

Honey, ZINC Shrank My Waist-line...

ZINC reduces hunger by increasing the level of leptin, a key hormone that alerts the body when one is full so that a person does not keep eating when he or she is full. Zinc regulates hunger hormones and leads to weight loss.

ZINC promotes fat loss by preventing fat oxidation and storage of excess fat. It helps in proper digestion by improving protein synthesis, which boosts muscle recovery and metabolism. Zinc also increases energy by improving digestion which allows more energy to be converted from foods.

Evidence suggests that Zinc can help control appetite. Zinc intake reduces hunger by increasing the level of leptin, a key hormone that alerts the body when one is full so that a person does not keep eating when he or she is full. This promotes the body's natural metabolism and digestion which further supports the oxidation of fat cells to prevent further storage.

According to a study by National Centre for Biotechnology Information, there's a clear link between Zinc deficiency and body composition, with overweight people being much more likely to have low levels of the mineral. Zinc deficiency generally makes the body store excess fat.

According to clinical nutritionist, Byron Richards, those who are struggling to lose weight due to low thyroid function would benefit from additional Zinc. Zinc plays a



primary role in insulin health by improving the production of enzymes that protect the cells and helps detoxify inflammatory biomarkers that get in the way of metabolic function. It has excellent weight loss properties. It enables the body to produce more thyroid hormone that is responsible for maintaining healthy weight. Zinc supplement is great help for people with slow metabolism. Thus, Zinc regulates hunger hormones and leads to weight loss. Triglycerides, Body Mass Index (BMI) and waist size shrink with Zinc.

While getting plenty of Zinc in diet may help enhance weight loss if one is overweight or obese, the total daily calorie intake and energy spent determines whether or not one will lose weight. According to the "American Journal of Clinical Nutrition", many Zinc-rich foods are also high in dietary protein, which help boost satiety, and energy payoffs and are beneficial when one is trying to shed pounds. Hindustan Zinc is India's only and world's leading Zinc producer, proudly known as Zinc of India.

Chics Connect Awards for Women in Sports and Fitness

This international women's day, CHICS CONNECT organized an event at The Radisson Hotel, Lake City Mall, awarding 50 women from across Udaipur who have excelled in sports and fitness category from all age groups. As small as 4 to women who are 50 years participated through an online application form and it was then finalized by Jury. Hurratul Maleka Taj, Founder CHICS CONNECT, voiced out the importance to keep the selection process very fair and organized so that real talent can get recognition and hence a Jury Panel was made which had Mr. Dishant Yagnik (star cricketer), Mala Sukhwai (international weightlifter) and Surbhi Misra (Squash Champion). There were many eminent people from city invited as guest of honour. Hamida Banu (international athlete), Deepak Sharma (Director, Rockwoods School), Swarnim Methani (Fitness Trainer), Raj Menaria (Sensei Raj Academy), Alka Sharma (Director, CPS), Arjun Paliwal (AXN Sportstainment), Richard Barooah (General Manager, Radisson Hotel), Meeta Khaturia (Founder Pinks and Peaches), Dishant Yagnik (Star cricketer from Udaipur), Neeru Tandon (Principal Rockwoods). The function was supported by brands who were also power partners and they are Hospitality Partner: Radisson Hotel, Gifting Partner: INIFD, Trophy Partner: Pinks and Peaches, Fitness Partner:



Vindeep's Fit List, Sensei Raj Academy : Performance Partner, Udaipurwale : Online Media Partner, Radio City : Radio Partner, Pink Eye Entertainment : Event Management Partner. Mr. Richard Barooah, General Manager Radisson Group supported the ceremony with venue and the amazing hospitality for all the guests as he himself firmly supports women empowerment. It is with the help of these brand partners and the entire team that this event could achieve huge success. 50 women who won the awards are:

Labdhi surana, Shreya Mehta, Ridhima kamesra, Vidhi Dungarpuria, Unnati nahar, Pratiiti Vyas, Anshika Goyal, Ishita Shah, Katyayani Joshi, Anvi Jain, Jhalak Tomar, Prachi Soni, Manali Panchal, Khushbu Gurjar, Dr. Guneet Monga Bhargava, Rinku Jain, Itisha Agarwal, Hemlata Kumari



Gayari, Manvi Bhati, Ritika chittora, Krishna Kanwar Gahlot, Dr. Neeru Rathore, Dr. Renu Rathore, Pratiksha Yadav, Thawari Meena, Shubhwala Radhaswami, Smt. Champa Damor, Mumal Chauhan, Riya Ravindra Kamle (6 yrs.), Seema Yadav, Mansee Chauhan, Neha Kanwar, Ankita Sonawa, Mahima Sarupria, Chhavi

Singh Rao, Shara Quazi, Sempai RajNandini Menaria, Bhumika Vasita, Khushbu Dhaked, Prabhdeep Kaur, Kanishka Chouhan, Yukti Rathore, Dr. Kumud Intodia, Taruna Chauhan, Maitreyee Choubisa, Gaurvi Singhvi, Shaurya Ranawat, Keerti Rathore, Sakshi Mehta, Yashishtha Batra.

The award ceremony also had following power pact performances : Self Defence Art Technique by Sensei Raj Academy Students and Raj Menaria, Rajasthani Music and Dance Performance by Sayari Roots Of Gypsy Performers, Gymnastic Performance by Rockwoods School Students. The purpose of event was to give appreciation to women

in city who have excelled and encourage other women to do better and bigger. 250 guests attended the function and more than 90 people participated in the function on stage. Also, the company launched its not for profit initiative called EMPOWER ONE where one woman would help other woman with a dedicated attention and would make her life better in all ways. The event also got covered by all leading media houses. Apart from this, women organisations and social institutes for women carried out a rally in favour of women empowerment. Vidhya Bhawan Polytechnic, MPU and Rotary Meera also organised programmes on the occasion of women's day. Law College, Hindustan Scouts and Guides, RNT Medical College, LIC of India, Rotary Uday and a lot of other institutes celebrated the day by honouring women.

Lady patrol team was felicitated on this day in Oriental palace resorts. A painting exhibition was held in which female artists from Kanchan Art Gallery depicted various sides of a woman. The exhibition was inaugurated by RPS Ranu Sharma in Bagore ki Haveli.

RTO department carried out a road safety workshop on women's day in Town Hall campus. Road safety rules and importance of helmet was shown by means of stage play and puppet show. Life insurance was done for around 450 people where wives were made beneficiaries.

Rockwoods

High School | International School

www.rockwoodshighschool.com

Pride of School - Labdhi Surana

National Child Award - 2017
By President of India

Annual Day - Euphony

Splash Pool Party

International Student Exchange Programme - Germany

Sports Achievers

Pre-Primary Sports Day

School Building

Salient Features

- Impressive infrastructure with smart classes
- Ample facilities for indoor and outdoor sports
- Well resourced library and state of the art labs
- Ideal student teacher ratio
- Child centered, value based thematic education
- Co-curricular activities for holistic growth to promote academic excellence
- Dedicated and experienced teaching faculties
- High academic attainments and excellent CBSE Board result
- International exposure through student Exchange programme
- Scholarships to meritorious students and sport achievers
- Good transport facilities throughout the city
- Hostel facilities available for boys
- A wide combination of subjects offered within Science, Commerce and Humanities
- Physical development through Edu Sports
- Medical assistance Facility available

Hostel Facility for Boys

Edusports

Admissions Open

Pre Nursery to XI

CBSE

&
Cambridge Assessment International Education

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