

ROYAL HARBINGER

Reporting Fact of the Matter

Weekly

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Encourage the extraordinary women and their endeavors



CHICS CONNECT AWARDS FOR WOMEN IN SPORTS AND FITNESS

Udaipur: International Women's Day, 8th March is celebrated across the globe to celebrate womanhood and also recognize and encourage the extraordinary women and their endeavors to venture in the road less traveled.

A similar effort has been taken by Udaipur's CHICS CONNECT by organizing CHICS CONNECT AWARDS FOR WOMEN IN SPORTS AND FITNESS UDAIPUR in association with Rockwood School, an award presenter, to be held at Radisson Hotel, Lake City Mall, 8th March 2018 from 4:30 PM - 7:30 PM. In the ceremony, CHICS CONNECT will award 50 women from sports and fitness from the city, where they have got so many nominations from across the city with eminent jury panel on board- Dishant Yagnik (Cricket Star from Udaipur city), - Mala Sukhwai (International Weightlifter), & - Surbhi Misra (Squash Champion, Jaipur) From 4 years to 45 years, women across all age groups have participated in this award ceremony. Hurratul, Director, CHICS CON-

NECT informs that eminent people from city joining us including, Mrs. Banu (Bronze Medal Winner At Asian Games), Rajni Dangi (ex- President MCU), Deepak Sharma (Director Rockwoods), Surekhaji (National level gymnast), Raj Menaria (Director, Sensei Raj Academy), Mrs. Alka (Principal CPS School), Dishant Yagnik (Cricket Star from Udaipur city), Mala Sukhwai (International Weightlifter), Arjun Paliwal (Director 4sure fitness), Meeta Khathuria (Director Pinks and Peaches), Director INIFD, Vindeep Methani (Director Vindeep Fit List), Zaheer Abbas (Founder Udaipurwale. com), etc. will not only grace the ceremony but extended the hands of support in this grand celebration. The event has following performances:
- Performance of self-defense by the girls of the Martial arts academy
- Gymnastics Performance by girl students of the Rockwoods school
- Folk Dance of Rajasthan by international troop.

Dr. Ramesh Patel's case appreciated in 'India Live'



Udaipur: From February 28 to March 3 a three day India live conclave held in Chennai, India's highest forum 'India Live 2018', held at Chennai. Dr. Ramesh Patel of Gitanjali Medical College and Hospital Cardiologist appreciated for his complicated case 'Cric Total Totalization', presentation furthermore Ramesh Patel,

the only cardiologist from Rajasthan, presided over the 'complications in the Cath Lab' session. Many cardiologists from the country participated in this forum. Dr. Ramesh Patel informed that the 57-year-old patient had a blood-shedding block in two main arteries. Whose speciality was treated by 'Cross Boss Techniques'. In this technique, a special catheter who was stented in the blockage directly. This technique is used in patients who have a long-term blockage. This technique is available on selected medical centers of the country. Dr. Ramesh Patel gets special training for this technique.

Ask for Zinc

ZINC preserves your Thoughts and Memories

BY PAVAN KAUSHIK

Ensuring proper intake of Zinc is an important step toward optimal brain function and may prevent cognitive decline as we age. Due to the abundance of nutrient-deprived processed foods, many children and adults suffer from a chronic insufficiency of the mineral. As one of nature's essential elements, Zinc is required by humans throughout their life-cycles to grow and develop. Every cell requires Zinc to multiply. Zinc heals wounds, increases immunity, boosts brain activity and also contributes to learning. Recent research has shown that this nutrient has a strong impact on mental function because it can pair up with Vitamin B6 to ensure the proper function of neurotransmitters that communicate within the body. The hippocampus is a small organ located within the brain's medial temporal lobe associated mainly with memory, in particular long-term memory. Zinc is found in high concentrations in the hippocampus, to control thought and memory. For those who have suffered an injury, Zinc keeps brain function strong, as it is naturally diverted to the other parts of the body for healing purposes. Over the years, it has been shown that some people with memory impairment do have Zinc deficiency. In a study done on mice by researchers from Duke University Medical Centre and Massachusetts Institute of Technology, the role of Zinc in the brain has been highlighted. Zinc is stored and released in the brain from nerve cells that are also responsible for releasing the neurotransmitter, glutamate. The released Zinc can act on glutamate receptors and other voltage-gated ion channels in the brain. It can also modulate synapses. Both of these effects contribute significantly to learning and memory. Zinc deficiency affects short-term memory more than long-term memory. Due to the abundance of nutrient-deprived processed foods, many children and adults suffer from a chronic insufficiency of the mineral. Ensuring proper intake of Zinc is an important step toward optimal brain function and may prevent cognitive decline as we age.

On an average, 30 to 50 mg of Zinc, per day, is essential to help maintain healthy systemic levels that improve memory, learning and cognition. Zinc benefits your memory without even letting it know.

Market defeats Democracy in the post - 2014 elections

Dr.H.S.Chandalia

The victory of Bhartiya Janata Party at the center in May 2014 set up a new era of electoral politics in India which continues with greater vigor and force till date. It has relegated to the background the very fundamentals of a democracy in which elections are an instrument of finding out people's aspirations and formation of a government which reflects people's opinion. With national and international media playing to the fiddle of the corporate, both national and international, it has become impossible to gauge the aspirations of the people much less to find out the real opinion of the people. Elections have become an event which is to be managed by hook or by crook in order to gain a victory. Victory is the

most important thing and all codes of Model Conduct laid down by the Election Commission are flouted by almost all political parties. Not that in previous elections money was not used, it was used then also but the extent at which reigns are held by the capitalists and their adopted "God" media was never seen before. Despite large-scale misuse of money in propaganda, if the BJP failed to win majority still governments were made by engineering alliances in the most unnatural manner and also a large-scale shifting of loyalties maneuvered by various means. The elections held last month in three northeastern states of Tripura, Meghalaya, and Nagaland. In Meghalaya, the Indian National Congress has won 21 seats

and has emerged as the single largest party but BJP with just two seats seems to be succeeding in making the government with a local partner NPP which has won nineteen seats. Since the people in Governor houses are appointed as per the political convenience of the ruling party at center it becomes easy to forge alliances and stake claims which apparently appear anti-democracy.

In Nagaland, the Indian National Congress and Bhartiya Janta Party have both won equal seats but BJP is all set to form the government by forging an alliance with "Others". The same happened earlier in Goa and Arunachal Pradesh where INC had emerged as the single largest party but governments led by

BJP were formed. In Goa Congress had won 18 while BJP had won only 14 seats but the latter succeeded by gaining the support of others which were eight in number. In Tripura, BJP has won 35 seats and its ally IPFT has won 8 seats. The left front has been reduced to 16 seats.

It is interesting to analyze the victory of BJP and defeat of CPM in Tripura. BJP has got 35 seats with a vote share of 43% while CPM got only 16 seats with 42.3% vote share. The main reason was the acute fall in the vote share of Congress which had 36.53 % of votes in 2013 elections fell to merely 1.8% in 2018.

This percent of vote share shifted to BJP which had no seats in 2013 when the total seats were divided between



CPM (50) and INC (10). It was like Delhi where the Aam Adami Party bagged 67 seats simply because the nearly 10% vote of Congress shifted to AAP in the last Assembly elections.

Bhartiya Janta Party is backed by the country's biggest capitalists and its close collaboration with them is reflected in its policies as well.

The market capitalism which was adopted in 1991 when Dr. Manmohan Singh and

Narsimha Rao led India to sign the WTO papers, today determines our democracy. Thus the issues of common men, of poverty and unemployment are simply absent in the entire discourse of political machinery. Elections are won on emotive issues and victories are managed by market governed higher forces. The country is heading towards a democracy without people's issues but run in their name.

CM intends to institutionalize corruption: PILOT

JAIPUR: Chief minister Vasundhara Raje's happiness at BJP win in Northeast is a ploy to deflect attention away from the loss her party suffered in bypolls in Rajasthan, state Congress chief Sachin Pilot said Sunday.

"Every common man knows that the BJP in the last four years has done only anti-people work and now the government has no time to rectify its mistakes and bring change," said Pilot.

Addressing newspersons at BJP office, Raje had earlier in the day termed BJP's victory in Tripura and Nagaland as a "good omen" and exuded confidence that the "saffron flag will once again fly high" in Rajasthan in the assembly elections later this year. Pilot said that after suffering defeat in bypolls to two Lok Sabha and one assembly seats, the CM had maintained

distance from media and now her comments on the win in Northeast clearly shows that she is trying to deflect public attention.

He alleged that during Holi holidays, the government promoted the main accused in the mining scam, which "stamps their policy to protect the corrupt".

"Everyone knows that CM intends to institutionalize corruption", he said, adding that during Diwali, they silently brought in the controversial gaur ordinance, which was flogged by the Congress. "Let the CM make claims. In the coming time, Congress will form the government with popular mandate. The CM's claim is as hollow as her governance. The law and order situation is deteriorating; atrocities on women are on peak, and farmers are committing suicide," he said.

Suhag Parv - Gangaur on 20th March



Gangaur festival is celebrated in all parts of Rajasthan state of India. Gangaur is a popular festival in the state of Rajasthan. The most popular cities in Rajasthan of this festival are, Jaipur, Nathdwara, Udaipur, Bikaner, Jodhpur and Jaisalmer. In Udaipur Gangaur coincides with the Mewar Festival. In 2018, Gangaur will be celebrated on March 20-21. It's a popular festival among the women in Rajasthan as it is celebrated who worship Gauri, the consort of the Lord Shiva. On this day, it was an union of the lord Shiva and Parvati. The festival of Gangaur is very significant for women of Rajasthan.

The festival begins from the first day of Chaitra or from the next day of Holi and continues for 18 days. There are many rituals associated with this festival. This festival more interesting, people sing songs of Isar and Gauri with their ritual performance. To celebrate this festival with lots of joy and happiness, the ladies decorate

their hands and feet with traditional mehndi. The unmarried women worship her for being blessed with a good husband, while married women do so for the welfare, health and long life of their husbands and for a happy married life. Gangaur is also an auspicious time of year to select a life partner. In Udaipur, a sweet dish called a ghewar is characteristic of the Gangaur festival. People buy ghewar to eat and distribute it among their friends and relatives.

Gangaur Celebration in Udaipur: The festival is an integral part of the culture and tradition in Udaipur. People in various parts of Udaipur enthusiastically take part in this festival. The procession winds its way to the Gangaur Ghat at Lake Pichhola.

The city boasts a colorful look during this festival. They gather to dress the images of Isar and Gangaur and then carry them in a ceremonial procession through different parts of the city.

-Priyanka Kothari

International Women's Day



International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity.

International Women's Day (IWD) has been observed since the early 1900's - a time of great expansion and turbulence in the industrialized world that saw booming population growth and the rise of radical ideologies. International Women's Day is a collective day of global celebration and a call for gender parity. No one government, NGO, charity, corporation, academic institution, women's network or media hub is solely responsible for International Women's Day. Many organizations declare an annual IWD theme that supports their specific agenda or cause, and some of these are adopted more widely with relevance than others.

"The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights," says world-renowned feminist, journalist and social and political activist Gloria Steinem. Thus International Women's Day is all about unity, celebration, reflection, advocacy and action - whatever that looks like globally at a local level. But one thing is for sure, International Women's Day has been occurring for well over a century - and continue's to grow from strength to strength. Internationally, purple is a colour for symbolising women. Historically the combination of purple, green and white to symbolise women's equality originated from the Women's Social and Political Union in the UK in 1908. Purple signifies justice and dignity. Green symbolises hope. White represents purity, but is no longer used due to 'purity' being a controversial concept. The introduction of the colour yellow representing a 'new

dawn' is commonly used to signify a second wave of feminism. Thus purple with green represents traditional feminism, purple with yellow represents progressive contemporary feminism. 2018 and beyond

The world has witnessed a significant change and attitudinal shift in both women's and society's thoughts about women's equality and emancipation. Many from a younger generation may feel that 'all the battles have been won for women' while many feminists from the 1970's know only too well the longevity and ingrained complexity of patriarchy. With more women in the boardroom, greater equality in legislative rights, and an increased critical mass of women's visibility as impressive role models in every aspect of life, one could think that women have gained true equality. The unfortunate fact is that women are still not paid equally to that of their male counterparts, women still are not present in equal numbers in business or politics, and globally women's education, health and the violence against them is worse than that of men. However, great improvements have been made. We do have female astronauts and prime ministers, school girls are welcomed into university, women can work and have a family, women have real choices. And so each year the world inspires women and celebrates their achievements. IWD is an official holiday in many countries including Afghanistan, Armenia, Azerbaijan, Belarus, Burkina Faso, Cambodia, China (for women only), Cuba, Georgia, Guinea-Bissau, Eritrea, Kazakhstan, Kyrgyzstan, Laos, Madagascar (for women only), Moldova, Mongolia, Montenegro, Nepal (for women only), Russia, Tajikistan, Turkmenistan, Uganda, Ukraine, Uzbekistan, Vietnam and Zambia. The tradition sees men honouring their mothers, wives, girlfriends, colleagues, etc with flowers and small gifts. In some countries IWD has the equivalent status of Mother's Day where children give small presents to their mothers and grandmothers.

A global web of rich and diverse local activity connects women from all around the world ranging from political rallies, business conferences, government activities and networking events through to local women's craft markets, theatrical performances, fashion parades and more. Many global corporations actively support IWD by running their own events and campaigns. For example, on 8 March search engine and media giant Google often changes its Google Doodle on its global search pages to honor IWD. Year on year IWD is certainly increasing in status.

Events in Pictures



Holi in City Palace



Dr. Arvinder Singh Felicitated



Sojatia competition classes