

## IMPORTANCE OF MGNREGA IS PROVED DURING CORONA CRISIS: CM

**Shri Ganga Nagar (Hritu Sodhi):** Chief Minister Shri Ashok Gehlot has said that the time of COVID-19 pandemic has proved the importance of an ambitious employment guarantee scheme MGNREGA initiated by the UPA Government. At the hour of crisis, this scheme has given support to crores of people in villages throughout the country. This shows the success of this scheme. In such a time when people have become unemployed, MGNREGA gave them much needed relief.

Shri Gehlot was interacting with Sarpanchs, Gram Sevaks, Patwaris, BLOs, ANMs, ASHA Sahayoginis, and other gram panchayat level workers, who were playing an effective role as warriors in the fight against coronavirus, through a video conference on Saturday.

**Centre Should Increase MGNREGA Work Days To 200 Days**

Shri Gehlot said, "Our demand to the Central Government is that the working days in MGNREGA be increased from 100 to 200 days per year. Besides, looking to severely hot weather, relief should be given to the

workers by reducing their working hours." He said that so far Rajasthan has been successful in combating with coronavirus and the common people from the village to city have extended full cooperation and have ensured to abide by the health protocol or other government advisories. He said, "Now, we are making efforts so that economic activities come back on tracks. This would ensure the smooth running of the campaign saving life and livelihood can also run smoothly."

**All Have Done Good Work With Team Spirit**

Chief Minister said that the villagers along with local public representatives have extended good support in taking care of migrants during home quarantine in villages. Corona positive cases increased in many districts with return of migrants. But, well-aware people in villages handled the situation well and it remained under control. Sarpanchs, Ward Panchs to the BLOs, Gram Sevaks, Patwaris all did commendable work as a team. He said, "Fight against corona is yet not over, so there is no time to get tired of this. Still, everybody is required to get together and

continue extending cooperation to each other in maintaining the arrangements.

**Necessary Steps Are Being Taken For Controlling Locust** Shri Gehlot said that the state government was also fighting the attack of locusts in many districts of the state and taking necessary steps to control the damages caused by these insects. Rs. 65 crore have been given under contingency plan to maintain a smooth supply of drinking water to the district administration. Every district has been allocated Rs. 50 lakh. Apart from this, Rs. 25 lakh has been approved for every assembly constituency for carrying out drinking waterworks as per the local needs on the recommendation of MLAs.

**Rajasthan Is No. 1 In Giving Employment In MGNREGA**

Deputy Chief Minister Shri Sachin Pilot said that Rajasthan was on the top in the entire country in providing employment through MGNREGA. As of today, approximately 42.80 lakh people have been employed in MGNREGA in Rajasthan, he said further stating that it was the highest number so far. Migrants who



have come from outside of the state are also being issued job cards and being subsequently employed under the MGNREGA scheme. He said that 83% of works being sanctioned in MGNREGA were of the personal category. "Besides, employed laborers are also being paid on time, he added.

**Good Use Of Contingency Plan Budget**

PHED Minister Dr. BD Kalla said there would be no shortage of drinking water in the state during summers. He said that from April 1 till today 38,000 hand pumps have been repaired and 3417 new have been approved. He said available budget in the contingency plan was being used for im-

mediate disposal of drinking water-related problems.

Agriculture Minister Shri Lalchand Kataria said that the agriculture department with the help of farmers is taking effective steps in controlling locusts. Minister of State for Agriculture Shri Bhajan Lal Jatav said that bajra and Makka seeds have been provided to farmers on time, which would give them relief in sowing.

**Process Started To Recruit 2000 Doctors**

Medical & Health Minister Dr. Raghu Sharma said that at present the capacity of corona testing has reached 17,650 per day and in the coming days, it will become 25,000 tests per day. He said the recruitment process for 2000 doctors has

been started. Minister of State for Medical Shri Subhash Garg said that along with effective control on corona, the State Government has done excellent management of water, electricity, employment, and agriculture including other sectors.

many sarpanchs had interacted with the Chief Minister.

The public representatives praised the management of the state government in preventing the spread of corona infection and dealing with the lockdown situation under the leadership of Chief Minister Shri Ashok Gehlot.

They said that all arrangements including testing for coronavirus, treatment of patients, and quarantine facilities were running smoothly with the help of administration. During this crisis, the state government provided good support to the helpless, destitute and needy people by giving dry ration kits, food packets, and cash assistance.

Also, much relief was given to the beneficiaries of social security pension by making the advance payment or to the MGNREGA workers by providing work to them in large numbers.

## Bukar Bada - Pumpkin Fibrous Strands Fritter

### Benefits of Pumpkin

- Health benefits of Pumpkin seeds -

Crunchy, delicious pumpkin seeds are high in calories; about 559 calories per 100 g. Also, they are packed with fiber, vitamins, minerals, and numerous health promoting antioxidants.

Their high calorific value mainly comes from protein and fats. Nonetheless, the kernels are especially rich in monounsaturated fatty acids (MUFA) like oleic acid (18:1) that helps lower bad LDL-cholesterol and increases good HDL-cholesterol in the blood. Research studies suggest that the Mediterranean diet which is liberal in monounsaturated fatty acids contribute to preventing coronary artery disease and stroke risk by favoring healthy blood lipid profile.

Pumpkin seeds carry good-quality protein. 100 g seeds provide 30 g or 54% of recommended daily allowance of protein. Serotonin is a beneficial neurochemical often labeled as nature's sleeping pill. Further, tryptophan is the precursor of B-complex vitamin, niacin (60 mg of tryptophan = 1 mg niacin).

Pumpkin seeds are a very good source of antioxidant vitamin-E; contain about 35.10 mg of tocopherol-gamma per 100 g (about 237% of RDA). Vitamin-E is a powerful lipid soluble antioxidant. It prevents tissue cells from the free radical mediated oxidant injury. Thus, it helps maintain the integrity of mucosa and skin by protecting from harmful free-oxygen radicals.

Pumpkin kernels are also an excellent source of the B-complex group of vitamins such as thiamin, riboflavin, niacin, pantothenic acid, vitamin B-6 (pyridoxine) and folates. These vitamins work as cofactors for various enzymes during cellular substrate metabolism in the human body. Besides, niacin helps in the reduction of LDL-cholesterol levels in the blood. It reduces anxiety and nervous irritability.

Furthermore, its seeds contain good amounts of essential minerals like copper, manganese, potassium, calcium, iron, magnesium, zinc and selenium. Just as in pine nuts, pumpkin seeds too are very rich sources of manganese (provide 4543 mg per 100 g, about 198% of daily-recommended intake). Manganese is an all-important co-factor for antioxidant enzyme, superoxide dismutase. Therefore, consumption of pumpkin kernels help develop resistance against infectious agents and scavenge harmful oxygen-free radicals.

**Ingredients**  
Pumpkin Pulp Behind Seed - 200 GM  
Green chillies (Chopped) - 1/2 Tsp  
Carrom Seed - 1/2 TSP  
Ginger Garlic paste - 1/2 tsp  
Red Chilly Powder - 1/2 TSP  
Salt to taste  
Gram flour - 100 GM  
Rice Flour - 1TBS  
Oil for Fraying

**Procedure**  
1. Peel pumpkin and grate it or crush it coarse.  
2. Take a bowl add 1 cup grated pumpkin, green chillies, carrom seeds, ginger garlic paste, red chilly powder, salt and mix nicely.  
3. Add Gram flour, rice flour, 1 tsp oil and mix nicely without water.  
4. Drop in pakoda in hot oil with hand.  
5. Transfer into plate and serve it with Kasundi  
6. Now pumpkin pakoda is ready to serve.

**N: B - Pumpkin seeds are very nutritive, you can roast and sprinkle salt.**

**Graduated Students "2020"**  
So all you lovely students, you passed through this year, A job commendable, remarkable with sheer. You all did your best, to be just and good, You will remember this, your bachelorhood. Many must be feeling low and blue, But cheer up for a future anew. It's not easy, nor it is just getting through, Count your efforts see a beautiful view. You will cherish this "2020" as being a graduate, Have this proud feeling and just celebrate.

So many congratulations and calls for celebrations, It is a biggest thing you did a GRADUATION. CONGRATULATIONS to all students of 2020.  
- Dr. Mehzeen Sadriwala

**For Royal Harbinger Call**  
Mangi Lal Purohit - 9024311494  
Bharat - 7597908870

## Masaranaram's voice returned

**Udaipur:** Surgery of 50-year-old Masaram's brain tumor gets returned his voice and made him able to walk again.

Paras JK Hospital Udaipur Neurosurgeon Dr. Ajit Singh said that Masaram, a resident of Sanchar, 50 years old, lost his power of speech in the last several days, as well as his body was paralyzed, with the surgery can walk, & his voice also returned. Amitendu Shekhar Neurosurgeon told that due to this tumor, he also started having fatal epileptic seizures. Because of this, his family showed him in many hospitals, including Udaipur, but everyone advised to get the operation done, and at the same time, the procedure was

At the behest of one of his relatives, he told

about Paras J.K. Hospital's Dr. Ajit Singh. He later was shown where the doctor explained the new techniques of operation and available treatment and said that Paras J. K. hospital has a team of experienced doctors with world-class facilities so that this operation will be done very smoothly.

But at the same time, the doctor told us that these operations are hazardous; for this, we performed a successful brain tumor surgery by saving the intricate parts of the head with the help of a microscope.

Presently the patient is entirely healthy, and his voice came shortly after the operation. On the second day, the patient started walking, and today he is doing all the daily work with-



out any help. Dr. Ajit Singh, Dr. Amitendu Shekhar, Dr. Abijar, and staff members include Chandrakanta and Rameshwar, collectively able to perform operations. Talking about this success, the director of the hospital, Mr. Vishvajet

told that Paras J. K. hospital has world-class facilities with the latest technology and experienced the best teams available than other hospitals in the country. Now the residents of Udaipur do not need to go outside the city.

It is noteworthy that Paras Healthcare was established in 2006 with the mission of providing the highest healthcare services to every familiar and particular person in the country at a reasonable cost. It is a private healthcare provider committed to providing all primary to tertiary-grade healthcare services for the ordinary people in rural and remote areas. Everyone working in the Paras Hospital, from doctors to nurses and management, is united to provide high-quality healthcare to all.



## Aggarwal Samaj Bhilwara is distributing free food packets to the needy

**Bhilwara:** The arrangements for preparing and distributing food packets at both the time for the needy during the corona crisis by the Agrawal Samaj Sampathi Trust, Bhilwara, have been continuously going on for almost a month. During this time, about 5 lakh food packets have been distributed by the society.

This campaign, inspired by Prime Minister Modi and the Chief Minister of the state's "Cooperation to the Poor by the Competent," started on March 28 with 1000 packets and reached about 15,000 food packets daily. By the end of the campaign on May 17, more than 5 lakh food packets were distributed by the society in 50 days.

Delivery of these packets to Ajmer Road, Mallola Road, Paldi, Pansal Square, Labor Colony, Railway Station, Transport Nagar, Panchwati, Haled Road, Harijan Basti, Dadabari, etc. under the supervision and assistance of the administration, the members and elders of the Agrawal Youth Council are being distributed to the needy.

Rakesh Aggarwal, General Secretary of Aggarwal Samaj Sampati Trust, said that the work of preparing and packing food in the morning and evening in Agrawal Utsav Bhawan, located in front of Roadways Bus Stand, is being done by various teams of youth and senior people of the society.

This work starts at 6 am every day, which continues without rest till 10 pm. Given the increasing need for food packets, automatic machine, dough kneading machine, the vegetable cutting machine has also been arranged for making bread. The administration, youth, and able elders are getting full support in this charitable work. He informed us that the number of packets of food is being increased as per the demand every day.

Public representatives and government officials are praising all sections of the society have highly appreciated this campaign of Aggarwal society, MLA Vitthal Shankar Awasthi, Chairman Manju Chechani, ADJ Rajesh Chaudhary, ADM

Rakesh Singh, Kotwal Yashdeep Bhalla, Mahant Hansram Ji of Harisheva Dham, along with many officials, representatives of public representatives and other organizations have also praised Utsav Bhavan's observation and expenditure.

They are getting cooperation. In this charitable work, a team of about 35 to 40 Halwais is busy preparing food. Different groups of Agrawal Navyuk Mandal from 6 am to bring vegetables from different work areas like mandi, baking made vegetable in foil paper, packing a fixed number of roti/puri with vegetable in a paper cover, counting food packets Area-wise, gathering in kattos, going to different areas of the city and following social distancing and distributing it carefully gets involved in the tasks. Senior members of the trust and society also cooperate as much as possible in the manufacture of food packets.

In the same sequence of service, society is also arranging about 3 tons of green fodder daily for animals at various places in the city.

## RAJASTHAN'S REPUTATION RISES IN IFLA

**DIVISIONAL LIBRARIAN DR. DEEPAK KUMAR SHRIVASTAVA NAME'S CONSIDERED IN WALL OF FAME**

The World's Biggest Library and Information Science Organisation - The International Federation of Library Associations and Institutions (IFLA) Has been Considered the Name of Dr. Deepak Kumar Shrivastava, Divisional Librarian and Head, Government Divisional Public Library Kota Rajasthan (India) in IFLA's "WALL OF FAME".

Its matter of proud to Rajasthanians. Dr. Shrivastava as a INELI South Asia Mentor education the Innovators of South Asian Countries like, Bangladesh, Myanmar, Maldives and Sri Lanka etc.

The Motive behind IFLA's WALL OF FAME is to thank all the people and organisations that contributed to the Global Vision and to the Ideas Store.

The Wall of Fame is a way to recognise and celebrate the ideas, effort, time, energy of the library and information professionals, library associations and institutions and library supporters around the world who have made the Global Vision a truly global conversation.

IFLA's Elect President Ms. Christen Meckegenzi said that contributions are making the Ideas Store a unique storehouse of inspirational ideas available to all librarians around the world.

Total 200 Institutions, 800 Library Professionals are chosen from Different Countries of the World where 10 Library Professionals are chosen from India only from different categories of library Professionals i.e. Corporate, Academic Special and Public Librarian's.

Out of 10 Dr. Shrivastava is only candidate from Rajasthan

Public Library System's.

It is worth mentioning that Dr. Shrivastava initiatives are very popular in the sector of public libraries i.e. Library Services for Visually Impaired, LGBT Library services, Tele Health library Services, Voice Donation Program, Baby Story Telling Services etc.

## A floral tribute to Gulab Singh Shaktawat

**Udaipur:** Floral tribute was offered to ex HM Gulab Singh Shaktawat, on Saturday, on birth anniversary, his eldest son former Municipality Chairman Devendra Singh Shaktawat, MLA and State Congress General Secretary Gajendra Singh Shaktawat and his grandson Vindhayraj Singh Shaktawat lit a lamp at his memorial in Ashoknagar Mokshadham.

On this occasion, State Congress General Secretary Pankaj Kumar Sharma, Sunil Kukra, Block President Dr. Kamendra Singh Rathore, Block President Dinesh Menaria, Spokesperson SC Sumit Meghwal, Kundan Singh Kachher, City District Secretary Dr. Deepak Vyas District Youth General Secretary Durgesh Menaria, Former Assembly Deputy Speaker Shankar Chaudhary Jagdish Kumawat, Rohitesh Singh Chundawat & Many people were present.

## Udaipur Citizens Support People's Protest in USA Against Racism

**Udaipur:** Citizens of Udaipur staged protest at their respective homes showing playcards against the state violence and brutal murder of George Floyd in the United States of America. Prof. H.S. Chandalia and Prof. R.N. Vyas of Janatantrik Vichar Manch, Prof. Sudha Chaudhary, national secretary of All India Progressive Women's Association, Shankar Lal Chaudhary, state committee member of CPIML, Dr. Chandra Dev Ola, district secretary of CPIML, Rajesh Singhvi, secretary CITU, senior journalist Himmat Seth, Dr. Farhat, Hina Khan and many other writers, journalists and activists participated in this protest. Prof. R.N. Vyas said that the policies of Trump administration are oppressive and whole world is united in support of the African American community which is subjected to racial discrimination.

Shanker Lal Chaudhary said that the way George Floyd was murdered openly by the uniformed police of USA reminds of racial hatred and violence in Nazi Germany.

Himmat Seth said that India has always opposed racism of all kinds and we, the citizens of Udaipur oppose the racist policies of the Trump administration in the United States of America.