

#TRENDS & GADGETS

Portl Ultra Gym

The Future of Smart Fitness at Home!



The Rise of Smart Home Gyms

In a world where fitness is evolving beyond traditional gyms, Portl Ultra Gym has emerged as a game-changer. This cutting-edge smart home gym combines artificial intelligence, real-time coaching, and compact design to deliver a full-fledged workout experience right at home. Whether you're a fitness enthusiast, a busy professional, or someone looking for an all-in-one workout solution, Portl Ultra Gym is redefining convenience and efficiency in fitness.



Features That Set Portl Ultra Gym Apart

- AI-Powered Training**: Portl Ultra Gym comes equipped with an intelligent AI system that tracks your movements, analyzes performance, and provides real-time feedback. This ensures that every rep and every movement is executed with precision, minimizing the risk of injury while maximizing results.

Personalized Workout Plans

From strength training and cardio to yoga and rehabilitation exercises, Portl Ultra Gym offers a wide range of personalized workout routines. The system adapts to your fitness level and goals, making it suitable for both beginners and experienced athletes.

Compact and Stylish Design

Unlike bulky home gym setups, Portl Ultra Gym boasts a sleek, wall-mounted design that fits seamlessly into modern homes. It eliminates the need for multiple pieces of equipment, making it a space-saving solution without compromising on performance.

Live and On-Demand Classes

Users can access live workout sessions and a vast library of on-demand classes from certified trainers. Whether you prefer high-intensity interval training (HIIT), strength conditioning, or mindfulness sessions, there's something for everyone.

Real-Time Biometric Tracking

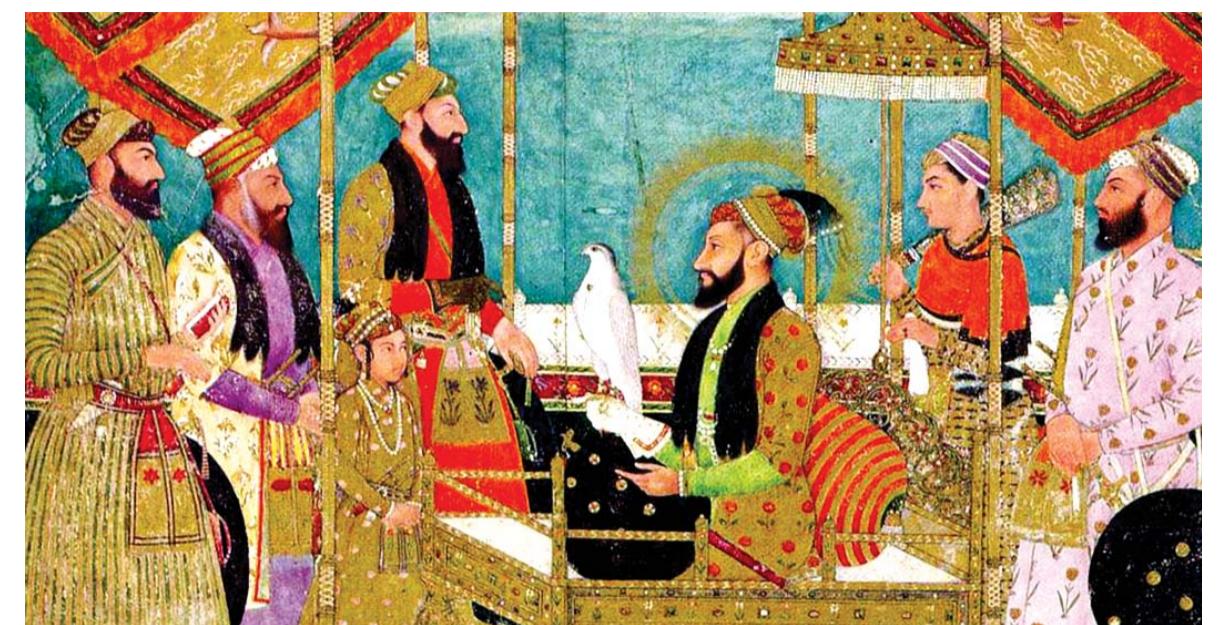
The gym's smart sensors monitor vital statistics such as heart rate, muscle engagement, and calorie expenditure. This data helps users track progress and make informed decisions about their fitness routines.

Why Portl Ultra Gym is a Game-Changer

Portl Ultra Gym is more than just a workout machine; it's a complete fitness ecosystem. It caters to the growing need for hybrid fitness solutions that merge technology with physical training. With its AI-driven insights and personalized approach, it makes workouts more engaging.

Final Thoughts

As smart fitness technology continues to evolve, Portl Ultra Gym stands at the forefront of this transformation. Whether you are a seasoned fitness enthusiast or someone looking for motivation to start their fitness journey, this innovative home gym is set to redefine the way people exercise. In a fast-paced world where time is a luxury, Portl Ultra Gym ensures that staying fit and healthy is more accessible than ever before.



"And you, a governor of Kabul, have written to me, to the Great Indian Sovereign, that an ambassador had come next to you from the Russian state, and now he wants to go before us," Aurangzeb wrote in a letter to Mukarram Khan. "Upon this report, my order to you, the Khan of Kabul, is the following, never before have the Russian state's envoys arrived to our Indian state. So it is now, you must send him back to the Russian state, providing him with our royal warrant and proper gifts, so that he can intact go back to the Russian state." The Mughal emperor also asked the Kabul governor to give Kasimov a princely sum of 2000 rupees from the treasury.

Russian Tsars eagerly tried to build ties with Aurangzeb

Anjali Sharma
Senior Journalist & Wildlife Enthusiast

Tsar Aleksei Mikhailovich

#HISTORY

First Outreach

On a January morning in 1698, a ship carrying goods from Bandar Abbas in Safavid Persia arrived at the bustling port of Surat. Among the passengers were Indians, Persians and a small group of Russians who became the first Russians to reach the shores of ancient India. Khan Afanasy Nikitin arrived in Chaul in the 15th century. The Russians were led by a young merchant and traveller, Semyon Malenkiy (also spelled as Malenkov), who was determined to sell a few years in India and take back home a wealth of products.

Malenkiy had set sail in June 1695 from Astrakhan, a city where the Volga makes its final 100-kilometre journey to the Caspian Sea. Before embarking on the journey to Surat, most of Malenkiy's knowledge of India, a land ruled by the Great Mughals (as they were called in Russia), came from Multani and Sindhi traders, who were treated as privileged residents in Astrakhan, as well as Persians who had visited the sub-continent.

Till early 17th century, Russians had a very sketchy and inaccurate knowledge of India. It started changing slowly in 1630s when first Indian merchants started settling in the port city of Astrakhan at the Caspian Sea.

Malenkiy's mission was the second attempt by Russian Tsars to reach out to Mughal Emperor, Aurangzeb. Before this, they had tried to reach out to Shah Jahan. To Russians the land was the land of rubies, diamonds and fine fabrics. Among their many sources of information about India were the writings of Nikitin and Marco Polo. "The allusions to rubies and diamonds in Marco Polo as well as the many accounts, real and imaginary, of the fabulous wealth of India and its exotic inhabitants, that we encounter from early Greco-Roman times down to the present day are part of the 'India the Rich' tradition, which becomes a commonplace in the later literatures of Europe, including Russia," American scholar Robert H. Stacey wrote in his 1985 book, *India in Russian Literature*.

From the early 1600s, the Tsars had been looking at ways to establish a direct relationship with the Mughal Empire. Indirect trade was already common by then. Indian cotton, dyes and garments were filtering into Russia through Central Asia and Astrakhan, which hosted an Indian community. The royalty also had some

prized Indian possessions by way of gifts from Central Asian rulers of places like Khiva and Bukhara. "During this period, we can also observe the initial attempts by the Romanov administration to collect and systematise information about India, notably about the political system, the Mughal

rulers, and, most importantly, about the possible routes by which Russians might travel there," Central Asia scholar and expert Ulfat Abdul Rasulov wrote in paper titled, 'A Passage to India: Rhetoric and Diplomacy between Muscovy and Central Asia in the Seventeenth Century' Russian envoys in various

courts were tasked with getting as much information about the Mughals as possible, according to Abdul Rasulov.

Several attempts were made in the 1640s by Tsar Aleksei Mikhailovich to send Russian missions to India via Central Asia. Three attempts were made to send representatives to Shah Jahan alone. Two of these travelled through Central Asia via the land route and one through Isfahan. But none of these attempts materialised as territorial disputes between the Safavids and Mughals as well as conflicts in the Central Asia became a hindrance to the safe passage of Russian envoys.

BABY BLUES



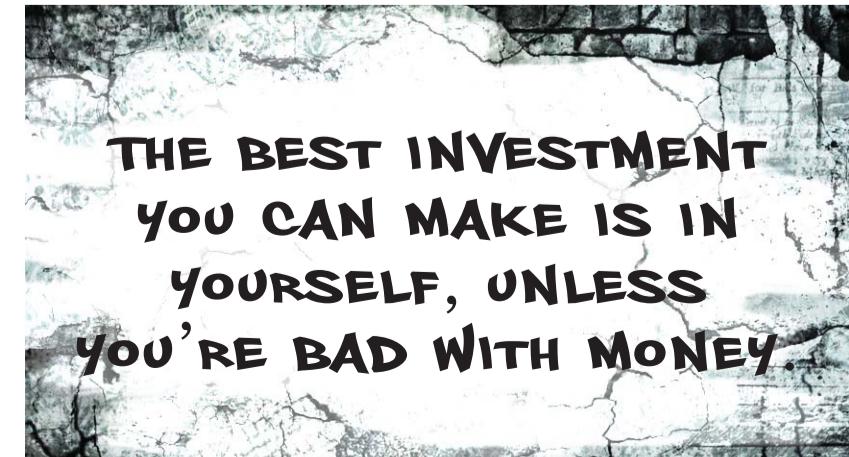
By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman

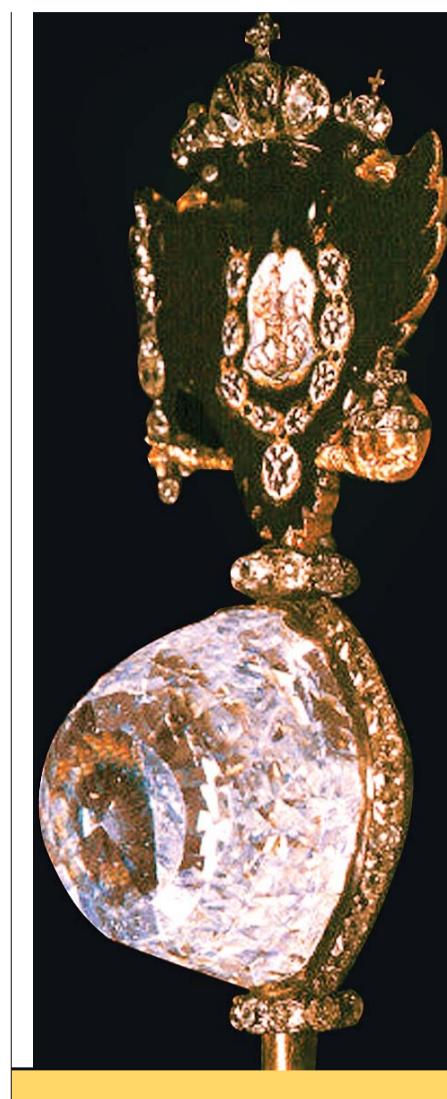
THE WALL



A Whimsical Global Tradition

Every year, on the first Saturday of April, cities worldwide celebrate International Pillow Fight Day, turning public spaces into playful battle arenas. This fun-filled event invites people of all ages to grab pillows and engage in friendly duels, fostering laughter and community spirit. Originating from urban flash mob movements, it has grown into a global phenomenon. Participants follow simple rules, no hitting too hard and avoiding unarmed bystanders. Beyond the fluff and feathers, the day promotes stress relief and social bonding. Whether in New York, London, or Tokyo, International Pillow Fight Day brings joy in the softest way possible!

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#A COSMIC VIEW

Sunita Williams Reflects on Seeing India from Space

Williams' view of India from space serves as a reminder that no matter where we are on Earth, we are all part of something much larger than ourselves, something that stretches across the stars.

W

hen astronaut Sunita Williams journeyed into space, she didn't just represent the United States as a NASA astronaut, she also carried the spirit of India with her. Born to Indian-American parents, Williams made history as the second woman of Indian descent to fly in space. Over her two flights, she spent more than 321 days spent aboard the International Space Station (ISS). Williams had a front-row seat to view Earth from a perspective that few people will ever experience. But among all the places she could see from orbit, one stood out, India.



Life in India



Peter the Great

After spending a few months in Bishapur, the Russian merchants travelled to Agra, a city Semyonov really liked. About the Agra Fort, he wrote, "The city is built up in three walls, and there is no housing (for commoners) within those walls, only a palace, offices, and a mosque. A large ditch was dug around those walls, into which water was let in, and large fish and turtles live in that water." The Russians were amazed that the buildings were made of sandstone. Semyonov also wrote about the time the Russian merchants spent in Shamakhi. There he liked to like India and its people. "They are quiet and affectionate people," Semyonov wrote about Indians, adding that they were courteous and friendly.

During their stay in India, the group travelled on horses and camels to the city of Shamakhi (in modern-day Azerbaijan). From there, the Russians travelled to Isfahan to meet the Safavid Shah. They were allowed to trade in the Safavid Empire by paying a duty of 15%. They lived in Persia till January 1698 and then set sail from Bandar Abbas for Surat, a journey that took 20 days.

During their stay in India, the group bought a lot of Indian goods such as muslin and calico and dry paints. They eventually went back to Surat and waited for a few months to arrange passage with their goods for Bandar Abbas in 1701. They lost some of their newly acquired goods when one of the ships carrying them was attacked by pirates near Oman. From Bandar Abbas, they went to Isfahan and the group split up there. For some reason, Semyonov stayed back in the Persian city. When he reached Shamakhi, he found out that Malenkiy and his fellow merchants had died of the plague.

Andrei Semyonov, who was part of Malenkiy's delegation, wrote about his experiences in India, describing Aurangzeb as a grey-bearded old man, dressed in all white, with a white turban on his head. He received the emperor three months before setting off for Bishapur, where Aurangzeb had set up a military camp. They had better luck with the Mughal emperor than Kasimov. Malenkiy met Aurangzeb's treasurer to whom he presented his credentials. The Russian merchant was then invited to meet Aurangzeb in his tent. The emperor's attitude had changed from a few decades earlier, and he decided to issue a royal *firman* (edict) that allowed the Russian merchant to trade (without duties) anywhere within the Mughal Empire. Malenkiy and his fellow travellers lived for three

months in Bishapur, where they sold their wares, such as red yurt, type of Russian leather. They were paid in silver coins.

Malenkiy's delegation, which had lost contact with the Tsarist government as soon as they left Astrakhan, their goods were sent by the Persian Shah's government to Russia. It was assumed that all members of the delegation had died in 1702 of the plague. The exploit of Malenkiy and his delegation deepened interest in India in the Russian Empire, setting the way for other Russians to visit and understand the country and its culture.

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The Majestic View of India from Orbit

For Williams, seeing India from space was a powerful and emotional experience, she has described the sight of the subcontinent as "absolutely breathtaking." From her position aboard the ISS, the landmass of India appeared as a patchwork of colors and textures, with its diverse landscapes

stretching out beneath her. "I could see the contrasting colors of India's topography, golden deserts in the west, lush green fields in the north, and the north," Williams shared. "What really struck me was how beautiful and different everything looked, yet how connected it all seemed."

The Lights of India: A Glimpse of Life

Of the most stunning views alive the country was, even when the world was dark. The lights felt like little beacons of hope, showing the energy and life of the people below. As the ISS orbited the Earth, she had the chance to observe cities glowing brightly in the dark sky, with major urban centers like Delhi, Mumbai, and Kolkata forming bright constellations on the Earth's surface. "At night, the lights of India really stood out," Williams said. "It was incredible to see how vibrant and

alive the country was, even when the world was dark. The lights felt like little beacons of hope, showing the energy and life of the people below. As the ISS orbited the Earth, she had the chance to observe cities glowing brightly in the dark sky, with major urban centers like Delhi, Mumbai, and Kolkata forming bright constellations on the Earth's surface. "At night, the lights of India really stood out," Williams said. "It was a sight that resonated with Williams, who often expressed her pride in seeing her homeland's dynamic energy and progress reflected in those lights."

The Unity of India Seen from Above

One of the most profound aspects of seeing India from space is how one of those places that really stood out," she remarked. "When you see it from space, you realize that despite its diversity, it's all part of one connected world. The way everything fits together on

the beauty of the Earth, and India is one of those places that really stood out," she remarked. "When you see it from space, you realize that despite its diversity, it's all part of one connected world. The way everything fits together on

India's space program is incredibly exciting, and the country is making significant strides in recent years, particularly with the successful launch of the Mars Orbiter Mission (*Mangalyaan*) in 2013, which made India the first Asian country to reach Mars orbit.

Williams, who worked with multiple international space agencies, has often praised India's achievements in space exploration. She expressed admiration for ISRO's growing capabilities and India's ambitious plans for the future, including missions to the Moon, Mars, and beyond.

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Williams' view of India from space serves as a reminder that no matter where we are on Earth, we are all part of something much larger than ourselves, something that stretches across the stars.

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संक्षिप्त

दो पिकअप के साथ दो भैंस चोरों के किया गिरफ्तार

मालपुरा। एवं चेवर थाना पुलिस ने शुक्रवार को भैंस चोर गिरफ्तार का खुलासा करते हुए दो जनों को गिरफ्तार कर दी पिकअप की जपा। थानाधिकारी युकेश चौधरी ने बताया कि कुछ थल गांव निवासी भावान पुनर्संग्राम में नै चेवर काडे में बंधी दो भैंस व एक पाड़ी चुरा ले जाने का मामला दर्ज करवाया गया था। विशेष टीम का गठन कर पूर्व में पशु चोर गिरोह के सम्पर्क में रहे लोगों व सीसीटीवी पुटेज के आधार पर दिग्गंगी थाना क्षेत्र के भवानीपुरा निवासी गोकरण नायक भोज व मंगल नायक भोज को गिरफ्तार कर भैंस चोरी की वारदात में उपरांग ली गई हो पिकअप जपत की गई।

फूले जयंती के पोस्टर का किया विमोचन

श्रीमाधोपुर। फूले जयंती को लेकर उपर्युक्त अधिकारी कार्यालय श्रीमाधोपुर व जाह-जाह महात्मा ज्ञानीतावा कुले जयंती के पोस्टर विमोचन के लिए इंडिया सैनी समाज के कोरे कमेटी के सदस्य राजू बागवान, शिवपाल कटरिया, अमर प्रकाश सैनी, राजू प्रदेश अध्यक्ष और अमित ठरोड़, हरि नावनयरा, नाथू, कैलास सैनी अनेक कार्यकर्ताओं द्वारा विमोचन किया गया और अपील की गई की 11 अप्रैल को अधिक से अधिक संख्या में पथर कर कार्यक्रम की शोषणा हुई।

बाबा टीडीनाथ आश्रम में अद्वृजलि सभा आज

श्रीमाधोपुर। श्री पंचदशनाम जून अखडा बाबा टीडीनाथ आश्रम पंचावाली श्रीमाधोपुर में 5 अप्रैल शनिवार को 4 बजे से आश्रम के महंत बाबा लक्ष्मण गिरी महाराज के लिए श्रद्धांजलि सभा आयोजित कर उड़े अद्वृजलि अर्पण की जाएगी। आश्रम के बाबा सभापति महाराज ने बताया की आश्रम के महंत बाबा बालकगिरी महाराज का उत्तरांग और 29 मार्च 25 शनिवार को बैलशंगमन हो गया था।

रक्तदान शिविर कल

निवाई। सकल दिग्पार जैन समाज के तत्वाधान में एवं राजस्थान जैन सभा के आ हन पर महावीर जन्म कल्याणक महोत्सव के उल्लक्ष्य में रक्तदान शिविर का आयोजित किया जाएगा। शिविर संगीतक जानन्देह संगानी एवं विमल जैलों ने बताया कि 6 अप्रैल सुबह 9 बजे से 2 बजे तक बाले वालों की धर्मशाला में रक्तदान शिविर लगाया जाएगा। जिसके लिए उपर्युक्त कार्यालय पहुंचकर हवन जयंता का कार्यक्रम आयोजित किया जाएगा। जैन शोरों को जा रही है। महा अष्टमी पर्व पर लिले सहित देश प्रदेश के श्रद्धालुओं ने बताया की आपार व्यक्ति को महा आरती की जाएगी। वही नौ कन्या को माता जो के स्वरूप में श्रूगार वियाह किया गया। एक बाले की धर्मशाला में श्रूगार वियाह के लिए उपर्युक्त कार्यक्रम की शोरों को जा रही है। महा अष्टमी पर्व पर लिले सहित हवन जयंता के लिए पहुंचते हैं।

सहस्र चंडी महायज्ञ के पोस्टर का किया विमोचन

निवाई। मां कंकाली धाम नोहाडा में शंकरीरी महाराज के सानिध्य में आयोजित हस्त्र संचंडी महायज्ञ के अपील का विमोचन सभव लाख रुद्राक्ष वाले बाबा महंत गीतारी उमराज के साथ मार्गदर्शक चैलेंजर द्वारा शंकरीरी महाराज के साथ मां कंकाली धाम नोहाडा में बिहारी अवसर पर गोविंदसिंह, गिराज जाट, सरापाम जाट, हरिमान जाट, नाथूलाल सैन, रामलाल मास्टर, जयनारायण जाट, श्रवण सोनी, मुकेश वैष्णव, निर्मल वैष्णव, हुमानी गौड, हिम्मत सिंह सहित कई ग्रामीण माजूद थे।

कन्याओं को करवाया भोजन

पीपूल। उपर्युक्त क्षेत्र के सन्देशों के मां बिजासन माता मंदिर में शुक्रवार को नवरात्र के चलते नौ कन्याओं के चरण कर्मों को धोका उनका तिलक करें, चुनूनी, माला पहनाकर अरती करने वाली उत्तरांगीओं को भोजन प्रसाद करवाया गया। नवदुर्गा के रूप में कन्या पूजन कर पांच व्याख्याकर कर आशीर्वाद दिया गया। इस अवसर पर यजमान सीताराम, राधेश्वर, मुकेश, देवीजर, कृष्ण कुमार भोजन द्वारा हुआ।

रक्षित का अन्तर्राजीय प्रतियोगिता में हुआ चयन

निवाई। निवाई के खिलाडी रक्षित परिवार का राजस्थान चैलेंजर द्वारा अंडर 14 में चयन हुआ है। निवाई तहसील से अब तक के इतिहास में मात्र 10 लाल का एक मात्र खलाड़ी रक्षित परिवार पुरुष रेस खिलाड़ी का अन्तर्राजीय प्रतियोगिता में चयन हुआ है।

कन्हैयालाल चौधरी ने भवन निर्माण के लिये प्रस्तावित भूमि का लिया जायजा



कैबिनेट मंत्री व विद्यायक कविता विद्यायक कविता विद्यायक जैलों व उपर्युक्त स्तरीय अधिकारियों के साथ बजट घोषणा में स्वीकृत भूमि पर नवीन भवन निर्माण एवं शहर में नवीन भवन निर्माण के लिये प्रस्तावित भूमि का लिया जायजा दिया गया।

हाल ही में बेजट घोषणा में कैबिनेट मंत्री के अथक कार्यालय से मालपुरा में सहित भूमि पर नवीन भवन निर्माण के लिये प्रस्तावित भूमि का लिया जायजा दिया गया।

मध्यन नजर रखते हुए वित्तमान बस स्टेंड को रिक्त पड़े परिसर में से किसी एक को टेला मंडी में तब्दील कर नवीन व विद्यायक करवाया गया। अन्य अत्याधिक बस स्टेंड निर्माण के लिये विद्यायक करवाया गया।

स्थान पर अत्याधिक वर्ष विद्यायक करवाया गया। अन्य अत्याधिक बस स्टेंड निर्माण के लिये विद्यायक करवाया गया।

वर्षों से खण्डर में तब्दील बुकिंग घर को ध्वस्त करने के लिये एसडीएम को दिये निर्देश

बंद पड़े बुकिंग घर जो कि पूर्ण रूप से खण्डर में तब्दील हो चुका है। जो कभी किसी वर्ष विद्यायक वर्ष विद्यायक के लिये एसडीएम को दिये निर्देश दिये गई थीं। उक्त भवन का जायजा ले तकाल नकारा भवन को धराशाही करने के लिये एसडीएम का वार्षिकावह इंओं को निर्देश दिया।

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