



Dr. Kriti designated member in UK's International Advisory

Jodhpur: Rajasthan based Saarthi Trust's managing trustee and Rehabilitation Psychologist Dr. KritiBharti, who has been fighting against child marriages and making victims their child marriage annulled, has touched the new heights by inclusion her name as member in the International Advisory Group of None-in-three centre of United Kingdom. This centre is being funded by the Government of UK and being executed by the University of Huddersfield. Dr.Kriti will advise to the centre activities as expert for the next four years.

Government of United Kingdom has established none in three centre to address to prevent gender based violence. This centre will create pro-social, anti-violence computer games for use in schools. These games will be designed to increase Gender Based Violence awareness and to enhance empathy/non-adversarial problem-solving skills among young people. This innovative research centre is possibly the first of its kind in the world. The International Advisory Group comprises of ten international experts selected for their expertise in diverse but relevant disciplines. From India, Saarthi Trust's managing trustee and Rehabilitation Psychologist Dr. KritiBharti has been selected for her tireless efforts towards Human Rights and annulment of child marriages. Dr. Kriti, who also works for the rehabilitation of victim girls, got this honor for her contribution to child welfare and women upliftment. Dr. Kriti will work as a expert with the representatives of China, India, Uganda, UK and Jamaica to prevent gender-based violence.

After the enactment of The Prohibition of Child Marriage Act, 2006, the first annulment of a child marriage was done by the efforts of Dr. Kriti. This act found its way into the Limca Book of Records, World Records India Book and also CBSE textbooks. Even after facing threats and obstacles, Kriti has managed to annul 36 child marriages till date. Apart from it, she has prevented thousands of child marriages. Dr. Kriti is the recipient of a number of other national and international awards. She has been included in the list of 100 inspirational women of BBC as well as awarded with the International Changemaker Award by London based organization Girls not Brides and also awarded by the State Government.

"Research says, One in three women and girls experience physical or sexual violence in their lifetime. The None in three Centres is committed to change this reality. I feel honoured that my work is being recognized at International level and feeling delighted to be a member of its International Advisory Group". Dr. KritiBharti, Rehabilitation Psychologist and Managing Trustee of Saarthi Trust.

Tulsi plantation in 11 thousand houses together



Udaipur: On Sunday, on the occasion of NirjalaEkadashi, 11000 houses in the city have set up a legendary record of the restoration of traditions with the mass distribution of Tulsi plants and ShrimadBhagwatGeeta, under the leadership of daughters. This new initiative of Namovichar manch was given the name of Tulsi My Patan. As an attempt to connect Indians with the original culture, 11,000 families planted basil in the same day from 8 am to 10 pm at the same time. PravinRattalia, president of NamovicharManch, told that.

In Indian culture, Tulsi's plant is more than a mother. Gita is our spiritual book, which has been built for centuries in our opinion. This unique event took place in the new era for the restoration of the ancient tradition, which did not only record but also communicated an awareness of traditions in the new generation. The team of 2,700 youth under the banner of Namovichar manch distributed copies of Basil and Gita in 11000 houses of Udaipur city. Rattalia said that the aim of this campaign is to raise awareness of plantation and daughter-saving - daughter-to-school education. 2700 youths of Namovichar manch were divided into 200 teams and they were given 200 fields. Besides the distribution of Tulsi and Geeta in the house, the significance of NirjalaEkadashi, BhagwatGeeta, and Tulsi Mata Plant was also explained. In the MaiTulsiTereAngaNKee campaign, along with Pravin Rattalia, Shailendra Taylor, Jaya Kuchur, BibhavDhivar, KapilNachani, MayurChordia, YogeshKataria, TanjayGangawat, Lokesh Jain, ArunPathak, Raj Singh, Rohit Joshi, GauravPathak, Chirag Kothari, Abhishek Mehta, Deepak Dakhani, YashParmar, HrithikJavariya played the main roleTulsi plantation was also done in the open yard of all Police Stations and distribution of Geeta was given to the prisoners.

In the presence of MangilalJee Joshi, Chandragupta Singh and Jagdish Sharma, at JagdishMandir distribution mission were inaugurated at 7.30 am in the morning. Tulsi plantation was also done in the families of the Muslim community (photo attachment) Supporting the 'BetiBachaoBetiPrabhoj' scheme, the youth sent a message to the society that in the same way we respect the women of Gita and Tulsi, in the same way respecting every woman will not have such incidents like rape, molestation, domestic violence. A handbill was also distributed to 11000 families, which included the significance of Bhagavad-gita, NirjalaEkadashi, and Tulsi.

Udaipur jumps 225 spots in Cleanliness Ranking

Udaipur: Udaipur made it to the Top-100 in the Swachhta ranking issued by Ministry of Housing and Urban Affairs. Udaipur was ranked at 85th position this year, a jump of 225 positions from last year's ranking of 310. Udaipur was the second best ranked in Rajasthan after Jaipur (39th rank). SwachhSurvekshan 2018, India's largest ever cleanliness survey covered 485 cities. "Objectives of the survey is to encourage citizen participation, increase city capacity for sustainable ODF and sanitation measures and to create awareness amongst all sections of the society about importance of collective action to contribute in India's journey towards a Swachh Bharat", note Durga Shankar Mishra, Secretary, Ministry of Housing and Urban Affairs.

1.05 lakh performed yoga at Kota, beat the record of Mysore

Dr. PKSinghal /Abbasy

Kota/Baran/Udaipur:

Thursday Kota created a world record bringing over a lakh of people together for a yoga session to mark the International Day of Yoga the main role in this achievements goes to Allen. Two representatives from Guinness World Records, watched as Yoga guru Ramdev put the gathering, which included chief minister VasundharaRaje, through a series of asanas at the RAC ground in Kota, the coaching hub of India.

The international private organization then handed over a certificate to Raje and Ramdev. "The largest yoga lesson was achieved by Government of Rajasthan, PatanjaliYogpeeth and District Administration at Kota, Rajasthan, India on 21 June 2018," the certificate read. Nearly two lakh people were at the RAC grounds for the state-level function, also attended by ministers, MLAs, and bureaucrats.

Cameras set up at the site and drones determined that 1.05 lakh people performed the asanas, beating the previous record of 55,524 people in Mysore in 2017. The yoga camp started at 5 am and the

15 exercises that were part of the protocol for setting a record were performed from 6.30 am to 7 am.

Raje, meanwhile, announced plans to set up a yoga center with an 'acharya' to coach people at each district headquarters. She also asked Ramdev to set up an Acharayakulam in Kota, on the lines of the Vedic school set up by him near Haridwar. "Our culture considers the entire world as one family based on Vasudhaiva Kutumbakam. The country could emerge as the 'Vishwa guru' with the help of yoga," Raje said.

CM praised students at Kota for being a part of the yoga event. "It is the moment of pride that the world record in Yoga is being set at a place where the entire nation dwells," she said, adding the importance of yoga increases in Kota as due to cut-throat competition, the students get tense and "nothing is better than yoga to beat the stress and tension".

"Yoga roots out all bad habits and tendencies from the body and soul," Ramdev said.

Allen played an important role in making the World record possible with 72,000 of its students, their parents, and teachers

taking part the vent. The students reached the venue by bus, van and on foot from 16 campuses across the city.

State Health Minister KalicharanSaraf, Agriculture Minister PrabhulalSaini, legislators and top bureaucrats too attended the event.

In Udaipur main function held at BhandariDarshakMandap international yoga day was observed yoga day was celebrated in various organizations in Udaipur few of celebrations are summarized as under

New energy transmits Yoga

- Prof. Sarangdevot

Udaipur Fourth World Yoga Day celebrated under the leadership of Sarangdevot, Prof. Sarangdevot said that yoga is important for the peace of mind, through yoga, we take positive thoughts, through which new energy is transmitted in the body. The practice of yoga benefits the physical, mental and spiritual health, which today is very important in the lifestyle of the race. Chronic diseases like psychotic, such as diabetes, cervical, constipation, psychiatric diseases are alienated from yoga MMPS: World Yoga Day was celebrated at Maharana



Mewar Public School, where all students, teachers, and employees practiced Yoga.

NarayanaSeva: 551 people have practiced Yoga in Maha teerth situated at Ilo ka Guda, NarayanaSevaSansthan. Halvai Caterers Development Committee has organized the National Yoga DayAmessage of healthy living at district level yoga ceremony.

In Baran, International Yoga Day Opportunities District Level Yoga Day was held at the Sriram Stadium, in which people's representatives, officials, and people gave a message of healthy living through yoga. District Yoga Nodal Officer Dr.

RameshChandraSharma said that on the occasion of Yoga Day, MLA RampalMeghwal and LalitMeena greeted everyone with the best wishes of Fourth International Yoga Day that Yoga is the basis of healthy life and all-round development is possible so that every person should do yoga. District Collector Dr. S.P. Singh said that with yoga physical and mental development also provides spiritual joy, so every person should give place to yoga in daily routine, hence the joy of longevity can be achieved. Yoga Camp organized by SantNirankari Charitable Foundation on International

Yoga Day according to the directives of the Chief Saguru Mata Sevinder Hardev Singh Ji, by the Saint Nirankari Charitable Foundation. Facials Yoga with 1818 People Yoga Day was organized at Dynamic Yoga Center at 6.30 am to 11 pm and then from 3 pm to 7 pm in different sessions, free yoga was done at different places. Thousands of people have taken advantage of these sessions and in the future, they have also decided to do yoga every day. In association with DPS School, a special session of Facial Yoga was conducted with 1818 people at the school premises.

A Cut Above the Rest : Ananta Spa

Udaipur: Ananta Spa Group, with a heritage of over ten years, is a subsidiary of Innovative Management Solutions (India) Pvt Ltd, a part of the business leading The Innovative Group, headquartered out of Chennai has OPENED ITS FRANCHIES IN UDAIPUR NEAR SUKHADIACIRCLE THE CEO OF COMPANY Colonel D Pradeep Kumar, Shaurya Chakra, Sena Medal (Retd) is the Dynamic Visionary and Founder of the Innovative Group. Anon-sense and workaholic professional turned Entrepreneur has previously held over 30 years of varied experience in the Indian Army State



Governments. told media as under"OR We are one of the largest spa chains in the country to offer a bouquet of Spa services - Thai Spa for the Traditional Therapies, Organic Spa for the more Western and Diverse Therapies, Medi Spa for Spa Therapies coupled with Physiotherapy, Yoga and Meditation and Day Spa in hotels, resorts and airports

We specialise in Standalone Spas of various sizes and also as a one-stop spa solutions provider for hotels/individuals. We cover every base when it comes to opening your own Spa, including conceptualization, planning, recruitment, education, resourcing, execution and management. We started off with the vision of owning, managing and operating quality Spas that provide top-notch services while using scientifically administered Therapies.

PM honours The Yoga Institute with National award

Udaipur: The Yoga Institute, Santacruz (East), Mumbai, has received the prestigious Prime Minister's Award for Outstanding Contribution to Promotion and Development of Yoga in 2018. The Yoga Institute won the award in the 'Organisation - National' category.

The timing of the announcement, on International Yoga Day, could not have been better - coinciding with the Institute's own centenary celebrations through 2018. The Yoga Institute, established in 1918 by SriYogendraji, turned 100 years on December 25, 2017.

The Institute has produced more than 50,000 Yoga teachers and has over 500 publications to its credit - contributing to the promotion and development of holistic Yoga for every section of the society - both local and international.

The Institute was chosen from among 186 applicants under different categories. The Jury, chaired by the Cabinet Secretary Pradeep Kumar Sinha, comprised Additional Principal Secretary to Prime Minister Dr. P.K. Mishra, Foreign SecretaryVijay Gokhale, Secretary - AYUSH Dr. H. R. Nagendra, and members - O. P. Tiwari and Dr. B. N. Gangadhar.

Ryan International School Celebrated Father's day



Udaipur: "Strict yet vulnerable, expressive yet restrictive, punishing yet rewarding, such is the love of a father." To salute this form of unconditional love, Ryan International

School, Udaipur celebrated the event of Father's Day on 23rd June 20-18. The program began by invoking the blessings of lord almighty, students read the bible verse which was followed by special prayer and melodious prayer songs.

Ryan Udaipur took immense pride in inviting the fathers and making them a part of the celebration at school, which was exclusively for them. It was a day off from their usual routine, where the Fathers were being welcomed in a very special way, which gave them a chance to bind with their children in a fulfilled ambience. It was a pleasure to see fathers participating in different fun activities including flameless healthy tiffin, drawing, painting or sketching (theme: World of Happiness), singing and dancing and playing different fun games. Students sang melodious song, dedicating to their fathers, recited medley of poems, danced and presented a very heart touching skit which hailed the atmosphere with love, respect and sense of belongingness. Everyone enjoyed and praised the performances of the students and the arrangements done by the school.

Principal of the school Mrs. PoonamRathore appreciated the strong bond between father & son and father & daughter and also wished them to maintain a healthy relation of love and understanding.

"Shh...Shh...Chup Vikas Ho RahaHai", Released

Udaipur: A book of small satirical essays "Shh...Shh...ChupVikas Ho RahaHai" was released in the



inaugural function of the 27th Foundation Day of the fortnightly News paperMahavirSamataSandesh on 17th June, 2018. The All India General Secretary of Hind MazdoorSabha Comrade Harbhajan Singh Siddhu, Member of the state committee of CPI(ML) Comrade ShankerLalChaudhary, Socialist thinker and writer PannaLalSurana, Prof. NareshBhargava were among the guests who released the book. The book has been authored by Dr. HemendraChandalia, Professor of English at JanardanRai Nagar Rajasthan Vidyapeeth (Deemed University) and editor, MahaveerSamataSandesh. The book has a collection of topical satirical pieces on the contemporary social and political situation. It is a collection of the satires written in the last three years. Prof. NareshBhargava said that this work is both entertaining as well as educating. The style and language are such that everybody can enjoy reading it.

Yoga in context of Bio-psychology

Udaipur: On the eve of International Yoga Day, Society for Microvita Research and Integrated Medicine (SMRIM), Udaipur has organized a talk for MBBS students of Pacific Medical College & Hospitals, BheelonkaBedla, Udaipur. Dr. Vartika Jain, Secretary, SMRIM highlighted the aims of society and told about the reason for the talk which was to differentiate between Yogasan and Yoga and to know the real meaning of Yoga. Main speaker of the talk, Dr. S.K. Verma, President, SMRIM told that in today's era, 'Yoga' is understood mainly by 'Yogasan' that is different Yogic postures. Meaning of Yoga is explained by various saints in different ways such as 'Yogaschittvratinnirodah' by MaharshiPatanjali meaning controlling every tendency of the body but in that state, a person would be just like an unconscious man which is not correct. Another definition was as relieving from every stress but according to Shrii P.R. Sarkar, 'Yoga' word is prepared by either 'Yuj' or 'Yunj' verbs and according to Yunj, meaning of Yoga is unification just like mixing of sugar and water as in Yoga, 2+2=2 not like addition where 2+2= 4 and therefore, correct definition of 'Yoga' could be told as "

Sanyogoyogoiyuktojeevatmaaparmaatmaan". In fact, merging of unit mind with cosmic mind is real 'Yoga'.

He further told that Yam, Niyam, Aasan and Pranayam are among eight limbs of Yoga as described by MaharshiPaatanjali but today the main focus is on 'Aasan' and rest other steps are not followed and therefore, benefits of even doing aasan are not visible properly as there are certain pre-requisites of Aasan such as taking of sentient food, doing aasan in Chandra Swar and not in open places; moreover, different aasans are required according to the unit body constitutions and it should be learnt only by an expert.

He also emphasized the importance of Bio-psychology, a science behind Yoga and with the base of morality, Yoga relieves a person from physical, mental and spiritual troubles. In the end, I.S. Rathore gave thanks to the students for participating and asking questions regarding the topic.

Yoga @ Aravali Group of Colleges

Udaipur: Aravali Group of Colleges celebrated 4th International Yoga Day with full of joy and pumps. The chief guest of the function was Yogacharya Shree Deepesh Kumar who also performed various aasans of Yoga with the Facilities and students of AITS. In the welcome address Dr. HemantDhabhai, Director, Aravali Institute of technical Studies brief the major impact of Yoga in person's life.

GITS celebrated International Yoga Day

Udaipur: Geetanjali Institute of technical studies, dabok celebrated International Yoga Day by organizing a special yoga session in which the students, faculties and HOD's along with the Director performed various 'asanas'. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students and faculties.

In the present day when students face stress, tension, fear, etc., simple asanas can help dispel these. All were taught various asanas. Institute Director Dr. Prof. VikasMisra& finance controller Mr. B.L. Jangir said "Yoga is essential for inner and physical growth.

ward no. 46 by-election ShahinNisha elected

Udaipur: In Udaipur Municipal Corporation's ward no. 46 by-election ShahinNisha elected by a massive margin, Gopal Krishna Sharma, President of Udaipur City District Congress Committee congratulated ShahinNisha, office-bearers, and workers for this victory. He said that victory has proved that the people do not believe in policies of BJP and the people of the state will answer the BJP in coming assembly elections. This win is not only of the Congress party but the victory of people who have faith in the Constitution of the country and those who have a tolerance policy. The public has given a message to the BJP government and this message will go to the whole country. The public wants the Congress party back in power, which came to power by making false promises from the people of the country, got a convincing answer from this victory.

"First Successful Angioplasty of Veins of both the Kidneys"

Udaipur: Geetanjali Medical College & Hospital's Cardiologists Dr. Ramesh Patel & Dr. Danny Kumar have performed a successful angioplasty of Kidneys of 10 years old boy. This is thus claimed as a first successful case in Udaipur Region. Salumbar resident, PankajNad, Ag 10 years, was suffering from breathlessness & swelling in hands and legs. On a routine consultation at Geetanjali Hospital's Pediatrician Dr. DevendraSareen, the investigations of Sonography& CT Scan confirmed the blockage in veins of both the kidneys. Blockage of around 90% in one kidney and 95% in another kidney was present. Due to this blockage in near time both the kidneys of the patient would have failed.