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कार्य के लिए हमें ई-मेल से सूचना भेज सकते हैं।

COVER PAGE

SIMPLY COVER STORY

Sri Rathi

Managing Director
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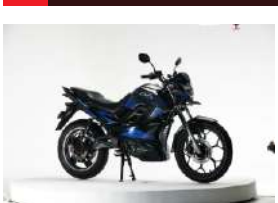
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छलकी कबीर की निर्गुण भक्ति की धारा**



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EDITORIAL

Gratitude creates miracles...

I believe that everyone is born to do something unique and special in life. Simply living it is not enough. We must have wisdom and courage to add life to living. But how? Everyone has this question in their mind about how to live an ideal life.

People hardly realize how to treat life, they know life is a big canvas and they start throwing all the paints on it but some people are all relaxed, satisfied and confident as they select and choose those colors which can make a rainbow in their life. In life we all have secrets, an irreversible regret, an unreachable dream, an unforgettable love and many more things and these all are the colors of our life but with different shades. Few people really know how to use all these colors at different stages of their life with different capabilities.

For all the imperfections in us, we always blame our fortune and god thanklessly, but did you ever realize that we must learn to be thankful for whatever you already have while you pursue all

that you want. I believe one of the greatest and perhaps one of the simplest lessons in life is that we can learn to be thankful for what we have already received and also accomplished. Gratitude or thanks giving helps people to feel more positive emotions, relish good experiences, improve their health, deal with adversity and also build strong relationships in personal as well as professional way. It creates magic around us.

Each and every day we come across so many miracles happening around us but we take it on a lighter note and we don't even pay attention to it like the blue sky, white clouds, green leaves, the black and curious eyes of a child – in fact our very own two eyes. We should pay gratitude to each and every miracle.

Happy Reading!

› Anshu Harsh

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We the team of Simply Jaipur, a unique destination for your own lifestyle magazine, welcome you. It is Rajasthan's first BI-LINGUAL monthly lifestyle magazine. As you are aware our current SJ May 2023 Edition is already on the stands. We Invite your presence in form of advertorial or advertisement in our coming June edition in which we cover top personalities of Jaipur who have contributed in any way to lifestyle, society or through their profession. Our upcoming editions will be based on the customs and traditions of the local area. As well we will be highly delighted if anybody send us Travelogues about different tourist destinations.

We also have our presence online among the readers of all ages through Digital magazine. Our targeted group of reader varies from proactive and dynamic adults to people with higher household incomes.

All editions of SIMPLY JAIPUR are available online also, you can visit our online digital brochure at www.simplyjaipur.com. This 44 pages BI-LINGUAL publication features new trends of lifestyle in every edition.

In last four successful years, we have received great response from our readers not only from Rajasthan but also globally.

In our upcoming editions, we look forward to publish Life-style contents and for that we are providing advertising space for the local businesses. We also cater to your presence in form of Display Advertisement, Editorial, or Advertorial.



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A man in a pinstriped suit and glasses is speaking at a conference. He is holding a piece of paper and gesturing with his hands. The background is blurred, showing other people and a blue screen with text.

*Surround Yourself
With People Two
Steps Ahead Of You*

SIMPLY COVER STORY

› Anshu Harsh

Sri Rathan Rathi

Director of ASIA-PACIFIC (APAC) Corporateconnections®

Sri Rathi is Director of Asia-Pacific (APAC) for CorporateConnections®. He joined the company in April 2018 and his role is to develop, build and support CorporateConnections® across Asia Pacific, Middle East and Africa. He is a certified Network Trainer from ASENTIV, U.S.A. He completed his MBA from Sheffield (UK) and has extensive experience of 20+ years and built a strong network across 20 countries. He has helped over 250 entrepreneurs from various fields to improve their businesses. He is an Indian staying in Chennai, Tamil Nadu, India and his parental roots are from Rajasthan, India. His coaching focused on relationship marketing which he successfully used in his own venture to increase the turnover of the company by 4 times in 6 years. He strongly believes, with his diverse international experience in diverse sectors in diverse countries such as the UK, Middle East and India, that only strong relationships can be differentiating factors to any business or profession in the future. He has completed the Certified Franchise Executive (CFE) course from International Franchise Association, USA.

So we, Simply Jaipur interviewed him to get an insight into his life as an entrepreneur & trainer

Q - What prompted you to launch your own company, and how did you get started?

The first company which I individually launched was Goldmine Solutions in Dubai – helping entrepreneurs to have amazing business and spectacular life by coaching them with their referral strategy roadmap. Prior to that I have been part of family business for a decade and also professional with organizations such as E serve (Citibank), Rolls Royce Aero Engines, UK and National Bank of Fujairah, Dubai. The reason I started Goldmine Solutions was because entrepreneurs spend majority of their initial and prime years of journey focusing only on their business and give least importance to other quadrants of their life (Self/Family and Community). Also, when I started the goldmine solutions, I had put up a vision board to coach 1000+ top 5% of business owners in the world. Ten months down the line, I was invited to be part of CorporateConnections Global LLC – Purpose of this organization is to connect successful leaders (top5% of business leaders) and empower them to create opportunities and meaning change in their organizations, communities and lives. This resonated with my purpose and vision. Hence, I did not hesitate to join CorporateConnections for heading their India Operations in 2018.

Q - How did you come up with your company's name?

The reason I had Goldmine Solutions was to help people to unleash their true potential and have abundance of love, peace and harmony in their lives. But CorporateConnections was started as a pilot way back in 2004 in Canada by group of entrepreneurs who wanted to connect with extra ordinary leaders around the world so that they could have extra ordinary experiences which could lead to extra ordinary opportunities. The place where leaders connect.

Q - Did you have entrepreneurial tendencies when you were a child, and if so, how did you channel them?

Nope, I did not have entrepreneurial tendencies when I was child. I was a very shy boy with a lot of complex and resistance towards studies.



Q - What early-stage challenges did you face in your business, and how did you overcome them?

When I joined family business initially, I assumed “Sales” was the only function of Business and I was trying to diversify the markets into new avenues to increase sales. After a few years, I realized that having the right network was important to grow the business. Hence focused on building the network. Eventually realized that there are three important components to running a business: Product, People and Process leading to Profits.





Q - How do you manage risk in your business, and how do you mitigate potential losses?

Risks in the business were about becoming irrelevant in fast changing business environment. The only way to mitigate potential losses was to stay ahead of the curve by keeping abreast with global trends of your business and other businesses. Also, by being the best in your field and giving best of product and services you can demand the price and not succumb to price war in market leading to less profitability and losses

Q - How do you approach hiring and team building, and how do you motivate your employees?

The one quality I see in hiring is: what is the passion area of the individual and what are their dreams. I then check if that would fit the job available. Motivating employees is staying emotionally and physically connected with employees. Help them grow in their path and enable them to achieve their dreams. Always show them the bigger picture, so that they know how to achieve their dreams through the organization they are working for.

Q - How do you keep up with the latest trends and technologies in your industry, and how do you keep your company competitive?

Ensuring that our members are driving the maximum value from their membership. We have an inclusive leadership model which has the best of minds from all levels of our community to ensure that

we stay abreast in terms of trends and technologies. We also try to ensure we keep our process seamless and simple by continuously acting on feedbacks from the community

Q-What succession plans do you have in place for the company's long-term future?

Build team with right people.

Q-What best describes the work environment at your company?

Entrepreneurial. Very open to new ideas and new ways to create a wow experience for members and directors.





Rapid Response

Q - What are the key factors that you believe have contributed to your success, and how do you keep a competitive edge?

Key Factors for my success so far:

- Staying connected with my inner self.
- Higher awareness levels.
- Focus on always doing one notch up.
- Aligned with the purpose of life.
- Surround with the right people who can pull me higher.
- Attitude to serve without expecting in return.
- Open to feedback and acting on those feedbacks to improve myself when I see them aligning to my inner self.

Q - How do you strike a balance between the demands of running a successful business and your personal life, family life and other obligations?

- Attitude of serving in all aspects of life (To Business, To Family, To self and To Community).
- Open and Honest Communication
- Weekends for Family and Self.
- Carve out 30-45 of me time everyday morning (Exercise, Meditation, Yoga)

Q - What were some of your childhood interests and hobbies, and do you still engage in them?

- Staying connected with Friends
- Staying connected with Nature



Q - Is there anything you would have changed if you could go back and do it now, knowing what you know now?

- Love and appreciate myself more
- Remove fear of failure and explore new ideas and thoughts
- Hunger to learn more about diverse topics

Q - How do you measure your company's success, and what metrics do you use to track performance?

- Growth in membership
- New Market growth
- Higher retention percentage
- Net Promoter Score

Q - What do you believe are the most significant challenges confronting businesses today, and how do you plan to overcome these challenges in the future?

Challenges:

- Keeping abreast with VUCA (Volatile, Uncertain, Complex and Ambiguity) world
- Key role of Technology and its application
- Changing role of people in the organization

How to Overcome:

- Staying in constant touch with the market. Regular surveys with members and directors
- Exploring new technological tools to stay connected and relevant.
- Focus on training.

Q - Who are some of the business mentors or role models you look up to?

- Richard Branson
- Ratan Tata
- Prem Ratan Rathi (Father)

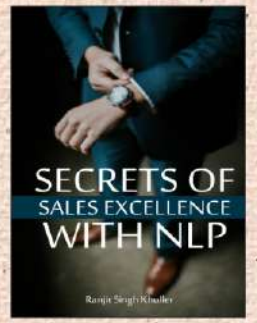
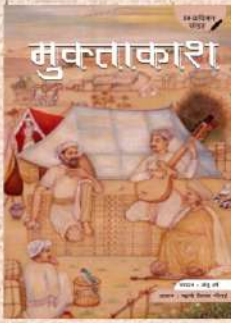
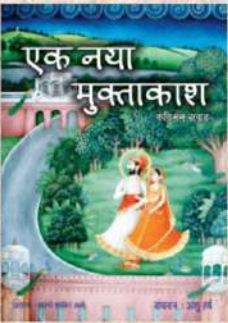
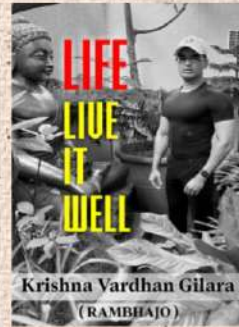
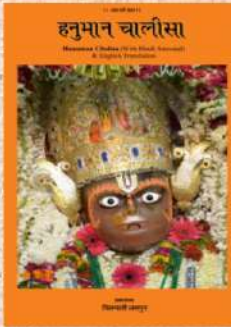
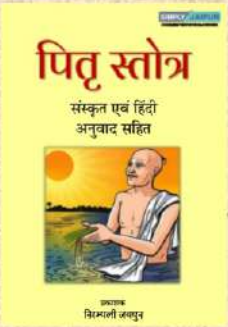
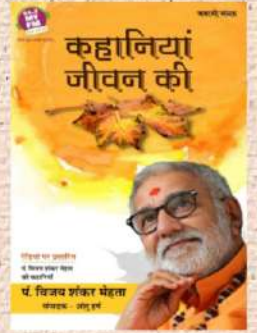
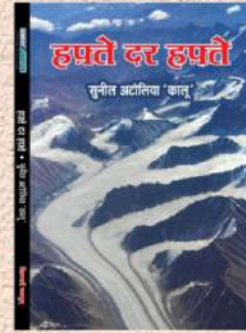
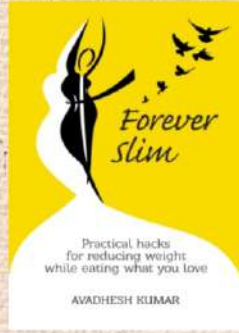
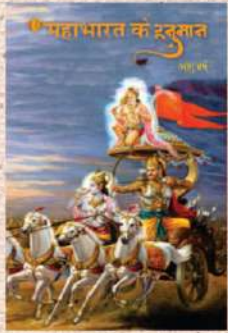
Q - What advice would you give to someone starting in business, and what blunders should they avoid?

Have a strong why for yourself, aligned to business, family and community. Genuine Intent and sincerity in action are keys to building trust and relationships. Blunders to avoid: THERE IS NO SHORTCUT TO SUCCESS.

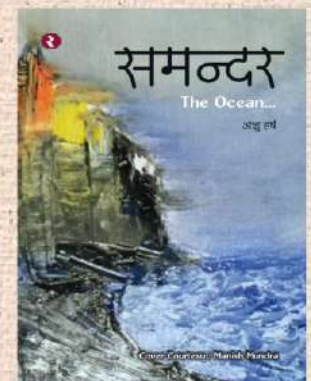
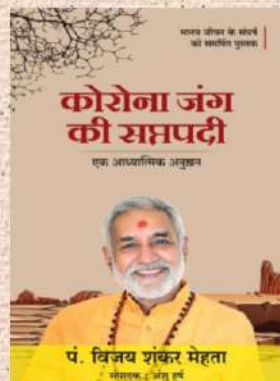


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The Web of Health, Emotions, and Relationships

Understanding the Profound Connection That Shapes Our Well-being... Have you ever noticed how certain individuals make you feel lighter and at peace, while others seem to weigh you down? Our bodies and minds have an intriguing way of responding to different people and situations. It becomes increasingly apparent that there exists a powerful link between our health, emotions, and relationships. The way we interact with others, as well as our relationship with ourselves, profoundly influences our emotions, which in turn affect our overall well-being. In today's world, numerous individuals suffer from autoimmune diseases and psychosomatic illnesses, such as back pain, thyroid issues, asthma, tumors, and even cancer. Surprisingly, these ailments are often rooted in suppressed emotions. When we fail to express ourselves and allow our emotions to flow freely, we subject our bodies to unnecessary suffering. It is unfair to mistreat ourselves and then expect our bodies to reflect health and happiness. The bond between emotions and the body is undeniably strong.

The catalysts for our emotions often lie within our relationships. People we encounter generate a range of emotions within us, some positive and some negative. However, the most crucial relationship we possess is the one we have with ourselves. This relationship serves as the deciding factor in our emotional and physical well-being. The way we perceive and treat ourselves resonates within every cell of our bodies. A constant, intricate communication loop exists between our emotions and our health.

To comprehend the profound relationship between emotions and health, we must engage in self-observation. By paying close attention to our bodies and mental states during moments of substantial emotions, such as happiness, pleasure, pain, or disappointment, we gain insight into this connection. Armed with understanding, we can then embark on healing processes to nurture our well-being.

Case Study - The Plight of a Successful Businessman's Wife:

Consider the case of a successful businessman whose wife frequently complained of various ailments over an extended period. Despite multiple tests and diagnoses, no significant issues were detected. Frustrated, the businessman mocked his wife in front of friends, unable to comprehend her ongoing health problems. Similarly, the wife was perplexed but continued to express her health concerns. Upon thorough research, it was revealed that the wife suffered from psychosomatic illnesses primarily stemming from her dissatisfaction with her married life. Once the object of her husband's admiration, she now faced constant criticism for her actions. Family pressures prevented her from pursuing her dreams



and career, leaving her confined to household duties and the responsibilities of raising children. As an outgoing and extroverted individual, she struggled to adapt to this life, even after many years of marriage. Her discontentment with herself and her internal struggles manifested through her numerous health complaints. Her mind, in fact, created these illnesses. The discomfort she felt within herself permeated her physical well-being.

Case Study - The Terrifying Grip of Anxiety:

During a recent gathering on April 30th, 2023, we explored the interconnectedness of health, emotions, and relationships. An instructive case study unfolded before our eyes. One participant had experienced several accidents involving family members within a short period. As a result, she developed a habit of frequently calling her family members to ensure their safety. However, during the meeting, her sons failed to respond to her calls due to unforeseen circumstances. Within minutes, she spiraled into a panic, exhibiting trembling, stuttering, cold hands, and an inability to concentrate on the discussion. This distressing state held the potential for developing severe illnesses. Our thought processes intricately influence our bodily functions, with this transformation being both subtle and constant. We cannot disconnect the two; instead, we must work on one to ensure the well-being of the other.



Ranjit Singh Khuller

Are you injured or in pain? What is best to apply for relief, cold or hot? - Dr. Nakul Ranga

Whether to apply hot or cold in an injury? Physiotherapists treat arthritis to pulled muscles to inflammation with cold packs (not ice) or hot packs (moist towels) in addition to exercise and modalities. Hot & cold packs are immediate, effective, affordable remedies used since ancient times. The tricky part is to choose between them. In general, I must advise that for acute injury, swelling & inflammation, a cold pack provides great relief. A hot pack basically works good in joint stiffness, frozen shoulder, rheumatoid arthritis prior to stretching, mobilization or exercise. Heat and cold therapy are often recommended to help relieve an aching pain that results from muscle or joint damage. Cold treatment reduces blood flow to an injured area.

This slows the rate of inflammation and reduces the risk of swelling and tissue damage. It also numbs sore tissues, acting as a local anesthetic, and slows down the pain messages being transmitted to the brain. Applying heat will dilate the blood vessels, promote blood flow, and help sore and tightened muscles relax. Improved circulation can help eliminate the buildup of lactic acid waste. Heat is also psychologically reassuring, which can enhance its analgesic properties. Applying heat and cold alternately can help in reduce swelling.

In many patients, cold provides better results than hot and vice-versa, if you ask me why so, then I must tell you if your body is already freezing, it can't tolerate cold, so the brain will aggravate pain, and the same happens when your body is heated up already and you apply heat to it. I must mention that all researches done till date support moist heat (hot water soaked towel etc.) over dry heat (electric heating pad etc.). When you compare dry and moist heat therapy, the latter can



penetrate the skin deeper and faster, getting through the muscles, where the root cause of the pain lies. Studies that compare these two pain therapies found that a greater amount of pain is relieved with moist heat, probably due to better penetration at the same temperature. Moist heat can change tissue temperatures more rapidly, causing temperature receptors to respond more quickly. At last, I must say that choice is yours to use either one, but it is always advisable to contact your physiotherapist prior to applying any of these.

Being Mindful can relieve you from **STRESS**



Mind is like a monkey, keeps jumping between past and future or the fantasy channel. Alan Cohen says “Imagine two lawyers in a courtroom inside your head. One is arguing for your possibilities and you achieving your goals. The other is arguing for your limits and why you don’t deserve what you want. Who will win? The lawyer whom you pay the most. The way you pay these lawyers, however, is not with money; it is with your attention”.

Where your attention goes, your mind & energy flows there. Your mind plays a major role in holding your current attention. But your mind is always on an excursion mode. Mind keeps travelling between your past and future or to the fantasy world. Hence, your attention keeps wandering. Let’s test it now...Ask yourself what were you thinking few minutes before - I am for sure your mind was thinking about any one issue/situation in any one of the three realms (past, future or fantasy).

It’s like riding your bicycle. By continuous microscopic adjustment of the cycle bar to the left or right, we travel straight in a cycle. Your mind will keep jumping, but it is your responsibility to tie to the present moment awareness. You want more success & money in your life. You want more happiness & better health in your life. Success, Happiness, Health & Money are possible only in the present moment and do not exist in the past or the future. So, the starting point for any success journey begins by taming your powerful mind to stay in the present moment. Training your mind to be in the present moment is the key for perennial source of happiness & health.

The first and foremost skill to learn before any other skill is being mindful. When you learn to become mindful, you can take action faster than anybody else. The only difference between a successful and un-successful person is the former takes ACTION.

Mindfulness is the first step towards taking Action in life. I’ve found a more mindful life to be one of the best changes possible. Just a few of the benefits of mindfulness that I’ve discovered:

- You’re more present, which means you’re not missing great moments by thinking about other things
- You are more connected with people you’re with
- You are more aware of urges, which means you can better change your habits
- You notice your resistance, and negative self-talk, which means you’re not powerless to them
- Life becomes better when you savour it.



There are a bunch of health benefits, too, but beyond all the benefits, a mindful life is just a joy to live. It’s not necessarily a means to an end — it’s an end itself. How to Be Mindful?

- Do one thing at a time. Do Single-task and a big NO to multi-task. Remember the Zen proverb: “When walking, walk. When eating, eat.”
- Do it slowly and deliberately.
- Do less. If you do less, you can do those things more slowly, more completely and with more concentration.
- Spend at least 5 minutes each day doing nothing. Just sit in silence. Become aware of your thoughts. Focus on your breathing. Notice the world around you. Become comfortable with the silence and stillness. It’ll do you a world of good — and just takes 5 minutes!
- Stop worrying about the future – focus on the present. Just focus on what you’re doing, right now. Enjoy the present moment.
- When you’re talking to someone, be present. Focus on being present, enjoy your time listening to that person.
- Keep practicing. When you get frustrated, just take a deep breath. When you ask yourself, “What should I do now, Self?” the answer is “keep practicing”.

There are many practical & simple mindfulness practices which I had taught many students in my Breath@Work seminar. By putting them in daily schedule, they have seen numerous physical, mental, emotional benefits which has helped them to achieve peak performance & happiness.



The Millet Era

Nutrition Hai Zaruri is a unique diet and lifestyle modification clinic. We provide a balanced diet plan for an individual without a crash diet and supplements, starvation, and short-term solutions. We strongly believe more than 80% of health issues can be cured using a proper balance diet and for that we focus on variety of foods including millets. Millets are highly nutritious and should include in daily Diets. The sudden global fame of this coarse grain can be traced back to March 2021, when the United Nations (UN) General Assembly at its 75th session declared 2023 the International Year of Millets (IYM2023). Millets, hardy dryland crops grown in Asian and African countries, are gaining popularity for their nutritional qualities.

Our Prime Minister Shri Narendra Modi said, “A global movement related to millets is an important step since they are easy to grow, climate resilient, and drought resistant.” Jowar (sorghum), bajra (pearl millet), and ragi (finger millet) are the three main millet crops that are currently being grown in India. India’s Finance Minister Nirmala Sitharaman announced the Union Budget in February 2023, she referred to millets as “shri anna” or the best of all grains. Sitharaman said IIMR (Indian Institute of Millet Research) will become a centre of excellence and a global hub for millet research and development. So all neglected crop, which all vanished from our plates, make a comeback.

Govt. of RAJASTHAN is also taking Millets on heights, Rajasthan is set to promote the consumption of millets in a big way for improving nutrition levels among different sections of the population, by conducting various events and seminars ... In the same series Rajasthan government has organised “Rajasthan Millet Conclave” Leveraging Rajasthan's Millet Heritage Innovative Collaborations at the Forefront Hotel Royal Orchid, Durgapura, 18th May 2023.

So as a Dietician it’s my duty to create an awareness about the importance of Nutrition of Millets among the society. And so Nutrition Hai Zaruri is running a drive “Millet Magic By Dietician Kirti Jain”. Let’s understand few points about Millets :- Millets also known as “MOTA ANAJ” have been an essential part of the traditional Indian cuisine. They are an excellent source of Vit. A, B, phosphorus, potassium, calcium, iron and many other nutrients. Millets are a low-maintenance and drought-resistant grain. There are more than 20 different types of millets. Some of the more common varieties include Bajra, Ragi, Kodo Millet, Foxtail millet, Sama rice, Quinoa and Barnyard millet.

-Why are we growing millets over rice and wheat???

Being a rain-fed crop with minimal use of fertilisers, no pesticides as



they are less vulnerable to insect attack. They consume less water than rice and wheat. They help to sustain environment by nurturing soils and improving their fertility and texture.

-What are the health benefits of millets???

1. They are gluten-free, ideal for celiac disease. It aids in weight loss.
2. It has low glycemic index, beneficial for lowering blood sugar levels and therefore controls diabetes, insulin resistance and hyperlipidemia.
3. It acts as a prebiotic which helps in improving overall gut health and easy to digest.
4. They are rich in antioxidants and improves immunity.
5. It helps in lowering the risk of CVD and brings down incidents of colon cancer.

-How to use millets in cooking???

Soaking the millets overnight ensures that you break down the phytic acid in them. Phytic acid impairs the absorption of the minerals like iron, zinc and calcium and makes the digesting millets much easier on your tummy. So don't forget to soak millets overnight. Recipes that can be prepared by millets: Millet pulao, millet Upma, millet idli, millet uthappam, millet khichri, millet kheer, millet laddu etc. So millets are highly recommended and everyone should replace at least one meal with millet in their plates to be healthy....

- Dt. Kirti Jain

Founder & CEO of Nutrition Hai Zaruri Diet Clinic,
Vaishali Nagar, Jaipur

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Cinemasthan is an Online Over The Top (OTT) video streaming platform initiated by RIFF Film Club. Cinemasthan primarily focuses on the Rajasthani Language content and also offers Short Films, Music Video Albums, Feature films, Documentary Films, Animation Films & Regional Films from India and abroad. Cinemasthan is the first Rajasthan's own OTT Platform which has a highly evolved video streaming technology and high attention to the quality of experience across various devices and platforms.

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प्रदेश में हो रहा विश्व स्तरीय आधारभूत ढांचे का निर्माण : मुख्यमंत्री ने किया राजस्थान इंटरनेशनल सेंटर का लोकार्पण



मुख्यमंत्री श्री अशोक गहलोत ने कहा कि राज्य सरकार के प्रयासों से प्रदेश में विश्वस्तरीय आधारभूत ढांचे का निर्माण हुआ है। दिल्ली के इंडिया इंटरनेशनल सेंटर और इंडिया हैबिटेड सेंटर की तर्ज पर राजस्थान इंटरनेशनल सेंटर का निर्माण लगभग 140 करोड़ रुपए की लागत से किया गया है। उन्होंने कहा कि इस सेंटर में राष्ट्रीय एवं अंतर्राष्ट्रीय स्तर के सांस्कृतिक, व्यापारिक, अकादमिक कार्यक्रमों सहित उच्च स्तरीय बैठकों, सेमिनारों एवं सम्मेलनों का आयोजन किया जा सकेगा। राजस्थान को 2030 तक देश का प्रथम राज्य बनाना राज्य सरकार का मुख्य ध्येय है। श्री गहलोत सोमवार को जयपुर के झालाना स्थित राजस्थान इंटरनेशनल सेंटर के लोकार्पण समारोह को संबोधित कर रहे थे। उन्होंने कहा कि राज्य सरकार द्वारा महात्मा गांधी इंस्टीट्यूट ऑफ गवर्नेन्स एंड सोशल साइंसेज, सवाई मानसिंह अस्पताल में बहुमंजिला आईपीडी टॉवर, कॉन्स्टीट्यूशन क्लब, विधानसभा में डिजिटल म्यूजियम, गांधी दर्शन म्यूजियम जैसे निर्माण कार्य किए जा रहे हैं। इससे जयपुर एक विश्व स्तरीय शहर बनकर उभर रहा है। मुख्यमंत्री श्री अशोक गहलोत ने इस दौरान राजस्थान इंटरनेशनल सेंटर के मुख्य सभागार, कन्वेंशन हॉल, मल्टीपर्पज हॉल, दो मिनी ऑडिटोरियम, दो कॉन्फ्रेंस हॉल, बोर्ड मीटिंग हॉल, एकजीबिशन हॉल, लेकर हॉल तथा लाइब्रेरी का अवलोकन किया। श्री गहलोत ने अत्याधुनिक सुविधाओं से युक्त भवन के आर्किटेक्चर की सराहना की। उन्होंने मुख्य आर्किटेक्ट श्री प्रमोद जैन सहित निर्माण कार्य में योगदान देने वाले लोगों को सम्मानित किया।

FICCI Flo Jaipur Chapter, Organized a Theatre Show “With Love, Aapki Saiyaara” a play by Juhi Babbar Soni



FICCI Ladies Organisation, Jaipur Chapter, under the leadership of its new Chairperson, Ms. Neha Dhadda, ORGANISED A THEATRE SHOW “With Love, Aapki Saiyaara” a play written directed and acted by Juhi Babbar Soni. Initially the character ‘Saiyaara’ was conceived by Nadira Zaheer Babbar. Saiyaara is passionate, urban and undaunted. Through the eyes of a modern Indian woman, Saiyaara dares to dream! Her sweet and spicy take on ‘men, marketing and more’ is interestingly conveyed in a conversational approach with the gallery, making the audience a part of the performance! The play deserves a closer look by everyone for it showcases the different aspects of the society, be it positive, comical or shocking. “With Love Aap ki Saiyaara” celebrates friends, parents, love and hope, the characters on stage or in her narration convey a message to treasure. Neha Dhadda, Chairperson addressed the members that FLO has started the skilling centre at Pratapnagar,

whereby the ladies and college going girls have started making sustainable jewellery, made out of clothes & pearls which shall be gifted to all the flo members for their birthday. Also she shared that we have started our training programme for creating women -E rickshaw drivers making women economically independent. They will be trained to drive e-rickshaws which is a public transport, hence involving women in economic infra-facilities. With the support of SK Foundation, they will be provided easy loans from the government on their electric vehicles and free training to stand strong on their feet. This is to connect them with different livelihood options and empower our ladies with monetary power.



कथक गुरु विदूषी रश्मि उप्पल के नृत्य से छलकी कबीर की निर्गुण भक्ति की धारा



जवाहर कला केन्द्र में बुधवार को बही सितार की मधुर झनकार और कथक नृत्य की लय, ताल और भावों के मंजर ने वहां मौजूद नृत्य प्रेमियों का दिल जीत लिया। मौका था कथक नृत्य को समर्पित संस्था 'नित्यम' की ओर से आयोजित समारोह का। इस मौके पर कथक के लखनऊ घराने की गुरु विदूषी रश्मि उप्पल ने जहां अपने नृत्य से कबीर की निर्गुण भक्ति की रसधारा प्रवाहित की वहीं संगीत गुरु पं. चंद्र मोहन भट्ट की शिष्याओं भव्या दुसाद, रिया वर्मा और श्रेया सिपानी ने राग हमीर में सितार की मधुर झनकार से अपने हुनर का बेहतरीन प्रदर्शन किया।

बही कबीर की निर्गुण भक्ति की धारा

समारोह का मुख्य आकर्षण रश्मि उप्पल की नृत्य रचना रही। उन्होंने कबीर की निर्गुण भक्ति में रची-बसी रचना में प्रेम के अनूठे रंगों को अपनी मोहक आंगिक भाव भंगिमाओं से इस अंदाज़ में जीवंत किया कि नृत्य देखने वाले हर शख्स ने खुद को प्रेम रस में पगा हुआ महसूस किया। 'मेरे साहिब हैं रंगरेज, चुनर मोरी रंग डारी। सियाही रंग छुड़ाने के रे, दिया मजीठ रंग, धोए से छूटे नहीं रे, दिन दिन होत सुरंग' जैस दिलकश भावों से रची ये रचना तीन ताल सोलह मात्रा में निबद्ध थी। इस दौरान रश्मि के अक्स पर बंदिश के छिपे भावों के अनुरूप हर पल बदलते भावों और हाथों के अर्थवान इशारों ने नृत्य रचना को सार्थक कर दिया।

गूंजी सितार की मधु झनकार

इस मौके पर संगीत गुरु पं. चंद्रमोहन भट्ट की शिष्याओं भव्या दुसाद, रिया वर्मा और श्रेया सिपानी ने राग हमीर में पहले विलंबित लय में राग वाचक सुरों की इमारत खड़ी की और फिर उसके बाद द्रुत लय और झाले की प्रस्तुति में सुरों को एक शिल्पी की भांति गढ़ते हुए विलंबित में खड़ी की गई सुरों की इमारत पर मानों नक्काशी करके उसे और भी भव्य बना दिया।



FICCI Ladies Organisation, Jaipur Chapter along with Driveway Devi organised an Interactive session with Abha Adams



FICCI Ladies Organisation, Jaipur Chapter along with Driveway Devi organised an Interactive session On “Parenting in the Age of Anxiety” with Abha Adams, a much needed topic to be brought into light. Abha Adams is an innovative educationist, She has spent over 37 years in Education, Media (BBC North) and Arts Management (Arts Council of England) both in India and the UK. As former Director of the Shri Ram Schools and Adviser Education to Step by Step School Noida, she has been instrumental in founding and developing two major educational institutions in the country. The event was moderated by Chairperson, FLO Jaipur Chapter Neha Dhadda & Anuja Mishra Bajoria Founder Driveway Devi. It was a power packed session where members were exhilarated seeking guidance on parenting The conversation revolved around in today’s world, parents facing unprecedented levels of anxiety when it comes to raising their children. Parents today must navigate the complexities of social media, cyber

bullying, and screen addiction, all while trying to instil good values, morals, and discipline in their children. She offered guidance on how to build resilience in children, how to create healthy relationships, how to set appropriate boundaries, and how to promote positive mental health. Adams provided a wealth of information and practical tips, along with case studies and real-life examples, to help parents navigate the challenges they face. It was indeed an enlightening event, all the FLO members were very grateful for such a thoughtful discussion. This was a perfect quorum for any parent who wants to raise resilient, well-adjusted children in today’s world.

PM MODI INAUGURATES DEVELOPMENT PROJECTS WORTH Rs 5000 CRORES IN RAJSAMAND



Rajsamand witnessed a historic and momentous occasion as Prime Minister Narendra Modi inaugurated and laid the foundation stone for development projects worth approximately Rs 5 thousand crores in the state. On the occasion, Rajsamand MP, Diya Kumari expressed her gratitude in a speech, acknowledging Prime Minister Modi’s strong commitment to development. She highlighted the gauge conversion of the Mavli-Marwar rail line, the construction of the Gomti to Beawar four-lane highway, and the road connecting Shri Charbhuj Nath to Shrinath ji as significant projects resulting from the Prime Minister’s commitment to development. The MP also praised the ongoing development initiatives across India, positioning the nation as a global leader, with the continuous expansion of airports, national highways, seaports, and the enhancement of medical facilities through the Ayushman Bharat program and the establishment of medical colleges in every district. She also expressed her heartfelt appreciation to the Union Cabinet for the remarkable

development work undertaken in the Rajsamand parliamentary constituency. She highlighted the approval of three Kendriya Vidyalayas in Rajsamand district, the selection of five railway stations in the Amrit station scheme and the selection of 16 schools in the PM Shri scheme. Furthermore, she also applauded the commencement of domestic gas pipeline work, the approval of an extension counter for the army canteen, the inclusion of Rajsamand in the digital village scheme, the allocation of thousands of crores of rupees for road construction under the PMGSY and CRIF schemes, the provision of health facilities under the Kisan Samman Nidhi and Pradhan Mantri Jan Arogya Yojana, and the introduction of 5G network in Nathdwara.

MoU signed between the **Department of Tourism and FHTR** for digital promotion of tourism in Rajasthan in PPP



With the industry status being given to tourism in Rajasthan as well as the various forward-looking policies and schemes such as Rajasthan Rural Tourism Scheme 2022, Rajasthan Guest House Scheme 2020, Rajasthan Film Tourism Promotion Policy etc., the state offers a conducive environment for investment in the State. The domestic tourists are significant to boost the economy and there is a need to segregate the demands of the tourists and cater to all kinds of tourism such as luxury tourism, niche tourism, religious tourism etc. A SWOT analysis of the infrastructure available at these sites also needs to be done to ensure that there is no stagnation in tourism. This was stated by the Principal Secretary, Tourism, Government of Rajasthan, Smt. Gayatri Rathore. She was delivering the Keynote Address at the 1st Promotional Road Show for the upcoming Rajasthan Domestic Travel Mart (RDTM) 2023. The Mart is being jointly organised by the Department of Tourism, Government of Rajasthan and the Federation of Hospitality and Tourism in

Rajasthan (FHTR). It is also to be supported by Hotels and Restaurants Association of Rajasthan (HRAR), Indian Heritage Hotels Association (IHHA), and Rajasthan Association of Tour Operators (RATO). The Principal Secretary further said that Rajasthan is also developing as an important MICE and wedding destination. The numerous heritage properties in the state serve as great venues for weddings and MICE events. Golf courses are also being developed to boost golf tourism. Talking about the forthcoming RDTM, she said that it is a perfect example of a great PPP model to synergize efforts of the public and private sector to boost tourism. On the occasion, a MoU was also signed between the Department of Tourism and FHTR. This MoU is for digital promotion of tourism in Rajasthan in Public Private Partnership. On behalf of the Department, the Director, Dr. Rashmi Sharma and on behalf of FHTR, the President, Mr. Apurv Kumar signed the document.

राजस्थान डोमेस्टिक टूरिज्म स्टेकहोल्डर्स कॉन्क्लेव के प्रथम संस्करण का आयोजन



भारत सरकार के पर्यटन मंत्रालय के सहयोग से एसोसिएशन ऑफ डोमेस्टिक टूर ऑपरेटर्स ऑफ इंडिया के राजस्थान चैप्टर ने शुक्रवार को होटल द रॉयल आर्किड, जयपुर में राजस्थान डोमेस्टिक टूरिज्म स्टेकहोल्डर्स कॉन्क्लेव के प्रथम संस्करण का आयोजन हुआ। कॉन्क्लेव में पैनल डिस्कशनस, मुख्य भाषण और इंटरैक्टिव सैशंस के माध्यम से आगामी कार्ययोजना पर चर्चा करने और विचार-विमर्श करने के लिए राजस्थान पर्यटन के सभी हितधारकों को एक मंच पर एकत्र किया गया। कॉन्क्लेव के दौरान प्राइड ऑफ राजस्थान अवार्ड समारोह का भी आयोजित किया गया, जिसमें पद्मश्री श्रीमती गुलाबो सपेरा को नृत्य के क्षेत्र में लाइफटाइम अचीवमेंट अवार्ड डू कला रत्न नृत्य सृजन पुरस्कार; श्री हनीफ उस्ता को उस्ता कला में योगदान के लिए कला रत्न शिल्प सृजन पुरस्कार और श्री भीम सिंह को पर्यटन में उनके योगदान के लिए पर्यटन रत्न उत्कृष्ट नेतृत्व पुरस्कार से नवाजा गया। एसोसिएशन ऑफ डोमेस्टिक टूर ऑपरेटर्स ऑफ इंडिया (एडीटीओआई), लगभग 850 से अधिक घरेलू टूर ऑपरेटर्स और हॉस्पिटैलिटी पार्टनर्स की राष्ट्रीय एसोसिएशन है, जिसके सदस्य पूरे देशभर से हैं और भारत में पर्यटन का पुनरुद्धार के लिए सभी प्रकार की योजनाओं में अग्रणीय भूमिका निभा रहे हैं। इस आयोजन में

मुख्य अतिथि, माननीय राज्य मंत्री, राजस्थान लघु उद्योग निगम लिमिटेड और अध्यक्ष राजस्थान निर्यात संवर्धन परिषद, श्री राजीव अरोड़ा ने कहा, “वर्ष 2019 की तुलना में राजस्थान में 8 करोड़ अधिक घरेलू पर्यटक आए हैं। यह दर्शाता है कि गोवा और केरल की तरह, राजस्थान पर्यटन क्षेत्र में एक महत्वपूर्ण स्थान रखता है। मेलों और धार्मिक पर्यटन ने राज्य को आकर्षक बना दिया है।” अरोड़ा ने कहा कि राजस्थान औद्योगिक प्रोत्साहन योजना (रिपस 2019) से पर्यटन उद्योग को लाभ हुआ है और राजस्थान सरकार ने पर्यटन को उद्योग का दर्जा दिया है। उन्होंने कहा कि यह बेहद आश्चर्यजनक है कि केंद्र सरकार का बजट राजस्थान से मात्र दोगुना है जबकि उसे अन्य राज्यों को भी बजट आवंटित करना होता है।

द ट्रेलब्लेजर्स 2023 में राजस्थान के मनमोहन हर्ष ने जीता 'फर्स्ट रनर अप' प्राइज



स्वामी विवेकानंद की जयंती (राष्ट्रीय युवा दिवस, 12 जनवरी 2023) के अवसर पर यूथिस्थान फाउंडेशन, नई दिल्ली की ओर से आयोजित नेशनल लेवल आर्टिकल राइटिंग कॉम्पिटिशन 'द ट्रेलब्लेजर्स 2023' में राजस्थान के मनमोहन हर्ष ने देश में दूसरा स्थान प्राप्त कर 'फर्स्ट रनर अप' पुरस्कार जीता है। मनमोहन हर्ष के स्वामी विवेकानंद के व्यक्तित्व और कृतित्व पर केन्द्रित आलेख 'स्वामी विवेकानंद का जीवन संदेश: सकारात्मक ध्वनियों-सद्विचारों का सार्वभौमिक कोष' को कॉम्पिटिशन के निर्णायक मंडल की ओर से शीर्ष दो आलेखों में शामिल

किया गया है। इस उपलब्धि पर यूथिस्थान फाउंडेशन की ओर से हर्ष को 'सर्टिफिकेट ऑफ एक्सीलेंस, ट्रॉफी और पुरस्कार राशि प्रदान की जाएगी। राजस्थान सूचना एवं जनसम्पर्क सेवा के अधिकारी मनमोहन हर्ष, वर्तमान में राजस्थान स्कूल शिक्षा परिषद, जयपुर में उप निदेशक (जनसम्पर्क) के पद पर कार्यरत है। हर्ष, गत 33 वर्षों से देश की प्रमुख पत्र-पत्रिकाओं में स्वतंत्र लेखक, स्तंभकार और टिप्पणीकार (फ्रीलांसर) के रूप में खेल और समसामयिक विषयों पर निरंतर अपना योगदान दे रहे हैं। यूथिस्थान फाउंडेशन, नई दिल्ली की निदेशक अरुणा श्रीवास्तव द्वारा प्रदत्त जानकारी के अनुसार इस अखिल भारतीय प्रतियोगिता में पूरे देश से आठ भाषाओं में लगभग 600 प्रविष्टियां प्राप्त हुईं। कॉम्पिटिशन में स्कूली विद्यार्थियों से लेकर प्रोफेसर तथा प्रोफेशनल्स से लेकर रिटायर्ड सिविल सर्वेंट्स जैसे प्रतिभागियों ने हिस्सा लिया, इसमें गर्ल्स और महिलाओं की भागीदारी सर्वाधिक रही।

एसबीआई लाइफ इंश्योरेंस और राजस्थान रॉयल्स ने जयपुर के सवाई मानसिंह स्टेडियम में विशाल 'हेलमेट' का अनावरण किया



स्टेडियम के प्रवेश द्वार पर महत्वपूर्ण रूप से लगाया गया यह बहुत बड़े आकार का हेलमेट एसबीआई लाइफ और राजस्थान रॉयल्स फ्रेंचाइजी द्वारा 'सुरक्षा को सक्षम बनाने' की भूमिका पर जोर देने हेतु किए गए जन जागरूकता पहल का हिस्सा है एसबीआई लाइफ इंश्योरेंस, जो भारत की सबसे भरोसेमंद निजी जीवन बीमा कंपनियों में से एक है,

और राजस्थान राज्य की क्रिकेट फ्रेंचाइजी राजस्थान रॉयल्स ने जयपुर स्थित घरेलूमैदान सवाई मानसिंह स्टेडियम में विशाल 'हेलमेट' इंस्टालेशन का अनावरण किया। स्टेडियम के प्रवेश द्वार पर महत्वपूर्ण रूप से लगाए गए 15 फीट ऊंचाई और 18 फीट चौड़ाई वाले हेलमेट की स्थापना, यहाँ मैच देखने आने वाले क्रिकेट प्रशंसकों और शहर की बड़ी आबादी के लिए एक खूबसूरत नजारा है। भव्य पैमाने और अद्वितीय डिजाइन के साथ, 'हेलमेट' लगाने का उद्देश्य सुरक्षा के महत्व के बारे में जागरूकता फैलाना है और यह बताना है कि कैसे यह व्यक्तियों को उनके सपनों को पूरा करने में सक्षम बनाता है। साथ ही, इसका उद्देश्य जीवन सुरक्षा को प्राथमिकता देने और वाहन चलाते समय हेलमेट पहनने के लिए नागरिकों का ध्यान आकर्षित करना है।

PhD AWARDED TO JAIPUR SHOOTER APURVI CHANDELA



Olympian shooter from Jaipur, Apurvi Chandela has added yet another feather to her cap. She has been honoured with a Doctor of Philosophy (PhD) by the Jagadguru Ramanandacharya Rajasthan Sanskrit University in Jaipur. The PhD was awarded to her by the Rajasthan Governor, Mr. Kalraj Mishra at the Raj Bhawan. Apurvi said "I am deeply humbled and grateful to receive this prestigious honour of a PhD. It has been a challenging yet rewarding journey, and I believe that this achievement is not just a testament to my hard work, but also to the unwavering support of my mentors and loved ones. I hope to continue inspiring young athletes and students to pursue their dreams with passion, dedication, and perseverance"

GITB 2023 ENDS WITH EUPHORIA AMONG THE TRAVEL TRADE



The 12th edition of the Great Indian Travel Bazaar (GITB 2023) ended with euphoria among the travel trade at Jaipur Exhibition and the Convention Centre (JECC) at Sitapura on Tuesday. The 'buyers' and 'sellers' expressed great satisfaction on the networking opportunities. A total of 283 major inbound Foreign Tour Operators (FTOs) from 56 countries participated as foreign buyers in this mega event. The 3-day GITB was organized by Department of Tourism, Government of Rajasthan, Ministry of Tourism, Government of India and Federation of Indian Chambers of Commerce and Industry (FICCI)

Ryan Group of Institutions Awarded Navabharat CSR Award 2023 for Child Education and Upliftment



वेदांता लिमिटेड को किन्सेट्रिक बेस्ट एम्प्लॉयर अवार्ड - इंडिया 2022 से सम्मानित किया गया है, जो विश्व स्तर पर सबसे प्रतिष्ठित सम्मानों में से एक है। वेदांता ने यह घोषणा करते हुए बताया कि यह पुरस्कार किन्सेट्रिक की ओर से उन संगठनों को दिया जाता है, जिन्होंने बेहतर व्यावसायिक परिणाम प्राप्त करने

के लिए अपने लोगों को सशक्त किया है, उनके जीने के अंदाज को बदला है। वेदांता का पीपुल-फर्स्टनजरिया एक ऐसे कल्चर को बढ़ावा देता है जो न केवल मजबूत है बल्कि लुभावना भी है। संगठन के मूल मूल्यों में नवाचार करते रहना, रचनात्मकता बने रहना और विविधता का पोषण करते रहना शामिल हैं। कंपनी में सीनियर पोजीशन पर बैठे लोग अपने कर्मचारियों के लिए एक मिसाल कायम करते हैं। उनके अनुभवों को समृद्ध करते हैं। वेदांता के एचआर नीति में सभी व्यवसायों में एक उद्योगअग्रणीनियोक्ताबननेकेलिएएकसमावेशीदृष्टिकोणशामिलहै। मुंबई में आयोजित एक पुरस्कार समारोह में कंपनी की ओर से पुरस्कार प्राप्त करते हुए, वेदांता लिमिटेड के ग्रुप सीईओ श्री सुनील दुग्गल ने कहा, 'प्रतिष्ठित किन्सेट्रिक बेस्ट एम्प्लॉयर अवार्ड से सम्मानित किए जाने पर हम बहुत खुश हैं। किन्सेट्रिक द्वारा यह मान्यता हमारी अपने लोगों पर भरोसे की बानगी है। वेदांता में, हमारे कर्मचारी हमारी सबसे बड़ी संपत्ति है और हमें विश्व स्तर पर अपने कर्मचारियों के आदर्श व्यवहार पर बहुत गर्व है।'

डांस डे पर स्टूडेंट ने दिखाया हुनर



वैशाली नगर में भाननगर स्थित फ्लैश एंटरटेनमेंट डांस क्लासेज की ओर से इंटरनेशनल डांस डे सेलिब्रेट किया गया। डांस हमारे साथ काफी लंबे समय से जुड़ा हुआ है इसलिए हर साल 29 अप्रैल को अंतरराष्ट्रीय डांस दिवस मनाया जाता है इस उपलक्ष में फ्लैश एंटरटेनमेंट के डायरेक्टर विकास ने बताया की डांस हमारा रूटीन बन गया है डांस एक मनोरंजन ही नहीं एक्सरसाइज का भी माध्यम है डांस डे के उपलक्ष में एकेडमी के स्टूडेंट्स सुहाना दिविषा कृतिका नव्या जानवी परी वाणी ध्रुव अनाआ चक्षिता रक्षित एवं प्रार्थी ने डांस की प्रतिभा दिखाई और पुरस्कार भी प्राप्त किया। डांस डे पर स्टूडेंट ने ही नहीं उनके पेरेंट्स ने भी एंजॉय किया और अपना टैलेंट डांस करके एवम गेम खेल के दिखाया सभी प्रतिभाओं को पुरस्कृत भी किया गया

Indian filmmakers looking for new filming locations in Russia



ROSKINO, a Russian film promotion body, with the support of the Ministry of Culture of the Russian Federation, has launched a new project, Filming Locations in Russia, to promote Russian regions as filming locations for international filmmakers. The 2023 program includes several destinations: Moscow, Moscow Region, Sochi and Krasnodar Region, Kaliningrad Region, St. Petersburg, and Leningrad Region. Each of these regions offers a wide variety of filming locations—from natural landscapes to large historical and architectural monuments—as well as assistance in all areas of filming. Producers from Asian and Middle Eastern states, CIS countries will be invited to the film location tours to Russia. As part of the first tour in April, a group of Indian producers are currently studying film locations in Moscow, the Moscow region and Sochi. The official hospitality partner is the Moscow City Tourism Committee. Olga Lyubimova, Minister of Culture of the Russian Federation: "The project will reveal to foreign film industry professionals the beauty and diversity of Russian regions, as well as the richness of the opportunities and benefits of filming in Russia"

MUJ ORGANIZES 'JASHN-E-YOUTH' PROGRAMME



The Department of Arts at Manipal University Jaipur organized the 'Jashn-e-Youth' programme recently. Students showcased their talents in the event. The programme commenced with the lighting of the lamp by the Dean of the Department, Prof. Komal Audichya, Head, HR, Mr. M.S. Sridhar, and all the department heads. During the inauguration, Prof. Audichya emphasized on the power of books as our ultimate mentors, elaborating that those who embrace the joy of reading are destined to become exceptional leaders. Reading good books, setting goals, and working hard will lead to success. Books not only provide knowledge but also bring mental peace. She advised students to keep their mobile phones away for a few hours every day and devote time to books, which will make their lives better. The welcome speech was delivered by Dr. Arun Kumar Poonia, the organizer of the event. Following this, various activities were organized. The first program, 'Izhaar,' highlighted the ups and downs of life through poetry. On this occasion, students presented dance and singing performances.

SHRI RAJ KUMAR DUBEY TAKES OVER AS DIRECTOR (HR) OF BHARAT PETROLEUM



Bharat Petroleum Corporation Limited (BPCL) is pleased to announce that Shri Raj Kumar Dubey has today taken over as Director (Human Resources) of the company. Shri Dubey brings with him a wealth of experience in business and human capital development, having worked in the industry for over 34 years. Shri Dubey is an alumnus of NIT Allahabad, with a degree in Mechanical Engineering. He has also acquired a

Master of Business Administration from the International Centre for Promotion of Enterprises, Ljubljana, Slovenia. Throughout his career, he has implemented several strategic organizational development initiatives and change management processes impacting more than 400 locations and 7,500 people and has worked closely with international consultants in the areas of organization restructuring, visioning, and HR planning, and has successfully led several leadership positions and concluded various critical and challenging assignments across various business verticals like Aviation, Operations, HR, and Retail in and across different regions. Mr. Dubey has brought in customer centricity in the Fuel Retailing Channel by pioneering the marketing of differentiated products & premium fuels to great heights maintaining the leadership position.

The Festival de Cannes thanks its official partners



On the occasion of issuing its e-catalog, the Festival de Cannes wishes to acknowledge all partners, both long-standing and recent, for their presence and contribution, their energy and expertise, which they are once again expending for the

76th Festival, starting on Tuesday, May 16, 2023. The Festival de Cannes enjoys exceptional media coverage thanks to France Télévisions and Brut., it features the elegance celebrated by Chopard, l'Oréal Paris, Kering and Dessange, the youthful creativity highlighted by TikTok, and a commitment to a more eco-responsible event thanks to the official fleet of fully-electric BMWs. The Festival de Cannes is pleased to be able to count on Mastercard's support with different payment systems, on Air France and Europcar, which are committed to providing transportation to our visitors, and on Randstad, which is recruiting nearly a thousand people to welcome festival-goers for 12 days. This year, Cannes welcomes back HP, which offers the 4,000 journalists who cover the Festival the best working conditions in the areas reserved for the press, and which produces the monumental posters adorned with Catherine Deneuve's face to be displayed on the Palais.

MESMERISING BALLET AND LATIN DANCE DISPLAY ENTHRALS JAIPUR



The 8th edition of the Ballet Exposé was organised at the Maharana Pratap Auditorium in Jaipur today. This year, the ballet exposé was themed 'In conversation with Dance'. The theme showcased how movements inspire creativity and beautifully communicates various emotions

through our body. It is a medium to express the feelings and thoughts that are inside every artist. As many as 50 participants between the ages of 5 years to 45 years performed Ballet and Latin dance forms to authentic Latin, Classical and Bollywood tunes. The programme was organised by Stripes Dance Company. The programme began with unique 'Ganesh Vandana' in Ballet and Kathak fusion style. While ballet was performed by Adittee Somani Mansingka and Anika Bhargava, Kathak was presented by Kriti Agarwal and Aanvi Agarwal. This was followed by scintillating performances by the participants on various authentic Latin and Bollywood tunes like 'Raindrops', 'Whole new world', 'Never enough', 'Try everything', 'Kasoor', among others. Furthermore, an enchanting performance of Ladies Salsa was also performed on 'Bella Ciao' and 'Perhaps'. The programme concluded with a beautiful medley performance on 'Jag Changa' and 'Time of my Life'.

MANIPAL UNIVERSITY JAIPUR AWARDED RS 10 CRORE PURSE GRANT FROM DST, GOVT OF INDIA



Manipal University Jaipur has been granted Rs 10 crore by the Department of Science and Technology (DST), Govt. of India as part of its 'Promotion of University Research and Scientific Excellence' (PURSE) programme under a special call. The

grant was sanctioned for a multidisciplinary Project, "Development and utilization of high value products from waste resources: circular solution for agricultural and non-agricultural applications". The project aims to provide a solution for the solid waste management by using different municipal and agriculture waste products by converting into biochar and further applications in construction, rubber compounding, different biological, energy and agricultural applications. Project Implementation Group include Dr. Lalita Ledwani (Project Coordinator), Dr. Abhishek Sharma, Dr. Rakesh Sharma and Dr. Rohit Jain. Different advanced instrumentation and analysis facility will be established, which will be beneficial for the scientific and technological development of this region.

Ecom Express Limited launches 3 new services for faster deliveries



Ecom Express Limited, a leading end-to-end technology-enabled logistics solutions provider, announced the launch of three new services, Same Day Delivery (SDD), Same Day Delivery+(SDD+), and Next Day Delivery (NDD) to cater to the growing demands of e-commerce players in India. With the launch of these services, Ecom Express aims to improve the customer experience by offering faster and more reliable deliveries, thereby increasing their customer base. One of the major concerns of e-commerce players, especially D2C brands, is faster delivery. The solutions not only enhance the overall customer experience by offering better speed but also increase seller revenue through reduced returns. Ecom Express's Same Day Delivery (SDD) service aims to address this concern with its key features such as cut-off time of 5 AM and 11 AM for receiving the orders, guaranteed same-day delivery in key cities, and customized cut-offs as per the requirements of customers. Ecom Express' SDD+ is designed for high selling SKUs, which are kept and fulfilled through micro-fulfillment centers placed within cities. With a cut-off time as high as 2 PM, the service assures faster parcel deliveries to customers.

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AU Small Finance Bank receives Authorised Dealer Category-I (AD Cat-I) license from RBI



AU Small Finance Bank (AU SFB) today in a stock exchange filing announced that it has received the Authorized Dealer Category-I (AD Cat-I) license from Reserve Bank of India (RBI). This license will allow the Bank to undertake foreign currency (FCY) transactions and operate in the foreign exchange market, thereby making the Bank complete in terms of its products and

services offerings to its customers. Bank will now be able to offer a full range of foreign exchange services, including currency exchange, remittances, forex cards, and cross-border trade services including import and export credit solutions like export finance, trade receivables discounting, Buyers credit, Suppliers credit etc. as well as a range of non-fund based products like Letter of Credit, Bank Guarantees, Letter of undertakings etc. thereby catering to every need of its customers. The AD-I license will open up opportunity for the Bank to on-board new category of customers involved in exports/imports and whom the Bank couldn't serve till now.

महिंद्रा ने ऑल-न्यू बोलेरो मैक्स पिक-अप रेंज से भारत के पिकअप सेगमेंट में मचाई हलचल; 7.85 लाख रुपए से शुरू



ऑल-न्यू बोलेरो मैक्स पिक-अप रेंज में मिलेगी बेजोड़ फीचर व जबरदस्त परफॉर्मेंस, वह भी अविश्वसनीय कीमत पर मिलेगी बेहतर माइलेज, परफॉर्मेंस, कंफर्ट, सेफ्टी और प्रोडेक्टिविटी, फायदे का सौदा ग्राहकों के लिए महिंद्रा से लगाव को मजबूत करने के लिए नई बोलेरो मैक्स पिक-अप रेंज: अत्याधुनिक सुविधाओं के साथ बिलकुल नई गाड़ी, फिर भी कीमत में कोई

बदलाव नहीं जानदार 3050 मिमी कार्गो बेड सहित 1.3 टन से लेकर 2 टन तक की पेलोड क्षमता, इस सेगमेंट में उद्योग में पहली बार हुआ है ऐसा। बेहतर शक्ति और टॉर्क के साथ नया एम2डी इंजन, जो भारी वजन को आसानी से संभालने में सक्षम। छह भाषाओं में मोबाइल ऐप पर उपलब्ध 50 से अधिक सुविधाओं के साथ आईमैक्स सॉल्यूशन वाली शक्तिशाली फ्लैट मैनेजमेंट तकनीक, वीकल ट्रैकिंग, रूट प्लानिंग, एक्सपेंस मैनेजमेंट, जियो-फेंसिंग और वीकल हेल्थ मॉनिटरिंग करती है आसान। दो सीरीज में उपलब्ध डू एचडी सीरीज (एचडी 2.0एल, 1.7एल और 1.7, 1.3) और सिटी सीरीज (सिटी 1.3, 1.4, 1.5 और सिटी सीएनजी)। भारत में नंबर 1 पिकअप ब्रांड बोलेरो पिक-अप के निर्माता महिंद्रा एंड महिंद्रा (एमएंडएम) ने आज अपनी ऑल-न्यू बोलेरो मैक्स पिक-अप रेंज (Bolero MaXX Pik-Up range) लॉन्च की। 7.85 लाख रुपए (एक्स-शोरूम) कीमत से शुरू ऑल-न्यू बोलेरो मैक्स पिक-अप रेंज को ग्राहकों और ऑपरेटर्स को एक कम कीमत पर जबरदस्त फीचर और परफॉर्मेंस देने के लिए तैयार किया गया है।

Goldfish producer Amit Saxena signs a three films series deal with the National Film Award-winning filmmaker Tigmanshu Dhulia



The producer of Deepti Naval and Kalki Koechlin starrer Goldfish, Amit Saxena is collaborating with National Film Award-winning Tigmanshu Dhulia on a three-film deal. As part of the deal, Amit's Splendid Films will produce three

films/series along with Tigmanshu Dhulia Productions LLP. Dhulia, who is a National School of Drama graduate, is a widely acclaimed Indian filmmaker. He has directed critically acclaimed movies such as 'Paan Singh Tomar', which went on to win a National Film Award for best film in 2012. He also directed 'Sahib Biwi Aur Gangster' The Great Indian Murder, criminal justice in addition to many others. He also wrote dialogues for 'Dil se', acted in 'Gangs of Wasseypur' and was a casting director for 'Bandit Queen'. Goldfish, the maiden production of Splendid Films starring Deepti Naval and Kalki Koechlin, set in London, deals with memory and identity. The film had its World Premiere at 27th Busan International Film Festival 2023, European premiere in London at the Raindance Film Festival and India Premiere at the 53rd International Film Festival of India 2023.

Xceed: The all-new **BMW X1 sDrive18i M Sport** launched in India



The popular 'M Sport' variant of the all-new BMW X1 sports activity vehicle (SAV) has been introduced today in India in a petrol version as well – BMW X1 sDrive18i M Sport. Locally produced at BMW Group Plant Chennai, the car is available for bookings at BMW dealership network

and through Shop.bmw.in. Deliveries will commence from June. Mr. Vikram Pawah, President, BMW Group India said, "The all-new BMW X1 has really caught the imagination of customers who were waiting for a luxury SAV that's an all-rounder in the true sense. In overwhelming demand since its launch three months ago, X1 has upheld its dominating position within the segment thanks to its commanding presence, highly efficient and dynamic performance and class-leading tech features. Our 'M Sport' style variant always receives special attention due to its dynamic M design and luxurious interiors inspired by high-performance motorsport genes. Looking at the high customer interest, we are glad to introduce the M Sport variant in petrol as well – BMW X1 sDrive18i M Sport. With this, we add more thrill to the range and a new dimension of joy."

RENAULT INDIA LAUNCHES ENHANCED RANGE OF KIGER



Renault, the leading European brand in India, has refreshed KIGER's variant portfolio with enhance value proposition, now offering KIGER RXT (O) MT variant at an attractive pricing of INR 7.99 lacs with class

leading features like 8" touchscreen with wireless connectivity, LED Head lamps, Alloy Wheels & High Center Console and a whole gamut of features offering enhanced driving experience. The company has also launched best ever offers on RXZ version which includes benefits up to INR 10,000 cash, INR 20,000 under exchange, corporate benefits up to INR 12,000 and loyalty benefits up to INR 49,000. According to Venkatram Mamillapalle, Country CEO & Managing Director, Renault India Operations, Renault India remains committed to deliver world-class products and services that meet the evolving needs of our customers. With the introduction of enhanced range of Renault KIGER, we are thrilled to offer our customers a perfect blend of style, performance, along with safety. As per our global commitment to human first program, we are committed to expand our product reach by democratising next gen technology therefore, we have ensured that the KIGER is priced competitively, at the same time equipped with enhance value in terms of the safety, quality and features.

Mother's Recipe unveils its Summer wala Sharbat DVC with a new tagline #Swad Jo DilayeBachhpan ki yaad



Sharbat, the sweet and refreshing drink has the power to bring back memories of childhood. The tradition of having sharbat in summer always strikes nostalgia. In Indian households, making sharbat is a family affair, with everyone pitching in to help prepare the drink. Grandmothers are often the ones who

pass down their traditional recipes and techniques for making sharbat. In the summer season, tea gets replaced with sharbat while welcoming guests. Sharbats are offered as a thirst quencher to beat the scorching summer heat. As the temperatures rise and people begin to seek out refreshing drinks to quench their thirst, Mother's Recipe, one of India's leading food brands has launched a DVC campaign for its newly launched Summerwala Sharbat. This delicious and refreshing range of Mother's Recipe sharbat is perfect for those hot summer days. We have all seen our mothers indulging in the process of making khus, aam panna and many other drinks at home. Whether we returned from school or came back from playing, or it was a special occasion or a family gathering, one thing common for the summer season was the cooling, refreshing sharbat.

Motorola emerges as India's Best 5G smartphone brand



Motorola, an iconic global smartphone brand known for its legacy in innovation and reliability has emerged as India's best 5G smartphone brand according to a survey report published by Techarc, a leading technology research and consulting firm. As per the 3C framework adopted by Techarc, all smartphone brands were evaluated on three core factors that users want in a 5G smartphone i.e., connectivity, coverage, and capability. Motorola with its excellent 5G smartphones portfolio and industry-best performance was the clear winner by excelling in all three parameters. Motorola has always raised the bar to ensure that the 5G experience on their smartphones is truly the best in the industry – with exceptional reliability, optimization, coverage, and security, delivering industry-leading speeds and higher coverage in both urban, indoor and rural areas. The brand's 5G smartphone portfolio in India is extremely comprehensive and cuts across multiple smartphone segments, including mass, mid, and premium. In terms of connectivity, with support for up to 13 5G bands across its devices, the brand secured the No 1 rank by having all the low and mid bands (F1) of 5G in their smartphones.

Bookings open for the first-ever BMW X3 M40i xDrive



BMW India will open bookings for the first-ever BMW X3 M40i xDrive from 12:30 hrs, 19 April 2023 onwards. The car will be available in limited units and can be exclusively booked at the BMW Online Shop for INR 5,00,000. The car is scheduled to be

launched in India in May 2023. Engineered by M, the car elevates the sporty, modern BMW X3 to the realm of M. Numerous distinct M elements in the exterior and interior give birth to a commanding personality suited for high-performance circles. Under the hood, the M40i 3-litre engine, a powerhouse charged with M genes, is raring for unadulterated sheer driving pleasure. An outstanding driving experience is guaranteed together with Adaptive M Suspension, M Sport differential, M Sport brakes and the BMW xDrive all-wheel drive. To further enhance the sporty appearance, customers can personalise their car with special M alloys. Customers can visit <https://www.bmw.in/X3M40i> and explore a 360° view of the car's exterior and interior. They will be directed to a bookings page where booking can be done through a secure online payment mechanism.

जॉय ई-बाईक ने जयपुर में खोला एक्सक्लुज़िव डिस्ट्रीब्यूटर शोरूम



भारत में 'जॉय ई-बाईक' के नाम से इलेक्ट्रिक दोपहिया वाहन बनाने वाले भारत के अग्रणी निर्माताओं में से एक वार्डविज़र्ड इनोवेशन्स एण्ड मोबिलिटी लिमिटेड ने अपने नेटवर्क का विस्तार जारी रखते हुए इलेक्ट्रिक मोबिलिटी को उपभोक्ताओं के

करीब लाने की दिशा में एक और कदम बढ़ाया है। अपने डिस्ट्रीब्यूटर-डीलर मॉडल के पुनर्गठन के तहत कंपनी ने आज जयपुर में अपने एक्सक्लुज़िव डिस्ट्रीब्यूटर शोरूम का उद्घाटन किया। डीम्ज़ ईवी वर्ल्ड के बैनर तले खोला गया यह शोरूम तालुका-ज़िला डीलरों के साथ अपने रिश्तों को मजबूत बनाने की दिशा में कंपनी का पहला कदम है। कंपनी का नया डिस्ट्रीब्यूटर शोरूम डीम्ज़ ईवी वर्ल्ड, मंगलम रेडिएन्स, एयरपोर्ट प्लाज़ा, जयपुर, राजस्थान में स्थित है। 3500 वर्गफीट में फैला यह शोरूम सभी सेल्स एवं सर्विस सुविधाओं से युक्त है, जो राज्य में ब्राण्ड की पहुंच बढ़ाने में मददगार होगा। शोरूम में कंपनी के लो एवं हाई-स्पीड इलेक्ट्रिक वाहनों और थ्री-व्हीलर की सम्पूर्ण रेंज के साथ-साथ हाल ही में लॉन्च किया गया इलेक्ट्रिक स्कूटर डब्लू और कंपनी का पहला थ्री-व्हीलर जॉय ई-रिक भी उपलब्ध होगा। यह शोरूम उपभोक्ताओं को अपनी तरह का अनूठा अनुभव प्रदान करेगा, साथ ही इनोवेशन एवं गुणवत्ता के लिए ब्राण्ड की प्रतिबद्धता को भी दर्शाएगा।

Jawa Yezdi Motorcycles range boosted with tech for a superlative riding experience



Renewed and reimagined, Jawa Yezdi motorcycles has injected substantial tech enhancements to its range of motorcycles that elevate the riding experience to the next level. With this update, the motorcycles have gained a massive

boost in rideability and refinement, while increasing the value proposition of the range. The new motorcycles are available across the brand's dealership network pan-India. The changes come along with the motorcycles also conforming to the BS-VI Phase 2 (OBD2) emission norms. Making the announcement, Ashish Singh Joshi, CEO – Jawa Yezdi Motorcycles said, "Right from the beginning, Jawa Yezdi Motorcycles has prioritized technology to offer the best performance and riding experience to its consumers. While the shift to OBD2 regulations was imminent, we also bundled a host of enhancements, some based on rider feedback, across our range of motorcycles. The new motorcycles offer a remarkable shift in everyday rideability, refinement and overall performance to our riders. The marginal hike in prices make them a great value proposition and a very compelling choice." Aimed at making the motorcycles smoother and more refined while maintaining the same thrilling performance, the changes are applied across Jawa and Yezdi models.

HOP Electric upgrades OXOA electric motorcycle with VCU Firmware Over-The-Air update (FOTA) Ver 4.90



HOP Electric, fastest growing electric two-wheeler manufacturing company, has announced the first of many upgrades in the features of its OXO electric bikes with VCU firmware over-the-air update (FOTA) Ver 4.90. Following this

update, the OXO bikes will offer improved acceleration in ECO mode, better connectivity, and battery range prediction. Launched in November 2022, OXO electric bikes are seen as a game changer in the motorcycle industry. The OXO bikes combine sustainability, performance, and affordability in a sleek design. With the FOTA Ver 4.90 update, the bikes will perform 2X better with ECO mode acceleration, even in the low-speed mode. The OXO bikes will offer better connectivity as HOP with seamless 4G connectivity and updated network latching. The bikes will also provide accurate battery range on display with better algorithms based on real-time battery health and usage. Mr. Nikhil Bhatia, Co-Founder & Chief Operating Officer, HOP Electric Mobility said, "Electric vehicles are taking the Indian market by storm. The growth has been propelled by the customers' inclinations towards sustainable and affordable mobility solutions."

99 वें के फेर में माया का वास

- पांडित विजय शंकर मेहता



पहला सुख निरोगी काया

वैराग्य, ज्ञान, गुण और नीति के वार्तालाप के साथ श्रीराम, लक्ष्मण और सीता के जंगल में दिन बीत रहे थे। इसी प्रसंग में लक्ष्मणजी ने श्रीराम से एक प्रश्न पूछा था कि माया क्या होती है? यहां श्री राम ने माया की बड़ी सुंदर व्याख्या की है। हमारे पास दस इंद्रियां हैं - पांच कर्मेन्द्रियां और पांच ज्ञानेन्द्रियां। ज्ञानेन्द्रियों के पांच विषय हैं और यह जो इंद्रियों के विषय हैं ये जहां तक आपको ले जाएं - जैसे आंख का काम दृश्य देखना है, जिह्वा का रस लेना है, त्वचा का स्पर्श, नासिका का गंध लेना है। यह विषय जहां तक आपको ले जाएंगे, वहां तक माया ही माया है। आप कहीं भी बैठे हों, मन लाखों मील दूर जाकर वापस आ जाता है। माया के चक्कर में व्यक्ति अशांत हो जाता है। इस माया को समझकर चलना होगा।

एक राजा को नींद नहीं आती थी तो उसने एक मालिश वाला रखा था। मालिश वाला अच्छा हष्ट-पुष्ट था। वो जब भी राजा की मालिश करता तो मालिश करता-करता ही सो जाता था। एक दिन राजा ने उससे कहा - भाई! तुम मुझे सुलाने आते हो, लेकिन मैं जागता रहता हूं और तुम सो जाते हो। बड़ी मस्ती से सो जाते हो, तुम्हें कोई फर्क भी नहीं पड़ता। नींद कैसे आ जाती है। मैं तुम्हें मेरी नींद के लिए बुलाता हूं और तुम सो जाते हो। मालिश करने वाला बोला - क्या करूं राजा जी, आपकी मालिश करता हूं तो थक जाता हूं और मुझे नींद आ जाती है। यह बात राजा ने अपने मंत्री को बताई और कहा कि मुझे समझ नहीं आता कि ये मालिश वाला सो कैसे जाता है? जबकि नींद तो मुझे आना चाहिए। मंत्री ने कहा - राजा जी कल देखते हैं वो कैसे सोता है। अगले दिन शाम को मंत्री ने उस मालिश वाले की झोपड़ी में सोने के सिक्के की एक थैली पटक दी, उसमें 99 सिक्के थे। मालिश वाले ने थैली देखी तो सिक्के गिने। उसमें उसे 99 सिक्के मिले। उसने सोचा कि एक सिक्का और होता तो सिक्के पूरे 100 हो जाते। वो सोचने लगा कि यह थैली कहां से आई और ये सिक्के किसने डाले होंगे। यह सोचते-सोचते मालिश वाले को रात में नींद नहीं आई, वो सो नहीं पाया।

अगले दिन वह जब राजा की मालिश करने पहुंचा तो थका हुआ था, आंखें लाल हो रही थी, उसकी नींद पूरी नहीं हो पाई थी। राजा ने कहा आज तेरे हाथों में वो ताकत नहीं है। आज तू कुछ उलझा-उलझा सा बैचन दिखता है। वो मालिश वाला सीधा-सादा था तो सही-सही बता दिया कि राजाजी 99 का चक्कर है। कल मेरी झोपड़ी में कोई एक थैली डाल गया जिसमें 99 सिक्के थे। सौ में एक कम पड़ रहा था। मैं सोचता रहा कि एक सिक्का और होता तो पूरे 100

सिक्के हो जाते। इस चक्कर में मुझे नींद नहीं आई। अभी भी थका हुआ हूं, नींद आ रही है।

राजाजी समझ गए जरूर यह मंत्री का चक्कर है। राजा ने उससे पूछा तेरी झोपड़ी में किसी ने थैली डाली और तुझे नहीं पता है। इसका मतलब है मंत्री ने तुझे 99 के चक्कर में डाल दिया। ऐसे ही मैं भी 99 के फेर में पड़ा हुआ हूं जिससे मुझे नींद नहीं आती। मेरा 99 बड़ा है और तेरा 99 छोटा है, लेकिन जो इस 99 के फेर में पड़ा है उसे नींद नहीं आती। कोरोना के इस दौर में 99 का चक्कर छोड़ना होगा, क्योंकि यहीं माया का वास है।



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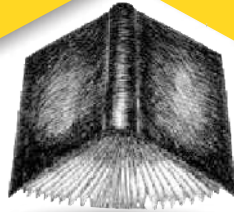


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चेतन मन को नियंत्रित करने के क्षेत्र में दुनिया के अग्रणी विशेषज्ञों में से एक, इमोशन एण्ड सेल्फ कण्ट्रोल लेबोरेटरी के निदेशक एथन क्रॉस की यह किताब असल दुनिया की अनेक केस स्टडीज़ के माध्यम से यह बताती-समझाती है कि कैसे हमारे मन के भीतर का शोर हमारी मनोदशा को ही नहीं हमारी शारीरिक दशा को भी बिगाड़ता है और कैसे हम उसी शोर का सार्थक उपयोग कर अपने जीवन को उन्नति की ओर अग्रसर कर सकते हैं. लेखक हमें बताता है कि कैसे हम अपनी आंतरिक आवाज़ को नकारात्मक से सकारात्मक में बदल सकते हैं, कैसे हम स्वयं से गई बातचीत को नकारात्मक न रहने देकर मार्गदर्शक बना सकते हैं और कैसे हम अपनी आंतरिक आवाज़ को अपनी आलोचना की बजाय प्रोत्साहक शक्ति में रूपांतरित कर सकते हैं. खास बात यह है कि लेखक हमारे भीतर चल रहे शोर को दबाने की बात नहीं करता, वह हमें इस बात के लिए प्रेरित करता है कि हम उस शोर को सुनें, खुद से बातें करें और उस संवाद से ही अपने जीवन के लिए राह निकालें. लेखक ने अपनी बात को प्रामाणिक बनाने के लिए अनेक केस स्टडीज़ का उपयोग किया है. अजय तिवारी ने इस कठिन पुस्तक का बहुत उम्दा अनुवाद किया है।

दी ऑब्स्टिकल इज़ द वे (बाधा ही रास्ता है)

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बाधाओं को अपनी ताकत बनाएं!

न्यू ऑरलियन्स, अमरीका में रहने वाले विख्यात मीडिया रणनीतिकार रायन हॉल्लिडेने इस पुस्तक में अनेक उदाहरण देकर यह समझाया है कि हम कैसे अपने जीवन में आने वाली बाधाओं और चुनौतियों को गले लगाकर सुखद जीवन जी सकते हैं. धारणा, कर्म और इच्छा शक्ति इन तीन खण्डों में विभक्त इस पुस्तक में दुनिया के सफलतम व्यक्तित्वों जैसे थॉमस एडीसन, मार्ग्रेट थैचर, ड्वाइट डी आइज़नहावर, थियोडोर रूज़वेल्ट, स्टीव जॉब्स, बराक ओबामा आदि के जीवन प्रसंगों की चर्चा करते हुए यह बताने का प्रयास किया गया है कि अगर ये लोग अपने जीवन में आने वाली विभिन्न बाधाओं से पराजित नहीं हुए तो हम भी उनका सफलतापूर्वक सामना करके अपने जीवन को ऊंचाइयों तक ले जा सकते हैं. लेखक ने एक बहुत पते की बात कही है, कि 'अधिकांश समय हम खुद को इतनी भयानक परिस्थितियों में नहीं पाते हैं, जिन परिस्थितियोंको हमें बस सहना ही चाहिए यानी जिनके खिलाफ हम पूरी तरह से असहाय महसूस करने लगे. इसकी बजाय, हम थोड़ी-सी प्रतिकूल परिस्थितियों का सामना करते हैं या ऐसी परिस्थितियों में फंस जाते हैं जो हमारे लिए लाभदायक से थोड़ी ही कम होती हैं' उनकी सलाह है- 'बाधाओं को विपरीत दिशा में पलट दें. उन बाधाओं में कोई न कोई लाभ खोजें. और उन लाभों को ईंधन के रूप में इस्तेमाल करें' किताब बहुत रोचक है और धर्मदत्त सिंह का अनुवाद सहज-स्वाभाविक है।

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बुरे दिनों की स्मृतियां - कोरोना महामारी के उन दिनों में, जिन्हें बीते हुए अभी बहुत लम्बा समय नहीं गुज़रा है, जहां हममें से ज़्यादातर लोग अपने-अपने घरों में क़ैद होकर इस महामारी के जाने के दिन गिन रहे थे, चंद सृजनशील लोग भविष्य के लिए उन दिनों को अपनी डायरी में संजो रहे थे. इन्हीं चंद लोगों में से एक हैं सुपरिचित कवि और नाट्य समीक्षक श्री राघवेंद्र रावत. 23 मार्च 2020 से दिसम्बर 2021 तक लिखी गई उनकी डायरी के ये पन्ने हमें उन विकट दिनों की याद तो दिलाते ही हैं, यह जानने का दुर्लभ अवसर भी प्रदान करते हैं कि उन दिनों एक संवेदनशील रचनाकार के मन में किस तरह के विचारों की आवाजाही हो रही थी. इन डायरी के पन्नों में से कुछ के शीर्षक मुझे बहुत अर्थपूर्ण लगे हैं, डर हवा में घुल गया है, मन की ज्योति गुल, जैसे ज़िंदगी सिर्फ़ आंकड़े नहीं है, यात्रिक होती जा रही दुनिया, भूख से तड़पते लोग और हम, खण्डित होता विश्वास और सामाजिकता, रोटियों से गलबहियां करती लाशें, यही दिन देखने बाकी थे, आदि. जैसा कि होना स्वाभाविक है, डायरी के इन पन्नों में कोई क्रमबद्धता नहीं है. यहां मन की उन्मुक्त उड़ान है. लेकिन मन क्योंकि संवेदनशील और बहु पठित है, इन पन्नों को पढ़ते हुए हम अपने समय के अनगिनत कृती व्यक्तित्वों के सम्पर्क में आते हैं और उनके लिखे को याद

करते हुए अपने मन में भी कुछ लिखने-बुनने लगते हैं. राघवेंद्र जी क्योंकि कवि हैं, उनके गद्य में एक खास तरह की व्यंजन और कसावट है. 'लोगों की सांस उखड़ रही थी, लेकिन राजनीतिक आका अपनी सीटें गिन रहे थे' या 'न संक्रमित घट रहे हैं न मौतें' या 'यह प्रातः बेला है, हवा वातावरण को अपनी शीतलता देकर आनंददायक बनाने में प्रयासरत है. एक बालकनी में एक कबूतर का जोड़ा प्रणय निवेदन में व्यस्त है. इस कदर उदासी है कि इतना सब होने के बाद भी मायूसी के बादल छंट नहीं रहे हैं' जैसे वाक्य इस किताब को अविस्मरणीय बना देते हैं. राघवेंद्र जी की यह डायरी इसलिए तो पढ़ी ही जानी चाहिए कि हम जान सकें कि कितनी बड़ी त्रासदी की सुरंग से हम निकल कर आए हैं, इसलिए भी पढ़ी जानी चाहिए कि इसका गद्य बहुत खूबसूरत है और इसलिए भी पढ़ी जानी चाहिए कि इसे पढ़ते हुए हम खुद को समृद्ध अनुभव करेंगे. बधाई, प्रिय राघवेंद्र जी।



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मेष

13 अप्रैल से 14 मई

जल्दी लाभ कमाने के चक्कर में गलत योजना में निवेश करने की संभावना है, सावधानी से काम ले। आध्यात्मिकता व धार्मिक कार्यों में रुचि बढ़ेगी। घरेलू मामले बातचीत से सुलझेगे। दिनांक 15 से 17 दुर्घटना का भय है, सावधानी बरते। रात्रि में दूध पीना बंद करने से शुभ फलों में वृद्धि होगी। **शुभ अंक 1 व शुभ रंग लाल**



TAURUS

वृष

15 मई से 14 जून

अनजान लोगों पर भरोसा करने से मुश्किल में पड़ने के योग बन रहे हैं, सावधानी बरते। किसी महत्वपूर्ण योजना की शुरुआत हो सकती है। विरोधी आपको परास्त करने की योजनाएं बनायेंगे पर आपकी सूझ बूझ से काम बन जायेगा। दिनांक 10 से 12 सावधानी रखे, घनहानि हो सकती है। सांप को दूध पिलाने से शुभ फलों में वृद्धि होगी। **शुभ अंक 5 व शुभ रंग नीला**



GEMINI

मिथुन

15 जून से 15 जुलाई

युवाओं को उच्च अध्ययन में सफलता मिलेगी। निर्धारित कार्यक्रम बदलना पड़ सकता है। व्यापारिक सौदे कारोबारी विस्तार में सहायक सिद्ध होंगे। कारोबारी विस्तार की रूपांखा बनेगी। रिश्तों में मधुरता बढ़ेगी। दिनांक 3 से 5 व्यर्थ के विवाद में उलझने की संभावना है, सावधानी बरते। पत्नी का मान रखने से शुभ फलों में वृद्धि होगी। **शुभ अंक 6 व शुभ रंग सफेद**



CANCER

कर्क

16 जुलाई से 16 अगस्त

परिवारिक जरूरतें पूरी करना मुश्किल होगा। नया काम शुरू कर सकते हैं। बढ़ते खर्च के कारण कर्ज लेना पड़ सकता है। भावुकता में नुकसान होने की संभावना है अतः विवेकशीलता से काम ले। दिनांक 11 से 13 न्यायिक विवाद में पड़ने की संभावना है, सावधानी बरते व अपने क्रोध पर अंकुश रखे। लाल रंग के फूल जमीन में दबाने से शुभ फलों में वृद्धि होगी। **शुभ अंक 1 व शुभ रंग क्रीम**



LEO

सिंह

17 अगस्त से 16 सितंबर

वैभव विलासिता पर खर्च बढ़ेगा। पारिवारिक रिश्ते ईमानदारी से निभायेंगे। जिसे चाहते हैं उसे दिल की बात कह दे, संबंध मजबूत होंगे। दिनांक 10 से 13 यात्रा होने की संभावना है जो सफल होगी। मंदिर में नारियल दान करने से शुभ फलों में वृद्धि होगी। **शुभ अंक 3 व शुभ रंग लाल**



VRIGO

कन्या

17 सितंबर से 16 अक्टूबर

अधीनस्थों से बनाकर चलने, उलझने का भय है। कारोबारी यात्रा से लाभ संभव है। चुनौतियों का डटकर सामना करेंगे। मधुर वाणी से सबका दिल जीत लेंगे। आय के स्रोत बढ़ेंगे। दिनांक 19 से 21 आकस्मिक धन लाभ हो सकता है। रसोई में बैठकर भोजन करने से शुभ फलों में वृद्धि की संभावना है। **शुभ अंक 6 व शुभ रंग हरा**



LIBRA

तुला

17 अक्टूबर से 13 नवंबर

मेहमान के आगमन से घर का वातावरण खुशनुमा रहेगा। दाम्पत्य सुख में वृद्धि होगी। कठोर रवैयें से अपनों का दिल दुखा बढ़ेगा। स्वास्थ्य पर ध्यान देने की आवश्यकता है। दिनांक 20 से 22 शेरों में हानि होने की संभावना है, सावधानी बरते। चांदी की टोस गोली अपने पास रखने से शुभ फलों में वृद्धि होगी। **शुभ अंक 5 व शुभ रंग सफेद**



SCORPIO

वृश्चिक

14 नवंबर से 14 दिसंबर

नए संपर्कों का लाभ मिलेगा। विरोधी नुकसान पहुँचाने की कोशिश करेंगे। कार्यस्थल पर चुनौतियों का सामना करना पड़ सकता है। लेन देन में नुकसान होने की संभावना है सावधानी बरते। दिनांक 5 से 7 संतान पक्ष से लाभ हो सकता है। हल्दी का तिलक प्रतिदिन लगाने से शुभ फलों में वृद्धि होगी। **शुभ अंक 9 व शुभ रंग लाल**



SAGITTARIUS

धनु

15 दिसंबर से 13 जनवर

आर्थिक स्थिति सुदृढ़ होने से भूमि भवन और वाहन खरीदने का योग बन रहे हैं। नए संपर्क बनेंगे जो भाग्योदय में सहायक होंगे। कारोबार में विस्तार की पूरी संभावना है। दिनांक 2 से 4 मानसिक चिंता रहेंगे एवं परिश्रमानुकूल फल प्राप्त नहीं होने से खिन्नता रहेगी। पीपल की सेवा करने से शुभ फलों में वृद्धि होगी। **शुभ अंक 1 व शुभ रंग पीला**



CAPRICORN

मकर

14 जनवरी से 13 फरवरी

समय पर वादा पूरा नहीं हो पाने से अपमान का भय है। सपनों को साकार करने का उचित समय है। राजकीय कार्य और पदोन्नति संभव है। विदेश यात्रा होने की संभावना है। दिनांक 20 से 22 सिर में चोट लगने की संभावना है, सावधानी बरते। शुद्ध सोने का छल्ल धारण करने से शुभ फलों में वृद्धि होगी। **शुभ अंक 8 व शुभ रंग काला**



AQUARIUS

कुंभ

14 फरवरी से 13 मार्च

मेहनत के बल पर महत्वपूर्ण सफलता मिलेगी। व्यक्तिगत मामलों में बाहरी दखल से बचे। लेखन कला में जुड़े लोगों को सम्मान मिलने की संभावना है। दिनांक 23 से 25 घड़यंत्र का शिकार होने की संभावना है, सावधानी रखे। काले उड़द का दान करने से शुभ फलों में वृद्धि होगी। **शुभ अंक 4 व शुभ रंग हरा**



PISCES

मीन

14 मार्च से 12 अप्रैल

स्वास्थ्य की अनदेखी से पुरानी बीमारी के बढ़ने की संभावना है। ना चाहते हुए भी समझौता करना पड़ेगा। नौकरी में पदोन्नति के आसार हैं। विरोधी घेरने का प्रयास करेंगे वाणी पर नियंत्रण रखे। दिनांक 10 से 15 कोई अटका हुआ पुराना काम हो सकता है। 300 ग्राम चने की दाल 3 दिन बहते पानी में बहाने से विंगडे काम बनेंगे। **शुभ अंक 1 व शुभ रंग पीला**



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