



## Royal Harbinger

### Beat Summers, For Others

We're in the middle of a weather which is at extreme and dangerous level. Those who live in comfortable air conditioned rooms and offices are also finding it difficult to combat the heat, just imagine what the people would be facing who are forced to live under the Sun. The sun itself is coming down heavily and then the emission of heat from coolers and ACs is simply adding insult to injury. Street vendors and small shopkeepers who cannot have cooling in their business face additional heat. There are very few water vending arrangements across the city. This makes it so much difficult for those who are selling stuff on roads under the Sun and have no way to find cold water.

### Editorial

Well, making drinking water available across the city is little impractical idea, the state could wait and see how Delhi government finds a way out to this problem. Recently the government of Delhi had declared to ensure availability of packaged water to general public across the city. But still those who buy stuff from these fruit and vegetable sellers who roam around the city can offer them some water to drink. Some people do it. But many more can and this is nothing difficult or expensive. Just fill up a bottle in the name of helping others and ensure you offer cold water to your courier boy, post man, vegetable seller, and any other person who is roaming in the sun just to ensure you don't have to step out. On similar lines, a pot for stray animals and birds can be arranged so that you add to the list of people who are genuinely human and have respect for humanity. If you can and still you do not, you know what should you make of it.

Remember, helping others in the times of adversities is a help to yourself. You yourself will be helped only if you have done it to others. If you have excuses for this, these excuses will be there for you as well. The best person of the lot is not just to enjoy the superiority but to help the lower ones with your expertise and abilities. Your failure could result in making you unfit for being human. So, do help others and make sure you behave properly and reasonably to those who need some water or some shelter for some time in the noon of these months.

There is no immediate way out to get rid of this scorching heat. But yes, the long term ways of reducing carbon emission, controlling pollution, and planting trees must be started as soon as possible. Even if a single family plants a sapling and takes care of it until it becomes independent tree would be a great help. We always think of investing for our children, construct houses for them, secure finances for their comfortable life but never think to grow or secure oxygen for them. There should be policies and plans for families to ensure they grow their oxygen and also for their coming generations. And if you are unable to do that, adopt a portion of garden nearby or just start taking care of any sapling. No need to name it for anyone, just do it as charity and believe that you are being a part of the nature that provides life to one and all.

## Heat stroke cases: Govt alerts all Hospitals

**Jaipur :** As Rajasthan continued to reel under intense heat wave on Friday, health minister Rajendra Rathore directed all hospitals in the state to make arrangements to handle the patients of heatstroke.

The minister also asked the health department to be vigilant towards the problem arising out of warm and dry afternoon winds called loo.

He, at the same time, urged the public to exercise caution while stepping out, and to take medical help if they notice symptoms of heatstroke.

Noting that spreading awareness was crucial for protection against heatstroke, Rathore directed all hospitals and nursing homes to provide proper information to the public and ensure emergency services to heatstroke victims.

Children, elderly people, pregnant women, day shift labourers, travellers and sportspersons were more prone to falling ill during this period, he said.

He also directed hospitals and medical institutions to provide coolers, fans, cool water to patients and to ensure that oral rehydration solution (ORS) and all necessary medicines were available

in their emergency kits.

Meanwhile, director of public health, Dr BR Meena, said that common symptoms of loo and heatstroke are headache, heaviness in the head, fatigue, nausea, dizziness, excessive body temperature (105 F or more), redness of face, skin dryness and excessive thirst. He advised people to stay in shade from 10 am to 6 pm.

"If it's necessary to travel or work in the open, one should consume fresh and light food and drink good amount of cool water before stepping out. It is also important to use umbrella and cover the head with cloth," Dr Meena said.

He added that victims of heat stroke and loo should immediately lie down under shade and their skin should be dabbed with wet cloth after loosening clothes.

He/she should be then be given cool water and brought to the nearest hospital for treatment. Temperatures in the state hovered between 41 and 44.6 degrees Celsius on Friday. According to Met Office, Kota remained the hottest place with a maximum of 44.6 degrees, followed by the state capital at 43.9 degrees Celsius.

## Film "Life In Mumbai" 4th Song recorded

Producer Dharmik B. Bodra and Director Armaan Zahidi's film 'Life In Mumbai' recorded 4th song at Sana Recording Studio, Andheri (west), Mumbai on 25th May 2015. Music Director Raja Ali recorded a song in voice of Saloni and lyrics by Sani Aslam. Produced by Dharmik B. Bodra with V.B. Group as the co-producers, the film has Amarkant as the director of photography with Prekhar-Vaibhav providing the musical composition. In the star cast the film features newcomers like Sana Khan, Heer Khan, Roshi D'cunha, Firdaus Khan, Kusum, Ajay Sharma and Sadaf and is ably supported by veteran actors like Ali Khan, Mushtaq Khan, Anil Dhawan, Anant Jog, Raj Pathak, Chetan Shetty and Shiva in its cast. Others in the credits include lyrics by Niranjana Sharma and art direction by Chetan Chudasama. The project is designed by Dilip Patel who is also the executive producer while Wajahat Khan 'Sami' is the production controller of this film.

## Special offer for SSC and HSC passed students in 2015

Mumbai.M.M Mithaiwala, Malad (W), Mumbai has announced a special offer for SSC and HSC students to celebrate and enjoy the happiest moment of their success. This initiative is in the direction of fulfilling their promise to offer the maximum value in education and entertainment of students who have cleared their exams in 2015. If student has scored 35% to 70% they will get 7% discount, if scored 71% to 90% they will get 10% discount & if scored 91% or more than students will get 25% discount. This offer is available till 20th June 2015 at M.M. Mithaiwala, opp.Malad Railway station, Malad(W), Mumbai-64 with Mark Sheet only. For more details Call M.M.Mithaiwala's on 2889 9501.

Mr. Manmohan Gupta, Owner, MM Mithaiwala said, "The initiative is geared towards encouraging school children to work hard and boost their confidence level! We have always worked towards betterment of students, their education and this is the time of celebration with us through such offers."

# SAB Sampark brings Paresh and Manish to Udaipur

**Udaipur :** SAB TV, India's most loved family channel organized the mega and extravaganza consumer - connect rendezvous 'SAB Sampark' for its viewers in Udaipur. 'SAB Sampark' is an exciting initiative that brings alive the beloved SAB characters for the audiences by setting up opportunities to get up, close and personal with their favorite shows. The one of its kind engagement drives on the consistent brand promise of SAB TV, all activities will unify consumers effortlessly because, as we know, "Asli mazaa SAB kesaath aata hai".

On Friday, May 29, SAB Sampark brought the humorous duo of SAB TV's comical series 'Chidiya Ghar' to Udaipur. The city best known for its heritage, tranquil lakes and culture greeted Ghotak Narayan played by Paresh Ganatra and Mendak Prasad played by Manish Vishwakarma



with much affection and warmth. The duo made a quick stopover in the city to solicit support of their fans in Udaipur. The city knew no bounds when they got once in a lifetime opportunity to meet their favorite SAB TV stars. Paresh and

Manish interacted with all about their show, played interactive games with all based on their show, signed autographs and got clicked with their fans. Both were enthralled to see the popularity and the positive response for the

roles they play in the show.

The delighted Paresh Ganatra essaying the character of Ghotak Narayan mentioned, "I was amazed with the reaction we got from our fans. It was an unforgettable experience for me in

Udaipur because it shows how much they appreciate us for our work. The fans are in for surprise with the new celebratory track after the renovation of our beautiful home Chidiya Ghar."

The elated Manish Vishwakarma portraying the character of Mendak Prasad said "It was such a pleasant experience visiting Udaipur the city is one of the most beautiful cities in India for me personally. The love that we got from the fans for our show has got me elated. The channel and the makers are leaving no stone unturned to entertain the viewers."

"Chidiya Ghar", which airs on SAB TV, tells the story of a fun-loving family comprising of different members with their unique mannerisms. All members exhibit one unique trait that defines their personality and behavior.

## Rupesh paul and his movies rocks at cannes international film festival

This time Kamasutra 3d director, Rupesh Paul is all geared up to showcase his two new creations in Cannes festival "The monk who fucked the limousine" and "The memoirs of an Indian Geisha". The memoirs of an Indian Geisha is being produced by Rupesh Paul himself and Mr. Aakash is the executive producer. The monk who fucked a limousine movie is based on the documentary India's Daughter with a huge twist created shock waves because of its sensationalism. The "monk" will be screened for the buyers in the Marche du film section of Cannes.

The monk is produced by O P Rai, presented by kala niketan entertainment and written by Sritama Dutta. The main lead 'monk' is Omkar Das Manik puri who was the lead of Oscar nominated Peepli Live. Previous creation of Rupesh



paul was pre-sold in almost 18 territories and is the only Indian production with these many sales!

As per the updates, this year well known houses like UTV, Yashraj, Dharma, Reliance didn't



managed their independent booth at Cannes and on the other hand Rupesh Paul Production has managed their own booth at the Cannes Film Festival, which seems an achievement for the team. Apart from this Director Rupesh Paul landed under media discussion when a fan French actress named Aurore Nouailhas was spotted topless with him at Cannes Film Festival 2015.

## Syllabus to be changed from classes 1 to 5, says minister

**Ajmer:** Minister of state for education Vasudev Devnani on Tuesday announced a complete change in courses for classes 1 to 5 from the upcoming session.

"With a view to prepare good future citizens who are aware of Indian culture and ethos, and are armed with a rational attitude, there will be an overall change in courses of classes 1 to 5 from the coming session," said Devnani. "We have prepared new courses in such a way that Indian heroes and writers find more space in the syllabus," Devnani added.

New books for classes up to the third grade have already been prepared and work on books for classes 4 and 5 is in progress, the minister said. In addition,

to bring about a 'qualitative change' in education, the government has decided to re-introduce board exams for class 8 in all government-run schools. Grading systems will be adopted to evaluate students, said Devnani, adding that action would be initiated against teachers where 50% or more students obtain grade D or lower. Devnani also said that establishment of separate toilets for boys and girls in 70,000 schools in the state would be completed by June 30, in time for the next session. Meanwhile, to ensure punctuality and regularity of attendance of school teachers, the government is also considering introducing bio-metric attendance.

## Stayfree Hosts Panel Discussion to Break the Silence around Menstruation Hygiene in India

Stayfree commits to the cause by educating 100 million young girls in India by 2018 on menstrual hygiene and protection

Udaipur: Stayfree, India's leading women's health and hygiene brand today hosted a panel discussion on India's least-spoken about social topic, 'Menstruation', with an aim to spread awareness around the need for educating young girls and women about menstrual hygiene. Following the panel discussion, Stayfree® also announced the launch of its free educational YouTube channel that will assist women in getting a better understanding about menstruation.

Panelists included experts and well-known personalities in their fields such as Gul Panag, Actress, Activist & Former Beauty Queen; Dr. Anita Soni, Obstetrics & Gynecology Consultant at Dr L H Hiranandani Hospital; Sinu Joseph, Counselor & Menstrual Hygiene Educator and Lina Ashar, Founder & Chairperson of Kangaroo Kids Education who shared relevant anecdotes and insights on the topic.

Good menstrual hygiene is a critical indicator of the holistic progress of women, socially and economically, because there is a

very strong connection between hygienic menstrual practices and overall health. In India, despite the economic progress that has been made in the last several years, over 80% of women still do not have access to adequate sanitary protection during menstruation. In India, feminine hygiene and menstruation, being a sensitive topic, is not discussed openly, and women often continue to harbor myths and misconceptions about it, since no one amongst their family and friends is able to educate them. Additionally, mothers are often not in a position to guide their daughters correctly, since their own knowledge is limited. Over time, unhygienic practices due to low awareness and education levels can adversely impact the health and productivity of these women. According to the report, awareness on basic health and feminine hygiene in India is very low, with 75% rural women lacking adequate knowledge on menstrual hygiene and care.

"We strongly believe that education dispels fear and prepares young girls to recognize men-



struation as being a natural process and face it with confidence" stated Ganesh Bangalore, General Manager - Marketing, Consumer Business, at Johnson & Johnson India. "That's why Stayfree is investing behind educating 100 million young girls in India over the next 3 years."

Speaking during the panel discussion, Gul Panag shared, "Menstruation is a natural process and is not something that a woman or girl should be embarrassed about. During my growing up years and even today, I see women and girls shying away from mentioning the 'M' word. Women try and come up with innovative ways to state the word in public, but you don't see a man cringing publicly or feeling sorry about what he wants to say. And all this shushing and discouragement is affect-

ing women and girls basic right to get educated on a topic that is a monthly occurrence till they reach menopause. I feel strongly about a women's right to educate herself and applaud Stayfree for holding this discussion."

Dr. Anita Soni, Obstetrics & Gynecology consultant at Dr L H Hiranandani Hospital, stated that "Today, almost every household will have at least one woman or girl who suffers from irregularities in her menstrual cycle but the reported cases will be few due to the stigma associated with talking openly about the red-letter day. Most women and girls do not understand or give as much importance to their menstrual issues, hence a lot of women do not follow simple hygienic practices like use of sanitary napkins or the right usage of same"

Ms. Sinu Joseph, Counselor & Menstrual Hygiene educator, spoke about the need to start talking about menstruation. According to her, "When we don't talk about it, we do not think enough about our body and miss the signs when we need attention. While educa-

tion about menstrual hygiene is important, it is even more important to stop looking at menstruation as a disease needing a cure. Menstruation is the most ancient and reliable tool for women to assess their health and well-being, naturally. Beginning to respect your menstrual cycle is the first step towards being healthy. Menstrual Hygiene should be addressed at homes, schools, community centers, health centers, women hostels and at the work place."

Lina Ashar, Founder & Chairperson of Kangaroo Kids Education, stated that, "Menstruation is not something that a girl needs to feel ashamed of. It is essential for schools to understand and make requisite arrangements so that a girl student need not skip school due to menstruation or drop out completely as soon as she reaches puberty. After all, it is a natural biological process and needs to be seen as such. There is nothing "dirty" or "unclean" about it; let's stop treating it as a life-threatening contagious disease."

## SF Global Fest aims to empower!

San Francisco Global Movie Fest comes integral as part of 22 year old Festival of Globe - Silicon Valley (FOG-SV), formerly known as Festival of India celebrations. In addition to innumerable global films, the huge awards night at the legendary SAP Center and the prestigious India Day Parade attended by over 100,000 NRIs is another much-awaited event in itself.

Each day is uniquely designed with cultural events, mixers, fashion, movies, panel discussions, workshops, ethnic dance performances, Conclave with the Government, festive gala with Indian, Latino, Chinese and Far East communities, premieres with Bollywood, Hollywood, Latino World, Europe, China and Far East movie makers and actors, among others. Independent movie producers and investors will be descending in to this technology capital from and around the globe. There will also be venture-capitalist and pitching sessions apart from panel discussions along with stalwarts and some of the

biggest corporates coming together.

Dr. Romesh K Japra, Chairperson, President, Convener, Founder and world-

renowned Cardiologist has been leading the Festival of Globe-Silicon Valley for Past 22 Years as an initiative of

Federation of Indo Americans of Northern California (FIA) and continues his vision of empowering communities.

"The effort behind Festival of Globe - Silicon Valley (FOG-SV), and San Francisco Global Movie Fest-2015 has been a result of meeting the demands of immigrants of USA. We are the only festival in the breed that aims to engage global views, participants, brands, and audiences. By being in Silicon Valley technology capital of the globe, we aim to reduce gaps between global pool of talented movie makers and investors," elaborates Dr Japra. Here is looking forward to a rocking SF Global Fest this year.

### Prashantt Guptha

Actor Prashantt Guptha has been appointed as Key Indian Advisor and Festival Ambassador of San Francisco Global Film Festival and has signed a 3-film deal with a California based producer. Last year, Prashantt Guptha's film Identity Card won Best Film and he bagged the Best Supporting Actor at the SF Global Fest.