

World Nature Conservation Day celebrated



Udaipur: With a motive to preserve nature and biodiversity, City youth Pukaar celebrated World Nature Conservation Day on July 28 at BSNL Colony Park of Manva-kheda by conducting a plantation drive and awareness program.

According to founder Mr. Bhuvnesh Ojha, team and colony members together planted 20 different species of fruits and endangered species like Mango, Arjun, Baheda, Mahua, Kachnar, Jack fruit etc.

Colony member Giriraj Paliwal shared the importance of nature & biodiversity with colony members and also took oath to save these saplings. Colony members showed their zeal to protect environment and actively participated in drive.

18 year old team member, Divya Ranwat informed that due to intensive deforestation wild animals and birds are losing their natural environment due to which they marginalized to extinction and moving towards villages and cities.

From past 3 years team Pukaar is trying to protect nature and bio diversity of city by Cleaning and doing regular plantation in vacant public parks.

On this occasion Ajay Singh, Harshvardhan, Rahul Yadav, pritesh patel, Anita paliwal, Surendra paliwal etc were present.

Wonder Cement distributes fruit saplings

Udaipur: Fruit plant saplings were distributed to residents of Rasulpura village near Wonder Cement Plant in Nimbaheera on 29th July 16. Wonder Cement Limited (WCL) has provided 7000 trees to community in the surrounding villages in this monsoon season to develop green belt under "Green & Clean Nimbaheera Plan".

Nitin Jain AV(P), WCL and Onkarlal Ahir, Sarpanch Facher Ahiran planted trees in the premises of Community Center constructed by WCL in Village Rasulpura.

Program was organized by Motilal Paliwal, Horticulture Officer and WCL-CSR team.

Cloud Lab in SS College

Udaipur: SS College of Engineering, Umarda is all set to have Rajasthan's first Internet of Things (IoT) with Cloud Lab in the campus premise. This week, a Memorandum of Understanding (MoU) was signed between SS College of Engineering and Getwings Technologies Private Limited for setting up the lab. Prabhjot Singh Bakshi, Director, Getwings was present on the occasion and will be guiding the lab setup. Prabhjot is a veteran in this field and is recognised as a Microsoft Regional Director and Microsoft Most Valuable Professional on Azure (Cloud Technology).

Magnus Maartesson, founder of Loftysoft (Sweden) will inaugurate the lab on August 10, 2016. Several other senior dignitaries from the city have confirmed their participation for the grand opening. Magnus has also been awarded and recognised as a Microsoft Regional Director and Microsoft Most Valuable Professional on Azure (Cloud Technology).

Khushboo Mantri, Head of Department, Computer Science & Engineering, said that IoT is the future of technological innovation globally. She mentioned that IoT, Hadoop (Big Data) and Cloud Technology will also have an important role to play in making Udaipur a smarter city. She stated that with Udaipur being announced as a Smart City, research labs need to be set-up for students to learn, design, develop and test prototypes.

200 people benefit from Hepatitis camp

Udaipur: A free hepatitis consultation camp was organised by Geetanjali Hospital on the occasion of World Hepatitis day. Recently.

Over 200 patients from Udaipur and nearby district like Pali, Sirohi, Mandsaur got free consultations in the camp.

Dr Ashish Mehta and Dr Pankaj Gupta from the Gastrology department provided consultation. HBSG, ANT HCV, Liver function test and PT tests were carried out free of cost. About 100 people got themselves checked for Hepatitis B and 20% of them were found positive.

Dr Mehta said that Hepatitis is a viral disease and is also referred to as jaundice. Hepatitis virus, if not cured, can lead to Fibrosis and Liver cancer. Hepatitis B and C happen as a result of infected blood transfusion, needle insertion, unprotected sex and from an infected mother to a child.

Lady Professor suspended for social media comments

Udaipur: Passing serious allegations and using indecorous language on social media against fellow professor and post doctoral fellowship candidate proved costly for a MLSU professor. Prof Anjana Paliwal who was removed for her social media actions and a complaint has also been filed against her at Pratapnagar Police Station.

Prof Neeraj Sharma, said that Prof Anjana had been posting indecorous messages on whatsapp against him, his wife and three other female students. He said that Prof Anjana's comments were extremely shameful and maleficent.

Prof Sharma said that he is a recipient of President award for services in Sanskrit and also a Board of Management member of MLSU. Despite that Prof Anjana was ridiculing him on social media and called him and his wife as fake teachers.

It may be noted that Prof Anjana has been notified of undisciplined behaviour in past by the university administration.

Prof Umashankar, Vice Chancellor, MLSU said that Prof Anjana has been relieved of her duty as the HOD to maintain the dignity of the University. Prof Madhav Hada, HOD, Hindi department has been given additional charge.

Will it be a bumper Paddy production in Rajasthan?

Udaipur: Rajasthan is one of the largest producer of paddy in India with nearly 1.2 Lakh hectares under rice cultivation. However Rajasthan's yield per acre is just about 1800 KG/Hectare which is about 55% lower than Punjab's average paddy yield of nearly 4000 KG/Hectare. Heavy infestation of insects, weeds and diseases in the paddy crop is a widespread crisis faced by Rajasthan farmers. The Mumbai headquartered Indofil Industries Ltd has commenced KHARIF 2016 Paddy Protection Campaign in Rajasthan specially in, Banswada, Baran, Bharatpur, Durgapur, Hanuman Nagar, Kota and Shree Ganganagar. Indofil has deployed many well trained Krishi Doots to work closely with farmers to ensure a healthy and record paddy crop in KHARIF 2016. Mr. Maheshkumar Khambete a senior manager of INDOFIL



INDUSTRIES LTD said Farmer meetings are being organised at important paddy villages. Farmers are being trained on advanced diseases diagnosis techniques and modern cost-effective paddy protection solutions. Seed treatment products

like SPRINT provides protection from seed and soil borne diseases and enables uniform germination, better root development and increased number of tillers. Uncontrolled growth of weeds reduces soil nutrients available for uptake

by crops. ZECHOR & KILLOG are effective herbicides for easy cost effective control of weeds. AVTAR a unique combination of Contact & Systemic fungicide is an ideal remedy for important fungal disease complex during the rainy sea-

son like Sheath Blight, Brown spot, besides it helps to correct the zinc nutrition to paddy crop. Indofil's BAAN and BAAN GOLD are protectant fungicide for Rice blast disease control. Absorbed rapidly by the paddy crop BAAN is relocated towards the tips of leaves for protection from fungal attacks and is very effective if applied in the prescribed dosage at the right time.

BAAN not only controls blast but significantly improves grain quality, grain shining, grain weight (yield) and reduces milling losses. Indofil's MERGER is a one shot fungicide for the control of all types of leaf, node, neck and grain blast, grain discoloration diseases and brown spot. In addition to disease control, It also improves the yield and quality of grains. It is developed by Indofil™ Research and Development team. The insect fauna in paddy fields is com-

posed of resident, migratory and aquatic species, but the biggest threat being the BROWN PLANT HOPPER (BPH). Indofil's TOKEN with a quick knock down action is an ideal protection against BPH.

TOKEN is effective because it acts on the insect's nervous system through contact & ingestion resulting in the cessation of feeding within few hours and death shortly after due to paralysis.

Mr. Maheshkumar Khambete concluded that "To optimize paddy yield farmers have to protect their crop and respond in time to fungal diseases and manifestation of insects and pests.

Indofil's well-researched, easy-to-use and economical range of products ensure protection from the heavy infestation of diseases, weeds and insects at different stages of paddy cultivation".

Vintage Hotels aboard Palace on Wheels

New Delhi: According to the proposal, as explained by a senior official in the Railway Ministry, un-operational original coaches of the famous Palace on Wheels train will be refurbished and altered into vintage hotels cum restaurants and set up at various locations across the country, which could either be prominent tourist destinations or someplace easily accessible from prominent tourist destinations.

The proposal does mention a few locations, such as near the Rewari Steam Care Centre, where a lot of tourists keen on seeing steam locomotive history foray into, or a place like the Brar Square in Delhi Cantonment, or in cities like Udaipur or Jaipur which have a prominent cultural heritage.

This proposal has been sent to the IRCTC by the Heritage wing of the Railways, in which such vintage hotels cum restaurants would be built in the original coaches, seven of which are lying at the National Rail Museum, of the nine from the Palace on Wheels - reminding one of the luxury in which the Maharajas travelled in their times. Such thematic hotels and restaurants which the Railway giant has proposed to construct on original coaches of the Palace on Wheels is set to get the Rail and cultural enthusiasts unwind and enjoy great meals and short meals in such unique ambience.

Efforts to revitalize Gap Sagar, Dungarpur

Udaipur: So far Dungarpur had been known as the City of Hills and for its location and scenic beauty, but now efforts are on to develop it as a tourist attraction by reviving the heritage buildings and Gap Sagar lake, a famous water body which is the breeding hub of a large number of avifauna. Dungarpur Municipal Council has undertaken a special project to revitalize the lake which have been dying a slow death due to extreme pollution and neglect.

"Conservation works have begun for the 750-year-old Juna Mahal, Badal Mahal and others including Udaivilas Palace, Ekthumbiya Mahal and the govt museum. Inside Juna Mahal, is a vast collection of wall paintings that attracts hundreds of visitors from far and wide" K.K. Gupta, chairperson of the municipal corporation said. The district administration have been conducting Bird Fairs for three consecutive years at the other end of the Gap Sagar that have been widely appreciated by nature lovers. A major renovation work at the Gap Sagar Pal have already been completed.

Local materials and stones are being used to maintain its heritage look, authorities said. Seventeen years ago the municipality had introduced floating fountains in the lake which had rotted away. Recently three floating fountains have been installed which gives a magnificent look to the lake with colourful lights during the night hours. " 67 lakh rupees have been spent on construction of a ring road around the lake and we have rented cleanliness equipments for the upkeep of the area" Gupta said. The ring road has also helped in preventing encroachments in and around the lake area. Similarly renovation works completed at the Badal Mahal has lend a new lease of life to the worn out building. A garden has been developed and speakers installed so that those who visit here get a soothing experience.

President of India condoles

New Delhi: The President of India, Shri Pranab Mukherjee has condoled the loss of lives due to floods in certain areas of Assam, Bihar and Madhya Pradesh.

In individual messages sent to the Governors of Assam, Bihar and Madhya Pradesh, the President said "I am sad to know about the heavy rains leading to floods in certain areas of the State, which have caused loss of lives, injuries and damage to property.

My thoughts are with all those affected by this natural calamity. I understand rescue and relief operations are currently underway.

I am sure that the State and Central Governments as well as concerned agencies are taking necessary steps to provide all possible help to the affected families.

Please convey my heartfelt condolences to the families of the deceased and prayers for the speedy recovery of the injured persons. Kindly keep me informed of progress in addressing the situation".

Face Yoga : Growing Popularity

Face is the index of the vital force within us. Mental and physical health remains interconnected to decide the contours of face. The face contains 57 muscles besides the jaw muscles which stand out as the strongest muscle in the entire body. It is not merely the ageing process that pulls down the face but several illnesses damage facial muscles as well. Face yoga falls under A??a?ga Yoga of Patañjali and holds an effective set of toning exercises. The Ministry of AYUSH is propagating the usefulness of Yoga all over the world so much so that 21st June has been declared as the International Day of Yoga. Despite being a health topic, All Ladies League of ASSOCHAM included face yoga in their Women Economic Forum 2016 with participation of over 100 countries.

Face yoga exercises like all yoga postures, increase blood circulation, oxygenating the muscles more and thus making the body more responsive and helps in regenerating cells. Functional MRI scans have shown increased blood circulation to the brain around the pineal and pituitary glands.

These glands are responsible for a person's daily biological clock, as well as the entire hormonal balance of our bodies. The hormones in turn, play a key role in healthy sleep, aiding in a deep sleep and boosts the immune system. A simple set of targeted movements of facial muscles activate the hor-

mon secretory glands and stimulate different parts of the brain and nerve endings. This leads to improvement in attention span, heart control and even lung functions.

Face Yoga is very powerful in stress management too. The movements of face yoga while targeting the forehead and the eyes, decrease the harmful incidence of stress, anxiety and convulsive effects. There is better release of Gama Aminobutyric Acid (GABA) helping in the reconstruction and functional recovery of the nerves.

"Collagen is the natural filling substance in skin to check against wrinkles and sagging of skin. Face yoga proves highly effective to address this issue", maintains regenerative medicine expert Dr Prabhu

Mishra. Sunken eyes, dark circles, under eye bags, sagging neck muscles are some common conditions that find a natural rejuvenation with specific facial workout. Mumbai based face yoga instructor, Minal Potnis asserts, 'I work with doctors and therapists to use face yoga to successfully treat facial morphea, Bell's palsy, facial spasms, nervous ticks, stress-induced anxiety, facial paralysis and other facial muscle-related issues'. Saliva is an accurate indicator of how healthy we are. Facial yogic exercises help in saliva production.

Dr Prabhu Mishra observes, 'Face yoga helps to remove free radicals thereby eliminating chances of cancer. It can certainly be preventive to Alzheimer's and dementia or mental retardation, however no data exists. Any neuro-degradation gets slowed down if not arrested completely. Neurosurgeons and oncologists have referred brain tumour patients and their caregivers to consider using face yoga. 'I suggest a combination of stem cell therapy and yoga

Enjoy Parasailing in Udaipur from November

Udaipur: Udaipur is set to get another fillip as a tourist destination with the introduction of parasailing from November this year. This decision was taken in a district tourism development committee meeting held last week. In the meeting chaired by Collector Rohit Gupta, deliberations were carried out on issues related to the development of Udaipur as a tourism destination. Few major direction given by relevant officials to juniors are -

- " initiating Parasailing facilities from November
 - " starting bike sharing in the city
 - " improving the night markets at fateh sagar and sukhadia circle and increasing the time
 - " removing hawkers and beggars in front of Saheliyon ki Bari gate
 - " making the city sight scene tour service provided by municipal corporation more organised
 - " registering and making a database of hawkers
 - " improving the traffic situation in the city
 - " specifying the no-vending and vending zones within the city
- District collector was particularly upset about the dumping of waste in lakes by hotels and commanded a cancellation of licenses of such hotels. Discussions also took place around starting half day and full day sight seeing packages. Suggestions were also made around improving parking facilities within the city area.

Investiture Ceremony @ Rockwoods

Udaipur: Investiture ceremony for the newly elected student union was carried out at Rockwoods High School, Bhuwana. A grand oath taking ceremony of the student body, held

The program started with a march past of the newly elected student body. Each student represented his group and led the march. Principal, Geeta Nayar & Anil Sharma, as a Chief Guest, unlighted lamp later sworn in of the oath to the newly elected representatives took place. Patron, Alka Sharma asked all the representatives to hold their posts in high regard and deliver the goods over the coming year. Director, Deepak Sharma and Vikramjit Singh Shekhawat also gave their blessings on the occasion.

for a better rehabilitation and in cases of post brain tumour operation', adds Dr Mishra.

What it takes to do face yoga? Yoga instructor, Minal Potnis devises - 'Try the sour smile! Close your lips hard. Tighten the corners of your mouth and smile pulling the corners of your mouth towards your ears. Hold the position till counting 15. Keep breathing forcefully. Relax breath till counting 10. Repeat 5 times the sequence.

This wide sour smile tones and strengthens your cheek, lip and jaw muscles. Exercises need to be suggested individually as per the medical condition by isolating the facial muscles and exercising them.'

Face Yoga is finding favour with the neurologists and dermatologists for the rehabilitation of their patients. Dr Alope Sharma, Head of Neurosurgery Department at Lokmanya Tilak Municipal General Hospital, Mumbai says, ' the ability to co-relate modern medicine and alternative medicine needs to be implemented more, and the overall holistic approach of this program, with focus to increasing facial blood circu-

lation by stimulating these muscles has far reaching benefits'.

And indeed, even common ailments like acidity in stomach find a solution. Face Yoga trainers are interfacing with neurosurgeons, physiotherapists, cosmetologists, speech therapists to align yogic face therapy with their respective medical vertical.

Ensure you work within limits and with an expert.

Face yoga is effective in auto immune conditions. Amyotrophic lateral sclerosis (ALS) is a progressive neurological disorder which may affect speech, swallowing and breathing.

Patients may not be able to speak clearly and over time can also lose the ability to speak.

'Face yoga works to improve the muscle strength of face, mouth, neck and scalp. Increased blood circulation leading to hectic oxygenation brings a difference.

Exercises involving lip, cheek and tongue help to improve speech and swallowing difficulty', says a rehabilitation advisor.