# Royal Harbinger



## **Business & Entertainment**

#### **Nature Care**

Since we cannot take our own care properly as much as nature can do it. And nature does it very sincerely and regularly. It takes care of all beings. Not only human beings but all other creatures also. Nature does it so quietly that we fail to notice it. Nature has made this human body very delicate and miraculous and handed it over to our soul.

After doing numerous inventions also men cannot come near to this technology which is used in making human body by the nature. Leave aside making, human beings cannot use it also fully. Only a few percentage of heart, lungs and brain is used by human beings. Doctors and scientists say that only 4% of lungs and 6% of heart is used by a man in the whole life span. And that also man is not able to use wisely. He uses them in such a hazzardous manner that he gets diseases. That means if a man is abide

**Editorial** 

by the rules of nature, he can use that little percentage at least carefully and so escape dis-

For this he has to be attentive for some do's. First of all, he should be humble, peaceful, confident and care free. When needed speak up, share and accept. No expectations still unconditional love for all. Sense of gratitude and forgiveness. If he takes care to detoxify his body at times regularly, he can remain healthy. If he is careful enough to take balanced diet that is fruits, vegetables, sprouts and salad in his daily meal, adequate amount of carbohydrate. protein, fat, vitamins and minerals in his meal then he will not be prone to diseases. Intake of right quantity of water and other liquids is also preferable. Regular exercising is also helpful, especially brisk walking for 50 minutes daily and stair climbing. Fasting weekly is also beneficial for the good health as it gives rest to our digestive system. As a result next day all organs are ready to work more efficiently. Spending some time in the midst of nature also helps a lot because all elements of nature adds to one's health. There you can live in present moment and observe silence. Beautiful sunlight, fresh air, clean water, walking on the soil for at least 10 minutes daily and open sky are boons for man kind. Reason is that in the company of nature, all parts of the body are strengthened. Laughing also opens blockages in lungs. Sound sleep for six to eight hours also co-operates for good health. As it gives not only physical but also mental rest to the whole being, which in turn enables a person to work more actively.

Besides this all, one more thing is important in the life of man kind. One should not only laugh outwardly but also should be happy inwardly. To be peaceful, he can listen to melodious music also. He should have so much control over his thought process that he could avoid negative thinking as much as he can. Absence of negative thoughts will automatically give way to positive thoughts. As you allow positive thoughts to enter your mind, you will feel happy and lighter. As you praise and bless others, you will feel yourself shift into a new frequency with the feedback of good feelings. Talking with positive attitude itself is enough to dissolve all negativity. Otherwise also, all types of negativity bring diseases. Whether it is anger, greed, ego, attachment, jealousy, fear or curse, no doubt all are injurious to

As a little medicine calms all pain and anxiety, so a short period of meditation helps you calm down and raise positive feelings. You surely might have heard that fear is the biggest virus and courage is the biggest vaccine. Moreover nal pills and capsules may produce side effects also in your body. So remove all tablets, all bottles and all vaccines, instead take healthy meal, sufficient water and sound sleep, along with the blessings of nature. Good wishes for good health of all. May all should lead a blissful life.

- Sulekha Shrivastava

#### Airtel Ads demonstrates India's first immersive VR advertisement powered by 5G

Udaipur: Bharti Airtel ("Airtel"), India's premier communications solutions provider today unveiled India's first immersive Virtual Reality (VR) advertisement powered by 5G. The advertisement format on the Airtel Thanks app opens new avenues for brands to engage with consumers in an immersive environment that was previously not possible in the traditional advertising paradigm.

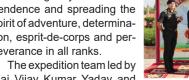
The ultra-fast low-latency 5G network ensures the 3D visuals and videos are life-like. Through this ad format, brands canoffer their customers animmersive adthat is without any lag, makingithighly engaging. Airtel has roped in some of India's leading brands such as PepsiCo and SonyLIV to create a pilot and demo the capabilities of this product at the Indian Mobile Congress.

Today, the Indian advertising industry is in a flux – India's 750M+ mobile users are increasingly spending more time on their mobile screens, an average of ~5 hours daily according to an App Annie report. With reducing attention spans, brands are increasingly looking towards innovative mobilefirst ad formats to connect with this next generation audience, capture their attention and build awareness.

#### FLAGGING OFF: TREKKING EXPEDITION IN BEAS VALLEY

Jaipur: The Sada Vijayee trekking expedition being undertaken by Sixty Engineer Regiment of SarvadaAgrani Brigade (471 Engineer Brigade) was flagged off by Lt Gen M M Erry, AVSM, SM, Chief of Staff, HQ South Western Command on 29 September 2022. The 11 days long expedition from 03 October to 13 October 2022 will cover major passes and valleys along the Beas River in Himachal Pradesh covering a

distance of 220 km, commemorating 75 years of independence and spreading the spirit of adventure, determination, esprit-de-corps and per-



Maj Vijay Kumar Yadav and



Capt Nishant comprises of two Officers, one JCO and elever other ranks carrying a message for young and dynamic school children, youth and ex-servicemen of the valley. Aim of the expedition is to spread awareness about the outreach programs by the Sapta Shakti Command of Indian Army to help its veterans, inspire school children and youth to join Indian Army as an Officer. The team will also cover salient features of Agnipath scheme in their address to youth.

### **Music Industry throngs Indian Television Dot Com's The Clef Music Awards**

Indian Television Dot Com Group's one-of-a-kind event to honor and respect the music accomplishments by independent musicians once again took the industry by storm.

The award that honours musicians, lyricists, composers, bands, record labels, from the Hindi & English language music fraternity pan India classified into 40+ categories with over 77 winners.

Besides the driving forces behind the Clef Music Awards Anil Wanvari, Nisha Wanvari and Prerna Wanvari, noteworthy names from the world of music of the likes of Leslee Lewis, Padma Shri Dr Soma Ghosh, Kavita Seth, Vijay Prakash, Vivek Prakash, Brijesh Shandilya, Satya Kashyap, Rahul Seth, Sidhant Ruhan Kapoor, Vijay Iyer, Siddharth Kashyap, RS Mani, Sunny Subramanian, Gauri Yadwadkar, Manisha Dey, Miss India Tourism Rupali Suri, actress Payal Rohatgi, marked an attendance and raised a toast to the talented achiev-

The achievers were a combination of the young and promising and the stalwarts alike. And those who did not win happily cheered for those who did, thus emerging winners in their own right.

Here is the full list of the winners who took home the CMA trophies:

In the Hindustani Classical

category, Best Lyricist was won by Pinky Poonawala for her project Khula Asmaan; Best Song was won by Gagan Baderiya for his project Piya.

In the Devotional category,Best Artist was won by Dr. Soma Ghosh for her project Manjhi The Saviour; Best Lyricist was won by Ankita Khattry Naadan for her project Manjhi The Saviour; Best Song was won by Samarpit Golani, Maithili Thakur and Rahul Yadav for their project Krishna Bulaaun Main; Best Album was won by Anjul Sharma for her album Hanuman Bahuk

In the Folk category, Best Artist was won by Amitabh S Verma for his project Awalla; Best Artist and Best Song was won by Priyanka Meher and Deepak Meher for their project Phool Khilela; Best Lyricist was won by Glenn Valles for his album Urban Cowboy.

In the Ghazal category, Best Artist and Best Song was won by Chinmayi Tripathi and Joell Mukherjii for their project Dasht e Tanhaayi, Best Lyricist was won by Dr. Ameeta Parsuram for her project Subh-E-Raushan Ko.

In the Sufi category, Best Artist was won by Himani Kapoor for her project Fakeeri; Best Lyricist was won by Saaveri Verma for her project Fakeeri; Best Song was won by Drishyam Play for their project Fakeeri and Best Album was won by Chintoo Singh



Wasir for his album Shikwaa. In the Electronic category,

Best Artist and Best Album was won by RÄ khis for their Bears Off The Leash EP; Best Lyricist was won by Glenn Valles for his project Want You and Best Song was won by Rashmeet Kaur and Gurbax for their project Oceana.

In the Rap category, Best Artist and Best Song was won by Kaam Bhaari and DEB for their project Aasman; Best Lyricist was won by Def Jam India for their project Sheher and Best Album was won by Devil The Rhymer for his project Psykalone EP.

In the Rock category, Best Artist was won by Hitesh Rikki Madan for his project Aao Naa (ft. Ariv Madan & Advay Madan); Best Lyricist was won by Glenn Valles for his project A Troubled Mind; Best Song was won by The Darshan Doshi Trio for their project Insrhy Master (Live) - Album - Live on Tour 2021; Best Album was won by Jaimin for his album Cutting Loose.

In the Pop category, Best Artist was won by Armaan Malik for his project Nakhrey Nakhrey; Best Lyricist and Best Album was won by KING for his project Khwabeeda; Best Lyricist was also won by Saaveri Verma for her project Khat; Best Song was won by Vasundhara Vee and Dhruv Ghanekar for their project Run and Best Song was also won by Himmonshu Parikh for his project Le Chal.

In the Bollywood category, Best Lyricist was won by Ishitta Arun for her project Dhaakad; Best Lyricist was also won by Raaj Shaandilyaa for his project Janhit Mein Jaari and Best Song was won by Dhruv Ghanekar for his project Dhaakad.

In the Business category, the Best Marketing Done By An Organization For Music

was won by Believe Artist Services for Insaan: Best Brand Collaboration With An Artist/Label/Festival was won by Badshah - Discovery Campaign for Sajna Say Yes To The Dress

In the Special Awards, the

Best Instrumental Song was won by M. Sathish Kumar Nair for his project Veenai Ondru Instrumental Version; Music Composer of the Year was won by Hitesh Rikki Madan for his project Aao Naa (ft. Ariv Madan & Advay Madan); Music Composer of the Year was also won by Parijat Chakraborty for his project Main Zinda Hoon; the Special Award for Background Score was won by Nirmal Pandya for Avrodh Season 2:

The Special Award for Music Director was won by Nishadh Chandra for his project Baadal; Best Podcast Show was won by MnM Talkies for Aakhri Sawaal: Interviews

Before Execution (An Audible Original); Best Podcast show host was won by Manju Sara Rajan for Lets Talk Decor Podcast; the Special Award for Song Producer-(Programming and Arranging)- Technical Category was won by Dhruv Ghanekar for his project Run; Rising Star (male) was won by Vyom Singh Rajput for his project Kyun; Rising Star (female) was won by Priya Mallick for her project Saawan Bairi; Best Child Artist was won by Mahati Subramaniam for her project How We Feel; Best Star Artist 2021-2022 (Male) was won by Diljit Dosanjh; Best Star Artist 2021-2022 (Female) was won by Payal Dev; the Public Choice Best Music Artist Collaboration was won by Badshah and Payal Dev for Sajna Say Yes To The Dress;

In the Editorial Choice Categories, the Best Music Mix Engineer was won by Subhadeep Mitra for his work in Meri Jaan (Gangubai); Best Pop Artist (2021-2022) was won by Dhvani Bhanushali; Best Indie Artist (2021-2022) was won by Prateek Kuhad; Best Streaming Platform (2021-2022) was won by Spotify India; The Editorial Choice Award for Contribution to the Music Industry was won by A R Rahman and the Fan Favourite Most Loved Indie Artist Of The Year 2021-2022 was won by Shirley Sethia.

## Reversing heart diseases through free eduvaccine

Till today heart disease remains the most common cause of death in most of the countries of the world. India is the present-day leader in the whole of the world so far as the number of heart patients is concerned and the number of heart patients is still in the increase. There are 8-10 crore (80-100 million) heart patients in India and every 10 seconds ease and its cause is unaware one person dies of heart disase in this country. This makes roughly about 9000 deaths per day and about 30 lac deaths per year. The Science of Cardiology is fail-

During the early 90s as a ohysician taking care of the cardiology patients at the Ram Manohar Lohia Hospital in Delhi, I learned the ground realty that every patient who comes to the hospital with car-

diac ailments, gets relief but comes back again after a few months with the same symptoms and threat. Being a young doctor, I started worrying about what went wrong.

Is it medical science? is it my investigation or prescription? Dwelling more with repeated patients. Lunderstood, knowledge of the disto them. So they were, again and again committing the same lifestyle mistakes and getting deep into problems. As a trial, with all patients

who come to me. I started educating them on the heart, their body, and its interrelationships with most of the lifestyle noncommunicable diseases with their day-to-day activities. Almost 30 to 45 minutes I started spending with my patients. I did it with 100

patients as my research. It yield 100% success that patients showed remarkable improvements in their medical condition. Later I continued the same methodology of educating patients while I was with AIIMS in New Delhi. It convinced me that educating patients can bring permanent results and reversal of their coronary conditions. The word 'Doctor' come from Latine and it means a scholar who teaches. Even in the medical profession also the doctor is to analyze and teach first before treating. On this World Heart Health Day, I request the doctor's fraternity to spend a few constructive minutes with their natients to explain their medical conditions and educate

I left AIIMS with the mission of educating people and

performance, and positively

impact people, driving digital

economy growth in the coun-

working on the prevention of heart attacks and founded a (CVDs) are the leading cause methodology named Science and Art of Living. I can proudly claim that we have over 5 Lakh cardiac

patients who follow easy-toadapt simple techniques to prevent heart and its sibling lifestyle diseases related com-On world heart day let me

assure you that lifestyle education supported with effective allopathic medicines for heart patients can help them in their journey to reverse heart diseases and avoid costly interventions and complications. Remember you are not a patient until you are cut or pierced for Cardiovascular treatments. Till then you are a candidate who can reverse your coronary conditions to

Cardiovascular diseases of death globally. An estimated 17.9 million people died from CVDs in 2019, representing 32% of all global deaths. Of these deaths, 85% were due to heart attack and stroke. Over three-quarters of

CVD deaths take place in lowand middle-income countries like India. Out of the 17 million premature deaths (under the age of 70) due to noncommunicable diseases in

2019, 38% were caused by CVDs. Most cardiovascular diseases can be prevented by addressing behavioral risk factors such as tobacco use, unhealthy diet and obesity. physical inactivity, and harmful use of alcohol.

It is important to detect cardiovascular conditions as early as possible so that conditions can be managed with counseling, education, and medicines without stepping into risk. Education on heart, healthy body and how it been polluted by bad lifestyle is the first thing to get aware of. Once this awareness happens, then it is easy to take a behavioral change using the EduVaccine module we have created with very easy to adopt and practice lifestyle alterations based on the Indian

## Vi Brings 5G for a Better Tomorrow

operator, Vi, is bringing Live 5G experience for its users at the

Udaipur: Leading telecom cific use cases for enterprises and consumers of tomorrow. Viis also givinga glimpse of 5G ser-



mega industry event, India Mobile Congress (IMC) 2022 being held at PragatiMaidan, New Delhi. With the launch of 5G in India by the Hon'ble Prime Minister Shri Narendra Modi on Day 1 of the industry conference, Vihas now invited all its users in Delhi to experience the nextgen 5G technology at the event.

Vi believes 5G will catalyse digital economy growthby ushering industry 4.0 for enterprise efficiency and productivity, and provide for smarter and safer solutions for our cities, businesses and citizens. 5G can bring transformational impact in various areas such as Agriculture, Education and Healthcare, significantlyacceleratingthe socio-economic development of the country.

Through partnerships with ecosystem players, Vi has developed diverse range of India-spevices to its users through a range of exciting experiences with Cloud Gaming, VR, 5G Run among others at IMC 2022 in addition to showcasing the use cases related to Health, Safety and Security. According to AkshayaMoondra, CEO, Vodafone Idea Limited, "Vi is readyfor the next journey of growth with 5G technology, where a connected world with limitless digital solutions will soon be the new norm. Vi5G technology solutions showcase a whole new world of limitless possibilities across various domains, promising a new era of technology advancement in India. With the progressive roll out of Vi 5G network and services over the next few years, I am confident that our 5G solutions will bring a better tomorrow that will transform customer experience, enhance business

try."Tofurther strengthen its enterprise offerings and provide new opportunities for business growth in the emerging 5G era, Viis showcasing a range of futuristic solutions for enterprises. These include -Connected Healthcare, a revolutionary innovation that will transform how future emergency medical assistance is delivered by connecting patients, remote medical experts and ambulance workers in real time, in partnership with L&T Smart World; Worker Safety with Digital Twin that leverages the power of 5G to create a digital twin of an under-ground construction site to ensureWorker Safety through real-time remote supervision, in partnership with Athonet, a leading technology provider of private mobile networksand Tata Communications Transformation Services (TCTS); Private Network solutionto cater to the growing connectivity requirements at large facilities through a credible realworld deployment use case with L&T Smart World and Nokia; Public Safety using 5G network and AI in partnership with L&T Smart World;IoT Autonomous Guided Vehicle (AGV); among

Vi's IMC showcases also include technology use cases

for social transformation includingSmartAgri, a revolutionary deployment for agriculture sector using IoT, sensors, Cloud and AI to provide precise real-time and localised farm advisories to small and marginal farmers and enhance their livelihood; and Gurushala, a cloudbased collaborative knowledge exchange platform for teachers and

students Reinventingconsumer experience, Vi is showcasing Immersive Mobile 5G Cloud Gamingalong with CareGamewhich aims to leverage the super speed, robust connections, and low latency of 5G to facilitate a smooth cloud gaming experience to its mobile gaming enthusiasts; Immersive Experiencefor users to access variety of content through high resolution and life like experience of any tourist/ historical/ adventure locations & events from anywhere via 360° VR; and other exciting games such as Vi Amazing Hunt and Vi Speed Run allowing Vi users on 5G devices to experience the tech-

To drive 5G ecosystem development in the country for faster adoption of services, Vi has partnered with leading device OEMs namely Samsung, OnePlus, Oppo, Vivo, Realme and is engaged with other large OEMs to have Vi 5G provisioned for its users in time for market roll out.

#### Dr. Vartika received **Biodiversity Conservation Award 2022** by IFEE, Kolkata

Udaipur: International Foundation for Environment and Ecology (IFEE), Kolkata conferred Biodiversity Conservation Award 2022 to Dr. Vartika Jain, Assistant Professor at Govt. Meera Girls College, Udaipur, Rajasthan. Dr. Jain received this award for her extensive work on conservation of various aspects of biodiversity; the most important among them is conservation of medicinal plant Semal (Bombax ceiba) tree in Udaipur district as a Secretary, Society for Microvita Research and Integrated Medicine (SMRIM), Udaipur, Rajasthan since 2006 through awareness talks among various groups including students, NSS volunteers, rural and urban intellectual masses, group discussion,



paper presentations in Conferences and Seminars, publication of popular articles in magazines and newspapers, pamphlet distribution, social media, as well as through massive plantation of Semal tree saplings at various places in and around Udaipur city and also providing eco-friendly

alternate of using Iron Holi-pole rather than Semal tree pole for Holika-Dahan festival since 2011. Dr Vartika also published a First book solely devoted to the plant Semal and organized an exclusive National Seminar on Red Silk Cotton Tree on the occasion of "Semal Day" in virtual mode on 16th February, 2022. Besides, she has also worked for Conservation of Adansonia digitata (Kalpvriksha) since 2009 by developing its saplings and planting at various places in and around Udaipur city and also creating awareness for water conservation through Rain water harvesting, solar energy conservation and biodiversity conservation through popular articles and talks at various platforms.

