

Promoting Health in Educational Institutions

The University Grants Commission (UGC) has once again issued a directive prohibiting the sale of unhealthy food in educational institutions, reflecting growing concern over the alarming rise in obesity and lifestyle diseases in the country. Previous advisories on similar subjects were issued in 2016 and 2018. While the intention behind the directive is commendable, the approach could benefit from being more nuanced. Simply banning junk food may not address the root cause effectively, as the definition of 'junk food' is vast, and culturally significant items like samosas, pakoras, bhaturas, and chaat are also considered unhealthy.

Encouraging Informed Choices - Instead of an outright ban, educational institutions should focus on promoting informed choices among students. College canteens should offer balanced menus with a variety of healthy options, such as fruits, vegetables, whole grains, and lean proteins. Providing healthier versions of popular items, like baked samosas or whole wheat pizzas, can cater to traditional tastes while promoting better health. This approach ensures that students are not deprived of their favorite foods but are encouraged to consume healthier versions.

Moreover, making healthy food and drinks mandatorily available in canteens can ensure that students have access to nutritious alternatives at all times. Highlighting the adverse impacts of junk food alongside the benefits of healthier options could foster a culture of awareness and conscious eating. This dual approach of availability and education can significantly influence students' eating habits.

Cultural Significance and Practicality - The memories of college canteens are often intertwined with the enjoyment of traditional foods. An outright ban on these items might drive students to seek them from vendors outside the campus, thereby failing the purpose of the directive. By offering healthier alternatives within the campus, institutions can retain the cultural essence while promoting health.

Integrating Health Education - This approach should be integrated into the broader educational framework, starting from schools and extending to homes. Encouraging habits like reading food labels and understanding nutritional content can have a lasting impact. Integrating nutrition and health education into the curriculum can solidify these lessons, promoting long-term benefits. Practical lessons on cooking healthy meals and understanding diet can empower students to make better food choices.

A Comprehensive Health Culture - Creating an environment that not only restricts unhealthy food but also actively promotes a culture of health and wellbeing among students is essential. This comprehensive approach can extend beyond the campus to influence families and society at large. Regular workshops, seminars, and campaigns on health and nutrition can further reinforce these values.

In conclusion, while the UGC's directive to prohibit unhealthy food sales in educational institutions is a step in the right direction, a more nuanced approach focusing on promoting informed choices, cultural sensitivity, and integrated health education can lead to more effective and sustainable outcomes. This holistic strategy will not only combat obesity and lifestyle diseases but also foster a healthier, more aware generation.

Bihar Film Promotion Policy 2024 Approved, Celebrities Thank CM



The Bihar Film Promotion Policy 2024, recently approved by the state cabinet, has garnered praise from IMPPA President Abhay Sinha and actors Ravi Kishan, Awadhesh Mishra, Vinay Anand, Rajan Kumar, and Akshara Singh. The policy aims to boost local film production and establish Bihar as a major film hub. Ravi Kishan highlighted the policy's potential to create jobs and promote Bihar's scenic locations, expressing gratitude to CM Nitish Kumar. Awadhesh Mishra called it a historic step for the local film industry, while Vinay Anand noted its benefits for tourism and the economy. Akshara Singh described it as a game-changer for local artists and historical sites. Rajan Kumar praised the initiative for promoting Bihar's culture and talent. Their support underscores the policy's potential to transform Bihar into a key film production center.

- Presented by: Kali Das Pandey

Western Central Railway Installs 1000 CCTV Cameras

Kota: Indian Railways and RailTel have installed 999 IP-based CCTV cameras at 29 major railway stations within Western Central Railway to enhance passenger safety. This initiative, led by the General Manager, focuses on modernizing passenger facilities and improving security, especially for women and children. Additionally, 53 CCTV cameras have been installed at level crossing gates this financial year. In the Kota division, 240 cameras are set up at eight stations, including Kota, Sawai Madhopur, and Bharatpur. The CCTV feeds are monitored at three levels, ensuring comprehensive surveillance and support for RPF officers.

Airtel Launches Unlimited 5G Data Booster Packs

Udaipur: To ensure customers don't miss out on unlimited 5G benefits, Airtel has launched new booster packs. These packs allow users with 1GB/day and 1.5GB/day plans to upgrade to unlimited 5G data. The affordable upgrades can be activated on existing data packs, enabling customers to enjoy uninterrupted 5G data. Additionally, the upgrade plans offer extra data benefits of 3GB, 6GB, and 9GB at prices of INR 51, INR 101, and INR 151, respectively, for the remaining validity of the current plan. This initiative allows for seamless work, study, play, or entertainment experiences.

Kajal to Represent Bihar in Miss Universe India

Kajal Chaudhary from Patna will represent Bihar in Miss Universe India. For the first time, Miss Universe India organized an official audition in Bihar for the world's largest beauty pageant, Miss Universe. The audition for Miss Universe India 2024 was held at NIFT in the capital city of Patna on Sunday. Nitu Kumari, the state director of Miss Universe Bihar, said that this is the biggest and most prestigious competition in the world. In this competition, Sushmita Sen (1994) and Lara Dutta (2000) won the Miss Universe title and made a special mark

globally. These women have not only represented beauty but have also made a distinct identity in various fields.

Nitu Kumari further stated that the winner of this year's Bihar state audition will get direct entry into Miss Universe India 2024. These auditions provide an exceptional platform for young women to advance in their careers. It is noteworthy that Kajal Chaudhary from Patna has won the title of Miss Universe Bihar.

Anjali from Muzaffarpur was the first runner-up, and Divyanshi Sachi from Begusarai was the second runner-up. This is the first time



that Bihar is officially hosting auditions for Miss Universe India, giving the state's talents an opportunity to shine on a national stage and showcase their skills internationally. The judges for the audition included Nitu Kumari (State Director, Miss Universe Bihar), Arshina Sumbul (Miss Grand India 2023), and Sophia Singh (Miss Asia Pacific 2024 and Miss Tourism India 2023). The event was hosted by Trishna Ray, Miss Teen Universe India 2023. Also present at the event was Tanishka Sharma (Miss Teen Earth India 2024), who is from Bihar and is counted among the state's prominent models.

Hey Ramji: Nirahua's Joyful Journey

Dinesh Lal Yadav, known as Nirahua, the millennium star of the Bhojpuri film industry, is currently shooting for his upcoming film "Hey Ramji" in the holy city of Prayagraj, Uttar Pradesh. Nirahua stars alongside the emerging actress Richa Dixit, who expressed her excitement about working with such esteemed colleagues early in her career. She praised Nirahua for his sincerity and cooperative nature, making

the work environment enjoyable. Nirahua described "Hey Ramji" as an excellent project that addresses societal issues while catering to audience preferences. He expressed joy in playing a significant role after a long time and is excited to work with director Dinkar Kapoor again. Nirahua praised Richa Dixit for her talent and predicted a bright future for her in the industry.

The collaboration with

director Dinkar Kapoor is notable, as their first film together, "Nirahua Rickshawala," starred Pakhi Hegde. Nirahua emphasized that Prayagraj is the perfect location for shooting "Hey Ramji," and the team is dedicated to completing the project soon. He assured that the film will beautifully showcase art, culture, and social harmony, blending love, romance, and emotions.

Produced by Ashutosh

Upadhyay under RajAryan Entertainment, "Hey Ramji" is directed by Dinkar Kapoor aka KD, written by SriAnand, with music by Gunwant Sen, and promoted by Sanjay Bhushan Patiala. The cinematography is by Sarfaraz Khan. The film features Dinesh Lal Yadav, Man Qureshi, Richa Dixit, Neha Tiwari, Gauri Shankar, Amit Yadav, Jeet Sharma, Rajesh Tomar, and Hiralal Yadav among others.



South Star Suriya to Appear in Three Avatars in 'Kanguva'

Under the banner of Studio Green and directed by Shiva, the action-packed war sequence film 'Kanguva' will feature South Star Suriya in three avatars. The makers have thrilled the audience by showcasing Suriya's exciting transformations through posters. Additionally, a new poster announcing the film's song "Fire," set to release on Tuesday, July 23, has been shared. Studio Green has collaborated with top distribution houses worldwide to release 'Kanguva' simultaneously on a grand scale. This film is touted to be the biggest and most expensive film of the year, with an estimated budget of over ₹350 crores, surpassing big hits like 'Pushpa' and 'Singham.' The shooting took place across seven different countries on various continents. 'Kanguva' is a unique film set in the pre-historic period. The makers have hired Hollywood experts for action and cinematography, involving over 10,000 people for the grandest war sequence ever filmed. The movie is slated for release on October 10.

- Presented by: Kali Das Pandey



Naznin Khan: A Journey from Surat to Stardom

Naznin Khan, born and raised in a traditional Muslim family in Surat, stumbled into the world of modeling and acting while still in the 12th standard. Initially seeking a part-time job as a receptionist, she ended up at a modeling studio. Her confidence and authenticity landed her a role as the face of a kurti brand, marking the start of her career in Surat.

Despite her family's initial resistance, Naznin moved to Mumbai to pursue her dreams. Her first acting role was in Yash Raj Films' "Samrat Prithviraj," where she appeared alongside Manushi Chhillar as one of her sakhis. Though her dialogue was edited, her presence in two clear scenes marked the beginning of her acting journey. Expanding her career, Naznin performed in theater plays and collaborated on music videos, including a notable project with Javed Ali.

As of 2024, she plays the second lead in a web series for an OTT platform and continues her theater work. Naznin's personal and professional life is guided by values of authenticity, resilience, and commitment to personal growth. She emphasises integrity, hard work, kindness, and empathy, navigating the entertainment industry with purpose and fulfilment.

Naznin Khan's inspiring journey from Surat to the entertainment industry exemplifies determination and passion.

Achal to Lead India in World Microlight Championship



Udaipur: Achal Agarwal, a young entrepreneur and sports pilot from Udaipur, will represent India in the World Microlight Championship from July 27 to August 3 at Deenethorpe Airfield, UK. This is the first time an Indian team will participate. Achal and his coach, Captain Shiv Yadav, will compete in the weight-shift control category with an open-cockpit microlight plane. The championship includes navigation, precision, and fuel economy tasks. Pilots must navigate up to 150 km using only paper maps. Central Minister Kirtivardhan Singh was part of the team but cannot participate due to ministerial duties.

Radisson Blu Palace Wins Best Destination Wedding Resort Award



Udaipur: Radisson Blu Palace Resort & Spa, Udaipur, has been recognized as the 'Best Destination Wedding Resort of the Year (North)' at The Economic Times MICE and Wedding

Tourism Awards. The event was held at Aurika Hotels and Resorts, Mumbai. Known for hosting grand and luxurious weddings, Udaipur is a prime destination on the global wedding tourism map. The award highlights Radisson Blu's reputation as a premier wedding venue. Chairman Somesh Agarwal expressed gratitude for the recognition, emphasizing the resort's focus on the wedding industry and its continued commitment to excellence.

Sterling Holiday Resorts Opens Third Resort in Udaipur

Udaipur: Sterling Holiday Resorts, a leading leisure hospitality brand in India, has opened Sterling Aravali Udaipur, its third resort in Udaipur and sixth in Rajasthan. The resort, set on 2.5 acres, offers breathtaking views of the Aravali hills and is designed as an iconic destination wedding venue.

Sterling Aravali Udaipur features expansive green lawns and multiple banquet halls spanning 40,000 square feet, accommodating up to 5,000 guests. The resort provides comprehensive wedding facilities, including live streaming, guest activities, themed decorations, a grand menu, and dedicated wedding planners.

Inspired by Rajasthani haveli architecture, the resort boasts 67 spacious rooms and suites, including Classic Rooms, Haveli Rooms, Premier Rooms with pool views, Privilege Suites with Aravali Hills views, and a Four-Bedroom Haveli Suite.

The resort's fine dining vegetarian restaurant, 'Airavat,' serves Rajasthani delicacies and popular global cuisines. Additional amenities include a central courtyard swimming pool, and upcoming signature spa and lounge bar.

Vikram Lalvani, Managing Director and CEO of Sterling Holiday Resorts Ltd., expressed joy at launching Sterling Aravali Udaipur, noting Udaipur's prominence as a leisure destination.

Rajkumar Bapna, owner of Sterling Aravali Udaipur, described the resort as a landmark destination and expressed excitement about partnering with Sterling.

Other Sterling properties in Rajasthan include Sterling Jaysinghgarh Udaipur, Sterling Bali Village Udaipur, Sterling Mount Abu, Sterling Re-Wild Sariska, and Sterling Pushkar.

Dr. Rajneesh Kant Honored in London

Patna: Dr. Rajneesh Kant, a chiropractor from Ara Bhojpur, Bihar, has been recognized by the World Book of Records in London for his innovative, medication-free treatment methods. Known for treating conditions like back pain and headaches, he offers free services to underprivileged patients, furthering his significant contributions to the medical field.

'Rocky - The Slave' to Release on July 26

Under the banner of Star Angel Film Production, producer Shobha Barla is set to release the Hindi feature film 'Rocky - The Slave' on July 26 in all theaters. Directed by James John Barla, who is known for his daring stunts in blockbuster films such as 'International Khiladi,' 'Border,' and 'Ziddi,' this film features an ensemble cast including Shakti Kapoor, Dalip Tahil, Sudesh Berry, Mushtaq Khan, and Pradeep Kabra. The title role of Rocky is played by Eesa, while Richard Barla portrays Rocky's childhood. The film's heroine is Lesley Tripathy. 'Rocky - The Slave' includes four songs, each set in different situations. Manta Sharma performs an item song, while the title track is sung by American singer Ajjatbh Ranjan (AJ Ranjan). Alka Yagnik lends her voice to a lullaby, and Ritu Pathak sings a romantic song. OneUp Relations is handling the PR for the film. James John Barla's life story is as compelling as a movie plot. Hailing from Hazaribagh (Jharkhand), Barla moved to Mumbai in the 1980s and faced numerous challenges, twists,

and Rocky. At the same time, the film highlights the hero's struggle against slavery and the director's commitment to social justice.



a voice against the mentality of slavery. The film sends a message that one cannot keep someone enslaved forever, as when they awaken, they become a force like Rocky, capable of causing significant upheaval.

Sathyaraj Joins Salman Khan's 'Sikandar'

Jaipur: In an exciting update from the Bollywood industry, veteran South Indian actor Sathyaraj, widely recognized as Kattappa, has joined the cast of the upcoming film 'Sikandar,' produced under the banner of Nadiadwala Grandson Entertainment by Sajid Nadiadwala and directed by AR Murugadoss. Sathyaraj has recently begun shooting for the film alongside Prateik Babbar, adding more thrill to this highly anticipated project.

The film 'Sikandar' features a stellar cast including Salman Khan, Rashmika Mandanna, and others, promising a thrilling cinematic experience. The inclusion of Sathyaraj is expected to add a unique dynamic to the already impressive lineup.

The production house announced this significant addition via social media, sparking excitement among fans.