







जय श्री राम

## यमलला प्राण प्रतिष्ठा की बधाई

अयोध्या में दिव्य राम मंदिर का निर्माण त्याग, मर्यादा और सनातन संस्कृति के साथ सम्पूर्ण विश्व को राम राज्य के पथ पर चलने की प्रेरणा देगा

परम अक्षिपीठ घटना विधान द्वारा

## साध्वी क्रतुंभरा और दाम जन्म भूमि आन्दोलन

संविद् गुरु कुलभूमि वालिका सैनिक स्कूल वृन्दावन की 400 छात्राओं द्वारा सजीव प्रस्तुति एवं

## पूज्य दीदी माँ साध्वी क्रतुंभरा जी के आर्थीर्वचन

शनिवार 27 जनवरी 2024 - सांय 4 बजे से

महाराजा अग्रसेन ऑडिटोरियम, अग्रवाल पी. जी. कॉलेज, जयपुर

संपर्क सूत्र : +91 92140 07205 | +91 87660 66090 | +91 98284 54054

\*प्रवेश केवल पास के द्वारा

मुख्य अतिथि

माननीय श्री भजनलाल शर्मा  
मुख्यमंत्री, राज. सरकारमाननीय दीया कुमारी  
उप मुख्यमंत्री, राज. सरकारमाननीय श्री (डॉ.) प्रेमचंद बैरेया  
उप मुख्यमंत्री, राज. सरकार

विशिष्ट अतिथि

माननीय जोयाराम कुमार  
केविनेट मंत्री, राज. सरकारमाननीय रामचरण बोहरा  
सांसद, जयपुरमाननीय कालीचरण सराफ  
विधायक, मालवीय नगर, जयपुरमाननीय बालमुकुन्दराय  
विधायक, हवामहल, जयपुरमाननीय गोपाल शर्मा  
विधायक, सिविल लाइन्स, जयपुर

## स्वागत समिति

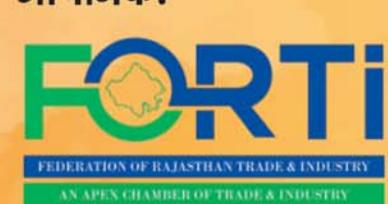
सुरेश अग्रवाल  
अध्यक्ष, श्री अग्रवाल शिक्षा समिति  
एवं फोर्टी (गंगानगर मोटर्स)आई. सी. अग्रवाल  
जीनस ग्रुपसुरेश पोद्दार  
मर्यूर यूनिकोर्स लिमिटेडसुरजाराम मील  
ट्रेयल एन्ड ईंडरेंससंजय अग्रवाल  
AU Bankपी.डी. गोयल  
मार्गदर्शक  
श्री अग्रवाल शिक्षा समितिगुरुकृष्ण देवेवाला  
मार्गदर्शक  
श्री अग्रवाल शिक्षा समितिनरेश सिंह  
(हिंडोन वाले)  
महासचिव, श्री अग्रवाल शिक्षा समिति  
आए सी नोटर्सगिरधारीलाल एवंडेलगाल  
(डी.ए.गाले)  
मुख्य सचिव फोर्टी  
आकाश एसोसिएटेसआनन्द गुप्ता  
अध्यक्ष, ड्राटारा डंड. एवियो एसो.  
वरिष्ठ उपायक, श्री अग्रवाल शिक्षा समितिपवन लक्ष्मी  
वरिष्ठ उपायक फोर्टी  
पवन फैब्रिक्स प्राइवेट लिमिटेडसुदेश दीवान  
उपायक, श्री अग्रवाल शिक्षा समिति  
शुभलक्ष्मी कॉल एंड एडेज प्रा. लि.विकास अग्रवाल  
सचिव, फोर्टी  
अग्रद्युग प्रिंटर्सराजेश अग्रवाल  
उपायक, फोर्टी  
सिंटी वाइब्सअरविंद अग्रवाल  
सचिव, अक्षया  
सुरेश सेल्सराजेन्द्र अग्रवाल  
पार्स टार्ड न. 64  
जयपुरनीलम मित्तल  
उपायक, फोर्टी  
सी एन ए मॉड्यूलर फॉर्म्सजयेश चोपडा  
वरिष्ठ उपायक, फोर्टी  
राधास्वामी फूड प्रोडक्ट्स प्रा. लि.अनिल सिंह  
एक्सपो. इमो.,  
मार्टल, ग्रेनाइट, वराटर्न टॉलेससुनिल अग्रवाल  
सेफ्टी, फोर्टी यूथविंग  
एनाला वैरेंसकिशन डोला  
उपायक, फोर्टी यूथविंग  
कोर्प आइडियोज एंड ड्राफ्टअक्षय गोयल  
एडविजन, फोर्टी  
गंगानगर हॉफल लिमिटेडसंदीप गर्ग  
ट्रॉस एंड टैलेल कॉर्पोरेशन, फोर्टी  
ऑन पाइट एक्सप्रेस इंटर को. स.निटेश खन्ना  
फोर्टी सदस्य  
ऑन पाइट एक्सप्रेस इंटर को. स.

नरेश कुमार गोयल, अशोक गोयल, योगेश बंसल, कमल नानूगाला, महेन्द्र गोयल, प्रदीप लड़ीगाला, ओम प्रकाश अग्रवाल (शिर बुक डिपो), एसीपाल अग्रवाल, राजेश नागौरी, राजकुमार अग्रवाल सुपारीगाला, अजय अग्रवाल (आर्च), अनिल जिन्दल, अनिल गुप्ता (कुंडा गाले), रवि जिन्दल, अशोक कुमार काकडेवाला, ओम प्रकाश नित्तल, अनुराग एवेटान, अल्का अग्रवाल, तेजपाल भूतिया, दामोदर कुच्छल, निर्मल कुमार भूतिया, पंकज अग्रवाल, मनोज केडिया, मनोज मुराका, मालीराम गुप्ता, मुकुल गोयल, राकेश गोयल (अदिहंत ग्रुप), देवा अग्रवाल, विजय गोयल (सी.ए.), संदीप भूतिया, संतोष जैन वैयाही, सुभाष मित्तल (ओम गैस), प्रदीप एवेटान, आनंद पोहार, अलण अग्रवाल, चन्द्र प्रकाश गोयल, रमेश चंद्र एवंडेलगाल, आर.सी. गुप्ता, रमेश नारानोली (राजवेश), ताराचंद कानूनगो, आर्थीष सदाफ, जगदीप सोमानी, सज्जन सिंह, विजय अहूजा, विनोद गुप्ता, अमित गोयल, सी.ए., अभिषेक शर्मा, चाननमल अग्रवाल, डा. संजय पाराशर, महेश काला, मनोज गुप्ता, निर्मल कुमार बरडिया, पंकज घीया, पवन गोयल, राजकुमार गालुका, राज कुमार अग्रवाल, राजेश कुमार धामानी, सुनील कुमार बंसल, सुनील कुमार शर्मा, सुरेश सैनी, विकास जैन, संजय शर्मा (मालवीय नगर फ्लैक्स गाले)

प्रायोजक:



आयोजक:



प्रायोजक:







## #HEALTH

## That Humble Activity

Just 10 minutes of *brisk walking* is enough to de-age your body. But what does that actually mean?



We're obsessed with *de-ageing*. The beauty industry is geared towards making us look as young as possible. Silicon Valley scions are often busier, investing in extending their own lives than improving the well-being of health and fitness influencers, push extreme fasts, brutal workouts and insanely boring diets in the name of longevity.

But there's one habit that has been proven to reduce biological age, *walking*. Yep, that humble activity that we've been doing, since we were first able to stand. The thing, we did for hours over lockdown, may even be *de-ageing*.

**What is biological age?**  
Before we continue, it's worth just explaining what *biological age* is and why it's become this all-important marker of health. Chronological age is the number of years that you've been alive. Biological age, on the other hand, refers to how old your cells and tissues are, based on various physiological markers.

Experts believe that biological age may be a more accurate marker for predicting the onset of disease and death. If you live a healthy, active lifestyle, you could have a much lower biological age than someone far younger than you, chronologically. If you and your mate were born the same year but they smoke (and you don't), the chances are that they're biologically much older than you.

A handful of things can impact your biological age, either speeding it up so that you're arguably less healthy than you 'should' be at your chronological age, or protecting your body from the ravages of time (to some degree).

**These include:**

- Exercise
- Stress
- Smoking
- Diet
- Sleep
- Physical environment

Think about it this way: Have you ever met someone

genuinely 'brisk.'

# A Hunter par excellence...

*Dhole* has been known to hunt prey, much larger than themselves. Tigers, too, have been hunted by them. This dog has put the fear of life, not only in animals, but also in humans. *Dhole* has many names and almost all of them refer to its 'terrible nature.' Pejorative names that it possesses in Hindi variously translate as "red devil," "devil dog," "jungle devil," or "hound of *Kali*."



Anjali Sharma  
Senior journalist & wildlife enthusiast

## #JUNGLE LORE



It was a matter for record. This hunt was not something that was going to be repeated for even the King of England, had he so desired. A rare sight has been noted in the annals of 'wildlife history,' which is the hunting down of a tiger by dogs. This may seem fabricated, but wildlife experts will tell you that it happens, especially when the dog is the *Dhole*.

Here is how it happened. The battle begins with just two scouting dogs and a female tiger, until the main pack shows. It was strange to see a tiger being followed by these two dogs, who would sit down at a little distance from the tigress, who was taking short periods of rest as it seemed. Only later, it could be understood that she was trying to assess the intentions of the dogs. Maybe, the tigers are well aware of these dogs and their hunting capabilities. The tigress sat down for the fifth time and turned over to take in some of the sun on her belly, all the time keeping her 'ear cocked' towards the two dogs, sitting at a distance. The dogs were sitting calmly, patiently and strangely, fearlessly. The tigress got up, started walking away. Immediately, the dogs also got up to do the same. This was a strange thing to do, rather, a fantastic thing to see. This looked like a tigress being stalked by two dogs!

**The tiger hunt**  
The tigress took a decision on this affair. It seemed, and got up purposefully. She began to give out 'a loud roar.' Normally, it should dry out the inards of lowly beings like the dogs. They just let out a squeaking kind of sound, which did

n't fit into any of the expected sounds from dogs, in the vicinity of a tiger. In reply to the roar, the next sounds given out by the dogs was a series of short yelps. This performance was repeated by the tigress and the two dogs. We thought it was a good time to head a retreat from the vantage point, as this call and reply did not stop at all, and was getting noisy enough to give everyone some stress. We chose to now climb up a tall, sturdy tree. All this time, the dogs were making a tremendous noise, the reason for which I soon came to know, when, in a lull in the fray, I heard the whistling cry of the main pack, galloping to the assistance of their advance party. The tigress must have also heard the sound, for in sudden, renewed fury, she charged two of the dogs, one of which she caught a tremendous blow on its back with her paw, cracking it with a sharp report of a broken twig. The other just managed to leap out of danger.

The tigress, then, followed up her momentary advantage by bounding away, to be immediately followed by five dogs who had just joined in. They were the fore-runners of the advance party, which was to be joined in by the whole pack, in just a while. They were just out of sight when the main pack streamed by, in which I counted twenty-three dogs.

This is the story told by Anderson, who was stationed near the jungles of what is today known as Bandhavgarh, an collector for the British Raj. Next, Anderson says, from the relative safety of the tree top, he and his chaukidar, who had informed him of the tiger in the vicinity, in the first place, sat and watched the ensuing battle. After letting out four or five of very impressive roars, the tigress, seeing the pack of red dogs, which were making strange whistling sounds and yelps, suddenly turned to leap away to the west.

The dogs followed in full pursuit. There ensued a huge cacophony of sounds, from both, the tigress as well as the pack of dogs.

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health-full-body benefits. A functionally fast walk from A to B is enough.

This isn't the first study to suggest the power of a *10-minute walk*, so long as it is genuinely 'brisk.'

You don't have to go on runs or walk very far to reap the health









