

PURPLE RUN by Forum Celebration Mall

Udaipur: Urges People of Udaipur to Acknowledge the Health Benefits of Running

Many believe that running and indulging in other cardio exercises are only meant for the gym people. But that not true, in fact, running is one such exercise which every person must indulge their selves into. It cures most of the health implications and regulates a lot of health-related parameters.

PURPLE RUN by Forum Celebration Mall Urges People of Udaipur to Acknowledge the Health Benefits of Running since it improves aerobic fitness, and is a great way to help improve our cardiovascular health. Not only this, it burns calories and can build strength both physically as well as mentally.

It is advisable to spend at least 30 minutes of your time daily on running. These 30 minutes can help in stabilizing depressive disorders and can help elevate the person's mood as well. This holds true for other people otherwise as well, running in the morning can make you feel good throughout



the day.

Studies have proven that people who are daily runners experience a mood lift after their running regime and can feel energized and all happy after a few months of exercise. Running also keeps stress at bay, keeping your mind fresh.

Running enhances the intake of oxygen and thus strengthens your lungs

No wonder runners have strong lungs which increase over regular running patterns. Thus, this helps to conquer diseases and also prevent them.

One important health benefit of running is that it regulates High Blood Pressure. Running helps keep your arteries fit which in turn keeps your blood pressure regulated.

Any kind of exercise boosts metabolism and burns calories. Running is considered to be the best exercise to control your weight. This is directly proportional to the confidence factor. Once you start running, your confidence begins to grow, your weight starts to decrease and you feel light and empowered in yourself. Now that you have read all the benefits of running and how it affects our body and mind, let hop on to the biggest run in Udaipur, Forum Purple Run. It is going to be conducted on the 30th of September 2018 at 5 am and will end at 10 AM.

MISHRILAL : BECOME AWARE OF THE TECHNOLOGICAL ADVANCEMENTS IN FARMING

Udaipur: Wearing his pride in his bright orange Rajasthani Turban, Mishrilal Teli, was filled with happiness when he was elected as the President of the Farmer's Interest Group (FIG). Not only this, but he also won the first place on the National Farmer's Day.

When asked about his farming, 65 years old farmer, Mishrilal, from a very small village of ParasRampura in Agucha, answered in English. This not only showed his confidence, but his growth as a farmer. Mishrilal has been involved with farming since 30 years. Since 2016, he has been attending the Hindustan Zinc training and exposure visits on agricultural development. By this, his yield not only increased by many folds but also proved to give him and his wife a sense of content. Unlike other farmers, Mishrilal is now very well versed with the latest and advanced techniques of farming because he has been attending the trainings and exposure visits organized by Hindustan Zinc under its Samadhan project.

On his 1,500 sq. meters of land, by using the technologies and improved methods of farming, he has been cultivating wheat. In the second year of cultivation, he saw an improved yield and hence an increase in his income by 7-8 thousand every year. Hindustan Zinc also provided him with seeds of wheat, ingredients to make organic fertilizers and insect trap.

By acquiring technical knowledge about farming, Mishrilal has started his own farming and cultivation on his other land measuring 13,000 sq. meters. He advises all the farmers to learn under Hindustan Zinc's Samadhan Project and get an understanding of the technical advancements in farming and agriculture along with understanding the importance of irrigation, proper pest repellents and the quality of soil, to cultivate better yields.

Mishrilal now teaches his subordinate farmers the techniques for improved profitable farming. "Hindustan Zinc has taught me the proper methods of sowing seeds, proper knowledge of fertilizers, technological advancements in farming, without which I would not have been able to make such profits through my farming. I have grown as a farmer and as an individual...", smiled Mishrilal.

The Samadhan Project has been launched to ensure sustainable livelihood through integrated farming system, and livestock development. The project aims to positively impact the lives of 30,000 farming families in 5 districts by the year 2021. Around 7,000 farming families have already benefited.

63rd District Level Girls Basketball Tournament

Udaipur: Ryan International School, Udaipur hosted 63rd District level girls' tournament on the consecutive day. In which 4 teams of under - 17 and 2 teams of under - 19 participated. The first match (4 - 19) was between St. Teresa & Ryan International School in which St. Teresa was the winning team, the second match 4 - 19 was between St. Mary's and C.P.S in which St. Mary's bagged the position.

In the same sequence of matches, under - 17 groups were St. Anthony with D.P.S, St. Paul's and Rockwood's, Heritage Girls and C.P.S, G.V.P.S Gudli and G.D. Goenka played with each other. The winning teams 4-17 were D.P.S, St. Paul's, Heritage Girls School and G.D Goenka. The winners were congratulated and given best wishes for the following day matches.

MALHAR MESMERIZES



Vilas Janve

Udaipur: An annual feature of West Zone Cultural Centre, Udaipur, Malhar-18 was organized with vast variety and high quality at Shilpgram on September 8 and 9. This Malhar brought Kathakali, Odissi, Kathak and Hindustani Classical Vocal for the art lovers of Udaipur. Anil Kumar from Kerala and his group have really shown courage to travel all the way from Kerala to Udaipur. Kathakali is prominent classical dance form of

Kerala which requires elaborate costume and very heavy makeup. Each character takes at least 4 hours for facial makeup. Anil Kumar and his clan presented an episode of 'DushashanVadh'. The vigorous movements with the right expressions accompanied by music and lyrical narration made the performance a special treat. Odissi dance by ShagunButani and her group mesmerized gathering with the graceful movements. Starting with Mangalacharan group pre-

sented Aaryei Pallavi and Battu Dance. Concluding group performance from Geet Govind had a blending of divine singing and captivating dancing. First time in Malhar, directors of three zonal cultural centers witnessed the concert together. Shri Furquan Khan Director, WZCC welcomed Shri Indrajit Grover, Director, North Central Zone Cultural Centre, Allahabad and Shri Saubhagya Vardhan, Director of North Zone Cultural Centre, Patiala. The second day's concert start-

ed with a Hindustani classical vocal recital by a young and talented singer from Pune, Sawni Shinde Sathye. Recipient of Ustad Bismillah Khan Award Sawni sang Raag Miyan Malhar. 'Sawanki ritu aayee sajanिया' followed by 'Saheli saanjh bhaee sawan ki' and 'Ghanan Ghanan ghan garjat aaye'. Her blissful voice clubbed with intense riyaz made her a promising vocalist. Her brilliant singing received applause of the audience. She concluded her concert with

Meera Bhajan 'Suno Suno dayale mhari arji'. She was appropriately accompanied by Rahul Gole on Harmonium and Arun Gavai on Tabla. Dimpi Suhlaka and Nidhi Sharma accompanied her on Tanpura. Malhar's last presentation was Kathak recital by Dr. Kavita Thakur and her group from Delhi. Beginning with a group performance on

Sakshi Tanwar, Makukh Bharatiya and Geeta Bhatt presented Laykaari, Pad Sanchalan, Chakradhar and Bhav to enhance an effect of the concert. This group was accompanied by Suraj Nirwad on Tabla, Yaar Mohammad on Sitar, Salman Khan on Pakhawaj, Gulam Mohamad on Shehnai, and Suhave Husain on Vocal.



Sai Bhajan, Dr. Kavita presented Kathak based on Malhar. She created an atmosphere of Monsoon by her graceful movements and delicate expressions. Her group consisting of

Malhar has played an encouraging role to popularize Classical art forms among youth and Children which was visible by the huge attendance of youngsters.

Only 9% of the world's total plastic is recycled...

Manthan

Let us start with the question, what is Plastic Pollution? As the world's population continues to grow, so does the amount of garbage that people produce. On-the-go lifestyles require easily disposable products, such as soda cans or bottles of water, but the accumulation of these products has led to increasing amounts of plastic pollution around the world. As plastic is composed of major toxic pollutants, it has the potential to cause great harm to the environment in the form of air, water, and land pollution. On the occasion of World Environment Day 2018, it was a proud moment for all when India was entrusted to host this day under the theme "Beat Plastic Pollution". It is astonishing to know that every year the world uses

about one trillion plastic bags. Each year, at least 8 million tonnes of plastic ends up in the oceans, the equivalent of a full garbage truck every minute. In the last decade, the world produced more plastic than in the whole of last century. Fifty percent of the plastic the world uses is single-use or disposable. We buy one million plastic bottles every minute. Plastic makes up 10 percent of all of the waste we generate. Waste Plastic Production in a year totals around 335 million metric tons. Several types of research and reports state that, out of the entire plastic waste, only 9% of the world's plastic is recycled. That counts up to 30 million tonnes. Another 12 percent is burnt. The remaining 79 percent has built up in landfills or ended up else-

where in the environment. More than 9 billion tons of plastic have been made since the 1950s till the year 2016. Plastic Recycling helps to reduce the energy usage, it reduces the consumption of fresh raw materials, it reduces the water pollution and the air pollution (from the landfilling) by reducing the need for conventional waste disposal and it reduces the greenhouse gases emissions. And so, plastic is often recycled to make items such as clothes, carpets, containers, bottles, plastic ladders, films, grocery bags, molding materials, and lawn and garden products. It's used in everything from the keyboard or pen you are using, to your glasses or contact lenses, the Teflon in your frying pan, and the banknotes in your wallet. It's in your

clothes, phones, cars, mattresses and TV screens. The rest 91% of plastic is not recycled. This is large because thermosetting plastics cannot be recycled by the normal method of heating because the molecular bonds that bind them together burn instead of melting. There are cutting-edge chemical processes that can be used, but they are a long way off being economically viable. Also because, not all recyclers accept all types of plastic, and in fact, most don't. Even if a form of plastic is able to be recycled, the community may not have the means to do so, or it may not be cost-effective. Thus, it's very important to never put a type of plastic that the hauler doesn't accept in with the rest of the plastic getting recycled.

This is a form of contamination in the same way as throwing non-recyclable waste would be. Next time you go shopping, don't forget to carry a cloth bag. Or ask for recycled plastic bags. If demand drives the supply, this should bring a check in the supply of plastic bags. Secondly, next time when you throw plastic bags, don't throw them on roads, there are dustbins. Since such plastic does carry value, let someone create value by recycling them. "Manthan", an initiative by Hindustan Zinc, is a series of stories to bring awareness about various concerns like air pollution, water pollution, plastic pollution, noise pollution, climate change, road safety, and wildlife protection.

"SAATH BHI AUR BAAD BHI"



Udaipur: (Vilas Janve) Recently I had an opportunity to write a script and direct a short play "Saath Bhi Aur Baad Bhi" for LIC of India to celebrate Silver Jubilee of Udaipur Division. It was staged on 8 September at M.L.S. University's Vivekanand auditorium. Besides short play by 'Martand Foundation', Udaipur Kathak and colorful Folk dance performances were staged by 'Nrutyan Kathak Kala Kendra', Ajmer under the able guidance of Guru Ms. Smita Bhargav.

The play was conceived after detailed discussion with the Senior Divisional Manager Mr. Sanjay Bhargav and his team of Senior Officers.

The objective was to entertain the audience and remove the doubts about the roles of LIC agents and to motivate people to understand the significance of insurance in the present scenario. The medium of drama plays a pivotal role in creating awareness towards a new concept as the audience sees things happening on stage. Strong script, natural acting, appropriate light, sound, and music leave an indelible impact on spectators. This thematic play was written keeping in mind various psychological factors prevailing in our society. The play 'Saath Bhi Aur Baad Bhi' described serious subjects with the blending of hilarious acts. We created short scenes and instead of

regular fade-outs, used "Rangpatti". The concept of 'Rang Patti' not only helped in vacating the stage after each scene but also generated a pleasant surprise. The elements of suspense enhanced interest. The dialogue delivery of artistes made audience attentive throughout the play and the happy ending provided pleasure to spectators. Acting wise, Manish Sharma as Sutrddhar, Satish Ashi as LIC Branch Manager, Rekha Sisodia as wise housewife-Sumatil, Akanksha Dwivedi as Kamla (a maid-servant reached to top-level LIC Agent), Abdul Mubin Khan as passionate LIC agent, Rizwan Mansuri as confused Policy Holder, exhibited their acting talent and received applause. Sunil Tak as a perfect planner, Neha Purohit as widow daughter-in-Law, Neha Shrimali as Mangers' wife, Amit Shrimali as a young promoter, Piyush as a greedy grandson - Tony, Kiran Janve as Dadi and Rohit as Guest justified their roles. Music by Samarth Janve and Bhuwan Sharma created the appropriate atmosphere for all scenes.

Besides these two professional performances, LIC also added attractive activities for the staff family members and Policyholders. Awards were given to achievers and winners by the Chief Guest Dy. Mayor Mr. Lokesh Dwivedi who also appreciated the efforts of LIC of India and congratulated the organizers for this grand event.

Such cultural programmes not only motivate the staff abut involve public at a large. Congratulations to team LIC.



Enigma Fashion Vogue Show Audition on 16

Bollywood celebrities will perform in Finale

Udaipur: Talent is a gift given by God, that need a plot-farm to exhibit, for providing such platform Enigma Fashion Vogue Show Audition on 16 is all set to organize this information was shared among media persons by Deepak Chaturvedi Enigma Event Management Company of Mumbai, which has organized many shows at an international and national level, will organize an audition competition in the Ahsaka Palace on Sunday, September 16, to give a chance to showcase their talent on the stage of fashion.

Among them in the categories of Mr., Miss, Misses and Kids, winners will be selected this event is only for will physically challenged boys and girls. Deepak Chaturvedi of Enigma Event Management told that in the audition round of this fashion show, will be in the four categories at Udaipur, those who want to bring talent & wants to make their future in the screen can participate. In this audition, Dum & deaf children of Vatsalya village Vrindavan will display their talent on the stage of the fashion show. These children will get straight into the finale.