

Life Is Nothing But The Stories We Tell Ourselves - Dr. Bhavana Gautam

Mumbai: Pandemic has changed our outlook to Wellness. Founder of Embracelife Holistic Health consultant Emotional Wellbeing Coach Dr Bhavana Gautam emphasized in her recent address to the aspirants of holistic health at function held at Andheri (West), Mumbai on June 25th 2021, as she calls them (not patients). Her idea of well-being emanates from Mind-Body-Connect, and not from the conventional Symptom-To-Treatment approach. Embracelife is a

small yet ambitious venture to make our world a happier and healthier place, both mentally and physically. Dr Bhavana says, "Embracelife was not an overnight idea...it was a journey. A journey of experiencing first-hand as a medical student and then a practitioner, the limitations of the conventional medicine approach and its impact. The emphasis was or still is more on disease management than prevention, on symptomatic piecemeal approach rather than the whole

person-centred approach, on purely the physical aspect of health and disease rather than the other equally influential dimensions of emotional, mental and spiritual wellbeing. It was my time at TISS (Tata Institute of Social sciences) for my masters in hospital management that introduced me to the world of health from a more panoramic view which included understanding the contribution of the individual's inner and outer environment to his/her overall sense of well-being."



She added, "Whether it was my later experience in the Health Insurance industry or the hospital domain, I was constantly striving to make sense of health and wellbeing. Most diseases and disorders were now falling in the cate-

gory of chronic lifestyle ailments. Most are still being managed without a significant change in the quality of life offered. We all understood disease, even the person who was facing a health challenge. However, what we were failing to understand was what controlled our choices, our options, and our view of our own wellbeing. How a person felt, thought, communicated, or connected with oneself and others, all seemed to be contributing to his ability to heal, manage, prevent, or reverse

the so-called lifestyle ailment." In fact, it's aligned with the change and research happening globally that has now identified the role of mental and emotional wellbeing in the overall health and happiness of an individual. At Embracelife the approach is to create organic long-lasting growth and enable your potentials to direct your life. These changes are not just limited to your health and wellbeing but also to your relationships, career and just about every element of you.

Embracelife is about creating your best story. A story not layered or burdened by your poor self-esteem, high anxiety, or health challenges. A story which doesn't end with you as the victim or with life just happening to you day in and day out. Embracelife is about changing your narrative. It's about creating the transformation you dreamt of secretly but never believed you could achieve. For further details contact Dr Bhavana Gautam at embracelifeindia@gmail.com

Hindustan Zinc awarded "Most Sustainable Company in the Mining Industry in 2021"



• The company has been awarded as Most Sustainable Company in the Mining Industry by World Finance at their Sustainability awards 2021

• The company is committed towards reducing CO2 emissions, water conservation, and biodiversity management by innovating and adopting new greener technologies

Udaipur: Hindustan Zinc (HZL), the leading producer of Zinc, Lead, and Silver in India has been awarded the Most Sustainable company in the mining industry by World Finance. The company is committed to smart, safe, and sustainable mining operations. Hindustan Zinc strives to conserve natural resources and adopt greener technologies wherever possible to ensure its environmental footprint shrinks year on year. The company has been recognized for its ESG disclosure, its ambitious Sustainability goals 2025, analysis of the environmental impact and responsible approach towards its business, and many efforts towards GHG emissions reduction, water stewardship, circular economy, biodiversity conservation, zero harm, positive

impact on local communities, diversity and equality and responsible sourcing. Commenting on the achievement CEO of Hindustan Zinc, Mr. Arun Misra said, "Sustainability is deeply embedded as an integral part of our work culture at Hindustan Zinc. We believe in driving long-term sustainable economic development by protecting the health and safety of our people, community, and environment. We are continuously investing in strengthening our operations by bringing best-in-class technology and digitalization solutions to walk the talk in being a smart and sustainable global organization. We are proud to be recognized as the "Most Sustainable Company in Mining Industry 2021" across the world and are committed to continue to lead

in reducing CO2 emissions, water conservation, and biodiversity management." Hindustan Zinc embarked on a digital transformation program to drive a different way of working for a sustainable future, aimed at enhancing stakeholder value through exploration, innovation, safety, and sustainability, maintaining market leadership, and increasing customer delight. Hindustan Zinc has increasingly been using technology for the automation of processes and has started integrating technologies across the value chain to reduce waste, increase resource efficiency, and drive up productivity while promoting the harnessing of renewable energy sources. Hindustan Zinc is taking all possible efforts to limit climate change, mitigate its cat-

astrophic effects, and ultimately save lives. In addition to setting ambitious targets to achieve sustainability in the business, the company has established a stronger governance structure, for increased transparency. Protecting and enhancing biodiversity is also an integral part of Hindustan Zinc's commitment to sustainable development. The company has a separate policy on biodiversity and stays committed to preventing risk on biodiversity throughout our business. The company aims to be self-sufficient and green in fulfilling energy requirements so as not to put any stress on the energy-starved state of Rajasthan, which plays host to a significant part of operations. The company's portfolio of over 348.54 MW of renewable energy

generation is testimony to the HZL philosophy of growing responsibly. Hindustan Zinc is on a journey, one which focuses on nurturing leaders, conserving resources, improving health, safety, and wellbeing. The company aims to be the example that others wish to emulate when it comes to environmental performance, enhancing the quality of life, and fostering innovation. The company ranked first in the Asia-Pacific region and seventh globally in the metal and mining sector by the Dow Jones Sustainability Index for the third consecutive year and is among India's first companies to be included in The CDP climate change 'A List' for 2020. This award is a testimony to Hindustan Zinc's effort towards sustainability.

1971 VICTORY FLAME WELCOMED WITH PRIDE AND HONOUR AT KONARK CORPS

Jaipur: The Year 2021 marks the 50th anniversary of India's glorious victory in the 1971 war. To commemorate this historic occasion, the Year 2021 is being celebrated as 'Swarnim Vijay Varsh' by the Indian Armed Forces.



The flame symbolises decisive victory, guts and glory displayed by the immortals that made the supreme sacrifice for the motherland in the finest tradition of the Indian Army. The Victory Flame along with the representative teams of Konark Corps, Southern Command will be visiting the houses of Gallantry Award Winner War Veterans and Veer Naris (war widows) of the 1971 War and will pay their tribute for their valorous service to the nation.

The Battle Axe Division will be taking on the onus of carrying the Victory Flame for its journey along the western borders of Rajasthan. Golden Katar Division will take over the Victory flame in Gujarat. The Southern Cardinal Victory Flame arrived today at Ajmer Military Station. It was received by Lieutenant General Surendra Kulkarni, PVSM, AVSM, VSM and bar (Retired) & 1971 war veteran Honorary Captain Narpal Singh. The victory flame was accompanied by a team of Battle Axe Division in the last mile run. A wreath laying ceremony was organised at unit quarter guard followed by a guard of honor. War veterans, Ex-servicemen and Veer naris were felicitated during the event. The ceremony concluded with recitation of National Anthem. Victory Flame will traverse Rajasthan, Gujarat for about two months. On completion of its journey around the Southern Cardinal, the Victory Flame will again return to the national capital, New Delhi for the final ceremony.

CHETAK CORPS CELEBRATES 43RD RAISING DAY

Jaipur: The Chetak Corps on Thursday celebrated its 43rd Raising Day at the Bathinda Military Station. The Chetak Corps was raised in Bathinda on 1st July 1979, under the command of Lieutenant General ML Tuli. Since its raising, the Chetak Corps has gone through a series of transformations to reach its present state as a highly professional and operationally effective formation.

To commemorate the occasion, Lt Gen Manoj Kumar Mago, General Officer Commanding, Chetak Corps, along with others laid wreath at the War Memorial 'Yodha Yaadgar' in a solemn ceremony, in revered remembrance of the fallen brave hearts, who laid down their lives in the various battles fought in this sector while ensuring the safety and security of our great Nation. Lieutenant General AS Bhinder, AVSM, VSM, GOC-in-C, Sapta Shakti Command, also extended his best wishes to all ranks & defence civilian employees of Chetak Corps. To mark this occasion, a massive plantation drive of 14000 tree saplings was carried out across the Military Station led by the General Officer Commanding, Chetak Corps and Mrs Komal Mago, Zonal President AWWA.

As the Indian Army readies itself to overcome the latest global and regional security challenges in the changing paradigm of warfare, the Chetak Corps remains ever steadfast and focused on enhancing its operational readiness through astute professionalism, sheer hard work and dedication. On this occasion, the Corps Commander also exhorted all ranks of the Corps to continue to perform their duties with utmost dedication and to uphold the highest traditions of the Army. He urged all ranks to remain operationally ready to take on the challenges of the future with selfless resolve and courage. He also thanked the ex-servicemen and their families for their invaluable contribution. He assured that the Corps will always make every effort to take care of its Veer Naris and Ex-Servicemen and help them in these difficult times of COVID.

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

700-gm infant undergoes cardiac surgery at CIMS

Udaipur: In an amazing and extremely challenging feat, a 700-gram infant that had premature birth has been successfully operated on for a heart defect at CIMS hospital in Ahmedabad.

The 24-day-old infant, a girl, was born in Kheralu in Mehsana, with Patent Ductus Arteriosus (PDA), a heart defect. Because of the condition, the ductus arteriosus, which normally closes at birth, stays open. As a result, instead of the blood circulating into the body, the blood goes back to the lungs.

The infant suffered from apnea and suddenly stopped breathing and was evaluated by Dr. Divyesh Sadadiwala, CIMS Paediatric Cardiologist, who referred her for surgery.

"PDA ligation is the surgery required to correct the defect, but it was highly risky in this case due to multiple factors. The baby had a premature birth and had low weight. She had a high creatinine level indicating impaired kidney function. Plus, there was some evidence of infection. Moreover, the baby was extremely fragile because of low birth weight. Still, we decided to go ahead with PDA ligation surgery as it was the only option," said Dr. Shaunak Shah, Paediatric Cardiac Surgeon at CIMS hospital.

He said the baby successfully underwent the PDA ligation surgery on Saturday. CIMS Anaesthesia Team led by Dr Niren Bhavsar, Dr. Hiren Dholakia, Dr. Chintan Sheth and CIMS Neonatal and Paediatric Intensivist, Dr Amit Chitaliya were also a part of the team that performed the successful surgery on the neonate, who is now recovering.

"The neonate was the lowest-weighting baby we have operated on at CIMS, and probably one of the smallest, if not the smallest in Gujarat to have undergone cardiac surgery," he said.

In addition to the above challenges, children with low birth weight are also prone to hypothermia, i.e., a sudden drop in temperature. The team did not switch on the air conditioner during the surgery. Moreover, the baby was operated on an infant warmer.

"These were additional challenges, but we were able to overcome them because of team effort and the support system. Also, a special mention for CIMS Foundation which has supported and helped neonate patients for such lifesaving surgeries in the past" he added.

Women may Invest their small savings in e-gold and SIP

Udaipur: A webinar on making women invest their small savings was organized by Udaipur Innerwheel Club Udaipur at Bhairav Bagh, located behind the Celebration Mall. The keynote speaker was CA Ayush Pagaria.

On this occasion, Pagaria said it is a golden opportunity for women to invest their small savings sitting at home during the Corona period. Women make their savings big by investing their small savings in e-gold and SIP Systematic Investment Plan Power of Compounding by converting their 1-2 grams of gold into 10-20 grams of gold.

Club President Rashmi Pagaria said that the eminent chartered accountants of the city, CANirmal G Kunawat, CASatish Jain, CA Ayush Pagaria, CA Shweta Pagaria, CA Siddharth Singhvi, CA Apeksha Singh, were honored.

Medical Service Award to Dr. Manoj

Udaipur: Medical Officer Dr. Manoj Bhatnagar was honored by the All India Kayastha Mahasabha for his remarkable work in medical and social service. National Minister Gaurishankar Bhatnagar, State Vice President Dr. Mahendra Bhatnagar, State Secretary Vishnu Bhatnagar, District President Dr. Rakesh Mathur, Organization Minister Kanta Bhatnagar, and Divisional General Secretary Sahil Bhatnagar honored Dr. Bhatnagar in the field of medical service. He was Awarded for highlighting his benefits and achievements.

Personal self-confidence necessary in corona pandemic: Dr. D. M. Mathur

Udaipur: One day lecture series on the occasion of National Doctors Day organized by Shri Chitragupta Sabha, Udaipur, on the topic - "Mental health challenges and easy solutions in the Covid situation" in which the keynote speaker Dr. D.M. Mathur (Senior Psychiatrist, Udaipur) threw light on the mental condition of ordinary people and its prevention during this corona period.

In this program, L. N. Mathur President, Narendra Prasad Mathur Vice President, Dr. Harish Mathur, Dr. Rakesh Mathur Chief Secretary, Shirish Nath Mathur Education

Secretary, Amit Mathur Cultural Secretary, and scholars of the society participated. Members from Udaipur, Jaipur, Jodhpur, Guwahati, and other places participated in this lecture series.

National vaccination coverage crosses 35 crore mark

India has crossed yet another milestone in the COVID vaccination drive as the total vaccination coverage has crossed 35 crore mark. The Ministry has termed it India's landmark achievement in the fight against COVID-19.

The new phase of universalization of COVID-19 vaccination commenced from 21st of last month. Union Health Ministry said, more than 32.40 lakh vaccine doses were administered till 7 PM.

Union Health Ministry said, more than 16 lakh vaccine doses were administered as first dose and more than one lakh nine thousand vaccine doses given as second dose in the age group 18-44 years yesterday. Cumulatively, over 10.45 crore persons in the age group 18 to 44 years across 37 States and UTs have received their first dose and more than 30 lakh 42 thousand have received their second dose since the start of Phase-3 of the vaccination drive.

The Ministry said, eight States namely Uttar Pradesh, Madhya Pradesh, Rajasthan, Tamil Nadu, Bihar, Gujarat, Karnataka and Maharashtra have administered more than 50 lakh first dose of COVID-19 Vaccine in the age group 18 to 44 years.

IGNOU's SOJNMS launched PG Diploma in Development Communication for July 2021 session

New Delhi: "A new academic program of Post Graduate diploma in Development Communication (PGDDC) as developed by School of Journalism and New Media Studies, IGNOU was launched by Professor Nageshwar Rao, Vice Chancellor IGNOU. The National launch program took place on 25th June, 2021 at 12 p.m. in the Board room at IGNOU headquarters. The program was webcasted at various platforms including Facebook and YouTube and was attended by thousands of students.

Professor Nageshwar Rao pointed out that this program is of vital importance as this takes into account various important aspects of

national interest. Prof. Nageshwar Rao praised the efforts of the coordinator Dr. Ramesh Yadav in making this program such a big success. He also said that this will be a milestone programme for all the learners.

The launch program was graced by the most important figures of the discipline of Media Education. Professor Shambhu Nath Singh Founder director of SOJNMS spoke about the need and increasing relevance of Development Communication and how this program is prepared in record time. He congratulated the Coordinator Dr. Ramesh Yadav for his hard work and expertise in developing this.

Prof. J. S. Yadav, Former Director IIMC, renowned Expert of development communication and research spoke about the relevance of such a program in a developing country like India. He pointed out that this program is very unique and innovative and will offer immense job prospects for all the learners joining this.

Professor K. G. Suresh, Vice Chancellor, Makhani Chaturvedi National University of Journalism and communication Bhopal said that the importance of development communication cannot be overestimated and the time for this discipline and course has come. He said that there is a need to take this discipline to the villages and the learners who take up this program need to focus on the needs of the rural sector so that the issues of grass root development can be taken up more seriously and in an organized manner.

Professor Govind Singh Dean academic affairs Indian Institute of mass communication New Delhi complemented the efforts of IGNOU and pointed out that this program is global in nature and various National and international Development Agency will have enormous employment scope

Professor Satyakam PVC, IGNOU also gave a special address during the program and encouraged the coordinator and School faculty in their efforts to develop such meaningful programs. Dr. Ramesh Yadav coordinator PGDDC said during the launch that this program has been developed in strict compliance of UGC recommended credit model and all care has been taken to ensure that all academic and professional needs. He thanked the various university agencies including Academic Council, Planning board, School Board, academic program committee and above all the Vice Chancellor for his constant support and guidance in the making of this program.

Associate Programme Coordinator Prof. Pramod Kumar moderated the discussion during the launch and Director SOJNMS Dr. O. P. Dewal delivered the welcome address.