

# ROYAL HARBINGER

Reporting Fact of the Matter

Weekly



**PAGE 2 :  
TECNO forays into the E-commerce  
space with its Flagship...**

**PAGE 3 :  
Sheila Dikshit dies at 81....**



UDAIPUR | MONDAY, JULY 22, 2019 | PAGE 1 - 4 | PRICE : 5.00\* (Vol. 05, No. 18) Postal Registration No.RJ/UD/ 29-134/2017-2019

## “ A smile is the prettiest thing you can wear ”

**Dr. Mehzbeen Sadrilwala**

It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use.

As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humor and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.



You likely tend to think of a smile as a result of positive emotions or stimuli, but it turns out that your smile can actually affect your stress levels and productivity, too. Smiling also releases endorphins, which improves your mood, helps you to relax, and lowers your blood pressure. So if smiling can contribute to less overall stress, and lower stress levels prolong lifespan, then smiling prolongs lifespan, right?

**Smiling Improves Happiness in the Workplace**

The benefits of smiling extend beyond interpersonal relationships to the work environment. Smiling at your coworkers creates moments of connection that lead to greater productivity and teamwork. People in the service industry prove to have a more positive effect on customers when they smile. And people in leadership positions tend to favor their employees who smile more regularly.

The age-old saying suggests smiling not only signals happiness to others, but could also be a way to help cope with life stresses.

The mechanism for the connection between health and positivity remains murky, but researchers suspect that people who are more positive may be better protected against the inflammatory damage of stress. Another possibility is that hope and positivity help people make better health and life decisions and focus more on long-term goals. Studies also find that negative emotions can weaken immune response.

**Practice reframing.**

Instead of stressing about a traffic jam, for instance, appreciate the fact that you can afford a car and get to spend a few extra minutes listening to music or the news, accepting that there is absolutely nothing you can do about the traffic.

**Build resiliency.**

Resiliency is the ability to adapt to stressful and/or negative situations and losses. Experts recommend these key ways to build yours:

- Maintain good relationships with family and friends.
- Accept that change is a part of life.
- Take action on problems rather than just hoping they disappear or waiting for them to resolve themselves.



### Dr. Samar honored with PIMS

**Udaipur:** Dr. S.K. Samar surgeon of the Pacific Institute of Medical Sciences, Umrda (PIMS), at the World Population Day, organized in MaharanaKumbha Auditorium, Udaipur. was honored

This award was given to Dr. Samar for the outstanding achievement and services made in the year 2018-2019 in the area of Population Stabilization, Maternity and Family Welfare services in the Regional Program of the Government of Rajasthan, Udaipur, Department of Health and Family Welfare. So far 5412 operations have been successfully conducted under Health Family Welfare and JananiSurakshaYojana, which is the highest in private institutions.

### Zinc Football outshines SESA Football Academy in Under-16 friendlies



**Udaipur:** Zinc Football Academy team defeated Goa-based Sesa Football Academy 3-0 in the second friendly match held on Sunday at Zavar Stadium, Udaipur. The two clubs of Vedanta Football faced each other for the second time in a span of two days at the historic Zavar Stadium, Udaipur.

Both teams were on their toes for most part of the first half with the scoreboard reading goalless till the blink of half-time. SwaponjitBurman tapped in home a superb through ball from SandeepMarandi to break the deadlock. Zinc Football Academy footballers dominated the second half with SubhashDamar and SandeepMarandi adding 2 more goals to the scoresheet.

In the first match played on Friday, Zinc Football Academy footballers took early advantage of the home conditions to outscore the visiting side by a margin of 5-1. Aman Khan scored a hatrick in the first half itself to stretch their good run of form having recently grabbed the honours of representing Rajasthan in the Pre-Subroto Cup Nationals.

The Under-16 footballers of Sesa Football Academy are in a pre-season tour to the Hindustan Zinc-initiated Zinc Football Academy where they played friendly matches along with evaluations and assessments in F-cube -world's first ever intelligent and interactive device for football and fitness training skill assessment, cognitive development and practice.

Speaking of the experience, Mr Joao Rebello, Team Manager, Sesa Football Academy said, "It's been an overwhelming experience since we landed in this beautiful city. Our boys needed some pre-season exposure and we are thankful to Zinc Football Academy for hosting us. With Fcube evaluation, we can now work upon the certain parameters that needs more attention. The infrastructure here is world-class and I wish the Zinc Football Academy boys all the best for the future."

### FDP at Pacific:Data Analytics Important for Business Growth

**Udaipur:** The one week Faculty Development Programme on the contemporary relevant subject 'Business Data Analytics' organized by the faculty of development of Pacific University concluded successfully. A total of 28 faculty members from different states participated in the programme.

According to Professor Mahima Birla, Dean-Faculty of Management, Pacific University, the University frequently organizes different programmes, seminars and workshops on relevant topics. This one week workshop was organized in the same series in order to provide an opportunity to faculty members to update themselves with the advancements in the field of Business Data Analytics.

Programme co-ordinator Dr. NidhiNalwaya informed that during the workshop spread over an entire week, several sessions were organized on different topics in which comprehensive knowledge was given by the subject experts to the participants. In the first session Prof AnkitaBhargav dealt in length about Big Data Evolution, Types of Data, the 3 'V' of data- Volume, Velocity and Variety etc.

In the second session, Prof. PushkantShakdwipee talked about statistical techniques using SPSS, Correlations and Regression. The third session was on Business Forecasting Techniques using excel which was conducted by Prof. K.K. Dave. He explained Central Average and Seasonal and Moving Average. The fourth session was conducted by Mr. Kaustubh Bhattacharya, COO, Udaipur Chamber of Commerce & Industry. He gave insights into Systems Implementation, DataOps, DataScience, Data Mining and trends using Data Science for stock trading. In the next session, Dr. Shivoham Singh explained several Excel tools using cases and business problems which included V-look up and Optimization Techniques.

Another session was held on 'R' the statistical programming software.

## Solasta A Seven-day carnival's colorful festoon



The designer presented the Cowboy theme in Men's Wear.

Looking at the Weather Season, models with Light Fabric, Subtle Colors show many looks on the ramps with their style. With them, the models of Delhi and Jaipur presented the designer collection with Cat Walk. Many of the Young Models look glamorous. Students of the INFD Institute brought their experimental look along with the fabric to the stage. The students showed South Indian, Gujarati and Goan fashion trends.

Fashion Exhibition - The Solasta Fashion Carnival has seen in the Artist House on Sunday, where renowned designers from all parts of the country will be seen, where the general can see and buy their clothes. From 22 to 25 July this exhibition will be held on the showroom located in Mirror Labels Ashok Nagar. Carnival aims to promote talented designers of India by providing a platform to showcase their designs in the fields of fashion and design.

During this time there were many officials of the group including Executive Director of Miraj Group, GovindSharda, LaxmanDiwan, Rajesh Mehta and Mukesh Joshi. NitanaMetatac graced the ceremony. Prior to that a press meet was organized, in the press meet Silas Paul & NitanaMetatac told about the event in nutshell they told that Miraj Labels, a fashion subsidiary of prestigious business group of India -Miraj Group, is to hold a 7 day fashion carnival dubbed as Solasta in Lake City of Udaipur, Rajasthan. Inaugurating on 20th July 2019, 'Solasta' is envisioned to promote the talented designers of India by providing them a platform to showcase their designs to the assemblage of Udaipur.

The week long fashion event started off on 20th July 2019, with an exclusive fashion show followed by an exhibition on 21st July 2019. Promulgating the designs of about 25+ fashion designers at the Artist House, Udaipur the event is hemmed with fun, food, glamour, live music. It is embellished with entertaining amenities and is outlined to be the celebration of fashion while promoting the young talent. It is estimated to be the biggest fashion event of Rajasthan. Post exhibition and fashion show, on the day 3 of the event, that is on 22nd July 2019, the event will rebound to the Ashok Nagar located showroom of Miraj Labels where there would be exhibitions and workshops of fashion.

Confirmed to be attended by some of the biggest names of fashion industry, the event is historic as it is a one of a kind fashion concept backed with a very strong cause. Miraj Labels is here to provide and support the careers of young and talented fashion designers that find it hard to cut through the competition despite of being deserving. Not stopping just at that, Miraj Labels is also to provide a chance to the designer to sell their designs at the Miraj Labels showroom. It is not only going to change the lives of fashion designers but will also change the way people of Udaipur perceive high-end fashion.

## Water crisis in Udaipur? Let's make every drop count- save water save Udaipur

Udaipur the city of lakes is ranked as one of the cleanest cities in India and is replete with natural and artificial lakes, both small and big. Heavy monsoons and overflowing lakes say much about the climates and condition of lakes; however in 2018 a weak monsoon and decreasing level of potable water, is resulting in Udaipur staring at a water crisis in the coming months. IF the monsoon turns out to be weak or below average this year as well, we are in for trouble. We have always taken our lakes and water for granted, but now it should not be so.

Presently, million litres water per day is sourced from four major lakes -Pichhola, Fatehsagar, Jaisamand and Nandeshwar, which are the primary source of potable water. Today, there are residential areas that are getting rationed water supply - once in 3-4 days.

Due to weak monsoon last year, the major lakes were nowhere near the over flow point, while water consumption has not decreased. The requirements are increasing by the day with growing population as well as industrial demand. This is not the first time that Udaipur has been through adverse monsoon, and at times the major lakes have been 100% dry with not a drop of water in them. Industrial growth on the rise, smart city project taking place across the city and ever increasing population has increased demand for both water and electricity. The dry spell in the earlier years was manageable as population was lower and so was industrial consumption.

Water wastage and pollution of the major reservoirs of water are sure to add to the problem of availability of potable water

IF Udaipur sees another dry spell this year. At this point in time, though nothing much can be done about the necessary demand for water, residents and industrial users can ensure that water availability is not taken for granted and water consumption is done in a careful manner. Care can be taken to ensure that water is not wasted, over consumed, and just thrown away.

These are a few tips that can be adhered to, for ensuring that individual homes conserve water.

**Tips to save water**  
Conserving water in the bathroom - always check toilets and pipes for leaks.

Turn the faucet off when brushing your teeth or shaving.  
Take a shorter shower - use bucket for bathing rather than shower.

Conserving water in the kitchen  
Install a water meter  
Maintain your sprinklers and irrigation  
Catch rainwater  
Don't fund water grabbers

Another major concern is the deforestation that has taken place in the Aravalimountains that give Udaipur its natural ambience. Thick vegetation on mountains are a major source of water retention, and cause the retained water to be seeping down into the reservoir water bodies across the year. Absence of vegetation prevents water retention and all rain water flows into the lakes, or is wasted on ground forming vapour. Hence immense deforestation has added to the water availability woes of Udaipur and beauty of the city has suffered greatly.



Lack of water affects agriculture as well and the upcountry villages go dry, both in terms of water availability as well as agriculture. This leads to antisocial activities such as roadside robbery, mugging, home burglary, chain snatching, etc. Wild animals come out towards the city in search for water when their natural surroundings go dry, and so do the villagers, when they do not get sufficient water for their crop.

Another routine passing by look at the water bodies, one can easily see garbage in and around the lakes, sewage lines work causing damage to the water lines and millions of tonnes of water being wasted. Environmentalists have already warned of water scarcity in Udaipur and we should be wary of such an eventuality. Day 0 may be around, for all we know...

- Raisha upadhyay