

She Ran, She Paused, Then Rose Again – 'Safe Woman, Safe Udaipur' Message Made Meaningful

Udaipur: Courage, confidence, and unity – these were clearly visible on the streets of Udaipur during the city's first-ever 'Women's Night Run', organized with the powerful

theme "Safe Woman – Safe Udaipur". Women of all ages participated enthusiastically in a 2-kilometer run, sending a strong message that Udaipur is not only safe for women dur-

ing the day, but also at night.

The event was jointly organized by Kanishka Shirmali of Yashwant Foundation and Ravi Malhotra, Director of Global Publication. Major support

came from Earth Diagnostic, Jain Jagruti Center (Women's Wing), Decathlon, Anushka Academy, Sanjeevani Natural Care, Geetanjali Medical College & Hospital, She Circle India, Jai Eklingnath National Service Organization, M Square, Kathak Ashram, KT Cricket Academy, PFC Education, Bella 21, Swarna Silver, Glamour Gate Boutique, Shri Vinayak Security, and Creation Group. The Night Run was not just a fitness event but a social awakening, as more than 200 women – from young teens to 65-year-old seniors – participated enthusiastically, showing that women stand united and fearless.

The event was profes-

sionally managed by Glory Events, with female bouncers from Vinayak Security and full support from local police authorities.

The run began from Mahakaleshwar Temple, flagged off by dignitaries including former State Minister Jagdish Raj Shirmali, Dr. Deepa Singh, Akash Bagdi, Mukesh Madhvani, Sushila Mehta, Rajeev Surana, Kusum Bhansali, Khushboo Malviya, Preeti Dembla, and Youth Congress President Harshvardhan Singh. Participants completed the run at Rajiv Gandhi Garden, where all runners were honored with medals and certificates.

Winners (by age category):

Ages 15–30:
☐ Vidya Rajput
☐ Harshita
☐ Bhagwanti
 Ages 31–65:
☐ Vinita
☐ Kalpana
☐ Neetu Sharma
 Kanishka Shirmali expressed, "This run was not just a race, it was a movement of unity, strength, and self-belief. Udaipur's women showed that the night belongs to them too."

Ravi Malhotra added that the Night Woman Run will be made an annual tradition, continuing to spread the message of women's safety and empowerment across the region.



Divisional Level Outstanding Student Felicitation Ceremony at Vidya Bhawan

Udaipur: Students must dream big, plan strategically to achieve those dreams, and bring about timely positive changes in themselves while remaining disciplined, enthusiastic, and hardworking. These thoughts were shared by Inspector General of Police, Shri Rajesh Meena, while addressing the Divisional Level Outstanding Student Felicitation Ceremony held at Vidya Bhawan Auditorium.



The event, organized by Vidya Bhawan, honored students who scored more than 75% marks. A total of 300 students from 25 government and 22 private schools across the division were felicitated for their academic excellence.

IG Meena, the chief guest, emphasized that education is the most important and inexhaustible asset of life. He urged the honored students to not only strive for good marks but also imbibe noble moral values and virtues such as compassion, kindness, service, harmony, and empathy.

Dr. Jitendra Kumar Tayalia, President of Vidya Bhawan, stated that success is not dependent on one's circumstances. He acknowledged the dedication of parents, highlighting how they devote time, resources, and efforts for their children despite challenges. Vidya Bhawan, he said, salutes this parental dedication and remains committed to offering continuous guidance and support.

Former IAS officer and Vidya Bhawan's Director, Shri Rajendra Bhatt, emphasized that if one has a true passion for learning, reading, writing, and playing, success is inevitable in all areas of life. He encouraged the award-winning students to inspire and support their peers in taking their studies seriously.

Dr. Sunil Joshi, Dean of CTAE and special guest, said that it is the youth and adolescents who can truly realize the dream of a developed India. He recalled the 94-year legacy of Vidya Bhawan, recognizing it as a model of education that nurtures socially responsible, dedicated, and civically aware citizens.

The ceremony was attended by parents, teachers, educationists, industrialists, and social thinkers from across the division.

Principal Pushpraj Singh Ranawat of Vidya Bhawan Senior Secondary School conducted the program, while the vote of thanks was delivered by Dr. Deepak Gupta.

NICC : Free Natural Eye Care Camp Till July 1

Udaipur: A special Natural Eye Care Camp is being organized at Natura Eye Care and Yoga Center (NICC), located in Meera Nagar, Udaipur.

The camp, which runs daily from 4 PM to 6 PM, will continue free of cost till July 1. Here, eye treatments are provided without any medicines or surgery – purely through natural methods and proven eye exercises.

Dr. Sweety Chhabra, Director of NICC, shared that thousands of people silently suffer from common yet significant eye problems such as blurry vision, nearsightedness or farsightedness, difficulty focusing, trouble seeing in low light, dryness, irritation, eye strain, excessive blinking or twitching, headaches, and visual stress. These issues are addressed here through natural eye therapy and targeted yoga techniques.

Dr. Sweety Chhabra and eye yoga expert Hanny Kaur emphasized that just like our body needs exercise to stay fit, our eyes also have muscles that need regular, focused exercises. Their therapy aims to reduce or even eliminate the need for spectacles – naturally. This method helps improve sharpness of vision, focus, night vision, contrast sensitivity, and eye coordination without the use of any eye drops.

The center offers customized eye exercise programs, herbal eye treatments, yoga sessions for all age groups, lifestyle and dietary guidance for eye health, child-friendly routines, and parental counseling.

Hundreds of children have naturally eliminated their need for spectacles here, while significant vision improvements have been recorded in the elderly – without surgery. Office workers, too, have reported relief from headaches and eye strain within just a few sessions.

Dr. Chhabra further added that natural eye therapy not only improves vision but also allows the eyes to relax and rejuvenate. Interested individuals are welcome to visit the center daily between 4 PM and 6 PM and take advantage of this unique opportunity at Natura Eye Care and Yoga Center, Meera Nagar, Udaipur.

Yoga is a union of mind and body, thought and action, discipline and achievement – CM Bhajanlal Sharma



Prime Minister Narendra Modi extended heartfelt greetings to the people of India and the world on International Yoga Day. He emphasized that this marks the 11th year of collective global participation in Yoga on June 21. "The essence of Yoga is unity," he said, noting with delight how Yoga has brought the world together.

Reflecting on the journey of Yoga over the past decade, PM Modi recalled the moment when India proposed the idea of International Yoga Day at the United Nations. The proposal was supported by 175 countries, a historic example of global unity. Today, Yoga has become an integral part of millions of people's lifestyles across the globe.

Yoga Connects the Self to Nature

Highlighting this year's theme – "Yoga for Self and Society – One Earth, One Health", the Prime Minister stated that it reflects the deep interconnectedness of health among all living entities on Earth. He reiterated that Yoga teaches us we are not isolated beings, but a part of nature, and it transforms us from "Me to We" through self-discipline and collective harmony.

He also referenced Indian cultural values like 'Sarve Bhavantu Sukhinah' (May all be happy), emphasizing how these ideals form the foundation of service, dedication, and coexistence – the spirit of Yoga.

Yoga as a Global Partnership

In a special appeal to the global community, PM Modi urged that this International Yoga Day should symbolize the beginning of "Yoga for Humanity 2.0", where inner peace becomes global policy. He stressed that Yoga should not remain only a personal practice but evolve as a tool for global partnership. He encouraged everyone to adopt Yoga as a way of life, supporting personal well-being and universal harmony.

Yoga is not just meditation – it's also a solution for physical health through mindful movement. Thanks to India's leadership, Yoga has gained worldwide popularity and continues to be a bridge between cultures, countries, and communities.

Anil Chhajed Wins Best President

Udaipur: At Rotary District 3056's gratitude ceremony in Jaipur, Rotary Club of Udaipur President Anil Chhajed was honoured as the Best District President for 2024-25, recognizing his exemplary leadership. The club also secured 13 prestigious awards. Notable honors included the Best Bulletin Award to Editor O.P. Sehlot, and the Aditya Stambh Award to PDG Nirmal Singhvi. PDG Ashok Gupta Gold Medal went to PDG Nirmal Kunawat. Bharat Sarupria was named Best Secretary.

Multiple members received the Aditya Diamond Club Excellence Award, and the club was lauded for public image and contributions to the Mark Maloney Annual Fund.

Vision 2030: Udaipur Muslims Empowerment Drive



Udaipur: In a major step towards uplifting the Muslim community in Udaipur, Seva Sansthan launched Vision 2030 at the Mashwarat Conference held at Hotel Justa Inn, Savina. The event brought together Muslim intellectuals, academicians, and officials to strategize a decade-long roadmap focused on education, employment, and economic progress.

Seva Sansthan's General Secretary, former DFO Layak Ali Khan, stated that Vision 2030 was crafted over months with input from social organizations to ensure targeted support for youth through education and career-building initiatives.

Key voices included AMP President Amir Idris, who stressed supporting underprivileged students, and motivational speaker Irfan Mughal, who urged youth to embrace entrepreneurship and modern skills. Local contributors like Furkan Khan emphasized mainstreaming misguided youth, while Dr. Wasim Khan advocated the strategic use of Zakat to transform youth into contributors. Dr. Hina Khan highlighted the low transition to higher education, despite high primary enrollment.

President of Seva Sansthan, D.A. Khan, hailed the gathering of 250 participants as a powerful start. With grassroots



focus on education, skills, and job creation, Vision 2030 aims to redefine progress for Udaipur's Muslim community, laying the foundation for a brighter, self-reliant future.

Collective Efforts Key to Eliminating Sickle Cell: Minister Kharadi

Udaipur: A state-level awareness program was organized on World Sickle Cell Day at the Center of Competence for Sickle Cell Disease, Maharana Bhupal Government Hospital, under the Dharti Aba Janbhagidari Abhiyan. The event, held at the RNT Auditorium, was graced by Tribal Area Development Minister Babulal Kharadi, who emphasized the importance of united action in eradicating sickle cell anemia, especially in tribal-dominated areas.

Minister Kharadi launched a 24x7 helpline (8690088847) to provide continuous support for patients across Rajasthan and highlighted the government's commitment to health equity through active community engagement.

MLAs Tarachand Jain and Phool Singh Meena, NHM Blood Cell In-Charge Manish Chaudhary, Joint Director Prakash Chandra Sharma, and TRI Director Dr. O.P. Jain also addressed the gathering.

Program nodal officer Dr. R.L. Suman, Superintendent of MB Hospital, outlined the goals of the initiative, including increasing awareness, expanding screening, and offering specialized treatment.

Principal Dr. Vipin Mathur of RNT Medical College praised the Udaipur center's model of patient care, noting it as the second such center in India and the world's first Sickle Cell Wellness Hub supported by NN Organization.

As part of the event, 56 individuals were screened and 15 disability certificates issued. Ten outstanding medical professionals, including Dr. Bhupesh Jain, Dr. Kapil Sharma, and Dheeraj Vyas, were honored for their contributions.

BAP is Destroying Tribal Culture and Development: MP Dr. Mannalal Rawat

Udaipur: In a press conference held on Saturday, Udaipur MP Dr. Mannalal Rawat launched a scathing attack on the Bharatiya Adivasi Party (BAP), accusing it of being a "looter gang" led by Rajkumar Roat and of working against the interests of tribal communities. He claimed that BAP is destroying tribal culture and development by promoting divisive agendas such as separating tribals from their roots and traditions.

Dr. Rawat alleged that BAP leaders are promoting negative politics and pushing a church-backed agenda in tribal areas. He said, "Statements like turning Mewar and Vagad into Bangladesh and denying the Hindu identity of tribals are part of BAP's divisive strategy."



The press conference was also attended by MLAs Phoolsingh Meena and BJP city president Gajpal Singh. Dr. Rawat asserted that Prime Minister Narendra Modi's government has made significant efforts for the upliftment of tribal communities through schemes like Janjatiya Gaurav Diwas, Vanbandhu Kalyan Yojana, and dedicated ministries and commissions. "Unlike BJP, BAP is anti-youth, anti-women, anti-culture, and anti-development," he stated.

Highlighting public sentiment, Rawat mentioned the recent Panchayat by-election in Bankoda (Aspur), where BAP received only 12 votes, while BJP won in Motagaon for the first time since independence – indicating growing public dissatisfaction with BAP.

Referring to recent corruption charges, Rawat said a BAP MLA was caught red-handed by the ACB while taking a bribe, and instead of accepting accountability, the party is attempting to shield him through an unconstitutional internal committee. "No one is spared from their extortion. There are reports of poor students being looted of their hard-earned education funds by BAP workers," he added.

Dr. Rawat also accused BAP leaders, including Roat, of opposing the All-India Delisting Movement which aims to ensure that converted Christians do not take double benefits under both ST and minority categories. "They are marketing the mentality of British slavery. The same people who visit Mangarh Dham are the ones telling women not to wear sindoor or mangalsutra, attacking Hindu traditions."

Calling Rajkumar Roat the "Kejriwal of Mewar", Rawat claimed he is using public funds for personal luxuries, just like the Delhi CM. MLA Phoolsingh Meena added that BAP's sudden involvement in the UDA expansion issue is opportunistic. "We have been working on resolving this issue with ministers and officials for a long time. Now that a solution is in sight, BAP is jumping in to take credit."

City BJP President Gajpal Singh emphasized that BJP has always been committed to tribal welfare and will continue working through both the Modi government at the Centre and the Bhajanlal government in Rajasthan.

The BJP leaders collectively urged the tribal community to stay aware of BAP's alleged deceptive tactics and divisive strategies.



The event was anchored by Nursing Officer Lalit Pargi and marked a significant step toward community-based disease eradication.

Ghoomar and Plays Captivate Udaipur Audience

Udaipur: A vibrant evening of dance and drama enthralled the audience at Darpan Auditorium, Shilpgram, as part of the 15-day Summer Ghoomar and Theatre Workshops organized by the West Zone Cultural Centre (WZCC), Udaipur.

The event began with a mesmerizing Ghoomar performance choreographed by expert Vijayalakshmi Ameta, followed by spirited presentations of traditional Dandiya Ghoomar, Chirmi, and Chari dances. The grace, coordination, and cultural depth displayed by the participants won loud applause from the audience. WZCC Director Mr. Furkan Khan praised the young performers for mastering such intricate folk forms in a short time.

Theatre lovers were treated to the play 'Déjà Vu', inspired by Katherine Mansfield's short story 'The Doll's House', written and directed by Ashutosh Pandey. Performed by junior participants at the Bagore Ki Haveli workshop, the play explored childhood, class disparity, and social perceptions with emotional depth. The senior theatre group staged 'Bechari Aatma', a satirical play full of humor and social commentary. Directed by veteran theatre artist Shivraj Sonwal with support from dramatist Jatin Bharwani, the play cleverly highlighted pressing issues like female foeticide, domestic violence, corruption, and political hypocrisy. The sharp wit and symbolic storytelling offered both laughter and reflection, with lighting designed by Payal Menaria enhancing the overall impact. The event concluded with the distribution of certificates by WZCC Deputy Director (Programs) Mr. Pawan Amaravat and Assistant Director (Finance & Accounts) Mr. Durgesh Chandwani. The entire program was skillfully anchored by Siddhant Bhatnagar, leaving the audience inspired by the budding talent and meaningful art.