

IRI & Much More

By the Way

Bleed without violence

I opened my face book and came across a beautiful video which attracted me at once.

Bleed without Violence. A young girl was explaining the whole world about periods without fear. Women Bleed without violence in 5 days and we should be proud of our own bodies.



I was taught not to talk about it openly specially among males. When I got married, I came to know about the importance of periods to lead a healthy life.

I have seen many women treating their daughters badly at the time of menstruation which is a natural process. Daughters are told to sit in a corner and their own bed, clothes and other belongings become untouchable.

She should not be treated like a criminal for 5 days. What is her fault?

Menstrual Hygiene is the most important thing which girls have to learn. Now all kinds of sanitary napkins and tampons are available. Girls are doing jobs in every field. It's not possible to lock them inside for 5 days.

After 44 years I have decided to open up and write on this subject. Hopefully others will come forward and support me in this mission.

Fruit & Nut choco bites



Ingredients: Cooking Dark chocolate 200gm, Almonds, raisins, cashew nuts, walnuts 3 tsp each finely chopped

Method: Melt the chocolate in microwave for 1 minute. Stir the softened chocolate with a spatula and microwave for 30 seconds more.

Roast nuts in a microwave safe bowl for 3 minutes. Add these nuts to the chocolate mix. Take butter paper. With a spoon, drop rough heaps of the chocolate mixture on butter paper.

Positive model to save panther displayed

Udaipur: In newspapers, we are continuously reading that Panther took the child away from village or from locality, attacked the woman working in the farm and injured...

To get rid of this problem, retired Haji Sardar Mohammed, from the Collector's office, has made a model for the purpose of public awareness. He said that if the natural food chain is present in the dense forest, the need of hunger of panthers, can be satisfied their itself.

Environmental lover Haji Sardar Mohammed is putting his efforts since many years for public awareness along with Shramdan to keep the lakes of Udaipur city clean. He has formed an organization named as Jheel Hiteshi Munch, in which people of every religion and community are engaged and sustaining their labor contribution to maintain the natural beauty of lakes.

M Square Production House And Event Company Inaugurated

Udaipur: M Square production house and event Company was inaugurated by Mrs Nivaruti Kumari Mewar in a grand ceremony held at Ashoka Palace, by cutting the lace and releasing the company's logo.

Mukesh Madhvani assured that efforts will be made to bring Hollywood artists, producers directors and celebrities to showcase the beauty of Lake City through this production house.

Madhvani said that the company will provide platform for youth of LackCity to show their talent at national level and give a new look to its future. He said estimated annual turnover of Wedding in Udaipur is 1 thousand million, Company will explore potentials to recognize udaipur as a Wedding Destination at national and international level.

Sutradhar Karyashala

Striving for making good Comperere

Udaipur: A comperere, or master of ceremony or the conductor of any event is a bridge between the audience and the presenters on stage and holds tremendous responsibility to disseminating right information in very interesting manner to attain successful communication with desired results.



Training and dramatist, Manohar Teli, a graduate from National School of Drama, film actor and dramatist. All the seven participants not only enjoyed the sessions but also enriched their experiences.

emphasized on finding information covering what, where, who, when and how so that no significant point is left. Playing pivotal role, Vilas Janve also introduced techniques and exercises to enhance facial expressions, voice culture and presentation skills to participants.

instant solutions. Smile on face, confidence in heart, eye contact with audience and subject knowledge is very helpful to establish and maintain cordial relations with the audience.

and effective narration. Manohar Teli explained four types of Abhinaya and stressed on Sativk Abhinay. Discussing five types of resonators in human body, he asked participants to practice more and more.

Participants of the workshop, Upasana Shrimali, Vijay Maru, Rupali Joshi, Puja Paliwal, Rekha Kumawat, Nikita Kataria, Sunil Tak and Rakesh Mehta also made effective presentations on the concluding day.

Raksha Gopal tops CBSE with 99.6%



Udaipur: The Central Board of Secondary Education (CBSE) on Sunday announced the results of Class 12 examination with Raksha Gopal from Noida's Amity International School scoring 99.6% marks to bag the top slot.

Bhumi Sawant of Bhavna's Vidya Mandir in Chandigarh emerged as second topper with 99.4% and Aditya Jain from the same school bagged 99.2% to become the third topper.

The all India pass percentage has gone down from 83.05% to 82% this year, a senior CBSE official said.

The board has also started a helpline with toll free number 18000118004 for psychological counseling.

A keyboard player and a voracious reader who is currently learning French, Raksha is described as multi-faceted by her friends and family.

Her elder sister Prema said that the 17-year-old is a lot more than her impressive score. "She has completed five levels in electric keyboard from a Delhi based institute affiliated with Trinity College of Music, London and she has also completed C1 grade in French from Alliance Francaise.

Over 10 lakh students had appeared for Class 12 examination this year. Mumal Jain is topper among MK. Jain Classes students.

Raksha's father Gopal Srinivasan, who works as chief finance officer in Gujarat State Petroleum Corporation, said he never put any pressure on her to perform.

"In fact, we forced her to take necessary breaks in between study hours. We clearly told her that we don't have any pressure over the top expectations and she should just give her best without any pressure," Srinivasan added.

Raksha's mother Ranjni said, "As a home maker, I used to ensure that my daughter gets the necessary sleep and nutrition while she was preparing for boards."

Raksha's teachers believe her performance will open the doors for students who wish to pursue humanities in their graduation.

"Raksha's performance shows that the future is bright for humanities students who wish to pursue courses such as English literature, political science, history or economics after 12th.

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She was formerly selected in NTSE | STSE | KPVP in the result of CBSE board. She topped with 96-6% marks and her batch mate Rahul Agrawal, Jaya, Ikram, Parag and Minal Parekh also got more than 90% marks.



Keerthi Hadpawat, Kalpit Veerwal, Agrima Didwania, Mahak Goyal, Sayam Choudhary, Sarah Ansari, Khushi Talesara, Ruhanshi Barad, Shubhi Latika Swarnkar, Srishi Jain, Manas Jain, Kalpit Kothari, Nishita Chandalia, Akshita Mehta, Ahmed Anwar Faiz, Vedant Goyal, Fatima Alam, Poojan Soni, Poorva Singhvi, Aman Vaya, Dhruviti, Babel, Meet Joshi, Pragati Joshi.

GBH: Three-Day Heart Disease therapy Camp

Udaipur: A three-day free heart disease therapy camp is being organized in GBH American Hospital and GBH General Hospital from Monday. Group director Dr Anand Jha said that Dr Amit Khandelwal and Dr. SK Kaushik will be provided services at GBH General Hospital in GBH American Hospital in the camp.

PMCH: 154 patients benefited

Udaipur: A free Medical Counselling Camp was organized on Sunday at Scholars Arena School, Swami Nagar, in joint collaboration with Pacific Medical College and Hospital, Trishala Jagriti Munch and Kalal Royal Women Club Udaipur.



94 patients were diagnosed for blood sugar and hemoglobin. During the camp all medicines were also given to the patients. At this juncture Tamanna Suhalka, president of the

Royal Women Club, Neeru Suhalka, Shobha Mewada, Kiran Jain of Trishala Jagriti Forum and Lokesh Jain of Scholars Arena School along with C. P. Jain assisted doc-

Advertisement for Sai Trupati Hospital, Umerkot, Udaipur. Includes text in Hindi and English, listing services like ICU, PICU, NICU, and MRI/CT scanner. Contact number 0294-3010000.

Europe-Tour : Water Conservation & Harvesting

Udaipur: Dr. P.C. Jain who is active in water harvesting been to Europe tour for seventeen day under the Maharana Pratap Varisth Nagrik Sansthan.

In Belgium near the forts the rain water flows due to slope & iron grills pass to the Rain drain. Typically the Foot path also has slope towards the road whose rain water also is collected in the rain drain.

Below the foot path slab there is a round hole through which also the rain water is drained so no collection on road, no flooding.

farms that the farms are not flooded with rain water as the rain water flows towards the slope of the border of the farm & is collected into a canal which collects all the rain water.

Even the oldest multi story buildings has the out let pipe from roof top which goes down to the ground thus collecting the rain water to the rain drain unlike ours where generally the roof top outlets water falls on the street road & flood it many time eroding roads also.

In Rome the oldest forts & monuments are also having the the roof top rain water harvesting system & small holes on all the floors through which the rain water flows.



Why cant we also save our roads during the rain by adopting such simple techniques so that rain water do not fall directly on the road?



# 04

# Royal Harbinger

