspiring story of Dr. Kriti Bharti, Managing Trustee and Rehabilitation Psychologist, Saarthi Trust, Jodhpur in their special campaign I Shape My World Campaign Season-7 on International Women's Day. Dr. Kriti Bharti is the only social activist from across the country that has been included in the campaign.

Levi's Jeans, one of the world's largest jeans brand has launched the seventh season of I Shape My World on International Women's Day. Four women personalities from different fields were included in this campaign in which the

brave inspirational story of Dr. Kriti Bharti, Rehabilitation Psychologist and Managing Trustee of Saarthi Trust was

featured in the video edition. In the first phase, teaser will be launched and the feature story will be launched later. The fea-

ture story video highlights the lives of four inspirational women including Dr. Kriti, who inspired them to take courage

in their own lives. In the next phase, Dr. Kriti's bold campaign and actions of child marriage annulment and prevention will also be broadcast on digital platform for the next one year.

Personalities included in the campaign - Dr. Kriti Bharti has been included in the Social Activist category in Season 7 of Levi's I Shape My World campaign. In addition, the video featured international sprinter runner and first IAAF gold medalist Hima Das, actress and first World Cup female commentator Mandira Bedi, YouTuber Tanya Appachu.

Bold initiative to annul child marriage - It is noteworthy that Dr. Kriti Bharti had

taken a unique bold initiative by getting the country's first child marriage annulled. She was included in the BBC's list of 100 Inspirational Women and the World Top Ten Activists list by the international TAFD magazine. So far, 43 child marriages have been annulled and more than 1500 child marriages have been stopped which was included in many records. Last year, international chocolate brand Hershey launched a special chocolate edition with a photo cover of Kriti Bharti on Women's Day. Kriti's campaign was also featured in Colors Balika Vadhu. She has been awarded with many national and international honors.



Hindustan Zinc launches passenger EVs for employees to reduce carbon footprint

Udaipur: Making their way to replace diesel & fossil-fuel based vehicles at Hindustan Zinc's mining locations will be state-of-the-art zero emission electric vehicles. Hindustan Zinc, India's only and among world's leading integrated zinc-lead-silver producer, is jumping onto the EV revolution, steadily shifting to electric vehicles for both underground operations and surface mobility for employees. The company recently added to its fleet of electric vehicles, including electric scooters for security staff, passenger EVs at locations, and underground service EV for mines. All these vehicles are in addition to the MoUs that Hindustan Zinc has already signed to introduce BEVs in underground mining operations.

"Our decarbonization journey is not only substituting underground frontline vehicles with electric alternatives but also making this shift in service vehicles, LMVs, and passenger vehicles across our locations. Our aim is that in the next five years' time all machines due replacement are only replaced with battery operated vehicles to realise our vision of zero emission and carbon free mining," said Mr. Arun Misra, CEO - Hindustan Zinc.

In a pioneering move to decarbonise Indian Mining, Hindustan Zinc signed a Memorandum of Understanding (MoU) last year with Normet Group Oy and Epiroc Rock Drills AB to introduce battery electric vehicles across its underground mines in Rajasthan.



At Hindustan Zinc, sustainability is an intrinsic aspect of the company's operations and all business decisions. The company is on an ambitious sustainability journey, led by its Sustainability Goals 2025 and driven by the vision of 'ZERO HARM, ZERO WASTE, ZERO DISCHARGE.' In this ESG journey, HZL has planned to invest \$1bn to go green in the next five years while continuously leading decarbonisation practices. Hindustan Zinc's commitment to ESG and sustainable reporting practices have also earned them 5th rank globally in the Dow Jones Sustainability Index 2021 among Metal and Mining companies.

- Dr. Munesh Arora

US Charge D'Affairs to India, Patricia A Lacina, inspected the manufacturing process of Jaipur Foot

Jaipur: US Charge D'Affairs to India, Patricia A Lacina, inspected the manufacturing process of the world-famous artificial limb Jaipur Foot during a visit to the Bhagwan Mahaveer Viklang Sahayata Samiti (BMVSS) here on Friday.

Secretary of the Jaipur Foot USA, Maneesh Dhadda.

Dr. Mehta in his presentation to Ambassador Lacina and her team mentioned that BMVSS, since its inception has rehabilitated over two million Persons of disabilities (PWDs) and all



Ambassador Lacina along with the officials of the US mission in India is on a visit to Jaipur and the delegation visited BMVSS, which is the world's biggest organisation for the rehabilitation of persons with disabilities.

Ambassador Lacina and her team saw the entire process of Jaipur Foot making and also the fitments of Jaipur foot and callipers. She met several amputees who had come for their limb fitments and handed over artificial limbs to the amputees.

Ambassador Lacina was received by the founder and the chief patron of the BMVSS Dr. R. Mehta, Executive President, S. S. Bhandari, the international affairs director, Satish Mehta, who is also India's former ambassador to Kuwait, the two secretaries of the BMVSS Bhupendra Mehta and Dr. Deependra Mehta, Chief Executive Officers S. S. Bissa and R. K. Agarwal, treasurer of BMVSS Vimal Chopra and technical Consultant Dr. Pooja Mukul.

She was also welcomed by the Jaipur Foot USA Chairman Prem Bhandari and Honorary

its services are given free of cost to the beneficiaries. Dr. R. Mehta said there are 26 BMVSS centres in India and BMVSS's reach is global and it has seven collaborative centres in Afghanistan, Mauritius, Nepal, Pakistan, the Philippines and Tanzania. Besides, BMVSS has held 91 on-the-spot Jaipur Foot artificial limb fitment camps in 39 countries across the globe benefitting over 37,000 amputees.

Dr. Mehta emphasised the fact that BMVSS wanted to give the best possible products and devices to the amputees and hence has collaborated with world-renowned technology institutions from the United States such as Stanford University, Massachusetts Institute of Technology (MIT) and Santa Clara University and also IITs in India.

The Jaipur Stanford knee joint developed by Stanford University in collaboration with BMVSS was hailed by Time magazine, as one of the 50 best innovations of the world in 2009. The globally acclaimed Harvard Business School has done a case study on BMVSS.

Saying No to free advice is my freedom

For the past 10 to 15 years people are going crazy about losing weight. Even I had tried many diet plans, from keto to vegan and what not. I lost weight 8 times in my whole life and gained again. Nothing worked permanently. It became a mission to lose weight. Social media is flooded with diet plans.

Wherever you go you find people suggesting that avoid such food or have this particular ingredient to improve your metabolism rate. The funny part is when someone asks about your well-being and you try to tell him/her that I am suffering from this particular health issue and the moment you open your mouth, thousands of free advice pours in.

You feel like a fool who has never heard about carom seeds, cloves, fenel or turmeric. It seems that all these ingredients have come from an alien world or maybe you were living outside this planet. People do not want to know your part of the story.

They are ready to help you most unpleasantly. It feels like being obese or fat is a big crime. The first volley comes to you when you are asked to reduce weight to look good. The second one is when you are asked to do yoga or cardio exercise.

Please don't think that I am against these well-wishers but



giving instant results. I have a good personality and I know how to carry any particular dress or style. I have a good heart that is always ready to help others. Can't you see the best side of me?

I have never passed on any ugly comment on anybody in my entire life. Whatever way God has made you or you might be having any kind of issue, that is okay with me.

I have never given free advice to embarrass anybody. Some people are born dark, some people are extra skinny, some may have weight issues but I see them as human beings. It is good to be a fitness freak but maybe the other person loves to enjoy life in his way.

Health is a big issue and no one claims to be perfectly fit. I have seen many girls with poor dressing sense but they comically flaunt their bodies in public just because they are skinny.

Please treat another human being as a different person and do not try to impose your thoughts on him/her. It's good to show your concern in a certain manner but before giving advice please rethink the repercussions.

- Ritu Sodhi