

ASHAs in Rajasthan: Selfless commitment to people in the long fight against COVID-19

In Rajasthan, the COVID-19 pandemic coincided with the harvest season. Most ASHAs, are also expected by their families in supporting harvesting activities. This year though, the intensive involvement of the ASHAs in the pandemic prevented most of them from doing so, leading to considerable resentment and resistance from their families. This was no different for Gogi Devi, but she continued with tenacity to serve as an ASHA and fulfil her role as social mobilizer, community level care provider and link worker for the health facility. Her efforts were rewarded when the Pradhan of the Gram Panchayat publicly applauded her role in COVID related measures for prevention and containment. This changed her family's perspective towards her work, who started appreciating her commitment towards her work. For Gogi Devi, her community's acknowledgment and recognition of her work are strong motivation to sustain her to carry on tirelessly. The work of ASHAs as integral pillars of COVID-19



response started immediately after the first case was diagnosed in early March this year in Jaipur. On March 8, all 9876 Gram Panchayats of Rajasthan organised a special Gram

Sabha, in which ASHAs took the lead in explaining COVID-19 modes of transmission, precautions and control measures, since they had all been trained in preparation for this public activity. This strategic initial effort was the key in securing the support of the Gram Panchayat representatives in ensuring prevention and control measures in their jurisdiction and also in supporting ASHAs and other

frontline workers to undertake their tasks without any hindrance. Various ASHAs like Gogi Devi have played a critical role in spreading awareness about the symptoms and precautions against COVID-19. This has helped immensely in containment of the disease. They used the community trust and knowledge of the local social factors to build confidence among the people to support government efforts in containment and management of COVID-19. - Neeti Gopendra Bhatt



Endure Pitha (rice cake in turmeric leaves)

- For the outer cover
1. Skinless split black gram : 200 g (Soaked overnight)
2. Rice (raw) : 200 g (Soaked overnight)
For the inner stuffing
1. 1 cup grated coconut
2. Jaggery : 100g
3. Chena or Cottage cheese : 1/2 cup
4. Cardamom powder: 1 tsp
5. salt to taste
Turmeric leaves to be used as mould.
Procedure:
Pre-Cooking Preparation
Make smooth paste of soaked black gram and rice separately. Add salt to the black gram batter and beat it through hand. Now mix the rice and black gram batter. Make the batter sit for 3 hours. It will allow the batter to ferment.
Put a heavy bottomed pan in the gas and add jaggery to it. When the jaggery starts frothing, add grated coconut and chenna into it. Lower the flame and mix it thoroughly with a spatula. Switch off the flame & let it cool. Add 1 tsp of cardamom powder to this stuffing. You can also replace jaggery with sugar.
Take the turmeric leaves and rinse them in water. Cut the base stalk of the leaves. Now from the middle, slice the leaf into two parts without breaking it. Press the middle vein while doing so.
Preparing the pithas
Now, put a scoop of batter in the leaf and evenly spread it. Put some stuffing in the middle of the leaf. Now gently fold the leaf horizontally and press the edges to seal it. It was a very cumbersome and tedious to do. With invention of modern day steamers, the steaming technique has become very simple. Arrange the rolled leaves in the steamer in such a way that they don't overlap. Cover the lid in a way that the vapors don't escape. It will take approximately 15-20 mins to get the steamed pithas.
Chef Satish Comments
Don't overcook. It makes the pitha hard and dry.

Five units of Hindustan Zinc conferred with 26th Bhamashah Award for its exemplary contribution in education field

Udaipur: Five units of Hindustan Zinc namely Chanderiya Smelting Complex, Rajpura Dariba Complex, Zawar Mines, Rampura Agucha Mine and Kayad Mine were presented with the 26th Bhamashah Award for its outstanding contribution towards the education system in the state of Rajasthan and ensure quality education in Govt. schools situated in various districts of Rajasthan. The Bhamashah Award is a state level award presented for excellent contribution in the field of education. A total of 50 Bhamashahs were awarded for their exemplary contribution towards supporting in the field of School infrastructure and other work related to education in order to ensure quality education in Govt. schools situated in various districts of Rajasthan.

Due to COVID-19 pandemic spread, Rajasthan state Education department organised an e-platform Bhamashah award ceremony, wherein they honoured 50 Bhamashah for contribution in the field of education throughout the state. The total contribution of 50 Bhamashahs came up to INR 101 crores, of which Hindustan Zinc contributed around 32% for the upliftment of education level in the state. Out of the five units, Rajpura Dariba Complex secured 1st position making a contribution of INR 8.95 crores followed by Zawar Mines with INR 7.59 crores contribution. Chanderiya Smelting Complex made of contribution of INR 7.01 crores followed by Rampura Agucha Mine with INR 6.40 crores and Kayad

Mine with INR 2.34 crores. The contributions were made in the education field for financial year 2019-20 through Khushi project, Shiksha Sambal Project, Unchi Udaan, Mindspark project (digitalized education in Govt. School), Sponsorship for higher education for rural girls etc. The development and betterment of education has been a focus for Hindustan Zinc and the company has always been contributing towards the upliftment of the education level in the state by providing additional classes of Maths, English and Science subjects under its Shiksha Sambal program, coaching for IIT exams under Unchi Udaan initiative, Mindspark project or supporting higher education for girls, education has been given utmost importance.

The event was attended by Higher Education Minister, Education officers and other esteemed guests along with 50 nominated NGOs, institutes and private companies. On behalf of Hindustan Zinc, the awards were received by Anupam Nidhi - Head CSR HZL and Sujal Shah - Director Mines HZL along with Kastoor Meena, Vishal Agarwal, Dalpat Chouhan, Abhay Gautam, Anand Chakarborty and Ruchika Chawla. The award ceremony also included a session wherein Mr. Anupam Nidhi stated that introduction of technology plays a critical role in learning of a child, and promotion of English more as a language in state education curriculum could help students to learn the language.



Organizing on Doctor's Day at Geetanjali Medical College and Hospital

Udaipur: Doctor's Day was organized by Geetanjali Medical College and Hospital, Udaipur with great enthusiasm. In the program, all the doctors who came to the main gate of Geetanjali Hospital, following all the protocols of Corona, were welcomed by the musical band and all the doctors were honoured by GMCH CEO Prateem Tamboli. On this occasion, the head of the department of Geetanjali Hospital was present.

In the context of Doctor's Day, the CEO of Geetanjali Hospital said that every year we congratulate the doctors on all the doctors, but on this Doctor's Day, we want to salute all the doctors of the world because in this period of the epidemic there are only doctors who are corona warriors. Have come forward and are working hard, dutifully trying to save the whole world in another function Geetanjali Charitable Dispensary inaugurated in Gurdwara campus.

The Geetanjali Charitable Dispensary was inaugurated on the auspicious day of Doctors Day today by Mr Ankit Aggarwal, Executive Director of Geetanjali and Sardar Dharmveer Singh Saluja, President of Gurdwara Sachkhand Sanstha at the Gurdwara campus on July first.

under the auspices of Geetanjali Medical College and Hospital, Udaipur and Gurdwara Sachkhand Durbar, Sikh Colony, Udaipur, Geetanjali Charitable Dispensary was inaugurated jointly by Mr Ankit Aggarwal, Executive Director of Geetanjali and Sardar Dharmveer Singh Saluja, President of Gurdwara Sachkhand Sansthan, in Gurdwara campus.

GMCH CEO Prateem Tamboli was present on the occasion. The program was attended by doctors of Geetanjali Medical College and chief representatives of the Sikh society. The purpose of this dispensary will be to treat patients with OPD and provide generic medicines to the needy through free senior consultant physician and nurse.

A beautiful Diwan was organized in Gurdwara Sahib catering to the social distance, in which the atmosphere was fully positive with the words Kirtan and Ardas by the Regis. After this, Prasad was distributed with the intention of the welfare of the whole world.

Under the chairmanship of Geetanjali Group Chairman JP Aggarwal, Vice President Kapil Aggarwal and Executive Director Ankit Aggarwal, the Geetanjali family has always pioneered health-care, social, environmental and ethical responsibilities. Executive Director Mr Ankit Aggarwal said on the occasion that Geetanjali Hospital has always been a tradition to work within social values and in continuation of this tradition, this dispensary is a noble initiative that will work in the public interest.

President of Gurdwara Sachkhand Sansthan, Sardar Dharmvir Singh Saluja said that I am very happy because Sikh community has always chanted names, Kirt Karo, Wand Chhako as a base and in such a situation, Sachkhand organization is connecting with reliable hospital of Udaipur so that all Society and poor people will get the benefit.

On this occasion, GMCH CEO Prateem Tamboli said that Geetanjali Medical College and Hospital, Udaipur has been providing all types of excellent, latest and world-class medical facilities for more than 13 years and has been providing health services to the needy.

Raghuveer Meena wrote to review books

Udaipur: Raghuveer Singh Meena has informed by a memorandum by All India Regional Mahasabha Mewar Udaipur that the facts related to Mewar legends Maharana Udai Singh and Maharana Pratap have been expressed in the books published by Secondary Education Rajasthan and Education Department from class 6 to 12 are not authentic. In such a situation, there has been resentment and unrest in a particular community. In this regard, Mr. Meena has written a letter to the Chief Minister Ashok Gehlot to review the books, that this kind of contradiction has affected the public sentiments of the people of the area should be taken in considerations and review committee be constituted.

Child and mother's life saved by emergency delivery in 6 months' pregnancy

Udaipur: Doctors in the have saved the life of the infant and the mother by high-risk birth in Paras JK hospital of the city. 6 months pregnant, Mrs. Munira, a resident of Salumbar, suddenly received a labor pain in the night. Female and obstetrician Dr. Sheetal Kaushik was shown at the hospital where she decided to have her delivered immediately after the decision.

Dr. Kaushik told me that the woman was brought to the hospital at 2 pm. The woman was getting too much pain. This led to an emergency cesarean delivery, anticipating further risks. The delivery was only six months. Due to this, the child's weight was only 800 grams, which was much less than a healthy child.

For this reason, the child was placed in the hospital nursery under Dr. Rajkumar Vishnoi. Dr. Rajkumar Neonatologist told that due to the less weight of the child, it was shifted in ICU. The child's lungs were not fully developed due to delivery at six months. He was having trouble breathing. At this time, he could not even drink the mother's milk. Her bowels were so weak, and she could not also digest mother's milk.

For this reason, he was given an artificial diet TPN by tube. After 3 to 4 days, he was sometimes given breast milk by the tube. After getting success in all these works, slowly, he started getting it done directly. Also, the mother got ICU. & also gave Kangaro care therapy to do all these tasks. The child was kept on a ventilator for about 15 days. During this time, the weight of the child increased, and he started to feed himself. During the two months of hospitalization, her weight became 2 kg. The mother and child were then discharged. The child is perfectly healthy.

Vaidya Sobha Lal Audichya : A Person who helped many to fight with COVID-19-

Udaipur: In these difficult times, when the world is fighting with Covid-19, with more than 10.9 million cases and more than 5.20 Lac deaths worldwide, there are many people who

are coming up to help each other in these stressed conditions. One of the leading frontline Covid-19 warriors is Vaidya Shobhalal Audichya BAMS MD, PhD (Ayurved) and MA in Yoga, who is currently working as Sr. Medical Officer at Rajkiya Adarsh Ayurveda Aushdhalaya Sindhi Bazaar of Udaipur (Raj.). There are immense contributions which he has given to society by teaming up with various volunteers.

One of his endearing qualities on display is being ever ready to help, even without being asked. For the last 3 months, While the rest of the country is working from home, Vaidya Audichya does not remember the last time he stayed at home for a significant amount of time. He and his team has been delicately working throughout the day and have not taken a day off, to prepare various Ayurvedic Medicines like concoction (Kadha), Amritdhara pills, ashwagandha powder, and distributing and serving large number of people in order to improve their immune system to fight Covid-19. He had started his exemplary work even before lockdown. He made people aware by spreading awareness of how to make concoction (Kadha) and sanitizer at home through social media like Facebook, Instagram and Whatsapp.

Since mid of April, he and his team have distributed packed Concoction powder, Ashwagandha churan and Amritdhara tablet to more than 21000 people, at 21 centres and the noble work is still on.

On 27th April they all set themselves in one more philanthropic work of distributing readymade concoction (kadha) to common people every morning and evening at 21 different centres which they all are still continuing. They start preparing kadha at 4AM to 10AM every morning and 3PM to 10PM every evening and distribute the same to number of people. Isn't it a wonderful work? Isn't this requires appreciation? Yes of course they are providing an elixir of life to many people and thus needs our appreciation and gratitude. This doesn't end here and it's just a starting. People who are in quarantine period are also served with this kadha and the great thing about this is people who were having it are safe and healthy. They are also working on package which boosts immune system, for people who are in quarantine in affiliation with Ayurveda Vibhag of Raj Sarkar, Ajmer and by following their guidelines.

Along with above jobs Sh. Audichya has also organised special campaigns like, "Jan Jagrukta Abhiyaan" alongwith with organising interesting activities like "Rangoli making" "Selfie taking", and "Oath Taking Ceremonies", towards following careful and self-contained lifestyle and spreading awareness as to how to prevent and protect from Covid-19.

- The package includes :-
Kwatha (kada)
Aswagandha Churan
Yoga and Pranayam
Meditation (Dhyam)
Music
Amritdhara Tablets
Shadbindu Taila
There are many volunteers working with him for more than 16 hrs and contributing their efforts in this work. Jignesh Sharma, Narendra Singh Jhala, Bhupendra Kumar, Nikhil Gandhi, Navneet Gupta, Umesh Shrimali, Sharda Jalora, Ashok Jain, Rajendra Jalora and many more volunteers are serving selflessly, with adherence to prescribed guidelines and protocols of social distancing. Such a wonderful work needs motivation and appreciation at broad aspect, one must learn from all these covid warriors across our country and try to contribute at least something for the society.

COVID-19 awareness campaign in the district booms

Udaipur: In the series of unique Covid-19 awareness campaign being run across the state on the initiative of Chief Minister Mr. Ashok Gehlot, a series of three-day special programs started in the district from Sunday to prevent the Udaipur / Corona epidemic.

Rangoli was decorated throughout the district on Sunday for the purpose of conveying the rescue of Corona.

Additional District Collector (Administration) OP Bunkar said that as per the instructions of the state government, on Sunday, Rangoli was decorated at the main intersections of all the cities, towns, and villages of the district and messages of corona awareness were broadcast.

He said that there is immense enthusiasm among the people for the campaign in the villages. On the very first day, youths and villagers in the remote villages of all the blocks of the district shouted the message of rescue from Corona with colors.

The messages and shapes inscribed through different colors attracted the villagers a lot. These messages suggested the prevention of Corona by cradling social-distancing, repeatedly washing hands, and wearing masks. During this period, the literature transmitted by the Public Relations Department was also demonstrated.

HOPE

Hope..
Seeing the light in the dark
Despite of despair
There's a spark
Hope...is a choice
When you choose a way
To be courageous all the time
On that treacherous path
Hope...is a decision
To never ever quit
Success or failure
No matter what
Hope...is a ray
That always say
Just believe in yourself
Everything will be okay
- Neetu Sidana

For Royal Harbinger Call

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