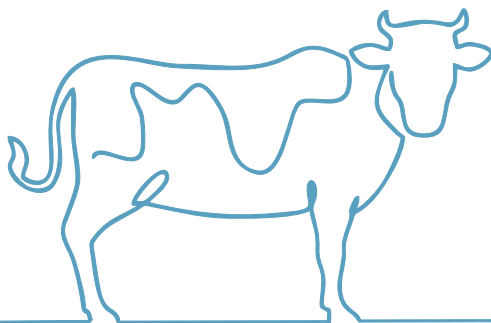


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Addressing Myths and Rumors Regarding Chicken Meat & Egg



Eggs are non-vegetarian and cannot be consumed by vegetarian?

Eggs are two types. Fertile eggs (that contains embryo) and sterile/table eggs (that contains no embryo). All the eggs available in supermarkets, restaurants etc. are sterile eggs that means in any case they contain no embryo or chick. These eggs are table eggs and are equally considered as milk. Milk also contains animal cells same as in eggs. Fertile eggs are not available in market for consumption and only used for hatching chicks.

Eggs are produced only upon mating between male and female birds

Like in humans, regular periods or cycles that causes release of ova or eggs, same way the chicken also releases ova that gets reflected in eggs. Therefore, for female bird to lay egg, male bird is absolutely not necessary and no need of any mating at all. Whether male is present or not, female chicken lays eggs continuously.

Injections of hormones are given to the chicken for faster growth which may not be good for human consumption

For devolvement of high producing broiler chicken variety lot of R&D work in genetics & nutrition has taken place for last 2 to 3 decades. Current improved Broiler chickens available in market can grow up to 2.5 kilo in just a span of 40 days for which daily high protein feed is very important. Also, they are produced from best parents selected by excellent breeding plan. Therefore, no steroids are required for making meat birds fatty. Further, use of steroid hormones will increase the cost of production than returns. So, economically also it is not feasible for farmer to use hormones for better production.

Broiler Chickens are grown fast with chemicals and antibiotics hence harmful & responsible for Antimicrobial Residue

No, Chickens are reared without continuous use of antibiotics, only it can be used as therapeutically during disease outbreak, with relevant Antimicrobial Residue following factors are also responsible for AMR, such as Ground water contamination with waste disposal,

medical waste by individuals, self-medication of people at their own will and wish, Open defecation, urination under Indian scenario may also cause leakage of antibiotics in human food chain.

Eggs are adulterated and injected with harmful substances

Eggs are the only food on this planet that cannot be adulterated or manipulated. It is what it is. They are the purest form.

Plastic eggs are present in market & they harm the human health

The concept of plastic eggs is complete misunderstanding. Sometimes shell of eggs becomes very weak and thin in summer due to loss of carbonates from bird. Because in summer feed intake of layer birds (110 gm) goes down (70-80 gm). So, automatically calcium intake is reduced which is majorly responsible for shell formation. Therefore, the appearance of eggs become elastic type shell & prone to damage. The artificial or plastic eggs preparation compounding with respect to all vital nutrient is not practically possible, and if so, it will be costlier and no one can go for it.

Chicken meat and egg contains high cholesterol. Or The eggs have high heat so should not be consumed in summer. Or Elder people and pregnant ladies are not supposed to eat eggs

Eggs have lower energy content (72 Cal/egg) and packed with powerful nutrients, vitamins and other essential fatty acids such as (vit A, B complex, Zn, Mg, Cu, Fe, Ca, ect) which are incredibly health beneficial and can be easily digested by elderly people. Similarly, these nutrients are essential for the growing foetus for a better growth and functioning of new-born baby. Eggs also supports the physiological functioning during pregnancy.

Eggs become greenish colour after boiling and are very harmful to eat

Excessive boiling of eggs causes release of iron and sulphide from the eggs itself causes slight greenish tinge to the yolk and these are hard cooked eggs. They are perfectly safe to consume.

How many eggs should be taken per day? People avoid yellow part of egg because of high cholesterol content

For a healthy adult, it's safe to eat 3 eggs a day depending on how much other cholesterol is in diet. (Healthline)

Poultry is responsible for corona disease

In India, there is not a single case of any bird being found positive to Coronavirus, also no scientific or medical evidence to show chicken or egg is transmitting Coronavirus. In Other view our Indian food habit system such as consuming boiled chicken / well cooked chicken gives us hygienic food and most of pathogens can't be survived in this high temperature, also In Indian food preparation includes ginger, garlic, spices, turmeric etc which having better antimicrobial and anti-oxidative property thus it helps to us to consume germ free food (chicken and eggs).

During bird flu in country people should not take meat or egg

There is no scientific proof that the bird flu virus can affect a healthy human through poultry products like meat and eggs. As confirmed by the World Health Organisation, it is absolutely safe to eat bird eggs and/or meat if they are washed and cooked properly. Our Indian cooking system is such that because of heat as well as use of antibacterial ingredients like turmeric, garlic, ginger etc. kills all pathogens. They do not carry any viral strain responsible for bird flu hence it's safe to consume.

How to identify whether egg is a fresh or not?

If we keep very fresh eggs in water, it will sink in to the bottom of water and lay on their sides. If an egg stays at the bottom but stands on its small end, it's still acceptable to eat; just not quite as fresh and if the eggs floats on water it considered as old egg.

Egg blood spot is because of embryo present in egg

During egg formation blood spots are the result of the rupturing of tiny blood vessels in the hen's ovaries or oviduct, less than 1% such chances/ cases found in case of commercial sterile eggs, and it doesn't have any relationship with embryo so it's totally safe to consume blood spotted egg.

Double egg is not safe and should not be taken.

Double egg contains two yolks, it is completely safe but contains two yolks instead of one yolk and those eggs weigh heavier and being sold at premium price and not

commonly available in the market too. Out of every 100 eggs, bird lays 4-5 eggs as double yolk eggs and this is completely very normal.

Desi birds give more eggs

Huge improvements have been made in desi birds for egg production over the past 60 years through steady genetic progress in balanced breeding programmes, which positively resulted improved egg production in newly developed strain than the desi birds.

DID YOU KNOW?

The Met Gala 2023 carpet has an Indian connection:

The carpet was the key reason why this year's Met Gala looked so different from prior ones. The carpet for the Met Gala 2023 was not red; rather, it was beige with wavy red and blue streaks, or, as the Internet likes to call it, toothpaste carpet.



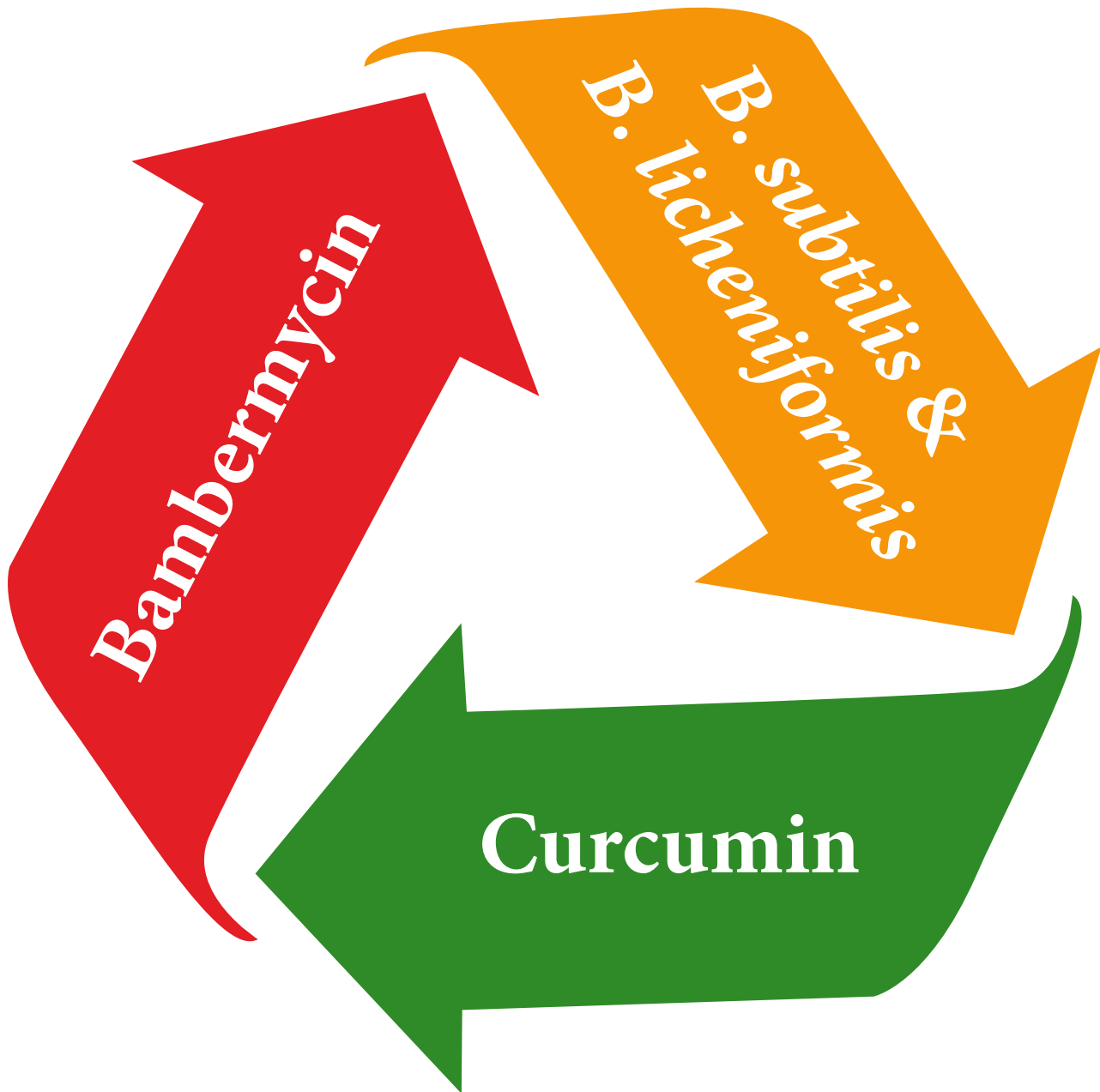
A high-end fashion company with its headquarters in Kerala, Neytt by Extraweave, produced the Met Gala 2023 carpet. The carpet was designed by the MET team, woven by local artisans in Kerala and later coloured in the US.

“Contemporary design. Woven with love. Rooted in Kerala. Made in India.” This is how the company describes their work.

FYI, The Met Gala is an annual fundraising event for the Metropolitan Museum of Art's Costume Institute in New York City. The Gala is known for its extravagant fashion and celebrity attendees from the worlds of film, music, fashion, and art. Starting in 1948, it has evolved into one of the most highly anticipated and star-studded events of the year.

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Criteria for Selection of Post Larvae for Shrimp Farming

Viral and bacterial infections in shrimp aquaculture during the past few years have resulted in serious economic losses totaling billions of dollars. One of the most crucial factors in managing diseases in shrimp culture is post-larvae quality. The selection of high-quality post larvae (PL) and their subsequent stocking in ponds are crucial steps in the shrimp farming cycle. A poor post-stocking survival rate of your post larvae can limit your crop's first harvest potential and decrease profitability.

Important steps to be noted during seed selection:

Avoid wild seed and seed from commercial nurseries that were poorly managed and not CAA approved. It has a significant chance of bringing in diseases. Stock the seed from the same batch. Avoid seeds from various hatcheries in various batch sizes.

Select seeds from the registered hatchery that follow good bio-security measures. Always select seed (PL) from a hatchery that imports specific pathogen-free (SPF) broodstock.

Morphology:

The postlarvae should be uniform in size with normal appendages and rostrum and dark or light brown in colour. Reject the post-larvae with red, blue or green colour. Shrimp seed should be strong and active. The stomach must be full of food, the muscle must fill the carapace, and there must be no erosion or discoloration on any part of the body, including the abdominal muscle.

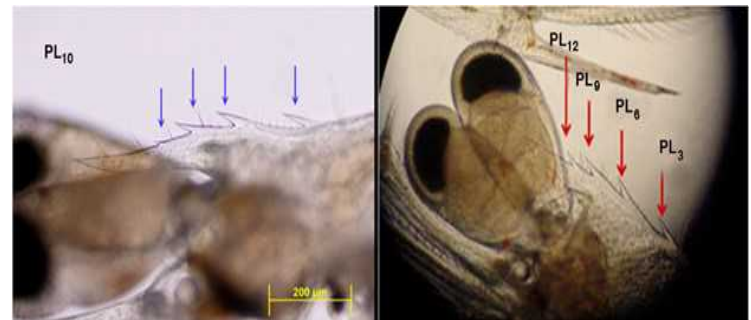
Larvae activity:

Take about 500 PL from the tank and pour into a round tub. Stir the water. Wait for 1-2 minutes. If many seed are concentrated at the centre of the tub then do not select that seed batch. Always select the batch in which the majority of shrimp swims against the current.

Size:

Shrimp post larvae stage recommended for direct stocking in to grow out ponds is PL 10 (Post Larvae stage for 10 days) because at this stage, complete gill development

has been achieved, making the shrimp capable of with standing transportation, acclimation, and stocking at the farm. Nonetheless, PL.12 is the proper stage for stocking on farms where the salinity is less than 5 ppt. By counting the spines on their rostrums, white shrimp post larval phases can be distinguished practically. While PL.12 shrimp have four fully formed spines, the P.L.10 stage only has three fully developed spines and a bud of the fourth spine growing in the rostrum. On the other hand, shrimp post larvae's weights and ages are directly related to their life phases.



Rostral Spines Indicating the Size and Number of PL

Stress test:

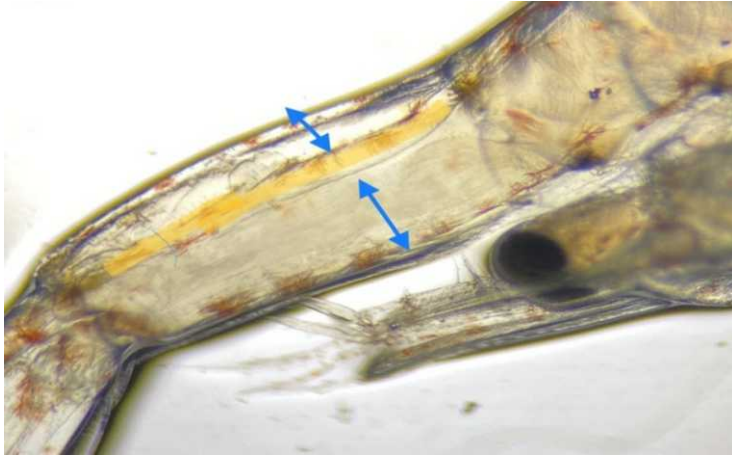
Shrimp seed should pass a salinity stress test. Collect about 100PL in a glass with tank water with ambient salinity (28 to 32ppt), and pour equal quantity of fresh water. Wait for 30min. If 100% of the seed survives, then select the seed batch. Shrimp seed should pass a formalin stress test. Collect about 100PL in a glass containing 100ppm formalin (0.25 ml of commercial formalin/L). Wait for 1hr. If more than 90% the seed survives, then select the seed batch.

Fouling and Necrosis:

Direct examination of post larvae under a microscope may reveal the presence of ciliate protozoa (Zoothamnium, Epistylis, and Vorticella species) and/or Lagenidium species fungi, which typically induce fouling of the post larvae gills. These parasites may be a sign of poor water quality in the larval tank, which will hinder the PL's growth and survival.

Digestive tract:

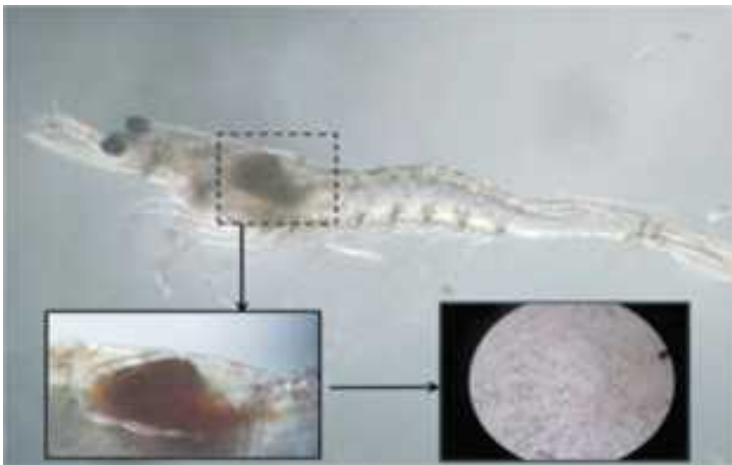
The sixth abdominal segment of a healthy PL should have a muscle-to-gut ratio of roughly 4:1, or that is, the thickness of the gut should be similar to the thickness of the muscle. Peristaltic activity in the intestines is a sign that the PL is in excellent health.



Muscle gut ratio 4:1

Hepatopancreas condition:

Healthy shrimp post larvae have a large, dark hepatopancreas containing many lipid droplets. Hepatopancreas should be observed under the light microscope. A small, whitish hepatopancreas with only a few lipid droplets indicates unhealthy shrimp.



Hepatopancreas with good lipid droplets

Technique of stocking:

Appropriate stocking methods will reduce seed mortality that is unneeded. The techniques listed below have produced the best outcomes.

Parameter	Standard	Method
WSSV	Absent	2 step Nested PCR
MBV/HPV	Absent	Wet mount/PCR
	100%	50% Salinity drop for 30min
Stress Test	>90%	100ppm formalin for 1hr
Muscle to Gut Ratio	04:01	Microscopy
Hepatopancreas	Full with oil globules	Microscopy
Gut	Full & without Gregarines	Microscopy
Necrosis	Absent	Microscopy
Fouling	Absent	Microscopy
Dorsal Rostral Spines	>5	Microscopy
Total Length	>12mm	Physical
Size variation	<5%	Physical

Transportation

Plastic bags are typically used to transfer seeds. The bags are typically oxygenated, filled with water to a depth of around 1/3, and then put inside Styrofoam boxes. Little bags of ice should be placed inside the boxes if the journey will take more than six hours in order to lower the water's temperature and keep it between 20 and 22 degrees Celsius. Depending on the size of the PL, a bag's PL density will vary. Unless a covered vehicle is used, the best times to travel are in the early morning or late evening to avoid extremely high temperatures during the day.

Acclimation

The seed should be kept in constant-salinity water for at least a week before being transferred in order to remove stress. Salinity should be adjusted daily by around 3 ppt. Upon arriving, seed must be acclimated to the pH and temperature of the pond's water. Two popular methods are utilized to gradually acclimatize the seed to the pond's water conditions. For the first approach, an equivalent volume of well-aerated pond water is added to a tank on the side of a pond, together with the seed and water from the transferred bag. Before being sucked into the pond, the seed will be maintained for 0.5–1 hours.

The second and best way is to let the plastic bag float in the pond until balance is attained. One by one, the bags are opened, and then gradually equal amounts of pond water are added. The seeds are discharged directly into the pond by dispersing them around the pond's surface or into a nursing system after an additional 30 minutes of acclimation. By counting each PL separately in 3-5 bags with a spoon or small net to get the average number in each bag and multiplying by the total number of bags, one can approximate the actual numbers of seeds at stocking.

Make Inclusive Behaviours Habitual on Your Team



Implementation and accountability for inclusion practices live with the team, where real-time interaction happens, and real work gets done. What we call Inclusive Teaming is not about having a diverse team. In fact, there is evidence that diverse teams can underperform homogeneous teams if inclusion is not a habit. Therefore, Inclusive Teaming is not defined by a team with differences, but by a team that actively and productively manages those differences a team that is in the behavioural habit of inclusion.

Identifying the Detractor Patterns and rectify with Amplifier Patterns

Detractor tendencies are a group of behavioural tendencies that prevent inclusive teamwork. Teams may be eager to recognise Detractor Patterns, yet this is insufficient. Inclusive teaming's task is to correct these by using the right amplifier patterns.

These can creep into a team's relationships, whether or not they are conscious of them, and are symptoms of the structures that have developed out of systemic racism. We refer to these as Detractor Patterns.

Detractor Patterns eventually have an impact on a team's degree of cohesiveness, performance, and outcomes, which may have both hard consequences (such as missing deadlines and performance targets) and soft consequences (losing your best talent).

By practising new behavioural patterns that amplify inclusion and recommitting to existing ones until they become more habitual behaviours, leaders can shift their teams towards more Inclusive Teaming.

Here's how to do it:

Identify the problem, then match it to the remedy

Making the invisible visible allows teams to consciously choose the behavioural patterns that promote inclusion, which is the responsibility of a leader.

To become aware of the team's detractor patterns and then openly debate them is the most effective place to begin. The team may then purposefully select the related Amplifier Pattern to address the Detractor Pattern once they are more aware of it.

From Courtesy Code-Switching to Letting the Person's Words Be

An example of the Detractor Pattern: Courtesy Code-switching, where someone code-switches on behalf of another person to "help" them fit in or be understood by the majority group.

In this era of "bringing your full self to work," team members take the risk of being more authentic in their speech, expressions, and behaviours. Having someone Courtesy Code-switch for them results in them not feeling accepted and valued, which can decrease their engagement with the team. For instance, if team leaders start to reserve their opinions and let their co-workers speak more, it can dilute the expertise and experience they brought to the team's development and performance.

For Courtesy Code-switching, the counteracting Amplifier Pattern is to Let the Person's Words Be. Letting the Person's Words Be honours who they are in their language and mannerisms, which truly demonstrates acceptance of their authentic self.

From Ignoring to Closed-Loop Exchanges:

Ignoring is exactly what it sounds like: When whatever a team member says or does is not recognised, they are made to feel invisible, disregarded, and devalued. The price is hefty. The team loses its skill and expertise as a result of the disregarded team member experiencing higher psychological stress and a decline in resilience and well-being.

Although one of the more severe Detractor Patterns, the solution is really straightforward: The group agrees to recognise and confirm that a transmission was received through closed-loop exchanges. It would sound like this for a team rehearsing this Amplifier: "I'm acknowledging receipt of your message and will follow up by a certain date." This improves the team's capacity to acknowledge and respect one another, fostering more cooperation and unity.

From Gaslighting to Empathetic Mirroring

When someone casts doubt on another person's reality, it is known as gaslighting. When someone in a higher position of identity-based or organisational authority engages in it, it is more destructive. Colleagues who engage in the gaslighting detractor pattern may say things such, "I'm sure they didn't mean it that way," or they may even dispute the target's unpleasant experiences.

As the antidote to this subtle Detractor, we recommend Empathetic Mirroring: acknowledging the gaslit person's experience through paraphrasing, demonstrating understanding, and restoring their sense of reality. This can sound like "I saw what happened; I get it" or "You are not imagining things" or "What would help you regain your confidence?"

For this pattern in particular, it's critical for the team leader to make a move to correct the person doing the gaslighting. Using direct, candid language, the leader uses their authority to let the person know the impact of their behaviour both on the person and the team.

From Tokenism to Mapping Opportunities to Motivators

Tokenism is the practise of assigning projects to, engaging with, or soliciting the voice of team members primarily because they're part of an underrepresented group. Tokenism costs team members' sense of value for their sincere contributions and diverts their capacity away from opportunities they may be more interested in or effective at. Using the corresponding Amplifier Pattern, Map Opportunities to Motivators, leaders engage team members in work assignments and collaborations based on what matters most to them intrinsically. Matching opportunities to team members' motivators, as opposed to engaging them primarily for their perceived related identity, supports higher engagement, creativity, and productivity, and may even reduce attrition.

From Boxing Out to Open Bodies

Basketball players physically block the other team from the basket in a technique known as boxing out to keep the ball away from them. The Boxing Out Detractor Pattern mimics excluding people by utilising one's body at work. Nonverbal indications such as avoiding eye contact, glancing away, slanting, leaning out, crossing limbs, frowning, raising an eyebrow, or rolling the eyes are examples of how it presents itself. These indications are as effective as spoken words, if not more so. Every verbal and nonverbal exchange causes the release of neurochemicals that either open or

close the brain, affecting interpersonal trust levels and, ultimately, performance levels and team cohesiveness.

Pause deliberately and practise new patterns

The job is to jointly commit to continuing, purposeful pausing and rehearsing embedding the new pattern after the team has chosen the most game-changing Detractor Pattern and its equivalent Amplifier Pattern to focus on. Because it takes time to break a habit, stopping allows the team to consciously rehearse the Amplifier and recognise the Detractor as often as required. When a team decides to engage in this manner, everyone in the team, not just the leader or HR, is responsible for ensuring inclusion. The team then has the ability to adopt a new standard of behaviour and establish itself as a role model for nearby teams.

A HISTORIC MOMENT IN



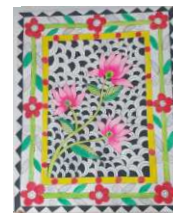
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National body-building champion - A 40 year old mom's new journey

Pratibha Thapliyal



This is a success story of Pratibha Thapliyal, a 41-year-old housewife from Pauri Garhwal in Uttarakhand, who won gold in the 13th national senior women's bodybuilding competition in Ratlam, Madhya Pradesh which was hosted by the Indian Body Building Federation. Pratibha, a mother of two teenagers, accomplished her goal in just her second competition and only a few years after starting up the sport.

It had not come easy for Pratibha, and she never thought that one day she would become a bodybuilding champion. Five years ago, she was having trouble with thyroid disorders. Compared to a level of 5, her thyroid levels had increased to 50 at that time. She was urged to exercise by the doctor. She and her husband, Bhupesh, joined a gym, and she shed 30 kg in a short period of time.

At the gym, it was her fitness-enthusiast husband, Bhupesh, who first noticed that her muscles had developed, and she was good at lifting weights. He then asked her to take up the sport and assured her of his full support.

During her school and college days in Rishikesh, Pratibha played volleyball and cricket. She even led the state volleyball team before she got married. So, when her husband convinced her to get into bodybuilding after seeing the response of her muscles to weight training at the gym, it seemed like a natural progression.

Pratibha participated in her first competition last year in Sikkim as "Uttarakhand's first female professional bodybuilder" and finished fourth. Pratibha worked very hard and spent seven hours a day at the gym on a strict diet. As a result, she won the gold in just her second event.

Attitude of those who taunted her changed after she bagged gold:

She was hesitant to take up the sport at first, given the costume competitors are required to wear.

When she first started bodybuilding, the women in her neighbourhood taunted her. But now their attitudes have changed after she has won gold.

Her sons, aged 15 and 17, study in classes 10 and 12 at a school in Dehradun. The gold medalist is now gearing up for the Asian and world championships and hopes to repeat her feat.

We hope the state recognises this and helps her train better.



She is an inspiration for many women especially to the moms who end up sacrificing their ambitions and who think it is impossible to start again with their passion and profession.

There is no age limit when it comes to realising your dreams. All you need is a clear determination and focus towards achieving your goals.

Expeditions - A daredevil act on the snow cap mountains

The delight of the ascent is the main motivation for mountaineering. It's a team sport, with each person supporting and being supported by the group's success at every level. For most climbers, the thrills of mountaineering are found not just in conquering a summit, but also in the physical and spiritual accomplishment gained through tremendous personal effort, ever-increasing proficiency, and encounters with natural splendour.

The climbing season of the year is upon us, and with it comes many perilous circumstances and exciting experiences. Let's learn about the few brave souls who travelled to the chilly sky this year and their dare to death encounters and heart warming achievements.

6 year old Arishka Laddha becomes the youngest girl to climb Mount Everest Base Camp

6 year old girl Arishka from Pune has become the youngest Indian Girl to climb Mount Everest Base Camp at more than 17,500 ft.



Arishka and her mother, Dimple began their journey on April 8, 2023 and travelled the entire distance in 15 days while donning seven layers of clothing at a temperature ranging from minus 3 to minus 17 degrees.

Arishka's mother, a marathon runner, took her daughter to a camp without much training. She revealed that Arishka, a class two student, can easily walk 7-8 kilometres ever

since the age of four, and has also been hiking hills in and around Pune.

A mother's pride

Dimple also has scaled the camp after two C-sections deliveries, stating that she wishes to be a role model for women who think that their desires are cut short after motherhood. She also adds, when they reached atop, Arishka was feeling so happy and that is all as a mom she wanted her daughter to experience.

Covering a stretch of 130 kms

The girl and her mother covered a distance of 130-km (To and From) in 15 days as the temperature varied between minus 3 degrees and minus 17 degrees.

Dimple said she herself had been in sports since childhood. She said she had been doing cycling, trekking, running all these years. It was an impromptu plan when she decided to take her daughter to Mount Everest Base Camp. She plans to train her daughter professionally that one day her daughter could summit the Mount Everest.

Recognition

Ministry of Culture's 'Azadi ka Amrit Mahotsav' shares a post on their Instagram account praising Arishka's accomplishment.

The First Double Amputee To Summit Everest

A double-amputee ex-British Gurkha soldier from Nepal Hari Budha Magar scripted history by conquering the world's highest Mount Everest with artificial legs. On Tuesday, 23.05.2023, Magar received a heroic welcome from his relatives and family members as he arrived back in Kathmandu. Born in a cow shed in a remote village in western Nepal, he was always been fascinated by Mount Everest.



From a successful career to the tragic disability

He joined the Royal Gurkha Rifles and served for 15 years. In 2010, he lost both his legs above the knee after stepping on an improvised explosive device during a tour of Afghanistan. The journey from when he lost his legs to now has been hard, with lots of unknowns. In Nepal, disabled people are often seen as a burden, and your disability as a reflection of sins in a previous life. So, he thought his life was finished.

Then, slowly, he started learning how to use his prosthetics and how to use a wheelchair. He has many other achievements to his credit.

In 2018, the Nepalese government banned double amputees from climbing in the country, and he joined forces with other climbers and disability organisations to try and overturn the ban. They won, and last spring, he was the first amputee to walk all the way to the Everest base camp. Finding the right prosthetic legs for climbing on ice and snow was a challenge.

This year is the 70th anniversary of the first ascent of Everest. Tenzing Norgay and Edmund Hillary required hundreds of porters on the first expedition. There were no aluminium ladders at the time, and they made about 10 camps. So, in comparison, he finds this expedition is really, small. But it's still three or four times bigger than a normal climb for him. His main aim is to increase awareness of disability and change people's perceptions.

May 2023, Hari Budha Magar realized his dream as he became the first double above-knee amputee to summit Mount Everest.

He hopes to inspire others to climb their own mountains while making history and achieving a magnificent feat of human endeavour. He motivates everyone by demonstrating that a disability need not stand in the way of pursuing your goals.

Close to death adventures at mount annapurna

Anurag Maloo went missing after falling into a crevasse on Mount Annapurna

Anurag Maloo, a resident of Kishangarh in Rajasthan, went missing on April 17 after falling from an altitude of 5,800 meters while descending from Camp III on Mount Annapurna - the 10th highest mountain in the world, which is known for its treacherous terrain.



He survived in the avalanche-prone crevasse for three days before being rescued on the morning of April 20. He was in critical condition and was first taken to a nearby medical camp, then to Manipal Hospital in Pokhara, and later to Kathmandu's Medicity Hospital. His family requested the Adani Foundation's assistance to arrange and bear the cost of the airlift and ground transfer from Nepal to India as the cost seemed to be beyond their means. Adani group founder and chairman Gautam Adani promptly acted and his philanthropy arm, Adani Foundation arranged an air ambulance and transfer. Anurag was rescued and airlifted to the All India Institute of Medical Sciences (AIIMS) in New Delhi for medical treatment and is currently undergoing treatment.

Missing Indian Climber Baljeet Kaur Rescued From Nepal's Mount Annapurna

The 27-year-old woman from Himachal Pradesh has scripted history by becoming the only Indian mountaineer to scale four 8,000 metre peaks in less than a month. Kaur was found alive, a day after she went missing near Camp IV of Mountain Annapurna in Nepal while descending from the summit point.

On their way down from the peak, both Kaur and the Sherpas started hallucinating gasping for oxygen. While Kaur did not have an oxygen cylinder with her, the Sherpas had just one for the two of them. She requested them to go to camp 4 to get an oxygen cylinder for her.



A never giving up attitude saves her life

Kaur said the distance between camp 4 and the summit was around 991 m, which takes about 16-17 hours to cover. Alone on the mountain after the Sherpas left for camp 4, she said she kept looking at the lights in camp 4 the whole night. The experienced climber knew that closing her eyes would mean certain death. To stay awake, she said, she bit her hands, slapped her face repeatedly, shouted and tried to chant the Gurbani (sacred Sikh literature). Much later, she remembered that the mountaineering company that had arranged all the logistics for her expedition had given her a GPS-enabled device with a panic button. When she used the device, help was provided immediately. After being safely airlifted she was flown back to Kathmandu for medical examination where she was treated for extreme cold, hallucinations and traces of frostbite on her left toe.

Kami Rita sherpa beats his own world record

Sherpa has created a new world record by scaling Mt. Everest for the 28th time! A veteran climber, Sherpa set the record by completing his second ascent in just a week. By doing so, he broke his own record for the largest number of ascents on Mt. Everest. The 53 year old mountain guide was on top of the world (8848.86 m from sea level) at around 9:20 am on 23.05.2023. This was Sherpa's second ascent this spring as on May 17, he scaled Everest for the 27th time. Sherpa, a resident of the Solukhumbu district in eastern Nepal, scaled Everest for the first time on May 13, 1994, and rest is history.



Death fatalities

A 40 year old Australian man who climbed Mount Everest's 8,849-metre peak died on his return from the summit. Jason Bernard Kennison, who is from Perth, died after he became unresponsive at the summit over the weekend. He died in what is commonly known by Everest climbers as the "death zone", the area of the mountain above 8,000 meters. His remains are still on the mountain.



Similar to him, many others had to sacrifice their lives in an effort to reach the summits. This is the tenth fatality on the world's highest mountain this climbing season. Almost 450 climbers have climbed Mount Everest this season according to Nepal's tourism department.

Love, determination, and goals

The number of courageous people who enjoy mountain climbing keeps growing every day; nothing has demotivated them.

International Mount Everest Day 2023

Born Namgyal Wangdi, Sherpa Tenzing Norgay was the first mountaineer to have reached the summit of Mount Everest, accompanied by Edmund Hillary from New Zealand.

Since he reached the summit of Mount Everest on May 29, 1953, he decided henceforth to celebrate his birthday on that date as he himself was not sure of the exact date on which he was born. International Mount Everest Day was formally announced by Nepal and was first celebrated in 2008 on May 29 to commemorate the achievement of Norgay and Hillary.



Turkey gifts Mexico a German Shepherd puppy

We are well aware of the horrible natural catastrophe that occurred in Turkey and Syria and caused the deaths of over 50,000 people. Proteo, a sniffer dog in the Mexican Army, saved two lives before passing away from the strain of a lengthy travel and the cold.

Turkey sent a German Shepherd puppy as a gesture of gratitude to Mexico, as the country had lent its trained sniffer dogs to help in rescue operations after the deadly earthquake in February. Turkey expressed its hope that the pup will continue the work of Proteo.

Before the puppy's arrival, the Mexican defence ministry set up a Twitter poll asking people to choose a name for the dog, the options being Proteo II, Arkadas or Yardim. Arkadas, which is Turkish for friend, appeared to be the favourite.



The three-month-old German Shepherd will join Mexico's famed canine unit, which specialises in helping locate survivors in a country prone to earthquakes and other natural disasters. Arkadas will be trained by the same trainer who cared for Proteo.

Mexico paid homage to Proteo, also a German Shepherd, at a military funeral earlier this year. Wearing a padded green harness featuring a tiny Mexican flag, Arkadas was welcomed to the force in a formal ceremony at a military base in Mexico City, joined by his new canine and human colleagues.



DID YOU KNOW?

The full moon in May is called Flower Moon

According to NASA, some Native American tribes referred to the full moon in May as the "Flower Moon" because flowers were blooming across North America at the time, signalling abundance after a long, cold winter, according to the Old Farmer's Almanac, which first started publishing the names for the full moons in the 1930s.



This year it was a rare astronomical event as it combined both the energies of a Flower Moon and a penumbral lunar eclipse on 5th of May.. The flower moon has many other names, such as Budding Moon and Leaf Budding Moon, which mark the significance of spring's flora. Another name, planting Moon refers to the season of sowing seeds.

Other names for it include the Dragon Moon, Milk Moon, Bright Moon, Beaver Moon, Corn Planting Moon, and Frost Moon, etc.



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