



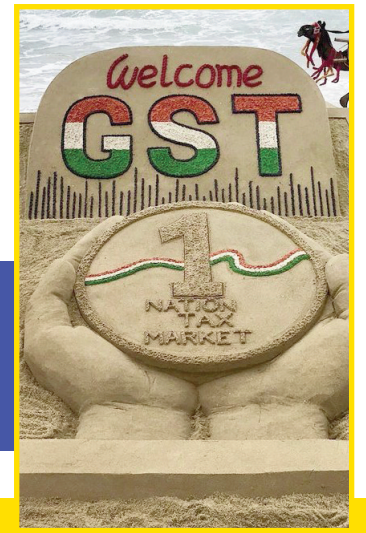
# ROYAL HARBINGER

Reporting Fact of the Matter

Weekly

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## In Pictures DRDO, Successfully flight tested....



## Natural Viagra alternatives for women

Lack of sexual desire is a common problem in women. The low libido can affect their sexual life and reduce their ability to have a satisfying sexual intercourse. It's no wonder then why there is an increased demand for viagra, especially for women.

There can be many reasons for low libido including hormonal imbalance, stress, fatigue, relationship issues and side effects from medication. But as Viagra can have side effects which are not really pleasant, we bring to you some natural herbs which can be alternatives for Viagra...

**Shatavari (Asparagus)** This herb is associated with balancing hormones and aiding premenstrual syndrome. It contains phytoestrogens which can be helpful for women who are approaching and experiencing menopause by balancing essential hormones.

### Korean red ginseng

Being used for different purposes for more than 5000 years now, this herb also promises the upliftment of sexual desire. The extract of this herb works by relaxing the clitoris. It can be used as medicine in menopausal women to improve their sexual desire.

**Horny goat weed**-It has been used as a traditional medicine in the Asian system for more than thousand years. It is believed to have aphrodisiac effects that could counter impotence and pre-mature ejaculation. Due to the presence of novel potent phytoestrogens, horny goat weed extract is proved to be strongly oestrogenic, which plays a significant role in sexual well-being. Also, a drop in estrogen level that usually happens during menopause can cause vaginal dryness which in turn can make sexual intercourse painful, horny goat weed can help to alleviate these symptoms by increasing the estrogen level.

**Ginkgo biloba**-This herb is another natural way to restore women's libido. Ginkgo biloba has been tested clinically for its ability to improve sexual dysfunction. Ginkgo biloba extract (GBE) increases blood flow, influences nitric oxide systems, and has a relaxing effect on smooth muscle tissue. These processes are important for the sexual response in women and, hence, it is said that GBE may have a therapeutic effect.

**Damania-Damania** is called as *turnera diffusa*. The leaves of this shrub have been traditionally used as an aphrodisiac to boost sexual arousal in both men and women. This herb is also used to alleviate impotence, asthma, anxiety, depression and menstrual problems. This herb helps by delivering more oxygen to genital area, thus making it capable of stimulating the libido and boosts sexual energy.

**Ashwagandha**-Ashwagandha contains two acyl steryl glucosides called Sitoindoside VII and Sitoindoside VIII which have proven to be potent anti-stress agents. Ashwagandha works by boosting libido and by alleviating stress which disrupts sexual function. Prolonged stress, can cause too much cortisol to enter the bloodstream, which can be associated with a lack of sex drive.

**Red wine**-Red wine is one of the most well known aphrodisiacs. Studies show women who drink red wine have increased sex drive than those who do not. It helps by increasing the blood flow which in turn increases the libido.

## Remedy Center from Pocket Money

### Kaushal Mundra

**Udaipur:** The education is gradually reaching in every society. Whether today's youth of any society, the importance of education is well understood. At the same time, there are also young people who are also worried about the fact that their next generation should get proper education. Few youths of similar thinking are also in Udaipur who have started Remedy Centers for their own children from their Pocket Money. And it remarkable that, 80 children are registered at this remedy center, out of which 45 to 55 numbers are of general category. You have seen the film

Aarakshan featuring Amitabh Bachchan and Saif Ali Khan. In that movie, Remedy Center runs in a Gawla stables and children achieve success by reading it there. Some of the same kind of sight will be seen in the Kalbelia settlement of Udaipur.

The remedy center is running under the Teen Shade at the Temple site, the dirty water of the habitat is flowing as soon as it comes out, but neither a child nor an adult can enter the place by wearing shoes where they are studying. There is full care of cleanliness. There is also a special view that the wall of the worship site, this remedy center and the

government primary school wall itself is the same. All the children from the fifth grade are studied in this school. As they go to school in the morning, they come to the Remedy Center like they have joined tuition center. The teachers of this school also help these young people and when a child is not reaching school, they also get help.

Raju Kalbelia and his friends, who imagined this remedy center, tell them that they should complete homework here. Revise them and also solve problems of children there. If any of the questions are difficult, then seek help from the well-known educators.



The initiative of these young people is that when 50 children gather here, other children also come to see them. This Remedy Center is playing a good role in increasing interest in studies. These youth

have also formed the "Matth Madri Yuva Kalbeliya Samaj Siksha Trust" Committee Udaipur. Nowadays, those who worry about their younger siblings & are less likely to be present, at the time, these youths

who have been concerned about the children of the whole society have set an example. Seeing their passion & giving support they are center of motivation to others

"We got ideas in the minds of friends and we started this center at a small level. Everyone knows the situation of our society. If private schools are far from the reach then do not think of expensive tuitions. In such a situation, the child officers are not able to think what a government job is. Our fund is that the next generation should get as many guidance as possible so that they can move forward to a better career". - Raju kalbaila

## Extensive Rain water harvesting in Sukhadia University

**Udaipur:** A meeting was organised in Vice chancellor conference Hall where a presentation was given by Dr P.C.Jain who is sphere heading a program on Save water & save rain water by simple technique of Dewas Water filter which is cheap & free from maintenance to recharge the wells, Tube wells, hand pumps. In his video show he showed the short film "The successful stories of the rain water Harvesting" wherein he showed The KUI of Kankroli which was reopened after & recharged. Reused. Also First hand Pump of sisarma Recharged.

Prof Dr J.P.Sharma the Vice Chancellor said that this is a sacred work & all Deans Directors should take interest in this as the future generations will remember us for this noble cause. Dr P.C.Jain requested all to have a "Water Map" of their campus which they all agreed in which it will have used wells & Bore wells & Unused also so that they can also be recharged to act as a charging unit of the ground water. Later Prof Dr J.P.Sharma inaugurated a booklet written by Dr P.C.Jain on his work of two decades on De-Addiction, Rain water harvesting & Solar Energy Estate office Engineers were also present in this meeting & promised to expedite this work of Roof Top rain water harvesting soon. Prof Shrimali explained the plan of plantation in the University campus. In the end Vice chancellor Prof Dr J.P.Sharma thanked Dr P.C.Jain for motivating all.

## SOF - Olympiad Achievement



**Udaipur:** "We have to learn more to achieve more to explore." The Ranyites of Ryan International School Udaipur once again came out with flying colors by showing outstanding performance in Science Olympiad Foundation's -Olympiad exam. Under various categories- IEO, ISKO, NCO students achieve well.

Ms. Purvai Sharma of std. I bagged Gold medal on International level by securing 1st rank in International 7th IEO exam as well as at zonal level for her outstanding performance.

Mst. Akul V. Jha & Mst. Jai Mishra bagged gift cash voucher worth Rs. 1000/- for their outstanding performance as well as Mst. Abeer Sengal also received gift voucher worth Rs. 1000/- for ISKO. Apart from them 10 students also received merit certificate in different category. This is a prestigious moment of satisfaction for the students of Ryan International School, Udaipur.

## Talented children awarded

**Udaipur:** The artists of Udaipur, who were winners in the National Dance Competition organized by Rajiv Shrutu Dance Academy in Poona, were honored by Mukesh Madhavani, who graced dias as chief guest ICDP's Mrs. Lena Sharma said that all winning children will participate in the International Dance Olympiad in Spain in November. Mukesh Madhavani on this occasion told about the Efforts are being made by him to open Film city in Udaipur. He added that If the government decides to open FilmCity in this upcoming budget, then such talent will get a platform and they will be able to get more strength in their talent.

## Club Builder Award to kunawat

**Udaipur:** Club Builder Award for outstanding work in the field of social service, was given to Dr Nirmal Kunawat, the president of Rotary Club Udaipur. This award has a lot of significance. Apart from this, Dr. Kunawat was awarded the District Secretary Award at the provincial level by Prantpal Ramesh Chaudhary.

## Challenges and Remedies Of Co-Operation in Dairy Business

### Dr. Geeta Patel

In December 1946, on 14th December, the co-operation in dairy business was started in the district of Kheda in the name of Amul and the registration of Amul Cooperative Society was done. This has been done because the farmers were exploited by the middle men, due to non refrigeration the milk it turns sour and the farmers suffered a lot as there no is reasonable price to the farmers and farmers were not interested in generating milk.

In such a situation, the leader of Kheda district, Sardar Vallabh Bhai Patel, under the leadership of Mr. Tribhuvan Das G Patel, placed his problem in front of him. Sardar Vallabh Bhai Patel advised the farmers to adopt co-operatives and in this way the Kheda of Cooperative emerged in the district.

Subsequently, under the leadership of Dr. V. Kurien, the strength of cooperative was strengthened and the principle of cooperative and whose purpose was to buy the milk of the farmers at a reasonable price & sell milk to Amul brand in the market.

Due to this, a commercialization of dairy was made and farmers' leaning in the dairy business was increasing. Mr. Tribhuvandas's Patel, Dr. V. Kurian and his team members were constantly working hard and diligently in the field of cooperatives and in the few years, the dairy union developed in Mehsana, Banaskantha, Baroda, Sabarkantha and Surat. Slowly, the principle of co-operation started from Gujarat spread all over the country and the farmers migrated to the milk business. Even today, India is the first place in the world in milk production.

Dairy co-operatives first emerged from Amul where the society is at village level and there is a union at the district level and there is a federation at the state level.

In this way, there has been a revolution in the field of milk by cooperative, which is a cooperative and has improved the quality of life of the farmers and has made the economy strong at the village level. There is a dairy sector which provides financial support to

farmers in rural areas.

In India, where there has been a lot of progress in dairy sector through co-operatives, on the other hand new problems have arisen. There are new challenges ahead in the face of growing cooperative move which is necessary to cope with time.

The following are the major challenges which must be considered in the course of time: 1. The most important challenge is the adulterated milk in front of the dairy business, which is spreading or increasing the market day by day, which is harmful to health and it is necessary to take strict measures. It is necessary to implement the Indian Food Security Act strictly.

2. There is a complete lack of cleanliness in the milk production by the farmers. While clean milk production is one of the main purposes, cleanliness is not taken care of in the villages on the other hand it reduces the quality of milk. Therefore, it is time to get the farmers to head towards clean milk through various training. The milk producers need to be educated through clean milk production program, which improves the quality of milk. 3. Various types of vaccines are imposed for animals to increase the milk production by farmers, which contribute to the health of the animals and also the adverse effects of milk quality.

4. Prevention of diseases in animals is necessary for the protection of livestock and breed improvement, although the governments are making great efforts in this direction. FMD / BQ / HS vaccine is necessary to prevent diseases.

5. There is a shortage of processing plants in the milk sector in India. Cooling temperature and processing are necessary for milk to be kept safe. The lack of modern processing plants is also a great choice in this field, which is necessary to be completed in time. Also, the cold chain has to be strengthened too. Renewal of 40-50 year old plants is necessary.

6. It is also necessary to mention here that in India, there is a shortage of veterinarians in comparison to the number of livestock and sick animals can-



not get treatment at the time and they give a break. The medical facility is provided to some extent by the cooperative sector.

7. The average milk production of milch animals available in India is very low, in such cases the number of animals is higher than milk production, whose fodder system itself is a complex problem.

8. Besides, milk production is done in most of the villages and in such case, collecting milk from far-flung areas is a big challenge, as the temperature in India in the summer reaches around 46-50 degree Celsius, which is high and such it is not possible to preserve milk. There is a lot of problems facing dairy business in this way and they need to be resolved in time.

9. With the introduction of GST from July 2017, it is proposed to recover the tax on Ghee and Butter and Paneer at the rate of 12 percent, which will increase the milk product rates.

### The solutions

The new challenges faced by the milk business are to be resolved during the time. If the steps are taken by the government on the following points, problems can be overcome or reduced.

1. Due to greater co-operation, milk plants should be installed so that the milk can be processed and the surplus milk powder and ghee can be made.

Simultaneously, arrangement for milk testing at plants and village level can be prevented by adulterated milk.

2. Bulk milk coolers should be applied to the committees, which can be immediately cooled to milk and there is no adverse effect on milk quality.

3. The improved variety of animals should be made available to the farmers so that the per

animal milk production is aggravated and the farmers' milk production, the confidence in animal husbandry, is strengthened. It is extremely important to promote artificial insemination to achieve this goal. Also, opening of veterinary hospital and recruitment of veterinary physicians is also necessary so that the producers may get medical facilities for their livestock when needed.

4. Impact on death of animals from infectious disease falls on the financial condition of the animal. Therefore, to prevent this vaccination and insurance plan for all the animals should be started at the mass level. 5. freedom from MFD disease should be provided by the Government of India by running a campaign at the war level.

6. The laws made for the prevention of adulteration should be strictly enforced and from time to time, the availability of inspectors for the checking of milk increased.

7. Excise duty at Molasses by Indian Government Rs. 750 per tonne and 3 percent cess is being taken, which is continuously increasing in the cost of cattle animals given to cattle. Therefore, it is advisable to be free from the cess and VAT, which are used for making cattle make-up, to increase the milk production by reducing the cost of animals.

8. The milk business can also be strengthened by new research. Trainer farmers should be trained by bringing advanced technology from abroad and they should be made interested in milk production, so that their livelihood can be run.

Cooperatives are the only option in dairy industry to achieve all the above mentioned objectives, which can change the cultivation of farmers of India. Along with farming, milk production is such a business whose country's economy is dependent on farmers, there can be expected change.

Since India is at the first place in milk production in the world and consumption of milk products is rapidly increasing in cities and villages. Therefore, it is time to promote milk production and it is certain to change the society.

## A two-day debate contest held on parliamentary form

**Udaipur:** A two-day debate competition held at Rockwood High School in Chitkootnagar on the lines of the parliamentary proceedings in the Lok Sabha and the United Nations for National Diplomacy Summit. In which 160 participants from different areas of the country participated in this kind of proceedings and take their views.

Speaking in the two-day competition of parliamentary form Kiran maheswari said, in special program organized in Udaipur by Diplomacy Summit, seems that the children are more aware of parliamentary proceedings rather than elected members.

On this occasion, J.P. Sharma VC MLSU said that the Prime Minister also wants that the youth of the country should come forward by organizing such programs. This type of debate competition develops new thinking in children.

Yash Bhatnagar informed that the two-day competition in this contest has been debated in a parliamentary form. Everyone put their side firmly in front. The contestants presented their magnificent views while analyzing the political characters of different countries.

Rahul Bhatnagar appreciated this first effort of youth and said that this is a unique effort of its kind which is a new concept for the youth of Udaipur. Nine people have benefited from this. The function was also addressed by Dr. Sweetie Chhabra, Director of NIC.

Program Secretary Dhananjay Bhanawat said that the finalists of the competition have come from the cities of Delhi, Jaipur, Bhubneshwar etc. Dr Mahir Bhatnagar from UDC Ostwal Group, Mrs Geeta Nair from Rockwood School, Dr. K.C. Divakar, President of Rotary Club Uday, Dr. Ritu Vaishnav, Rajesh Chung, Mohit Kalra, Ghanashyam Sharma, Bindu Sharma, Mukesh Madhvani, RadioCity 91.9 Deepa Rahul Dubey, Meenakshi, Mitesh Soni, Dr. Seema Singh, Kunal Chugh, and Deepak Bajaj contributed to it.