

Health Secrets

Is Green coffee really effective in weight loss?



Green Coffee Bean Extract is one of them.... it is currently among the world's most popular weight loss supplements. As the name implies, this supplement is extracted from green coffee beans.

It contains a substance called Chlorogenic Acid, which is believed to be responsible for the weight loss effects.

Green coffee extract was promoted by Dr. Oz back in 2012. He is an American TV doctor and probably the most famous health "guru" in the world.

Green coffee beans are basically just unroasted coffee beans. Coffee beans are naturally green, but they are usually roasted before being sold to the consumer. This is the process that turns them brown. As we know... coffee beans are loaded with antioxidants and pharmacologically active compounds. Green coffee beans are the same as regular coffee beans, except that they haven't been roasted yet. They are high in a substance called Chlorogenic Acid. Green coffee bean extract does contain some caffeine.

Some human studies suggest that it can reduce the absorption of carbohydrates the digestive tract, which lowers blood sugar. If this is true, then taking green coffee bean extract would be like eating a slightly lower carbohydrate diet.

Several controlled trials in humans show that green coffee bean extract can lead to significant weight loss. However, these studies were relatively small and some of them were industry sponsored.

Green coffee may positively affect how our bodies absorb and use carbohydrates.

As hypothesized in the animal studies, supplementing chlorogenic acid appears to reduce glucose absorption.

Green coffee extract may also positively affect blood vessels, which has major implications for heart health.

Adverse results
Green coffee does contain caffeine, which can have numerous side effects when consumed in large amounts. This includes anxiety, jitteriness, rapid heartbeat, etc.

If you are sensitive to caffeine, then you should be careful with green coffee bean extract. The chlorogenic acid may also have a laxative effect and cause diarrhea.

Green coffee has not been shown to be safe for pregnant or breastfeeding women and should not be consumed by children.

More research needs to be done on the effectiveness of green coffee bean extract on aiding weight loss.



I'M Glad To Be Me

I look in the mirror
And what do I see
I see the me
No one else can be.
I am Precious
I'M Glad to be me
My hair, my face
My Personality.
My size, my shape
The colour of my skin
All make up me
Outside and In

- mehzeen sadriwala

11th Kaffa Intercontinental's Writers' Festival held in Udaipur

Udaipur: The 11th Kaffa Intercontinental's Writers' Festival - India was inaugurated on October 14, 2016 amidst the enthusiasm and vibrancy of writers, scholars and literature lovers from nine countries and twenty states of India under the aegis of the Department of English, Mohan Lal Sukhadia University, Udaipur. The inaugural session began with the lighting of lamp followed by Kulgeet and concluded on October 15, 2016 after wooing the Udaipurites for two days. The theme of the festival was Literature and World Peace. Poets, Writers and Scholars from different parts of the world gathered in the Lakcity. Professor Seema Malik was the Chief Programme Co-ordinator and Dev Bhardwaj, Director of the Association, welcomed the delegates and guests. Prof. Malik said that in the contemporary high tech global scenario, literature provides the much needed respite and irrigates the desert in our lives. Literature very strictly fosters the culture of peace at the micro level and brings about attitudinal shift. Prof. Malik added, "The aim was to make the youth of today more inclined towards writing and reading. Mohan Lal Sukhadia University has always extended a platform for such activities that integrate literature and society." Padmashri awardee Sitanshu Yashas chandra Mehta inaugurated the festival along with the chief guest Uma Shankar Sharma, Vice Chancellor, MPUAT, Udaipur. Prof. Ranu Uniyal from Lucknow University was the guest of honour and chairperson was Bhawani Singh Detha, Vice Chancellor, Mohan Lal Sukhadia University

Udaipur. Prof. Avadhesh Kumar Singh was the keynote speaker. The theme Literature and World Peace introduced the audience to various languages, genres and styles of literary works like poems, short stories, research papers, etc. "Young writers should learn from their experiences but not when someone makes them learn. Experience is the best teacher", said Padmashri Sitanshu Yashas chandra. During his Inaugural Speech he said that Literature is a language of dialogue than command where meaning is determined by the individual and not one else. It is time that the stage is cleared off the language of violence and the leaders of peace should be centre stage. He emphasized that literature plays a vital role in maintaining world peace. Padmashri Prof. Sitanshu Yashas chandra Mehta, remembered Maharana Pratap who fought battles for independence of Mewar. He spoke of "Sarve Santu Niramaya" and "Sarve Bhadrani Pashyantu". The keynote speaker for the inaugural session was Prof. Avadhesh Kumar Singh who spoke about Udaipur as the land of Divinity (Nathdwara), Devotion (Meera Bai) and valour (Pratap/haldighati). Literature and peace support a normative idea of literature. In this era, peace is a strange commodity and poets will have to prove their vocation. Literature is yet to be free from vulgar sanitisation of violence. Values of life and literature should retain literariness. Literature should act as a lamp, like an anvil shaping the society and writers are like potters, creat-



ing a world on the potters' wheel.

Prof. Singh also traced the beginning of poetry by Maharishi Valmiki and concluded that true art always stands with the weak.

Literature helps us in living in an inhabitable waste land like world and literature will take humankind from wasteland to world peace. Writers from Udaipur--Dr. Prabha Vajpay, Dr. Ajit Gupta, Dr. Rajni Kulshreshtha, Dr. Sarvatunnisa Khan and Dr. Farookh Bakhshi were felicitated during the Festival.

During the inaugural session, chief guest Prof. Uma Shankar Sharma, Vice-Chancellor MPUAT, mentioned that only literature can give permanent solution against war. A person devoid of music, art, culture and literature is an animal. Literature is known to change directions of power and it is essential for instilling culture in human being.

Prof. Mustapha-Ur-Rahman Vice Chancellor, People's University, Bangladesh, also a literature enthusiast and a Prof. Himself stated that the quintessence of literature is reflected in a beautiful mind and soul. Prof. Padmasha Jha, former Vice chancellor L. N. Mithila

University, Darbhanga quoted mahatma Gandhi's contribution in promotion of world peace through Ahimsa and Satyagrah.

Prof. Ranu Uniyal, Prof. In English Lucknow University, Prof. Farida Shah Dean, Arts College, Mohan Lal Sukhadia University, Udaipur and Mr. Bhawani Singh Detha, Vice-Chancellor, Mohan Lal Sukhadia University, Divisional Commissioner, Udaipur division also expressed the significance of literature for promoting world peace. The idea that literature will give hope, happiness and serenity to life echoed throughout the speeches.

Vote of thanks was given by Mahendra Singh Purohit and compering was done by Dr. Bhanupriya Rohilla.

In the special session for young upcoming writers and poets the emerging poetic talent of Udaipur showed great sensitivity and concern towards cosmopolitanism patriotism and their stands towards world peace through the achievement of the inner peace.

Deepika Lahoti recited her poem "Aman" and appealed the humankind to live with peace. Dr. Bhanupriya Rohilla recited her poem "Light of life"

in which there was the fact that outer piece and hope for mankind is there through the inner peace and clarity. Mahendra Singh Purohit with his poem "Life and Death" expressed that Death is not to be afraid of but life is to be lived to spread peace.

Dr. Kunjan Acharya with his poem "Mann kikori Deewarein un par tera naam likha" made the haal to clap.

Nikhil Mehta differentiated between rural and urban life patters and highlighted the difference. Kirti Lodha in her poem expressed that girls are an integral part of family as well as social life.

Aayura in her poem talked of and tried to instill the value of empathy to everyone. Jagruti Jani talked of the motherly love and proved it incomparable.

A Arushi Vyas in her poem "Girhein" made everybody clap for the patriotism and of sympathy towards and pride of the bravery and sacrifice of the soldiers.

Komal Dhakar sang of life, its encumbrances and fostering of positivity towards the impediments. Khemraj Gadri sang of the futility of wars and their destructiveness.

All in all this session brought

to surface young talent of Udaipur and the budding poets to voice their philosophies in eloquent words.

The younger ones were also enthusiastic towards the trend. A group of students from Seeding Modern Public School, Sapetia performed their Nukkad Natak to move everybody in thought provoking manner.

This short performance highlighted the issues pertaining to women's education, dowry, and gender discrimination. The play was written by the teacher Ms. Bhawana.

Every session as the program continued made it clear that love and empathy are the sole powers to spread peace among humankind.

The two day international ended with the Valedictory session and the final remarks by the chief program co ordinator Prof Seema Malik.

This International Writers' Festival proved that the old ones are sensitive to their responsibility for the posterity and the young ones have also decided to share their cause to make the world a better place to live in.

The supreme feeling of peace permeated in all minds when the gala festival ended.

Grand Deeksha ceremony of Muni Jaineshwari on 23rd



Udaipur: Grand Deeksha ceremony of Muni Jaineshwari will held on 23rd of oct. Prior to that grand processions, rites and rituals will be held on 22nd. This information was shared by Khubilal Chittora president of Varsha yog samiti of muni 108 Shri Dherya sagar today in a press conference. At this juncture Sanjay kumar

and his party will present a cultural programme. For organizing this function various committees have been constituted. Prior secretary of the function Shant kumar kaslival informed that the chief guest will be state home minister while mayor alongwith the ex jila pramukh Chaganlal jain will be present in the august function.

By the way

Educate us before educating a Male Child

Don't get surprised to read this. Everyone is talking about educating Girl Child and here I am talking in a different way. It's really important to understand the purpose of writing this article.

Unfortunately gender discrimination starts from our home only. We have been grown up with a notion that girls are weaker sex. Boys start making fun of girls and comment on their body parts which becomes a regular habit. Sometimes they try to over power girls with violence. Some stuff is just unacceptable. If we share jokes on female bodies and pass on to others, our kids quickly learn how to disrespect females at an early age. We can easily blame men for their wrong perspective. When Sunny Leone dances or performs, males watch her with eagle eyes. Is this natural or males have learnt from us? My aim was to get justice for women-in every possible way even though I always understood that the only solution is to educate us before educating a male child. But until such



time as women and men have financial, social, economic and political equality, how could this be possible?

Our kids become what we are, not what we say. Lecturing and teaching them doesn't work. They learn from us by watching what we do.

As mothers, our job is to love and respect ourselves and other women. Our kids listen to how we talk about our own bodies and how we speak about other women and girls. Our self-loathing and gendered criticism trickles into our sons and daughters and is powerfully undermining of building respect. Our kids imbibe sexual attitudes-not only from mainstream culture-but also through the subtleties of how

comfortable we are with our own sexuality. If we talk about sex as something natural and mutual, our sons also learn to take it naturally.

Our boys and girls can learn to say they are proudly 'feminist' because they believe men and women should be treated equally which is not to say that gender differences should be ignored-in certain instances affirmative action might be an important reparative step in achieving that equality.

No matter how intelligent, successful or classy a male is, he always treats a female weaker than himself. It's not about how good person you are until you learn to respect females. Raising boys means making sure that the adult men in your life treat you right. You ultimately want your son to see what you consider to be the standard for how a man should treat women. Show him how important it is to always be a friend to women and listen to their problems. Even if it's about a fight he had with a girlfriend and he doesn't really get it, teach him to listen, ask

questions, and always take her side.

Boys need to learn the basics like how to run the dishwasher, washing machine and the vacuum. Helping out around the house is a great way to show affection to someone who might be feeling sick or overwhelmed. No one likes a helpless dude. Make him learn the basics of kitchen and culinary art.

Make sure he knows that lying is the ultimate deal breaker. Women are good at picking up on lies, and while the truth may sometimes have negative repercussions, a lie always will.

You are a role model to your kids so always do what you preach them.

And the best way is to laugh with your kids. Laughter is the best way to build resilience. Life is serious, but we don't need to take ourselves too seriously.

We can laugh at ourselves-with all our mistakes, foibles, imperfections and failures, and in so doing, our kids will learn to do the same.

IOCL Petrol Pumps becomes the largest e-mall Vakraangee e-mall now at Udaipur



Udaipur: Now imagine opening a bank account at a petrol pump in just three minutes. This is now made possible after IOCL partnering with Vakraangee Ltd. to open 20000 Vakraangee Kendras in all of its 26000 petrol pumps across the nation.

With this alliance, IOCL petrol pumps have become the largest e-mall in the world offering assisted online shop-

ping experience with over 6 crore goods to offer through Amzone. Citizens can also get their Aadhaar Enrolment and Updates at these outlets. Apart from this Vakraangee Kendra has wide range of Insurance Products to offer from Life, Non Life and General Insurance.

With more than 1000 services to offer, citizens can also book a two-wheeler from Mahindra

and Mahindra, pay utility bills, get courier services and get mobile and DTH recharge done. The brand tagline - 'Ab Sab Kuch Aasan' of Vakraangee Kendra signifies in true sense fulfilling its objective of Financial Inclusion, providing Digital India services, Social Inclusion, Employment Generation and Skill Development.

The strategic alliance between IOCL and Vakraangee Ltd to

offer non fuel services at its retail outlets would prove to be a win-win proposition for both, as it would significantly increase the customer offerings at IOCL retail outlets and touch points for Vakraangee at such outlets.

Embarking the official launch with its first Kendra at Mumbai in presence of Executive Director, IOCL Retail Sales - Mr. D.K. Sharma, AMD Shri Sanjeev Kakkar & Managing Director and CEO, Vakraangee Ltd - Mr. Dinesh Nandwana. Currently Vakraangee operates at more than 21,000 Kendras across west, north and central India and with an objective to operate at each pin code with approx. 75,000 Kendra's by 2020 of which Vakraangee envisages setting up 20,000 plus Kendras at IOCL Retail Outlets located PAN India.

Photo Studio loaded with film city like facilities



Udaipur: A new photo studio has begun last week in Udaipur

where facilities will be same as those available in film stu-

dios. Situated at the Ashok Nagar main road, the studio is called Cine Spectrum Private Limited was inaugurated by former minister Dr. Girija Vyas and Lakshyaraj Singh Mewar.

Studio director has appraised that he possess professional experience of working in Mumbai. With 5 years of experiences, Kunal Chugh has provided state of the art facilities in the studio on pattern of studios of Mumbai. The studio has been setup in sprawling 2200

square feet of space. Kunal said that he is introducing pre-wedding shoot concept in which couple can get shot in a custom set inside the studio for pictures.

Rajasthan line producer Mukesh Madhwani said that the studio will provide shooting facilities of indoor as well as outdoor sets. With sound-proof, air conditioned studio, documentaries, commercial films, and music albums will be shot.