

Business & Entertainment

Knowledge and karma

Knowledge and karma both are important in one's life. But do you know that knowledge of something is essential, valuable, and beneficial only when applied to some karma accordingly? People are divided into three categories.

In the first category, illiterate and ignorant people spend their life for eating, sleeping, and reproducing only. They are very well satisfied with that only. However, their life is no better than animals. An animal's body is designed by nature for that purpose only. Apart from that human body has many hidden possibilities.

Literate and wise people want to do something more than these activities in the second category. They have some knowledge of human life and death. Their inner consciousness is awakened. Their quality of karma is higher. They use their expertise and perform good Karmas. They are laborious, honest, and are of helping attitude. Their grades provide them more elevated status in society.

But can you imagine that there is a third category also? People in this category gather knowledge but do not use it on

time. They do not use it for health purposes because their intentions are melted. They are lazy themselves and jealous of others. They are proven harmful elements to society.

So try to categorize yourself in the second category of literate and wise people.

-Sulekha shrivastava

Editorial

Availability of water at every moment should be Smart Initiative- Riju Jhunjunwala

Bhilwara (Pawan Garg): Bhilwara is emerging as the biggest problem of drinking in the whole world. Availability of clean and healthy drinking water is generally a challenge for everyone, maintaining the availability and quality of water in urban and rural areas. Says Riju Jhunjunwala, president of Jawahar Foundation, a leading organization in social service, keeping an eye on its objective of clean drinking water, working towards water conservation and promotion, under the Swabhimana Jal Program, the hospital of Banera area in Shahpura of Bhilwara district.

A state-of-the-art intelligent card-powered water ATM has been installed at Road Nazarbagh, which can dispense 10000 liters of water per day.

In this water ATM, a rural visiting person will have to use a thoughtful card to get clean water. It can be put in the smart card on the metro lines, and 20 liters of water will be provided to one person at a time at a minimum rate.



Camper will also be arranged for rural areas soon by Jawahar Foundation. Under the water distribution system, door-to-door delivery of water at subsidized rates will also be done from here.

The program was inaugurated on Saturday at 10:00 am by Rajadhiraj Gopal Charan Sisodia of Banera area, Congress District President Rampal Sharma, Shahpura Municipality Chairman Raghunandan Soni, Mrs. Munna Kavar, Mr. Akshay Derasree, Mr. Laxmi Lal Soni, East Block of Congress. President Balmukund Toshniwal, Former Municipal President Smt. Kiran Toshniwal, Block President Dilip Gurjar Assembly candidate Raj Kumar Bairwa, freedom fighter Vishal Singh Barath from Barahat brothers family, Sarpanch of Sandeep Jeenagar Banera village, and dignitaries and villagers will be present. Indu Mehta, Treasurer of Jawahar Foundation, in-charge Rajneesh Verma, PRO of Water Program Narendra Mudgal, and KP Ranjan from Toyam Sansthan, were present.

On this occasion, journalist Rajesh Jeenagar presented a grant of ₹ 25000 as financial assistance at the request of the District Journalists Association and Press Club on the recommendation of Foundation President Riju Jhunjunwala for the treatment of the severe injury.

Payal Rohatgi christened Lioness of OTT

The Tigress of Lock Up, in front of whose roar all the prisoners used to sweat, in front of whose vicious game, the conspiracies of the worst used to fail, Payal Rohatgi has truly emerged the real winner of Lock Up.



Yes, after the show, everyone's eyes are on actress Payal Rohatgi, what is she doing different now? Let us tell you, that a lot is happening in Payal's life after Lock-up. Recently Payal Rohatgi was honored with the Cinema Aaj Tak Award as the Tigress of OTT. Post the show, actress Kangana Ranaut and producer Ekta Kapoor's favorite Payal Rohatgi are still getting the love of the people.

Payal is extremely happy to receive so much love and respect and says, "I played Lock Up with all sincerity and integrity. The Lock Up experiences opened my eyes. It is said that every experience takes you forward. I have learned a lot from this show. Some life lessons, I will always remember and carry forward in my journey. I strongly believe in Yoga. It has helped Gay steady through the worst. I have tried my best to keep the faith that my mother and Sangram had in me. I am very happy at this time, I am with my family. And there is so much more to do in life. The best is yet to come," she avers.

RCA President Vaibhav Gehlot inaugurated a tribal residential training camp

Udaipur: On Monday, Rajasthan Cricket Association President Vaibhav Gehlot inaugurated the Central Tribal Training Camp at Gandhi Ground in Udaipur. This event is organized under the joint aegis of the Sports Department, Rajasthan State Sports Council, Jaipur, and Regional Sports Training Center Udaipur.

Shri Gehlot said that the government is committed to the overall development of tribal talents. The government is making practical efforts to nurture these talents by providing training by skilled trainers at the government level and providing them with a suitable platform. By providing state-of-the-art sports facilities and training with better dimensions of education, tribal skills are being encouraged from time to time while carving them.

Gehlot said that the person involved in sports activities from the very beginning has many benefits in life, and it awakens the will to fight the problems. He said that a person associated with sports since student life would also get a lot of help in fighting the ups and downs of life. They are noted that the players of

tribal areas will get to learn a lot in this 21-day training camp which will run till June 13. For three and a half years, the state government has been making a lot of efforts to encourage the players, and in all three budgets, the government has made many announcements openly for the players. A total of 9 sports were included for training in this camp.

During the program, Gehlot introduced the players to the basketball court and started the training camp duly by scoring goals in the basket. Earlier, he also cut the ribbon of the basketball court.

Shri Gehlot said that along with encouraging sports as per the state government's intention, the team here is working with complete dedication and hard work to take the participants to the national and international levels. In recent days, due to the efforts of the district administration, many significant sports events have been completed in Udaipur; for this, the entire team deserves congratulations.

Udaipur Rural MLA Phool Singh Meena told the forum that there are many sports talent in the tribal area. The play-



ers of a tribal area can go up to national and international levels. He also gave suggestions to solve the economic problems being raised by the players of the tribal region.

Vice President Satyaveer Choudhary said that the State Government is trying to give a platform to the sportsperson talents of rural areas through Rural Olympic Games.

Lakhs of players will join it, and this will be a significant achievement of the state government. Chief Minister Shri Ashok Gehlot is trying to make Rajasthan number one in sports and is constantly encouraging sportspersons.

District Collector Tarachand Meena said that according to

the state government's intention, efforts are being made to encourage talent to play sports in tribal areas. The Collector informed that tribal hostels and sports stadiums are being approved at Rs 4.5 crore per block in 7 blocks without tribal hostels in the district. Gandhi Ground will be renovated at Rs 2 crore, while he also informed about the preparation of sports stadiums in 101-gram panchayats and said that new works worth Rs 25 crore would be sanctioned in the coming days to promote sports. He also informed about preparing student sports in Jhadol and archery academy for girl students in Kotara. In the beginning, Chief Guest Vaibhav

Gehlot and other guests interacted with the participants from all over the division who came to participate in the training camp. With the introduction, Shri Gehlot inspired all the participants to perform better in their respective sports with sportsmanship.

During the function, the brand ambassador of Save the Girl Child, Dr. Divyani Katara, thanked Chief Minister Shri Ashok Gehlot for the public welfare budget and expressed his gratitude to all the public representatives and officials for their cooperation in encouraging the activities related to the development of sports. Appreciating this event, he described it as an excellent initiative to advance boys and girls of tribal areas in sports.

She said that the District Collector had taken many new steps to develop the tribal place Kotda, which has started showing positive results. On this occasion, RCA Secretary Mahendra Sharma, Treasurer PK Nimawat, social worker Lal Singh Jhala and Gopal Krishna Sharma, Vivek Katara Virendra Vaishnav, Vinod Jain, and other local public representatives, Rajasthan State

Sports Council Jaipur and representatives of Regional Sports Training Center, various sports coaches, various departments. Officers and Divisional were present.

District Sports Officer Shakeel Hussain presented the competition report. Development Officer Dhanpat Singh conducted the program effectively.

...and scored the goal: At the end of the function, chief guest Vaibhav Gehlot duly inaugurated the sports camp by cutting the ribbon of the basketball court. During this, he got introduced to the basketball players, and as soon as he took the ball in his hand and threw it towards the basket as a part of the opening ceremony, the ball fell straight into the basket without touching the ring and scored the goal. Everyone applauded their sportsmanship of Gehlot by clapping.

Folk artists welcomed: In the ceremony, artists of Lok Kala Mandal enthralled everyone through the performance of Kutchi Ghodi dance and tribal artists of the region through the presentation of hymns.

ViStrengthens 'Vi Hero Unlimited' Proposition with 'Data Delight'

Udaipur: To ensure a worry free data experience for its prepaid users, Vi, leading telecom service provider, has launched 'Vi Hero Unlimited Card Campaign' with yet another unique proposition, 'Data Delight'. With this, Vi users can unlock up to 2GB of extra data every month, over & above their daily quota, at no extra cost. Truly providing an unlimited data experience, Vi Hero Unlimited portfolio also includes other unique benefits such as Unlimited High Speed Data

from 12am - 6am and Weekend Data Rollover. In addition, to further strengthen its hero unlimited portfolio, Vi has introduced more recharge packs under the portfolio.

Vi Hero Unlimited packs are structured to provide a one-stop solution to the common concern of data quota exhaustion faced by prepaid users. It's differentiated offerings aim to provide more value to Vi's Unlimited plan users. In today's digital world where availabili-

ty of mobile internet has become a crucial factor, Vi Hero Unlimited brings a dose of oxygen when needed the most.

To promote the proposition, Vi has launched a high decibel ATL campaign themed - 'Sirnaamkanahinkaaamka unlimited'. Featuring popular actor Vinay Pathak, the Vi campaign is planned for 8 weeks and to promote this unique 'Hero Unlimited' proposition, multiple media platforms like TV, Digital and OOH along with large on ground acti-

vation programs will be actioned.

Users can avail these benefits of Vi Hero Unlimited:

- Unlimited Data from 12am - 6am: Prepaid customers can access unlimited high speed night time data without any restrictions, at no extra cost from 12:00 am to 6:00 am.

- Weekend Data Rollover: This lets the users accumulate unutilized daily data during the weekdays and use it over the weekend at no extra cost.

• Data Delight: This helps users unlock upto 2GB extra data/month, over and above their daily data quota at no extra cost. Users can unlock Data Delight by dialling 121249 from their mobile number or via Vi app

Vi Hero Unlimited packs start with recharges of Rs. 299 and above daily data quota packs. Vi has also added new recharge packs with higher daily data quota at Rs. 359, Rs. 409 and Rs. 475 under Hero Unlimited portfolio.



Virtual Talk on Scientific basis of Shrii P.R. Sarkar's Yaogic Cikitsa- With special reference to Heart disease and Hypertension

Udaipur: Society for Microvita Research and Integrated Medicine (SMRIM), Udaipur organized "A Virtual Talk on Scientific basis of Shrii P.R. Sarkar's Yaogic Cikitsa- With special reference to Heart disease and Hypertension" on Sunday, 22nd May, 2022. Program was started with Prabhat Samgiita no. 5008, 'We love that Great Entity from the Core of our Heart'. In the beginning, Secretary, SMRIM, Dr. Vartika Jain welcomed all the participants and introduced the theme of the talk. She told that Yaogic Cikitsa is one of the most valuable contributions of Shrii P. R. Sarkar besides others such as Neohumanism, Prout, Prabhat Samgiita. Dr. Urvansh Mehta conducted the entire session on the Zoom platform and introduced the various achievements of the Keynote speaker Dr. S. K. Verma, who is currently working as Professor Emeritus and Director, Dept. of Medicine, Pacific Medical College and Hospitals, Udaipur.

Dr. S. K. Verma addressed the theme of the talk in detail through his PPT presentation. He told that Shrii P. R. Sarkar's "Yaogika Cikitsa or Dravya Guna" is an exemplary compendium for the treatment of common diseases for the spiritual aspirants. It is a simple, harmless, easily available and

affordable remedy, with its rigid discipline of system, step wise application and above all the innermost theme of "Sarve Santu Nira mayah" meaning let everybody be free from diseases. It is a right combination of science with spirituality, a matter with intuition, an electron with ectoplasm and a practical application of the microvita concept. He discussed that the science of Yoga is

based on Na'di system (Ida, Pingla, Sushumana), the endocrine glands and subglands (Cakras) and the vital forces (Va'yus) etc. In this system, the concept of disease generation is suggested to begin in the mind through the disturbances of hormonal secretions from many glands and subglands and that pose it's burnt on the heart. Therefore, he has given a concept of 'Brain overrides the heart' and that is what now-a-days scientists are putting it under a new medical specialty- "Neuro-cardiology". Shrii Sarkar has also recommended some dietary alterations which include some additions and some deletions in diet.

For treatment of Hypertension, Shrii Sarkar has recommended Small cardamom and

Bhumikushmunda powder and for heart disease Greater cardamom and Bhumikushmunda tuber. Dr Verma displayed the results of scientific studies carried out on these three plants. He told that both Small Cardamom (Elettaria cardamomum) and Bhumikushmunda (Ipomoea digitata) have significantly reduced blood pressure at the end of 12 weeks of admin-

Lidation results	
Blood pressure, Fibrinolysis, s (LBB, 2009)	
ic activity, Total Antioxidant	
Blood pressure, Fibrinolysis, s (JTK, 2011)	
Blood Lipids, Fibrinolysis, s (APJTD, 2012)	

istration in patients with stage 1 hypertension along with increase in fibrinolytic activity and total antioxidant status. Overall both favorably modify the risk factors associated with cardiovascular disorders. Greater cardamom (Amomum subulatum) has also shown significant reduction in swimming stress induced by adrenaline demonstrating adaptogenic effect. Among the dietary recommendations, Dr Verma has shown results of scientific evaluation of in vitro thrombolytic activities of Punarnava and Beto sag further suggesting their inclusion in diets of patients with heart disease can be very useful through inducing clot lysis in vessels. Dr Verma told that it is not an exaggeration to say that Shrii Sarkar has the vision of science, the heart of human welfare with pocket suitable to all and discipline of Tantra and Vaidyaka Shastra, the beneficiaries of naturopathy, the effective herbs of Ayurveda and the firm footed cause of disease- "The brain of the brain"- the endocrine system. More than 50 participants attended the program held on Zoom platform with live streaming on YouTube from all over the country. Queries of all the participants were also resolved by Dr. Verma in the question and answer session. Program was smoothly conducted with active support of Rajesh Sharma and Bhavika Kunwar. In the end, Dr. Urvansh proposed a vote of thanks to Dr. Verma, all the participants, and the entire organizing team.

HDFC Bank to open over 1,060 branches in semi-urban and rural areas this FY

Udaipur: HDFC bank announced it has carved out Rural Banking function to penetrate deeper into Bharat. Tasked to take banking products further in the hinterland, Rural Banking will consolidate the bank's existing

initiatives in this direction, and take it closer to the last mile. Carved out of Retail Branch Banking as part of the bank's 'Future - Ready' project, the Rural Banking business to focus on semi urban and rural areas, a large part of which remains untapped. To expand its distribution in the rural areas, the Bank to open over 1,064 branches in semi-urban and rural areas in this financial year.

Mr Anil Bhavnani, who has been with the bank for over 19 years, has been appointed National Rural Banking Head. The Bank has at present 50 per cent of its 6,342 branches in semi urban and rural areas, and remaining 50% in metro and urban areas.

Udaipur team's strong performance in state kickboxing

Udaipur: In the three-day third state level kickboxing competition held at Indoor Hall, Raja Park, Jaipur, the Udaipur team performed strongly and captured 38 medals, including 21 gold. District Secretary Pankaj Choudhary informed that 22 players of the Udaipur team participated in the competition and won 21 gold, seven silver, and ten bronze medals and captured the trophy of second runner up.

District Association President Dr. Hirendra Katara informed that more than 350 participants from 16 districts in Rajasthan participated in this competition.

The medal winners include Gaurik Khandelwal (Gold), Heet Verma (Gold), Devendra Verma (Bronze), Divyank Menaria (Silver), Nayanadeep Rathod (Gold, Gold), Nivan Pal (Bronze, Bronze), Kanishk Singh Ahari (Gold), Silver, Dishan Khandelwal (Gold, Gold), Manan Khandelwal (Bronze), Sudhir Purbia (Bronze, Bronze), Gagan Agarwal (Gold, Bronze), Abhishek Damor (Gold, Gold), Yash Bansal (Bronze), Bhavesh Chaudhary (Gold, Gold), Aadya Ajay (Silver, Bronze), Netra Shrimali (Silver, Silver), Himani Shah (Gold, Bronze), Disha Menaria (Gold, Gold), Charvi Agarwal (Gold, Gold), Harshi Jain (Gold, Gold), Poorva Shrimali (Gold, Gold), Komal Suthar (Silver).

Relief from paralysis caused by a three-year-old spinal tumor

Udaipur: The woman, who had been suffering from back pain for three years, was found to lump her spine. She was operated on in the spine and neuro department of GBH General Hospital and was given relief from pain while saving him from paralysis.

445-year-old woman resident of Banswara has been suffering from back pain for three years. For the last six months, the woman start-

ed having trouble walking. Deteriorating the situation, the woman's legs had stopped working entirely for the previous twenty days.

Due to increasing numbness, even excretion could not be detected. In this situation, the woman's family members were brought here to Dr. Sumit Dave, Spine and Neuro Surgeon at GBH General Hospital, Bedwas. Here in the MRI, it was found that the woman was paralyzed due to a lump in her spine. It is medically called meningioma (dorsal spinal tumor)

A meningioma is a tumor that arises from the meninges — the membranes that surround the brain and spinal cord. Although not technically a brain tumor, it is included in this category because it may compress or squeeze the adjacent brain, nerves, and vessels.

While performing this complex operation, the pressure of the spinal cord was removed by removing the tumor. After the procedure, the woman's numbness disappeared, and she could walk as before. In this complex operation, Dr. Sumit Dave was supported by Deepak, Omprakash, and Brajmohan.

Irreducible hernia - successful operation of a woman weighing 135 kg

Udaipur: She got rid of this problem by successfully operating on a woman weighing 135 kg suffering from an irreducible hernia at Pacific Medical College and Hospital. Minimal invasive surgeons Dr. Vishwas Johri, Dr. Shilpa, Dr. Nishigandha, Dr. Arpit Oberoi, Dr. Saurav Dey, Vishnu Vyas, and Suresh had the support. 53-year-old Laxmi, a resident of Dungarpur, has been suffering from an irreducible hernia for the last 23 years. The family told the woman to the Minimal Invasive Surgeon Dr. Vishwas Johri in PMCH, and then its treatment was possible only through the operation.

Due to the patient's overweight, it was very challenging to perform the surgery. Still, it was likely due to the high-level team of doctors and world-class technical facilities at Pacific Hospital. Dr. Vishwas Johri said that when any part of the body comes out of its containing capacity, i.e., its shell or membrane, it is called a hernia. This is usually due to the weakness of the muscles in any part of the body and the constant pressure there. The patient has severe pain, difficulty in walking, and vomiting may also occur.

The patient had the problem of an irreducible hernia; in this type of hernia, the organ does not move in after coming out of the cavity. The patient was treated for this disease by performing a surgery called Laparoscopic IPOM Plus.