

IRH & Much More

Ceregem Therapy In Udaipur, Its Free



Udaipur: Ceregem therapy is operational nowadays in HM sector 11 near Alok school center head Sushila claims that 250 plus citizens of Udaipur are getting therapy regularly it is free of cost for all. one of its user Gopal Jain resident 132 B. HiranMagri, Sector 14, Udaipur shares his experiences he

informed I had a problem of slip disc & Thyroid since 10 years ago, for which consulted with doctors vedhyas and more, used various type of exercises, & therapy he went to Vadodara Gujarat to consult neurologists but failed to get positive results pain killer tablets and gel were given by them but its not solutions. When I used to drive a bike, traveling on the train or bus, I used to have a lot of pain in the left leg., at last AFTER HERE-ING POSITIVE INFO ABOUT CERAGEM, he went to the cera- gem center and started therapy and gradually my pain decreased. now I am relaxed by 90 percent with this problem. highly impressed by the behavior of staff therapy I bought Master V3 machine from ceragem. Now all members of the house are taking the therapy from the machine. Truly ceregem machine and mate is very useful for health and there is no harm in it.



Health Benefits of Cera gem can be listed as under :-

- 1. Burns calories and regulates weight, burning up to 300-400 calories per session!
2. Relieves tension, stress and fatigue
3. Renews immune system health
4. Normalizes cholesterol
5. Lowers blood pressure
6. Relieves pain, muscle tension and fatigue
7. Improves skin tone and eliminates acne
8. Decreases joint stiffness, edema and other things needed
9. Encourages Weight Loss by increasing metabolism and body temperature
10 Stimulates cellular and enzyme activity
11 Improves flow within the lymphatic system
12 Increases circulation and nourishes damaged tissue
13 Clears cellulite by breaking down the fat and waste stored in pockets below the skin
14 Decreases the Density of Uric Acid
15 Reduces the Effects of Injuries
16 Encourages Metabolic Rate
17 Prevents Premature Aging

JOURNEY OF INDIA'S PHILATE- LY WITH Vinay Bhanawat



In the year 1972 the department of post of government of India issued seventeen postal stamps. The first stamp was issued on 26 February on satellite station followed by stamp on ISI, International union of railways, 20th Olympic games, Sri aurobindu, Anniversary of independence issue, Greetings to our forces, Birth centenary of V.o. Chidambaram, Birth centenary of Bhavirsingh and TanguturiPrakasham, Birth anniversary of Vemana, Birth centenary of Bertrand Russell, 3rd Asian International Trade Fair, Death Anniversary of Dr Vikram sarab- hai. The last issue of this year was on 50th anniversary of USSR.

"No space" for war between "nuclear powers"

New Delhi: Five days after the sudden announcement to maintain ceasefire along the border in Jammu and Kashmir, India and Pakistan are back to accusing each other and firing across the contentious divide.

Islamabad on Monday reminded there was "no space" for war between "nuclear powers" even as officials of Pakistan Rangers and Border Security Force (BSF) conducted a flag meeting at the "octroi" post along the International Border.

In Rawalpindi, Maj Gen AsifGhafoor Director General of the Inter-Services Public Relations, the media wing of the Pakistan armed forces, telecast his press conference live on Twitter. "We are two nuclear powers and there is no space for war," he said, reminding about the nuclear arsenal.

The Arms Control Association, a US-based think-tank, cites the US State Department to claim that Pakistan has 140 nuclear warheads and India 130.

Since Sunday night, the Pakistan army has fired ammunition into India at two separate locations — Naushera and Akhnoor.

This comes just two days after the Pakistan Rangers fired at Pargwal, a small township in Akhnoor sector, near Jammu. Two BSF men were killed.

The weekly telephonic interaction between officials of the military operations of the two countries is scheduled for Tuesday where India is likely to raise several issues concerning the past five days.

On May 29, the two sides had agreed to maintain sanctity of the November 2003 agreed upon ceasefire.

In Rawalpindi, Maj Gen Ghafoor said: "The DGMO (Director General Military Operations) has given an undertaking to his Indian counterpart about respecting the ceasefire. The Pakistan army is committed to upholding it. But we will give a befitting response if the Indian Army hits our civilian population."

The DG, ISPR, said Pakistan's desire for peace should not be mistaken for weakness, and claimed that India had so far this year carried out 1,077 ceasefire violations. India's Ministry of External Affairs, last month, listed out almost 1,100 ceasefire violations by Pakistan.

While in Udaipur

Shakti Kapoor says "Time Nahin hai"



Udaipur: Nowadays everyone says that 'there is no time', especially the young generation who has time for fun and social media, but when it comes to home and family, they say that 'I do not have time'. Everybody is busy, if there has been an accident in the house or there has been a big calamity, but even then the matter is not taken by saying that the responsibility is taken away. This is also the reason for interception among generations. Producer under the banner of Puja Movies and Fun, on this important subject, developed a film Time Nahinhai The film has been shot in Udaipur and Mumbai. In the film, many prominent Bollywood actors have played great and memorable characters. The film will be released on October 15.

Producer Manish Randad said that the story is from a Maratha businessman from Udaipur, of the Maheshwari family, in which the work of time between father and son is shown keeping the foundation of social fabrication. This movie, under the banner of Puja Movies and Fun, has an interval. About the time in the film, there are so-called excitement of generations. In a happy family environment, one generation explains the value of time from one to another generation, brings it out of the time zone

of Time Nahinhai, it is worth seeing. Manish told that this story is not ours and ours, we all have a story about home and family. This is the crisis today that nobody has time in the whole world. The shortage of time is also affecting social and family relationships. After watching this family movie, the son of every family will be able to learn the work of family

members on time while caring for the time. It is also a try to deliver this social message through the film. Artists who have been influenced by cine stars have filled the rainbow colors with their acting. The film will be released at the National and International level.

Bollywood's famous actor Shakti Kapoor, who arrived in a press conference on Wednesday in Vishnupppia, said in his own style that 'There is no time' which is the name of his new movie. He shared his experiences related to the film. The plot of the film is such that it will make laugh and will teach the art of laughing and crying. The story of the film is written by producer Manish Randhad (Maheshwari).

This film will show a new direction and a mirror to the entire society. By watching the film, the audience will also take this thought that every person should give time to the family, even if there is any calamity in life. Film producer Manish Randad (Maheshwari), ShyamMalani, Rajesh Rand, Sanjay Garg, Vishnu Sarda, director Manoj Sharma, line producer Sunny Agrawal were part of film production. The cast includes Shakti Kapoor, Krishna Abhishek, RajpalYadav, Rajneesh Duggal,

YuviikaChaudhary, GovindNamdev, HimaniShivpuri, TikkuTalasoniya, ShekharShukla, HemantPandey, RekhaVashishta etc. in the film. Music is given by Praveen Bhardwaj.

Amitabh Bachchan- My Role Model: Shakti Kapoor "Teen takginoongatereemahaboobako, aardoonga, saattakginoongatereemaanko maar doonga, das takginoongatereebaapko maar doonga. savere, dopaharaurshaamko is tarahkedaayalogbol-bolkar jab main bor ho gaya to kuchhhatakarkarane-keesochoheerathaki" I was thinking of doing something aside, with the superstar Amitabh Bachchan, SattepeSatta and Bap Nambari Beta das Nambari films, the image of Villain Paused and he became expert in all kinds of rolls. These views were expressed by Bollywood actor Shakti Kapoor in the press conference on Wednesday.

In response to the question of journalists, he said that Dialogue Aaulalita, spoken by Jitendra, Sriveedi, Jaya Prada and Shakti Kapoor starring superhit film Taohfa, was so popular in that time that it became a TakiyaKalam for school and college students. He said that this dialogue boys used to speak to girls after watching the film outside the college. Due to this dialogue, 20-25 students were also arrested. Kurbari, Raja Babu, and AndazApnaApna were his popular films He played Villain in nearly 150 films. He said that in some of the films he also played the role of Hero but he failed to get audience support. Apart from this, he produced some films, but either shooting did not start, then he got stuck in the middle. He has acted in every language of India. His upcoming films include Raja Ranglia along with Govinda. He described Amitabh Bachchan as his role model and presently, RanveerKapoor as the future Amitabh Bachchan. New actresses ShradhaKapoor and Alia Bhatt are good actresses he added.

Little Actors Show Great Hopes

Saturday evening proved very successful as around 60 children artistes impressed audience with their acting caliber. The first play "KaunBadaKaunChota" had huge cast of tiny children. Directed by Anita Pradhan, a seasoned actress and

director from Jaipur this play was studded with properties, elaborate costumes, music and make-up. Children remembered their dialogues by heart and at times were over enthusiastic. Spectators instead of minding mishandling of properties appreciated their acts. Their drama was well received by audience. Anita's choice of play and theme was very close to small children even they also read lessons in their Text Book on Human body and significance of organs like mouth, nose ear and eye. Human body can function properly only when all organs collectively and happily work. The play was entertaining and educative. Fun loving children enjoyed their acting, dancing and singing with note of healthy entertainment to audience. The next play was "ParhamenKheInaHai" was presented by comparatively older children. Directed by Susheel Kumar Sharma this was a well knit play emphasizing on communal harmony. School going children are innocent they only know



Pic by- Vilas jee, Abdul Mubin Khan



how to honor friendship; they do not believe in cast and creed and love each other. Some self centered politicians try to break the age old tradition of peaceful coexistence. The parents of these children get panicky and start hating each other whereas children control the situation and avoid communal riots.

Director Susheel Sharma form Delhi is a professional Drama Director besides a sensitive music composer. His production had all the important aspects of a good theatre and received appreciation for his commendable work.

Children displayed their natural talent mixed with theatre discipline with the result they could create required effects. There were many scenes with different suggestive settings and the back stage team as well actors were trained to replace settings within stipulated time of fade out. This practice makes children acquainted with the other aspects of theatre enriching their experience. Applaud to all the actors for brilliant presentations.

ShriFurqanKhan, Director, West Zone Cultural Centre told that with the objective of utilizing the summer vacations the children of the lake city were given special training of various aspects of theatre of 15 days workshop held at Bagorki Haveli. About 60 children actively took benefit of this opportunity.

It is true that such workshops with children make them responsible persons and enhance their personality. Children also learn concentration, coordination and understanding. These workshops also help in increasing sensible spectators for dramas. I hope with such pace Udaipur may also become a venue for Children Theatre Festivals.

- Vilas Janve

Rs 2 Cr. for facelift Bagore ki Haveli



Udaipur: Rs 2 Cr has been approved for conservation and development of Bagoreki Haveli under the Smart City project. Central Minister Vijay Goyal after his inspection of the site a few days back had talked about provision of financial assistance for conservation of Bagoreki Haveli.

Bagoreki Haveli is the headquarter of West Zone Cultural Centre. WZCC director Furqan Khan informed that the Haveli was made headquarter in 1986. Post that WZCC had been carrying out renovation and conservation of the building from time to time.

A few days back Vijay Goyal visited the place and was extremely impressed with its architecture. He called for beautification and conservation of the premise and also GangaGhat. He also talked about starting a laser show in the area for attracting tourists.

Funds were also sanctioned for setting up a lift in the generator room for convenience of senior citizen and people with disability.

SiddharthSihag, UMC Commissioner included Bagoreki Haveli in Smart City Project under heritage conservation.

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