& 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 belong to that era when

periods were considered to be unwanted. We were allowed to whisper in the ears of elderly women who could further guide us to hide

our femininity from others. 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. First time I felt proud of my healthy body which can produce good quality eggs. There is nothing to

feel ashamed of which is normal and healthy.

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. I know our society is not so modern and helpful in terms of girls and her genuine problems. Mothers and elderly ladies are following rituals since ages without knowing the facts. It looks odd when you see educated families doing the same in the name of religion and culture. I don't follow any ritual without checking on my own. Menstruation is nothing but a healthy way from which your own body responds to you each month silently. Your own mentality makes it tough and a taboo. It's ridiculous to treat your own daughters in such a way which can seriously affect their mental growth. It's not good that what you have been facing should be followed by future generations. Small town women have changed their dressing style. Everyone is wearing western or at least Salwar Kurtis. When you don't wear same old clothes which you used to wear in villages then what is the harm to adopt new ways which is good for your daughter's mental health.

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. Small town mentality must be changed for a girl's better future. We must educate mothers and elderly ladies first before taking any step towards menstrual Hygiene. Let your daughters talk about her pain and problems in open environment. She can be treated only when she is allowed to speak. Personal Hygiene is taught by mothers and elderly sisters in families. It's really necessary to understand your body without feeling guilty.

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. Girls and women, don't hesitate to talk, break the chains of guilt and shame. Happy and healthy periods.

Fruit & Nut choco bites



Ingredients: Cooking Dark chocolate 200gm, Almonds, raisins, cashew nuts, walnuts 3 tbsp 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. Set this in refrigerator for half an hour.

Wrap in decorative paper. Gift or eat with your family.

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 .. Likewise, Panther continues in news for eating animals

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. They will never enter the settlement area. The model has created a habitat forest in which water is shown in a pan. There is also a natural cave for the Panther in the mountains.

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. Haji had created at least 50 plus models for awareness in society.

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. In addition to this, efforts will be done to produce a film under the banner of this production house, that can go for Oscar.

Madhavani 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 Compere

Udaipur: A compere, 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. Whether it is a play or any concert or any type of gathering the success of the event depends on the job of the "Sutradhar". The ancient Natyshastra created by the legend "Bharat Muni" reveals the significance of Sutradhar having deep knowledge of literature, music and drama who talks to audience and make the performance very lively. Sutradhar is also called a person who manipulates string puppets

A "Sutradhar" should have many qualities to take this responsibility. It becomes more difficult while presenting folk and tribal performance for the masses. In order to have a penal of good comperes especially for folk festivals. West Zone Cultural Centre, Udaipur

organized 3 days "Sutardhar Workshop" workshop for young aspirants at Bagore Ki Haveli from May 23 to 25. This was the second workshop.

Moh. Furgan Khan, Director, West Zone Cultural Centre, on the inauguration of this special workshop, emphasized the role of good "Sutradhar" who could lively explain the folk or tribal performance to the masses with maximum involvement of audience. "Our objective is not only to entertain but also educate the audience about the rich cultural heritage of our country so our Sutradhar should have sufficient knowledge of folk and tribal culture besides best communication skill" said the Director.

artist and experienced folklorist Vilas Janve coordinated this workshop as he did last year. This time he was supported by the stalwart compere and theatre personalities like Dr Indra Prakash Shrimali, retired Director of Akashwani and Media scholar, Deepak Joshi, retired Field Officer of Centre for Cultural Resources and

Very senior dramatist, mime

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.

Vilas Janve who has worked with West Zone Cultural Centre for 28 years before superannuation explained the art forms in depth and also shared his experience how to collect authentic information about the dance/music forms from various reliable sources including the performing artistes. He

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. He explained various styles of narrations, giving pauses and imbibing emotions to make the speaking more

Janve practically discussed various last minutes problems rising on stage along with their

effective.

instant solutions. Smile on face, confidence in heart, eve contact with audience and subiect knowledge is very helpful to establish and maintain cordial relations with the audience. Dr. I.P. Shrimali emphasized on the phonetics and true pronunciation of Hindi and Urdu and suggested more reading on the subjects.

Deepak Joshi explained how knowledge of music helps an announcer to achieve her goals. He stressed that the announcers should have keen observation, ability to analyze and effective narration. Manohar Teli explained four types of Abhinya and stressed on Sativk Abhinay. Discussing five types of resonators in human body, he asked participants to practice more and

Participants of the workshop, Upasana Shrimali, Vijay Maru, Rupali Joshi, Puja Paliwal, Rekha Kumawat, Nikita Katariya, Sunil Tak and Rakesh Mehta also made effective presentations on the concluding day. Sudhanshu Singh, Additional Director, WZCC encouraged participants and hoped that the participants will prove their talent in the programmes of WZCC. Durgesh Chandwani, Accounts Officer shared his experiences of Shilpgram Utsav and other major festivals. Programme Officer Taneraj Singh Sodha thanked faculty for sharing their rich experience and knowledge with the participants. It was a general

observation that duration of such important workshop should be increased by two

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 Noida's Amity International School scoring 99.6% marks to bag the top

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. Mannat Luthra of Bhavan Vidyalaya in Chandigarh got 99.2% and was placed fourth.

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 Prerna 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. My sister is multitalented," she said.

Raksha's father Gopal Srinivasan, who works as chief finance officer in Gujarat State Petroleum Corporation, said he never put any pressure on her "In fact, we forced her to take necessary breaks in

between study hours. We clear-

ly 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

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

and nutrition while she was

preparing for boards."

"Raksha's performation 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. More career opportunities in mass communication, law and academics are opening," said Monila Sircar, history teacher at Amity International School, In udaipurNow, Raksha wishes to pursue political science from Delhi University and is eagerly waiting for the first cut-off. She already has her ton three colleges in mind. "I am looking to get a seat in Lady Shri Ram College, Miranda House or Jesus and Mary College," said

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

She was formerly selected in NTSE | STSE | KVPY in the result of CBSE board. She topped with 96-6% marks and her batch mate Rahul Agrawal, Java, Ikram, Parag and Minal Parekh also got more than 90% marks. The students of various public schools who got above than ninty percentage marks are as under Seedling Modern Public School - Kavisha doshi, Mahim Jain.Jasmin Saluja, Paridhi Galundia. Central Public School - Moomal Jain (96.6% -XII Science), Piyush Agarwal (95.00% - XII Commerce). Parag Khmot (93.40% - XII Science), Ashish Jain (92.00% - XII Science)Kirti Purbia (92.00% - XII Commerce).

Rahul Agarwal (92.20% - XII Science), Meenal Pareek (91.00% - XII Science), Zoya Igram (90 60% - XII Science) Manthan Khubchnadani (90.40% - XII Science and in

School.

MDS Senior Secondary

Hadnawat Kalnit Veerwal Agrima Didwania, Mahak Goyal, Sayam Choudhary, Sarah Ansari, Khushi Talesara, Ruhanshi Barad, Shubhi Latika Swarnkar, Sristi jain, Manas Jain, Kalpit Kothari, Nishita Chandalia, Akshita Mehta, Ahmed Anwar Faiz, Vedant Goyal, Fatima Alam, Poojan Soni, Poorva Singhvi, Aman Vaya, Dhruvit, Babel, Meet

Keerthi

Joshi, Pragati Joshi.

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 .During his visit to these countries he closely observed the water conversion & Roof Top Rain water harvesting in these European countries.

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

Dr jain also observed the

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

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?

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. During consultation with the doctor, lipid profile, ECG will be free. Apart from this, eco charges will be 100 rupees, TMT will be done only for three hundred rupees and angiography will be done in just with 21 hundred rupees only.

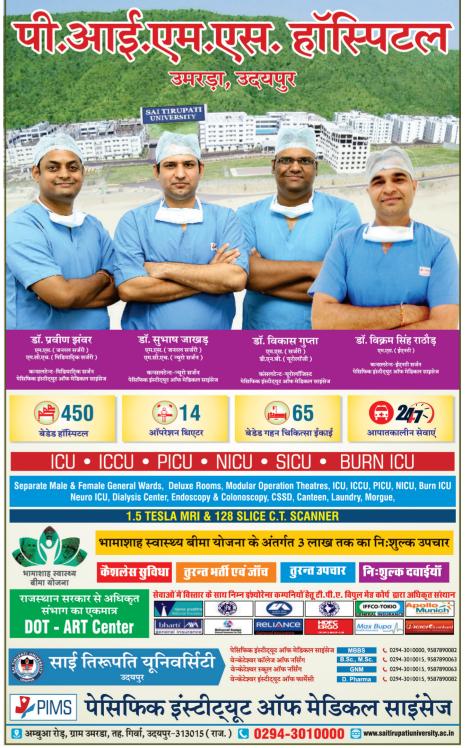
PMCH:154 patients benefited

Udaipur: A free Medical Counselling Camp was organized on Sunday at Scholars Arena School, Swami Nagar, in joint colibration with Pacific Medical College and Hospital, Trishala Jagrti munch and Kalal Royal Women Club Udaipur. Camp coordinator Dr. S. G. Gupta said that in this medical camp, osteopathic physician Dr. R.N. Laddha, gynecologist Dr. S. Bakshi, physician Dr. JC Vishnoi, Dr.vasishtha, Dr. sweety And skin disease expert Dr Bhagirath Singh conducted health check ups of more than At this juncture Tamanna



94 patients were diagnosed for blood sugar and hemoglobin. During the camp all medicines were also given to the patients. 154 patients. On this occasion, Suhalka, president of the

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



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Royal Harbinger

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