

## Remembering the Poet Politician

After a long time, India mourned for a political figure that belonged to a particular party. It was August 16 of the year 2018 when former Prime Minister Bharat Ratna and Padma Vibhushan Shri Atal Bihari Vajpayee passed away after being in the hospital for more than two months. So the question arises that why he was so popular among the masses? Why was he able to win the hearts of people across the country and even abroad? And why despite being a political figure, he never had any opponent in any form? The answer has many aspects. Mr. Vajpayee was a leader of masses. Whether he was in opposition or in power, his connect with the last person in the system never broke. His oratory skills were second to none, and this is why even when in opposition he used to talk, people used to listen to him. It was not just respected that people had for a popular leader, but it was their love for him.

A poet by nature and a fighter by attitude, Mr. Vajpayee had a rare combination of softness and practicality that a mass leader must have. He was the ideal mass leader who was kind hearted to empathize with the last man

in the social and economic system. And the other facet of his personality was being dominant. He wanted India to grow and become a developed nation faster. This is why he worked for nuclear tests in Pokharan of Rajasthan. He was an ambassador of peace but wanted to convey to the world that this act of peace is a philosophy and principle of India and not the weakness.

The world has had a very few such tall leaders who could manage to win the hearts of people by their work and attitude. Today's politics is all about hate and criticism at any cost, and this is why we no more hope for another Vajpayee in the future. The humbleness of Vajpayee can be gauged by a simple fact that in his decades of active politics, he more than often had a seat of opposition to assume; still, you cannot find a single instance where he played politics for the power. He played the game with rules and took wins and losses with the same perspective of fairness. Such greatness is so elusive today.

If Mr. Vajpayee had been in the active politics of today, he would have taught the generation to spread positivity using the social media correctly. Today, social media, which is such a powerful medium of connecting with masses is sadly used mostly for self-glorification and spreading lies and hates more than anything.

A poet politician will always be rare in the country. A poet by nature is introvert and cannot tackle the political tactics. And if a poet learns to address politics, they lose the charm and innocence of poetry. Mr. Vajpayee remained a soft poet throughout his life and still did not lose his position. In the world full of real politicians, he managed to become the first non-congress Indian prime minister to complete a term. His life teaches us a lot. We need to keep the softness inside and be a staunch opponent outside.

## Pandit Pawan Kaushik birthday at J W Marriot



Astrologer Pandit Pawan Kaushik is out to revolutionize what we think of astrology! The study of the movements and relative positions of celestial bodies has for years been exploited with many apparent astrologers in the garb of Pandits doing poojas and yagyas. Pandit Pawan Kaushik, on the contrary, relies heavily on the five elements of nature, earth, fire, water, wind, space and gives astrology a scientific approach. Pandit Pawan Kaushik recently

celebrated his birthday at JW Marriott Juhu where Bollywood celebs, family members and guest came to wish him happy birthday. Rajpal Yadav and Pankaj Berry came specially from shoot. Other guest who came for this event were Surendra pal, Sunil Pal, Nikita Rawal, Aarti Nagpal, Vipul Shah, Saajan Agarwal, Atul Patel, Kishan Kumar, Leena Kapoor, Nasir Khan, Yogesh Lakhani of Bright Outdoor, Manish Srivastava, Narshi Vasani and Manjari Mishra from Mubu TV.

## "Sunny we love you "



Reshma and Riyaz Gangji of Libas Stores joined hands with Sunny Leone for the launch of Starstruck by SL cosmetic brand at R city mall Ghatkopar. Designer duo Reshma and Riyaz Gangji of Libas Stores joined hands with Sunny Leone for the launch of Starstruck by SL cosmetic brand launched by Sunny Leone and also officially opened their first large - format pret store at R city mall Ghatkopar. It was an evening with Sunny's and Libas Reshma and Riyaz Gangji's fans lining up and ultimately breaking the store shutter down. Sunny and the designers had to wait for the shutter to come up before the fiasco ended. Over 20 bouncers and cops could barely control the crowd screaming "Sunny we love you ". MLA Aslam Shaikh and Yogesh Lakhani of Bright Outdoor came specially to wish them all the best.

# Power of Ragas

We all live a super busy life. All of us race from one job to the other every day. A family errand could be followed by crisis at office. We are always trying to mentally rearrange our schedule to insert a new requirement popping ever minute. 24 hrs is no longer good and we are left with a feeling that there aren't enough hours in a day. Leading a hectic life is a part of our chosen lifestyle and practically not much can we do about it. The flip side to this is stress, anxiety and a host of other mental and physical issues. Is there something that can help us recoup from certain illnesses effortlessly? Well, there is an answer to all this in Music. Do you know that music is a natural healer? Modern science permits music as a therapy - to treat chronic and terminal diseases painlessly. Let's delve a bit more into this and see if knowing this can help! Music is a clear reflection of the sum totality of human behavior. It is a part of a man's ethnicity, customs and social legacy. Music was born in the Indian subcontinent with the advent of the Vedas Samaveda to be specific. Haridas Swami - guru of Tansen

helped recuperate one of Akbar's queens with a particular raga. The musical trinity of India, Saint Thyagaraja, Syama Sastri and Muthuswami Dikshitar brought a dead person back to life, cured stomach aches of many and also used music to pray for good health for mankind in general. It was done through certain ragas in Indian classical, all of which are formed with hand-picked notes to work on certain neurons of the human body. These Ragas are curate to belong to a particular time slot in a day and they work best when heard or sung then. Elements in parent raga's control more than 100 nerves in the body and their ascending (aaro) and descending (avro) notes govern moods and mobility that play an important role in the therapeutic prowess of our own music. Music therapy is often used to aid improvement in multiple areas of brain function deficit and to improve quality of life, as well as facilitating physical healing. Below is a list of ragas that help cure ailments. Some of the ragas are widely known and which can be used to treat a host of other ailments

For Hypertension Raga Bageshri, Malkauns, Todi, Pooriya, Ahir Bhairav and Jaijyanti. Raga Malkauns is specifically used to treat low blood pressure. Raga Todi and Ahir Bhairav is a miracle pill for High BP patients and as a medication can be heard any time in the day.

**Mind: Anxiety and Stress and Intellectual Excellence** Raga Kaafi and Darbaari, for mental strength and stress, Raga Shiva Ranjani—for intellectual excellence, Raga Khamaj particularly for Hysteria and Raga Sahana for control over anger and inner violence. Raga Darbari helps with relieving stress if heard late night and Raga Bhimpalasi if heard in the noon. Overall stomach, Acidity, constipation, intestinal gas and fever due to stomach infections Raga Pooriya Dhanasri and Deepak for Acidity, Raga Jaunpuri and Gunkali for constipation, Malkauns for intestinal gas and fever. Basant Bahar cures Gall Stones. Raga Pooriya is also known to cure colitis and anemia if heard in the evening. Heart Problems

Sarang family raga's, Kalyani and Charukesi work amazingly well for heart blockages and other heart diseases. Headaches Raga Asaveri, and Poorvi are drugs to get rid of headaches. Raga Todi is necessary for headache due seasonal colds, while Raga Asaveri also holds good for psychological disorders. Raga Bhairavi helps cure headaches for Sinusitis.

**Diabetes** Raga Bageshri and Raga Jaijyanti for diabetes whether you are at a borderline or on insulin.

**Oncology** Raga Bhairavi and Raga Lalit are played particularly during chemotherapy sessions. Patients taking music therapy are believed to recuperate much faster than those only on chemical drugs.

**Asthma** Raga Malhar, Mianki Malhar and Darbari Kanada are known for their healing properties for chronic asthma. Blood Purification and Skin Issues Raga Hindol and Marwa not only purify blood and help maintain the best of skin possible, but also cures high fevers



caused due to Malaria and Dengue. **Hormonal Problems and PCODs** Slow songs at a lower to medium octave as in Bhajans help in relaxation. They lead to favorable hormonal changes and cures PCODs. Shiv Shambhuj Bhajans have helped cure back pain and slip discs,

Ganpatibhajans have evoked confidence and dispelled fear, Krishna Bhajans have been used to treat depression and stress, Raga Hanswadhani has helped to regenerate cells and bring back energy. **Article by: Ms. Runkhi Goswami, is noted Singer & Music Composer. She is also a Corporate Leader.**

## Aristocrat enters the exciting category of rucksacks with Hike and Peak

Aristocrat, the value brand from V.I.P Industries, India's leading luggage company, forays into the exciting category of rucksacks with Hike and Peak. The newly launched collection boasts of a smart design, combined with a sophisticated yet edgy look. Packed with some amazing features at unprecedented price points, these rucksacks are a must-have for every travel junkie!

The outstanding capacity of 45L makes the collection ideal for all forms of adventure. Crafted with premium lustrous fabric, the rucksacks are available in two classic shades - black and grey. The rucksacks are equipped with three spacious compartments in addition to a large shoe compartment, a front pocket and side zipper pockets to help you stay organized. These are impeccably designed to accommodate a 17" laptop as well.

Commenting on the launch, Mr. Sudip Ghose, CEO, VIP Industries says, "We understand the diverse needs of today's consumers and with this new collection, we strive to cater to the needs of travel enthusiasts at accessible price points. The rucksacks are loaded with abundant unique as well as essential features, making it ideal for a trek or a weekend getaway. We're thrilled to venture into this exhilarating category as we expand our budget-friendly offerings. It is not just a rucksack, it's an adventure!" Furthermore, the highly travel-friendly rucksacks are also equipped with essential features including long mesh pockets and compression straps on both sides, an organizer and bottom lugs for added safety. As a part of the introductory offer, both the bags are priced below Rs. 2000. The rucksacks offer an amalgamation of excellent style, utility, quality and true value for money. So go get your hands on the collection and gear up for your next adventure! Hike and Peak by Aristocrat are available across all VIP outlets, luggage dealers, hypermarkets and online as well.

## Monica Daroga – A Proud Moment for Hindustan Zinc Football Academy

Monika has not only made her school, her academy, her teachers & coaches proud; but also her entire village and district is proud of her. Studying in 9th standard, Monika Daroga belongs to a small village in Bhiwara. An ambitious child as her teachers say, Monika has also been very active in various extra-curricular activities. It has been 6 months since Monika is training under Hindustan Zinc Football Academy.

Monika Daroga, a student at the Arniya Chouhan Zinc Football School under the community football academy, is one such talented girl who is selected from the team as a centre forward, to represent Rajasthan in the U-17 Women's Football National Championship that will be held this month in Goa.

Monika has been training at the Arniya Chouhan Centre since January 2018 and was part of the team that won the Bhiwara District Championship in July this year. She went on to represent the Bhiwara team subsequently at the State Football Championship and was invited for the National Camp in August 2018. HZL Football Academy supports her in maintaining an unwavering focus on studies along with football, because of which, Monika is not only excited for the championship, but also for her tenth boards coming next year. The Academy also provides all necessary facilities, complete football kits and accessories to the selected children. Their training and grooming is monitored by experts that includes health, fitness and nutrition & diet consultation from experts. Hindustan Zinc, has been associated with sports and has been promoting sportsmen for almost 4 decades.

The company's vision is to set up a world-class technology based fully residential Football Academy and provides a 360-degree holistic platform whereby talented footballers from Rajasthan, both boys and girls, can get an opportunity to get trained and play for the Indian National Team.

The ultimate objective of the company is to reach out to more than 60,000 children in 100 villages and tribal areas in Rajasthan in the next five years.

## JOLLY RANCHER SPICES UP THE CANDY SEGMENT WITH 'HOTTIES'

August Hershey India Pvt. Ltd. recently launched Jolly Rancher Hotties, a hard candy specially developed to appeal to the 'hot' Indian palate. The candy is a part of the Jolly Rancher confectionery range, which is known for its unmistakable bold, sweet and tart fruity flavours. Jolly Rancher Hotties is uniquely crafted. Consumers first experience its tongue-tingling fruity flavours, which then give way to a sudden spicy burst at the centre, thereby leaving a lingering taste, that is a stimulating mix of both sweet and spice. The candy will be available in three exciting flavours - Raw Mango, Pineapple, and Lemon - and is attractively priced at just Re 1/-.

Sharing his views on the launch of Jolly

Rancher Hotties, Herjit Bhatta, Managing Director, Hershey India Pvt. Ltd., said, "Hershey India is continuously evolving its product portfolio, based on strong consumer understanding. When we researched the Indian taste preferences, we discovered that as a culture, we prefer hot and spicy flavours as much as the sweet ones. It has always been our vision to provide a differentiated product experience to our consumers. We are very excited about the launch of Jolly Rancher Hotties as it is set to strike a chord with both 'meetha' and 'theekha' being fused into a single offering. Jolly Rancher is a key brand in the Hershey India portfolio, and with the launch of Jolly Rancher

Hotties, we aim to offer yet another unique innovation that is set to tingle the taste palate of Indians."

The Jolly Rancher Hotties launch will be communicated across media, including television and digital, and will be endorsed by celebrity Tamannaah Bhatia.

In her comments on the new launch, Tamannaah Bhatia said, "Jolly Rancher has always been a favourite, and I would eagerly wait for friends or relatives travelling from the United States to get me a few packs of the candy. I look forward to the exciting launch of Jolly Rancher Hotties in India and to being a part of a brand that I have personally loved over the years."

## New Suzuki Motorcycle showroom opens in Udaipur

**Udaipur:** Noted motorcycle manufacturer, Suzuki motorcycle, has started a new showroom in Udaipur. This showroom has come up by the name "Pearl Suzuki".

Pearl Suzuki is situated at Paras Tiraha (cross-road). The inauguration was carried out by Suzuki National Head (Dealer development) J.S. Rathore in presence of other dignitaries. 51 motorcycles were also delivered from the showroom on this occasion.

Bhupendra Kalri, showroom director, said that the inauguration saw presence of noted dignitaries from the city. 51 customers were also handed over their motorcycle key on this occasion.

Suzuki's zonal head, Vishal Sharma, Regional Head, Nitin Chaturvedi and Area Manager, Paras Jain were also present on the occasion.

## IIM Udaipur to also accept GRE score for PGPX admission

**Udaipur:** Starting this year, IIM Udaipur will also accept GRE score, besides continuing to accept GMAT score, for admissions into the PGPX course.

IIM Udaipur runs a specialized PGPX programme in Global Supply Chain Management in collaboration with Purdue University, USA. Students graduating from this programme get a PGPX from IIM Udaipur and a MS from Purdue University, USA.

The programme is fully residential for 15 months. Students spend their first 5 months at IIM Udaipur, do a 2 month internship followed by 5 months at Purdue University (USA). The students then return to IIM Udaipur for final 3 month course.

The programme is open for candidates having more than 3 years of work experience and a valid GMAT/GRE score.

Admissions are currently open and will close around November. This is a small batch size programme with about 20 students being admitted every year. The course starts in Jan and ends in next March

## Zip line before Chirwa tunnel attracts public

**Udaipur:** Chirwa ka ghata has constantly been attracting crowds. Earlier tourists used to get attracted to the serpentine road, then came the tunnel which attracted public even more and now to add to its attraction is the Zip line in the flower valley.

Vehicles passing through this area stop instantly after spotting people enjoying the zip line. It has been noticed that public is actually loving the scenic flower valley and the added attraction of zip line. As per sources, the valley is fetching an income of 30,000 rupees per day, whereas Sundays are fetching close to a lakh of rupees. The entire valley is so beautiful that its magnetism pulls in the crowds passing by on that route.

Tourists are now loving this area more than other spots as adventure is the USP of flower valley. Even children are enjoying their share of adventure through this zip line. Last Sunday it was noticed that tourists had queued up for the zip line. Each one wanted to experience the thrill of hanging. There is also a provision of cafeteria and view-point for the tourists in the valley.

It may be noted that the zip line is 375 metres long. Teams are ready on each side of the zip line to take care of the adventure lovers. It has been pointed out that the view of the valley from the zip line is an absolutely amazing experience and a perfect scene for photography.

## Udaipur-Lucknow flight to start soon

**Udaipur:** Udaipur is set to shortly have a direct flight to Lucknow. While the schedule has not been released, the flight is likely to start from October.

Udaipur-Lucknow flight will be oper-

ated by Jet Airways. Lucknow will also have a direct flight to Bengaluru starting Sept 2 and while official announcements yet to be made, Jet Airways may also start flight from Lucknow to Chennai and Hyderabad, besides Udaipur from October onward.

Flights will be operated under Regional Connectivity Scheme (RCS) that provide for affordable flight charges. Mostly ATR flights are operated under this scheme and the flight charges are capped at Rs 2500.

In a parallel development Indian Association of Tour Operators (IATO) had earlier pitched to ministry of civil aviation to start Udaipur-Aurangabad flight when the ministry had asked for suggestions in March. It is being speculated that Aurangabad might be included in UDAN-III scheme and this demand might become a reality soon.

## Amruta Fadnavis launches Lit-O-Fest

Lit O Fest' Mumbai, India's premiere festival of Literature, Art and Culture is all set to spread its creative wings by taking the festival international. The 5th edition of the festival will be in London early next month. It was announced in a Press Conference organised in Varsha, the official residence of the Chief Minister, Maharashtra last evening where the first lady Amruta Fadnavis, Smita Parikh, the founding Director of Lit O Fest Mumbai and Author-Filmmaker Pankaj Dubey, who are all part of the contingent spoke to the Press.

"We are excited to be part of this wonderful cultural initiative by Smita Parikh and Maharashtra Tourism Development Corporation (MTDC) is doing whatever it can to support the event. Lit O Fest is doing wonderful job in using literature to improvise the plight of education and literacy in the villages of Maharashtra and taking this campaign internationally", said Amruta Fadnavis who would be present during the London Chapter of Lit O Fest in Bhartiya Vidya Bhawan London and the House of Lords, British Parliament, London on the 6th and the 7th of September 2018.