

By the way

'Fat is unfit': A reality check

Beauty lies within... Inner beauty is most important feature of any human being.

We have been taught this since childhood but when it comes into reality, it seems a joke.

No body is perfect in this world. We all have been born with some special qualities or weaknesses. Unfortunately people don't notice good qualities.

Few months back I was surfing internet and came across a story. A builder made a society which has a swimming pool. He used Italian tiles for the flooring. One or two tiles were broken. That builder did not replace the tiles. When the swimming pool was inaugurated, almost every person who went inside the pool, noticed the broken tiles. Nobody noticed the design or other beautiful tiles.

When builder was approached and questioned for his fault, he started laughing. What he said is absolutely correct and it shows true human nature. No matter how good you are from inside, people always notice your flaws. It was a psychological test done by that builder on his clients.

I am a patient of thyroid and arthritis. I have a tendency to put on weight. I try to maintain my weight by putting all efforts. I have done courses in nutrition and diet to understand my problems. My weight fluctuates and I have become used to it. In my opinion, we have to look good and presentable in every condition, after all smartness lies in our work and how we handle tough situations.

But everything seems to go in vain when people comment on your body without knowing the actual fact. They easily comment on your food habits and give free advice to eat healthy and exercise. I really don't understand that why do people are worried about my health more than me.

Following film industry trends and awareness towards health is absolutely okay but it does not mean that all fat or plump people are unhealthy and unaware of good habits.

It may hurt others when you simply tease them. You may also not perfect in other terms such as some people are dark, some extra fair, some are bald, some have bad teeth and others may have any other flaw. But these days what matters is your ideal weight. If you are plump or fat, you are being targeted as you have done the biggest crime on earth.

It's just a reality check. It's good to be slim but it is not the criteria of being healthy. Many slim and fit people also have health issues. A few extra pounds or kilos don't decide your intelligence. I am not saying that being fat is good. I am trying to say that it's okay to be what you are. It's good to check your imperfections before pointing to others.

Movies and film stars look good because of their profession. We must look good for ourselves not to impress others. Being fat can never be my choice but I may have some health issues which everyone should consider before forming an opinion about my health or weight.

I know many people are facing such problems but they won't speak. May be it's due to shyness or some other problem but it is a big issue for most of us.

I request others to treat fat people as human beings. Try to help them by knowing the actual problem in such a way that it should not hurt them. If you really want to help, you will find a way to solve their problems. It's not always good to pass comments on their bodies and food habits.

Many south Indian actresses are fat and don't fit in healthy parameters

but still they are alive and earning money like other Bollywood actresses. It's good to live a life of your choice. When people pass silly comments due to sympathy, they pass negativity too which may affect a person's mind and increase their bp for lifetime. It will be a permanent damage and hardly helps to cure them.

It's better to avoid unpleasant situations in public gatherings. It sounds funny when you are meeting someone after 20 years and expecting him or her to be the same. It's good to greet others with smile and not with criticism. You may also not have noticed your flaws and the other person might not be telling you because of shyness or may be his manners doesn't allow him to tease you for all your flaws. In our opinion we are perfect but in other person's opinion we may not seem to be perfect all the time. It's better to save relations by not passing harsh comments on other person's flaws.

'Fat is unfit' may be true but all fat people don't die at early age and not all slim people live long and healthy life. It's not a conclusion but purely my views over a sensitive issue which was always untouched and undiscussed.

- Hritu sodhi

SC TO EXAMINE PLEA FOR CBI PROBE

New Delhi: THE Supreme Court agreed to hear a plea seeking a CBI probe against chief minister VasundharaRaje and her son for allegedly receiving compensation of ~1.97 crore by selling a piece of government land to the NHAI for widening of a national highway in 2010.

A bench of Chief Justice RanjanGogoi and justices KM Joseph and Hemant Gupta issued notice to Raje, her parliamentary son Dushyant Singh and the CBI, and sought their response in four weeks. "Issue notice," the bench said after advocate Anoop George Chaudhari said that the high court was wrong in dismissing the petition. SrijanaShresha challenged the August 8 order of the Delhi high court by which it had dismissed his plea seeking an FIR and a CBI probe against Raje and her son. Shresha, a Rajasthan based lawyer, had moved the high court challenging an April 18, 2015 decision of a special CBI court by which it had refused to order a probe into the allegation, saying no prior sanction was obtained as required under the Prevention of Corruption Act. The trial court had dismissed the private complaint by a Rajasthan-based lawyer, saying there was no sanction order to prosecute them under the Prevention of Corruption Act. According to the petitioner lawyer Shresha, Raje was not a public servant at the time of the alleged commission of the offence in 2010 and was Leader of Opposition in the Rajasthan legislative assembly. The petition alleged that Raje and her son had illegally claimed ownership of a 567 sqm piece of land adjoining the Dholpur Palace and sold it to National Highways Authority of India for ~1.97 crore, causing a loss to the state.

What is the fate of Udaipur Legislative Assembly Seat?

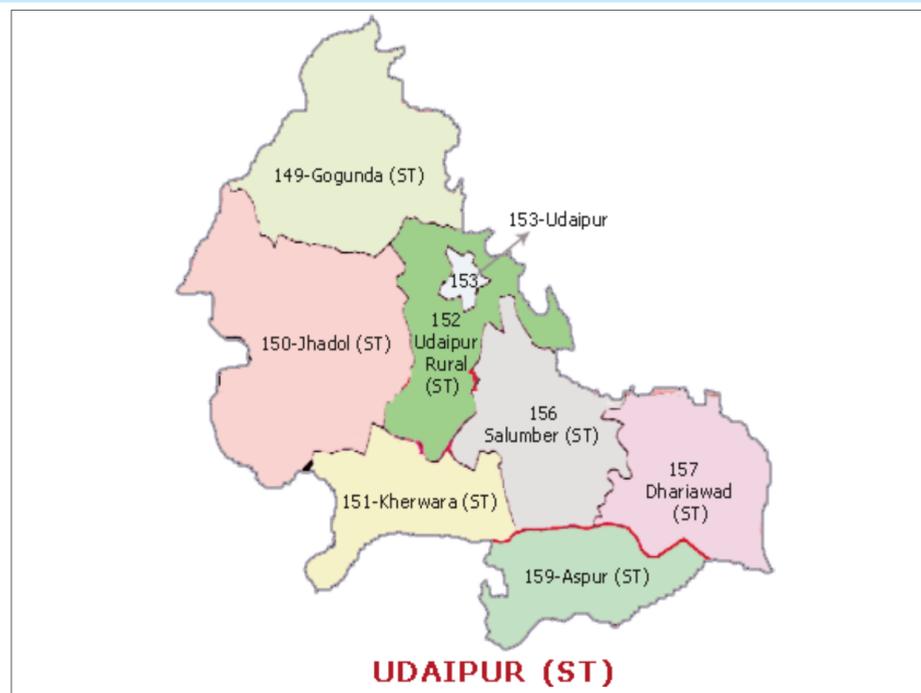
Dr.H.S.Chandalia

Elections to Rajasthan Legislative Assembly are due on December 7, 2018. The reviews and surveys are forecasting the swing back to Indian National Congress. The reasons are obvious. Not that Congress has a promise of a revolutionary change in its approach to public issues but the fact is people are fed up of the loud ear-rending propaganda of the BJP. The urge for change is further deepened by the atmosphere across nation which has created a mysterious fear among the masses. The simplistic logic that people of Rajasthan believe in alternating party in government in every election does not hold good.

The reality is that in every election there are some temporal and immediate reasons for the results. In 2008 Assembly Elections Indian National Congress formed the government after winning 96 seats with the support of 3 MLAs of CPI (M) and 6 MLAs of BSP. Later all the 6 BSP MLAs joined INC. The scene in 2013 changed immensely in favour of BJP which won 163 seats and forced INC to confine to 21 seats. Udaipur Assembly constituency is being represented by senior BJP leader Gulab Chand Kataria who seemingly enjoys second position in the government. He is the Home Minister of the state. Apparently there is no alternative to him in BJP as he has won this seat more than thrice. He has a strong support of RSS which has compelled the Chief Minister VasundharaRaje to

keep him as a Home Minister despite her dislike for him. He is the Home Minister of Rajasthan but often he himself expressed his helplessness in the matters of transfers of personnel of his own department. He keeps himself engaged in matters of the Municipal Corporation as his close confidante Chander Singh Kothari is the Mayor of Udaipur. He is also a member of RSS and has been a district level leader of Bhartiya Mazdoor Sangh. But ironically when his own party members asked about the problems of roads, cleanliness etc. Mr. Kataria has been reported saying on record that these were not issues related to him. He should be judged on the basis of his performance in the Assembly. The truth is that even his dream project of Devas has been hijacked by his political opponent Kiran Maheshwari. Mr. Kataria always mentions Mohan Lal Sukhadia as his ideal but despite his long career in the Assembly there is not much which can make him acceptable to all the people of his constituency. In the coming elections he will have to face opposition from his own party members like Bhairon Singh Shekhawat Manch, his own relative Roshan Lal Jain and the government employees who are dissatisfied with the government.

In 2013 elections Gulab Chand Kataria got 78,446 votes while INC candidate Dinesh Shrimali got 53,838 votes. The margin was that of 24,608 votes which is 18% of the total valid votes. Dinesh Shrimali had been



leader of opposition in the Municipal Corporation Board but obviously did not have a stature comparable to Kataria. Despite that the margin was not that much. The polling percentage was 68.5 which cannot be said low. It is said that if the polling percentage is high BJP gains. From that point of view the poll percentage was high enough. In the forthcoming elections Dr. Girija Vyas is likely to contest from Udaipur as INC candidate. Her candidature changes the

whole equation. She had defeated Gulab Chand Kataria twice and had been a Union Minister besides being the Chairperson of National Commission for Women. She holds high esteem in her party and if elected, is likely to have powerful say in the government.

The present atmosphere in the state indicates an easy swing of 10 percent votes. This will be sufficient to ensure victory of Dr. Vyas from Udaipur.

But the question is whether the issues which relate to the people of the constituency will be addressed by any of these leaders? Udaipur is not just an urban constituency. It is surrounded by a big population of rural and tribal population. There is stark poverty in the region and large scale migration from rural to urban centers in Rajasthan and Gujarat is common.

The education Mafia, sand mafia, tourism mafia, mining mafia has been exploiting the

masses for years. Crime is on the rise and unemployment is rampant.

Those who are weak have to suffer the excesses of the feudal and communal forces. The third front is not in the fray but had been in the mass struggles for years. Left front including CPI(M), CPI(ML) and CPI have been actively engaged in mass protests on national and local political issues but have not become a feasible political alternative to the two major ruling parties.

Cong seeks suggestions for manifesto

Udaipur: Rajasthan Congress chief released a phone number asking the public for suggestions to prepare its manifesto for the December 7 assembly polls. The manifesto will be released by the middle of this month, Raghuversingh Meena said.

The Congress will release 'Rajasthan report card' in each assembly constituency, exposing the BJP's "failures" on fulfilling its promises. "We are communicating with various sections of the society, such as traders, farmers, seniors, women and tribals, for the manifesto. After taking public suggestions from them by November 15 to 18, the manifesto will be released," Meena said.

Manifesto committee Mewar region chairman Laxminariyanpandya said the Congress manifesto would be the voice of people. "In Rajasthan the mobile reach is 70%. We want everyone to give suggestions for the manifesto. A dedicated phone number (9911448200) is launched with Whatsapp service. People can call, message, and send videos to give suggestions. For next 7 days any person or organisation can give suggestions." He said members of the manifesto committee will be present in districts and assembly constituencies to gather suggestions.

In Jaipur state chief Sachin Pilot inaugurated the number by sending a suggestion: "I want that the party on priority focus on providing jobs to youth and on problems faced by farmers."

He said the 'Rajasthan' report card 'would expose the BJP. "CM VasundharaRaje ruled the state for five years; now they will make catch phrases and false promises to hide their failures," Pilot said.

"The Congress with facts and figures will expose the BJP - what they promised and what they have delivered. This will be done through various platforms, such as social media, print, and word of mouth."

Pilot alleged that Raje has shown arrogance and tension in the BJP can be seen in ticket distribution. "Who will be denied or given ticket? Will the ticket be given from Delhi or Jaipur? This confusion shows that a big party like BJP has no faith in their elected members," he alleged.

"They think anti-incumbency against Raje can be overcome if the MLA faces are changed. But the leadership was of Raje. What wrong had the MLAs done? BJP is in government at the Centre and in the state. CM did not work and now blaming others will not help. People have made up their mind."

He said, "Meetings of the central election committee and screening committee were held in Delhi recently. I believe immediately after the Diwali the first list of candidates will be released. In the meetings, suggestions were taken from all leaders."

On a third front in Rajasthan, Pilot, "Here the fight has been between the Congress and the BJP, and this will happen again."

"The Congress is remembering report card now. Today as the elections are near, they are trying to misguide people. The work government has done is visible and not on paper. For the first time the entire amount is reaching people and corruption has ended former sealer and veteran BJP leader Sahantilal Chhaplot said.

CBSE Judo Championship



Udaipur: Students of Ryan International School, Udaipur Ms. JhinalMadhwani & Ms. Jasleenkaur participated in CBSE Judo Championship organized at Shri Ganga Nagar. We feel proud to share that Udaipur Ryanite Ms. JhinalMadhwani won a Bronze Medal.

The Management, Staff and Students extended their best wishes to the proud winner.

UCCI Excellence Award 2019

Udaipur: To measure and recognize excellence within business community, to build an environment for learning sharing and inspiring for excellence UCCI has announced the Excellence Award 2019 in nine categories as usual a press meet was organized in which Hans Raj Choudhary president along with NanditaSinghal, BabuBhai & AshishChhabra share their views on award and its background history Mr. Hans Raj Choudhary said We want to measure key performance indicators that reflect business performance and potential. In addition, as a catalyst, the environment we desire is a network that is supported by an infrastructure (physical and learning resources) that allows reflection, awareness (of our business and the knowledge outside it), openness (to talk about our difficulties and be open to new ideas) and support. This will enable the business community to retain its vitality through generational changes while remaining true to business ethics and supporting the community at large.

Recognition is the first step towards publicizing these success stories and inspiring others to take up a new challenge. In 2015-16, when the UCCI Excellence Awards were initiated we tried to ensure that its true purpose could be fulfilled. The awards are not just a celebration of business excellence but an encouragement to pursue it even harder.

To achieve this the awards need to be perceived as unbiased and open for all. There could have been no better platform for achieving it than at UCCI which is a democratic body of business enterprises. If this initiative could evolve into a template of self-assessment for businesses and in turn, foster an environment of healthy competition, with a robust review process, it would grow a generation of businesses that were learning continuously.

This is a growing need for modern businesses. chairman of committee NanditaSinghal informed media about Manufacturing Sector (Micro enterprise Turnover of up to Rs. 5 Crore, Small enterprise Turnover above Rs. 5 Crore and up to Rs. 75 Crore, Medium enterprise Turnover above Rs. 75 Crore and up to Rs. 250 Crore as a Large enterprise

in-service sector Small enterprise Turnover up to Rs. 75 Crore, Medium enterprise, Turnover above Rs. 75 Crore and up to Rs. 250 Crore & Large enterprise Turnover above Rs. 250 Crore can Apply online. In CSR sector four awards will be given they are for small and large enterprises two more awards for CSR will be given from Vadenda the last date of submitting is.. 31st December

Chess Competition at Celebration Mall

Udaipur: The two-day "Move of Magic" viz Junior Chess Championship 2018 will be organized by Forum Celebration Mall in collaboration with Chess In Lake City from 13th November 2018

Udaipur's biggest junior chess championship will be held on BalDiwas at Forum Celebration Mall, in which over 600 children from Junior Class to 12th Class will participate in 5 different categories

It may recall that The Forum Celebration Mall has been continuously encouraging fitness and skills among udaipurites and after the grand success of the Forum Purple Run, Celebration Mall has brought Chess wiz - 2018 for udaipurites registration is not only free but Winners of the championships will be felicitated by mall management

RSS warns of mass agitation on Ram Mandir

Udaipur: The Rashtriya Swayamsevak Sangh (RSS) on Friday warned of a 1992-type mass agitation to push for a grand Ram Mandir at Ayodhya.

Joshi, along with RSS chief Mohan Bhagwat, met BJP president Amit Shah and said "People are within their right to seek a law for construction of Ram Mandir. But it is the government's privilege to decide when to bring in the law." Responding to a query, he stressed, "We have already waited for too long. We cannot wait forever. If necessary, we will launch a janandolan (mass agitation)." He also hit out at the Supreme Court, which is hearing the title dispute on the land where the disputed Ram Janmabhoomi-Babri Masjid stands, for refusing urgent hearing. "Since the matter was listed for October 29, we felt the Hindus would get good news before Diwali. But the top court deferred the hearing, saying it had other priorities... It is a matter of pain and anguish that an issue which Hindus consider their faith and sentiment is not on the priority list of the court... Hindus are feeling insulted," Joshi claimed.

A three-judge Bench, headed by Chief Justice of India RanjanGogoi, had said an appropriate Bench would decide the future course of hearing in January on the appeals filed against the Allahabad High Court verdict in the Ayodhya case. "We have our own priorities. Whether the matter will be heard in January, February or March, the appropriate Bench will decide," it had said when Solicitor General Tushar Mehta and advocate CS Vaidyanathan, appearing for Uttar Pradesh and deity Ramlalla, sought early listing of the appeals.