

PM Modi praised Birla

Kota (Dr. Prabhat Kumar Singhal) : On completing two years of Lok Sabha Speaker Om Birla's tenure, there was an influx of people congratulating him on Saturday. Prime Minister Narendra Modi openly praised the working style of Lok Sabha Speaker Birla in two tweets. At the same time, many Union Ministers, State Governors, Chief Ministers, Ministers of State Governments, intellectuals, and the general public also congratulated Birla.

Prime Minister Narendra Modi lauded the working style of the Lok Sabha Speaker and said that the productivity of the House has increased due to his distinctive functional style. Modi wrote, "In two years, Om Birla took many such steps

which enriched parliamentary democracy and increased productivity. The Lok Sabha passed several historic and people-centric bills during this period. Om Birla emphasized giving opportunities to the first-time elected MPs, especially young MPs and women MPs, to speak on the floor of the House. He has also strengthened various committees, which have an essential role in our democracy.

Several Union Ministers, MPs from both sides and opposition, Chief Ministers of many states, Governors, State Ministers, and MLAs congratulated the Speaker through Twitter, Facebook, or other means.

Distributed glucometer and mask, food provided to the



needed

In the parliamentary constituency Kota-Bundi, Lok Sabha Speaker Om Birla's service day was celebrated on Saturday to complete two years. Social workers did service work in different areas and wished Birla good luck for a successful tenure of two years.

Collaborating with Lok

Sabha Speaker Birla to strengthen health infrastructure in rural areas, Dr. KK Pareek, Director, SN Pareek Hospital, presented 281 glucometers to all 281-gram panchayats of the Kota-Bundi parliamentary constituency. Rajeev Kohli and Karan Kohli of Chambal Motors gave 200 glucometers and 50 BP measuring machines from CSR items. After getting training in using a glucometer, health workers working in villages will check sugar. They will also be able to track the blood pressure status of the patients.

Plantation - Cleaning Work

On completing 2 years of Lok Sabha Speaker Birla, the citizens of ward 48, under the leadership of councilor Pratibha Gautam, planted saplings in

many parks of the area, besides feeding fodder to cows at various places. On this occasion, former BJP District Minister Kailash Gautam, BJP District Executive Member Ghanshyam Ojha, BJP Circle General Secretary Manoj Nirala, Youth Leader Chandan Gehlot, Hari Singh Hada, BJP Ward President Harish Agarwal, Pankaj Aggarwal, Munna Lal Gurjar, Hemant Sharma, Gaurav Tank Narendra Sharma were present.

In Ward 74, a campaign to clean the temples was carried out under the leadership of Councilor Sudarshan Gautam. The collected waste after the cleaning work was immediately removed through tippers. During this BJP, Nishant

Verma, Sanjay Pareta, Ankit Jangid, Suraj Pratap, Naresh Sharma, Shyam Kasera, Ramesh Soni Lavesh Soni were present.

food provided to the needy Under the leadership of State Vice President of BJP Mahila Morcha Smt. Anusuya Goswami and District President of BJP City Mahila Morcha, Kavita Pachwaria, food was provided to the needy people on the occasion of Service Day. Fodder was also fed to the cows on this occasion.

Distributed masks to protect against corona the Kunhadi Mandal workers' workers to protect against corona on the service day. Cows were fed on this occasion, and a seminar was also organized.

BunkerFit adds yoga to its offerings, becomes India's first vernacular fitness app

Udaipur: BunkerFit, India's only free to use Fitness app, has introduced Yoga to its bouquet of fitness offerings which included bespoke training modules and healthy nutritious recipes, on the mobile app. BunkerFit, is a freely available mobile app available currently in Hindi, English, Tamil & Telugu. Over the next few weeks more language options shall gradually be added, making it the first vernacular fitness app in India.

The addition of Yoga is in line with BunkerFit's vision to create a holistic fitness platform that offers all verticals including Training, Nutrition, Yoga, Mindfulness & Running on just one platform. BunkerFit aspires to offer content in 14 distinct language options to users over the next few months, enabling a massive reach out to people across segments, cities and locations in the country. Disrupting the fitness segment with its all free to use content offering, BunkerFit aims to make 100 million Indians active by 2030, in line with Prime Minister's Fit India movement.

Founded by Adnan Adeb and Zeba Zaidi, who previously founded the popular Devils Circuit races, BunkerFit is created to truly democratise fitness. "With the increasing importance of fitness in everyday life, BunkerFit is a perfect partner as it provides various fitness options inspired by traditional Indian fitness regimes in their own language. Given the high penetration of smartphones and low data tariffs, it will have a deeper reach and adoption in masses. We strongly believe that the democratization of fitness will make India a fitter country. Our content is available freely to inspire and include all sections of the society. We want to make fitness inclusive and be the partners of choice in everyone's fitness journey" - says, Zeba Zaidi, Founder - BunkerFit.

India's only All-in-one FREE fitness app which aims at getting Indians active, Fit and healthy was launched in March, 2021. With over 25k downloads already under its belt on an MVP launch, BunkerFit is poised to make a mark in this still unorganised to a large degree, sector. An unprecedented access to cheap data combined with an awareness of leading a more active and a fitter lifestyle has over the last 12 months led to a spike in content consumption related to health and fitness.

Airtel had acquired 10% stake in Spectacom - the company which owns BunkerFit as a part of Airtel's Start-up Accelerator Program. This collaboration allows Spectacom to leverage Airtel's strongest pillars and most importantly the executive advisory through its vigorous Start-up program.

BunkerFit also aims to leverage Airtel's robust ecosystem, including its core strengths in mobile internet connectivity. This includes access to a vast online and offline distribution network and access to advisory services from Airtel's senior team. Airtel shall continue working closely with Spectacom to help increase awareness and adoption of its fitness platform to encourage individuals and overcome mental barriers and achieve their full potential. Available for android only for now, BunkerFit can be downloaded from - <https://play.google.com/store/apps/details?id=com.bunkerfit>

Hindustan Zinc's innovative solar plant wins CII's 'Best Application & Uses of Renewable Energy' award

- Rampura Agucha Mine's 22 MW solar plant won at the 5th Edition CII National Energy Efficiency Circle Competition 2021

- The 'Gold Standard' solar plant contributed to 45,528 tCO2e carbon emission reduction in FY21

Udaipur: Exemplifying the company's motto of 'Innovating for a Sustainable Future', Hindustan Zinc's Rampura Agucha Mine has won the 'Best Application & Uses of Renewable Energy (Large Project)' award at the 5th Edition of CII National Energy Efficiency Circle Competition 2021. Agucha Mine's unique waste to wealth initiative, a solar power plant developed on a waste yard, won this award. The innovative design involved setting up of the solar power plant on a waste dump yard, with a triple benefit of - making efficient use of the waste land, saving environmental footprint through a renewable energy source and annual GHG savings of over 45,000 tCO2e.

Commenting on the achievement, CEO of Hindustan Zinc, Mr. Arun Misra, said, "At Hindustan Zinc, we have empowered our people to think of innovative ideas that contribute towards a sustainable and greener tomorrow. Our solar power plant that is developed on a waste yard at Agucha is a green energy initiative that has contributed to a carbon emission reduction of 45,528 tCO2e in just one year. This is in line with our commitment to achieve the Sustainability Development Goal of 0.5MN tCO2e GHG savings by



2025. I am proud of my Agucha team for their efforts and this achievement."

Faced with the challenge of a waste yard where any plantation or constructing any major structure due to its load-bearing capacity and height was a challenge, the team of Prafulkumar Patel, Vinoth Jaroli, Rajesh Chaudhary and Upendra Totamalla had to engineer something unique. They developed a plan to utilize this infertile land and indigenous set up a 22 MW solar plant. This ground mounted 'Gold Standard' solar plant generated 48,083 MWh green energy in FY21, contributing to 40% of RAM's energy requirement and leading to a GHG saving of 45,528 tCO2e.

Hindustan Zinc actively works on adopting renewable energy sources for captive use and has a portfolio of around 40 MW capacity solar projects across their

locations in the state of Rajasthan. In FY21, the company reduced 5,51,695 MT of CO2 through use of green power while generating 83,420 MWh of renewable solar energy. This green energy is part of the company's commitment to responsible mining and the larger purpose of running operations towards 'zero harm, zero waste, zero discharge' principle.

Furthermore, ranked first in the Asia-Pacific region and seventh globally in the metal and mining sector by the Dow Jones Sustainability Index, the company has made a name for itself in the global community. As a COP26 Business Leader, the company participated actively in shaping the agenda for tackling climate change. HZL is also among the only two mining companies globally and among only four Indian companies to be a part of the coveted CDP 'A List' 2020.

Bappi Lahiri, Chitrani Lahiri, Sudha Singh & Ashoke Pandit adopt a tree in the name of BMC's 'Be A Tree Parent' MEGA Vriksha Campaign

Bappi Lahiri, Chitrani Lahiri, Sudha Singh and Ashoke Pandit joined in the BMC's 'Be A Tree Parent' MEGA Vriksha Campaign by adopting a Sita Ashoka tree near Lahiri House in Juhu on 19th June. They have joined the likes of Hon. MP Smt. Hema Malini, Ranvir Shorey and son Haroon Shorey, Anil Kapoor, Anupam Kher, Abhishek Bachchan, Shatrughan Sinha, Sonakshi Sinha, Poonam Sinha, Ajay Devgn, Yug Ajay Devgn, Vatsal Sheth, Amit Behl, Dr. Anel Kashi Murarka, Saniya Saiyad, Ashnoor Kaur, Advait Mote and MLA Shri Amet Satam who are all proud tree parents!

World Environment Day 2021 marked the start of BMC's 'Be A Tree Parent' MEGA Vriksha Campaign. Instituted by the K West Ward Asst Commissioner Mr. Vishvas Mote, along



Tauktae, and replant identified, fast-growing native tree species in those locations.

The plantation was done with the blessing of Bappi Lahiri at the hands of Chitrani Lahiri, Local Councillor Sudha Singh, Ashish Desai of BMC, Ashoke Pandit & Vedant Gill of Make Earth Green Again MEGA Foundation and the BMC K West Ward Municipal Staff.

Bappi Lahiri stated his enthusiasm for the project and he could not come plant it himself due to health conditions, but that he and his wife Chitrani Lahiri would be adopting and taking care of the tree from then on.

"I am elated to see such an initiative by the BMC and MEGA Foundation, and hope that Anusha Srinivasan Iyer and Vedant Gill will plant many more such trees, with citizens' help," said Bappi Lahiri.

Besides the celebs, citizens have joined in and become the protector of the trees, thus setting forth a movement that will make a difference leaving behind green footprints.

"Receiving support of this kind from Bappi da just feels amazing. We are all blessed to have the family's assistance in our endeavour," averred Vedant Gill of Make Earth Green Again MEGA Foundation.

The campaign has also seen active participation from police personnel and citizens alike. And the numbers seem to only be growing. Check out the adjacent pictures!

Financial approval of 42.50 lakh for a new survey of 85 km for Mavli-Marwar broadgauge

New Delhi (Niti Gopendra Bhatt) : Rajsamand MP Diyakumari said that Deogarh to Bar railway line is being looked at as an alternate route to get rid of the blockades coming in Mavli-Marwar broad gauge line. Financial approval of Rs 42.50



lakh has also been issued for the 85 km survey, for which it deserves thanks along with the Modi government at the Center and the Ministry of Railways.

The MP said that there is an age-old and much-awaited demand of the citizens of the Mavli-Marwar broad gauge area. Therefore, every effort will be made to complete the work of this line at the earliest, so that the

citizens of the area have ease of transport through this railway line.

In order to solve the problems being faced by the Forest Department in the doubling of the Mavli-Marwar railway line, the Railways has approved to conduct a new PET survey for connecting Deogarh to the Bar railway line. Due to three sanctuaries in the middle of this railway line, there were many problems in its gauge conversion. Given this, on the suggestion of railway engineers, a new survey will be conducted to connect Devgarh to Bar. Financial approval of Rs 42.50 lakh has also been issued for the survey of this 85 km new railway line.

Roshni did Halasan at an altitude of 14100 meters

Udaipur: On the occasion of International Yoga Day, Udaipur's trekker Roshni Barot has given a message to the people to be Yoga conscious and stay fit while doing Yoga on the Hamta Pass trek located in the picturesque valleys of Himachal. Roshni recently completed her fifth trek with her friends. In the video, Roshni is seen doing Halasan asana. The light did amid the snowy hills amid fresh air in the morning. Roshni said that the altitude of the Hamta Pass trek is at an altitude of 14100 meters above sea level, where Roshni completed this yoga posture.

Ph-teen

Yoga camp concludes a three-day online yoga camp.

Udaipur: The ongoing three-day online yoga camp on the occasion of International Yoga Day culminated on International Yoga Day. Yoga teacher Shrivardhan told about yoga asanas through live social media and gave information about Yoga and nuances. In the yoga camp, Hemendra Shrimali, president of the Indian Culture Abhyuthana Nyas, Rakesh Dashora, the state member of Arogya Bharti, were present. Vikas Chhajed, the technical coordinator of the camp, said that this three-day yoga camp was live online on YouTube and Facebook. About 12000 people from India and more than 100 people from abroad were connected on the first day of Yoga Day. In the end, the legitimate Shobhalal Audichya told about the lifestyle.

Practical webinar on Yoga for good health

Udaipur: On International Yoga Day, an experimental webinar on Yoga for good health was organized by the College of Community and Applied Sciences. Describing Yoga as the key to good health, Dr. Siddharth Bansal and Dr. Shweta Agarwal, the city's yoga instructors, advised the students to do regular Yoga and various asanas for a normal life. Vrikshasana, Trikonasana, Paschimottasana, Manduk Asana, Vajrasana, Gomukhasana, Naukasana. They Conducted practical exercises with detailed descriptions of Bhujangasana, subtle exercises, pranayama, and meditation. The experimental webinar was made alive by the students enthusiastically with their participation. Dr. Meenu Srivastava, Dean, while advising the students to do Yoga for good health, said that such practical sessions will be organized at the college level in the future.

yoga is done on yoga day

Udaipur: Udaipur. Yoga Day was celebrated under the aegis of Lions Club BeingManav, Ameesha Yoga Retreat, Sahastra Bahu Nari Shakti. Yoga guru Dr. Anisha Chaudhary said that only the Yoga, mask, and distance would keep us away from the corona.

"Yoga celebrated with enthusiasm from city to village"



Udaipur: Under the joint aegis of the Ayurveda Department, Rajasthan District Administration, & Government Adarsh Ayurveda Dispensary Udaipur, seventh International District Level Yoga Day program in Sindh Bazar through the virtual medium of the dispensary under the leadership of Dr. Shobha Lal Audichya, Senior Ayurveda Medical Officer Yoga was done in the hall. The virtual program started by lighting the lamp by Dr. Mukesh Katara. Dr. Katara told that the doctors, compounders, nursing staff, and their families of Udaipur district and more than one thousand yoga lovers, social organizations, Nehru Yuva Kendra, Patanjali Yog Samiti, NCC, Scout Guide, etc. Then, in the house garden, on the terrace, in a ventilated room, practiced Yoga with yoga protocol following complete social distancing and told that Yoga has to be

made a part of life.

Minute to minute yoga protocol by yoga teacher Ashok Jain and Sharda Jalora from 7 am to 8 am Audio, a video clip of International Yoga Day Protocol created by Shubha Surana, Ph.D. Scholar of MLSU, which can be shared on social media like YouTube, Facebook, WhatsApp, Twitter. Dr. Audichya said Yogi couple Yogacharya Manita Sharma and Yogacharya Jignesh Sharma helped illiterate children in Mahila Mandal by getting them immune-enhancing yoga protocol by practicing yoga protocol and meditating with mantras, removing stress from everyone, boosting morale, boosting self-confidence, and encouraging enthusiasm.

International Yoga Day at Shilpgram

Udaipur: Under the aegis of the Ministry of Culture, Government of India, and the Western Zone Cultural Center, "International Yoga Day" was organized on Monday in different provinces and parts of the country, including Shilpgram in Udaipur. On this occasion, yoga dancer Anamika Kothari from Jaipur performed yoga postures with music, and yoga postures in Odyssey and Mayur Bhanj Chhau were seen.



Center Director Kiran Soni Gupta said that in the "Azadi Ka Amrit Mahotsav" organized by the Ministry of Culture, Government of India to commemorate the 75th anniversary of independence, a special campaign was organized from Yoga and Indian Heritage, under which various states and cities of the country were organized. Special programs of Yoga and cultural presentations were organized on historical and cultural heritage and monuments.

In this campaign, exercises and cultural presentations of Shilpgram and Chittorgarh fort of Udaipur's exercises and cultural presentations were shown live from social media platforms.

Member of Parliament Arjun Lal Meena inaugurated the function by lighting the lamp at Shilpgram, Udaipur. After this, under the guidance of Meera Upadhyay, MP Meena and the center's employees performed various yoga asanas. This was followed by a musical yoga performance by Anamika Manish Kothari from Jaipur, in which she performed multiple postures with her partner. The spectators present with the fantastic yoga postures of Anamika were gazing at the physical gestures.

After this, Oasi dancer Shelly Srivastava of Udaipur gave a scintillating performance of her postures in Oasis and Mayurbhanj Chhau. In style, the audience was amazed by making various mudras with shields and sword in hand. At the end of the program, the 'Ghoormar' dance was performed by Purushottam Rao of Udaipur and his team.

yoga practice in place MP CP Joshi practiced Yoga in the limited presence of yoga practitioners at the historic Chittorgarh fort. On this occasion, the duet of flute, tabla, and sarangi in the 'Classical Ensemble' of Bhagirath Bayawat and his companions was appreciated by the audience. At the same time, a beautiful presentation of Bhavai dance was given by Mavali folk artist Prem Prakash and his companions.

Yoga was done, and cultural presentations were organized in the historic Kumbhalgarh and Deeg Palace, Bharatpur. Yoga exercises were organized by the Ministry of Culture and Western Zone Cultural Center at Rukmani Temple at Dwarka Teerth in Gujarat and Agoda Fort in Goa, where Goa Chief Minister Pramod Sawant practiced Yoga.