



ROYAL HARBINGER

Reporting Fact of the Matter

Weekly

PAGE 2 : 16th Annual Gujarati Screen and Stage Awards

PAGE 3 : Semal - A Tree Of Multifarious Importance...



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Dr sushma Telesras Tips to Minimize exam stress

The term 'exam stress' can be broadly defined as a feeling of anxiety over one's performance in the exams, the results and reaction of parents and friends; all weigh upon students to create exam stress.

The final exams for Class XII and Class X start on February 21 and March 7 respectively. For those of you who are appearing for these exams, here are tips that can help minimise the stress.

Revision tips - Develop a timetable to monitor your progress. Make sure you allocate adequate time for fun and relaxation as well. While revising a subject, practice writing. Plan your revision and complete it in time. This will give you a sense of achievement and build your confidence. Spend as much time on recall as on reading. Practice by writing answers as you would do in the exam. This will help you remember the important points when you answer each paper.

Take three hour tests, without a break in between, preferably at the same time as that of the exam. This will help your body clock adjust to the examination time and conditions.

Time out - To prevent mental fatigue, take a short break as soon as you notice your mind is losing concentration. Avoid television and loud music. You will then be able to come back to your revision refreshed. It is important to relax. Your mind and body perform at their best only if you get adequate rest.

Maintain a regular sleep pattern - A regular seven hours of sleep is mandatory for the body to function well. Also, sleep at a regular time; don't alter your sleeping cycle. Try and stop working an hour before bedtime. You will find it helpful to do some muscular relaxation, which is particularly effective in relieving stress.

What to eat - Food rich in vitamins and proteins, such as green leafy vegetables and fresh fruits, are a must. The nutrients will help your brain stay sharp. Avoid food with high fat content. Don't drink too much coffee, tea or fizzy drinks. Caffeine will keep you up and reduce the clarity of your thinking.

NO distractions - Stay away from distractions that could cause loss of concentration or unwanted anxiety. Stick to activities that do not break your study continuum. Keep all unimportant issues at bay.

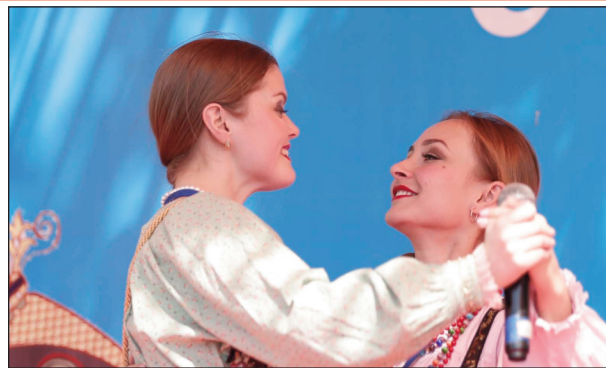
The power of positive thinking - Spend time with people who have a positive effect. It will rub off on you.

Practice relaxation techniques - Practice deep breathing, meditation and yoga as forms of relaxation. They help your body relax and reduce stress. Alternately, take a brisk walk in fresh air after your day's revision is over.

If you believe in God, pray before you start studying. Prayer will help you increase confidence reduce your stress as well. And yes, lots of luck with those exams.

Udaipur Tales' 3-day International Storytelling Festival creates another history in Mewar

Udaipur: To celebrate the spirit of storytelling, Udaipur Tales hosted the 3-day International storytelling festival from 24th - 26th February, 2017 with success, experience and promises. Presented by 'MA'- My Anchor Foundation in association with BRICS Chamber of Commerce & Industry and Rajathan Tourism it created creative sensations. 'The Venice of the East', Udaipur. Eminent storytellers, Musicians and Puppeteers from both India and Abroad made this festival remarkable. One could experience plethora of genres including humor, real-life, fantasy, sentimental and dark (for the late hours) to keeping everybody on the edge of seat. Shri Rohit Gupta, District Collector, Udaipur inaugurated the first edition of the three days Udaipur Tales Festival at Gulab Bagh, Udaipur. Seema Chakraborty's energetic fairy tales with interaction with the children, young Abdul Mubin Khan Pathan's "Eidgaah", Puppeteer Varun Narain's show based on story of Oscar Wilde "Fisherman and His Soul", kept children and the



grownups involved. National Award Winner Durga Bai & Prakash Vyam presented story through the Gond Folk Art. Nadzed and Team "Russian Beauty Group" presented refreshing songs and dances by Maria and Olga both at Gulab Bagh and Tribute Restaurant at banks of Lake Pichola. The concerts and storytelling sessions at Tribute included Faouzia Dastango and her co story teller Fazal who mesmerized listeners with story "Nanni ki Naani" of Ismat Chughtai. Gautam Mukerjee transported audience to the history by his story on Maharani Padmini of Chittorgarh. Shantanu Guha Ray, award winning journalist, gripped the

audience with his rendition of Urban Murder real-life detective stories and story of M.S. Dhoni. Vilas Janve, a known Mime artist and theater director narrated story "Asmita" written by Dr. Chandra Shekhar Sharma. Vilas Janve kept audience spellbound with his perfect voice modulation and facial expressions. Ajay Kumar a graduate from National School of Drama presented "Bada Bhand so Bhand" based on story "Rijzk ki Maryada" by Vijaydan Detha with professional blending of singing, dancing and acting. Koitsu Salil Mukhiya from Darjeeling, representative of Shamanic tradition told healing stories. Korian story teller Kwanwoo Go



told story of Hong Gil Dong. The balance of music and stories did not go unnoticed by some of the known and truly soulful music by Tajdar Junaid & Team and Mathais Durnad & Fakhroodin Ghaffarri. Instrumental Music Vipin Soni and group presented Rajasthani melodies. Stalwart Gazal singer Shashank Shekhar sang Gazals and Sufi song with an accompaniment of Neeraj Mistry and Mukesh Dantya. He also had collaborative music session with Maria and Olaga of Russia. Baul singer from Bardhaman, West Bengal Madhusoodan Samanta was at his best rendering soulful songs. Richa a painter from USA presented a

painting narrating story of Pannadhay which was created by her during the Festival. Sushmita Shekhar, Director, UTF expressed "With a casual conversation to the culmination of the festival it has just opened up our minds towards the scope and opportunities we need to work towards. Our attempt would be to travel across various states, cultures, communities and individuals who connect with the vision of Udaipur Tales for years to come. We would like to thank each and everyone who have supported in this journey so far, and hope to continue to sustain the same interest towards this passion led effort" Director Salil Bhandari said "The

Festival is conceived as a platform for storytellers--both Indian and International--to showcase their material, and in turn enlighten, entertain and encourage a discerning audience both in India and abroad. Apart from our three day festival, we hope to conduct various events, projects and workshops throughout the year to build a loyal and enthusiastic audience, and to take the powerful and evocative art of storytelling to each and every nook and corner of the country. The three-day international storytelling festival is a participatory project with many avenues for collaboration and association. Director Shankar Nayar thanked sponsors namely Takshila, Hindware, Bry-Air, Dayal Group, MMAuto, Saizar, BGJC Consulting, Environics, Forbes Marshall, Disha, Punj Lloyd, Sugam and NF Infratech. Gift Partners are Lemontree and Fragrance story. Hospitality partners are Jubilantenpro, Chunda Palace, Royal Retreat and Hotel Lavitra. He also thanked District Administration of Udaipur for their enormous support.

All possible steps will be taken to complete the tasks taken up- Ravindra Shrimali

Udaipur: On Saturday UIT passed a 289 crore budget for FY 2017-18 as compared to 259 crores 31 lakhs of last financial year. Road network, drainage plan, housing plan, parking and conservation of forests and lakes are the main focus of this year's budget. Along with this, some new projects will also be given the final touch. However officials are failed to answer the question raised by RH that why budget passed for last year is not utilized. Ramniwas Mehta informed that just 72 crores is utilized by feb. Chairman Ravindra Shrimali said that all possible steps will be taken to complete the tasks for the development of the city. Home minister Gulabchand Kataria was present during this budget session when Secretary Ramniwas Mehta presented details of income and expenditure.

However in budget provisions 484 flats worth 16 crores 25 lakhs will be constructed for the backward classes in Satodi Magri of Bedwas, 576 flats worth 18 crores 67 lakhs will be constructed for the economically weaker classes in Pannadhai Nagar & 25 crores will be spent on Revenue village Bedwas, Umarda and Debari under the Jan Awas Yojna. As far tourism is concerned The areas of Nandeshwar ji, Thoor ki pal and Badi lake will be developed as tourist spots which have been lying unattended since long. 38 crores will be spent on the development of the area near Fatehsagar lake. Conservation of the nearby hilly areas is also part of the plan & Beti Gaurav parks will be developed in areas of Hilma plains, Rebariyon ki dhaani and Badbadeshawar Mahadev. Strong Road network will be thirist area where UIT will focus by constructing roads and there widening as requires.

क्या आप फिट है?
क्या आप जानते है
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