



सिम्पली जयपुर

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# SIMPLY JAIPUR™

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हिंदी (Hindi) | इंग्लिश (English) | Life-Style MONTHLY MAGAZINE

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NORTH EAST DIARY (PART II)  
TALES FROM THE FAR EAST  
(SHILLONG AND BEYOND)

## SIMPLY KNOWLEDGE

WHY WINE KNOWLEDGE  
IS IMPORTANT

## SIMPLY COVER STORY

### Dr. Romit Purohit

A multifarious person who welcomes life as it comes with a smile that spreads the word of peace!



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Destination for Your own Business & Life Style

First Bi-Lingual (Hindi-English) Life Style Monthly Magazine

e-magazine  
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Life Style  
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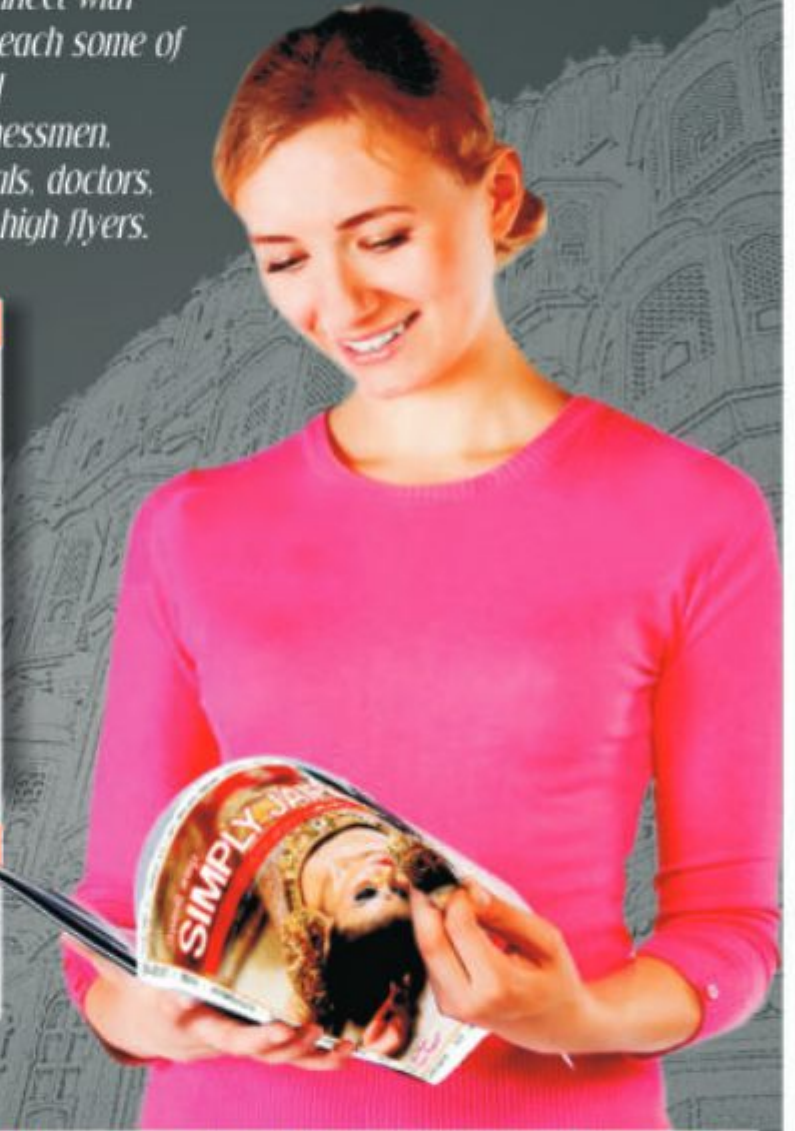
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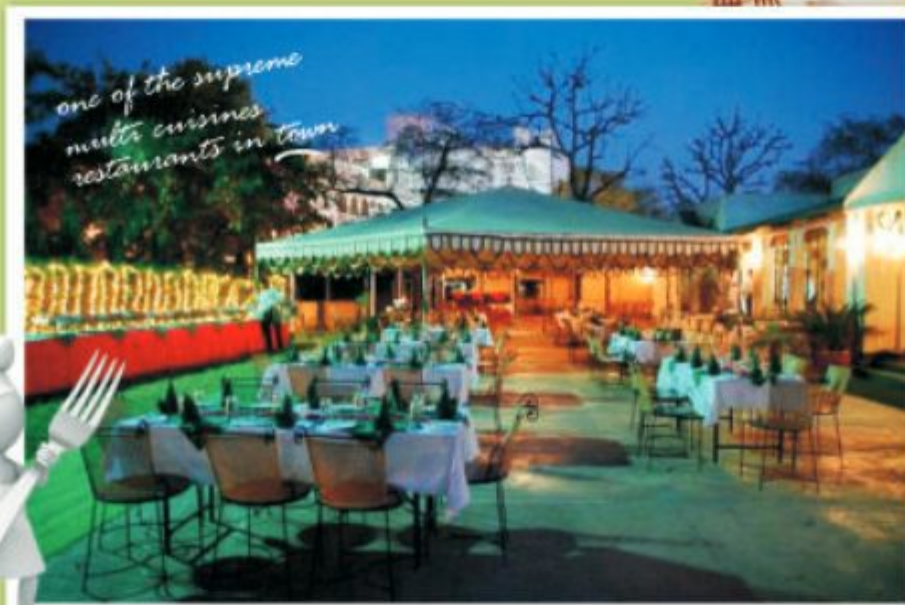
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M: + 91 -141 -2220202, 4108252 | M: + 919571970005  
spice@spicecourtjaipur.com | www.spicecourtjaipur.com

**DZURT**: JAIPUR: Anchrol House, Jacob Road, Opp. Rukhamani Designer, Civil Lines, Jaipur - 302 006 (Raj.) INDIA  
Ph: +91 -141-2222549 | dzurt@spicecourtjaipur.com

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CEO, Managing Editor  
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Contribution  
**DR. BURGIA**  
**PRASAD AGARWAL**  
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## नज़रिया...

मैं जब छोटी थी कभी बिमारी होने पर डॉक्टर के पास जाती थी और दवाई लेने से पहले मेरी सेहत में सुधार नज़र आने लगता था शायद ये डॉक्टरों के व्यवहार और बातचीत पर निर्भर करता था जो वो कुछ मिनिट बात कर पेशेंट की तकलीफ को अपने सकारात्मक व्यवहार से ठीक कर देते थे। बात बहुत छोटी है पर बेहद व्यवहारिक अगर तकलीफ के समय कोई सहाय दे तो उसे हम भगवान का दर्जा देते हैं। बीमार इंसान डॉक्टरों से उसी सहारे और प्रेम की ज़मींद रखते हैं पेशेंट्स और उसी प्रेम और सकारात्मक विचारों के साथ दवाई देने वाले सभी डॉक्टरों को डॉक्टर डे की हार्दिक शुभकामनाएं और विशेष धन्यवाद उन सभी डॉक्टरों का जो कोरोना के इस कठिन दौर में अपनी जान की बाजी लगा कर सेवा कार्य में लगे हैं।

आधुनिक जीवन शैली की तेज रफ्तार एवं भागदौड़ भरी जिंदगी में सेहत को सम्भालना बहुत मुश्किल हो गया है और नतीजा यह निकला की आज हम युवा वर्ग में ही ब्लड प्रेशर,

डायबिटीज, कोलेस्ट्रॉल, मोटापा, गठिया, थायरॉइड जैसी बीमारियों के बारे में सुनने लगे हैं रोगों से पीड़ित होने लगे हैं और इसकी सबसे बड़ी वजह है खान पान और रहन सहन की गलत आदतें और टी वी, इंटरनेट और मोबाइल ने बच्चों अगर हम थोड़ा सा भी ध्यान अपने खान पान और शारीरिक व्यायाम पर देते हैं तो इन सबसे बचा जा सकता है यह भी कहा जा सकता है की जितना हम प्रकृति के करीब जाएंगे उतना ही हम स्वस्थ महसूस कर पाएंगे।

साथ ही रिजल्ट का महीना है और सभी बच्चों को बहुत बधाई अच्छा या बुरा रिजल्ट जीवन पर जितना बुरा प्रभाव नहीं डालता उससे अधिक इस रिजल्ट के आधार पर खुद को अधिक और कमतर मान लेने का नज़रिया बुरा प्रभाव डालता है... इसलिए, अच्छे ख़ाब देखिये उनको सकार करने के लिए मेहनत कीजिये और बस आगे बढ़ते रहिये।

सभी को अनंत शुभकामनाएं

### > अंशु हर्ष

-  ashharsh2000@gmail.com
-  anshuharsh
-  ashharsh2000
-  anshu\_harsh



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 July 2020 Edition is already on the stands. We invite your presence in form of advertorial or advertisement in our August 2020 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.in](http://www.simplyjaipur.in). This 44 pages BI-LINGUAL publication features new trends of lifestyle in every edition.

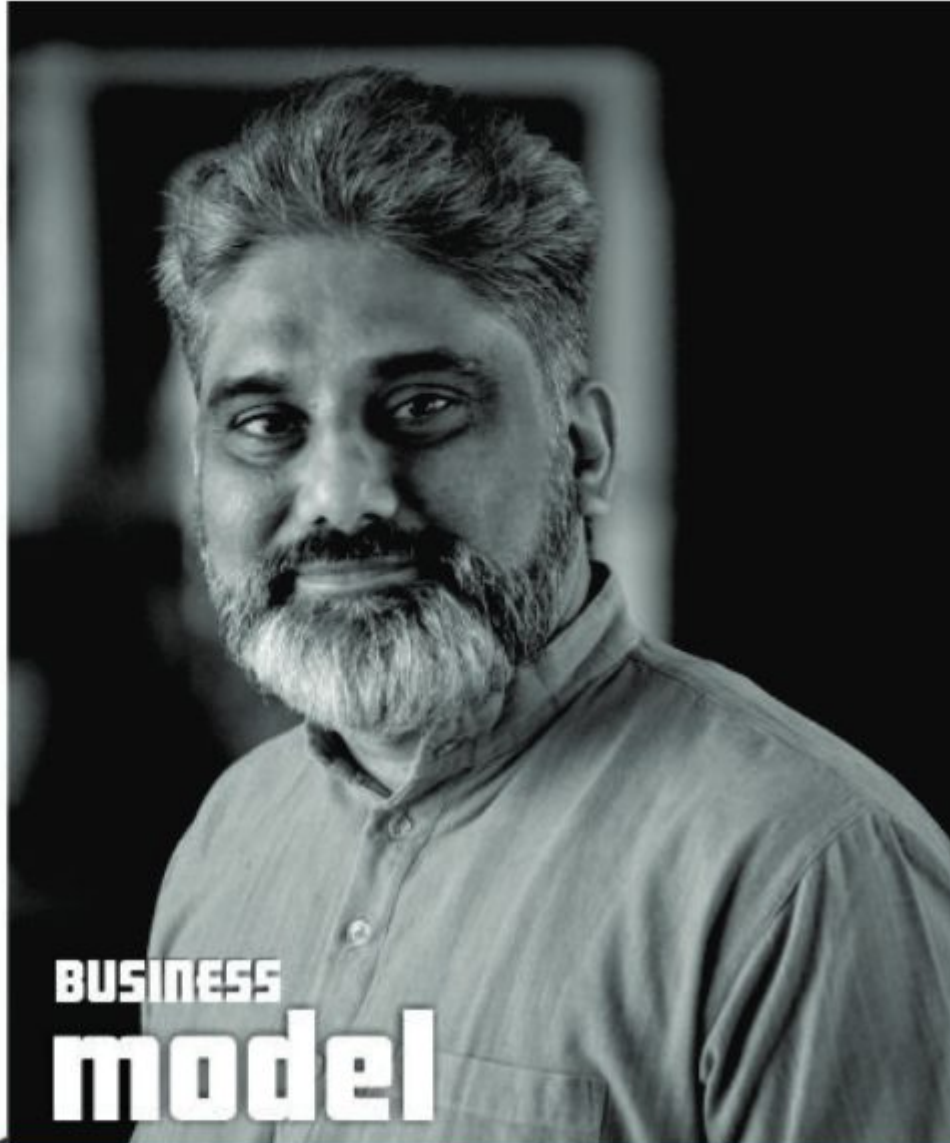
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Regards,

  
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A portrait of Dr. Romit Purohit, a man with dark hair, wearing a black suit jacket, a white shirt, and a dark tie. He is smiling and resting his chin on his right hand. He is wearing a watch with a blue dial and a gold case on his left wrist. The background is a light-colored wall with a subtle pattern.

## Dr. Romit Purohit

**A multifarious person who welcomes life as it comes with a smile that spreads the word of peace!**

We have come across Achievers thinkers, intellectuals and winners. But this was the first time we came across a happy man who was wearing all of these caps.

Dr. Romit Purohit, has a long list of achievements to his name. He is an MBBS, MHA (USA), MS (UK), EFQM (Brussels). He dons the hat of a proficient Sports Orthopedics & Occupational Health Specialist.

A well acclaimed Certified Motivation & Life Coach, Certified Lead Auditor in Healthcare, an Entrepreneur, a Cricketer, Social Activist and Philanthropist. And above all a man with peace and smile on his face.

The jack of so many trades, Romit above all surprises us with the balance and poise that he maintains in his life. His family, colleagues, friends, clients and all the people who have crossed his way, some way or other, has a unified voice about him. They call him the boy with the heart of gold. And it did not surprise us when we met him in person. Every word is justified and true to its existence.

An extremely fun loving person, caring and dotting father, a highly family oriented individual, a kid to his parents and an extraordinary responsible and loving husband to his wife, Romit juggles it all pretty efficiently.

Today, he is a renowned entrepreneur, doctor, coach and cricketer. But all of this was not achieved overnight. Hard work, risk taking capabilities, out of the box thinking and confidence, made this up scaled journey possible. Let us turn a few pages of his journey and find out how and what it took Romit to be what he is today.

### Career defining moments

Born in an affluent and influential family, Romit did not face any crisis. But, he had another sort of difficulty. Difficulty, in choosing his career path! To cope up with the dwindling interest and unpredictable nature, took him some time to figure out what he actually desired for. From teens to tweens, When he was praised for

singing, he wanted to be a singer; on hitting six sixes in a cricket match, he wanted to be a cricketer; on winning Mr. Jodhpur title, he was instilled with the idea of trying his luck in Bollywood. So, basically he wanted to do and be everything. And the Confusion was even doubled because he was performing well in multiples subject of his interest.

Strangely, after passing his grade 12<sup>th</sup>, Romit joined medical school. We were inquisitive to know "why medicine". He said that the reason was not just the fact that his father was a doctor but the reason to drop out from MBA in US and joining the Medical school was simply his heart and Soul in contributing to the social well-being of

people. Romit says, "It's convenient to give treatment and take blessings in abundance."

After graduating in year 2000, He moved to working in a few locations. His first exposure to success was working in an Insurance company. He also supported his father in his clinics. The career defining moment of his life opened the doors for him to bring creativity, art and medicine together. After drafting the insurance process of medicals in insurance company, he jumped to start a medical center that would be an art gallery. So started the first medical center in Dubai where artists would display their art works and people who came for treatment would see those paintings too.





He didn't stop there; he was also instrumental in developing the first of its kind nutritional world concept in Dubai. But the unpredictable Romit, one day walked out of this high lighting moments and left for England to study abroad in sports and exercise medicine. He did his masters MS in Sports Orthopedics from the Queens medical center in UK. He did his research on caffeine, A time trial study, which is today one of the most respected thesis in Queens Medical Center. He was the topper when he moved out of the Queens and worked for British occupational and hygiene society. The masters in Sports and exposure to occupational health took him towards life coaching and motivational therapy. He also did a small course in motivational coaching and hypnosis.

After riding high on success in UK, and being a locum assistant for Aston villa football club, the under 19 Wimbledon team along with a club in Loughborough. He was accepted for a PHD in role of sports physiology in enhancement of endurance during sports. But life had different plans for him as he decided to move back to Dubai leaving that behind. It was a

calling from inside which made him think on the lines like his education and qualifications were more demanding in Middle East. He was offered good pay packages and also no taxation. But he decided to move back, rest is history. He returned back to Dubai where his heart and soul were. This was the decision that led the founding stone of the entrepreneur in making.

He joined as head of health for the Ministry of Energy, Dubai Electricity and Water Authority, under the patronage of HE Sheikh Mohd. Bin Rashid Al Maktoum and HE Saeed Al Tayer. This was the next career defining moment as he started a dedicated medical team for the organization. It led him to different achievements and horizons.

He was given the best coach and trainers award in 2012 – 2019 by the Dubai Excellence Program team at Emirates level continuously in the field of Occupational and Industrial health. He developed training and stress management programs for the organization. We won the Middle East Most innovative program award in 2018 for the same. Also his role has been instrumental in winning the

Sword of Honor and British Safety Council Award since 2010.

After all the success in the field of medicine, there was still an itch inside Romit which was only to be satiated by establishing the connection with his passion "Cricket".

Now this was the time when Romit decided to take his passion for Cricket seriously, at the age when conventional people think of leaving sports Romit proved to the world his unconventional level of commitment. Romit says, "Cricket has got me into being an entrepreneur and philanthropy. It instilled management and leadership skills in me. I was elated when once again I scored a century at the age of 35 in a local match. It took me next levels of forming my own franchise teams Emirates Falcon Cricket Club and later acquiring two cricket grounds under the same club."

Some of the biggest tournaments in history of UAE namely Ram Slam T20, Copa Emarati and Contra Cups were played on these fields. The achievements of his personal scores in the field to captaining and mentoring teams led him to connect to the national

level selection body of cricket in 2017. It quenches his passion and also make money, but then whatever comes from this sport it goes to the charity

In 2018, he was asked to be the motivational coach of Indoor Indian Cricket team of India at the Indoor World Cup. He was given the position of Motivational Coach of Indian Team; hence his dream of wearing the Indian jersey was also fulfilled.

From the Last 5 years **Adventure Events** (his startup) has been moving up the ladder. So it just happened from mere startup of few thousand dirhams, it is a million turnover company.

During this period, he was exposed to the Digital World. He was introduced to investments in a learning app called **Knowingo**. And after that, there was no looking back. He invested in the startup

"go- mojo" which was later bought by **Deliveroo**.

As they say there is no stopping for a man who is consistent, Romit's work was acknowledged by the Indian government too and he was fortunate enough to work with Shri Sam Pitrodaji (Chairman IOC), Shri Virender Vashist (AICC) and Dr. Shibhan Ganju (Advisor to INC) to participate in development of the Healthcare Manifesto for the congress party. He met and interacted closely with Rahul Gandhi on his 3 day visit in Dubai in 2019. And later 2 of his suggestions were incorporated into their manifesto.

Today he also owns a financial consultancy called "Fynamics"; a vertical that helps bridging financial gaps for the organization. Today, Fynamics deals predominantly with Almas Caps owned by Amardeep Sharma. On asked where

did this come from? He modestly says, "Maybe because I had the Marwari gene. Petty investments turned into something as big as this. From being a salaried person to an entrepreneur ride has been good, it has not stopped yet." In a recent event, Romit went as chief guest where they introduced him rightly as "a doctor by soul, an entrepreneur by skills, a coach by leading, and a philanthropist by his social obligations".

### The anchor of his life

Besides the achievement and success that is visible to all, what is praiseworthy is how the compatriots of Romit are always head and shoulders with him. And the list of his Amigos is a long one.

When we personally met Him, he talked more about his bosom buddies, family (the big "khaandaan"), His wife and



almost every single person who contributed him in his journey than about himself. In the last couple of years, Romit has been in his monumental feat and being a man full of gratitude to him, he accredits every ounce of His achievement to his near and dear ones

Romit expresses his heartfelt gratitude and abundance of love for his mom as she was the one who taught her to be strong internally and follow the ways of heart. He also feels indebted to his father and says, "When it comes to wisdom and patience, for me my father is a benchmark. His imprints shall always remain over me. He pushed me to limits to achieve goals but in a very idealistic manner. He empowered me and my brother. He is my best friend, my father, my shoulder to depend on and my boss. I may have influencers in life, but I had only one idealistic inspirer and that is him. His most inspiring words are "heaven and hell, is not to wait for after life, it is all here, in front of you, it is correlated to your karma and inversely proportional to your success in life."

Romit also revealed that the role of His maternal and paternal grandparent was a vital one as he inherited traditions, legacy and repertoire from them which he is committed to take forward in future.

And the strongest pillar behind Romit is none other than his wife, his better half, his friend, his secret keeper and the biggest critique and comforter who is always there to lean on. Romit says, "I learned how to sacrifice from wife, her advice as of today is my first step to making core decisions." Shri Naval Kishore Purohit (Add. SP Retd. Rajasthan Govt.) And Smt. Kalpana Purohi, his in-laws has also been contributing in his life largely by filling in him the core values of love, care, giving and pursuit of happiness. Romit shares, "My father in law has played a major role in establishment of my real estate ventures in Rajasthan and kept my belonging and connectivity to it."

He also feels grateful to His uncles Jai Shankar Prasad Vyas and Ravi Prasad Vyas for bringing the cricketer in him, Justice Rajendra Prasad Vyas for bringing the Intellectual Thinker in him and his

Uncles Dr. Amerdutt purohit and Subhash Chandra Purohit for unveiling to him the idea of "living life king size".

Another important entity of his support system is His best buddy Sanju Kalam, who is himself an entrepreneur. He is that somebody whom Romit reaches out to in times of happiness and sorrow. He is that friend who has been with him in the thick and thins of life as a patient listener who always has his back. **Romit is still connected to his school friends and runs a Sports Group called SWAT – Sportsmen with a Tashan.**



### The spiritual belief

The believer of Monotheism, Romit grew up respecting and loving people irrespective of cast, creed or religion they follow. He sees no difference in mosque, church, Gurudwara and temple. And believes in the oneness of god. Where on one hand he flawlessly recites the Shlokas of Bhagwat Geeta, he also beautifully sings the Azaan. Romit says, "Any mode that connects me to supreme is my belief. For me its existential perspective. When the blood is red, so does the body functions in the similar way, than why are we all worshipping God differently. It's the belief. We should respect all spiritual and religious beliefs."

A socialist by heart, Romit believes in team work and world one big family concept.

### Giving Back to the Society

It has been rightly said that god gives success to those who believes in the process of sharing and in turn empowering others. And this goes pretty well with Romit as well.

Romit was instrumental in developing the Rajasthan Business and Professional Group in UAE in 2018. Since 2016, he was committed to give 10 percent of my earnings to charity in Rajasthan. Instrumental in development of Mohalla Clinics in New Delhi for AAP. He also ventured into renewable solar energy



projects in Middle East and India with Green Solar.

He shall also be venturing into development of a Rajasthan Focused and culturally driven organization of doctors called DORI as in the thread (Doctors of Rajasthan, Internationally). It was



recently launched on 1<sup>st</sup> June 2020, with support from Rajasthan Foundation under CM; very soon it will be avalanching its own Digital Learning Platform to share knowledge and expertise to Rajasthan Medical Fraternity. Romit's team is working on social platform and development of AI based management of work life balance to a commoner called AURA.

As Cricket runs in his blood, He shall be supporting to the fullest to bring the Rohit Sharma Cricket Academy to Dubai.

### Man with a Vision

Perseverance and commitment is in the gene of this go getter as there is no stopping for him, He is working towards taking his ventures to next level.

But you cannot call him a workaholic as family comes first for Romit who plans to Devoting more time to family, kids and parenthood in the future.

He plans to Help His wife **Sonal Purohit (Renowned Artist & Painter)** to further strengthen the roots of her community they founded in 2018 namely **"The PaintBrush Art Community"**, a startup that enables to support emerging artists and talents. It is today paced amongst the most respectful startups in the art world in Middle East in the recent times.

Romit has also recently got associated as VP - Marketing to a project with his friend Praveen Mehta, a Management Consultant and CA; it is called **BLISS**, a "paradise for parents"; an owned home and not an old age home. In 2021, He has also ventured into developing an **e-health ecosystem** in Rajasthan; this will be one of the major undertakings.

Humorous, witty, decisive and preacher of Humanity, Romit is a person who has been born to achieve, impress and inspire. **He simply said "always embrace yourself and be an embracer"**





**Pramila Mundra**  
Nutritionist, Bangalore  
@pramilamundra  
nutricirde

## KIDS HEALTH: CATCH THEM YOUNG WHILE SCHOOLING FROM HOME

As the kids are totally home bound, it can get irritable for them, but it is also a great opportunity for them to use all that time to keep fit, learn new skills and cultivate healthy habits which will ensure good mental and physical health in the longer run.

### WHOLESOME BREAKFAST:

Children are full of energy and they need to get a healthy start with good balance of carbohydrates (for fuel), proteins (for repair and building of muscles) and healthy fats. A healthy breakfast ensures that they get sustained energy till their next meal. It also helps them to keep away from cravings and unhealthy indulgences in between.

### HYDRATE AT REGULAR INTERVALS :

Being at home is a great opportunity for kids to drink water more often as it is always accessible to them. As our body is 65-70 percent water and it is needed to carry out many metabolic processes, a deficiency of water results in low energy levels and cravings and irritability. This gives us wrong signals and may lead to eating more often.

### FRESH VEGETABLES AND FRUITS:

Having all the meals at home is a wonderful opportunity for children to eat more of fresh vegetables in all the meals. They can easily have fresh fruits between meals or as snacks. This increases their nutrient intake as fruits and vegetables are loaded with vitamins, minerals and fibre. They provide lot of needed nutrients in the



body and are low in calories too. Make sure kids are given 5 different vegetable and 2-3 types of fruits daily.

### AVOID PROCESSED / PACKAGED FOODS:

Packaged foods are loaded with sugar or salt, low quality vegetable oils or fats and many preservatives and additives to make the food tasty and appealing. They are not real food and do not contain any nutrients beneficial for the body and hence named as JUNK foods. They are actually very harmful and additive too. Regular consumption of these foods lead to weight gain, lack of concentration and mood swings too. It is important that kids are encouraged to eat home cooked meals as much as possible.

### HAVE A SCHEDULE /ROUTINE TO THE DAY :

It's a good idea to have a rough schedule for the child throughout the day with few leisure hours of free play or entertainment. They need to have fixed



meal timings, specific reading and workout timings which encourages discipline and productivity.

### ENGAGING IN COOKING /HOME ERRANDS:

This time at home is again a wonderful opportunity for kids to learn small errands and take up responsibility at home. Involving kids to plan and make meals helps them become more food conscious and they become open to eating variety of foods. These skills developed at a young age go a long way to establish healthy routines.

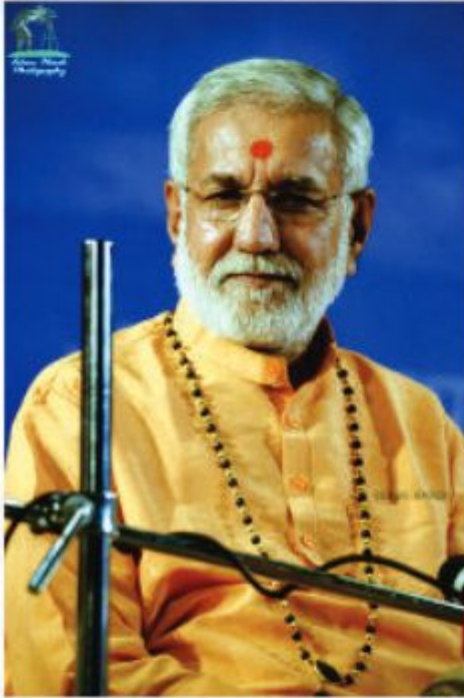
A healthy lifestyle is one of the best gifts you can give your kids in today's times.

### DO NOT SKIP BREAKFAST



# बालमन की सुरक्षा

## अब माता-पिता की नई चुनौती..



हमारे बच्चे हमारी सबसे बड़ी पूंजी है। कोरोना ने जहां हमारी जीवनशैली के हर पहलू को छुआ है, उससे हमारी यह पूंजी भी कहीं न कहीं किसी न किसी रूप में प्रभावित हुई है। अब स्कूल-कॉलेज कब खुल पाएंगे, किस स्थिति में खुलेंगे, परीक्षाओं का स्वरूप क्या होगा, इस पर हर दिन नई-नई बातें, निर्णय को लेकर नए-नए कयास तो सामने आ रहे हैं, परंतु होगा क्या, अब तक तय नहीं है।

विद्यार्थी चाहे स्कूल का हो या कॉलेज का, उसका मन बच्चा ही होता है और बालमन में

बहुत अधिक दूरदर्शिता तथा विवेक की संभावना नहीं होती। वह वर्तमान के दृश्य को देखकर निर्णय लेता है और जब वर्तमान के दृश्य भयवह, संकटपूर्ण हों तो बालमन मानसिक रूप से टूटने लगता है। भविष्य को लेकर अनिश्चितता और अनिर्णय की इस धुंध में बच्चे कहीं खो न जाएं। एक विद्यार्थी के शरीर में मस्ती, मन में मौज, बुद्धि में विद्या और हृदय में वेग भरा होता है। फुरसत के इन दिनों में मौज, मस्ती का यह वेग उन्हें कहीं बहका न दे, इसे लेकर हर माता-पिता को बहुत सावधान रहना होगा।

कोरोना की 'कृपा' से पढ़ाई के जो नए साधन चलन में आ रहे हैं और जरूरी होते जा रहे हैं, 'ऑनलाइन' नाम की यह विधा बच्चों के लिए कहीं तनाव का कारण न बन जाए। इसके लिए जब तक स्कूल बंद हैं, समर्थ माता-पिताओं को एक नई भूमिका में आना होगा। घर में एक कक्षा ऐसी भी लगाएं जिसमें हमारे शास्त्रों के प्रसंगों और पौराणिक कथाओं के माध्यम से बच्चों को सिखाया जाए कि जीवन में दुख तो आएगा, पर टूट मत जाना और सुख आए तो बावले मत हो एक बात और.., विद्यार्थी का दिल कांच की

तरह होता है। भले ही टूटे नहीं, पर कई बार दरक जाता है। इस समय जब कई महत्वपूर्ण परीक्षाओं के परिणाम आए हैं, बहुत से विद्यार्थी खुश होंगे और कुछ ऐसे भी हैं जो इस दौड़ में पीछे रहकर निराशा से विरगए होंगे, अवसाद में डूबे होंगे। तय है कि सफल नहीं हो सके बच्चों को घर में कई तरह की बातें सुनना पड़ रही होगी। लेकिन, यह समय बातें सुनाने का नहीं, उन्हें होसला देने का है।

माता-पिता और परिवार के बड़े लोगों को चाहिए इन बच्चों के साथ प्रेमपूर्ण व्यवहार करें। यह प्रतिस्पर्धा का दौर है। सही है कि इसमें योग्यता ही आगे बढ़ पाएगी, लेकिन जीवन से ऊपर कुछ नहीं होता। प्रतिस्पर्धा के चलते थोड़े से पिछड़ जाने पर माता-पिता की उम्मीदें और देश का भविष्य कहीं अपना जीवन ही दांव पर न लगा दे। अब यह जिम्मेदार घर के बड़ों की है। बच्चों की विफलता को लेकर यदि आपके व्यवहार में रुखापन आ गया तो उनके मन में विचारों का जो तूफान चल रहा होगा, वह उनको बड़ा नुकसान पहुंचा देगा..।

**पंडित विजय शंकर मेहता**  
जीवन प्रबंधन गुरु, उज्जैन



**Jennifer Viego Rocque**  
Contributor  
Stock Photos  
HERMANN RODRIGUES

# TALES FROM THE FAR EAST

## (SHILLONG AND BEYOND)

The second half of our journey started on a leisurely note after a good night's rest at Guwahati. We left by road in the morning and after a sumptuous breakfast (anyone noticed how one tends to feel constantly ravenous while traveling?) at 'Sardarji ka Dhaba' enroute, we reached Shillong by noon. The enchantment started 15 kms short of Shillong with the first view of Umiam Lake which is locally called Barapani. Although it seems to have shrunk a bit since I last saw it in 1989, nevertheless it retains its charm.

We were welcomed in Shillong by the most charming and hospitable Col Gautam Rai. Our association with Col Rai dates back to 1983 and it was amazing to see that time has not changed his appearance or attitude. We were whisked off for a whirlwind tour of Shillong with Mrs Gautam, the ever smiling beautiful Sahee. Our first halt was Maitlang Park from where we could observe the beautiful Elephanta Falls. I couldn't get enough of the beautiful flowers I saw growing everywhere. Giant Hydrangeas and exotic Gladioli competed with over laden rose bushes while the scent of Magnolias filled the air. Next stop was at Laitkor, Shillong viewpoint where it was amusing to see tourists posing in traditional Khasi Garb for photographs. We also got a taste of some fresh juicy pineapple and the sweetest plums which are locally grown.

Just when the pangs of hunger were getting pronounced Col Gautam took us for some authentic Khasi food at "Son and Four

Daughters' where we got to taste Dorjiem and Dhoklieh accompanied with sticky rice and vegetables. For the uninitiated, Khasi food relies heavily on pork preparations and not much of the pig is wasted. So basically the meal was not for the faint hearted, chicken loving non-vegetarians. We missed out on the Jadoh but enjoyed the simple vegetable preparation and the mild tea without milk which was served as a digestive later. All this was served by the charming Brinda, a smart young khasi girl. Khasi is an ancient tribe where the matrilineal culture is prevalent. The inheritance passes from Mother to the youngest daughter and the husband must move to his wife's home after marriage.

Like all Hill stations Shillong has narrow winding streets which are more suitable for walking and two wheelers. But with the growing population and influx of tourists, the number of four wheelers has increased resulting in frequent traffic jams. But I was impressed by the patience and skill of the drivers and the lack of angry honking that one gets to witness in other cities.

After the refueling we went to the Shillong Plateau which goes by the musical name of Laitlum. What a heavenly place barely touched by human hand!!! All I wanted to do was run like the wind as they do in Hindi films, but my hero was too busy taking pics of the awesome place. Laitlum literally translates as 'The End of the world' and it truly felt as if there was nothing beyond this paradise. The emerald green Plateau terminated in a sheer cliff, a perfect selfie point with caution. We could see

some signs of human avarice where rathole mining used to be carried out to extract coal in a rather unscientific way. Fortunately this practice has been banned since 2014 and one can see signs of nature healing itself. Meghalaya is a state rich in minerals, which makes it a soft target for exploitation, fortunately the local people are very protective of their natural heritage and a number of measures have been taken to encourage preservation of nature. I must mention here that the Swachh Bharat Abhiyan is taken very seriously in most of the places we visited in Arunachal and Meghalaya. Dustbins and very clean Pay Toilets for the public were available at all the places we visited. Plastic usage was very controlled. Our day ended with a visit to the Cathedral of Mary Help of Christians, another landmark monument. The peaceful ambience was a perfect way to draw the curtain on a fabulous day. We needed a good night's sleep to get ready for the hectic schedule Col Rai had planned for us on day 2 of our trip.

Our gracious hosts picked us up promptly pretty early in the morning for a trip to Cherrapunji. On the way we visited the beautiful Mawjymbuin caves or the fossil caves about 8 kms from Cherrapunji. The twenty minute walk to the caves on a scenic path gave us an inkling of the wonders to follow. Being early birds we got to explore the caves virtually on our own and at leisure. It was an intriguing experience a bit eerie at times with the dripping water and strange stalactite and stalagmite formations. What's the difference? Well 'Stalactites' cling **tight** to the

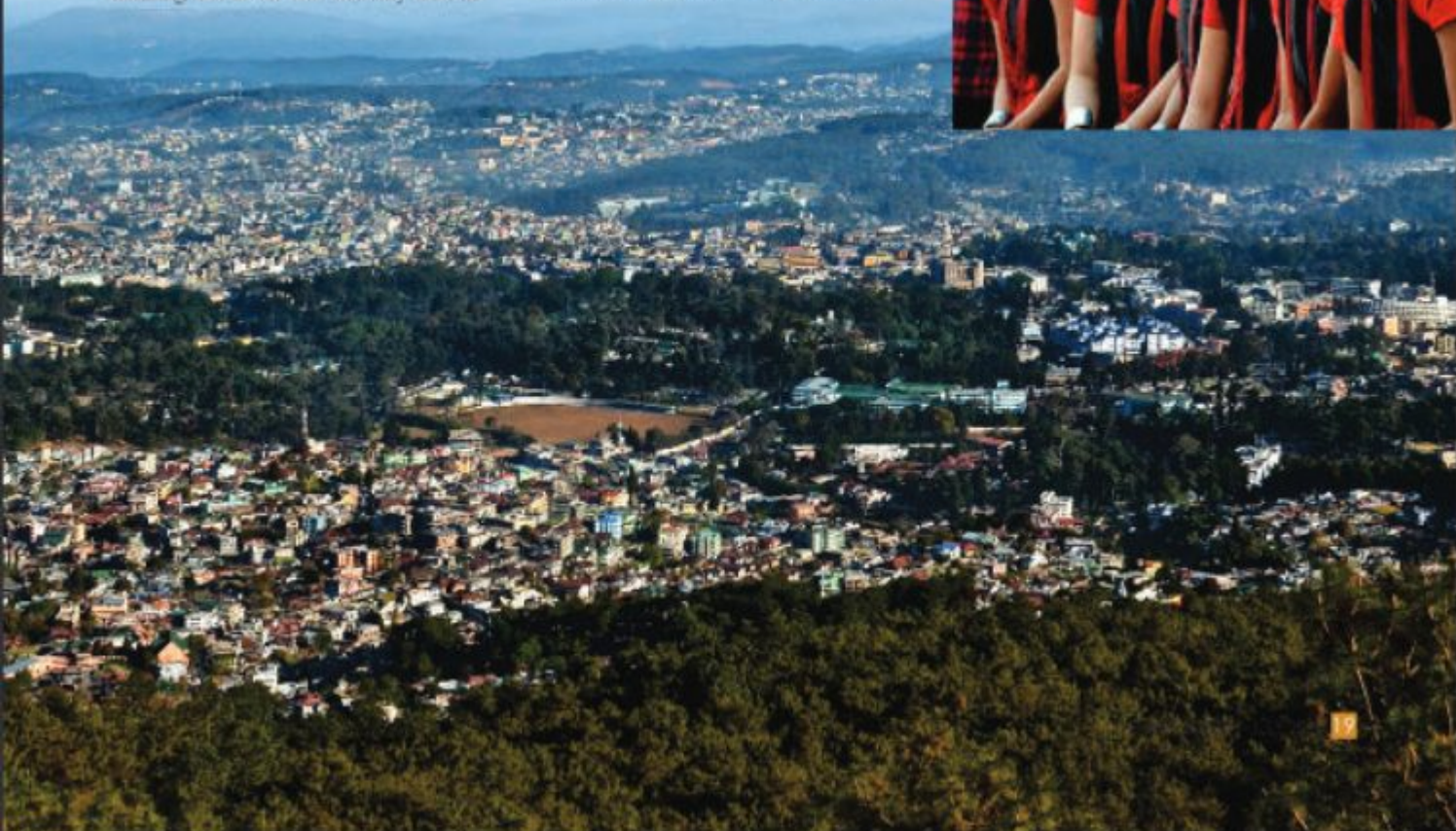
ceiling while 'stalagmites' might reach the ceiling someday. Got it? Now you won't forget. Our next halt at Mawsmai caves wasn't as pleasant as it became rather claustrophobic due to the huge crowd of tourists. So we didn't stay too long here. A quick visit to the Thangkharang Park gave us a bird's eye view of the plains of our neighboring country Bangladesh. By now we were a little disappointed that we hadn't encountered the legendary rains of Cherrapunji. Our next halt was at Jiva Holiday resort for lunch. As the restaurant was quite crowded we went to the Golf practice range to while away the time completely unaware of the show that nature was going to put up for us. Just as the gentlemen took a few practice swings we noticed thick, black clouds creeping up from both sides of the driving range. A huge bolt of lightning followed by a thunderous clap of thunder was the signal for the Cherrapunji special that followed. The rain was so heavy that within seconds visibility was zero and it was nothing short of a deluge. We thoroughly enjoyed the downpour and Cherrapunji lived upto its reputation. The drive back to Shillong was leisurely and full of amusing anecdotes. We stopped to view the beautiful Nowkhalikai falls which are said to be the tresses of a khasi lady who was devoted to her children. We also saw 'The seven sisters' waterfall from afar.

On our last day in Shillong, we were in the company of a very knowledgeable and amusing taxi driver who not only took us

safely to various places but kept us entertained as well. He showed us the beautiful Laitlyunkit or 'The valley of clouds', a dreamily beautiful place for a photo shoot. One of the amusing things he told us was about the code names they use for various food items - Fish is called Phool aur kaante, Chicken is kabhi kabhi and the ever popular pork is Dil hai ki marta nahi!! We soon reached the famous Living Root bridge after climbing down what felt like a thousand steps. The bridge over a fast flowing river is man-made by twisting the living roots of the hardy ficus trees growing on the opposite banks to form a foot over bridge. Eco-friendly and practical ingenuity!!

The last place we visited was the cleanest village in India Mawlynnong, which is located about 100 kms from Shillong. On reaching our destination we realized that not only was it the cleanest village it was also the prettiest village I had ever seen. The beautiful Khasi huts were decorated with lovely flowers growing in abundance. Every house had a bamboo woven waste basket in front of a well-kept yard. Even the streets were spotless. The residents of these villages can teach us urbanites a lesson or two in civic responsibility. The simplicity and hospitable nature of the local people actually made this a totally memorable trip.

We returned to our beautiful Belgaum totally satiated and full of wonderful memories of our trip to the magical North East. A big 'thank you' to all our friends who made this trip possible at very short notice.





# WHY WINE KNOWLEDGE IS IMPORTANT



► Bharat Rathore

**K**nowledge is always important and useful, no matter what kind of application there will be for that knowledge in future. It is always good to seek out and absorb knowledge about anything you are interested in. Acquiring knowledge about wine is useful. The pleasure of having some knowledge about, as well as the pleasure of drinking, a good wine is something to enjoy. When you are drinking, it's nice to know what varieties of grape went into the wine, when and where it came from, what process went into the making of that particular wine and, indeed, who made it? If you have some knowledge about the wine while drinking it, it might well add to your understanding and appreciation of what is in your glass. You might be pleasantly surprised to learn the type of wine you are drinking, where it was made, and its vintage.

People who are not that much aware about wines are scared off by just the mention of the descriptions of wine. Such people think they are novices and will be unable to appreciate a wine. Their ignorance may even prevent them from enjoying wine. The best way to learn





about different wines and to experience them in the best possible manner is to keep tasting better wines! If you are not a wine expert, or you are unable to recognise their variety and know anecdotes about wine, you may not know which wines to select but that should not stop you from enjoying wine whenever it is placed in front of you.

If you have some knowledge of wine aromas and flavours, and familiarity with a range of wines, look out for opportunities to taste similar or better wines from the same region. Don't forget that there are three important things to look for in all wine, these are aroma (bouquet), taste (palate) and colour. With a little effort and a keenness to differentiate using these three attributes, you can become a wine tasting expert. When tasting a particular wine, you should ask yourself, how does this wine compare with others from the same varietal, from different vineyards in the same region, from the same producer in different years? There is no doubt that comparative knowledge, based on tasting experience, can enhance your tasting pleasure.

Wine knowledge is important because wine is an extension of the plate. Your wine knowledge has the ability to elevate the dining experience to new heights. The knowledge that you impart to your Guests fosters respect for your expertise and trust in your wine recommendations.

As a waiter, barman, runner or sommelier, there is no greater sign of respect than a Guest's gratitude for your depth of knowledge and being treated as a true professional.

Wine is one of the few products that you can never know enough about. By learning about wine, you embark on a wonderful exploration of yourself – your tastes and your preferences; and also of the world – different wine regions, different wine styles, oakling styles and much more. Every glass is an adventure! Knowing how to taste wine and recognize its flavors and nuances, knowing how to store, serve and decant wine and how to pair it correctly with food, opens up a world of endless enjoyment and appreciation!

# “Learning from the lockdown and the Need of Sustainable Mobility”



\*George Cheriyian Amar Deep Singh

**D**ue to the forced restrictions on vehicle movements, during the lockdown due to the pandemic, pollution level in various cities drastically reduced within a few days, which triggered discussions regarding lockdown to be the effective option for controlling air pollution. According to data of European Environment Agency (EEA), Paris, Brussels and Milan have significant rises in nitrogen dioxide compared with their lows during the lockdown. Media reported 79% decline in air pollution of Delhi during lockdown. But after opening up, pollution started rising again. Global and national data underscores the environmental benefits of lockdown have been short-lived, as more commuters shun public transport, due to fear of virus and used their own cars, or public transport is not back in operation yet in many cities. The pandemic provided an opportunity to rethink sustainable environment which is less polluted and healthy for living.

## Sustainable mode of mobility

Cycling is, and has been, a major mode of mobility in India, which is sustainable as well. It has several benefits as it requires zero dependency on fossil fuel, zero emission of carbon, health benefits from increased physical activities. It is also best choice of transportation for rural and low income households. During lockdown there was an unprecedented sale of bicycles. An estimated 12 million bicycles sold each year in India and the last census in 2011 showed that 45 percent of Indian households own a bicycle. However this percentage is reducing very fast.

Several migrants used bicycles to reach their home town during lockdown. Jyoti Kumari became very famous, who cycled 1200 KM with her father from Gurgaon to reach their native village in Bihar. Ivanka Trump, daughter of US President praised Jyoti's cycle story and appreciated India's cycle enthusiasm. In many stories in past few months, cycle was only mode of transport captured attention of media. Number of media reported on how migrant workers peddled hundreds of kilometres on cycle during lockdown. Cycle became handy for migrants and common people to commute during lockdown in the absence of train or buses.

Last month on June 3, due to the economic impact of the pandemic, unfortunately one of the largest cycle manufacturers in India Atlas, closed its last unit in Sahibabad, the same day world was observing World Bicycle Day. In India, cycle is

mode of transport for poor and hobby or exercise for rich people. But, irrespective of any status, every child has its own cycle ride tale. Perhaps, we all have that story. But inappropriately, due to poor road infrastructure, high road congestion and traffic, roads designs meant only for high speed moving vehicles are the reasons for lowering cycle uses in the cities. Indian cities should have people centric approach on road planning. To support green mode of transport, cities must build the cycle friendly roads, which can promote cycle users. Unfortunately our cities are not cycle friendly.

## Non-motorised Green Transport

Sustainable transport provides a critical enabling environment to support economic and social development necessary to achieve the Sustainable Development Goals (SDGs). For example, transport is a primary consumer of fossil-fuel energy, so it is critical to the achievement of SDG7 on energy. Likewise, transportation is indispensable to achieving SDG9 which is building resilient infrastructure and SDG11 on sustainable cities and communities, realized through improvements in road safety and by expanding public transportation. There is also a strong linkage between transport activity and economic development. Ministry of Housing & Urban Affairs (MoHUA) is helping the Indian cities to develop high quality of transport system that provide sustainable mobility to their residents, which is reflecting in the National Urban Transport Policy, that says cities should have moving people, not vehicles. Public Bicycle Sharing (PBS) is seen as a scheme, which can provide first and last mile connectivity to the people and it can also improve the image of cycling in Indian cities. Cycling is a green mode of transportation and also beneficial for health. It can also reduce the burden from strained road network.

Govt. of India is providing financial assistance to encourage non-motorised transport under its Smart City Mission. Adequate infrastructure with cycle friendly roads and allocating cycle docking station in different areas of the city is part of scheme. Few cities including Mysore, Bhopal, Surat and Pune are ground-breaking in implementation of PBS, whereas Chandigarh under its city planning constructed separate cycling tracks. Cycle sharing is very famous in western countries, but comparatively a new concept in India. Apart from these few cities, cycle sharing is still a dream for environmentalists and cycle lovers in India.



## Case of Jaipur

Jaipur, capital city of Rajasthan, known as one of the best planned cities of the world. It has comparatively good wide city roads and less traffic congestion comparing with other metro cities. Two years back cycle sharing scheme was launched in Jaipur and two crore rupees was allotted. It was supposed to have eight docking stations, but only three are established as of now. There is no separate cycle track only selected roads are painted as cycle lane. It resulted in poor response from the public and there are no takers of cycles.

It is very difficult to cycle on terrible traffic of city, which is danger to life, in absence of dedicated cycle track. Road fatalities data shows that cyclist and pedestrian are most vulnerable category on road. Proper infrastructure with separate track for non-motorised vehicles needs to be constructed, where other motorised vehicles should not enter. At present separate cycle lanes are used for car parking in most of the roads. The main constrain in these schemes taking off is lack of political will and policy support. Our policy makers need to shift their city planning from car friendly to cycle friendly.

## Sustainable Mobility: As the post pandemic norm

Eventually, we need to adapt the lifestyle, which is sustainable and not harmful for the environment and natural resources. From lockdown we learnt that there is a big opportunity for cities to continue support non-motorised transport to achieve a sustainable cities and non-polluted environment. As we all have childhood cycle story, let the new generation adopt a cycle and continue engage them by providing good infrastructure which is safe. We have opportunity to promote a people friendly road culture which is seen in recent lockdown.

# गांव का हस्तशिल्प वर्चुअल स्वरूप में अन्तर्राष्ट्रीय लाईव फैशन शो में दिखा हुनर



> डॉ रूमादेवी

एक्सपोर्ट प्रमोशन काउन्सिल फॉर हैंडिक्राफ्ट के इंडियन हैंडिक्राफ्ट एंड गिफ्ट मेगा वर्चुअल फेयर में राजस्थानी डिजाइनर रूमादेवी ने ग्रामीण महिलाओं के कलेक्शन को पहली बार डिजिटल स्वरूप में फैशन शो के रैम पर प्रदर्शित किया।

रूमादेवी ने बताया कि कोविड महामारी के कारण मई माह में अमेरिका में होने वाले उनके शो स्थगित हो गये तो उन्होंने उस कलेक्शन को इस अन्तर्राष्ट्रीय दिल्ली फेयर में शामिल कर नवाचार किया गया।।

उन्होंने बताया कि राजस्थान के गांवों में बेहद खूबसूरत एप्लिक व पेचवर्क बनाया जाता है उसको वेस्टर्न व इंडे वेस्टर्न लुक के परिधानों में डिजाइन कर रैम पर विश्वभर में भारत, अमेरिका, यूरोप सहित विश्व के विभिन्न देशों के रजिस्टर्ड आयातकों व कंपनी प्रतिनिधियों को लाईव दिखाने का अवसर मिला।

ग्रामीण विकास एवम चेतना संस्थान के सचिव विक्रमसिंह ने बताया कि 13 जुलाई से आरंभ हुए इस ऑनलाईन फेयर से गांव के हस्तशिल्पियों को भी नया प्लेटफार्म उपलब्ध होगा।

“कोविड महामारी ने दुनियां में बहुत सारे बदलाव ला दिये हैं परम्परागत तरीके से होने वाले मैले प्रदर्शनियों व फैशन शो का रूप भी अब बदल गया है। इस समय हस्तशिल्पियों पर रोजगार का गंभीर संकट खड़ा हो गया है तो नये प्रयासों की आवश्यकता है।”



## कला मंत्री ने पद्मश्री पुरस्कृत राजस्थानी कलाकारों के पोर्टफोलियो का किया विमोचन



राजस्थान सरकार के कला, संस्कृति एवं ऊर्जा मंत्री, डॉ. श्रीडी काश्यप ने मंगलवार शाम जयपुर स्थित ऊर्जा भवन में जवाहर कला केंद्र (जेकेके) की ओर से प्रकाशित दो पोर्टफोलियो का विमोचन किया। प्रथम पोर्टफोलियो 'मास्टर आर्टिस्ट्स ऑफ राजस्थान' राजस्थान के पद्मश्री पुरस्कृत चित्रकारों एवं हस्तशिल्पियों पर और दूसरा पोर्टफोलियो मांडवा कला पर केन्द्रित है। इस अवसर पर जेकेके महानिदेशक, श्रीमती किरण सोनी गुप्ता भी उपस्थित थीं। पोर्टफोलियो विमोचन के अवसर पर कला, संस्कृति एवं ऊर्जा मंत्री, राजस्थान सरकार, डॉ. श्रीडी काश्यप ने कहा कि पोर्टफोलियो में शामिल कलाकारों ने प्रादेशिक कला संरक्षण, संवर्धन एवं प्रोत्साहन के लिए महत्वपूर्ण कार्य किए हैं। यह प्रकाशन पद्मश्री व्यक्तियों के प्रति एक सार्थक सम्मान है और विश्वविद्यालय, कलाकारों एवं सुधी पाठकों के लिए बेहतरीन संदर्भ का कार्य करेगा। उन्होंने इस कार्य के लिए जवाहर कला केंद्र की प्रशंसा भी की।

## CM to ensure "Doing business gets easier in Rajasthan"



The Chief Minister of Rajasthan Ashok Gehlot would personally monitor the progress on Ease of Doing Business (EoDB) parameters in the state. A meeting under chairmanship of the CM will soon be convened. This was informed by the Chief Secretary DB Gupta while addressing a high-level meeting with various departments at the secretariat on Wednesday over the implementation of EoDB in the state. "Ensuring achievement of EoDB goals is more necessary now than before. We need to establish responsibilities, identify focus areas, and set a time-bound program to fulfil the goals," the Chief Secretary directed the officials. "There would be monthly meeting with the department secretaries and nodal officers regarding progress in the direction," he added.

## जयपुर के संभागीय आयुक्त श्री सोमनाथ मिश्रा ने किया कार्यभार ग्रहण

जयपुर के संभागीय आयुक्त श्री सोमनाथ मिश्रा ने सोमवार को संभागीय आयुक्त कार्यालय में पदभार ग्रहण कर लिया है। इस अवसर पर मीडिया को सम्बोधित करते हुए उन्होंने जिले में अन्य स्वास्थ्य सेवाओं के साथ कोविड के प्रबन्धन, आगामी मानसून सब, जल संरक्षण, खरीफ की फसल, शिक्षा, जिले में टिड्डू नियंत्रण के सम्बन्ध में अपनी प्राथमिकताएं बताईं। उन्होंने कहा कि मानसून मौसम आने वाला है और खरीफ की फसल प्रदेश और देश की लाइफलइन है। इस मौसम में कूट-कूट संरक्षण और किसानों की खेती से अधिकतम लाभ हो, इस पर उनकी प्रतिबद्धता रहेगी। टिड्डू दल के नियंत्रण के लिए वैज्ञानिकों एवं किसानों, फटे लिये युवाओं का सहयोग लिया जाएगा।



## श्री अंतर सिंह नेहरा ने संभाला जयपुर जिला कलक्टर का पदभार

भारतीय प्रशासनिक सेवा के अधिकारी श्री अंतर सिंह नेहरा ने सोमवार को जयपुर में जिला कलक्टर का पदभार संभाल लिया है। श्री नेहरा ने इस मौके पर मीडिया को संबोधित करते हुए कहा कि जिले में आम नागरिकों की समस्याओं के त्वरित समाधान एवम उनके कार्यों को पूरी पारदर्शिता से पूरा करना ही उनकी प्राथमिकता है।

कोरोना के संबंध में राज्य सरकार एवं स्वास्थ्य विभाग के दिशा निर्देशों की पालना पर भी उनका जोर रहेगा। उन्होंने कहा कि कोविड विशेष जन जागरूकता अभियान एवम सभी के समुहिक प्रयासों से आज इस महामारी को लेकर आम लोग भी पहले से अधिक जानकारी रखते हैं। अभियान के संदेश बहुत ही सरल एवम अत्यावश्यक हैं।



## MSME is the Growth Engine of Economic Development: Industries Minister, Mr. P. Mena

On the onset of the International MSMEs Day, today Mr. P. Mena, Rajasthan's Industries Minister appreciated the MSMEs contribution to the state as it has been the key ecosystem for the state's growth. The second highest employment generator medium in the country is MSME sector after Agriculture, he said. Rajasthan's Industries department has achieved a significant milestone of registering memorandum (Udhyog Aadhar) of 1.5 Lakhs of MSMEs in FY 19-20 in 36 DICs and these MSMEs gave employment to 6.17 lakh workers in the FY 19-20. Top five destinations of MSME investments in the FY 19-20 were Jaipur (25K+ Units), Jodhpur (12.8K+ Units), Ajmer (8.4K+ Units), Bhillwara (7.6K+Units) and Udaipur (6.6K+ Units). The Chief Minister's Small Scale Industries Promotion Scheme, MSME Act 2019 has been declared as flagship programmes





**FICCI LADIES ORGANISATION**  
**on-going digital series**  
**"Embracing the Digital Era" by initiating**  
**a workshop on 'CYBER SECURITY'**

FICCI LADIES ORGANISATION on 7th July'20 added another feather in its cap of on-going digital series "Embracing the Digital Era" by initiating a workshop on 'CYBER SECURITY'. Ministry of Information and Technology, invoking its power under section 69A of the information technology has recently blocked 59 Apps which were a security threat to the country. Looking at the present scenario with the increased reliance on computer systems and networks, it is high time we understand the complexities of information technology Security. Chairperson, Ms. Wandana Pamami very thoughtfully placed a CYBER SECURITY workshop which is the need of the hour. This workshop was conducted by Ms. BINDU.S.SASTRY founder & MD of Mauverick. The workshop focused on the practice of taking 3 backups: two on media and one on the cloud storage. Cyber-attack issues faced by teenagers were also highlighted which is a common concern for every parent. Few points were emphasized during the workshop like importance of digital detox by turning off your cameras while browsing, the browser history can be easily accessed so it should be deleted, location details should not be shared on social media, specific spyware is used by online predators, practical suggestions like content filtering software on PCs, parents can set-up student workstations in common areas of the house for vigilance as a precaution is better than cure was discussed.



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**Kitaab's latest launch centres around**  
**building immunity: the need of the hour**



Prabha Khaitan Foundation, an organization that is dedicated to the socio-cultural welfare and humanitarian cause, through its platform Kitaab, organized a virtual book launch of the digital book, The Magic Immunity Pill: Lifestyle co-authored by celebrated holistic lifestyle coach Luke Coutinho. The session witnessed Luke Coutinho in conversation with Ms Apra Kuchal, Honorary Convenor, Rajasthan and Central India Affairs, Prabha Khaitan Foundation where he talked about his latest venture which has been co-authored by Bollywood actress Shilpa Shetty and stress upon how lifestyle can be a key to achieving a healthy immune system. Prabha Khaitan Foundation is devoted towards the promotion of literature culture and performing arts and collaborates with caregivers, committed individuals and like-minded institutions to implement cultural, educational, literary and social welfare projects in India. Kitaab is an initiative of the Prabha Khaitan Foundation which is dedicated towards book launches.

**Jaipur's Eshan Harsh becomes the only Indian**  
**Jury for Online Photography Competition**



An 18 years old Eshan Harsh of Jaipur is selected and invited to be the Jury of the Online Mobile Photography Contest organized by the Upcoming Photographers Official on Instagram. Eshan is the Youngest Jury member as well as the only Indian among the Jury Panel. Eshan Harsh apart from being a photographer is also a Filmmaker and Actor. Before this, Eshan Harsh has also been a Youth Juror of the Reel Youth Film Festival held in Canada. Eshan has made 5 short films which have been selected at various International Film Festivals and have been awarded. Eshan has also received a badge of Master Photographer by Google Maps India.



**मशहूर बॉलीवुड कोरियोग्राफर**  
**सरोज खान का मुंबई में निधन**

बॉलीवुड की मशहूर कोरियोग्राफर सरोज खान का 71 साल की उम्र में निधन हो गया है। सांस लेने में शिकायत के बाद उन्हें अस्पताल में भर्ती कराया गया था। गुरुवार देर रात दिल का दौरा पड़ने की वजह से उनकी मौत हो गई। मीडिया रिपोर्ट के मुताबिक, सरोज खान को मुंबई के चारकोप कब्जिस्तान में सुनूर-ए-खाक किया गया। सरोज खान ने बॉलीवुड इंडस्ट्री में तीन साल का गैप लिया था। इसके बाद साल 2019 में उन्होंने फिल्म 'कलंक' से वापसी की। इसके साथ ही उन्होंने कंपनी रनौत की फिल्म 'मणिकर्णिका' में भी कोरियोग्राफी की है। सरोज खान ने आखिरी बार करण जोहर की कलंक के लिए तबबह से गंगा गीत को कोरियोग्राफ किया था, जिसमें माधुरी दीक्षित और अलिया भट्ट खी हैं। उन्हें तीन बार बेस्ट कोरियोग्राफी के लिए राष्ट्रीय फिल्म पुरस्कार भी दिया जा चुका है। सरोज खान ने कुछ फिल्मों में बतौर एक्टर भी काम किया है।



## राज्यपाल को बाल विज्ञान डॉक्यूमेंट भेंट, बच्चों का सर्वांगीण विकास आवश्यक : राज्यपाल



राज्यपाल श्री कलराज मिश्र ने कहा है कि राजस्थान में बच्चों के विकास के लिए बनाई गई योजनाओं के क्रियान्वयन को सुनिश्चित किया जाना आवश्यक है। उन्होंने कहा कि स्वस्थ एवं सुरक्षित बचपन ही ऊर्जावान व्यक्तित्व का निर्माण करता है। श्री मिश्र का मानना था कि बच्चों का सर्वांगीण विकास ही राष्ट्र के विकास का मूल आधार है। राज्यपाल श्री मिश्र को यहां राजभवन में मंगलवार को राजस्थान राज्य बाल अधिकार संरक्षण आयोग की अध्यक्ष श्रीमती संगीता बेनीवाल ने बालकों के विज्ञान मिशन का डॉक्यूमेंट भेंट किया। राज्यपाल श्री मिश्र को श्रीमती बेनीवाल ने बताया कि बाल आयोग बच्चों के प्रति अपने उदात्तवित्त्वों को निरन्तर निर्वहन कर रहा है। राजस्थान को बाल मित्र प्रदेश के रूप में पहचान स्थापित करने के लिए प्रदेश में बाल विकास की विभिन्न योजनाओं को संचालन किया जा रहा है। उन्होंने बताया कि आयोग बच्चों के सर्वांगीण विकास करने, बाल अधिकारों के उल्लंघन को रोकने और बच्चों को बाल अधिकारों से अवगत कराने के लिए निरन्तर प्रयास कर रहा है।

## राज्यपाल श्री कलराज मिश्र ने पौधारोपण कर मनाया जन्मदिन

राज्यपाल श्री कलराज मिश्र ने बुधवार को यहां राजभवन परिसर में बड और बिल्व का पौधा लगाकर अपना 79 वां जन्म दिवस मनाया। प्रदेश की प्रथम महिला श्रीमती सत्यवती मिश्र, राज्यपाल के पुत्र श्री अमित मिश्र और पौत्र श्री अक्षत मिश्र ने राज्यपाल श्री कलराज मिश्र के लगाने पौधों को सीधा। राज्यपाल ने सुबह राजभवन मंदिर में की पूजा- राज्यपाल श्री कलराज मिश्र ने आज प्रातः राजभवन स्थित शिव मंदिर में पूजा अर्चना कर प्रदेश की खुशहाली की कामना की। श्री मिश्र ने प्रातः गाय को चराने, शिलाया और मछो व अन्य पक्षियों को दाना डाला।



## मानवीय मूल्यों के आत्मसात से ही पैदा होगा आत्मविश्वास : राज्यपाल

राजस्थान के राज्य विश्वविद्यालयों के कुलाधिपति एवं राज्यपाल श्री कलराज मिश्र ने कहा है कि युवा देश के विकास का केन्द्र बिन्दु है। युवा पीढ़ी को राष्ट्र के विकास के लिए तैयार करना है। इसके लिए युवाओं को मानवीय मूल्यों की शिक्षा देना आवश्यक है। उन्होंने कहा कि मानवीय मूल्यों के आत्मसात से ही व्यक्ति में आत्मविश्वास पैदा होता है। श्री मिश्र का मानना था कि आत्मविश्वास ही कोरोना जैसी महामारी को मात दे सकता है। शिक्षा ने यदि किसी व्यक्ति के आत्मविश्वास को जगा दिया तो उस व्यक्ति को जीवन में हर कदम पर विजय हासिल होगी।



## डीग उपखंड अधिकारी को अनिच्छ भरतपुर ने दी भावभीनी विदाई



एक बीरगंजा, एक बेटी, एक मां और सबसे बड़कर एक बेहतरीन प्रशासक श्रीमती सुमन देवी जी, निफ्ट वर्तमान उपखंड अधिकारी, डीग आपकी जितनी भी प्रशंसा की जाए वह कम है. यूं तो जीवन में बहुत से लोग आते हैं जिन्से हम प्रभावित होते हैं, आकर्षित होते हैं मगर जीवन में कुछ चंद लोग ही ऐसे होते हैं जो अपने त्याग, समर्पण और कठोर परिश्रम से ना केवल दिलों दिमाग पर अमिट छाप छोड़ देते हैं बल्कि जीवन भर उनकी कार्यशैली हमारे लिए प्रेरणा का स्रोत बनी रहती है, आप उन चंद लोगों में से हैं. किसी ने साथ ही कहा है खरा सोना और कमल चाहे कितने ही अंधेरे या कीचड़ में रहे उनकी चमक और सुंदरता लोगों के समक्ष आ ही जाती है.

## श्री आर के गुप्ता बने पीएचडीसीसीआई राजस्थान समिति के क्षेत्रीय निदेशक

पीएचडी चैबर ऑफ कॉमर्स एंड इंडस्ट्री, राजस्थान समिति उद्योगों की वृद्धि और विकास के लिए कई वर्षों से राजस्थान में काम कर रहा है मुख्य रूप से एमएसएमई के क्षेत्र में। पीएचडी चैबर राजस्थान समिति लगातार एमएसएमई की समस्याओं को लेकर सरकार के साथ निरंतर जुड़ा रहता है और उद्योगों के विकास के लिए निरंतर कार्यक्रमों का आयोजन भी करता रहता है। पीएचडीसीसीआई राजस्थान समिति के अध्यक्ष श्री दिग्विजय डाबरिया ने बताया की राजस्थान समिति की गतिविधियों को और मजबूत करने के लिए श्री आर.के. गुप्ता को क्षेत्रीय निदेशक के रूप में नियुक्त किया है। श्री गुप्ता पूर्व में मुख्य महाप्रबंधक रीको और सीड्रेस के सीईओ के रूप में अपनी सेवाएं दे चुके हैं।

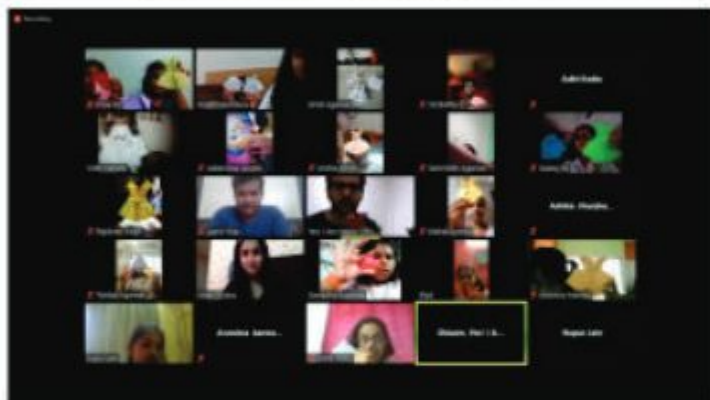


## खेती से युवाओं का मोह भंग ना होने दें -राज्यपाल

जयपुर, 26 जून। राज्यपाल एवं कुलाधिपति श्री कलराज मिश्र ने कहा है कि गांव उठेगा, तो देश उठेगा। उन्होंने कहा कि हमारी सोच खाद्य सुरक्षा के साथ किसान की आय को दोगुनी करने वाली भी होनी चाहिए। श्री मिश्र ने कहा कि कृषि में प्राकृतिक खेती के सिद्धान्तों को अपनाना। कृषि वैज्ञानिक किसानों की आय दोगुनी करने वाले शोध करें। राज्यपाल ने कहा कि यह देखने में आ रहा है कि खेती से युवाओं का मोह भंग हो रहा है। युवाओं को खेती की ओर आकर्षित करने के लिए कृषि एवं कृषि आधारित उद्यमों के लिए कौशल विकास के पाठ्यक्रम आरम्भ करने की आवश्यकता है साथ ही मानव मूल्यों की अवधारणा स्थापित किये जाने हेतु पाठ्यक्रमों में यथा स्थान परिवर्तन करना होगा ताकि युवा, उद्यमी बनने के साथ-साथ उच्च कोटि के कृषि वैज्ञानिक भी बन सकें।



## Project Kultura: Think Culture Foundation's step towards Youth Empowerment



Think Culture Foundation (TCF), an organization dedicated to promoting cross-cultural understanding among the youth, announced Project Kultura. The project aims to curate a set of culture-driven workshops for youth enrichment. In the times of crisis when Culture is fighting to stay relevant, TCF is targeting youth to inculcate cross-cultural understanding and celebrate culture through positive human interactions.

## Bicycle Rally conducted to create awareness regarding impact of recent draft EIA Notification 2020



Volunteers from Youth For Climate India and Fridays for Future Jaipur conducted a bicycle rally to create awareness among people regarding the impact of recent draft EIA 2020 notification published by Ministry of Environment and Forests and Climate Change on our forests and local people. The group followed physical distancing norms strictly. The rally started from Niwaru bypass covering major areas of Jhotwara, Khatipura and Jawahar circle.

## EIA Notification 2020 Public Demonstration by Fridays For Future , Jaipur

The future depends on the environment & the state of the environment in the future depends on how we treat it now. This is why Fridays for Future want to reach out to the public and spread the word – “We want climate justice with a change in system and lifestyle”. Fridays for Future Jaipur speak not only on behalf of the young generation and the billions of species that are going extinct. They also speak for the communities that get affected by Industrial and commercial projects. These indigenous communities rely heavily on their surroundings and know much more about the environment that we can imagine. The new EIA notification 2020 will exclude these communities from the decision-making process, and we feel that this is injustice.



## Paralysis due to lack of awareness - Successfully operated at Rukmani Birla Hospital, Jaipur



A 44-year-old woman resident of Churu district suffered upper back pain from lifting the bucket. She consulted a doctor took medicine. Then called for a masseur, which is a very common practice to get relief from pain, patient develop the weakness in both her legs. She was unable to walk and was bedridden. This undoubtedly was a great concern to the patient and her family who rushed the patient to Rukmini Birla Hospital, Jaipur and consulted to Dr. Anjani Kumar Sharma, Director, Neurosciences, who referred the patient to Dr. Krishan Hari Sharma for surgery after seen her investigations. Dr. Krishna Hari Sharma, Director - Neurosurgery Department, Rukmani Birla Hospital, Jaipur, said that the woman's MRI report showed that the disc in D2 - D3 (the backbone of the chest) was extruding and pressing on the spinal cord, causing weakness in her lower limbs. The woman successfully operated without any pressure on the Spinal Cord from the Lateral Approach by microscope very carefully. The skill and the precision of the neurosurgeon gave a quality life to the woman. She was extremely relieved, her pain has gone and she could walk again after 3-4 days.

## CUTS Launched Awareness Campaign on Good Hygienic Practices in Rajasthan

Jaipur's leading consumer organization CUTS International, as part of its Covid response activities, has launched a massive awareness campaign in the State. The campaign was formally launched today in Chittorgarh. CUTS will conduct several awareness activities in 11 districts of Rajasthan from July 1 to 15. As part of ongoing projects of CUTS, which is being implemented in various districts of the state, awareness activities related to the corona pandemic will be organized. These districts are Jaipur, Dausa, Sawai Madhopur, Bhilwara, Chittorgarh, Pratapgarh, Udaipur, Kota, Jhalawar, Jodhpur and Banswara. In addition to educating the target population through various means, sanitizing kits consisting of materials such as masks, sanitizers, soap etc. will also be distributed. The Hindustan Unilever had contributed 5000 soaps free of cost to be distributed to the participants of these awareness events. The purpose of the campaign is to educate people residing in villages, hamlets, mainly the rural population about good hygienic practices, physical distance maintaining habits, providing tips for safe food practices and other basic health tips.



## क्या स्वाद है राजनीति में : राजस्थान की राजनीति के ध्रुव बन रहे हैं सचिन पायलट...



चखना और खाना दोनों में थोड़ा फर्क है।

चखना मतलब थोड़ा खा लेना और खाना मतलब भरपूर स्वाद लेकर खाना। एक ही पार्टी के मनभेद और मतभेद यह बात रहे हैं किस-किस ने राजनीति को कितना चखा और कितना खाया है। कांग्रेस का युवा जोश यह लिखावट करता है कि पार्टी युवा वर्ग के टैलेंट को कट नहीं करती। कुछ माह पूर्व मध्य प्रदेश में ज्योतिरिंदिय सिंधिया ने पार्टी छोड़कर सभी को आश्चर्य में डाल दिया था और सभी की नजरें राजस्थान की राजनीति और सचिन पायलट पर थीं। वह दोनों युवा चेहरे अपने पिता की सोच और उनकी विरासत को आगे लेकर जाने वालों में से हैं जिन्होंने अपने पिता की छत्रछाया में पहले राजनीति को चखा और फिर खाया भी। पिता के चले जाने से बेदा परिपक्व होता है और वह पहले से ज्यादा समझने लगता है और जिम्मेदारी निभाने लगता है, इसमें कोई दो राय नहीं है, वरतों उसके अस्वपास का वातावरण उसके कंधों पर कितना विरवास कर पाता है। पुराणों में एक कथा आती है ध्रुव की कहानी जब सौतेली मां ने पिता को गोद में बैठने की इजाजत नहीं दी और ध्रुव बग़ावत कर इंस्वर की खोज में निकल पड़े थे सचिन के साथ भी ऐसा ही हुआ उनकी काबिलियत को दरकिनार किया गया वह जगज्जहिर है। सुगन्धुगाहट वह कहती है कारण यह भी रहा होगा कि भविष्य में राजा का बेदा ही राजा बने, लेकिन ऐसा जरूरी नहीं कि काबिलियत राजा जितानी ही हो क्योंकि जब तक संघर्ष नहीं किया होता व्यक्तित्व में निखार नहीं आता यह देखा जा सकता है। भविष्य की सोच और सलाह पर एकपिक्कर का भाव इस लड़ाई का मुख्य कारण है। मनुष्य का मोह उसका दोष बन जाता है और कभी-कभी इतिहास गवाह है सच्चे बग़ावत इंस्वर से भुलकत करवाती है और पुत्र मोह में महाभारत ही हूँ है। अरोप प्रत्यरोप जारी है, राजनीति में विषय से लिखावट आम बात है लेकिन राजस्थान में अभी कल्लेस रुढ़ ही दो दो हाथ है।

### AATMANIRBHAR BHARAT' IS THE AMBITIOUS THINKING OF THE MODI GOVERNMENT – Diya Kumari

Rajsamand MP, Diya Kumari, said that 'Aatmanirbhar Bharat' is a very ambitious thought of the Modi Government. This is expected to benefit micro, small and medium businesses, the most. Whether someone is doing business by sitting on the footpath or a micro-businessman selling fruits or vegetables on the hand cart, the Union Government has made adequate arrangements for employment for all. MP Diya Kumari said that loans up to Rs. 10,000 would be disbursed to street vendors under the 'Pradhan Mantri Street Vendors Aatmanirbhar Nidhi Yojana'. In which all types of registered street vendors, new and old, will benefit. On regular payment, 7 percent interest on the loan amount will be waived off. Cashback of up to Rs. 1200 in a year will be given to merchants making digital transactions.



## राजकुमारी दीया कुमारी ने भारतीय रिटल डेवलपमेंट यूनिवर्सिटी में चल रहे आत्मनिर्भर भारत से संबंधित प्रयासों को सराहा



राजसमंद से सांसद दीया कुमारी ने भारतीय रिटल डेवलपमेंट यूनिवर्सिटी (बीएसडीयू) के परिसर का दौरा किया और इस दौरान उन्हें विश्वविद्यालय में चल रहे 'आत्मनिर्भर भारत' से संबंधित प्रयासों को नजदीक से देखने का अवसर मिला। सांसद दीया कुमारी का यह दौरा ऐसे समय में हुआ जब विश्वविद्यालय की शैक्षणिक प्रक्रिया ऑनलाइन तक सीमित है और फिजिकल ट्रेनिंग को स्थगित किया गया है। दीया कुमारी ने विश्वविद्यालय के संकाय सदस्यों के साथ वर्तमान स्थिति पर चर्चा की और इस दौरान उन्होंने बीएसडीयू के कौशल विकास के जूनियर टी टाचे और प्रयोगशालाओं की प्रशंसा की। उन्होंने कहा कि वर्तमान महामारी ने कौशल उद्यम की प्रसंगिकता और इसके महत्व को और बढ़ा दिया है। इस दौरान दीया कुमारी ने कहा, 'किस्ती भी शिक्षा प्रणाली को वर्तमान दौर की वास्तविक आवश्यकताओं को समझते हुए अपने आप में बदलाव करना चाहिए, तबकि नए दौर के नए चलन में अपने आप को कायम रख जा सके। मौजूदा दौर में हमें अपने आपको कायम रखने और विकास की राह पर आगे बढ़ने के लिए कौशल के महत्व को समझना होगा, क्योंकि इस समय न केवल हमारे देश को, बल्कि पूरे दुनिया को कोरोना वायरस के कारण अनेक वास्तविक चुनौतियों का सामना करना पड़ रहा है।'

### \*VIDEOMEET ROLLS OUT NEW FEATURE- LIVE STREAMING VIA YOUTUBE & FACEBOOK\*



VideoMeet, a Made in India Video Conferencing Application, has announced the introduction of a new

feature of Live Streaming webinars on Facebook and Youtube. This integration came as a result of a growing user base and feedback. The webinars once shared on social media platforms help the organizer garner higher views and shares.

Dr. Ajay Data, Founder and CEO, Data Ingenious Global Ltd, the parent company for VideoMeet said, "Live Streaming is a popular and efficient tool for the promotion of webinars, and therefore it was integrated for our users. We are constantly improving our software. Our unique framework helps the user regulate their data consumption, unlike other virtual conferencing platforms."

VideoMeet has been progressing and serving lakhs of conference / webinar minutes every day. The organisation is based in Jaipur, Rajasthan, but plans to expand Pan India with priority touchpoints in four states -- Maharashtra, Gujarat, Tamil Nadu and West Bengal for uninterrupted video calling service to their users.

VideoMeet was developed as an invitation to the Ministry of Electronics and IT's Made in India Video Conferencing Challenge. The application was one of the top ten contenders and has received great appreciation from the officials. The competition by the Government of India was aimed to seek out an alternative to foreign applications.

The platform promises full data security and complete privacy to every user with its end-to-end encryption. Some of the other unique features of the application are screen recording, screen share, music share, flip cameras, chat during video calls, etc.

## बॉलीवुड सिंगर जुबेर हाशमी का नया गाना हुआ रिलीज



पु रतुब के म्जिक गेदम पैल पर सिंगर जुबेर हाशमी का सुधी गान धरक रे हुअ रिलीज हे, जिसकी लोकप्रियता कलते ज रहि हे । सुलानपुर मे जमे जुबेर हाशमी जब 7-8 साल के ही थे, तब से ही जुबेर ने अपने पिता उस्ताद मोहम्मद कसीम हाशमी सोब से गायकी के गुर सीखन शुरु कर दिख था, फिर अन्धे शरबीब संगीतकार थे । कल के साथ संगीत के अंदाज ने कबकत ले हे म्ज ले चले सत हे लेकिन रिलीटी गोज में कलसिकल म्जिक की अनेका वेस्टर्न म्जिक को ज्यादा प्रार्थिकता दी जाने लगी हे । कलसिकल म्जिक सीखना बहुत जरुरी हे, लेकिन आज के दौर में लेग वेस्टर्न हे सुनना चाहते हे। रिलीटी रो में जाने का सपना देखने वाले लोगों के लिए जुबेर का कहना हे कि अगर आपने टैलेंट हे, तो कल वेल्थ कर के आज क्या तक जरूर पहुँच सकते हे योरो का धारन बहुत अल्प भूमिका निभाते हे हमने।

## RAMBAGH PALACE, JAIPUR HONORED AMONGST THE 'TOP 100 HOTELS IN THE WORLD'

With a rich history dating back to 1835, Rambagh Palace, Jaipur has ranked in the 'Top 100 Hotels in the World' category in the World's Best Awards survey by Traveler & Leisure awards 2020. The palatial and iconic hotel of Jaipur has also featured in the 'Top 15 Hotels in Asia' category at & 'Top 5 Resort Hotels in India'. Travel + Leisure World's Best Award Survey is a renowned benchmark of excellence for travel and hospitality companies globally. This award is also proof of the global recognition that Indian hospitality enjoys, and the limitless potential of the travel and tourism industry in India seeking out meaningful travel experiences of the highest caliber. General Manager, Rambagh Palace, Mr. Ashok S. Rathore said, "It is indeed a matter of great pride for the hotel to be featured in the best hotels in the country, continent as well the world by the prestigious Travel + Leisure Awards 2020. It is an absolute honor and a true testament to the efforts and dedication of the team over the years, which make Rambagh Palace amongst the Best Hotels in the world. I would also like to thank all our guests who made this possible."



## BSDU to Celebrate Skill Carnival on the occasion of World Skill Day on 15th July, 2020

Bhartiya Skill Development University Jaipur, celebrates a Skill Carnival on the occasion of World Skill Day on 15th July 2020 with the theme 'Kushal Yuva ke Liye Kaushal'. This week long Skill Carnival is being organized to promote the power of skills and spread awareness about skill development and technical vocational education. The carnival is kicked off from July 12 and will end on July 18. Over 1 lakh participants are expected to register under this Skill Carnival extravaganza event. During a week programs such as Webinar on Future Skills, Skill Workshops, Online Skill Quiz, and a Carrier Guidance Session are going to be organized.



## World Youth Skills Day-दिव्यांगों के लिए बेहतर है न्यू नॉर्मल !

वर्तमान परिदृश्य में अगर हम देखें, तो यह स्पष्ट हो जाता है कि शारीरिक चुनौतियों के साथ-साथ जरूरी इन्फ्रास्ट्रक्चर की कमी के कारण साक्षरता के मामले में दिव्यांग हमेशा पीछे रहते हैं। 2011 की जनगणना के आंकड़ों के अनुसार लड़कियों की तुलना में 5 से 19 साल की उम्र के बीच 57 प्रतिशत दिव्यांग लड़कें स्कूलों में जा रहे हैं। 57 प्रतिशत दिव्यांग लड़कों में से सिर्फ 9 प्रतिशत लड़कों ने स्नातक स्तर की डिग्री हासिल की है, भले ही 38 प्रतिशत बच्चे पर्याप्त रूप से शिक्षित थे। प्रशांत अग्रवाल, नारायण सेवा संस्थान के अध्यक्ष ने कहा कि लगभग 55 फीसदी दिव्यांग महिलाएं अशिक्षित हैं। सिर्फ 9 प्रतिशत दिव्यांग महिलाओं ने अब तक तक मेट्रिक/माध्यमिक शिक्षा प्राप्त की है और वे स्नातक नहीं हैं। केवल 7.7 प्रतिशत दिव्यांग महिलाओं ने स्नातक की उपाधि हासिल की है। इसलिए स्कूल से संबंधित कई कार्यक्रमों जैसे नारायण सिलाई सेंटर, कंप्यूटर ट्रेनिंग, मोबाइल रिपैरिंग के मुफ्त में प्रशिक्षण दे रहे हैं।



## Jaipur-based entrepreneur duo Gulshan and Rahul listed in Forbes 2020



The talent of Jaipur today is waving the glory of skill in every field. Two young entrepreneurs of the city, Gulshan Sharma and Rahul Shankar Bharadwaj have also been named in this episode. Wherein this successful Jodi has recently been included in 'Forbes, 30 Under 30 Asia List 2020'. Gulshan and Rahul, the founders of the well-known brand Falhari, have emerged as an example for the new generation. Entrepreneur duo Gulshan Sharma and Rahul Shankar Bharadwaj, who reached the stage of success with their struggle, said that "many brands have been promoting junk food in the market, but none promote fruit consumption. Given this, the main objective of our brand started in 2015 was to inspire people for a healthy diet and fruit consumption. Our vision by 2022 is to set a target of reaching the billion-dollar growth."



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प्रसन्न कविता कृष्ण, 309, सी एन, 20, अरुणो रोड, लीकनवुड, नई दिल्ली - 110 002, फोन 989688, 2019, पृ. 241, खिन्न, कृष्ण ₹ 650.00

साधारणज्योति की उभाधारण आत्म-कथा

राजस्वज कविता कृष्ण सेक के सेक निजुल प्राध्यापक, कवि एवम अलोचक सत्यनारायण व्यास इस आत्मकथा के प्रारम्भ में ही लिखते हैं, अपना मेरे जीवन का पहला अक्षर था, इसे अपना मे सेकिंगरी के सरे पक्ष मुझे उपाक हुए (पृ. 11), और यह अक्षर जैसे उनके साथ ही चलता-रहता है जम कुण्डली में मेरे जम-काल को 'चमत्कृत' कहा गए, जबकि कथेंस बरस का जन्मपट्टु है जति तक मैंने 'पलट्ट' के अक्षर कुण्ड नहीं देखे, (पृ. 11) डॉ व्यास अपने जीवन के ऐसे अनेक सृष्टिक प्रसंग अपने सखा करते हैं जे भले ही हमारे लिए अनजान न हो, हमारे अर्थों नम कर देते हैं, गुण के सख्त में प्रारम्भिक लिख प्रार लने के बादवे मसखुई में पजे के लिए भीलकाइ 'चुंभुते हैं और कहते हैं, मेरे जीवनका असली संरक्षण यही से प्रारम्भ होता है, जब तक हमरेगुण में का, सख मोर्क माने समझ रहा था, अब जब मैं घर-गंव और मां से जुड़े खुले कमरे में आ रहा हूं तो मुझे अपने काली खुद ही खेतनी है और खेतनी है, (पृ. 75) लेखक को जीवन प्राक पहली खती है, कविता प्रखर के काम करता है, अपने पक्ष जे सखत है, खती नैकडे प्रत करता है, अपन पीका करता है, पर करता है और जेमे खोई भी मयमवर्षी भारतीय अपने जिंदगी जोत है, का भी खेत है, जीवन संरक्ष है कि खुम होने के नाम ही नहीं लेते हैं और इन्ही के खेप में निर्माण होता है लेखक सत्यनारायण व्यास का, लेखक के जीवनका अकिरकाइ भग मेवाह में गुवरा है, खी उमका जम हुआ, कथन खेत, तो यह खुल स्वकिक है कि पुस्तक में जगह-जगह मेवाहों केनी का सैदण खलक उठ है, एक तरफ उसके केंद्र के क्रम में संस्कृति का भाव और दूसरी तरफ स्मृति के अंजन के क्रम में मेवाहों का उठान देने का मत एक जगह-स रव देक है और इस जगह को पकन ही मसखुकिता जा सकता है, इसकिताव को पहल खुद से मिलने जैसा अनुभव देक है.



## आरंभिक भारतीय

टोनी जोसेफ

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हिन्दुस्तान में आधुनिक इंसानों के आगमन की रोचक कथा टोनी जोसेफ की 'आरंभिक भारतीय' उनका बहुत चर्चित अंग्रेजी किताब Early Indians का हिंदी अनुवाद है. किताब की भूमिका आपको ऐसे बंधनी है कि आप इसके सम्मोहन से निकल ही नहीं पाते हैं. भूमिका का पहला पैरा यह है चीजें प्रायः जैसी नहीं होती, जैसी वे दिखाई देती हैं. अपने अद्ययन-कथ में किसी आरम्भिक कृमी पर बैठकर यह वाक्य पहले हुए सम्भव है आप स्वयं को स्थिर मानकर चल रहे हों, लेकिन वास्तव में ऐसा ही नहीं, क्योंकि जिस आकलन का आप शिखा हैं, वह अंतरिक्ष में 21 लाख किलोमीटर प्रति घण्टा की रफ्तार से गतिशील है. और यहां हम पृथ्वी के अपनी घूर्णी पर घूमने (भूमध्यरेखा पर 1600 किलोमीटर प्रति घण्टा और ध्रुवों पर शून्य), उसके सूर्य की परिक्रम करने (107,000 किलो मीटर प्रति घण्टा), और आकलन (मिली-से) नामक तारक पुंज (गैलेक्सी) के चारों ओर सूर्य की परिक्रम (792,000 किलो मीटर प्रति घण्टा) के प्रभावों पर विचार नहीं कर रहे हैं. टोनी जोसेफ की यह किताब प्रगतिवाद (प्रिग्रेडि) के बारे में है और बहुत रोचक एवम प्रामाणिक रूप से यह बताती है कि किस तरह और कब हिन्दुस्तान में आधुनिक इंसानों (होमो सेपियंस) का आगमन हुआ, वे हमारे लिए कौन-से साक्ष्य छोड़ गए, आज उनके बहास कौन हैं, वे कौन लोग हैं जो उनके बाद इस देश में प्रवासियों को छोड़ गए, आज उनके बहास कौन हैं...अदि, सदन सोनी का अनुवाद इतना सहज और प्रवाह पूर्ण है कि लगता ही नहीं कि यह अनुवाद है!

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नारी की जय गाथा

श्रेमती वीना चौहान का नाम जयपुर के सहित्य जगत में सुप्रसिद्ध है. उनका एक उपन्यास 'नारी कभी ना हारी' कुछ बरस पहले प्रकाशित होकर खुब चर्चित हो चुका है. अब उसी उपन्यास के साथ दूसरा खण्ड और जोड़कर तब कुछ अन्य प्रासंगिक सामग्री संलग्न करते हुए वीना जी ने यह पुस्तक हम पाठकों को सौंपी है. उपन्यास के पूर्वादर्श में दो महिलाओं कुसुम व मुरहीला को केंद्र में रखकर आज की मध्यमवर्गीय स्त्री के जीवन संघर्ष की कथा को प्रस्तुत किया गया है. इस कथा की खास बात यह है कि हालांकि यह कथार्थ की कठोर पहली पर अवस्थित है. इसका मूल स्वर आत्मदर्श का न होकर संघर्ष और चुनौतियों का सामना करने का है. यही बात इस कथा के शीर्षक से भी अभिव्यक्त होती है. इस कथा-सृष्टि में नवीनता यह है कि यहां विवाहों की मुक्त आवाजगोरी है और आत्मकथा, संस्मरण, रेखाचित्र, चतक सब एक दूसरे में घुसे-मिले हुए हैं. इस सम्मिश्रण से कथा का स्वाद कई गुण बढ़ गया है. पुस्तक के उत्तरार्द्ध शीर्षक दूसरे खण्ड में पहले खण्ड वाली कथा से आगे बढ़ती ही है लेकिनक ने उनमें अपनी गाथाओं के स्पष्ट विवरण तब अपने सांख्यिक सेवकों का विवरण देकर इसे और अधिक सार्थक एवम उपयोगी बना दिया है. मेरा सुझाव है कि लेखिका को अपने गाथा मुवांत्त अलग से और विस्तार से लिखने पर गम्भीरता से विचार करना चाहिए, इस पुस्तक के लिए उन्हें बधाई!

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'बनास जन' का यह अंक अपने सामग्री वैविध्य और उसकी विपुलता के कारण चर्चित करता है. अंक का प्रारम्भ होता है स्वयं प्रकाश, विरारिज किरोर, विमल मित्र और अभिनेत इरचयन खान पर लिखे प्रकाश-असम्प वजाहत, ए. अरविंदकन, राखीत सहा और वरुण शीष के लेखों से और फिर सुधा अरोड, प्रियदर्शन, नूर जलौर जैसे वरिष्ठ व सुप्रसिद्धियों के साथ कई अन्य की उन्नत कविताएं, अनेक कविताएं और कथेतर की बहुत सारी रचनाएं. हर चर की तरह सख प्रकाशित पुस्तकों पर गम्भीर समीक्षाएं और इस चर विशेष रूप से अनभिन्न के उपन्यास 'आठवसाज' पर केंद्रित एक अलग खण्ड. और भी काफी कुछ विषयस नहीं होता कि किसी पत्रिका के एक अंक में इतना कुछ समेटा जा सकता है! लेकिन अंक हमारे हाथों में है. हा, इस चर कोरिज संकट के कारण यह अंक छाप से अपने पाठकों तक नहीं पहुंचाया जा सका है. इसे सॉफ्ट कपी के रूप में ऑनलाइन से ही खरीदा जा सकता. इस सन्दर्भ अंक के लिए सम्पादक पावल को बहुत बहुत बधाई!

## PayPay Jumbo at Your Local Stores" to Launch in August.



PayPay Corporation, a joint venture between Softbank Group Corp., Softbank Corp. and Yahoo Japan Corporation, will be hosting the "PayPay Jumbo at your local stores" campaign at eligible stores nationwide from August 3 ~ 31, 2020. By paying with cashless payment service "PayPay" (\*1), users can enter into a lottery to win PayPay Bonus (\*2) (maximum grant limit: 100,000 yen) of up to 10 times the payment amount (1,000%) with luck!

## ALTBalaji and Pay Point India join hands for deeper OTT penetration

Intending to deepen existing market presence and penetrate new markets, ALTBalaji and PayPoint India have entered into a strategic partnership. This initiative is primarily for the rural and semi-rural markets with a set of viewers who require digital-assistance and offline subscription payment options. With PayPoint's 45,000 plus tech-enabled retailers across India wherein more than 80 percent of its customers are spread across in rural and semi-rural markets, the partnership helps ALTBalaji acquire untapped customers by making content more accessible. For the ALTBalaji fans, the PayPoint offline stores provide seamless assistance for activation as well, along with paying for subscription and renewals in cash and access the program at the convenience of their homes.

## Mother's Recipe awakens the memory of Street Style chaats: Launches a Pani Puri Chutney mix



Rainy season is here and so is the craving for chaat and Pani Puri! And with the rains, Indians loves snacking on street food and savour the delicious chutneys served with it. However, often these tasty chutneys are not made in a hygienic way, causing severe health issues. And now with the lockdown where all of us are forced to stay at home and unable to step out to relish the street delicacies, to cater to that Mother's Recipe has launched its special Pani puri mix in its popular range of street-style chutneys available in all-new attractive and convenient spout pack. Chutney is an important aspect of a chaat, Mother's Recipe has specifically curated this special mix, which will remind you of your favourite street hawkers. This Pani puri mix works as a time saving trick too, all one need to do is mix 4 table spoon (50g) of Mother's Recipe Panipuri Mix Paste in 450ml of chilled water. Dunk the puris filled with mashed boiled potatoes and Sprouts or Boondi in the water and enjoy. Tastes best with Mother's Recipe Tamarind Date Chutney that adds the sweetness.

## Jyothy Labs launches #Vocal for Local campaign supporting Aatmanirbhar Bharat

Jyothy Labs Limited (JLL), one of the leading Indian FMCG companies launched a brand new television campaign today in support of the #VocalforLocal appeal made by the Honourable Prime Minister Shri Narendra Modi. The film narrates the journey of the company's legacy since 1983 through a beautifully scripted song that describes the ethos and values of the company.



## India Online Poker Championship (IOPC) season 2 kicks off with a grand opening day

The much-awaited online poker tournament of the year, India Online Poker Championship (IOPC) 2020, is finally underway and has gotten off to flying start with a total GTD of 76 lakhs on the opening day. The thrilling two weeklong journey will run from July 09 to July 26, 2020 and host 113 tournaments with buy-ins starting from INR



550 to INR 1.05 Lakh. This season, Spartan Poker is creating history by awarding a luxurious 'crown' to the most skillful poker player with a whopping 25 Crores prize pool. The extremely precious, 18K Pure Gold Crown is beautifully studded with VVS-VS Diamonds & other gemstones. The best poker player who wins the Main Event will be entitled the IOPC 2020 champion and be rewarded with a majestic crown.

## NTPC signs MoU with IOCL & SDMC for development Waste to Energy (WtE) Pilot Plant at Okhla Landfill Site utilising Municipal Solid Waste (MSW)

India's largest power generator NTPC Limited and Indian Oil Corporation Limited (IOCL) signed a bi-partite MoU and a tri-partite MoU amongst NTPC, IOCL and South Delhi Municipal Corporation (SDMC) has been signed at Delhi for "Development of Waste to Energy (WtE) facility at Okhla Landfill site" in the august presence of Shri Dharmendra Pradhan, Hon'ble Minister of Petroleum & Natural Gas and Steel, Shri R.K. Singh, Hon'ble Minister of State (IC) for Power and New & Renewable Energy & Minister of State (Skill Development and Entrepreneurship) and Shri Anil Bajaj, Hon'ble Lieutenant Governor of Delhi.



## JK Super Cement Pays Tribute to Construction Workers through its Campaign #YehPuccaHai

JK Super Cement, the Cement manufacturing brand has recently launched the campaign #YehPuccaHai to pay homage to our construction workers. The #YehPuccaHai campaign recognizes the strength, contribution and the hard work of millions of construction workers, who cement the strength into India's infrastructure. The campaign has taken the internet by storm, garnering over 1.5 million YouTube views and 25.5 million



## RENAULT INDIA ANNOUNCES 3,50,000 SALES MILESTONE ON KWID WITH ADDITION OF NEW 'RXL' VARIANT TO THE 1.0L OFFERING MAKING IT EVEN MORE ACCESSIBLE FOR CUSTOMERS

Renault India announced that its flagship offering KWID is now even more accessible for customers, with the launch of the new RXL variant launched with a BS6 compliant 1.0L powertrain in MT and AMT versions. The new RXL variant will be very competitively priced, at INR 4.16 lakhs for the MT and INR 4.48 lakhs for the AMT version. Renault also shared that KWID has crossed the landmark 3.5-lakh sales milestone in India, and continues to be a major disruptor in India's mini-car segment. Built on the attributes of being Attractive, Innovative and Affordable, KWID is a volume-driver for Renault India.



## Honda introduces all new LivoBSVI -Equipped with Latest Technology, Urban Style and New Value



Taking another step towards a greener future and taking #AQuietRevolution forward, Honda Motorcycle & Scooter India Pvt. Ltd. today launched its stylish 110cc motorcycle, the all new Livo BSVI.

## Honda launches advanced, sporty & stylish new X-Blade BSVI

Extending its portfolio in 160cc motorcycle segment further, Honda Motorcycle and Scooter India Pvt Ltd. today unveiled the new X-Blade BSVI. Introducing X-Blade BSVI, Mr. Yadvinder Singh Guleria, Director - Sales & Marketing, Honda Motorcycle & Scooter India Pvt. Ltd. said, "The new X-Blade BSVI is inspired by the dreams of success oriented young enthusiasts. The generation which aspires to 'Look Beyond' will find it hard to resist Honda's globally acclaimed superior technology, new features like dualpetal disc brakes with ABS, Engine Stop Switch and new dynamic stripe design of the new X-Blade BSVI."



## Force Motors commissioned 1000 New Traveller Ambulances to fight against Covid



In view of the surge in cases anticipated with the easing of the lockdown, state governments and local administrations are going all out to strengthen Health Care Infrastructure in their jurisdiction. Force Motors the Pune based auto major is one of the few companies that has developed in house capability to manufacture and supply full range of ambulances that are ready to use from day one and also comply with all the provisions of the recently introduced National Ambulance Code.

## Navnit Motors hosts India's largest BMW Premium Selection facility in Bengaluru.



BMW Group India announced the opening of its new BMW Premium Selection (BPS) facility in Bengaluru. The largest BPS facility in India is hosted by Navnit Motors and will display a wide range of pre-owned BMW vehicles. The facility is located at No. 40/66, Sonnappa Halli Bethahalasoor Post, New Airport Road, Bengaluru, Karnataka 562157. The facility is headed by Mr. Sharad Kachalia, Dealer Principal, Navnit Motors. Navnit Motors also represents BMW India with sales and service outlets in Bengaluru, Mangalore and Mumbai.

## Kia Motors India becomes the leader in connected Cars with 50,000 active cars on road



Kia Motors India, a wholly owned subsidiary of Kia Motors Corporation has recently surpassed the landmark figure of 50,000 activated connected cars on road which includes the bold and dynamic Kia Seltos along with the premium and extravagant Kia Carnival. Kia Motors India is the only manufacturer to secure this feat within just over 10 months of its first product launch in the country. Commenting on the achievement, Mr. Kookhyun Shim, MD & CEO, Kia Motors India said, "We have attained this landmark figure due to our strong determination and continuous efforts to bring innovation and next-gen technology to our customers. At Kia Motors India, we are committed to meet new consumer demands and fill the gap in what's offered to them."

## Ampere acquires 74% stake in E-Rickshaw Company Bestway

Ampere Vehicles, a wholly-owned electric mobility subsidiary of Greaves Cotton Ltd., today announced the acquisition of Noidabased E-3Wheeler company Bestway Agencies Pvt. Ltd. (BAPL) which sells E-Rickshaws under the popular ELE brand with 74% stake in the company, subject to customary closing conditions. Through this acquisition, Ampere (e-mobility arm of Greaves Cotton) will expand its presence in the fast disrupting E-Rickshaw segment to become an integrated last mile E-Mobility player with strong presence in both E-2W and E-3W.





**मेष**  
13 अप्रैल से 14 मई

जल्दी लाभ कमाने के चक्कर में फलत खोजना में निवेश करने की संभावना है, सावधानी से काम ले। अध्यात्मिकता व धार्मिक कर्तव्यों में रुचि बढ़ेगी। धोखे मारना यातपीत से सुलझे। दिनांक 15 से 17 दुर्घटना का भय है, सावधानी बरते। राशि में दूध पीना बंद करने से शुभ फलों में वृद्धि होगी। शुभ अंक: 1 व शुभ रंग लाल



**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 आपकी पराजय करने की योजनाएं बनावें पर आपकी मजबूत बूझ से काम बन जायेगा। दिनांक 10 से 12 सावधानी रखे, घनाहर्नि हो सकती है। साँप की दूध पिलाने से शुभ फलों में वृद्धि होगी। शुभ अंक 5 व शुभ रंग नीला।



**मिथुन**  
15 जून से 15 जुलाई

युवाओं को उच्च अध्ययन में सफलता मिलेगी। निर्धारित कार्यक्रम बहाल हो सकता है। व्यापारिक सौदे कलेक्टरी विस्तार में सहायक सिद्ध होंगे। कलेक्टरी विस्तार की इच्छा बनेगी। रिक्तों में पशुपाला बढ़ेगी। दिनांक 3 से 5 व्यर्थ के विवाद में उपजने की संभावना है, सावधानी बरते। पत्नी का मान रखने से शुभ फलों में वृद्धि होगी। शुभ अंक 6 व शुभ रंग सफेद



**कर्क**  
16 जुलाई से 16 अगस्त

परिवारिक जरूरतों पूरी करना मुश्किल होगा। नया काम शुरू कर सकते हैं। बढ़ते खर्च के कारण कर्ष संसा पट सकता है। पशुपालना 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 केष पर अंकुश रखें। लाल रंग के फूल जर्मन में टकने से शुभ फलों में वृद्धि होगी। शुभ अंक: 1 व शुभ रंग क्रीम



**सिंह**  
17 अगस्त से 16 सितंबर

वैभव कियमितता पर खर्च बढ़ेगा। परिवारिक रिश्ते ईमानदारी से निभाएंगे। बिसे प्यारो है उसे दिल की बात कह दे, संभव मजबूत होगे। दिनांक 10 से 13 खया होने की संभावना है जो सफल होगे। सितर में नतिवत एन करने से शुभ फलों में वृद्धि होगी। शुभ अंक 3 व शुभ रंग लाल



**कन्या**  
17 सितंबर से 16 अक्टूबर

अपीनस्थों से बनाकर चलने, उपजने का भय है। करीबीयों यात्र से लाभ संभव है। चुनौतियों का डटकर सामना करेंगे। मजबूत चाही से सबका दिल जीत लें। अब के सौते बढ़ेंगे। दिनांक 19 से 21 आक्रामिक बन लख हो सकता है। रसों में वैदिक भोजन करने से शुभ फलों में वृद्धि की संभावना है। शुभ अंक 6 व शुभ रंग हरा।



**तुला**  
17 अक्टूबर से 13 नवंबर

मेहमान के आगमन से घर का वातावरण खुशनुमा रहेगा। सामान्य सुख में वृद्धि होगी। कठोर रवैये से अपने का दिल टुटता बढ़ेगी। स्वास्थ्य पर ध्यान देने की आवश्यकता है। दिनांक 20 से 22 शोअरों में हर्नि होने की संभावना है, सावधानी बरते। चाही की जेब खोले अपने पास रखने से शुभ फलों में वृद्धि होगी। शुभ अंक 5 व शुभ रंग सफेद



**वृश्चिक**  
14 नवंबर से 14 दिसंबर

नए संबंधों का लाभ मिलेगा। विरोधी नुकसान पहुँचाने की कोशिश करेंगे। कार्यस्थल पर चुनौतियों का सामना करना पट सकता है। लेन देन में नुकसान होने की संभावना है सावधानी बरते। दिनांक 5 से 7 सतान पध से लाभ हो सकता है। हलदी का तिलक प्रतिदिन लखने से शुभ फलों में वृद्धि होगी। शुभ अंक 9 व शुभ रंग लाल



**धनु**  
15 दिसंबर से 13 जनवरी

अधिक स्थिति सुदृढ़ होने से धूम धवन और गहन छात्रोदे का योग बन रहे हैं। नए सौकर बनेगे जो भाग्योदय में सहायक होंगे। कार्यस्थल में विस्तार की पूरी संभावना है। दिनांक 2 से 4 मानसिक पिडा रहेंगे एवं परिश्रमानुकूल फल प्राप्त होने से छिपका रहेगी। पीसल की सेवा करने से शुभ फलों में वृद्धि होगी। शुभ अंक 1 व शुभ रंग पीला



**मकर**  
14 जनवरी से 13 फरवरी

समय पर वादा पूरा नहीं हो पाने से अप्ठरन का भय है। सपनों की सहाय करने का उचित समय है। राजकीय कार्य और पदोर्धि संभव है। विदेश यात्रा होने की संभावना है। दिनांक 20 से 22 सिर में घोट लगने की संभावना है, सावधानी बरते। बुद्ध सोने का खया धारण करने से शुभ फलों में वृद्धि होगी। शुभ अंक 8 व शुभ रंग काला



**कुंभ**  
14 फरवरी से 13 मार्च

मेहनत के बल पर महत्वपूर्ण सफलता मिलेगी। व्यक्तिगत मामलों में बहारी टुटल से बचे। लेखन कला में जुटे लोगों को सम्मान मिलने की संभावना है। दिनांक 23 से 25 बटुपत्र का शिकार होने की संभावना है, सावधानी रखें। काले उडद का धन करने से शुभ फलों में वृद्धि होगी। शुभ अंक 4 व शुभ रंग हरा।



**मीन**  
14 मार्च से 12 अप्रैल

स्वास्थ्य की अनदेखी से फुलने बीमारी के बढ़ने की संभावना है। नए पहलें हुए भी समझीता करन पडेगा। नौकरों में पदोर्धि के आसर है। विरोधी परेने का प्रयास करेंगे चाही पर नियंत्रण रखें। दिनांक 10 से 15 कोई अटक हुआ पुराना काम हो सकता है। 300 ग्राम चने की रात 3 दिन वादे पाने में बहाने से विवाद काम बनेंगे। शुभ अंक 1 व शुभ रंग पीला



# राशिफल जुलाई 2020



**डॉ. पूजा पुरोहित**  
8107629864  
purohitastro@gmail.com

**SIMPLY ASTRO**  
For Astro Consultancy, please fill this form and call 8107629864 for appointment

Name: \_\_\_\_\_  
Mobile: \_\_\_\_\_  
E-mail: \_\_\_\_\_

नोट : यह फलपत्रों मूल्य कावर्षीय मात्र है, शुभ फलपत्रों के लिए अन्य शुभकी से विचारण करिए।



# इंटरनेशनल जैन एण्ड वैश्य ऑर्गनाइजेशन

समस्याओं के निदान का आखिरी पड़ाव



**पदम चंद जैन** संस्थापक सचिव

जय जय जय जय जय जय जय जय  
जय जय जय जय जय जय जय जय  
संस्थापक सचिव  
उपस्थानी संस्थापक सचिव  
**पदम चंद जैन**  
संस्थापक सचिव जय जय जय जय जय  
F.C.P. जैन (JITO)

हमारी विशेषताएँ,  
जो बनाती हैं  
हमें सबसे अलग  
कुछ खास और  
विश्वसनीय

**7000**

से ऊपर रिश्ते  
कराने का कीर्तिमान

## जैन एवं वैश्य समाज के लिए मंगल परिणय की सौगात

**Founder Chief Patron (F.C.P.)**  
Jain International TRADE  
Organisation (JITO)  
**CMD :**  
Manidhari Jain Jewellers  
**CHAIRMAN :**  
Oswal Matrimonial  
International Jain & Vaishya  
World Famous Marriage Consultant

हमारे यहाँ एम.बी.ए., सी.ए., इंजीनियरिंग एवं सभी तरह के प्रोफेशनल लड़के-लड़कियों के वैवाहिक बायोडेटा उपलब्ध है। अच्छे व्यापारिक घरानों के लड़के-लड़कियों के वैवाहिक डेटाबेस उपलब्ध है। 21 वर्ष से 50 वर्ष की उम्र तक के एवं तलाकशुदा-विधवा, युवक-युवतियों के डेटाबेस उपलब्ध हैं।

### Former Office Bearer :

All India Vice President (Vaishya Maha Sammelan)  
Member Carpart (Rural Development Ministry of India)  
Member (Monitoring Vigilance Committee (RAJ))  
Member (Mahaveer International)  
Life Member (Cancer Relief Society, Jaipur)  
Executive Member (R.C.C.I.)  
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**E-mail :** neerapadamjain@gmail.com  
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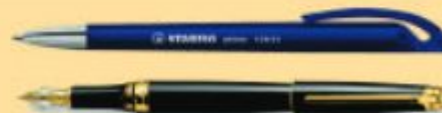
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