



& Much More

By the Way : Be you!

It's great to be like any famous personality but it would be awesome if you try not to copy others. People spent hours to please others. In this process they lose their original personalities. Uniqueness is God's gift but human beings don't appreciate their qualities. They easily find faults in their lives and try to compare each and everything with others. It's hard to make them realise their own qualities.

Reema has a beautiful daughter. But Reema wanted to have a male child. She always ignores her daughter's qualities and misbehaves with her. Her husband has completely failed to make her realise the importance of a daughter. Now she has become a mental patient who consumes sleeping pills to relax her mind. World is full of people who are dissatisfied with themselves. It reminds me of an old story which my mother told me in childhood that once all flowers were fighting over an issue. They wanted to show their superiority. Rose, lotus,

orchid, lily and many other flowers wanted to know the name of the best flower. No body wanted to give up the battle. At last God interrupted and told each one of them to show their qualities and defects. After long discussion each flower understood that all were unique and can't be declared best or worst. Roses are beautiful but they have thorns, lotus is beautiful but it blooms in muddy water.

Every human being is born with different properties. It is pointless to compare yourself with others. It can harm your progress. Jealousy and ego are human traits but it would harm your foot only if you try to wear other person's shoes.

Kamal works in an office. He has become a manager after 5 years of efforts. But he has become so insecure in these years that he always tries to feed bad words to his CEO about other employees. He doesn't understand the value of team work. After few years he will lose his job to some new employee. Nothing is permanent in corporate world. It's always good to show your abilities by working hard rather than putting blames on others. Show your skills to the world. It can be done only when you learn to be you.

Be you!

It would really help you to grow and expand your soul. Being you is important as it is original and better than a copy. Standing out of the crowd is being you, so stop fitting in something which ain't your cup of tea.



Humdum ...

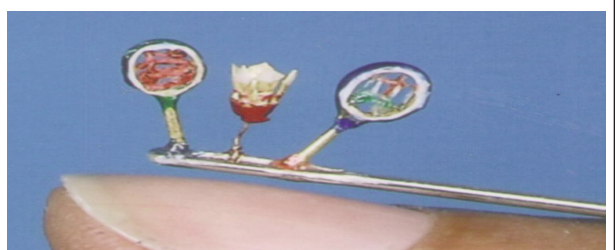
Tumhi haqiqat ho
Tumhi mere khwaab
Tumhi se din
aur
Tumhi se raat
Tumhi mere dost ho tumhi humsafar
Tumhi meri soch
Aur tumhi mere jazbaat
Ik din ye pyaar itna gehra ho jaayega
Saanson ki Khushbu bankar dil mein utar jaayega
Pyaari si dosti ka mukaam itna khoobsurat ban jaayega
Zindagi aur bhi khoobsurat hogi
rahega jab tumhare haathon mein mera haath
Thehar gaya tha wo Khushi ka pal Wahi
Tham gaya tha waqt bhi wahi kahin
Jab sang the tum aur thi taaron ki baaraat
Aur bhi khoobsurat ho gaya tha wo lamha
Jab bataai thi tumhe ye dil ki baat
Chalta rahe ye khusnuma safar yun hi
Aur hardum rahe humdum tumhaara saath
Rahe ik doosre k humraaz hum
Yun hi beete bas ye din aur ye raat

- Neetu Sidana, Jaipur

Provide Subsidy for Rain water Harvesting like Solar Plants

In last few days ago the state government issued an advertisement that it will provide 30 % subsidy for those who install solar plants for production of electricity on their roofs. definitely this will mitigate the availability of electricity in the state. The state government should also provide such subsidy for those installing Roof Top Rain Water harvesting on their buildings as this act will also increase the falling underground water level in the state & enhance the availability of the water & improve the quality of water to this water starved state. Announcement during this monsoon will motivate many to save this rain water. Delhi Government is already giving 50 % subsidy for this purpose since last ten years. The same can be distributed through local self bodies in the state .other wise the RAIN water will go to DRAIN as it is going every year.

Claims of Smallest Cock and Badminton Rackets



Udaipur: city's gold craftsman Iqbal Sakka has presented the claim of making the world's smallest cock and two badminton rackets in 200 milligrams of gold in the World Records Book. Sakka has created two badminton rackets with a 3 mm long cock (zoos) of gold, which is 7 millimeters long. Fake (net) with rackets is also made. This artwork can be seen with the help of a microscope lens.

IIFA Awards 2017: Neerja bags the Best Film Award

Alia Bhatt and Shahid Kapoor won the Best Actor Award for Udda Punjab - Anirudh Roy Chaudhary won Best Director for Pink

The 18th edition of the International Indian Film Academy Awards was held in New York on July 15. Bollywood celebrities like Salman Khan, Katrina Kaif, Shahid Kapoor along with his wife Mira Rajput, Alia Bhatt, Sonakshi Sinha and Varun Dhawan attended the grand event to celebrate the success of movies from last year. This year, the magnificent event was hosted by filmmaker Karan Johar and Saif Ali Khan. Varun Dhawan joined the two for a segment. Sonam Kapoor's

film Neerja won the best film award. Actor Shahid Kapoor earned the Best Actor award for his role in Udda Punjab, while Alia Bhatt won the Best Actor (Female) award for the same film.

IIFA 2017 winners:
Best Film : Neerja
Best Director: Anirudh Roy Chaudhary for Pink
Best Actor (Male) : Shahid Kapoor for Udda Punjab
Best Actor (Female): Alia Bhatt for Udda Punjab
Best Actor in Supporting Role (Female) : Shabana Azmi for Neerja
Best Actor in Supporting Role (Male): Anupam Kher for MS Dhoni: The Untold Story



Best Debut (Male): Diljit Dosanjh for Udda Punjab
Best Lyricist: Amitabh Bhattacharya for the song Channa Mere Ya from Ae Dil Hai Mushkil

Best Playback Singer (Male): Amit Mishra for Ae Dil Hai Mushkil
Best Playback Singer (Female): Kanika Kapoor for Udda Punjab
Best Music Direction: Pritam for Ae Dil Hai Mushkil
Best Actor in Comic Role: Varun Dhawan for Dishoom
Myntra Style Icon Award: Alia Bhatt
IIFA Woman Of The Year: Tapsee Pannu
The 18th edition of the International Indian Film Academy Awards witnessed some brilliant performances by Bollywood stars Katrina Kaif, Sushant Singh Rajput and Kriti Sanon, to name a few.

On Sunday to remove the floating waste and aquatic weeds from the lakes



Udaipur: (Anil Mehta) Lake volunteers of Udaipur met on Sunday to remove the floating waste and aquatic weeds from the lakes. The voluntary action was jointly organised by Jheel Mitra Sansthan, Jheel Sanrakshan Samiti and Gandhi Manav Kalyan Samiti.

On this occasion, lake lovers expressed serious concerns about eco system health of the lakes. Dr. Anil Mehta, Tej Shankar Paliwal and Nand Kishore Sharma stated that there is severe soil erosion in the catchment of the lakes.

The earthy colour of river Sisarna entering into lake pichhola indicates degraded condition of the catchment of the lakes; and substantiate the fact that nothing substantial has been done under catchment treatment measures of NLCP lake conservation project.

They suggested that there should be systems of silt observation post (SOP) and discharge measurement mechanism to observe the quantum of water and silt entering into the lakes. Such systems are necessary to understand the hydrological parameters of the lakes, necessary to design and implement the conservation measures. The lake volunteers expressed the need of regular analysis of chemical and biological composition of silt.

The agriculture runoff contains heavy doses of dangerous pesticides and herbicides and pose serious threat to human life. It is unfortunate that in the catchment of lakes, there is uncontrolled application of pesticides, insecticides and herbicides. These chemical compounds are washed through rain water and flow to the lakes. The situation is further worsening as, under the pressure of land mafia, the submergence area of lakes are being reduced.

Lake lovers informed that this is happening throughout the Rajasthan resulting in destruction of ecologically important shore line area of lakes. The volunteers demanded that the Government should demarcate all lakes of Rajasthan, including Udaipur on MWL criteria; and should not surrender to any ill demand of reducing the lake original boundaries.

Rajasthan-Ratnakar Awards given in different 11 categories

New Delhi: (Dr. Gopendra Bhatt) The annual function of Rajasthan-Ratnakar, a major social service organization of immigrant Rajasthanis in Delhi, was held in New Delhi's Shah auditorium on Sunday. Union Minister of State for Finance, Shri Arjun Ram Meghwal, Union Minister for Law and Justice, Electronics and Information Technology, Shri P. P. Chaudhary honored individuals who provided outstanding services in 11 different categories. Shri Rajendra Gupta, Chairman, Rajasthan-Ratnakar informed that Shri Deep Jain Sahitya Award for best literature service in Rajasthani language was given to Dr. Niraj Dahiya of Bikaner. For the best book in Rajasthani



language. OP Bagla award was given Mangal Badal, Sri Shiv Roopramaka Folklore Award was given to Mr. Satish Dehra of Jaipur for special contribution in the promotion of folk songs of Rajasthani language. Shri Gupta informed that for the contribution of journalism and media, Shri Narasimhas Gupta Smriti Award was conferred to Mrs. Aditi Nagar of Zee News, New Delhi. Mr. Ashok Jagan of Delhi receives Mr. Loknath Saraf Memorial Award for special contribution in the field of medicine, Shri Vasudev Dalmiya Smriti Award to Sanjay Beniwal and Shri Rama Raman Gupta Award for Special Contribution to Social Services was awarded to Ravi Daddich, for his special con-

tribution in the education sector, Mrs. Raj Poddar Smriti Award was given to Harish Naval for women empowerment, Smt. Narayani Devi Mahavir Prasad Bhagwanika Smriti (Tejaswani) award was given to Dr. Sonal Badal & Mr. Gauri Shankar Tulsyan Smriti Award was given to Mr. Virendra for special contribution in the field of industry. Mr Ratnakar Gupta informed that in grand ceremony each awardee was given Rs 25 thousand Cash, shawl, citation and memento by us. For selection a juries of noted celebrities - Padma Shri Surendra Sharma, Padmashri Smt. Sheila Jhunjhunwala, Smt. Kamla Sindhvi, Shri O.P. Bagla and Mr. Ramesh Jain were constituted.

Organized Posting ceremony of Rotary Club Mewar

Udaipur: Organized posting ceremony of Rotary Club Mewar Lakshyaraj Singh Mewar said that mewar state was always ahead in women literacy. Our ancestors has opened the girls school in, in the year 1864 the first one in Mewar, where we talk about the daughter's beloved children. Women are not ahead of men.

He was speaking as the chief guest at the posting ceremony of Rotary Club Mewar held at Chamber Bhawan, UCC, He said that women possess all the powers in life. If we do not understand them equally than we cannot march ahead.. He Mewar has always been a leader in the country regarding the girl child. The chief speaker of the ceremony, Nilima Khetan, said that we have assumed the ideology of the market in every area of our life. It is a different matter whether the solution of the market is resolved or not. Hindustan Zinc-Vedanta spends 300 crores rupees annually in the field of social service.

Newly elected President, Dr. Arvinder Singh, Secretary Abhay Malara, Patron Hansraj Chaudhary, Assistant Prantpal Kapoor, C. Jain, Anil Mehta, President elected Manaria, Mukesh Gurani, Sandeep Singhwada, MP Chhabda, Manish Ganna, Rahul Harn, Suresh Jain, Himanshu Gupta, Prashant Shuhalka, Pankaj Bhanavat, Chetan Prakash Jain, Yayesh Pagaria, Saurabh Paliwal, Bansantgiri i Gowsami, Ashish Hrkawat, Dinmay Choudhury, Manish Kalika, Mukesh Chaudhary, Dr. Lokesh



Jain, Hitesh Kothari, Pawn Kotari, Dr. Arun Bapana, Farooq Quraishi were administered the oath of office and secrecy by shri Ex prantpal Nirmal singhvi On this occasion, Singhvi said that Rotary commits community service while trying to change the lives of people.

At the function, Club President Dr. Arvinder Singh said that when the expectations increase than, tension is increased. Therefore, always keep the level of hope low. If we keep our attention centered on our own dreams, then it will be known that ours also have a periphery inside which is the desire of the skies. The function was also addressed by patron Hansraj Chaudhary, assistant Principal Kapoor C. Jain. On this occasion, on the request of Bulletin editor Mukesh Chaudhary bulletin released jointly by the guest present on stage.



इंटरवेंशनल रेडियोलोजी द्वारा शिराओं सम्बंधित रोगों का अत्याधुनिक उपचार गीतांजली हॉस्पिटल में



यदि आपके पैरों में दर्द, खुजली, त्वचा का रंग बदलना या लम्बे समय से ठीक ना होने वाला अल्सर हैं, तो आप

वेरीकोज़ वेन्स (Varicose Vein)

(नसों में सूजन, नसों का गुच्छेदार होना, या ज्यादा बड़ी हुई नसें) रोग से पीड़ित हो सकते हैं।

● केवल एक दिन में ● बिना चिरा लगे ● बिना शरीर पर कोई निशान के मिनिमल इन्वेन्सिव एन्डोवेस्कूलर रेडियोफ्रिक्वेन्सी एब्लेशन द्वारा उपचार

यदि आपके हाथ व पैरों में सूजन, दर्द व पैर या हाथ का लाल होना जैसे लक्षणों को पाएं, तो आप

डीवीटी (DVT)

(शिराओं में रक्त के थक्के का जमाव) रोग से पीड़ित हो सकते हैं।

सीडीटी (14 दिनों के भीतर कैथेटर द्वारा थक्के को निकालना) तथा थ्रोम्बोलाइसिस (थक्के को दवाईयों के माध्यम से घोलना) द्वारा उपचार



दक्षिणी राजस्थान में एकमात्र विशेषज्ञ

डॉ. सीताराम बारढ़

M.D. FNVIR (KMCH, Coimbatore), Consultant, (Neuro & Vascular Interventional Radiology) - GMCH

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