

IR & Much More

Dignitaries of Mewar with Ashok M.

Sourav Singh



Dynamic determined and optimistic, Dr Sourav Singh, presently principal, RR Dental College, Umarda, Udaipur and also Prof. and Head of Oral Maxillo facial Surgery comes from a small village near Varanasi on UP-Bihar border.

Jaipur born Singh has a bright academic record and did extremely well in BDS at MDS exams and passed with distinction from King George's Medical College, Lucknow. He has over 15 years experience of teaching PG and UG classes in oral and Maxillo official surgery. He has been internal and external examiner for BDS and MDS for various universities. Sourav has the distinction of attending and presenting paper's in several national and international conferences seminars and workshop. His research papers have been published in reputed national and international journals.

Sourav says that his Udaipur dental clinic, where he works with wife Smita, is a 15 year old state of the art dental clinic with latest facilities such as dental implants, Maxillo facial surgery, orthographic surgery, tooth revashcharization and regeneration, laser surgery, laser teeth whitening, laser root canal treatments invisible filling veneers etc.

Dr Sourav Singh has a rich experience of handling oral and maxilla-facial surgeries of mouth like cysts, tumors, impacted, teeth ect. With the changing face of dentistry, Dr. Singh's emphasis is on dental implants for replacing missing teeth.

He is a recipient of district level award for his exemplary work in dentistry by govt. of Rajasthan.

Sourav recommends dental implants for replacing missing teeth, he says that dental implant is an artificial tooth root of titanium that is placed into the jaw bone to hold a replacement tooth or bridge. It is an option or people who have lost a tooth or teeth due to oral disease, injury or any other reason, compared to removable dentures, bridges and corners dental implants are a popular and effective long term solution for people who suffer from missing teeth falling teeth or chronic dental problems, because they fit, feel and function like natural teeth, dental implants are quickly becoming the new standard in tooth replacement.

Dr. Singh feels that the medical scenario of Udaipur has changed rapidly. As high class facilities are now available in lake city itself, people need not go out to neighboring places like Ahmadabad. It is really a great advantage with quite a few dental colleges in the town; there is a glut of dental surgeons. The advances in medical science post 2000 are several times bigger than those between 1947 and 2000.

Singh's dream was to serve in the army but twist of fate made him a dental surgeon. He feels that armed forces are the backbones of our nation. Similarly he feels that the farmer is another pillar on which the structure of the nation rests. He feels that is was due to grandfather, who was a farmer, that he rose to such great heights.

Sourav says that Udaipur has not changed much during the decade and half and has retained its old charm. People here are still friendly.

When at college sourav spent a lot of time in extra-curricular activities. He played cricket and s big fan of the game. Adventure lover surav has travelled widely. He likes adventure sports such as parasailing. He loved sea beaches more than hill stations. He spends a lot of time with his family and large circle of friends. He reads a lot of newspapers & magazines He uses internet for his professional growth.

Shiv Yog Forum spreads Positive Energy at Central Jail, Udaipur

Udaipur: On the first day of 2017, a divine gift of 'Mass Healing' was given to the inmates of the Central Jail, Udaipur. 'Shiv Yog forum' of Priyadarshini Nagar (Bedla) organized this special event on Sunday afternoon for around 250 inmates of the Jail.

Inaugurating this 'Shiv Yog Mass Healing Session' by lighting the lamp, the Superintendent of Central Jail, Udaipur, Preeta Bhargav described this session very significant for the prisoners as it helps not only in Mass Healing but also in invoking positive thoughts. CD of Avdhoot Baba Shivanand was projected on the screen.

The divine voice of Avadhut Shivanand created positive aura in the hall with the chanting of Beej Mantras from Durga Saptshati. This was followed by Dhyana (meditation) and devotional songs. All the inmates were overwhelmed by joining the devotional songs. Baba Shivanand's interactive discourse on Gyan (Wisdom) was very helpful in eradicating negative thoughts and spreading positive energy. The representatives of "Shiv Yog" Forum informed that the objective of this session was to bring positive change in the personality of inmates and to connect them with main stream of Society.

Archana Chandele is now won Bright Perfect Miss India 2016

Khooshi Thakkar, Gurubhai Thakkar , Yogesh Lakhani of Bright outdoor and Srinivas Rao Bhagavatula of 'People's Engineering' organised Bright Perfect Miss India 2016 at Sun & Sand Hotel, Juhu where celebs from Bollywood came. Designer Archana Kochhar, Sana Khan designed dresses for models who took part in finals. Sherlyn Chopra, Tinaa Ghaai, Ankita Shrivastava, Prateeka Rao, Maryam Zakaria, Ekta Jain, Tanisha Singh, Chandrakant Singh, Salma Agah, Sasha Agah, Sunil Pal, Shabab Sabri, Ajaz Khan, Sujay Mukherji, Supriya Mukherji, Geeta Hari, Sweta Khanduri, Sanchiti Sakat and many more came to part of this event. Archana Chandele of Nagpur won the crown, Ekta Sachgotra from Jammu was 1st runner up and Krishna Patel was 2nd runner up. Pooja Misra not only anchored the event but also performed at this event. Sanchiti Sakat, Yash Wadali and Shabab Sabri sang specially for this event. Sunil Pal cracked some latest jokes at this event.



Yet another year, yet another surprise and off course a new beginning! It's a perfect day to start a new year coz this is a Sunday. We might have faced difficulties last year but sorrow and grief can not stop us from moving ahead. From demonization to digital and cashless India, we took a step ahead in every field. Girls like P.V. Sindhu, Sakshi and Deepa set an example for

those who have a habit to demoralize girls in the field of sports. Movies like Sultan and Dangal changed the perspective of common Indian. When new year comes most of the persons take resolutions to change something or the other in their lives. But how many of us really keep our promises actually after one month?

I personally don't believe in rituals and never took any resolution in any new year. But I always try to be better with each passing year. Human revolution is the toughest. We want

others to be good with us and always blame them for wrong. I have learnt that every weakness lies within us and our environment reflects in whatever we feel or do with others. Anger, frustration, irritation or any other weaknesses are in our minds, we can't blame others for taking a wrong step in any particular situation. May be most of us don't agree with me but we can't deny the truth. I have decided to forgive negative people around me in this new year. Negativity is a slow poison and it kills us gradually.

We can't run away with problems or situations. It would be good if we can stop complaining or begrudging in daily lives. It's better to bring small changes in our behaviour rather than expecting from people who always spread negativity in your life. Staying away from a problem is not possible and it's a fact that you can't change others. It's always good to start from scratch if we want to see positive change in our lives. I request all the readers to please use this technique of forgetting your past and let go the drama and negativity from

your own life. Life would be easy if you are able to do this. This is one of the easiest resolution we can make but the toughest in terms of implementation. Change does not come in a day. We have to practice really hard to achieve this target. If any person disturbs you or give you troubles, don't feel bad, think that you are better than that particular person in every way. That's why he has chosen you to fight with, mentally or physically. It's not possible to deal with negative people but it is possible to avoid

negativity by keeping your cool and patience. Don't give remote in other person's hand to control your life. Do good and focus on your life to move forward. Aggressiveness and rage can spoil and damage your inner peace. Live life with a dream and perse- to fulfill it. Resolution 2K17 would be avoiding negativity in every area and perseverance to maintain this. With this message I wind up here. Happy new year to all our readers. Be happy and calm in every situation so that your family and friends can enjoy peace.

Rozlyn Khan Supports T20 World Cup For The Blind



S.K. De - There are various Cricket Tournaments in India which have their own share of glitz and glamour but there was a Cricket event recently which was different! This was the launch of 'World Champions Programme - Cricket for the Blind' by IndusInd Bank in partnership with Cricket association for the Blind in India and guess what the ravishing actress, Rozlyn Khan had come to lend her support to this noble cause. Rozlyn Khan has been an avid Cricket lover since childhood and at the moment she heard about T20 World Cup for the Blind she was glad that such initiatives are now being promoted in our motherland with patriotic fervour.

When Rozlyn was asked about why is she supporting

World Cup Cricket for the Blind this is what she expressed, "Cricket is a sport which is all about teamwork and it has always fascinated me as it can serve to inspire us to achieve our dreams and aspirations. I was even curious to know about how a blind person can play cricket and that too India is a World Champion in this as well and this truly intrigued me. I will cheer for India in the forthcoming T20 World Cup for the Blind and I would request all of you to cheer for the 'Men in Blue' in this tournament commencing on January 29th 2017 in India. "Rozlyn looked resplendent in a green gown at this Cricket Launch event. She is presently doing Theatre and her 2 films will go on floors in the forthcoming months.

Kunal Chug To Shoot In Bangkok With Sunny Leone



Udaipur: local boy kunal chug from cinespectrum got an opportunity to shoot in bangkok with sunny leone for a commercial for mumbai based adversting agency prachar communication. In a recent conversation kunal said it was real fun to shoot with sunny even she celebrated kunal's birthday with entire team on the sets as well and she is so kind & generous human bieng, he also thanked rakesh & rajesh jain, owners of prachar communication for giving him a chance to shoot internationally. Its a also pride for our city that after so much of competing local talents are getting opportunity to make there parents, mentors, city pride

Nahsa Natika "Maa Ko Lagai Fanshi" Staged



Udaipur: OMG An addicted person become so much angry that he tries to hang his mother by her own sari. It is the neighborhood who saved her. This is the part of scene of a play which was staged in the play on addiction in Vidhya Bhawan Ploytechnic college on Wednesday evening. This was staged under the direction of Dr.P.C.jain who is spearheading campaign against addiction who himself took part in the paly. Under the N.S.S. banner of the college Dr Jain

first showed the students the bad effects of various addictive substances like supari, gutkha, tobacco, alcohol, ghanja, opium, brown sugar etc with the help of posters. He suggested that target of de-addiction should be 1. Desire control & 2. Damage control & to achieve them we should follow four D" 1. Dely, 2. Distract, 3. Deep breathing, 4. Drinking water. All students took the oath from him & Dr. Anil Mehta the Principal of the college as not to be addictive to any substances & get the person de-addicted at the earliest. Dr. Anil Mehta thanked Dr .P.C.Jain for this programs. Dr.P.C.Jain thanked all girls & Boys students who took part in the play.

By the Way

Resolution 2K17

A big Cultural Event of Udaipur concluded successfully

Udaipur: (Vilas Janve) With lot of innovations in the infrastructure and presentation, Shilpgram Utsav 2016, a mega Cultural Festival came to end on 30 December night. A huge athering enjoyed a variety of dance forms on stage along with 'Jhnrkar' instrumental musical ensemble. There were many groups who were invited for shorter period to give variety. The concluding phase included "Jolar Gayan" Band of Bangladesh which was indeed mesmerizing. The Band presented melodious songs with high level of energy. Gotipua dance group led by Priyavart Pallai was an audio visual and treat. Sambal Puri dance, Gudum

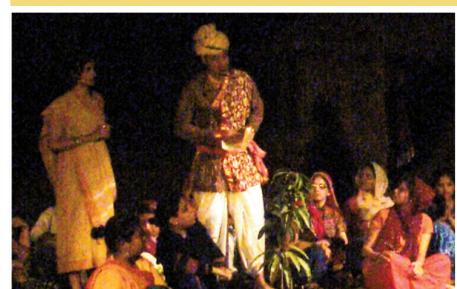
Baja, Rathwa ni Gher, Lawani, Mayur Nritya, Kawadi Kadgam, Dholu Kuniha, Natwa and Sahariya swang entertained masses. Sidi Dhmal of Gujarat is invited every year for it charismatic acts and vibrant movements. Cracking tossed coconut on the head becomes climax of the Dance which is enjoyed by people year after years. Manganiyar singers with melodious folk songs and Mewati Jogis with their instrument 'Bhapang' always catch attention. Nearly 600 artistes and 800 artisans made this Mela memorable. Enhanced numbers of food stalls provided varied taste including traditional and popular cuisine. Street per-



formers entertained visitors. Sikandar Abbas, Bahurupia from Gujarat interacted with people indifferent characters and proved his enormous talent. 'Hiwadi ri hook' gave chance to a good number of artistes

to present their ability. Almost all the youngsters having mobile cameras captured numerous memories of this festival and shared with world on social media. Congrats to team WZCC, their Director and supporters.

A delightful play with a difference



Udaipur: (Vilas Janve) A play "Dhai Aakhar" (LA STRADA PER IL PARADISO) was staged at Choyal's Studio Vrindavan Farms, Badi-Chikalwas Road Udaipur on 19 December evening. A pleasant treat for Udaipur theatre lovers, it was a joint production by Studio Mumuksh, Udaipur and 'Rasrang', Delhi. The play was a workshop production under the direction of Anoop Trivedi who adopted the contents from Shakespearean plays and choreographed in an Indian context webbing into rural settings. The play was full of melodies and captivating dances both from East and West. Guitar, Harmonium and Dholak made the play very live. Director used string puppets to enhance lovers' emotions, as well as used masks to illustrate the furry of witches. Happy ending love story made the play very entertaining.

Stage spread into 300 feet wide landscape at the different physical levels comprising of protruding balcony of the studio, garden spaces, the wooden deck lower areas, paths and adjoining farm, all became the acting areas shifting the viewers attention with the light effects. Trees and plants were used as integrated part of the sets. Arural hut was made with available material. Varied color light effects played a big role in highlighting the mood of actors. No microphones were used and still the audience was comfortable with the projection of the speech of actors. "Rasrang", the producer of the play is a repertory of Department of English, USHSS, Guru Gobind Singh Indraprastha University, New Delhi. Rasrang strives to take its students beyond the syllabus to nurture their talents, inculcate experience based

learning, and bring them out of their comfort zone for their flight into the real world. Here everyone is equal and everyone is eager to learn something new every day. The play 'Dhai Akhar' was a result of the Workshop which was attended by students and faculty members of the Department of English, Indraprastha University, New Delhi and a few Udaipur artistes. The cast included Yashodhar Pandit-Hemant Divedi; Witches-Kanika, Manali, Rashi; Seth Amirchand-Shail Choyal; Gadariya Phool Singh - Ashutosh Mohan; Gadiyarin-Chetna Karnai; Chandu/Festemahim; Gauri-Nikita Sharma; Orlando-Sami Ahmed; Rosalind-Sukriti; Celia-Himanshi; Touchstone-Rajkumar Verma; Puck-Avani; Savitri-Rekha; Niranjani-Nikhillesh; Gunda-Shubhanku; Van Gogh-Abbas Bataiwalwa; Prince Harry/Chela-Siddhant. The huge cast was also included in Chorus involving Prakriti, Pragati, Shruti, Kanika, Srishiti, Manali, Parul, Viniti, Charu, Neha, Suchitra, Tanushree, Himanshi, Chetna Nassa, Rashmi and Ayushi Khera. Role of Fairies was shared by prakriti, Shradha, Charu, Neha, and Apoorva Khare. Dancers' team comprised by

Nikita, Chetna Nassa, Ayushi Khera, Paru and Tanushree. Music was given by Prakash Bhatt, Ashok Bhatt and Jayesh Sikkigar. Responsibility of soothing light was shared by Radha Raman Shandilya and Gaurav Sharma while special effects were given by Shahid Parvez, Yash and Uday. Choreography was looked after by Avni Bhatnagar and Apoorva Khare. Direction was assisted by Sheetal Balyan and production was handled by the team of Sheetal Balyan, Kanika Puri, Nikita Sharma, Ayushi Khera, Chetna Nassa, Parul, Jaspreet, Tanushree and Suchitra. What made the production so impressive and live was the tremendous team work in the able direction of Anoop Trivedi, disciple of the doyen of Indian theatre, Habib Tanveer. With vast experience, Anoop is associated with G.G.S. Indraprastha University as theatre consultant and Director of Rasrang. Utilizing the available space and cast he kept the pace in such a way that audience was in grip right from the beginning till the end. The climax with happy ending energized audience to dance with the cast. It was a delightful joy seeing the noted painters Dr. Shail Choyal, Dr. Hemant Divedi and Shri Abbass Bataiwalwa acting on stage.

Health Secrets : TOP TEN HEALTHY EATING SECRETS

1. Eat when you are physically hungry. Listen to your body's signals. Before you eat, stop and ask yourself if you are really hungry or whether you are eating for reasons such as stress, boredom, habit or any others. Keeping an eating diary is a great way to help you determine your eating patterns.
2. Eat smaller serves. Eating 3 smaller meals with a couple of healthy snacks between is a much better way to stay satisfied longer and keep your metabolism working efficiently. Avoid skipping meals where possible as this can lead to overeating later on.
3. Eat and drink slowly and give yourself a chance to feel satisfied without feeling overfull. It also helps you actually taste the food you are eating and enjoy it.
4. Eating healthier foods is your choice. Try remembering how much better you feel after eating healthy as against the awful feeling of overeating unhealthy foods. The 80/20 rule is worth keeping in mind (eat healthy 80% of the time and leave the other 20% for those times where you just have to have it!). Have a positive attitude towards food. Rather than thinking of foods as "good or bad" think in terms of "everyday or occasional foods", or "80/20 foods". This will erase those guilty feelings you have about eating certain things.
5. Don't multitask while you eat. If you're reading, working or watching TV while you eat, you won't be paying attention to what's going into your mouth- and you won't enjoy it. Chew slowly and enjoy each mouthful.
6. Listen to your body's cravings. If you're craving something sweet, eat something sweet-just opt for a healthier alternative, or a very small serve of what it is you want. Most importantly don't deprive yourself as this may lead to bingeing later on.
7. Learn what some of your unhealthy triggers are (eating diary helps here). Once you know what your triggers are, have a list of alternate things to do when that mood strikes.
8. Keep your fridge and pantry stocked with mostly healthy foods and healthier alternatives that will satisfy your needs. Place baskets of fruit and vegetables in easy reach.
9. Tell yourself and everyone else that you are eating healthy, not dieting. You'd be amazed at what the word dieting actually does to your mind!
10. Never starve yourself, especially before going out to eat (or you will eat anything in sight).

The Slim Secrets philosophy is to promote a healthy lifestyle, by providing healthier snack alternatives and providing valuable health and lifestyle secrets to consumers. Our snacks allow you to indulge yourself without compromising your weight loss or health goals.

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Royal Harbinger

