

Friendship A Bouquet full of Happiness in Life

International Friendship Day is celebrated every year on the first Sunday of August in many countries of the world. The spirit behind it is the same everywhere - friendship and respect for friendship. The philosophy of friendship is very vast; it is the most important part of human's life. One who establishes friendship without any insistence and selfishness, he aspires for the welfare of all sees him in the emergence of all and new dimensions of development keep opening in his life. Life seems beautiful. In this, there is no distinction between one's own alien, there is no competition and there is no boundary line between big and small.

Despite being such an ideal situation and its importance, the question arises why there is so much lack of friendship between human beings today? Why is there so much mutual animosity? Why is there ideological animosity? Why is publicity sparring with differences? Even after being wise, prudent, sensible, why does man fight every day? Why does the tense stand entangled in the midst of controversies? He neither sees with the eye of reason, nor listens with neutrality and balance, nor thinks and decides with relativity. This is the reason why individual creativity is dying out. The feelings of family co-operation and participation are breaking down. Social disintegration is coming to the fore. Religious beliefs are starting



to weaken. Man has been counting the links of the chains of selfishness in the captivity of words, holding the accepted concepts. In such times, the bond of friendship infuses new energy in relationships.

Well-known American author Dale Carnegie has written many books on the art of making friends and they sell in millions. He has written in a book - 'Take all my wealth and give me a true friend.' Giving the example of American Richie Henry Ford, he has written that - he was once asked by journalists - you have immense wealth, pleasures are available, what do you miss in life when you have all this? Friends were found a lot, but that friendship was only about eating, drinking and having fun. I have not found a single friend who truly wants me and I want him. This is a huge gap in my life.

International Friendship Day has more relevance today, this festival started in South American countries on July 20

in Uruguay, Argentina, Brazil, on July 30 in Paraguay, while in other countries of the world including India, Malaysia, and Bangladesh etc. South Asian countries. It is celebrated on the first Sunday of the month of August. Friendship is a relationship that you decide for yourself, whereas all other relationships are made by you. Just imagine how restless you get if you don't meet your friends one day and try to know their well being as soon as you get a chance. You can understand how special this relationship is.

The technological age we live in today has brought people very close to each other. But at the same time this technology has taken away from us that time of relaxation which we can share amongst ourselves. Today we have imprisoned the whole world in our fist, but with this we have become so engrossed in ourselves that in a way we are cut off from the whole world.

Celebrating International Friends Day is a worthwhile undertaking to give new energy to such human sensibilities in a new civilization and new culture. Friendship is such a relationship that in the present environment, when the ground of human sensibilities and mutual relationships is drying up, in such a time, staying connected to each other is a powerful medium to make life happy and to awaken magical feelings in the heart. Friendship based on momentary and selfishness is not really friendship, it is only an identity, such friends sometimes become very dangerous too. For whom a thinker has written - 'Earlier we used to say, O Lord! We have to be saved from enemies but now we have to say, 'O God, save us from friends.' Friends are more dangerous than enemies. Friendship day is an undertaking to make friendship a blessing, not a curse. This day provides a rare opportunity to develop the attitude of sharing happiness and sharing positive thoughts to others, keeping personal interests aside. The basic heart of celebrating this day is that even though there may be differences of opinion or thoughts between friends, there should not be any differences of their feelings because difference of opinion brings revolution whereas difference of feelings brings rebellion. Revolution is the knock of construction; rebellion is a sign of destruction.

The feeling of friendship is the protective shield of our self-development. Acharya Shri Tulsi directed seven sutras for this. Friendship requires trust, self-sacrifice, non-attachment, tolerance, forgiveness, fearlessness, coordination. This Saptapadi Sadhana is the background of the meaning and success of life. It is an indicator of development. This Day of Friendship is inviting us, with outstretched arms, to run away and hold on to the trail of friendship without hesitation. Life is colorful, it is white and it is also black. Sometimes this gamut of friendship dissolves in the ears as a rage of life, and then somewhere the noise of doubt arises. Makes friendship strong, our resolve, our life expectancy, our compassion, but it requires dedication and warmth of belonging. It teaches to live, gives life a colorful look. Inspires to live in such a way that you go beyond yourself. If you can do this then every feeling, every step and every moment will be beautiful and life will become beautiful together. We need a companion of loneliness, a ruler of happiness, and someone who reprimands us with love for mistakes. If all these qualities are found in any one person, then surely he will be your friend. The same friend, in whose relationship there is no selfishness or deceit, but for your interest, your development, your happiness, in which there will always be a passion and intimacy. Although there is a rich

tradition of festivals in Indian culture and history, now in our country it has increased due to the increasing attraction and trend towards International Days. Now every day there is some festival or day. We have made many new or imported festivals and days like Friendship Day a part of our culture and lifestyle. Friendship Day means forgetting all the grievances and strengthening the relationship of friendship with the strings of trust, affinity and harmony. In fact, only those friends are called friends, in whom there is a passion for affection, instead of selfishness, there is a feeling of selfishness, such friends are confined in the flute of breath, such friends are very rare in the world.

The friendship of Shri Krishna and Sudama, Vibhishana and Shri Ram is an invaluable heritage of history. Joseph Fort Newton said that "people are lonely because they build up walls of enmity instead of building bridges of friendship." Friendship day is an undertaking to make friendship a blessing, not a curse. We have to create new values-standards of friendship, establish friendship in a meaningful way in life. Friendship should be synonymous with compassion; not love. Because in love there is selfishness, there are rites of attachment and aversion, whereas compassion becomes synonymous with charity.

- Lalit Garg

Neuro Intervention Specialist, Dr. Atulabha Vajpayee, Achieves a Milestone!

Udaipur: Dr Atulabha Vajpayee, a well-known neuro-intervention specialist associated with Pacific Medical College and Hospital, Bhilwara, has established another remarkable feat in the field of medicine. For the first time in India, he successfully imported a cutting-edge intravascular stent device from Europe and used it to treat a critical condition in a patient's brain. This life-saving intervention involved sealing a life-threatening aneurysm with the device, enabling the patient to return home in good health. This groundbreaking technique is expected to save the lives of many other seriously ill patients facing similar challenges.



Dr Vajpayee revealed that at the Pacific Center of Neuro Sciences, a brain haemorrhage patient was admitted with complaints of severe headache and symptoms of a stroke. Upon conducting angiography of the patient's brain, it was found that the patient had a complex aneurysm (aneurysm) that needed immediate attention.

To prevent the rupture of this intricate aneurysm and save the patient's life, the only available solution was to seal the aneurysm with the intravascular stent device brought from Europe. Currently, this technique remains the only viable treatment option to effectively close such an aneurysm in the brain.

Dr Vajpayee, along with his team of skilled doctors, including Dr Narendra Mal, Dr Ramakant, Chintan, Pappu Ghaakad, and Raghavendra Rajavat, successfully performed the device placement and treated the patient. Following the placement of the device, the patient, Mr Shankarlal from Nimbaheera, has fully recovered and returned home in good health.

This cutting-edge device's procurement and the successful treatment of the patient's critical condition marks a significant achievement in medical science and serves as a ray of hope for many other patients with similar neurological conditions. Dr Vajpayee's expertise and dedication to advancing neuro intervention techniques are commendable and have helped save numerous lives.

The device has been approved by the DCGI (Drug Controller General of India), and its importation is a groundbreaking development in the Indian medical field. Dr Vajpayee's accomplishment has garnered recognition and admiration from the medical fraternity and reinforces his status as a leading neuro-intervention specialist in the country. The successful deployment of this device emphasizes the importance of continuous advancements in medical technology to combat critical neurological conditions effectively.

Organized the Sawan Utsav

Udaipur: To raise environmental awareness, the Women's Society of Udaipur organized the Sawan Utsav (Monsoon Festival).

The President of the society, Mrs Maya Kumbhat, explained that the Sawan Utsav, held at Swaroop Sagar, included a quiz and singing competition. She emphasized that Sawan (mon-



soon) is a symbol of greenery, and for preserving this greenery, environmental conservation is essential. During the event, senior member Mrs. Chandrakala Mehta asked questions to all participants. The questions were related to Sawan's songs and themes. Vina Gaur was honored with the title "Sawan-Bahar" for giving the most correct answers. She was crowned with a flower tiara made of petals and presented with a garland.

All the sisters sang songs and performed dances related to Sawan during the festival. They also played the traditional game "Sawan Ki Houji." At the end of the program, Sharda Talesara expressed her gratitude.

Among those present were Nirmala Sahlot, Swati Bhargav, Meenu Kumbhat, Sundari Chhitwani, Sushila Singhvi, Rajni Motavat, Yashvant Bhanasali, Indira Bamb, Meenakshi Loda, Sushila Bhandari, Purnkala Surana, and others.

Ananta Medical Seminar Explores Advances

Udaipur: The Ananta Institute of Medical Sciences and Research Center in Rajasthan organized a two-day seminar on 'Recent Advances in Medicine.'



Dr Nitin Sharma, the Executive Director, emphasized the significance of such seminars in keeping medical professionals updated on evolving trends.

The event, inaugurated by Dr Arvind Singh, CEO of Arth Diagnostics, commenced with informative discussions, panel talks, poster presentations, and research paper competitions across various medical departments.

The seminar, which garnered participation from 250 doctors, was an opportunity to delve into the forefront of medical innovations.

Landmark Decision: Fatehsagar Lake Gets Eco-Sensitive Protection

Udaipur: In a historic ruling, the National Green Tribunal's Bhopal Bench has delivered an unprecedented verdict on the petition filed by lake enthusiast Anil Mehta, bringing significant changes to the conservation of lakes across the country. The ruling designates Fatehsagar Lake, along with its surroundings, as an eco-sensitive zone, subject to the provisions ESZ notification and wetland rules.

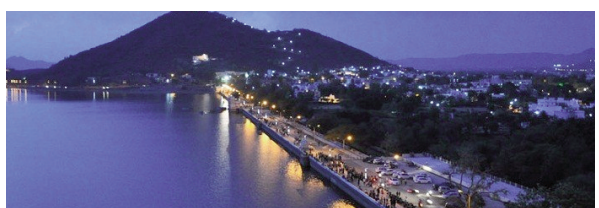
Under this decision, all the state's lakes that are on the Wetland Atlas of India, including Fatehsagar, will now come under the ambit of the Wetland Conservation Rules, ensuring their protection and preservation.

This ruling will pave the way for strengthening the conservation of water bodies nationwide, along with the establishment of rules and provisions to control light pollution by the Indian government.

The verdict came after a comprehensive hearing on the impacts of noise pollution,

light pollution, and the overall ecological system of the lake, spearheaded by lake expert Dr. Anil Mehta and environmental law expert Bhagyashree Pancholi, with legal support from advocate Maitreya Prithvi Raj Ghorpade.

The bench, led by Justice Sudhir Agarwal and expert



Dr. Afroz Ahmad, cited the Supreme Court's Balakrishnan judgment and India's Wetland Atlas, which lists Fatehsagar Lake among the two lakh fifteen thousand wetlands in the country, necessitating its protection under the Wetland Conservation Rules 2017.

As a result of this ruling, all lakes in Rajasthan which are on the Wetland Atlas of India, including Fatehsagar, Pichola, Badi, Udaisagar, Swarup Sagar and Jaisamand,

will now be protected under Section 4 of the Wetland Conservation Rules, with stringent regulations applied to prevent any permanent constructions within fifty meters from the highest flood level (HFL) of the lake.

No encroachments or non-water body land use changes

will be allowed in the lake and its impact zone. Solid waste, electronic waste, sewage, and illegal poaching will also be strictly prohibited.

The crucial aspect of the ruling pertains to the "light pollution" within lake areas. The petitioners presented scientific articles highlighting the adverse effects of intense light on wildlife and various species' natural habitats. Recognizing the importance of this matter, the bench directed the Ministry

of Environment, Forest and Climate Change and the Ministry of Science and Technology to conduct necessary research and develop regulations to control and regulate such pollution in the Indian context.

The Rajasthan State Wetland Authority and the Rajasthan State Pollution Control Board, along with the Udaipur district collector and Udaipur Municipal Corporation, have been instructed to submit compliance reports to the Central Zone of the National Green Tribunal by November 15th, ensuring the implementation of the ruling. In conclusion, this landmark decision will not only safeguard Fatehsagar Lake and its ecosystem but also set a precedent for the protection and conservation of lakes across the nation.

The ruling addresses critical environmental concerns, providing a much-needed framework to safeguard India's precious water bodies and their diverse flora and fauna.

Dual Behavior in Ayush Promotion

Kota: The Gehlot government in Rajasthan has taken significant steps to promote and propagate Ayurveda, Unani, and Homeopathy (Ayush) medical systems in the country. Regardless of whether it's Ayurveda, Unani, or Homeopathy, the Gehlot government has commendably worked to enhance these methods, both in terms of recognition and awareness. Whether it involves granting licenses or conducting promotional campaigns, such a comprehensive effort in the field of Ayush has never been seen before in the country. Therefore, the praise for the Gehlot government falls short of its deserving recognition. Doctors from all branches of Ayush express their heartfelt gratitude to the Gehlot government. However, Ayush doctors are often sidelined and placed in remote corners or basements of allopathic hospitals, which has hindered the desired spread and promotion of Ayush medical practices. These doctors primarily end up treating neglected or forgotten patients. Such an arrangement limits the exposure of Ayush medical practitioners to a larger patient base. This practice can be observed in other districts and at Sawai Man Singh Hospital, the main center in Jaipur, Rajasthan. On the contrary, all allopathic doctors are present near the hospital's main entrance, while Ayush doctors are situated in SMS Hospital's basement.

The entire range of Ayush medical practitioners appeals to the Gehlot government to provide equal and prominent spaces to Ayush doctors alongside allopathic doctors in all districts. This will help Ayush practitioners contribute more effectively to the ongoing Ayush campaign by the Gehlot government. The mentioned behavior is being observed throughout Rajasthan among Ayush medical practitioners. It seems like a dual behavior is at play here. A humble request is made to the government to consider the above context and pay attention so that all Ayush doctors can further elevate the awareness and acceptance of Ayush medical practices among the general population.

-K D. Abbasi

An art festival at Urban Square Mall

Udaipur: Designer Vishal Rathore organized an art festival at Urban Square Mall in Udaipur. This two-day art festival began with accolades to art by the Awwa Army Wife Welfare Association and renowned artists of Udaipur on the first day. The event was inaugurated by Nitya Ji, the founder of Awwa and wife of Udaipur Brigade Commander.

This program is being conducted with the support of NSDC (National Skill Development Corporation) and Rajasthan Tourism.

The Abhilasa Academy of Deaf and Dumb students presented their artworks and were recognized. Students from Mohan Lal Sukhadia University also participated in the artistic program. Students from INIFD (Inter National Institute of Fashion Design) presented live art displays with different styles.

Artists from Udaipur's Shilpgram also participated in this event. In the evening, the band "Arthband" added a musical touch to the program. Renowned artists from the field of handicrafts also graced the event.

Designer Vishal Rathore mentioned that this art festival will elevate art and artists to an international level. Artists have been brought together to create digital portfolios. This event aims to motivate students in the field of art. Awwa has also been involved in this program to con-

tribute to women's empowerment.

Conference on Anti-Aging and Environmental Conservation Organized



Udaipur: An insightful conference on anti-aging and environmental conservation was recently organized by the InnerWheel Club of Udaipur at the CPS School. The keynote speaker for the event was motivational speaker Dr. Arvinder Singh. Dr. Arvinder Singh emphasized that the conference delved into discussions about anti-aging and the secrets to a longer life. He highlighted that the key to a long and healthy life doesn't just lie in glowing skin but also in mental well-being. One's emotional state plays a significant role in determining overall health and energy levels. Valuable tips were shared during the conference to achieve

this. The event also served as a platform for mutual promotion and collaboration between two businesses.

Dr. Sweete Chhabra, the President of the club, mentioned that the club is actively engaged in various social initiatives. The discussion also touched upon preserving cellular brilliance within the body. The club is dedicated to environmental initiatives that contribute to a healthy and prolonged lifespan.

Secretary Anju Giri demonstrated the technique of germinating seeds in fertile soil. The importance of planting more trees to enhance oxygen levels was emphasized. It was highlighted that environmental conservation plays a crucial role in the anti-aging process, and further attention

needs to be directed towards this aspect. Alka Sharma, the Director of CPS School, stressed the significance of such programs for both children and adults. The conference witnessed the presence of numerous esteemed members and respected citizens, including Pushpa Seth, Surjeet Chhabra, Sheila Talesara, Shriratna Mohata, and others.

The conference shed light on the intricate relationship between anti-aging and environmental preservation, making it a thought-provoking and informative event.

Librarian's Day cele-

brated

Udaipur: On the occasion of S.R. Ranganathan's birthday, Librarian's Day is



being celebrated today. As part of this series, both former and current librarians of Udaipur University celebrated this day. S.R. Ranganathan is considered the father of library science.

On this day, all librarians celebrate with great enthusiasm. In Udaipur too, the library directors offered floral tributes to the statue of S.R. Ranganathan and remembered his accomplishments. It is worth mentioning that S.R. Ranganathan was the person who shifted the focus of libraries from arts to science.

On this occasion, Satish Sharma - Secretary of Maharana Pratap Smarak Samiti, Dr. Umesh Agrawal, Dr. Rekha Bairowa - Assistant Chief Librarian of Science College, Dr. Prakash Vijayargiya, Ganesh Shirmali, Lalit Nalwaya, Navmeet Arthia, Rameshchandra Menaria, Rekha Sharma, Sunita Bisinga, Kavita Yadav, Krishna Nagda, Manish Biswa were present.