

Is Your Kid The Victim Of Binge Eating

Sakshi has a very bad habit. She does not know her son is a victim of overeating disease. She handles her Saree business from home and gets very busy during the evening time. She lives in a nuclear family with her husband who works in a multinational company. She is obsessed with the business and completely ignores her kid's schedule. Looking at children is different thing and managing their day well is different. I once visited her shop and asked about Kishu (her 3 years old son). She told me that he is eating wafers and enjoying cartoons. I checked on some sarees. Her son came from behind and started playing. She immediately went into the kitchen and handed him another packet of chips. He just finished one. I did not say anything and resume checking the stuff. When I was about to leave her son came again. She called her house maid and asked her to hand Kishu a packet of chip or a slice of cheese.



Himani Khanna

Many women claim to be good a mother but are really giving children food to make them quiet is not a good thing. It gives you a moment of peace but irregular eating habit is affecting your children.

Children who chomp food at the irregular time interval have a reason;

" They are bored and are looking for some activity.

" Their brain is blocked and they fill its idleness with random packaged food item.

" They are not consuming enough water.

" They are stressed.

What are the consequences?

Overtaking definitely affects your child's growth and health. The stomach size of your baby is the same of its fist. It sends a wrong message to your child's mind about how much their stomach wants. Even if they are not feeling hungry, after a particular time period they will crave for more food. Their brain sets up its mind that the body needs more food. Inadvertently, they eat more calories than required.

Major consequences of overeating -

" They gain excess weight, which might sound you chubby but it is not.

" Child gets in emotional distress and eats more and releases bad odours

" Electrolyte loses balance and body rejects the metabolism

" Many children at a very small age face health disorder

" Digestive system malfunctioning

" Acidity, oil level and organs start to affect

" Children lose concentration and focus

How to stop your kid from overeating?

It is not too late. Include these rules in your life and see the change;

As far as possible, cook food at home.

" Say no to packaged food items.

" Include vegetables at least once in day

" Make a time table of meal and stick to it

" Indulge your kid into some activity

" Give them some time

" Go on a walk

" Ask them to consume more water

Anything new you start takes at least 21 days to become a habit. Do not lose hope if your goals fell slightly. Get up and try and keep trying until it becomes the habit. No mother on this earth is perfect. But that does not mean we stop trying to become one.

Funds for the Udaipole to Court Chouraha elevated road

Udaipur: Mayor Chandra Singh Kothari met State Transport Minister Yunus Khan and apprised him about detailed project report (DPR) for the proposed elevated road and solicited allotment of additional funds.

Kothari informed that the ministry has allocated Rs 160 Crores for the Udaipole to Court Chouraha elevated road. However, the DPR made by National Highway Authority of India has estimated the cost at Rs 400 Crores. As a result of this, initiating work has not been possible. Kothari hence asked the minister to allot additional 240 Crores for the project.

Yunus Khan said that he would carry out a detailed study of DPR and will take a decision after discussions with Chief Minister Vasundhara Raje and State Home Minister Gulab Chand Katana. On the occasion, minister released Rs 6 Crores from his department for making concrete road from Fatehpura Chouraha to Udaipole junction.

Recent research on Pratap be inducted in History books- Vasudev Bhavnani

Udaipur: Recent research done by the historians will be included in the history books both at school and college level. These books will teach Maharana Pratap as the Victorious and not Akbar-the Great. This was decided in a session held in Rajasthan University Syndicate.

Historian Dr. Chandrashekhar Sharma said that a session was held in which State Government representative Mohanlal Gupta raised an issue regarding a research done by Dr. Sharma seven years back in which Maharana Pratap's victory has been mentioned.

Based on this victory, Mohanlal Gupta has demanded that these details be included in the history course books.

Education minister Vasudev Bhavnani has assured that Maharana Pratap's courage and valour stories will be included in school and college history books. A new research also says that Battle of Haldighati which took place on 1th June 1576 was actually won by Rana Pratap. The 441 year old historical battle's result will now change history.

The research of Dr.Sharma is based on the evidence of that period which is obtained from the script available from Rana Pratap's time.

A free medical health check up camp held

Udaipur: for the people of udaipur was organised on 12th feb 2017 sunday at mumbai multispeciality dental clinic campus in association with lions club divine udaipur.

The team members of clinic including one dentist, one gynaecologist, and one ophthalmologist provided free clinical and physical examination. Blood test was done by thyrocare. Programme coordinator Dr. Siddharth Jain shared that approximately 215 patients were benefited by these various facilities. Camp was successfully organised under the guidance of lions club president, secretary and other lion members

MMCF announced list of Bhamashah, Maharana Raj Singh Maharana & Fateh Singh Awardees

Udaipur: Maharana of Mewar Charitable Foundation, Udaipur is organizing 35th Maharana Mewar Foundation's annual award ceremony on March 5th, the list of awardees for Bhamashah, Maharana Raj Singh & Maharana Fateh Singh is released by Dr Mayank Gupta.

MAHARANA FATEH SINGH AWARD

The Maharana Fateh Singhji Award was instituted in recognition and in commemoration of the principles and values adhered to by him.

The Award is a City of Udaipur Award for senior school children for achievements in, Studies, Games and sport Cultural, literary, co-curriculum and extracurricular activities. This award is to be given to the following :

Mr. Akshat Mittal, Ms. Ishika Somani, Mr. Preshit Ameta, Mr. Divyam Bapna, Ms. Pragati Mehta, Ms. Ayushi Jain, Ms. Jhalak Jain, Ms. Shrusti Jain, Ms. Shazia Khan, Ms. Mehak Kumar

All India Secondary School Examination

Mr. Paryul Jain, Mr. Nimish Nahar, Mr. Sudarshan Mehta, Mr. Amol Samota, Mr. Ujjwal Soni, Ms. Gauranshi Chauhan, Mr. Kartikeya Sharma,

Light Possibilities and Challenges

Ms. Jyoti Chauhan, Mr. Harsh Gupta, Ms. Archi Ranka, Ms. Priya Mehta, Mr. Lalit Singh Dulawat, Ms. Ankita Lohar,

Secondary Examination

Ms. Siddhi Jain, Ms. Deepika Pushkarna, Ms. Aafreen Jahan, Mr. Harshit Agrawal, Ms. Santosh Bhagrot, Ms. Priyanka Sharma, Mr. Mohit Sen, Ms. Vandana Gurjar, Mr. Mahendra Teli, Mr. Sooraj Mishra

Games and Sports : Mr. Mihir Soni, Mr. Samar Fateh Singh, Mr. Rishi Raj Rathore

Co-Curricular and Extra Curricular Activities : Ms. Bhawana Prajapat, Ms. Latika Salvi

MAHARANA FATEH SINGH SPECIAL AWARD

1. Baby Labdhi Surana, At the age of 6 she participated in Hong Kong International, Speed Skating Championship in 2016.

2. Ms. Mannat Singh, As a Student of St. Mary's Convent Sr. Sec. School, New Fatehpura, Udaipur she has scored full attendance for the past twelve years (2005-2016)

3. Ms. Chanda Jat, Comes from Village Falichada, Mavli, District Udaipur. She has fought against child marriage and has been fighting for the right to provide education for girls. As a result of her action, 500 girls have received education and 200 girls are now participating in games and sports.

4. Mr. Divya Deo Singh, At 13 he is a National level Swimmer. Studying in Class VIII.

5. Mr. Yash Jain, Collected 82 varieties of National and International 5 Rupees Definitive Coins. His name has been entered into the Golden Book of World Records; India Book of Records and Unique World Records.

6. Mr. Jagat Pratap Singh, At the age of 9 he participated in the Hong Kong International Speed Skating

7. Ms. Shreya Mehta, At the age of 11 she is a National level performer in Kathak Dance.

8. Ms. Gaurvi Singhvi, At the age of 13 she is a National level Swimmer, studying in Class VIII.

9. Mr. Ramya Bhatt, Studying in Class XI at Dungarpur, he developed a Mac Operating System Device. His presentation was approved at the 'Apple Campus' in California and 'Apple' have invited to him to pursue further studies in California, USA.

Excellence is not skill; it is an attitude : Commander Mehta



Udaipur: (Dr. Anil Mehta)

Excellence is not a skill ; it is an attitude. Merely knowledge and talent could not bring and sustain success. It is attitude which decides success. Attitude is a better predictor of success than IQ. This was stated by Commander Pratap Singh Mehta, Veteran, Indian Navy, while addressing engineers and lecturers at Vidya Bhawan Polytechnic.

"People often confuse themselves with the thought that excellence is all about talent. However, excellence is not about talent alone. In fact a major portion of excellence has nothing to do with talent. It is what you do with talent that counts. Beyond a point, it is attitude that counts way more than talent", he said.

Through various hands on exercises and real life examples, Mehta underlined that having abilities like being smart, inspires confidence only while the going is easy. The deciding factor in life is how we handle setbacks and challenges. "in the tech era the presumption has been that intelligence beats every other human attribute. But, intelligence is more of an advantage when things are going well than when they are not. "It is very good at keeping us out of trouble, but not necessarily as beneficial when we find our-

selves already under it and more primal or emotional attributes are required", He said. Mehta appealed everyone to get out from fixed mind set and have growth mind set. "People with a growth mind set welcome setbacks with open arms", he expressed.

While explaining the need of Affective Domain in Teaching, Mehta explained that major portion of excellence has nothing to do with talent. Beyond a certain point, talent or ability is the most useless virtue to possess.

It is what you do with talent that counts. Beyond a point, it is attitude that counts way more than talent.

The affective domain plays an undeniable important role in education. Affective domain is a great method that utilizes learning skills which are predominantly related to attitude and emotional (affective) processes.

The Affective domain plays an undeniable important role in education. Principal Dr. Anil Mehta emphasized the need of awareness and understanding of life skills in teaching learning process ; and in every era of life. HOD Sonu Heerawat presented introduction of commander Mehta. The manager of Vidya Bhawan School, colonel Bhupendra Singh extended vote of thanks.

"MeTime Café" launched at Arvana

Udaipur: "MeTime Café" launches its first Café at Arvana's ground floor overlooking the busy road of Hathipole.

Dinesh Mehta, owner of the Café informed that the structure is specially designed in such a way that customers can even sit on its roof; it is definitely one of its kind Café in Udaipur. MeTime serves snacks viz. Sandwiches, Burgers, Pizza, Pastas including wide variety of Tea and Coffee. "We immensely take care of hygiene and use top quality products for all our preparations" says Riddhi Mehta.

Hasan Paliwala of Arvana says "We welcome MeTime at Arvana, the concept of MeTime is really interesting and it's surely going to pull crowd, it will also help shoppers, especially tourists who don't have any such street-style café in Hathipole."

Mrs. Neelkamal Darbari visited MPUAT

Udaipur: Principal Secretary (Agriculture and Horticulture), Government of Rajasthan Mrs Neelkamal Darbari visited Maharana Pratap University of Agriculture and Technology, Udaipur and appreciated the efforts put in by the university. In morning she chaired a meeting in the Directorate of Research wherein the university officers acquainted her with the new horizons of research and extension, new varieties of seeds, tomato and pumpkin processing, organic farming, advanced farming machines, Pratapdhan poultry and about the extension of new technologies developed by the University. Addressing in the meeting, Mrs Darbari said that advantage of the techniques developed by the University for small and marginal farmers of the Mewar region should reach to the grass root level and the Agriculture Department and university should work together.

She said that the major challenge today is how to maintain soil quality and research sci-

entists should make the farmers aware about it. We should focus on delivering new technologies to the farmers of the village through mass awareness programmes such as Global Agri-Tech Meet recently held in Jaipur. Such Agri-tech meets and farmers fairs will be held at the divisional level and village level. Soon such farmers fair will be held at Udaipur divisions. She gathered the attention of scientists and farmers on water saving in agriculture. She stressed that we shall leave the impression that more water will produce more crop, instead we must adopt techniques to achieve higher yield per drop.

Vice-Chancellor, MPUAT Professor Uma Shankar Sharma stated that through 101 different research projects running in 6 college, 5 research centers and 6 KVK's, the university is performing teaching of agricultural science, research and extension of new technologies to the farmers. The University is annually developing 25-30 new tech-

niques and are being passed on to farmers.

Dr. S. S. Burark detailed that the Principal Secretary Mrs Neelkamal Darbari visited the Agricultural University Academic museum, organic agriculture unit, insect museum, Bio-pesticide Lab, Kinuwa research, poultry farm, tomato and gooseberry processing unit, textiles and apparel design unit, unit of equipment for drudgery reduction in women agriculture labor.

Mrs Neelkamal Darbari also visited the new road construction area in Rajasthan Agricultural College as well as Dairy and Food Technology and College of Agriculture Engineering and research being undertaken in the University such as organic farming, integrated farming model, NADEP compost, wormy-wash, Biodynamic manure and Panchgavya. She has showed keen interest in the production of ghee, and milk products and stressed that these techniques should be taken to more farmers.

Geetanjali Medical College awarded "Best Medical Institute of the Year"

Udaipur: Wednesday 8th February, Franchisee India had organized a two day Indian Education Awards 2017 ceremony at New Delhi in which Geetanjali Medical College & Hospital, Udaipur was awarded the "Best Medical Institute of the Year".

The award was honored to Dean Geetanjali Medical College Dr F.S. Mehta & Sr. General Manager Quality Control Sukanta Das. The 7th Indian Education Awards is a distinguished gesture to honor

those phenomenal people whose heart wrenching stories are etched inside every individuals mind across the regions, education segments or people they touched upon. The ceremony had seen a participation of a larger number of educational institutes and universities from all over India. Dr. F.S. Mehta said that the award ceremony had more than 200 categories in which GMCH was awarded Best Medical Institute of the Year. This award aims to recognize



the outstanding Institute in Medical sciences. The main factors were bold and creative

strategies and initiatives that have helped the Medical school to improve and flourish.

Cycling Event In 28th Road Safety Week

Udaipur: In 28th Road Safety week RTO and Adhar Foundation organized cycling event at FS Roshanlal Jain flagged off the rally.

Chief Guest Arjunlal Meena, RTO Mannalal Rawat, ARTO B.L. Bamania, DTO Lalit Kumar Choudhary, Jitendra Arya, Raghuveer Kumar Verma and 60 others rode cycles wearing safety caps and sashes to spread messages regarding road safety and appealing people to follow traffic rules.

The Cycle Rally took off from Swaroop Sagar and ended at Dewali on the Fatehsagar paal corner. Arjunlal Meena said that if cycles are used twice a week whether while going to office or any other area, the effort is worthwhile as it helps in maintaining physical fitness, is pollution free and even the number of accidents.

UDZ to be revamped under Railway's Redevelopment Programme

Udaipur: Udaipur Station among 23 to be revamped under Railway's Redevelopment Programme. Udaipur is the only station of Rajasthan and N.W. railway to be revamped in Phase-1 of the Railway programme stated to kick off on the 8th Feb. On this day tender for redevelopment of 23 stations will be invited.

The station redevelopment programme to be undertaken by the Zonal railways will be inaugurated by the Hon'ble Minister of Railways Shri Suresh Prabhu. Zonal Railways will be connected by VC link to participate in the launch event along with the stake holders of respective station.

This will be a big where prominent developers of the region and national media will be invited at Jaipur and Ajmer to participate in the launch event; said Puneet Chawla, Divisional Railway Manager, Ajmer.

Giving details of the programme, Chawla said that the redeveloped station will improve passenger experience by providing amenities like digital signage, escalators / elevators, self ticketing counters, executive lounges, luggage screening machines, walkways, holding areas for passengers, grand and distinctive roofing and flooring, free and paid Wi-Fi etc. The program will benefit 31 lakhs passengers at Udaipur per year. This number will go up further after gauge conversion of Udaipur-Ahmedabad Section which is under progress, is completed.

Railway Board has devised an innovative plan to provide these amenities through PPP model by leveraging the real estate available at the railway stations.

Acharya Lokesh addressed the Advisory Forum meeting of KAICIID

Prominent faith leaders from across the world were inspired towards promoting interfaith reconciliation by joining forces against a "new common enemy."

The meetings, held by the King Abdullah bin Abdulaziz International Centre for Interreligious and Intercultural Dialogue (KAICIID), under the leadership of Faisal Bin Abdulrahman bin Muammar, Secretary-General, KAICIID, brought together foremost leaders from the Muslim, Hindu, Christian, Jewish, Buddhist, Sikh, Jain, and other faiths under a common banner for the promotion of peace and reconciliation in these trying times.

Featuring prominently as a speaker was Founder of Ahimsa Vishwa Bharti and eminent Jain Acharya Dr. Lokesh Muni. Addressing the meeting H.H. Acharya Lokesh Muni expressing pride for representing Jain Religion in the Advisory Board of World's prestigious inter religious, inter cultural platform KAICIID and thanking KAICIID for this on behalf of Jain religion said that Jain Religion gives emphasis to Non-Violence, Unity in Diversity and Renunciation. Jain religion believes that War, Violence and Terrorism cannot solve any problem. Violence gives rise to counter violence. He said that we can solve every problem through dialogue.

HH Acharya Lokesh appreciation the working of KAICIID said that KAICIID is doing important work in this field, but the adverse atmosphere of violence and religious intolerance is increasing in the world. There is need for us to work more comprehensively in such times. In this grim light, KAICIID creates a hope. Wherever KAICIID is working a hope has created. From Nigeria to Africa to Middle East the work taken by KAICIID has a larger goal.

HH Acharya Lokesh talking about solving the Global Problems said today world is facing numerous challenges which are threatening the planet. These are human generated problems. We have to find their solutions. From Global warming to terrorism affected every citizen of the planet. Be it a country to culture, be it a human or a land, a body or an experience, the challenges is on the door. Today we need religions more unite than ever. Today we need to come together and walk hand in hand.

H.H. Acharya Lokesh also said that people of many religions, communities and multicultural have different lifestyle and rituals and that is the beauty of our world. In order to protect the multicultural nature of world 24th Tirthankar of Jain religion Bhagwan Mahavir's principle of Anekant Darshan (Unity in Diversity) can be very useful.