



# Diffusing Happiness Around



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The world is an unforgiving place. One has to bear the repercussions springing out from nowhere but one's own actions, sooner or later. Despite all the words of wisdom floating in the air all the time, people tend to indulge in acts that soothe their soul, quite often at the cost of others' peace of mind. Sadists are people who derive happiness for their unhappiness, dissatisfied and envious souls by seeing others/making others unhappy. They steal away the happiness people duly deserve and through their actions. They breed on other people's discontentment and loss. Bullying and teasing as well as unreasonably belittling others is a part of the innumerable sadistic pursuits of the present generation mankind.

How often do we comment on a person's looks, lifestyle, language, etc. in a day? All day long, we unconsciously indulge ourselves in a hundred little sadistic acts. Calling a plump friend 'fatty' or 'pumpkin' is not funny! Teasing someone calling him/her a 'nerd' or in the contrary, a 'good-for-nothing-nincompoop' isn't funny either! We judge people all the time! If we cannot contribute to a person's life positively, we possess no rights to disturb a person's life with our seemingly casual, flamboyant, frivolous remarks that are, in reality, hurtful and disrespectful for the person who bears them. It has become a kind of second nature, a part of the muscle memory: deriving pleasure by humili-

ating others. Sadistic pursuits range from the facade of casual mockery and random comments to the various statements that propel an individual to file a defamation case. Hurting someone's sentiments is not a subject of jocularity. The mushrooming "roast channels" on YouTube and shows of a similar theme and genre on television and other platforms have garnered widespread acclaim, no doubt such sadistic pursuits are bound to receive appreciation by sadistic audiences. We laugh at people. We laugh at their lifestyles. We mock at poverty. We mock at simplicity. What do we not mock at? We mock and judge all the time!

There has been a lot of debate and clamour on the subject of the true meaning of the word 'happiness'. The meaning of happiness in a subjective way is known to most of us as a state of delight and elation. However, is there a hidden meaning to this deeply perplexing but seemingly simplistic word? Indeed. Disagreeing with the cliches that put forth happiness as a mystical concept, I can put it with conviction that not a lot of mystique is attached to this word. Happiness is a state of mind. It is state of complete relaxation where a person is far away from any and every sort of stress and feels driven away from a life that appears like a tedious and run-of-the-mill job to a peaceful state where he/she can smile, giggle, laugh and enjoy in the vicinity of friends and family!

Getting attached to sadistic pleasures is the root cause of unhappiness. How often do we spend time contemplating on the problems and plight of other people? How often do we hurt someone without knowing what the person might have gone through to reach where he/she is today? We hurt people, sometimes intentionally while in a fight and the other times unintentionally via 'causal and fun' comments and rebukes. POST SOWING THE SEEDS OF POISON, CAN ONE EXPECT TO DERIVE ELIXIR AS AN OFF SPRING? No! The wise have said, "What you sow is what you reap!" By poisoning ones relationships with the uncanny prospect of gaining sadistic pleasure, one is sure to transform in no time into a mad beast who, in the urge to breed on others' unhappiness becomes the most unhappy being ever!

Pondering over our actions and words is important but what's more important is pondering before taking an action or releasing a statement. Words once uttered cannot be retrieved.

The renowned authoress Arundhati Roy once said, "That's what careless words do. They make people love you a little less!" One must never forget that words are all powerful. The need of the hour is to realize that being a sadist harms nobody more than the person himself/herself. In the process of hurting others, one hurts oneself the most. Happiness is like a magical feast in which as much the food is distributed, as much it amplifies! Spreading happiness would make you the happiest person ever! Sadists land nowhere. Therefore, one must focus primarily at understanding the, gravity of ones words and the acknowledge the importance of using them wisely and precisely. One must also understand that its pleasure that can be derived out of hurting people and not happiness.

We all know that all pleasures in this world are short lived and it's happiness that's capable of sustaining! Happiness comes from one's actions. By being a true reciprocator of happiness, you too can experience the bliss of being forever embraced by a sphere of equivalent and omnipresent happiness and bliss! Happiness is not a distant place that you seek to visit. Rather, it's the nearest place in your visual field. To understand the meaning of the much pronounced phrase, "happiness rests within", one must first understand the essentiality of being true to oneself and the people in one's surroundings by making others' life a bit happier than before, not by Herculean deeds, but by daily tiny miraculously simple acts of kindness!

Wish the old lady in your neighbourhood each time you see her during the course of the day. Feed a stray dog with some milk. Say "Thank You" more often than "Why?" "What?", etc. Call a friend and tell him/her that he means a lot to you and you do value him! Apologise to those you ever hurt! You'll feel more liberated and happier than ever before!

As Ann Brashares once said, "Being happy isn't having everything in your life be perfect. Maybe, it's about stringing together all the little things!"

## "Pukaar" celebrates World Wild Life Day

Udaipur: The city's extremely popular plantation group "Pukaar" celebrated World Wild Life Day on Sunday 3rd March by planting more trees in Sector 14, Hiranmagri and by taking care of the previous plantations in different areas. It may be noted that "Pukaar" group has left no stone turned to make Udaipur a much greener Udaipur and they plant trees every Sunday.

"Pukaar" team also took care of the previously planted trees. Tree guards were also replaced at various places. Founder BhuwaneshOjha informed that his team members with the help of residents in various colonies have planted trees of more than 100 species. You name it and the tree will be found. The team has also planted local trees which had become rare in the town. The members of the team are worried that deforestation is actually responsible for many a species of birds, animals and trees getting extinct and attention must be paid in this direction.

## State Level Divya Swimming Competition



Udaipur: The third state-level Divya Swimming competition was held on the swimming pool of SawaiMansingh Stadium in Jaipur, swimming swimmers from the entire state of Rajasthan participated in the swimming competitions.

Rajassamand resident JagdishTeli participated in four events in these competitions in which 100-meter freestyle, 100-meter backstroke, the 100-meter butterfly, 200-meter Individual Madley Relay, in these four events, Jagdish got the first gold medal by getting first place!

Swimming coach Mahesh Paliwal of the Udaipur Sports Village presented the Gold medal to Jagdish tell and Rajasthan Sports Council secretary Arun Kumar G. Hasej honored J with a memento

Jagdish has so far won more than 71 medals by participating in various types of competitions like state and national level and has also participated in the international para swimming competition and on the 24th of June 2018, the English Channel Has crossed

## CPS celebrated International Women's Day

Udaipur: Central Public Sr. Sec. School today celebrated International Women's Day to acknowledge and salute the women power. A free health checkup for women was organized in association with Sudha Ortho and Gynec Hospital. Dr. Manish Agrawal - the Orthopedic surgeon and Dr. MansiAgrawal - the Gynecologist through a presentation communicated about bone health, personal hygiene and the diseases associat-



ed. Women of all age groups took different tests like BMD, Sugar test, BP checkup, BMI and Knee Scoring test. The Director, Mrs. Alka Sharma welcomed the distinguished guests. A vote of thanks was proposed by the Principal Ms. PoonamRathore. CPS supported the social cause of maintaining the good health of the women of the society. Happy Women's Day once again!!!

## GITS students wrestle in volleyball and table tennis competition



Udaipur: Students of Geetanjali Institute of Technical Studies, Dubok, Udaipur, in the national level sports competition organized in M.N.I.T Jaipur as Malviya Sports Tournaments 2019 won the third position in volleyball and table tennis.

Director of the institute Dr. Vikas Mishra said that in the Malviya Sports Tournament-2009, 16 teams of table tennis teams and 20 teams of volleyball from Rajasthan, Haryana, Delhi, Uttar Pradesh, and Uttarakhand and other states. participated. In the volleyball tournament, AdilJaved, Vijay Prajapati, Hemender Singh, Paramjeet Singh, and Anshuman Singh got third place in the Captainship of SiddharthKherodia, a student of Mechanical branch of the class. While playing in Table Tennis, Apurva Gupta, YashSen, and Narendra Singh got the third position in the captions of Computer Science student NirmalSuthar.

According to Dean Student Welfare Pro. Rajiv Mathur, this victory is the result of disciplinary life and hard work of the students. Also said that GITS s have always been a leader in the field of sports. The Institute's Finance Controller, B.L. Dr. Jangid and Sports Officer DrManoj Singh congratulated the students on this victory and felicitated them for the future to be ahead of the game.

## DPS celebrated Women's Day

Udaipur: Delhi Public School Udaipur celebrated with International Women's Day Principal of the school, Mr. Sanjay Narwariya presented his views on women significance while



HM Shri Rajesh Dhabhai and teacher Mrs. Shalini Singh said that in the honoring the woman in need of hour only, she can change entire world with her strength and power School's Pro-Vice Chairman Mr. Govind Agarwal congratulated all the women employees while quoting the words like Nari Tum Ho Narayani, he motivated all women employees.

## Electrification at its final stage-Udaipur railways

Udaipur: The electrification work of Udaipur railway station

is at its final stage now. After the entire work is done, the line will be tested and then Udaipur will have electric trains running. It may be noted that the line from Udaipur to Debari was tested on 28th January. An electric engine was operated on this route as testing measures. It took a long time to install electrical poles on the 10 km long route from Debari to Udaipur as the route is quite a rocky area. A test is yet to be carried out on the Ghosunda route. Since the work is in progress and quite in speed, it is expected that Udaipur will have electric engines running on its tracks at the earliest.

Spreading of electrical lines has been done in most of the areas and the level of wires is being tested. It is just that Mewar and the regions nearby may not be benefitted to a good extent with this electrification as the route is a rocky area having too many turns. Railways have decided not to exceed the speed of the train by more than 100 km per hour because of the serpentine route.

## Attended 18th Transmedia Gujarati Screen and Stage Awards

Udaipur: The 18th Annual Transmedia Gujarati Screen and Stage Awards is the only of its kind award where best artists and technicians are felicitated every year. The award was held at V Hotel, Mumbai.

Shri Jasmin Shah, MD of Transmedia made the moment energetic amongst the present audience of 4,000. The dignitaries who attended the award were JayantilalGada of Pen ,AnandPandit, Ganesh Jain, KrushnaAbhishek, MugdhaGoode, ShwetaKhanduri, Brijendra Kala, ShekharShukla, Manoj Sharma, NilkanthRegmi, DharmeshVyas, JitenPurohit, Indra Kumar, Ashok Thakeria, Hareesh Patel and many others.

Dharmo Rakshati got Best Mumbai Drama Award and EkAatmaSudhdhGautamBudhdh got Best Gujarat Drama Award. TV serial 'Laxmi Sadaiv Mangalam' won best serial Award. Gujarati Film Reva received the best film award.



RED FM Listener's choice best film was awarded to "ShartLagu". This year also this entire event will telecast on "Colors Gujarati" and then on "Soham" TV channel. Life Time achievement Award was presented to HomiWadia and Gopi Desai. GeetaRabari received Transmedia special award. Folk singer KarshanSadhya received HemuGhadhvi Award. Director Indra Kumar and Producer Ashok Thakeria received Govindbhai Patel Maharathi Award. KrushnaAbhishek came specially with co actors to promote his film Sharmaji Ki Lag Gai which is releasing on 15th March.

## Microscopic art work on the sacred day of Shiva Ratri

Udaipur: On the auspicious occasion of Shiv ratri, Chandra PrakashChittodara, renowned artist of Udaipur, illustrated the glory of Shiva Puja worship ArchanaMangaAarti Shiv Chalisa and twelve Shivaling in the astral book while praying for Shiva devotees through the subtle artwork. Chittora has made an



image chalksticks and cashew nuts. It was released by Mahant Mewar Mandleeshwar Ramchandra Das and Mahant Harshat das of Metha Ram temple.

## Sole Photo Voter Slip not valid for Lok Sabha Elections

Udaipur: The upcoming Lok Sabha elections in April 2019 will witness a strict check on the identification of the Voter. Photo Voter Slip will no longer be allowed as the sole identity proof of a voter. It has to be accompanied by one of the 11 identification documentation that has been permitted by the Election Commission.

Chief Election Commissioner of the State, Anand Kumar on Friday informed the respective Elections officers across the state by means of a video conference for keeping their preparations in place for the coming elections.

District Collector and Election Officer Anandi informed the media that the Photo Voter Slip cannot be used as a single ID proof at the time of casting the vote. It needs to be accompanied by the Voter ID Card or any of the other 10 designated ID documents.

Instructions to educate and inform the voters have been given by the office. All training and sweep activities need to include this piece of important information.

Complaints pertaining to Election-related disturbances need to be updated using the C-Vigil App so that the Election office of the respective area can take into cognisance the issue and swiftly act upon it. Changes related to adding an amendment in the voter will be completed by 14 March.

The District Electoral Officer reviewed the preparations, taking a meeting of all the chambers. Section Officers, Flying Squad, Media Certification and Scrutiny Committee, Voting Booth related information, etc were discussed during the meeting.

## 25 women Honored on International Women's Day

Udaipur: The International Day's coloring program and the honors ceremony took place on Friday evening in the Hotel Blue Feather. The program was organized jointly by Mount Littra G. School, Aravali Foundation and M Square. In the program, 25 female devotees of Udaipur were honored in different categories.

Among the awardees are BadamdeviPagaria, Pushpa Kothari, Dr. Jinni Shrivastav, Maya Kumbhat, Dr. VimalaBhandari, ShantaKishnani, Dr. SumanPamacha, Dr. ArchanaKatchara, Dr. PamilBhandariModi, Leena Sharma, Dr. PreetiAgrawal, RituMaru ,HansaRabindra, Dr. SudhaKawadia, Dr. Rajkumari Kothari, VijayalakshmiGalundia, Dr. KahaniBhanavat, KirtiMaheshwari, Rosie Bagga, NehaPaliwal, HarshaKumavat and BarkhaSachdeva Sen.

Initially, Dr. Anand Gupta, Director of Aravali Hospital, Principal of Mount Littra G. School MunmunChakrabarty, AshishChhabra of Blue Feather Hotel and Dr. Subhash Kothari, patron of SamataYuvaSansthan, launched the program by lighting the lamp. The welcome speech was given by ShakuntalaSaruparia.

## Babies will get proper temperature, artificial respiration



Udaipur: On Friday, the District Collector, Anand, inaugurated the equipment to maintain the proper temperature of the infant and maintain the need for artificial respiration when needed in the PanhandhaiJanana Hospital.

MBL Hospital Superintendent Dr. LakhnanPoswal said that radiant warmer and neonatal resuscification equipment could help better care of infants. With these devices, the body temperature of the newborn can be kept stable and its life can be saved by giving artificial respiration if needed. He said that these tools have been installed in collaboration with LIC Women Wing. On this occasion, Janana Hospital Superintendent Dr. Madhubala, Resident Doctor Association President Dr. C. P. Mudgal, LIC Women Wing's Pramila Jain, PriyaMuttani, Tulsara Rawat, Anita Singh, MeenakshiSoman etc. were present on the occasion.

## Resident Doctor Association gave thanks :

In order to develop General Ward as a new labor room in Jana Hospital, Resident Doctor Association has thanked the District Collector. The president of the association said that the creation of a new labor room has not only helped but also doctors but also doctors. In view of the shortage of the place, the District Collector gave instructions to the Public Works Department to create a new ward to make Labor Room and recruit pre-delivery pregnant women to another General Ward. She instructed the officers of the Health Department of the Municipal Corporation to repair block gutters in the hospital.

## All Rights to half of the country's population - Dr. Sanjeev Rajpurohit



Udaipur: A conference was held on the occasion of World Women's Day in Jan Bharti Community Center, Kanpur, organized under the Directorate of Generative Education and Extension Program, JanardanRai, Nagari University (Deemed to be University). Dr. SanjeevRajpurohit, Assistant Director of the Directorate congratulated the women on World Women's Day saying that the time has come when the country's development is not possible without giving full rights to half of the population of the country. And half of the population should also get an equal chance to play their part in the development of the country. For this, every section of the society will have to think positively.

Only then will there be meaningful results of celebrating World Women's Day.