



Need to be extra wary of hygiene

Alright, so life is getting back to normal. But this is a new normal where you need to be extra wary of hygiene. The old saying of washing hands regularly is now the norm everyone has to follow. COVID-19 virus is there to stay until we get medicine or vaccine ready for the same. Several pharmaceutical companies are working relentlessly to find the solution. This is both a measure of humanity and a way to be a leader in the market as this medicine will be nothing short of any panacea.

However, until a government recommended medicine is ready and available through the medical practitioners, we need to be careful and do not believe any claims from anyone. No matter how authentic the claimed medicine looks, it must be approved by the government of India. Until then, precaution is care.

Editorial

While medicine is a must when you get infected by the virus, until then, we need to start preparing ourselves. We need immunity in the body to ensure the illness does not impact us so quickly. There are several measures one can take, but you must look forward to seeing which method suits you. If you can do Yoga, nothing like that, but if you can't, try other ways to boost your immunity.

The idea of taking supplements that help boost immunity is good, but as long as possible, the natural ways like fruits and vegetable should be preferred.

Although offices are now opening, and travel is back on track as well, but you must remember that we have a higher number of cases, and that makes it easy for you to catch the virus. To reduce vulnerability, being careful is the only key. Whether you touch the handle of your two-wheeler or unlock the car, the first idea must be to wash hands as soon as possible. If you are stepping into your vehicle, make sure you have a small bottle of sanitizer inside before you get started. Avoid using cars of friends, and if you have to, ensure you sanitize all the places you touch before you leave the vehicle. It's equally important to keep others safe.

The last outing is the best measure as of now. As schools are closed, kids need not step out of the house for any reason. If they need to, they must be equipped with masks and sanitizer. Kids, if they are old enough to step out of the house, must be given due training. And as we know, they learn from parents and elders. So, in any case, you must practice what you want your kids to learn.

We are dealing with tough times, and we can quickly come out victorious with a little precaution. This time of life will be recorded in history, and you must be able to read that history. Stay there, and keep fit. Together, we shall conquer!

Airtel Promises to go the Extra Mile for its Customers

Udaipur: Bharti Airtel ("Airtel"), India's largest integrated telco, is further raising the bar as part of its mission to deliver best-in-class services to customers.

Keeping consumer obsession at the core of its DNA, Airtel today said that it has set itself a target of answering and resolving every single customer query, learn quickly from failures and ensure they don't get repeated. And the company is taking this message to customers across India through a bold multi-channel marketing campaign [watch it here <https://youtu.be/Gqe3uJLLV3c>].

The current times have put telecom services and reliable connectivity at the core of the daily lives of customers. Be it Work from Home, Virtual Classrooms, Online shopping, or Digital Entertainment, telecom networks have become the backbone for accomplishing most things from within the safety of our homes. Consumer centricity has always been at the heart of everything that Airtel does, but during these testing times, the brand has realized that a network provider's responsibility towards its customers has never been greater.

Airtel acknowledges that it not only has the responsibility to provide access to high-quality telecom services but also to give answers to all their service related queries by responding and resolving them in a quick and transparent manner.

Says Shashwat Sharma, Chief Marketing Officer, Bharti Airtel, "The relationship between Airtel and its customers has never been more important, and to serve them even better we have decided to take our customer obsession to the next level. We know that "ZERO questions" is an IMPOSSIBLE utopian thought especially for a telecom brand, but that won't stop us from trying because we know that the closer we get to ZERO, the happier our customers will be. We promise to be humble, learn every time we fail and be relentless in our approach. For us, this is not just a campaign, we are now re-engineering the entire organization towards this goal and are obsessed with building a culture of consumer centricity."

The company has already taken big strides in this journey and these are some of its key recent initiatives to make sure that customers get the best possible service experience: Network Technology: In the last three years, Airtel has invested over Rs 70,000 crores in high-speed network rollouts. The campaign has been conceived by Dentsu-Taproot, led by Pallavi Chakravarti and team.

The nomination of zone chairman

Udaipur: Provincial Secretary MJF Lion Shyam Nagauri informed that Provincial Lion Sanjay Bhandari nominated Lion Kirti Jain from Zone-1 of Division-2, Lion Ritu Maru from Zone-2 and Lion Sushil Sharma from Zone-3. As zone chairman

Provincial Secretary Headquarters Lion Jitendra Sisodia told that zone 1 Lion Kirti Jain is currently the president of Lions Club Udaipur, the oldest and largest club in Udaipur. The charter president of Ritu Maru Lions Club Pratap of Zone-2 and Sushil Sharma of Zone-3 is currently the chairman of the Water Huts Committee of the province and an active member of Dungarpur Lions Club.

Corona Warriors Honor

Udaipur: Om Seva Sansthan Udaipur has honored doctors and other medical personnel working in the State Natural Hospital Udaipur due to their specialized services in the coronation ceremony. On this occasion, the founder of the institute, Medical In-charge Dr. Asha Paneeri, gave his detailed information.

PHD Chamber of Commerce and Industry celebrate International Yoga Day with Yog Guru Swami Ramdev Maharaj

On the occasion of International Yoga Day, PHD Family Welfare Foundation and PHD Chamber of Commerce and Industry organized an enlightening session with Yog Guru Swami Ramdev Maharaj on 'International Yoga Day & Impact of Yoga on immunity against COVID-19'.

Guru Swami Ramdev Maharaj opened the session with chanting the Gayatri Mantra.

He highlighted the benefits of practicing Yoga and encouraged to make Pranayama, Anulom Vilom, Brahmani Pranayama, and kapalbhati pranayama a daily habit as it helps in making mind and body healthy, decrease stress levels, balance energy cells and other benefits.

It helps in complete divine transformation of the body,

mind, and soul and helps to keep different organs of the body healthy.

He highlighted the various benefits of practicing Yoga that include weight loss, regulating blood pressure, lowering sugar level, stabilizing the flow of oxygen, and many more. We need to make India Self-Reliant and one of the important step to encourage the use of Indian products.

Start Practicing Yoga for 10-15 mins extending to 1 hour for better immunity. Doing Yoga every day in the morning can strengthen the Mental Health in the lives of the people, said Swami Ramdev Maharaj Ji.

Talking about the immunity boosting, Swami Ramdev Maharaj Ji emphasized to take Tulsi, Giloy, Kali Mirch, Ashwagandha as they are key natural ingredients to boost immunity.

The session also witnessed the participation of Smt. Savita Tiwari Mahila, Patanjali, Delhi & NCR; Mr. Kuldeep Singh, Patanjali Yog Samiti, Delhi &

presidential address highlighted the growing need for practicing Yoga every day as it helps to boost immunity and stabilize the nervous system.



NCR, Mr. Manish Gaur, Patanjali, Haridwar, and other esteemed delegates.

Dr. D K Aggarwal, President, PHD Chamber of Commerce and Industry in his

He lauded the steps and measures undertaken by Swami Ramdev Maharaj Ji in propagating the concept of Yoga in the world.

He said that Yoga has unit-

ed the people of the world and, it has been one of the most widely practiced form of spiritual exercise in the world. He highlighted the physical, emotional, and spiritual benefits of Yoga. He gave gratitude in welcoming Swami Ramdev Maharaj by giving him a woolen shawl.

Mr. Sanjay Aggarwal, Senior Vice President, PHD Chamber of Commerce and Industry in his welcome address requested him to launch the forthcoming 3D Virtual Expo on Health and Wellness Expo. Swami Ramdev Maharaj Ji appreciated the Virtual Expo in the session.

Pradeep Multani, Vice President, PHD Chamber of Commerce and Industry delivered a formal vote of thanks to Swami Ramdev Maharaj Ji and other esteemed delegates.

He empathize the importance of practicing Yoga and using AYUSH Ayurvedic products.

The session was moderated by Ms. Anuradha Goel, Chairperson, PHD Family Welfare Foundation. Many esteemed leadership and senior members of PHD Chamber and PHDFWF interacted with Ramdev Maharaj Ji which included Mr. Mahesh Gupta, Former President, PHD Chamber; Ms. Madhulika Mehta, Co-Chairperson, PHD Family Welfare Foundation; Mr. Saurabh Sanyal, Secretary-General, PHD Chamber, Mr. Kanwar Shamsheer, CSR Head, Jaquar Foundation, Ms. Seema Khaitan, Philanthropist & GB Member, PHDFWF & other members of PHD Family Welfare Foundation and received extensive participation from audiences all over the world.

Railway Provides 500 Coaches As Covid Care Centers To Delhi

As the lockdown is being lifted cases of Covid-19 disease are seeing an upsurge, especially in urban areas.

In view of providing additional healthcare facility to the people of Delhi NCR, Indian Railways on demand of the state govt. is providing 500 isolation coaches as covid-care centers. Sh. Rajiv Chaudhary, General Manager Northern & North Central Railways shared the information today in a media interaction. He further added that these coaches that can house 16 patients each i.e. a facility of 8000 beds have been placed at 9 stations of Delhi area. All these stations have good infrastructure for maintaining these coaches and also proper approach roads for movement of ambulances etc.

To augment the health services Indian Railways had modified its mobile and functional coaches into Covid care centers during the lockdown at a nominal cost. This was to help in the isolation and treatment of patients if need arose. As the cases are rising each day in Delhi NCR, Ministry of Railways is helping out in the national cause by placing these ready coaches

in 9 stations of Delhi Area. ANVT = 267, Shakurbasti = 50, Delhi Sarai Rohilla = 50, Safdarjung = 21, Delhi Shahadra = 13, Adarsh Nagar = 30, Delhi Cantt. = 33, Patel Nagar = 26, Tughlakabad = 13

The rakes are being handed over to the local authorities for use. The state Govt. will deploy the Medical & Paramedical staff and provide for the medicines for the patients. The Coaches are to be attached to a hospital. The maintenance and recharging of the facilities of the coaches will be taken care off by the Railways which include electric and water supply, train charging, Linen, PPE, sanitization and three oxygen cylinders per coach. Each station is to have a Doctor and a Liaisoning officer from the Railways. The Liaisoning officer will be in coordination with the State Govt. Cases that are categorized as mild to very mild with no co-morbidities or clinical complications will be kept in the isolation coaches. The guidelines set by the MHFW will be followed in these cases also.

Concluding the interaction the General

Manager said that this is a novel concept for the Indian Railways and an innovative use of our assets for providing service to the Indian people and humanity at large, we are open to suggestions from all in improving the newly created facility.

Features of the Isolation Coaches:

In a unique bid to create additional quarantine facilities to bolster the country's limited healthcare infrastructure the Indian Railways decided to convert its ICF non AC sleeper coaches into quarantine wards. This is deemed as a good and cost-effective interim measure to provide medical care and isolation facility in view of the rising Covid-19 cases. These coaches are to be provided to the State Govts. on demand and will be used when all other regular medical care options have been exhausted.

Like other zonal Railways NR is diligently working to modify some of its train coaches into patient isolation wards. The Railway Workshops over NR have converted 540 coaches into quarantine facilities up till now.



A single coach will be able to accommodate as many as 16 patients at a time.

In the modified coaches an Indian style toilet on one side of the coach has been converted into a bathroom, while space for paramedics has been created on the other side. Each compartment has been installed with additional electric ports for plugging medical equipment. Oxygen cylinders have also been provided, windows have been covered with mosquito nets and additional fans have also been fitted. Efforts are on to cool the coaches in the ongoing summer heat.

ICICI Prudential Life declares bonus of `788 crore

Udaipur: ICICI Prudential Life Insurance has announced a bonus totaling `788 crore for its bouquet of participating products. A bonus is the share of profits generated by the Company's participating policyholder's funds. All participating policies in force as of March 31, 2020 are eligible to receive this bonus, which will be added to their guaranteed maturity or death benefit.

This is the 14th consecutive year the Company has declared a bonus and delivered long term value to policyholders. The bonus declared for FY2020 is 15% higher than the last fiscal enabling ~9 lakh policyholder to get one step closer to achieving their financial goals.

Participating products offer safety of capital while helping build a savings pool to achieve one's financial goals. During the last fiscal, the Company had launched one such product, Lakshya, which preserves capital while facilitating creation of a savings pool. This feature rich product further incentivises policyholders who embark early on their savings journey, remain invested over the long term and commit a larger amount towards savings. Besides, it provides additional incentives to women encouraging them to save for their long term financial goals.

Mr. N S Kannan, Managing Director & CEO, ICICI Prudential Life Insurance said, "Policyholders depend on us to ensure the fruition of their long term financial goals and the bonus of `788 crore declared for FY2020 will take them a step closer to it. The mantra to build a long term savings pool is staying committed to the regular contributions for the tenure of the product. Participating savings products offer smoothened returns while providing insulation from market variations. Lakshya, which we launched last year, is well-suited for customers with a low risk appetite."

MyGov joins Roposo in support of PM Narendra Modi's #AatmaNirbharBharatAbhiyaan Campaign

MyGov, the citizen engagement platform of the Government of India joins www.Roposo.com, in support of PM Narendra Modi's #AatmaNirbharBharatAbhiyaan campaign. Roposo is India's leading video-sharing platform, which currently has five crore users and serves more than five billion video views a month, across English and 10 Indian regional languages.

"It has been the endeavour of MyGov India to act as a bridge between citizens and the Government and enable citizen participation and information dissemination on all platforms, including the immensely popular Indian platforms like Roposo. MyGov India's presence on Roposo has greatly helped expand our outreach and engagement related to Covid19, especially with regional audiences," said Abhishek Singh, CEO of MyGov. "It has been the endeavour of MyGov to help support and achieve Hon'ble PMs #AatmaNirbharBharatAbhiyaan, and we are happy to be on Roposo, a Made In India social media platform. #TogetherWeCan"

"Roposo enables Indian users to access communities that

they can identify and interact with, in their mother tongue. MyGov joining Roposo is a testament to the power and reach of our platform in India, said Glance VP and Founder of Roposo, Mayank Bhangadia. "We are ecstatic that the wheels of #AatmaNirbharBharatAbhiyaan are now in motion, and we feel extremely privileged to be part of this movement. I am certain that MyGov will lead the way for other government organizations to support Vocal for Local by embracing Indian platforms."

Awareness campaign started to prevent corona epidemic

Udaipur: As per the directives of State Government, an intensive awareness campaign has begun & will be conducted from 21 to June 30 to prevent the corona epidemic. In connection with the preparations for the attack, on Wednesday, as per instructions of District Collector Smt. Anandi, a preparatory meeting of the concerned departmental officers, was organized in the Zilla Parishad auditorium and detailed framework to make the event successful at the district headquarters as well as the Panchayat Samiti and Gram Panchayat level has been prepared.

During the meeting, ADM (Administration) OP Bunkar gave detailed information about the activities of the awareness campaign to be conducted from 21 to June 30 and asked all concerned departmental officers to make their preparations accordingly. Inaugurating the vital role of ANM, Anganwadi worker, Asha Sahyogini in the campaign, he said that Patwari, Gram Sevak, and BDO would be in the role of coordinator in this work. The participation of civil society and community-based organizations in this campaign should also be ensured.

Municipal Corporation Commissioner Ankit Kumar Singh expressed his views on taking action as per the action plan received from the state level for public awareness by the municipal corporation, as well as to install hoardings and other promotional material on the corporation's sites. He said that the Municipal Corporation would disseminate the rescue message from the corona through various garbage collection vehicles and sanitation workers. UIT Secretary Arun Kumar Hasija said that more publicity literature should be published concerning the prevention of the corona epidemic so that the fear prevalent in the public mind can be removed. He also spoke about publishing literature through the UIT when needed. Deputy Director of Women and Child Development Mahaveer Kharadi informed about the work plan prepared for the distribution of door-to-door survey and publicity literature through departmental workers. Additional District Collector (City) Sanjay Kumar, Additional Superintendent of Police Gopal Swaroop Mewara, Tourism Deputy Director Shikha Saxena, District Statistics Officer Puneet Sharma, IT Deputy Director Sheetal Aggarwal, ACEO RK Agrawal, and all the concerned departmental officers were present in the meeting.

Vaccination of 3036 pregnant women and 5190 children in 599 sessions

Udaipur: Five hundred ninety-nine vaccination sessions were organized at various medical institutions in Udaipur dis-

trict on Mother-Child Health and Nutrition Day. During this period, 3036 pregnant women and 5190 children were vaccinated in a total of 599 sessions. Dr. Dinesh Kharadi, Chief Medical and Health Officer, conducted a surprise inspection of Pula First and Community Health Center Bhuwana, took information about vaccination, and instructed to organize vaccination sessions as per instructions received from the directorate. RCHO Dr. Ashok Aditya, in charge of the regular vaccination campaign, inspected Navania and told everyone to attend the session.

He said that in the sessions, 125 pregnant women and 298 children in Badgaon, 240 pregnant women, and 373 children in Bhindar, 343 pregnant women, and 658 children in Girwa, 267 pregnant women and 413 children in Gogunda, 426 pregnant women and 577 children in Jhadol, 257 pregnant women and 511 children in Kherwara, 233 pregnant women and 309 children in Kotra, 117 pregnant women and 162 children in Lassadia, 188 pregnant women and 413 children in Mavli, 165 pregnant women and 293 children in Rishabhdev, 210 pregnant women and 354 children in Salumbar, 360 pregnant women and 537 children in Sarada and 105 pregnant women and 292 children were vaccinated in urban areas.

Lion Avinash Sharma becomes the Multiple Council Chairman

Udaipur: Avinash Sharma, the provincial lion of 3233 E-2, was elected as the Multiple Council President in the election held in Multiple 3233 of Udaipur Lions Club International.

Provincial Lion Sanjay Bhandari of the year 2020-21 of 3233 E-2 said that Lion Avinash Sharma started his Lionism in 2013 as Charter Treasurer. In the year 2014, as a club president of the small town of Rajasthan, Abroad. Residency Chairman in 2015-16, Quest Chairman in 2016-17, Second Vice Governor in 2017-18, First Vice-Governor in 2018-19, District Governor in 2019-20. Lion Bhandari said that he was elected multiple council chairman because of Lion Avinash Sharma's loyalty and the work done in social service.

We will start this work from July 1 after assuming this position. Lion Sharma's work area will be dynamic in Rajasthan, Madhya Pradesh, and Chhattisgarh. By giving guidance in the field of service to 750 Lions Clubs of Multiple, they will try to identify better services to the needy.

Cabinet Secretary MJF Lion Shyam Nagauri said that in the meeting held today under the chairmanship of Sanjay Bhandari in the state office, best wishes were sent to Lion Avinash Sharma on behalf of the national team. Provincial Advisor Lion Arvind Chatur attended the meeting. Provincial Counselor Lion RL Kunawat, Chief Guide Lion Deepak Hinged, Provincial Secretary Headquarters Lion Jitendra Sisodia, Provincial Secretary Administration Lion Sushma Joshi, Provincial Treasurer Lion Vinod Jain, Coordinator Club Competition Lion Paras Hingr, Public Relations Officer Lion KS Bhandari, Principal Coordinator GST Lion Naresh Maheshwari, Principal Coordinator LCIF Lion Kiran Jain, Provincial Coordinator Lion OP Maheshwari, Additional Provincial Secretary Lion Lokesh Gandhi, Additional National Treasurer Lion Rakesh Seth and Regional President Lion Rajendra Sanadhya was present.