



## RH Royal Harbinger

### Winter Is Here

Finally the winter is here! So the time has come to put on those heavy wears, eat loaded food, and take sun bath. This and more and lot more is there at offer as the weather turns colder and mercury dips down. Udaipur already is a city surrounded by Lakes and Gardens and the mountains that keep the ambience cooler than rest of the state through the day and night.

Said that it also attracts tourists who love to spend time in city as the winter here is bearable. Unlike many other parts of the world, wintry weather here does not pinch or irritate you. Instead, the more cold it is on a given day the more you will love the sun light. So spending time on your favourite hang out point just needs adequate exposure to sunlight and you can spend hours.

Still far from the typical metro's apartment culture, city has mostly independent houses and people get enough sunlight that not only keeps the house warm but also allows them to

flock to roofs and enjoy the sun bathing. As a trend and more to taste, the papad of makkhi and other grains are made at home, especially

where at least one lady is a housewife.

Many places you will notice that several ladies from neighborhood throng to one's house collectively prepare the papad, dry them on roof and take away the share. All day long association with each other helps them pass the day and by the evening they have their jars full for the season.

Wintry clothes, quilts, and blankets also need a good exposure to sunlight that not only keeps them warm but also help get rid of any smell that comes upon these beddings while they are kept for over 8 months.

Children also love to carry out their home work and assignments on roof amid the cozy atmosphere.

#### How to make most of winter?

- You can leave you house locked from inside and flock to roof for a fun filled day. And if you are a tea or coffee lover, don't forget to store some extra stuff in thermos and keep it with you. A water jug world also is handy and useful. Overall, the crux is that ensure you do not need to go down unless it's very urgent.

- If you are an office bearer, ensure you get enough exposure to sun light. You can take your coffee to office terrace or even schedule a casual meeting where there is sun light.

- Ensure taking nutritious food that is healthy but does not let you put on weight. Normally people pay attention towards excessive eating as the food gets digested easily but that also means that you follow up a regular exercise routine

- Keep medicines for cough and cold handy with you. Carry it in your car, purse, and ensure its there in house at a reachable place. Also make sure that all medicines are tested and trusted and are far from expiry date. Do not take advice from friends on any ailment, better see a doctor.

- If you have been thinking to join a gym, the time is now. You can work out harder for better and faster results without exhausting early. So at least take a walk, do some simple stretching at home if visiting a local fitness center seems impossible.

#### Bright Perfect Miss India 2016 press conference held



**Mumbai:** Khooshi Thakkar, Gurubhai Thakkar and Yogesh Lakhani of Bright outdoor invited Srinivas Rao of 'People's Engineering', Supriya Mukherji, Ekta Jain, Designer Archana Kochhar and Sana Khan, Avantika for press conference of Bright Perfect Miss India 2016 in Andheri West. Models were introduced to media. Archana Kochhar, Tanisha Singh, Ekta Jain, Salma Agah, Afzal Thakkar, Sasha Agah, Avantika Srivastava, Sana Khan will judge the final event on 28th December at Juhu. The event is co supported by Big 92.7 FM, Mid Day, Multiplex Channel, Bawree, Ossam Jewels.

#### Shivarama K Bhandary's 13th unisex salon and spa



**Mumbai:** The opening of a new 13th SHIVAS BKC outlet of Shiva's Hair Designer Pvt Ltd, chain of unisex salon was full of glitz with MD and Chairman Dr. Shivarama K Bhandary along with Mr Aseem Kaushik - Director L'oreal Professional Products Division in India graced the occasion along with Mr Aby George Philip - General Manager L'oreal Professional Products division. Shivarama of Shiva Stylo is the Bollywood most popular hair stylist has launched his 13th makeover store in BKC. Shivarama K Bhandary did puja with his wife Anushri. He also took blessing from his mother Gulabi Bhandary.

#### Ganpati song with 500 dancers and 500 crowd



**Mumbai:** Ganesh Acharya who is producer and director of Marathi film Bhikari with Sharad Shelar of Mi Maratha Film Production shot Ganpati song with Swapnil Joshi and Rucha Inamdar at Filmcity, Goregaon East. The film is remake of Tamil superhit film Pichaikkaran. The song was shot with more than 1000 crowd. A huge Ganpati idol was made specially for this shoot.

## Over 50% married women use modern contraceptive methods for family planning in Rajasthan



**Udaipur:** One of the globally acclaimed universities and renowned research institutions, IIHMR University, Jaipur, has been implementing project PMA 2020 in Rajasthan.

Performance Monitoring and Accountability or PMA 2020 involves India as one of the program countries out of the other 10 countries which include, Ghana, Ethiopia, Kenya, Burkina Faso, Indonesia, Nigeria, Uganda, and Democratic Republic of Congo. The project is implemented by IIHMR University, Jaipur in collaboration with Bill & Melinda Gates Institute for Population and Reproductive Health at the Johns Hopkins Bloomberg School of Public Health and International Institute for Population Sciences and Ministry of Health & Family Welfare. Project is funded by the Bill and Melinda Gates Foundation. According to Dr. Anoop Khanna, Principal Investigator, Rajasthan for PMA 2020 and Professor at IIHMR University "Performance Monitoring and Accountability 2020 (PMA2020) uses innovative mobile technology to routinely gather rapid-turnaround, cost-effective population data on family planning and water, sanitation and hygiene." He added, "PMA2020 is a project that focuses on important indicators that monitor family planning. The project has recently concluded round one and will provide information every 6 month till 2017 and once a year from 2018. Round one included 4874 households and 297 health facilities which were

surveyed from June-September, 2016 on reproductive health in the state. It has been observed that in the state of Rajasthan the overall family planning has been given more importance in the recent years." According to the project findings, more than 1/2 of married women are using modern contraceptive methods, where the use of birth control pill is up from 5% in 2005-06 to 7% in 2016 and the use of injectable has increased. Male condoms are used by 10% of married women which is up from 6% in 2005-06. Although Female sterilization is the most common form of contraception, it has decreased over the last decade. According to the project findings in round one Dr. Anoop Khanna further added, "The

current level of unmet need for family planning in Rajasthan is 15% which is slightly below the level 10 years ago which shows that the overall demand for family planning is increasing. The unmet need for limiting (i.e. those who do not want another child) has increased while the unmet need for spacing (i.e. those who wish to have another child) has slightly declined. This presents an opportunity to expand access to long-acting methods, especially reversible methods, to enable women to meet their reproductive goals. Thus, the total unmet need for family planning in married women in Rajasthan between 15-49 years is 15% where 10% is for limiting and 6% is for spacing." Inequities are not just a part of the income being distributed but these inequities are also found at the family planning level where the report findings specify that poor women have more unintended pregnancies than wealthy women. Among women in the poorest wealth quintile, 22% reported that their last pregnancy was unintended, compared to 12% in the wealthiest quintile. Increased access to contraception, and especially highly effective long-acting methods like IUDs and implants, may

help prevent unintended pregnancies, particularly among poorer women. Even though multiple health-care facilities offer contraceptive facilities, for many women other more effective reversible methods remain out of reach. More than three-fourths of public facilities offer at least 3 modern contraceptive methods. Among public facilities, 77% offer at least 3 modern contraceptive methods and 38% offer 5 or more modern contraceptive methods. About 96% of Community Health Centers (CHCs) and 87% of Primary Health Centers (PHCs) offer 3 or more methods, while approximately 92% of public hospitals offer 5 or more methods. The findings of the project on Adolescent Reproductive health specifies that Young women start to use family planning several years after they become sexually active and, often, after they have already given birth. The median age when women first start using contraception is 22.2 years. However, the median age at first sex is 18.3 years and the median age at first birth is 21.0 years. The pattern is even more pronounced when looking specifically at women living in urban areas who have

their first birth at age 21.0, but do not start using family planning until almost three years later, at age 23.1. By that time, women in urban areas have, on average, 2.1 children. This suggests that unmet need for young, urban women may be especially high, and presents an opportunity to expand family planning offerings and increase contraceptive coverage for this group. In Rajasthan, data collection is led by the Indian Institute of Health Management Research (IIHMR) University in Jaipur. A sample of 147 enumeration areas (EAs) was drawn by the International Institute for Population Sciences from a master sampling frame. In each EA households and private health facilities were listed and mapped, with 35 households randomly selected in each EA. Households were surveyed and occupants enumerated. All eligible females ages 15 to 49 were contacted and consented for interviews. The final completed sample included 4,874 households (97.2% response rate), 5,262 females (96.0% response rate) and 297 health facilities (96.1% response rate). The first round of data collection was conducted between June and September 2016.

### Med Achievers ambitious Healthcare and Technology Process platform targets USD 100 million Business from Europe

**New Delhi (Ria Chhabra):** Med Achievers the first of its kind platform in healthcare innovation and global technology incubator in India has facilitated the entry of Europe's leading & successful healthcare technology companies to Indian healthcare market. The founder and CEO, Med Achievers, Mr. Harsha Vardhan told with the entry of these companies in Indian healthcare space, Med Achievers global incubator targets to create more refined healthcare process and technology under the ambitious plan of Indian Prime Minister Shri Narendra Modi.

Med Achievers, so far has successfully attracted global players in healthcare technology and processes from Europe, Australia and America in addition to Finland.

The group has created strong mechanism to process the requirement of these International companies in terms of their compliance, technical assistance, team building and market penetration etc promising a business of \$100mn in next financial year of 2017.

In the last 3 months of Med Achievers global operations, it has successfully brought global players including Valo (an expert in Virtual reality based health care process Management Company) and Medipoc (a complete healthcare business solutions company) under make in India program. Under this unique platform Med Achievers has created a global investment pool of more than \$30mn to manage the establishment of such companies in India having important technology worth millions of dollars.

To ensure that all the International and domestic healthcare tech companies are fully legally compliant as per the Govt. policies and departmental needs and their investment and contractual processes are efficiently handled, Med Achievers has roped in one of India's leading corporate lawyer Mr. Sameer Rastogi, founder and Managing Partner of India Juris. Being a reputed full service International Law Firm, India Juris handles legal matters of many multi-national companies in India.

"Laws and regulation related to foreign investment in healthcare and wellness sector are very much investor friendly, however for the ease of doing business it is essential for companies to become aware of applicable laws beforehand" said Mr. Sameer Rastogi, Managing Partner, India Juris.

The platform Med Achievers in just three years of operations has connected with global healthcare leaders and has successfully awarded personalities like Mega Star Mr. Amitabh Bachchan, Healthcare leader Dr. Naresh Trehan (Chairman Medanta Medicity), Dr D S Rana (Chairman Sir Ganga Ram). The Ivy League of healthcare a comprehensive coffee table book of healthcare leader features leader from different spheres including the countries like Estonia represented by its Ambassador Mr. Riho Kruuv, Leading Hospitals represented by Dr. Devi Shetty (Chairman Narayan Healthcare), Dr. Dharminder Nagar, Managing Director Paras Healthcare, Dr. Jitendra Das Maganti (Chairman Seven Hills Hospitals) and in the single speciality (fertility) a Swedish player represented by Mr. Gaurav Malhotra (MD Medicover Healthcare).

The platform thrives to promote quality healthcare services in India and promote innovation to application cycle. The whole ecosystem connects the government projects reaching.

## Voice your opinions & thoughts with New Mobile App "VOIZD"

Do you fear expressing what's inside you? It's an era of communication. We have the freedom to express what we feel...well, it's all baloney. Yes, we have easier way to communicate but NOT what we feel! We all post on various social networking sites and those posts, so called our opinions and feelings are leashed-aren't they! Why do we do it? It's simple we are under constant pressure of being judged and trolled by family, friends or co-workers who differ from our opinion...."People will know what I feel, they will judge me, what will people think of me, there might be a string of comments as good as threats that I will have to deal by myself!! So, isn't it better to rein our feeling rather than let go... Now there is no need to suppress your true feelings. There is a platform where your voice,

feeling and thoughts no longer need to be caged for life. Yes, Freedom from the fear of what others think is possible!! **VOIZD:** Voice without Fear - mobile app, is world's first audio based anonymous social networking App - it is a new place targeting and gaining popularity with India's social savvy youngsters. The application has been specially designed with an aim to provide everybody with the basic right of free speech and to create a social space and community where everyone can share their real thoughts without the fear of ever being judged, labelled or trolled. Started by Sameer Agarwal and co-founded by Pooja Daswani, this distinctive mobile app allows people to record 30-second audio clips on any topic. Whether it's speaking up on national and international



issues or giving vent to personal or professional frustrations, its users will feel empowered to express themselves in their own unique ways. VOIZD helps you to break that

cocoon and comfort zone that we all live in and elevates you from log kya kahenge syndrome. Voizd will be a part of your journey from living in fear to becoming fearless making the world more realistic, meaningful and a better place for all. For the enterprising and social savvy Indians, the social media app VOIZD bridges the lag for expression without fear and will surface as one of the newest frontiers other than facebook or twitter for sharing opinions. So, break away from the fear of voicing your strong opinions, the fear that actually hinders you from doing something, the fear of threats that came your way when your share true opinions on existing major social media platforms. The feeling of knowing who you actually are and realizing your potential is simply fanatic!

## Applications for the 'Citi - NCPA Scholarship

**Udaipur:** The National Centre for the Performing Arts (NCPA), Mumbai and Citi India, jointly invite applications for the 'Citi - NCPA Scholarship for Indian Music'. This is the 9th edition of the 'Citi-NCPA Guru Shishya Scholarship Program - a scholarship in advanced training in Hindustani Music aimed at the preservation and propagation of Hindustani music to the next generation. Continuing in its endeavor to enhance the program, the 2017 edition will be award scholarships for advanced training in Hindustani Music Vocal - Khayal, Dhrupad and percussion instruments - Tabla, Pakhawaj.

Through its longstanding partnership, both Citi and NCPA are deeply committed to preserve, nurture and promote India's rich cultural heritage, keeping the Guru-Shishya tradition at the heart of each of their year-long programs which include support to Gurus and Shishyas. Citi - NCPA Scholarship for Indian Music program has always focused on strengthening and furthering the major components of the ecosystem of Hindustani music in the country. This year, the scholarship aims to support nine scholars in the age group of 18 to 30 (as of 1st March 2017), through a year-long (2017-2018) pro-

gram. **Application Process:** - Candidates are required to submit a written application (bio-data on music education), in an envelope marked 'Citi - NCPA Scholarship for Indian Music' to the National Centre for the Performing Arts, Nariman Point, Mumbai 400021 or send an email to ncpascholarships@gmail.com on or before 30th December, 2016, end of day. - The application (bio-data) must contain details regarding the individual's name, date of birth, address, contact number/alternate contact number, professional qualification, email ID, music teachers/gurus, number of years of training and

details of achievements/prizes/scholarships and performances, amongst other noteworthy details. - The shortlisted candidates will be informed via email or telephone. They will be required to appear for an audition at the NCPA, Mumbai in the month of February 2017. The decision of the NCPA Selection Committee will be final. - The value of the scholarship is Rs. 7,500/- per month for a period of one year (April 2017 to March 2018). - Students who are benefitting from any other scholarship in the field of music are not eligible to apply. Also, applicants should not be working as professional musicians.

## Success stories Zameen se Falak Tak to be aired from 1st January

Delhi based Brands Impact, one of the top branding agencies in India, has announced the launch of its unique TV Series, "Success Stories - Zameen se Falak Tak" - Season 1 hosted by Shekhar Suman, one of India's legendary actors, and a pioneer who made TV popular with his several successful shows and wowed a whole generation. The show is to be presented by Brands Impact and aired every Sunday on the popular national channel, Zee Business, starting 1st January, 2017.

Speaking on the occasion, Mr. Amol Monga, Director, Brands Impact, said, "We have grown up seeing the interviews and life journeys of film celebrities, politicians and cricketers. This show is an endeavour to share the stories of some the most "extraordinary ordinary" men who left no stones unturned against all odds and impediments to achieve enviable success." The 13 week long series will showcase the untold stories of 13 individuals including Pahaj Nihalani, Chairman, Central Board of Film Certification, and Sonu Sood, Indian film actor, whose journey from a small town boy to Hollywood is as fascinating as it is inspiring. The stories of several entrepreneurs will also be showcased on this unique platform that will be hosted by Shekhar Suman, who is not only a highly acclaimed actor himself but also one of the very few professional hosts who can bring alive any conversation and make the participants open up like none other. Interestingly, Shekhar will be seen, perhaps for the first time in a bearded avatar on this show. When asked for the reason for the change? He said in his characteristic demeanour - "Life is too short to have the same of anything.. it becomes monotonous and boring.. life is all about experimenting and exploring the unknown. Change is the only constant." The show is the brainchild of dynamic and young entrepreneur, Mr. Amol Monga, a branding and events professional who has already made his presence felt through his venture Brands Impact and a series of highly successful and internationally acclaimed events including the International Quality Awards.

For this TV Show, Brands Impact, has joined hands with Water Entertainment, a well known production house of Mumbai and the show has been directed by Mr. Varun Middha. The series promises to unveil The Grand Tales of Success of some of the UNSUNG REAL HEROES who, through their sheer hard work, diligence and determination, have achieved the impossible in their respective fields.

"This show is an attempt to honour and celebrate prominent and successful people from all walks of life, all of whom had an inspiring and humbling story to tell. It is our privilege and honour to unravel their stories to the world, so that others can take inspiration and cue from these real life heroes and learn to make their lives better and more beautiful," added Ms. Ankita Singh, Vice President - Brands Impact.

The associate sponsors of the show include Sampatti Trading & Developers Ltd, Pushti Group & Bollywoodkart.com. The Fashion partner is Absolut and the Outdoor Media Partner is Global Advertisers.