

Take Care Of Yourself

Sometimes we get so much engrossed with others that we forget who we are and what makes us happy. Things that make us happy are sidelined by others and out of respect to others, we too push our happiness under the carpet and start being happy in others' happiness. While this phenomenon is good for humanity but we forget that even we are human-for that matter.

For example, you like to spend time with your garden in the mornings of weekends, but your friends like to go out to the gym, walk, or play. They force you so that their wish of enjoying their weekend mornings get done. And since your own wish is not that powerful, at least in the eyes of others, you will be forced to give up your gardening and spend that time to fulfill the wishes of others. Sounds familiar? Read on.

While it is perfect to respect others and be the one who sacrifices and not the one who requests sacrifices, your good deed should not be hurting someone either—that's you.

Editorial

Now you know that you have a desire and an idea of life. You also know that the idea of yours is not only neglected by others but it is also not respected. And if you look at it neutrally, you will find that you are the one who needs to change and not others.

Notice the way others follow their passion and idea of life. And then compare that with that of yours—you will know the difference.

Now there are two ways to claim your life back—get rude and tell clearly that you cannot be with them, or slowly start shifting yourself.

You will love the second idea for many reasons you already know. Simply start looking at your passion positively and start missing your friends for your me-time. If you really enjoy what you do in the garden or in your own time, build a positive story around it and then share with the friends. Take an example of gardening itself. Post some cool pictures of your plants and garden and feel proud to be the gardener of those small saplings and young trees.

Who knows, more people like your weekend morning idea and spend time with these lovely and lively kids of the garden.

And leave others aside, if you love it and if it makes you happier, you will not only spread happiness inside and outside, you will also make the world a better place emotionally.

Plenty of us pretend to be happy. Even though we do not enjoy expensive shopping or spending thousands in a club, we do. And most of the times it is societal pressure. This is the big time to remind yourself that you are not made for others or bound to make others happy. Remember, you cannot make others happy if you are unhappy inside. Love yourself and take care—in a real and practical sense.

Tea production to get boost this year, prices for good quality tea expected to remain steady

Udaipur: With good rains and favorable weather in tea producing states, tea production is expected to rise this year. The prices of lower quality tea will fall and prices for good quality tea will remain steady. "It is important to provide good quality Teas to enhance consumption of Tea in India. Joint efforts by Government, Producers and Traders are necessary to achieve higher consumption of tea through mass media and on ground activities in regional languages" said Mr. Paras Desai, President WITDA, Western India Tea Dealers Association at an industry meet.

A 'Tea seminar' was organized by the Western India Tea Dealers Association (WITDA) on as a part of the association's 29th Annual General Meeting. The colossal seminar brought together members of WITDA and leading tea producers under one roof to understand the challenges and opportunities in tea industry. "It is likely that small growers' contribution will increase in the times to come. The cause of concern here is that low quality tea will start to dominate in the market" added Mr Desai. Speaking on 'Importance of quality of tea in Today's Scenario' in his keynote address, Mr. Hemant Bangur, Chairman Joonkollee, having several tea estates in Northeast India and South India said, "Tea is a part of our lives. It has weaved our society together. But the current scenario is such that the quality of tea has become a concern. In the struggle to provide tea at a lesser pricing, processes are accelerated and the quality is compromised. It's a vicious circle. In my opinion, we need to give tea an aspirational touch to improve the image of tea and hence, we need to emphasize on good quality tea." India's tea production has been posting new records year after year. The production for the year 2017 was 1322mn kg (Approximate) whereas for the year 2016 it was 1267mn kg. The contribution of organized sector in tea production is 53% and that of small growers is 47%. According to the Tea Board, tea export was around 252mn kg in 2017 while it was 222mn kg in previous year. Dr. Parimal Merchant addressed the congregation, speaking on a distinctive yet crucial topic - 'How to attract next generation into traditional family owned business, how to induct them and manage transition of handing over the business to them'. He shared, "A businessman never retires but the process of passing on a family business to the next generation starts when the children are still young. A businessman needs to ensure that he does not bring his frustrations back home because this can define the way a child perceives the business. Another important factor is to spend as much time as possible with children and share the progress as well as concerns of the business. Qualities of Hardwork and Perseverance need to be imbibed in the next generation right from their childhood." Mr. Rajiv Puri, chairman of PARCON, one of the leading auctioneers, shared the journey of Parcon, its current standing, and views on market based on statistics for categories of teas. Speaking about the western India market he said, "Pressure on the organized sector has increased manifold. However, we are lucky to have markets like western India, including Gujarat, Maharashtra and Rajasthan, and some Northern regions where people have an eye for good quality tea and do not mind shelling out some more money in return."

Also present at the event were, Mr. Vivek Goenka, Vice Chairman of Indian Tea Association and Mr. Mudit Kumar, President of Tea Association of India.

SAFFOLALIFE STUDY 2018 REVEALS 67% OF INDIANS WITH BELLY FAT ARE AT HEART RISK

Udaipur: This World Heart Day, Saffolalife releases their flagship study to raise awareness of heart health in India. The key finding that emerges from the study is that belly fat has an impact on heart health. The Saffolalife Study 2018 reveals that 67% of Indians with belly fat are at heart risk. The study also highlights the factors common to those with belly fat and the resultant impact on heart health.

With growing lifestyle challenges, people in India are now at risk of heart diseases at a much younger age. Some of the major reasons are long working hours, job stress, irregular meals, sleep deprivation and sedentary routine. This is leading to an increase in lifestyle diseases such as cardiovascular problems, obesity and diabetes.

While BMI is the most researched measure of generalized obesity, the distribution of fat or central obesity, commonly called belly fat, is a far more important factor for cardiovascular risk. When it comes to belly fat, there is a

lack of awareness amongst people as they address it only for cosmetic reasons and not because it is detrimental to heart health. So to create greater awareness regarding this issue, Saffolalife Study 2018 addresses the "Impact of Belly Fat on Heart Health". One of the key takeaways from this survey is that one may beat heart risk even if they have a lean body but have a paunch. Saffolalife and Nielsen conducted a pan India survey amongst those who have belly fat to understand the extent of heart risk. This study covered 837 respondents across key cities of Delhi, Mumbai, Lucknow and Hyderabad. Some of the startling facts from the study revolve around age, gender and lifestyle implications on heart health due to belly fat.

While 67% Indians with belly fat are at heart risk, yet 84% Indians who have belly fat do not consider belly fat among the top 3 reasons for heart risk. Eating habits which are common among Indians with belly fat are eating outside of home

at least once a week (81%), eating a heavy dinner (78%), and junk food consumption (69%). Lifestyle habits which are common among Indians with belly fat are not getting sound sleep (58%) and not exercising regularly (61%). The Saffolalife study also revealed interesting pegs across geographies:

◆ 8 out of 10 working people in Mumbai are at heart risk due to belly fat

◆ Eating food outside at least once a week & eating junk food at least once a week are the top reasons that cause belly fat amongst Mumbaikars & Delhites, leading to heart risk

◆ 69% of people in Delhi with belly fat are at heart risk

◆ 7 out of 10 Delhites who are heart risk are found to skip breakfast

◆ 58% of Hyderabad residents with belly fat are at heart risk

◆ 8 out of 10 people in Lucknow don't consider belly fat amongst the top 3 reason for heart risks

Commenting on the findings of the study, Padma Shri Dr. Shashank Joshi, Endocrinologist, Lilavati



Hospital said, "The study states that 67% of Indians with belly fat are at heart risk and thus this World Heart Day, we request every individual to become aware that they too can be at heart risk if they have belly fat. What is also revealed is that even if you have a BMI within the normal range and have belly fat, you may be at heart risk. It is important to be aware of this correlation so that you can take proactive steps towards heart health."

On leading a heart healthy lifestyle, Nutritionist Pooja Makhija said, "This World Heart Day, the Saffolalife study shows a strong correlation between belly fat and heart health risk, hence managing belly fat is critical. Therefore, I urge every individual to start making small but significant changes in their lifestyle so that they can address the belly fat issue. This is easily done by eating right, avoiding junk food, exercising regularly, sleeping well and

reducing stress. Start looking after your heart, eat high-fibre foods, go for a walk and get the sleep your body needs." In today's age, hectic work schedules and sedentary lifestyles are affecting the heart health of Indians. While there are multiple causes behind the increase in belly fat, it is important to be aware of the possible implications, including its impact on heart risk, and make lifestyle changes to be more heart healthy.

Rajasthani Films Need State Governments Encouragement

Udaipur: Talking about the situation of the Rajasthan Film Industry, Deendayal Murarka, Vice President of Rajasthan Film Association, Mumbai said that the Rajasthan government needs to give maximum encouragement to the Rajasthani film industry. Murarka said that government must take necessary concessions and appropriate steps for this. The government should increase the grant amount given in film production to all the Rajasthani films without any discrimination. He said that at times it has been seen that till the years of the film's production distribution is not done in the absence of sufficient funds. State government should ask Chanel to provide the prime



time slot for Rajasthani films. Murarka, who has been associated with the Rajasthani films for a long time, said that the government should provide space for shooting at the nominal rate in Rajasthan. All film-related work from Rajasthani filmmakers should get clearance from a single window. He said that the Government should encourage more and more to build regional films so that the culture, beliefs, and traditions of that area can be kept alive.

KTM ORGANISES A SPECTACULAR STUNT SHOW IN BHILWARA

Bhilwara: KTM, the European Racing Legend, conducted breath-taking KTM Stunt show in Bhilwara. The Stunt-show was organized in order to showcase the mind-blowing stunt rides and tricks from the professional stunt riders. The Stunt show was held in Surya Mahal, Shastri Nagar, Bhilwara. The professional stunt team demonstrated breath-taking stunts on the KTM Duke bikes.

According to Mr. Amit Nandi, President- Probiking, Bajaj Auto Ltd, "The KTM brand is known for its high performance racing bikes and we always want our customers to experience the thrills and adventure which KTM bike can provide. Professional stunts are being conducted in every major city and will keep on growing in scale in the near future. KTM is an exclusive premium brand and we are keen to ensure we provide KTM customers an experience that is uniquely KTM".

The event was open to all and the spectacular stunts took the city by a storm. Till now, KTM Stunt show has been organized at Surat, Rajkot, Ahmedabad, Coimbatore, Chennai, Lucknow, Indore, Jabalpur, Aurangabad, Jammu, Jalandhar, Jodhpur, Salem, Vellore, Udaipur, Kota, Jaipur, Alwar, Bikaner, Ajmer and many other towns.



Kinnari Somani won the Bright Perfect Mrs. India Pageant 2018

Dr. Khooshi Gurubhai Thakkar and Gurubhai Thakkar of Perfect Women Magazine and Yogesh Lakhani of Bright Outdoor organised 1st Bright Perfect Mrs India 2018 at St. Andrews Auditorium in Bandra. 18 contestant from all India took part in finale. Dr Khooshi Thakkar and Gurubhai Thakkar said - We planned this pageant to give platform to married women who can prove their talent. Winner of Perfect Miss & Mr Teen Bhumika Sinha and Aryaman More also came to share their experience. Lakme Fashion, Telly Chaska, Ashlesha, Gold Gym were partners for this grand pageant. Hetal Saliar was 2nd runner up and Urvi Bhambi was 3rd runner up. Geeta Sridhar was given special award in this pageant. Sweety Wallia, Charu, Yogesh Bhoir and other guest wished all the best to all contestants.

Re-Appointment of Mr. Rana Kapoor

As per YES Bank's release to the stock exchanges dated September 19, 2018 on the subject reappointment of MD&CEO. At the outset, the Bank would like to inform its stakeholders that the Bank and its MD&CEO will be fully guided by its Board of Directors (meeting scheduled on September 25, 2018), the Reserve Bank of India and other relevant stakeholders. The Bank's management remains committed to protect the interests of all of its stakeholders.

The Bank would like to further state the following:

1. The Bank has a demonstrated track record of consistent delivery of business & financial outcomes over the last 14 years, since commencement of its operations in mid 2004, across all critical parameters such as capital adequacy, credit risk, profitability, operating efficiency, growth, etc.

2. Further, the Bank has also consistently demonstrated a track record of raising and accreting capital across various instruments and cycles, with a Capital Funds base of ~ Rs. 50,000 Crores (~\$6.9Bn), having started with a Capital Funds base of Rs. 217 Crores (~\$30Mn) in 2004. This includes Rs. 3,042 Crores (~\$420Mn) of Basel III compliant Tier II bonds recently raised by the Bank in September 2018.

3. The Bank reiterates the Credit Cost guidance for FY19 at 50-70bps (as was communicated by the management in the FY18/Q4FY18 results Press Conference / Analyst Call on April 26, 2018 and subsequently vide the release for Q1FY19 Financial Results).

Credit Costs of the Bank were contained at 50bps, 53bps and 76bps for FY16, FY17 and FY18 respectively. Bank's Gross NPA and Net NPA ratio at 1.31% and 0.59% respectively as on June 30, 2018 remain one of the lowest across Banks in India.

4. The inherent strength in the Bank's financial performance, strategy and execution is reflected through:

- The recent upgrade (July 05, 2018) of its long term domestic rating by CARE to AAA;
- On September 20, 2018, International ratings agency Moody's has reaffirmed its long term rating of Baa3 (stable outlook); and
- On September 21, 2018, Domestic rating agency ICRA has reaffirmed Domestic rating of AA+ (stable outlook)

5. The Bank has recently received the following regulatory approvals:

- a. RBI license to import of gold/silver - renewal of authorization on 2nd April, 2018;
- b. RBI approval to open overseas offices at London & Singapore on 19th April, 2018;
- c. SEBI approval for Custodian of Securities business on 11th June, 2018; and
- d. SEBI approval to start Mutual Fund business on 3rd July, 2018.

6. The Bank continues to make significant investments in building a robust technology platform & architecture focused on innovations, customer service and cyber-security resulting in one of the most efficient and customer friendly banks in the country.

7. The brand value of YES BANK continues to be a key strength for the bank. The YES BANK Brand was recently recognized as the 22nd Most Valuable Indian Brand by WPP BrandZ Report 2018 with a brand value of \$ 2.62 billion.

8. The Bank is fully institutionalized as the Professionals Bank of India, over the past 14 years, driven by seasoned leadership of over 100+ top management professionals with over 2 decades of experience and an average vintage of over 8 years with YES Bank, guided and supervised by eminent Board of Directors.

Black comedy film 'Kabar Se Pehle Khabar'

"Today small producers are confounded but the producers, its association and the government is turning a blind eye to their problems" - Director Sammir I Patel

Versatile and talented director Sammir I Patel has brushed his skills on stage, television and films. As an actor too he has featured in television serials like 'Ehsaas', 'Mr. & Mrs. Verma Ki Rasoi', 'Noorjahan' and many others. This apart he has even

acted, written and directed super-hit comedy plays like 'Baat Baat Mein Bigdey Haalat', 'Jo Khaye So Pachataye Aur Jo Na Khaye So Pachataye'. Sammir has added in his kitty as a director many music videos, web series, ad commercials, tv shows and so on. His own web channel 'Sip Digital' is doing well with the latest show 'Jhappi Jet' turning out to be a super-hit series. Last year he has been credited as writer/Director with the release of a Hindi comedy feature film 'Hotel Beautiful' which has been



well received. His short film "p f a: Love Mom and Dad" made in Hindi and English has been critically acclaimed.

Now, Sammir I. Patel is all geared to direct a black comedy film, 'Kabar Se Pehle Khabar' which has some big names from the film industry as lead actors. Speaking about the film, Patel says, "I cannot tell you much about this film. But I can assure you that it is an out-out comedy which will surely take the viewers on a roller-coaster ride that will touch the audience deep, a thought provoking story with a message that death is not the final destination but the beginning of a new horizon. The film is being backed by a big corporate house"

Recently Sammir had released a romantic comedy film 'Yours Truly Roohani' on digital platforms. The 42-minute is also being sent to all international film festivals. It had Rishi Saxena and Vibha Anand in the lead. This entire film had been shot in a day inclusive of a song at one location which is record in itself. The story revolves around a boyfriend who is eagerly waiting for his lady love who is thinking of committing many leisurely acts. In the bargain he gobbles some medicines to give him the strength and stamina. Instead of his girl friend a female insurance agent lands up at his house. He then tries to develop a relationship with the agent and that is what this film is all about.

On quizzing about releasing this film in theaters, to which Sammir adds, "The film has been made for digital release platforms. These days it is difficult to release a small film. To get the proper chain of all India distributor network is quiet difficult. Good films do not get appropriate cinemas, show timings and that breaks it at the box office window collections".