

# RI & Much More

## Amazing fat loss story

### Dona personified: Turning heads at the age of 43



For the whole world my name is Ritu and I've two kids but for my two kids I am a superhero who is their world. I don't know when and how I gained weight but in medical terms I was suffering from thyroid.

It started when I came to Udaipur in 2013. Maybe due to stress and over work I started feeling low and less energetic. It was a sitting job and work load did not allow me to go for walk and exercise which was part of my life.

My friends and colleagues started making fun of me. I remember them calling me a bulldozer. I shared a story on obese people last year in which I shared some funny moments and pain of obese people. I was not only gaining weight but also catching diseases like asthma and vitamin D deficiency. I lost every hope. One fine day I was sitting idle, suddenly my friend came to visit me. I could not get up from my bed to welcome her. She understood my pain and gave me a phone number.

#### The miracle boy: Karath Jakhar

I called on the number given by my friend. It took almost one week to understand the life changing diet rules. Karath was my instructor. He gave me assurance to trust his faith on nutritional diet. He gave me a customized plan in which I had to leave my most favourite meal .... RICE. Another shock came when he told me that I have to stop eating carbs at all. We, Indians can't live without bread and chapatis. Karath made a customized diet plan for me.

#### Challenges are not merely obstacles:

First day passed calmly. I am a mother of two young boys who are big foodies. I cook different dishes for them. It was quite difficult for me to stop my urge to eat delicious food cooked by me. I stopped looking at the food and smelling the aroma. Sugar, milk, tea, coffee, rice, many vegetables were prohibited for me. I had to survive on certain vegetables and food chosen by my guide. He kept on motivating me. I followed his instructions with passion. After two weeks I started feeling changes in my body. This helped me to face challenges with more courage. I got ill after two weeks but I did not stop. This whole process changed my food habits completely. I've learnt the new diet plan which is useful to cure even cancer and epilepsy. My friends started noticing changes in my body. My health improved and I started walking without pain. I began to lose inches and many small diseases disappeared. I started feeling more energetic. Fatigue was gone.

#### Getting fit with keto:

A Keto diet is devoid of all kinds of sugar and carbohydrates in any form. It's a low carb and high fat diet (#LCHF). But don't just go away yet. If I could do it, anybody can. We will take little baby steps and boost our will power to do it. I was a fat person, who lost 14 kgs and 22 inches in 3 months. I could have died with diabetes but I survived.

Now people of every age are approaching me for guidance. I want to suggest to those who are fighting with fat to follow your personal guide's advise. Don't be your own guide. In every journey you need a guide to show the way. It's a journey of saving life.

#### Meal which heals:

People get scared in the beginning to adopt this diet. But I want to assure them that those who follow every guidance by heart and don't cheat will definitely achieve their goal. High fats and lean protein makes you fit and help to lose fat. As diamond cuts diamond here fat burns fat. Carbs are not beneficial for us who don't work hard. Carbs gives energy to labour class. Thus it is not required in our daily meal.

Keto meal actually heals. It does not effect on our organs if we do it under guidance. Those who mix keto with carbs don't get permanent results. I am a live example who at the age of 43, getting compliments for glowing skin and radiant face.

I enjoyed my fat loss journey. I am determined to lose more weight in coming months. Revolution always start when a leader takes up the baton and runs to win the race. I took up this challenge to not to die from diseases as I believe that life should be short but not painful. Come and join me in the journey of keeping healthy and fit till the end.

## World Pharmacists day celebrated in BNU

**Udaipur:** World Pharmacists day was celebrated in Kumbha auditorium of BN University more than 600 witnessed the ceremony. Chairman Dr. Atul Nasha and Dean of the Faculty of Pharmacy, MS Ranawat felicitated the veteran pharmacists Mr. Lajpat Rai, Shri Shrawan Kumar Sharma and Dr. S.L.Nasa for their outstanding contribution to the pharmacy with shawls and coconuts. Shri Lajpat Rai Ji said profit and advantage should not only be objective one must protect and improve public health. DR. Ranawat said India leads in sectors of generic drugs in the world, with 20 percent of the total export, as far as buyer countries concern America in the first place, South Africa, Russia, Britain, Germany, and Australia are key. Here, because of the high quality drugs at low prices available. Delhi Pharmacy Council Registrar Dr. S.L. Nasa told how and why pharmacist Day be celebrated on September 25 world wide he said that in India 1500 colleges are educating one lakhs and fifty thousand pharmacists and allied professionals every year. Principal of the College of Pharmacy Yuvraj Singh sarangadevot, Dr. Alok Bhargava, a professor and coordinator of the program RELEASES posters relating to the use of drugs and side effects.

Poster Session in charge Tanwar said first, second, and third place, respectively won by, Sandeep Yadav, Surendra Singh Rathore and Harshita.

In Mega Job Fair 300 students participated in the interview. Conducted by top pharmacy well-known companies and hospitals of India.

## By the way

# Win A Battle In Your Own Way Win A Battle

I was reading newspapers and surfing on social media where I came across many posts regarding how our country should react in the situation when our soldiers are being brutally murdered by our neighbouring country. Every indian is going through this pain and we understand our martyrs family's loss.

But in this situation we must keep calm and learn to take action with wisdom.

International matters are not easy to solve in a day. Neither we have that knowledge nor power to sort out this matter. We have our Government who is working on this issue day and night.

It's time to erase negative thoughts from our minds. We live in society and it's time to change our thought process completely.

We are producing engineers and doctors every year. Quality of education has increased in past years. But rage, ego and crime are on peak. Where are we lacking?

How can we play an important part in the progress of our country?

Obviously we are not trained enough to go on borders to fight with enemies.

In my opinion we must fulfil our duties on time. We must educate at least one poor child. It would help the country's future

in a big way if every well-earning person would contribute. The overall literacy could definitely improve in our country. Quality Education brings massive change in society:

Education not only helps us in surviving but also makes people aware of their rights and duties towards the nation. Education itself is a right every body is born with. Every person born in this country must at least be educated upto 10th. Education doesn't mean to pass your exam with good marks only.

Education makes people independent, builds confidence and self-esteem, which is very important for the development of a country. Development of the country depends upon youth who work in different fields with open mind and progressive attitude. We must stop complaining about problems of our country and try to fix these problems by putting little efforts each day.

#### Action Udaipur : A revolution of hope

Action Udaipur is a unique programme which is helping us to change the face of our city as well as educating people to maintain cleanliness. It's not about Udaipur only. We must spread this message everywhere that how a few localities beautified and



increased the glory of our city. Now it's turn into a movement. Other cities can also learn from this project.

Things as simple as throwing garbage in the bin and not spitting on the streets can make a huge difference. citizens of india can easily start following this. Plant a tree, use eco-friendly materials in your daily life, use public transport or carpool, get your vehicles checked for pollution control. There's so much you can do for this cause. Quarrelling on roads or road rage give wrong impression of our country.

You think that no body is bothered if you fight with Mr. Gupta in your neighbour over a small issue.

**Wait and check.** One small mistake can change your behaviour and impression forever.

At first, this may seem pointless. But being good neighbours to each other gives us a sense of community. At a time

of immediate need, it's the people living closest to you who can help. Your neighbourhood gives you a sense of belonging, making your surroundings a better place to live in. Fighting with Mrs. Sharma in the office may give you pleasure for sometime. But how much negativity you absorbed while doing this is really thoughtful.

Making ur environment positive is really today's need. As much as possible in your capacity, If you know there's domestic violence happening next door, if you find some accident victim on the road, if you know your friend is too drunk to drive; there are a lot of situations in which you can help others and avoid disasters. We have to let go of this mentality of not getting into others' business. Helping someone in need doesn't mean getting tangled in a mess. It simply means you're kind enough to care about other people.

Don't accept bribes and don't give bribes. It's really as simple as that. It starts with you and ends with you. Bribing traffic cops to get out of not paying that challan is a wrong habit. Come forward and follow all safety rules and if you are caught, don't run, Stop and call the cop and fill challan book. Sounds crazy and funny. But if u can't do this you have no

right to complain about system.

If 100 people do it daily, your problem will be solved automatically.

Donate blood and participate in noble causes organised by society. Don't wait for anyone. Use your knowledge to increase education level. Run libraries in your colonies to increase love of reading books. We all earn money to support our families. We clap when Akshay Kumar announces 5 lacs to support a child.

Why can't we do it? I know we don't earn as much as him. But we can help in our own unique way.

#### Chahak : Spreading happiness everywhere.

Chahak is yet another program which is giving us a hope to see smile on poor children's faces. Udaipur administration came up with this unique idea to distribute second hand goods among poor and needy students.

Come on, we can do a lot. Huge changes don't come in a day. Your contribution may look small but it can give hope to your country to set an example for the whole wide world. Youth is hope of our country. The youth hopes for a world free of poverty, unemployment, inequality and exploitation of man by man. They want a world free of discrimination on the

grounds of race, colour, language and gender.

The countries where the youth are agile and pay their proper contributions towards their nation are more developed. The entire success of a nation depends on the youth.

Parents also have a major responsibility to fulfil. They must induce patriotic feelings in their young ones. The youth fraught with patriotism would lead the nation to the front.

Young people have energy to try out things and the patience to learn from mistakes. Young participation is important because youth are the country's power. Youth recognize problems and can solve them. I am not writing this only.

I have participated in many activities to educate poor children. My family is working for an international organisation who help to transform human lives and we spread happiness for free.

It's not easy to manage things single handedly but if you decide once, no obstacle can stop you.

I am not a superwoman. I am writing to educate people. Though it's time consuming but it gives satisfaction.

Choose your hobby and rock the world with your wacky initiative.

## Lakshyaraj Singh Mewar hounoured



**Udaipur:** Maharaj Kumar Lakshyaraj Singh Mewar has been honoured for his contribution towards the Indian Heritage Hotels and has received an award for promoting the Royal Wedding destination in Rajasthan. This award was bestowed upon

him by Dr. Mahesh Sharma, Hon'ble Minister of Tourism and Culture (IC), Government of India at an event organised by Hospitality India. Speaking on the occasion, Maharaj Kumar Lakshyaraj Singh Mewar said, "I am extremely humbled to have received this prestigious

award. Promoting tourism and our rich cultural heritage is at the centerpiece of what we do and awards like these only motivate us to do more for Rajasthan.

"Recently under the leadership of Maharaj Kumar Lakshyaraj Singh Mewar HRH group has received a number of awards. One of them being the Excellence Award which he received during the National Tourism Award function. With his perseverance and dedication Maharaj Kumar Lakshyaraj Singh Mewar is striving towards making Rajasthan among the most coveted destinations in the world.

## Successfully E-Auctions The Largest Limestone block

**Ritu Sodhi:** Rajasthan government conducted successful electronic auction of the largest limestone block in the country on Thursday. The block, situated in Jayal tehsil in Nagaur, has 168 million tons of high-grade limestone resources. Three cement companies - Emami Cements, JSW Cements and Mangalam Cements - were in the fray for bidding. The block saw aggressive bidding from these companies and received a final bid of 60.09% from Emami Cements, more than 8 times the reserve price of 7%. This bid also beat the previous highest of 58.95% in Chhattisgarh to become the highest bid for a mineral block in the country. The success of this auction is being looked at as a major achievement for the state, given slow growth in the sector over the last two years. Earlier in July, Rajasthan government had announced the auction of the block, as a part of its agenda to push Rajasthan as a top mining destination in India.

Secretary Mines, Mrs. Aparna

Arora said, "This is a major success for the department as it will result in revenue of at least INR 6000 Cr for the state over the life of the mine as well as create hundreds of jobs in the area. Rajasthan is already the leading cement manufacturer in the country with presence of 23 cement plants - this will further consolidate Rajasthan's position. I congratulate Emami cements for winning the auction and look forward to working with them." She said the block was carefully chosen based on industry requirements and preferences, and its attractiveness in terms of size, land ownership pattern and economics. As per the Mineral (Auction) Rules 2015, the process started with sale of tender document on 2nd July. The reserve price for initial bids was set at 7% and seven players purchased the tender document for the block. The actual bidding process took place in two rounds - initial bid and e-auction. Initial bids were opened on 16th Sept and floor price for e-auction was set at

16.59%, the highest of the initial bids. The three bidders competed in live e-auction of the block on 22nd Sept, where Emami Cements won. They will now initiate the process of securing statutory clearances like environmental clearance.

Government of India has constituted Post-Auction Mining Clearances and Approvals Facilitator (PAMCAF) to reduce delays required for these clearances and approvals for auctioned blocks.

Mrs. Arora said that the government is committed to making Rajasthan the top mining destination in the country and is taking several steps to boost mining in Rajasthan.

"We are investing in world class exploration capabilities as well as focusing on clearing all pending applications."

The department is in the process of selecting minerals blocks for the next round of auctions, which will be announced soon. On behalf of the department, she committed all the necessary support to the investors.

## 51 units of blood donated by Radisson Blu

**Udaipur:** Radisson Blu Udaipur Palace Resort & Spa organized a blood donation camp within their hotel premises to raise social awareness amongst the society. The General Manager of the hotel Mr. Vishal Jamuar and the Owner Mrs. Swati Agrawal actively participated in the social activity and inspired and motivated the complete hotel staff for donating blood.

### A Poem by Neha Rose

#### She is a girl

She is a girl  
Sweet sober simple  
Full of light n energy  
Some love n some hate her  
But she does her duty  
Always charming n beautiful  
this girl creates positivity  
Everywhere she goes  
Her cute smile  
reminds me of purity  
She feels the agony  
for not being complete  
Yet she reveals life  
Music makes her merry  
A source of energy  
that is name of a Rose.

## Blood donation camp @ AITS

**Udaipur:** A Blood Donation Camp was organized by Aravali institute of Technical Studies on the occasion of Centenary Birth Anniversary of Pt. Deendayal Upadhyay in association with Mahaveer International and R. N. T. Hospital. Total 76 units of blood was donated on this occasion. Sh. Omprakash Agrawal, Honorable patron, Aravali Group of Colleges, Sh. N. L. Khetan, Secretary, Aravali Group of Colleges and Sh. Amit Agrawal, Finance Secretary, Aravali Group of Colleges motivated all the students, faculty members and staff members with his august presence. Dr. Hemant Dhabhai, Director, Aravali Institute of Technical Studies welcome all the guests from Mahaveer International and RNT Medical College.

## Plantation and maintenance drive

**Udaipur:** With a motive to preserve natural biodiversity of Udaipur, City youth Pukaar dedicated 135th Sunday at 4 Bata Park of Sector 14 by conducting a plantation and maintenance drive.

According to founder Mr. Bhuvnesh Ojha, team and colony members together planted 20 different species of fruits and endangered saplings like Baheda, Mahua, Kachnar, Jack Fruit etc.

## Save Bawari - Save Heritage



Dalmiya Pani Parvayaran awarded Dr. P.C. Jain, speaking before the house full of audience of Pacific Institute of Hotel Management on Roof Top rain water harvesting said that we all can save our heritage by reviving the old Bawadies (Step well) which are dying a slow death by pouring the purest form of water, the rain water. By this our coming generations will not suffer from shortage of the water.

He showed them the Documentary on "The Successful Stories of Roof Top Rain water harvesting." "In this he has shown the Revived Kuli of Kankroli, 200 old Dust bin well of Vidhyapeeth well, 125 old well of Rana pratap nagar, Railway station. also the first hand pump recharged is shown in the documentary. He also explained the simple technique of this

by which we can save carores of litres of rain water Explaining why should we talk about saving the water because 1. the underground water is going down & down moreover it is becoming more & more polluted, which is definitely harming the health of human body leading the incurable diseases like fluorosis, arsenosis, cancer etc

He showed them practically how to identify fluorosis by demonstration. Girls students sung the Jal Geet with the Jal Natya so as to motivate all. All took the pledge that they will send the pics of such defunct Bawaries to him so that he can help to revive them. Director Vinod Kumar Singh Bhadoriya Thanked Dr P.C. Jain. Also Mr bhavya Khimesara showed his video on save water.

## Elections held for Maharana Kumbha Sangeet Parishad

**Udaipur:** Three-year term elections for 2016-2019 were held in the Maharana Kumbha Sangeet Parishad under leadership of retired IAS Munish Goyal. Retired IAS Sajjan Singh Ranawat was elected as president while social worker Dr. Yashwant Singh Kothari became honorar secretary.

The manager of the Parishad Bhanwarlal Nagda saod that Dr. KN Nag, Dr. Prem bhandari, Sushila Dashora for vice president, Mahadev Damani for additional secretary, Devendra Singh Hiran for joint secretary, Mahesh Giri Goswami for treasurer, Hemshankar dikshit for joint treasurer, Dr. PT Chatraj research secretary, DP dhakar for campaign ministry, Dinesh Mathur for deputy of campaign ministry, and Anshu Mali was elected for the position of deputy to Research Secretary.

