

## Men's Struggles and Achievements: International Men's Day Perspective

International Men's Day, observed globally on November 19th, serves as a platform to raise awareness about various challenges faced by men, such as parental alienation, abuse, homelessness, underemployment, and violence. Contrary to stereotypes, men also grapple with issues that deserve recognition and understanding. The theme for 2023, 'Zero Male Suicide,' underscores the importance of focusing on men's health and well-being.

Initiated in 1999 in Trinidad and Tobago, International Men's Day is now celebrated in more than 80 countries. Recognized by the United



Nations, the day aims to celebrate the contributions of men to family, society, and various aspects of life. Amid societal changes, men are challenging traditional stereotypes and raising awareness about their

struggles.

In the quest for equality, it is crucial to acknowledge the multifaceted roles men play in society. Far from being mere oppressors, men contribute significantly to family dynam-

ics, child-rearing, and societal development. The day encourages discussions on men's physical and mental health, dispelling misconceptions surrounding their well-being.

Efforts to make International

Men's Day as impactful as Women's Day highlight a shift in societal perspectives. Men are increasingly vocal about exploitation, harassment, and neglect, challenging the notion that these issues predominantly affect women. Recognizing men's grievances fosters a more inclusive dialogue on gender-related challenges.

In India, calls for a Ministry of Men's Development and a National Men's Commission echo the need for a comprehensive approach to address men's issues. Various NGOs are actively working to shed light on domestic violence against men. A study by 'Save

Indian Family Foundation' and 'My Nation' revealed that over ninety percent of husbands in India experienced domestic violence in a three-year relationship. International Men's Day serves as a reminder to appreciate men's contributions, challenge stereotypes, and address their unique struggles. While celebrating achievements, it calls for a nuanced understanding of the issues men face, promoting a more inclusive and empathetic society. This day reinforces the idea that true gender equality involves recognizing and addressing the challenges faced by both men and women.

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## ZINC FOOTBALL ACADEMY EMPOWERS COACHES WITH INTERNATIONAL EXPERTISE

Udaipur: In their pursuit of continuous development in coaching methodologies, Zinc Football Academy, a CSR initiative of Hindustan Zinc, hosted a day-long coaches' workshop in Zawal, Udaipur. The session was led by Garry Church, an accomplished Australian coach and advanced coach educator, holding AFC A coaching license. Garry is also known for his work with international teams such as Perth Glory Women's and National Premier League teams.

Focused on enhancing the overall growth of Zinc Football Academy coaches, the workshop covered several crucial topics related to the development of both the young players and the coaches themselves. Garry shared invaluable insights on talent identification, best scouting practices and many more, incorporating both theoretical and practical sessions throughout the day.



experienced Garry Church.

Hindustan Zinc through its Zinc Football initiative ushers in a footballing revolution in Rajasthan. It is a one-of-its-kind grassroots development programme using football as a tool for social and community development and ensuring young kids have a platform to express themselves through football.

The Aussie also explored the unique F-cube technology at Zinc Football Academy and was delighted by the idea of using technology to enhance and track the growth of budding footballers.

On this visit, Garry Church, Australian coach and advanced coach educator, quoted: "The infrastructure and facilities here at Zinc Football Academy is gorgeous and very impressive. Hindustan Zinc is doing an incredible job here. I had a really good time with all the coaches and I am sure the young footballers here will go a long way."

Coach Garry further said: "F-Cube is an excellent tool to utilise for the development of young players. It helps you massively in improving the thinking time or how quick you need to strike the ball and touches upon many more such attributes that you need to develop at a very young age."

The Zinc Football Academy coaches expressed their enthusiasm and gratitude for the incredible learning experience provided by the

## Live in a Way That You Can Take Pride in Yourself

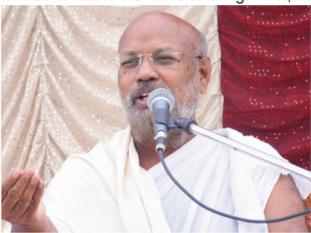
Udaipur: National Saint Lalitprabh Sagar Maharaj stated that life is like a flute, with holes or obstacles resembling challenges. However, the one who learns to play it, despite the hurdles, has truly learned to live. He emphasized that one should not live life by observing how others live it but should strive to live a life that is inherently good. A good life not only brings contentment to oneself but also radiates positivity to others.

Addressing a discourse and spiritual gathering organized by the Dilip Chavat family in Bantheda Colony, Fatehpura, Saint Lalitprabh shared five mantras to make life more fulfilling. First, he suggested cultivating a positive thought process to maintain a sweet demeanor in all interactions. Second, he encouraged welcoming what life offers instead of complaining, as constant complaints only lead to unhappiness. Third, he advocated developing a habit of contentment, recognizing that what one has is more than enough, and focusing on gratitude.

In the fourth mantra, Saint Lalitprabh advised seeking opportunities to smile, as a person who smiles while facing challenges lives in a kind of paradise. Finally, in the fifth mantra, he stressed on avoiding envy and being satisfied with what one achieves. If these principles are integrated into life, mental well-being is ensured, and life becomes a blend of heaven and tranquility.

The program was attended by Smt. Komal Chavat, Dilip Chavat, Neha Jain, Manish Jain, and Mayura Jain, among others.

A discourse and spiritual gathering by Saint Lalitprabh for achieving success in life will take place on November 21, Tuesday, at 9 a.m. at Rasial M. Dharival Public School near Chitrakut Nagar, ESI Hospital, Dharival Public School.



## Humanitarian Gesture: Entire Family Resolves for Body Donation

Renowned social worker Gyanchand Ranka, dedicated to the service of humanity, has set an inspiring example by donating his body for a noble cause. Inspired by him, members of his family have also pledged body donation. Gyanchand Ranka, who passed away at the age of 83, had decided to donate his body, and posthumously, his wife Smt. Premlata Ranka, along with three daughters engaged in public service, Dr. Archana Ranka (Director of Statistics), Kalpana Ranka (Assistant Accountant Officer), and Dr. Vandana (Private Assistant), have also committed to body donation.

Motivated by the father-in-law, Prof. Ajay Kumar Choudhary, sons-in-law Dinkar Khamesara and Sandeep Bolya, and granddaughter Charmi Khamesara, a law student at the National Law University, Jodhpur, have also pledged body donation, aiming to raise awareness about body donation in society and contribute wholeheartedly.

During the body donation, Dr. Parveen Ojha, the head of the Anatomy Department, presented the certificate of body donation to Smt. Premlata Ranka. He explained that upon arrival, the earthly remains are accorded full respect, and the staff, while taking the oath, accepts body donations even during leave periods. Dr. Saurabh emphasized that the donation is crucial for the study of students, and individuals willing to contribute to this sacred cause by taking a pledge can play a significant role in humanitarian service.

C.A. Gautam Sukhlecha, a social worker and advocate of body donation, shared that he has arranged for the body donation of seven family members, including his parents. He is inspiring others in society to consider body donation as a selfless act. Account Officer Dinkar Khamesara highlighted the opportunity of body donation as a means of providing immortality to the mortal body and encouraged more people to be inspired for further body donations.



## MAJOR SHAITAN SINGH, PARAM VEER CHAKRA REMEMBERED ON 61ST MARTYRDOM IN JODHPUR

Jaipur: The 61st Martyrdom of the Hero of 1962 Sino Indian war Major Shaitan Singh, Param Veer Chakra was celebrated with full Military Honours on 18 Nov 2023 at Param Veer Circle, Paota, Jodhpur.



A brief of his heroics was given out to the audience. He was paid floral tribute by Military officers, retired Defence personnel and civilians. 35 students of Chaupasini School, where Major Shaitan Singh, Param Veer Chakra studied in his school days also reached the memorial in saffron turbans and offered tribute to the brave son of the soil. Granddaughter of Major Shaitan Singh, PVC was also present to pay tribute to the brave heart.

Immaculately turned out guard of Mechanised Infantry organised a wreath laying ceremony and offered a silent tribute to the martyr with inverted rifles.

Major Shaitan Singh was commanding a company of 13 KUMAON at Rezag La in Jammu & Kashmir at a height of about 17,000 feet. On 18 November 1962, Chinese troops attacked his location with overwhelming strength. Major Shaitan Singh dominated the scene of operations and moved from one platoon post to another at great personal risk, maintaining the morale of his troops. Despite being grievously wounded he continued to encourage and lead his men, who, following his brave

example fought gallantly and inflicted heavy casualties on the enemy. When his men tried to evacuate him, he refused and kept motivating them to keep fighting, till he breathed his last. For his conspicuous bravery, inspiring leadership and supreme sacrifice, he was awarded the Param Vir Chakra (Posthumous).

## Kota's Vision Restoration Campaign Applauded at Foreign Embassies

Kota: After being honored with the International Book of Honor in the British Parliament, Dr. Kulwant Gaur, the founder and president of Shine India Foundation, returned to Kota after a seven-day visit to London, UK. During his trip, he was recognized for the foundation's outstanding work through various organizations in London, Glasgow, Manchester, and Scotland.



Dr. Gaur shared that Shine India Foundation received accolades for its exceptional work during his seven-day journey, where different organizations acknowledged their contributions in London, Glasgow, Manchester, and Scotland. The news of international recognition for vision restoration also reached the Commercial Counsel General of the Scottish Embassy, Vijay Silvaraj.

The Shine India Foundation delegation, including Jitendra Singh, President of Shine India Foundation, and four members, met with

the Counsel General to discuss the process and significance of vision restoration. The Counsel General expressed joy in learning about the impactful work in eye donation being recognized internationally, contributing to India's positive image abroad.

Jitendra Singh, the President of Shine India Foundation in Scotland, expressed gratitude to the Counsel General and requested the organization of workshops to further propagate the cause of eye donation among the public.

## 42nd Indian International Trade Fair Inaugurated

The 42nd Indian International Trade Fair, a 14-day event, commenced at Pragati Maidan in New Delhi. The inauguration of the newly crafted Rajasthan Pavilion, showcasing the state's traditional style, was done by Veenoo Gupta, Additional Chief Secretary of Industries and Commerce, along with Dr. Manisha Aroda, Managing Director of Rajasthan Small Industries Corporation Limited.

Veenoo Gupta, in her address, highlighted the opportunity for domestic and international visitors to explore and purchase the globally renowned products of the state.

The Pavilion Director provided an overview of the stalls in the Pavilion, presenting detailed information on all the products. Veenoo Gupta was appointed as the Director of the Rajasthan Pavilion by Dinesh Sethi.

Speaking on the occasion, Veenoo Gupta expressed that the Rajasthan Pavilion would provide an opportunity for visitors to witness and buy the state's world-famous handcrafted products. The Trade Fair this year includes participation from the Tourism, Khadi, Women and Child Development, and Industry departments.

Dinesh Sethi shared that entrepreneurs from various regions of Rajasthan have displayed approximately 25 stalls at the fair. These stalls showcase the exquisite Rajasthan handicrafts,

including lakh bangles, various items for women's adornment, textile products, and products like rugs and mojaris.



Rajasthan Tourism Development Corporation managed the provision of Rajasthani cuisine at the Food Corner this year. Visitors can savor the taste of famous Rajasthani dishes such as Dal-Baati-Churma, Moong Dal and Pyaz ki Kachori, Mirchi Pakora, Kadhi Chawal, among others. Officials present at the event included Shivaram Meena, Information and Public Relations Officer, Chhatrapal Yadav, Assistant Director of Rajasthan Tourism Welcome Centre, R. J. Ghai, Manager of Rajasthan Pavilion and Rajasthan, along with staff and officers from various departments.

## Efforts Will Be Made to Connect the Youth Generation with Spirituality: Shashwat Saxena

Chittorgarh. In a district meeting of the "Every Home Lord Shri Chitragupt Campaign" held on Sunday at the Dharmaraj Shri Chitragupt Temple premises, the state coordinator Shashwat Saxena presided over the meeting.

The campaign spokesperson, Pandit Kanhaiyalal Sharma, shared that in the meeting of temple priests from various temples in the district, State Coordinator Shashwat Saxena informed about the plan to renovate dilapidated temples in the district. Shashwat Saxena stated that efforts would be made to connect the youth generation with spirituality. He emphasized that through spirituality, stress is allevi-

## Hindustan Zinc partners with Inland EV Green Services Pvt Ltd for the deployment of EV Trucks

- The two companies sign a contract for the deployment of Electric Vehicles (EV) Trucks  
- Progressive steps towards responsible supply chain and reducing Scope - 3 emissions

Udaipur: Hindustan Zinc, a Vedanta Group company in Zinc, Lead & Silver business, has taken a significant leap towards sustainable logistics by signing a contract with Inland EV Green Services Pvt Ltd. The agreement will mark the deployment of 10 Electric Vehicles (EV) Trucks, each boasting a capacity of 55 metric tons. Dedicated to the inter-operations transport of concentrates, these eco-friendly trucks reaffirm Hindustan Zinc's commitment to green and sustainable practices. The partnership signifies an important shift in the logistics landscape, aligning with global efforts to reduce carbon emissions and promote cleaner modes of transportation.

Commenting on this milestone, Mr. Arun Misra, CEO, Hindustan Zinc & Executive Director, Vedanta, said, "Our collaboration with Inland EV Green Services Pvt Ltd represents a significant step forward in our decarbonization journey. By integrating electric trucks into our fleet, we are moving forward in achieving our approved SBTi commitment while demonstrating our unwavering commitment to reducing our environmental impact. This initiative reflects our vision for responsible and eco-conscious operations, placing us proudly at the forefront of sustainable practices in our industry."



Designed to endure Indian conditions, these trusted EV trucks have demonstrated over 2 years of successful operations on Indian roads from IPL Tech Electric Pvt Ltd., a Murugappa group EV venture. These trucks have a remarkable charging capacity of 20% to 100% in just 90 minutes. At Inland EV Green Pvt. Ltd., we are dedicated to long-term sustainable efforts.

Inland Group, led by the Somani family, is dedicated to environmental and social responsibility, as exemplified by their continuous CSR initiatives throughout the year. Operating under the esteemed brand 'Enviro Wheels,' the company is at the forefront of transforming environmentally conscious transportation. The company's core principles revolve around introducing innovative solutions for a more eco-friendly planet. While the Somani family does provide logistics services through HSD by Inland World Logistics Company, their commitment to sustainability is further emphasised by offering eco-friendly transportation alternatives through Inland EV Green Services Pvt. Ltd.

In alignment with the same, Hindustan Zinc's sustainable efforts, including the deployment of EV trucks, underscore their approved SBTi commitment to reducing 50% of absolute Scope 1 and 2 GHG emissions and further reduction of 25% of absolute Scope 3 GHG emissions by FY2030 from the base year FY2020 and achieving Net-Zero emissions across the value chain by FY2050.

## Kiana and Adwika Shine in State Under-13 Chess Championship

Bundi: The state-level Under-13 chess competition held in Bundi saw the participation of 123 players from across Rajasthan. In the girls' category, Udaipur's player, Kiana Parihar, displayed exceptional performance by defeating Nirvi Jain of Byawar in the final round, securing the championship trophy. Adwika Sarupariya, also from Udaipur, emerged as the runner-up by defeating Nandini Purohit of Bhilwara in the final round. Kiana maintained an undefeated record, scoring 6.5 points out of 7 rounds. Adwika secured the second position with 6 points in 7 rounds. Bhavya Maheshwari secured the first position with 21 points.

Similarly, in the boys' category, players from Udaipur showcased outstanding performances. Mehaul Paliwal secured the 11th position, while Jenil Parmar and Mitansh Sahu secured the 22nd position. Indra Kumar Prajapat, the secretary of the District Chess Association, Udaipur, mentioned that Kiana and Adwika would represent Rajasthan in the National Under-13 Chess Championship scheduled to be held in Hyderabad, Telangana.



## Green Kanha Run Organized at Fatehsagar Palace for Tree Plantation Awareness

Udaipur: Heartfulness Institute organized the Green Kanha Run on Sunday, November 19, at Fatehsagar to raise awareness about tree plantation. This run was also organized simultaneously with various countries across the world in collaboration with Kanha Shanti Vanam.

Dr. Rakesh Dashora, Udaipur Coordinator, informed that a 2 km run was organized at Fatehsagar's Devli Chor starting at 7:30 am on Sunday. Deepak Menaria, Youth Coordinator for the Green Kanha Run, mentioned that prominent figures like Dr. Rajesh Bharadwaj, Additional SP (Vigilance), Udaipur, Saloni Khemka, CEO of Udaipur Municipal Corporation, Punit Sharma, Director of Planning, Udaipur, Dr. H.P. Gupta, Surgeon, Dr. Uma Ojha, Retired Professor RNT Medical College, Madhu Mehta, Zonal Coordinator, Heartfulness, Nares Mehta, Trainer, Asha Sharma, Mahesh Kulhude, Mohan Borana, and Dr. Subodh Sharma, former Dean of Matsya College, along with more than 100 participants, took part in the run.

This event included runs in categories of 2 km, 5 km, 10 km, 21 km, and a virtual run. The event, spreading across 1,400 acres with five lakh trees, resembled the lush-green Kanha Shanti Vanam and was organized in various countries worldwide. Kamlesh D. Patel, the head of the global organization Heartfulness Institute and a recipient of the Padma Bhushan award, encouraged participants to experience the beauty of participating in physical activities and enjoying the tranquility of meditation during the Green Kanha Run.