



Adopting Good Habits: Key to Shining Life

Udaipur: Thousands of individuals have solemnly vowed to incorporate greetings, thankfulness, and prayers into their daily lives. Nation-saint Shri Chandrabab Ji Maharaj emphasizes that cultivating good habits is the key to a bright future. Bad habits lead us towards downfall, while good habits earn us respect in the hearts of others and enrich our lives. Our upbringing by parents and schools doesn't spoil us, but the company we keep can influence us negatively. One bad habit can ruin our personality and

career like a dirty fish pollutes the whole pond. Therefore, timely changes in our habits are essential; otherwise, these bad habits will eventually dictate our lives. In a discourse on 'These 7-morning habits will change life,' part of a 54-day series of discourses at the Town Hall ground in Udaipur, Sant Shri Chandrabab shares profound wisdom. He emphasizes that while good thinking propels us forward, good habits guide us to our destination. To improve our fortune, we must work on improving our habits.

Our thoughts, speech, behaviour, actions, and habits collectively define our character. Bad habits lead us to despair, while good habits elevate us to great heights. Bad habits are like solar eclipses that darken our happy family, whereas good habits are like sunrises that bring golden luck into our lives. According to the nation-saint, good habits brighten our careers, enhance our personalities, lead us to success, gain respect, and enhance our talents. They also bring us peace and relaxation. The



power to dispel darkness doesn't lie in sticks, swords, guns, or cannons; a single lamp's light can drive away darkness. Similarly, adopting positive

habits within ourselves automatically diminishes negative habits. Santashree recommends practising any good habit con-

tinuously for 21 days to make it a part of our lives. Emphasizing the importance of greetings, he encourages greeting others as it brings humans closer and fosters goodness.

Treating domestic workers with respect while providing them with their dues leaves a lasting impact. Greetings exhibit humility, discipline, love, nobility, sweetness, and values. Good habits are not found in any mall but are nurtured in a good family environment. The Indian cultural practice of saying "good morning" to each

other upon waking is meaningful. "Su" means beautiful, "Pra" means happy, "Bha" means fortunate, "Ta" means stress-free, and "Ma" means an auspicious life. Greeting our parents and teachers is akin to honouring God in other forms. Saint Pravar emphasizes the significance of gratitude and thanksgiving. Expressing gratitude to those who help us is a priceless gift.

Thanking loved ones and strangers after their service removes any complaints or grievances they may harbour. Sant Shri Chandrabab urges

the adoption of fitness as a habit, asserting that a healthy body leads to success, prosperity, and peace. In Indian culture, a healthy body is considered one of the seven pleasures, signifying heaven wherever one may be.

The ceremony's inauguration was done by Dinesh Khodania, President of Bharatvarshiya Dashahumad Digambar Jain Samaj, and Mahavir Singh Chaudhary, Director of Jito Apex, through the lighting of the lamp. Hansraj Chowdhary efficiently conducted the function

Salumber Model to be Implemented in State Government Libraries

Udaipur: The Salumber Model will now be implemented in all state government libraries across the state. As per the Salumber Model, even on holidays, the library will be operated through committees of students. In this regard, Dr Poonam Gupta, the Special Officer of the Language and Library Department, has issued directives to all state central, district, and full-time Panchayat Samiti library heads to adopt this model.



The newly created Salumber Model in the public district library in Salumber addresses the scarcity of resources and extends study time for competitive exam candidates. This initiative was praised at the state-level review meeting, where a report on implementing this model in other libraries was requested. After studying the report, the department has directed to implement this model in all libraries throughout the state, recognizing its benefits for students and competitive exam aspirants.

Under this model, with grants from benefactors, the library in Salumber has improved its infrastructure and facilities. Additionally, to ensure the proper functioning of the library, 5 committees of male students and 5 committees of female students have been formed and entrusted with managing the library on holidays.

These committee members have pledged their commitment through a non-judicial Indian stamp.

On holidays, the library provides access to a dedicated study hall with basic amenities like drinking water, electricity, and restrooms. However, the library does not issue any books or periodicals on holidays.

The Language and Library Department has accepted the Salumber Model and issued orders for its implementation in all state government libraries to prepare students for competitive exams with more study time and resources.

BTU Implements Digital Evaluation: A Revolutionary Step

Bikaner Technical University (BTU) has become the first technical university in the state to implement digital evaluation in examinations. This innovative step aligns with strengthening the examination system as per the National Education Policy. The Vice-Chancellor, Prof. Vidhyarthi Kulpati, stated that implementing a digital evaluation system in the university will empower the institution and boost students' self-confidence. This move aims to provide a new initiative in the field of technical education in Bikaner, Rajasthan.



Digital evaluation is a significant development in the examination system, and its importance cannot be overstated. Under the on-screen marking system, answer scripts are scanned at the university and then securely transferred to a data centre. Scanning all answer scripts is necessary for the on-screen evaluation process, and the data is later uploaded to a server. Evaluators can access the answer scripts on a computer/laptop using a login ID and a one-time password sent to their registered mobile number. The marking is done on-screen by evaluators. This digitalization of evaluation is known as "on-screen marking" and benefits both students and universities. Additionally, it allows for faster completion of processes like re-evaluation and rechecking. The online evaluation also enables accurate and prompt counting of marks. Assistant Registrar Jai Bhaskar mentioned that digital evaluation systems assist in effectively overcoming the challenges faced by examiners. Adopting online evaluation methods has made life easier for teachers, exam administrators, universities, and intermediaries who experience high-stress levels during the examination period. Evaluating answer scripts is a challenging task, particularly when dealing with many students at various education levels. Online evaluation systems have particularly addressed the difficulties associated with paper-based evaluations. Overall, implementing digital evaluation systems in universities and higher education institutions is gaining popularity due to its efficiency, accuracy, and time-saving benefits. It is expected that digital evaluation will transform the country's overall examination system, providing transparency that will benefit students and enhance their self-confidence. In the realm of e-learning, digital evaluation is a revolutionary advancement.

The 92nd Anniversary Celebration of Vidhyabhavan School

Udaipur : In the picturesque city of Udaipur, amidst its commitment to fundamental education, vocational training, technical education, and educational innovations, Vidhyabhavan Higher Secondary School celebrated its 92nd anniversary on a joyous Friday at the open-air Mukta Kashi Rangmanch.

The main guest for the event was Harpreet Singh Puri, a former student of Vidhyabhavan and currently a managing director of a consulting and business firm abroad. He shared



fond memories and experiences from his time at the school, stating that Vidhyabhavan was his alma mater, and everything he had achieved in life was attributed to the values instilled in him here. He emphasized the importance of consistently doing good deeds to succeed.

In attendance were distinguished guests, including Dr. Vinaya Pendse, the Chief Executive Officer of Vidhyabhavan Society; Anurag Priyadarshi, the President of Vidhyabhavan Society; Ajay Mehta, President of Vidhyabandhu Sangh, and other members of the executive committee and associations related to Vidhyabhavan.

Ajay Mehta, the President, addressed the students, urging them to uphold the values of environmental conservation, culture, and social ethics while treating all religions with equal respect. He emphasized that education should help individuals determine their own values and in today's context, treating everyone with equality was essential. He encouraged students to face challenges in life unitedly to become successful citizens and lead meaningful lives.

Principal Pushparaj Ranawat shed light on the purpose of the program, highlighting that Dr. Mohansingh Mehta had founded Vidhyabhavan School on 21st July 1931. Since then, they had been celebrating this sacred occasion every year, inspiring them to continue progressing in life. During the celebration, all the institutions under Vidhyabhavan collaborated to organize cultural events.

The cultural extravaganza included various performances such as Chak Dhoom-Dhoom, Panchtatva, O-Mitwa, Rangilo Sawan, Satrangli Rajasthan, Chomuso, based on the monsoon season, classical musical presentations, acts showcasing the harmony between culture and nature, and the significance of trees. These performances left a lasting impact on all those present.

Post the cultural event, the guests, society members, and students came together to fulfil their environmental responsibilities by planting trees with enthusiasm.

The 92nd-anniversary celebration of Vidhyabhavan School was a momentous occasion, reflecting the values of education and culture that the institution had cherished and upheld over the years. With renewed vigour and a sense of purpose, the school and its students vowed to continue their journey of growth and positive impact on society.

Educational Excursion of Botany Students at Meera Kanya Mahavidyalaya

Udaipur : The Botany Department of Rajkiya Meera Kanya Mahavidyalaya, Udaipur, organized an educational excursion for undergraduate and postgraduate students at Sajjan Nivas Udyan, Udaipur, under the supervision of college principal Dr. Meena Barya. The main theme of the excursion was guided by the expertise of Prof. Farhat Banu (Retired Assistant Director of Collegiate Education, Udaipur), Dr. Geeta Swami, the council in-charge, and department heads Dr. Savita Chahar, Dr. Anamika Singhvi, Dr. Kiran Tak, Dr. Vartika Jain, and Dr. Jitendra Singh Rathore.

During the excursion, the students received insights into the biodiversity of Gulab Bagh. They explored various plant species such as ferns, mosses, bryophytes, gymnosperms, and angiosperms. Additionally, the students had the opportunity to observe 300-year-old mahogany trees. The excursion also focused on the study of Kanak Champa, Katili Champa, Golden Champa, Tuna Siliata, Akashneem, Starculia phythida, Kalpavriksha, Turmeric, and other tree and shrub species, which were collected for the herbarium.

The students were captivated by the discovery of unique plants like Fish Tail Palm, Bottle Palm, Neprolepis, Teris, and others. They also visited the Bird Park, where they observed and gathered information about various bird species.

The educational excursion provided a valuable practical experience for the botany students of Meera Kanya Mahavidyalaya, offering them a deeper understanding of plant diversity and environmental conservation. It was an enriching day filled with learning and appreciation for the beauty and significance of nature's treasures.

GMCH : Health Camp in Kavita Village

Udaipur: Geetanjali Medical College and Hospital's Community Medicine Department organized a health camp in the village of Kavita. The camp, held at the Panchayat Bhavan, catered to a population of 4,054. Dr Mukul Dikshit, Head of Community Medicine, and Mr Lokesh Kumar Gameti, the Sarpanch of Kavita village, inaugurated the camp. The event was well-coordinated with the assistance of the department's trainees, including Dr Hemlata Mittal, Dr Anjana Verma, Dr Medha Mathur, Dr Jyoti Jain, and Dr Amit Kumar.

The health camp offered free services from specialists in Ophthalmology, ENT, Dermatology, and Orthopedics, along with complimentary check-ups for blood sugar and blood pressure. Moreover, free medication services were also provided.

The successful execution of the camp was made possible with the cooperation of the Gram Kavita's Development Officer, Mr Prashant Wohra, along with other esteemed individuals like Mrs Kusum Nagda, Mr. Roshan Lal Paliwal, Mrs Devali Bai, and other respected members of the community.



Narayan Seva's Mega Service Camp in Semlathla Village

Udaipur: The Narayan Seva Sansthan organized a grand service camp in Semlathla (Choura in Malwa) village, Gogunda Tehsil. The camp witnessed a large gathering of tribal women and men, who received health training and food and clothing distribution. Brigadier Sanjeev Kumar was the chief guest, and the event was presided over by Sarpanch Totaram Garasia.

Prashant Agrawal, the organisation's President, stated that the camp provided services by a team of 13 Pacific Medical College doctors specializing in skin, nose, ears, throat, bone, and women's health issues. Free grains, ration kits, food packets, umbrellas, slippers, clothes, and medicines were distributed to the attendees. Rohit Tiwari, Narendra Singh Chauhan, Mahim Jain, Dilip Chauhan, and others managed the arrangements of the camp, which ran from 9 AM to 3 PM.

The specialized medical professionals who offered their services at the camp were: Dr. Aditya, Dr. Amber Prakash (Surgery), Dr. Srishti, Dr. Divyani (Dermatology), Dr. Kathit, Dr. Abhishek (Pediatrics), Dr. Subhash (Ophthalmology), Dr. Tania (Women's Health), Dr. Mayank, Dr. Snehal (Orthopedics), Dr. Divya Prakash (ENT), Dr. Meet Mehta, and Dr. Dhruv Mohan.

Hopeful Restoration: Child's Vision

Udaipur: Himanshu, a four-year-old boy from Kojarai village in Sirahi district, had never truly experienced the world through his own eyes. His family discovered he had congenital cataracts in both eyes, severely impairing his vision. Concerned parents took him to local doctors who confirmed the diagnosis. However, the complexity of cataract surgery on such a young child was risky.

Risk surgery became possible thanks to the advanced facilities and specialized team of Pacific Medical College and Hospital (PMCH). On July 21st, under the expert guidance of ophthalmologist Dr Rajendra Chaudhari and with the assistance of anesthesiologists Dr Prakash Awdhichya, Dr Samir Goyal, Dr Saloni Singh, Harish Prajapat, and Heeralal, the young boy received free cataract surgery on both eyes.

Dr. Chaudhari explained that cataract surgery in children varies significantly from adults. In adults, surgery is usually performed using IOL (Intraocular Lens) implantation, but in young children, it is more complicated. The size of the lens is similar to that of adults, but power calculations for children differ, necessitating a specialized approach.

Usually, cataracts are evident in one eye, allowing children to use their other eye for vision. However, Himanshu had cataracts in both eyes, indicating that immediate intervention was necessary to prevent irreversible damage to his vision.

The surgery involved implanting mono-focal lenses in the child's eyes, and after the procedure, he would need to wear glasses. Although cataract surgery in young children is more challenging and time-consuming, PMCH's high-quality facilities and expert team allowed Himanshu to receive successful treatment.

Dr. Chaudhari emphasized the importance of early detection and timely intervention in such cases. If left untreated, cataracts can disrupt the connection between the eye and the brain during a critical period of vision development in young children. Therefore, parents must be vigilant and ensure their child undergoes proper screening for eye conditions.

He further emphasized that such cases are rare but not unheard of, and proper awareness and timely treatment can ensure a bright future for children with congenital cataracts. Himanshu's successful surgery is a testament to the dedication and expertise of the medical team at PMCH

in restoring light and hope to young lives.

Hariyali Foundation organized the inauguration and felicitation ceremony

Udaipur: the Hariyali Foundation organized the inauguration and felicitation ceremony of the Tree Plantation Campaign. The main guests at the event were DJ Kuldeep Sharma, Rural MLA Phool Singh Meena, and BJP leader Takht Singh. During the ceremony, the Foundation's officials welcomed the guests with a tilak on their foreheads and presented them with saplings.

On this occasion, DJ Kuldeep Sharma stated that the Tree Plantation Campaign has been running since 2008, a significant initiative. With urbanization on the rise and forests depleting, our environment faces a crisis. This has led to migrating wildlife, such as panthers, to populated areas. It is crucial to reforest our surroundings to protect and preserve our environment. He also praised the Hariyali Foundation for providing free ambulance services to economically weaker individuals. Currently, they have two ambulances, and they hope to launch a third one soon.

Rural MLA Phool Singh Meena emphasized that tree plantation is the need of the hour to save the environment. Planting more trees and protecting them is essential for environmental conservation. He appreciated the significant service of the Hariyali Foundation in this regard and assured them of continuous support whenever needed. He also commended the free ambulance service as a commendable humanitarian effort. He expressed his best wishes for the ongoing work.

After the ceremony, DJ Kuldeep Sharma and Rural MLA Phool Singh Meena initiated the Tree Plantation Campaign by planting individual saplings on a 100-foot road. The representatives of the Hariyali Foundation, Kailash, Dilip Vaishnav, Tejpal, and Jagdish, mentioned that the foundation has already planted various types of 3500 saplings in different areas of the city until 2022. The foundation takes care of all these plants. During summers, they water the plants at various locations through six tankers. These 3500 saplings have now grown into trees. The Foundation not only focuses on tree plantation but also provides free ambulance services to financially weaker individuals. They offer this service within a radius of 100 kilometers from the city, similar to the 108 ambulance service.

In conclusion, the Tree Plantation Campaign and the free ambulance service by the Hariyali Foundation are commendable initiatives. Through such social efforts, we can all contribute to environmental conservation and humanitarian causes, making our world safer and more beautiful.

Health Talk Promoting Cancer Awareness

Udaipur: Paras Health, in collaboration with Digambar Jain Mahila Parishad, organized a health talk at the Paras Health Auditorium to raise awareness about cancer health and joint replacement among people.

The event featured talks by Dr Manoj Mahajan, a cancer specialist, and Dr Ashish Singhal, an orthopaedic and joint replacement surgeon, who educated the audience about the importance of cancer health and joint replacement surgeries and advised against ignoring any symptoms related to these conditions.

Anger Over Homeopathy Board Delay

Kota (K D. Abbasi): The guardians of Rajasthan Electrohomeopathy Medical Council, Dr. R.B. Gupta and Kota Region Coordinator Dr Shadab Ahmad, informed that on 9th March 2018, the "Rajasthan Electrohomeopathy Medical Act 2018" was passed in the Rajasthan Legislative Assembly. The formation of the board was supposed to register thousands of Electrohomeopathy doctors. However, the Congress government has delayed the proposed board's formation for the last five years. To demand the formation of the board, a memorandum has been submitted to District Collector O.P. Bunakar in the name of the Chief Minister. All doctors have also warned that if the government fails to form the board in the next twenty days, a protest demonstration will be held at the respective district headquarters.

Dr. Sultan Abid stated that the Congress government of the state has jeopardized the future of thousands of Electrohomeopathic doctors in Rajasthan. Electrohomeopathy medical method offers cost-effective and side-effect-free treatments for complex diseases. The delay in the formation of the Electrohomeopathy board is causing distress among doctors and patients alike.

The memorandum was mainly submitted by Dr. R.B. Gupta, Dr. Shadab Ahmad, Dr. Sultan Abid, Dr. Satyaprakash Mishra, Dr. Ramavtar, Dr. Sanjay Gupta, Dr. Surendra Singh Chauhan, Dr. Munshi Prem Chand Jain, Dr. K.G. Nagar, and Dr. Salma Begum.

Dr. R.B. Gupta addressed all the doctors present during the submission.