



COUNT YOUR BLESSINGS

"What will you do after you have conquered the whole world?" Diogenes asked Young Alexander: "Oh! I will be happy and will take some rest." Diogenes: "be happy now"

ରାଷ୍ଟ୍ରଦୂତ

Rashtradoot

Metro

Food allergies: A growing health concern



रशियन फेडरेशन में उत्तरी कॉकेशिया के ऊबड़-खाबड़ इलाकों में प्राचीन मीनारे अभी भी देखी जा सकती हैं, इंगश, चैचन और वाइनेच लोगों द्वारा सदियों पहले शुरू की गई वास्तुकला परम्परा के मौन पहरेदार के रूप में। चार हजार सालों की अवधि में बनी ये विशाल संरचनाएं आवास और रक्षा दोनों के लिए इस्तेमाल होती थीं। इस समय जो मीनारें बची हुई हैं, वो 13 वीं शताब्दी से 17 वीं शताब्दी के बीच बनाई गई थीं। अधिकतर इंगश मीनारों 6 से 12 मीटर के चौकोर “बेस” पर बनी थीं जिनकी ऊँचाई 10 से 25 मीटर तक होती थी। इन मीनारों को बनाने के लिए, पत्थर के ब्लॉक्स को संभवतया चूना, चूना-मिट्टी या चूना -रेट मोटर रस से जोड़ा जाता था। मीनारों का निर्माण विस्तृत विधि-विधान के साथ सम्पन्न होता था, चाहे मीनार सुरक्षा के लिए हो या रिहाइश के लिए। जानवरों की बलि चढ़ाने के बाद, रिवाज के अनुसार, उनका खून नींव के पत्थर पर लगाया जाता था और “मास्टर बिल्डर” की शूमिका को सराहते हुए गीत व लोककथाएं रची जाती थीं। इंगश परंपरा के अनुसार, मीनारों का निर्माण एक वर्ष के अंदर पूरा हो जाना होता था, अन्यथा, न केवल परिवार को कमज़ोर बल्कि मीनार बनाने वाले कारीगर को अयोग्य समझा जाता था। मीनार ढहने के गंभीर परिणाम होते थे, मीनार के मालिकों की प्रतिष्ठा को दाग लगता था और मुख्य मिस्री को भविष्य के काम मिलना मुश्किल हो जाता था। मीनारों अक्सर सामरिक दृष्टि से महत्वपूर्ण स्थानों, जैसे घाटी के प्रवेश, चौराहे या नदी के किनारों पर बनाई जाती थीं। मीनारों के लिए हिमस्खलन व भूस्खलन जैसी प्राकृतिक आपदाओं को झेल सकने वाले स्थानों को चुना जाता था। मीनारों के नैटवर्क की सहायता से पड़ोसी गांव, एक दूसरे पर लगातार निगरानी रखते। संकट के समय, मीनारों के बीच, संकेतों के माध्यम से सूचना का त्वरित आदान-प्रदान संभव होता था। आवासीय मीनारों दो से तीन मंजिला हुआ करती थीं। आवासीय मीनारों का भूतल, पश्च धन की आया देता था, जबकि दुसरी मंजिल पर लोग रहते थे। सबसे ऊपर वाली मंजिल पर खाने का सामान, कृषि और जार रखे जाते थे और किसी-किसी मीनार में तीसरी मंजिल पर बालकनी भी होती थी।

गंगानगर शहर बारिश से जलमग्न, बाढ़ जैसे हालात

चौदह घंटे में तीन बार भारी बारिश आने से
शहर के चारों ओर पानी ही पानी हो गया

- गंगानगर शहर मुख्यालय पर 82 एम.एम. बारिश एवं चुनावढ़ में 54 एम.एम. बारिश दर्ज की गई।
 - शहर में पानी की निकासी नहीं होने के कारण बाढ़ जैसे हालात हो गए हैं, आवाजाही के लिए घर से बाहर निकले लोग बारिश और रास्तों पर पानी जमा होने के कारण घटों बीच रास्ते में ही फसे रहे।

रणथम्भौर में बाघ टी-58 की मौत



रणथम्भोर अभयराण्य में राववार का बाघ टी-58 को मौत हो गई। राववार शाम 6 बजे टाइगर हिंदवाड़ के पास फलोदी रेंज में टाइगर मृत पाया गया। बाघ टी-58, बाधिन 26 शर्मिली का बेटा है, जिसकी उम्र 13 साल थी।

राहुल गांधी रेलगाड़ियों के लोको पायलट्स की
“दुर्गति” के मुद्दे को संसद में उठायेंगे

राहुल गांधी ने दो दिन पहले लोको पायलट्स से मुलाकात की थी तब उन्होंने उन्हें अपनी दिक्कतें बताईं और कहा कि, उनका जीवन बहुत कठिन हो गया है। उनसे बहुत ज्यादा काम लिया जाता है, छुट्टी नहीं दी जाती है और उन्हें पर्याप्त आराम नहीं मिलता जो रेल दर्घदनाओं की भी एक वजह है।

- राहुल गांधी के लोको पायलट से मुलाकात का वीडियो कांग्रेस ने रविवार को अपने एक्स हैंडल पर जारी किया। जिसमें पायलट अपनी समस्या राहुल गांधी को बता रहे हैं। कांग्रेस नेता ने उनकी समस्याएं सुनने के बाद कहा कि मोदी सरकार में लोको पायलटों का जीवन बेहद मुश्किल हो चुका है।
 - उन्होंने कहा, गर्मी से खौलते केबिन में बैठ कर लोको पायलट 16-16 घंटे काम करने को मजबूर हैं। लगातार

नई दिल्ली, 7 जुलाई (वार्ता)। कांग्रेस के वृक्ष अध्यक्ष तथा लोकसभा में विपक्ष के नेता हुल गांधी ने कहा है कि मोदी सरकार ने लोको पालतांत्र के जीवन की रेल को पटरी से उतार दिया है और उनके जीवन को बहुत कठिन बना दिया है इमलिए तब इस मध्ये को मंस्त में

राहुल गांधी दो दिन पहले नवी दिल्ली रेलवे टेशन पर लोको पायलटों से मिले थे और उन्होंने गोको पायलट की समस्याएं सुनी। इस दौरान लोको पायलटदस् ने उन्हें अपनी दिक्कतें बताईं और कहा कि उनका जीवन बहुत कठिन हो गया।

और बिना छुट्टी के काम करने की वजह से लोको पायलटों शारीरिक और मानसिक रूप से बीमार हो रहे हैं। नहीं दी जाती है और उन्हें पर्याप्त आराम नहीं मिलता जो रेल दुर्घटनाओं की भी एक वजह है। गांधी के लोको पायलट से मुलाकात का वीडियो कांग्रेस ने रविवार को अपने टिव्वर ट्रेन पर लगाया था, जिसमें लोको पायलटों की वजह से लोको पायलटों को बेहद मुश्किल हो चुका है।

सरकार में लोको पायलटों के जीवन की रेल पूरी तरह पटरी से उत्तर चुकी है।
उहोंने कहा, गर्मी से खौलते केबिन में बैठ कर लोको पायलट 16-16 घंटे काम करने को मजबूर हैं, जिनके भरोसे करोड़ों जिंदगियां चलती हैं उनकी अपनी जिन्दगी का कोई भरोसा

परता हुआ उनका जन्माना था। उनका नाम बाई रस्ता
नहीं रह गया है। यूरिनल जैसी वेसिक सुधाराओं
से भी विचलित लोको पायलट्स के निकाम के घंटों
की कोई लिमिट है और उन ही उन्हें छट्टी मिलती
है जिसके कारण वह शारीरिक और मानसिक
रूप से टूट कर भीमार हो रहे हैं। ऐसे हालात में
लोको पायलटों से गाड़ी चलवाना उनकी और
अपनी दोनों जाति को लाना चाहिए।

जयपुर) म
आयोजित समारोह
में कांग्रेस सांसदों का
समान भी किया
जायेगा।

प्रदेश कार्यालयों द्वारा आजानक
किया जाएगा। सभी कार्यक्रम जयपुर में
जवाहर संकिलित स्थित होटल मेरियट में
आयोजित होंगे।

राजस्थान प्रदेश कार्यालयों के
महासचिव एवं प्रवक्ता स्वर्णिम चतुर्वेदी
ने बताया कि ५ जुलाई को जयपुर के
(सेंटर सेंट्रल एस्टेट)

#HEALTH

Food allergies: A growing health concern

Some allergens are overlooked such as soy, sesame, and gluten, which can cause serious and sometimes severe reactions in sensitive individuals.



In India, where the population is as diverse as the culinary landscape, food allergies are becoming a rising concern. A food allergy is an autoimmune response that occurs in an individual, after consuming food that is harmful or unsuitable for their body.

Soy allergies

Soy allergy poses a significant health risk due to its widespread use as a common ingredient in various foods, presenting a challenge for individuals who need to entirely eliminate it from their diet. Found prominently in processed foods such as baked goods, cereals, and sauces, as well as serving as a primary meat substitute in vegetarian and vegan diets, soy avoidance requires constant vigilance to prevent allergic reactions. Symptoms of a soy allergy can range from mild to severe and typically appear within minutes to hours after consuming soy products. Common symptoms of soy allergies include skin reactions like eczema, itching, and swelling of the lips, face, tongue, throat, or other parts of the body; digestive issues like nausea, vomiting, abdominal pain, and diarrhoea; and respiratory problems like runny nose, sneezing, coughing, wheezing, and shortness of breath.

Sesame allergies

A common component in many Indian recipes is sesame seeds, particularly when they come in the form of sesame oil. In addition to being a popular garnish in Indian cooking, sesame seeds are also used in many different dishes including bread, snacks, and several spice blends. The increased consumption of sesame seeds in

Gluten allergies

Gluten allergy, also known as celiac disease, is a condition where the immune system reacts to gluten, a protein found in wheat, barley, and rye. One of the main reasons for the concern about gluten allergy-like symptoms in Indians is the increasing consumption of processed and refined wheat products, such as suji and maida. These products, commonly used in dishes like upma, idli, and naan, often have important nutrients and fibre removed during the refining process, making them less nutritious and also contributing to digestive issues and gluten intolerances. Headaches, tiredness, brain fog, acidity, indigestion, acne, rashes, muscle pain, bloating, hormonal imbalance, constipation, and belching are some symptoms that result from the body's inability to properly digest gluten, leading to inflammation and damage in the gut.

Minimising Accidental Exposure to Allergenic food

Increasing awareness about overlooked food allergies is crucial, as many people are unfamiliar with the concept of food allergies and may not recognise the symptoms of an allergic reaction. It is essential to seek immediate medical attention if signs of an allergic reaction appear. To confirm if a person is allergic, they must undergo a food sensitivity test.

Once diagnosed, management includes strict avoidance of allergy-containing products, carrying emergency medications, and educating oneself and others about the allergy.



Anjali Sharma
Senior journalist & wildlife enthusiast

COUNT YOUR BLESSINGS



THE CASE OF THE CIRCUS CLOWN



A famous psychologist in America, one day had a patient who complained, "Doctor I have everything a man wants. A good lucrative job, a good family, a pleasant home and enough money for my needs. But I am not happy. All the time, I feel sad and bored. I want to run away from life. Doctor, just make me happy. I'll feel good if I have happiness. I don't want anything else."

The psychologist examined him thoroughly and finally said,

"There is nothing wrong with you. But do one thing. There is a circus running in the town and there is a wonderful clown in the circus. He makes people roar and roar with laughter. They forget everything and just go crazy at his funny antics and jokes. My advice is go and see this circus and I am sure it will make you happy. You would like to see the clown again and again."

And then said, "It means, Doctor that there is no treatment for me because I am that very clown."

"If you want to be happy for a year get MARRIED!"

"If you want to be happy for lifetime, LEARN TO MAKE OTHERS HAPPY."

Alexander the Great, before starting on his campaign to conquer the world, went to meet his guru, Diogenes. "What will you do after you have conquered the whole world?" Diogenes asked. Young Alexander was confused.

"Oh! After I have conquered the whole world, I will be happy and will take some rest."

Diogenes laughed.

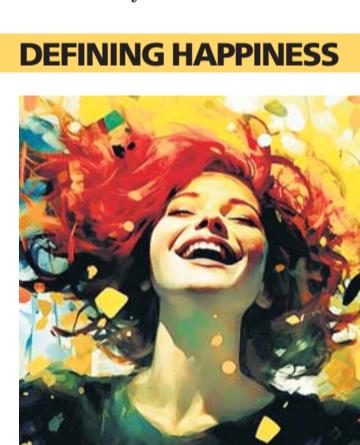
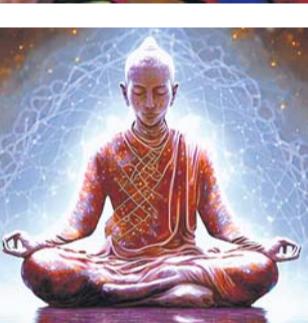
"Why conquer the world for this. If you want to be happy, just lie down with me under this tree and enjoy the breeze."

What a wonderful advice for happiness!

4. It has been said in the Bible,

"Happy indeed, should be the man who, at all times, command a crust of bread."

Perhaps, it means that if we have our basic needs fulfilled at all times, and have no specific bodily problems, then we should be happy and satisfied. Medical scientist have tried to visualize happiness as a mental state, a function of brain. A question, at once, arises that is there some specific area of the brain which is concerned with happiness?

**DEFINING HAPPINESS**

happening to our friends.

HAPPY**SOME OLD RECIPES**

1. There is a very good saying in our scriptures which prescribes four steps for a happy life.

Firstly, a healthy disease-free body.

Secondly, presence of wealth and luxuries.

Thirdly, a good natured spouse.

Fourthly, obedient children.

How many of us are willing to accept this? In a nutshell, we can say that happiness is a mental state of perfect peace and harmony, bliss and inner satisfaction, from which we don't want to fall down. Happiness is said to be CONTAGIOUS.

A happy person, by his positive thoughts, wit and humor, will make people around him cheerful and happy. This is, perhaps, what makes clubs, laughter groups, kitty parties so popular. But there are people who are unhappy in spite of having lots of wealth and luxuries and ancient yogis, living in the Himalayas.

Attempts have been made to measure happiness in terms of Gross National Happiness Index (GNHI). It is more important than GDP. GNHI is a balance between material and spiritual development. Bhutan, it seems, has the highest GNHI index, today. This is a wonderful reality and the world can learn many things from it.

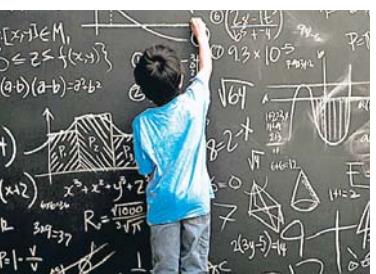
HOW TO GAIN HAPPINESS

ways to become happy, and remain happy since time immemorial. As a matter of fact, we can say that the search for happiness is as old as the human race. Let us examine some of our past discoveries.

BABY BLUES**Math 2.0 Day**

Math 2.0 Day is a unique celebration that brings together math and technology, highlighting their combined power to improve our world. Celebrated every July 8, this day is all about appreciating the role that math plays in the advancement of technology and our daily lives. It's a reminder that math is not just a subject in school but a foundation for countless innovations and conveniences that we enjoy today. Schools, companies, and math enthusiasts worldwide use this day to engage in activities that demonstrate math's beauty and its indispensability in driving technological progress.

M



The psychologist examined him thoroughly and finally said, "There is nothing wrong with you. But do one thing. There is a circus running in the town and there is a wonderful clown in the circus. He makes people roar and roar with laughter. They forget everything and just go crazy at his funny antics and jokes. My advice is go and see this circus and I am sure it will make you happy. You would like to see the clown again and again." The patient grew silent. And then said, "It means, Doctor, that there is no treatment for me because I am that very clown." This incident tells us a very important thing. One can be laughing and laughing externally but still be without any happiness 'internally.'

SOME NEW PRESCRIPTIONS FOR HAPPINESS**5. DRUGS**

A number of substances are widely used or abused today to create a false sense of mental excitement and illusion. These include Alcohol, tobacco, cannabis ('bhang') etc. But they damage the body as well as our personality and behaviour. They have nothing to do with happiness. Recent medical research has shown that a number of chemical hormones or neurotransmitters in the brain regulate our mood, sense of satisfaction and a feeling of pleasure. In other words, these include dopamine, serotonin. Imbalance in them would produce low mood and feelings of apathy. Extensive work has happily led to a number of drugs, taken regularly, over fairly long periods of time, which effectively correct this imbalance. The result is the person begins to feel happy again and resumes his normal work. So, here is a remedy for people feeling depressed or unhappy for no specific reason, but these medicines should only be used under a expert doctor's advice.

CONCLUSION
We can say that we are all born happy and happiness is the basic mental state given to us by nature. Everyone wants to be a happy person, living in a happy family, surrounded by a happy society.

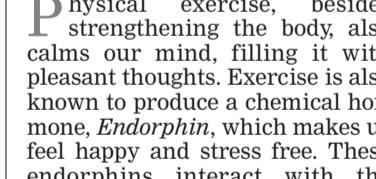
Several religious practices and systems of meditation are being advertised every day. Together with yoga classes, it is almost a lucrative business.

My grandfather always asked me to gracefully bow before a picture of Lord Mahavir in our home, before leaving for my school exams. I obeyed him dutifully. But one day, I asked him, "What was the purpose of all this?"

He answered at once, "I can tell you one thing for sure, God will never go to your Madam and ask her to increase your marks. Just keep on following my advice. Someday, later in life you would realize what all this 'really' means.

Religious pooga, going to temples, spending time in meditation or practicing yoga may not bring us any wealth or success as many people imagine. But this will bring you confidence, a purposeful life and happiness."

Only time will tell if this is indeed so.

2. PHYSICAL EXERCISE**3. POOGA, MEDITATION AND YOGA**

In today's world, most persons tend to believe that wealth and happiness are the same thing. Instead of starting the day with their morning prayer, they would rather check their bank balance. Ah! Higher the balance, happier would be the day. Accumulation of wealth is taken to be life's main objective.

However, some studies in USA have shown that the relationship between wealth and happiness is not so consistent. Money adds to happiness only at lower levels just as fame adds to happiness only at higher levels. Giving a gift Rs. 1000 to our maid would make her very happy, but giving 1 crore of rupees to Tata or Ambani would hardly matter to them.

Surely, this is a good test for assessing our happiness status.

2. An ancient Chinese saying also gives a very thoughtful and wise formula for happiness.

"If you want to be happy for a day, get DRUNK."

"If you want to be happy for a year, get MARRIED!"

"If you want to be happy for lifetime, LEARN TO MAKE OTHERS HAPPY."

Alexander the Great, before starting on his campaign to conquer the world, went to meet his guru, Diogenes. "What will you do after you have conquered the whole world?" Diogenes asked. Young Alexander was confused.

"Oh! After I have conquered the whole world, I will be happy and will take some rest."

Diogenes laughed.

"Why conquer the world for this. If you want to be happy, just lie down with me under this tree and enjoy the breeze."

What a wonderful advice for happiness!

4. It has been said in the Bible,

"Happy indeed, should be the man

who, at all times, command a crust of bread."

I am unfortunate that in our country, people seldom take any interest in hobbies. It is believed that where is the time to pursue hobbies in this hectic life and where is the money to waste on such useless things. Very few of my colleagues care about music, art, theatre, collecting stamps, coins, gardening, reading, writing, sports, hiking etc. And there can be hundreds of interesting hobbies that I have heard about. Many are quite funny and unique. Without interest in some hobby, life becomes boring and a burden, particularly after retirement. The result is that our senior citizens feel bored, lonely and unhappy without any purposeful work. Even for the young, interest in some hobby can make life beautiful and exciting.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging from lovely grandchildren to a particular brand of whisky.

The persons, I have been able to interview so far, to think seriously and name five of their most cherished hobbies, have revealed many interesting things, more about it later, but a few of the blessings revealed so far are amazing to me, ranging

संक्षिप्त

अनु शर्मा बनी
अध्यक्ष

देवली, (निःसं). यहां महिला सदस्यों

द्वारा संचालित समाजिक संगठन

इहरहौली कलब

ऑफ देवली की

नवी कार्यकरणी को

शनिवार को

सम्मिति से

चुनाव सम्पन्न हुआ।

नव निवारिंच

सचिव मनाली गुप्ता

अनु शर्मा

ने बताया की

शनिवार को इहरहौली कलब की

बैठक आयोजित की गई जिसमें कलब

की सत्यस्या अनु शर्मा, वर्षा मंगल,

भारती अग्रवाल, वर्षा डाबर, सोनू

चौधरी, मीना सिंहल, शैफाली मंगल,

जिया सुमात्रा, ज्योति जैन, नहा

अग्रवाल, इम्पल अग्रवाल, अल्का

अग्रवाल, शोला जैन, वर्षा मंगल

सहित अन्य सदस्य मौजूद रही। बैठक

में नई कार्यकरणी के गठन को लेकर

विचार विभिन्न किया गया जिसमें सर्व

सम्मिति से उनु शर्मा को अध्यक्ष चुना

उपायक्ष वर्षा मंगल, कोषायक्ष

भारती अग्रवाल, आईएसओ शैफाली

मंगल, सोनू अरुणा चौधरी पर्व इं

एडमिन पर्व डाबर को चुना गया।

सभी सदस्यों ने नवनिवारिंच

कार्यकरणी का स्वाक्षर किया। इस

दौरान नवनिवारिंच अध्यक्ष अनु शर्मा

ने सभी का आभार प्रकट किया।

कार्यकरणी के अन्य सदस्यों ने भी

अपने विचार प्रकट किये।

श्रीराम चौधरी

बने अध्यक्ष

मालपुरा (निःसं). यूवं सेनिक आदर्श

कल्याण संस्थान शाखा मालपुरा की

वार्षिक बैठक रविवार को शहीद

समारक स्थल पर

आयोजित की

गई। बैठक में

सैनिकों ने सर्व

सम्मिति से श्रीराम

चौधरी को

संगठन का

विशेष अध्यक्ष

चुना। कार्यकरणी में केंपन

सुरजमल गुर्जर व सुबेदार शिवजीराम

जाट को संरक्षक का दायित्व दिया

गया। इसी प्रकार नन्द सिंह खंगारेत

को उपाध्यक्ष, गिरिंज शाह को

सचिव, गिरिंज शाह को

प्रसादी का वितरण किया गया। भण्डारे

को उपाध्यक्ष, रामताली फैजी को

संगठन मंत्री, गिरिंज खट्टीको

मिडिया प्रभारी, रामताली जागिंड को

सलाहकार मंत्री, अंतरुल रुफ को

खेल प्रभारी का दायित्व दिया गया।

पूर्व सैनिकों ने नवीन कार्यकरणी के

पदाधिकरणों को माला पहना स्वागत

अधिनंदन किया। नवन अध्यक्ष

श्रीराम चौधरी ने पूर्व सैनिकों के

सम्मान व संस्कृति में सबको साथ

लेकर कार्य करने का विश्वास

दिलाया।

सूखी तलाई पर वृक्ष

लगाने का निर्णय

दूर्दृ, (निःसं). राजस्थान पेंशनर

समाज उप शाखा दूर्दृ की बैठक

अशेक कुमार शामा के जिला अध्यक्ष

सीताराम गर्मी को अध्यक्ष में

आयोजित की गई। बैठक के दोरान

सूखी तलाई पर वृक्ष लगाने में

आयोजित गर्मी को अध्यक्ष

श्रीराम चौधरी ने पूर्व सैनिकों के

सम्मान व संस्कृति में सबको साथ

लेकर कार्य करने का विश्वास

दिलाया।

पेड़ लगाए व संरक्षण

का संकल्प लिया

दूर्दृ, (निःसं). निकटवर्ती बिजेलाव

रित्यु गुर्जर कन्या विद्यालय के प्रगण

में भगवान मंडल दूर्दृ पूर्णिमा को और

एक पेड़ मां के नाम लगाने का

कार्यक्रम आयोजित किया जाकर

वृक्षरोपण किया गया। इस अवसर पर

जिला देहात के अध्यक्ष राजेश गुर्जर

मंगलनाथ महाराज उपायक्ष शिवजी

राम हय्य सुमन पारीक मंडल अध्यक्ष

राज नारायण शर्मा महामंत्री नानूप

दवाई अवसर उनके लिए वार्षिक

लक्षण लगातार लक्षण लगातार

