

Business & Entertainment

Promoting Health in Educational Institutions

The University Grants Commission (UGC) has once again issued a directive prohibiting the sale of unhealthy food in educational institutions...

Encouraging Informed Choices - Instead of an outright ban, educational institutions should focus on promoting informed choices among students.

Editorial

College canteens should offer balanced menus with a variety of healthy options, such as fruits, vegetables, whole grains, and lean proteins.

Moreover, making healthy food and drinks mandatorily available in canteens can ensure that students have access to nutritious alternatives at all times.

Cultural Significance and Practicality - The memories of college canteens are often intertwined with the enjoyment of traditional foods.

Integrating Health Education -This approach should be integrated into the broader educational framework, starting from schools and extending to homes.

A Comprehensive Health Culture - Creating an environment that not only restricts unhealthy food but also actively promotes a culture of health and wellbeing among students is essential.

In conclusion, while the UGC's directive to prohibit unhealthy food sales in educational institutions is a step in the right direction, a more nuanced approach focusing on promoting informed choices, cultural sensitivity, and integrated health education can lead to more effective and sustainable outcomes.

Kajal to Represent Bihar in Miss Universe India

Kajal Chaudhary from Patna will represent Bihar in Miss Universe India. For the first time, Miss Universe India organized an official audition in Bihar for the world's largest beauty pageant, Miss Universe India 2024.

Nitu Kumari further stated that the winner of this year's Bihar state audition will get direct entry into Miss Universe India 2024. These auditions provide an exceptional platform for young women to advance in their careers.

Anjali from Muzaffarpur was the first runner-up, and Divyanshi Sachi from Begusarai was the second runner-up. This is the first time



that Bihar is officially hosting auditions for Miss Universe India, giving the state's talents an opportunity to shine on a national stage and showcase their skills internationally.

Hey Ramji: Nirahua's Joyful Journey

Dinesh Lal Yadav, known as Nirahua, the millennium star of the Bhojpuri film industry, is currently shooting for his upcoming film 'Hey Ramji' in the holy city of Prayagraj, Uttar Pradesh.

director Dinkar Kapoor is notable, as their first film together, 'Nirahua Rickshawala,' starred Pakhi Hegde. Nirahua emphasized that Prayagraj is the perfect location for shooting 'Hey Ramji.'



South Star Suriya to Appear in Three Avatars in 'Kanguva'

Under the banner of Studio Green and directed by Shiva, the action-packed war sequence film 'Kanguva' will feature South Star Suriya in three avatars. The makers have thrilled the audience by showcasing Suriya's exciting transformations through posters.



- Presented by: Kali Das Pandey

Naznin Khan: A Journey from Surat to Stardom

Naznin Khan, born and raised in a traditional Muslim family in Surat, stumbled into the world of modeling and acting while still in the 12th standard.

Despite her family's initial resistance, Naznin moved to Mumbai to pursue her dreams. Her first acting role was in Yash Raj Films' 'Samrat Prithviraj,' where she appeared alongside Manushi Chhillar as one of her sakhis.

As of 2024, she plays the second lead in a web series for an OTT platform and continues her theater work. Naznin's personal and professional life is guided by values of authenticity, resilience, and commitment to personal growth.

Bihar Film Promotion Policy 2024 Approved, Celebrities Thank CM

The Bihar Film Promotion Policy 2024, recently approved by the state cabinet, has garnered praise from IMPPA President Abhay Sinha and actors Ravi Kishan, Awadhesh Mishra, Vinay Anand, Rajan Kumar, and Akshara Singh.

Ravi Kishan highlighted the policy's potential to create jobs and promote Bihar's scenic locations, expressing gratitude to CM Nitish Kumar. Awadhesh Mishra called it a historic step for the local film industry, while Vinay Anand noted its benefits for tourism and the economy.

- Presented by: Kali Das Pandey

Western Central Railway Installs 1000 CCTV Cameras

Kota: Indian Railways and RailTel have installed 999 IP-based CCTV cameras at 29 major railway stations within Western Central Railway to enhance passenger safety. This initiative, led by the General Manager, focuses on modernizing passenger facilities and improving security, especially for women and children.

Airtel Launches Unlimited 5G Data Booster Packs

Udaipur: To ensure customers don't miss out on unlimited 5G benefits, Airtel has launched new booster packs. These packs allow users with 1GB/day and 1.5GB/day plans to upgrade to unlimited 5G data. The affordable upgrades can be activated on existing data packs, enabling customers to enjoy uninterrupted 5G data.

Achal to Lead India in World Microlight Championship



Udaipur: Achal Agarwal, a young entrepreneur and sports pilot from Udaipur, will represent India in the World Microlight Championship from July 27 to August 3 at Deenethorpe Airfield, UK. This is the first time an Indian team will participate.

Radisson Blu Palace Wins Best Destination Wedding Resort Award



Udaipur: Radisson Blu Palace Resort & Spa, Udaipur, has been recognized as the 'Best Destination Wedding Resort of the Year (North)' at The Economic Times MICE and Wedding

Tourism Awards. The event was held at Aurika Hotels and Resorts, Mumbai. Known for hosting grand and luxurious weddings, Udaipur is a prime destination on the global wedding tourism map.

Sterling Holiday Resorts Opens Third Resort in Udaipur

Udaipur: Sterling Holiday Resorts, a leading leisure hospitality brand in India, has opened Sterling Aravali Udaipur, its third resort in Udaipur and sixth in Rajasthan. The resort, set on 2.5 acres, offers breathtaking views of the Aravali hills and is designed as an iconic destination wedding venue.

Inspired by Rajasthani haveli architecture, the resort boasts 67 spacious rooms and suites, including Classic Rooms, Haveli Rooms, Premier Rooms with pool views, Privilege Suites with Aravali Hills views, and a Four-Bedroom Haveli Suite.

Vikram Lalvani, Managing Director and CEO of Sterling Holiday Resorts Ltd., expressed joy at launching Sterling Aravali Udaipur, noting Udaipur's prominence as a leisure destination.

Rajkumar Bapna, owner of Sterling Aravali Udaipur, described the resort as a landmark destination and expressed excitement about partnering with Sterling.

Other Sterling properties in Rajasthan include Sterling Jaysingh Udaipur, Sterling Bali Village Udaipur, Sterling Mount Abu, Sterling Re-Wild Sariska, and Sterling Pushkar.

Dr. Rajneesh Kant Honored in London

Patna: Dr. Rajneesh Kant, a chiropractor from Ara Bhojpur, Bihar, has been recognized by the World Book of Records in London for his innovative, medication-free treatment methods. Known for treating conditions like back pain and headaches, he offers free services to underprivileged patients, furthering his significant contributions to the medical field.

'Rocky - The Slave' to Release on July 26

Under the banner of Star Angel Film Production, producer Shobha Barla is set to release the Hindi feature film 'Rocky - The Slave' on July 26 in all theaters. Directed by James John Barla, who is known for his daring stunts in blockbuster films such as 'International Khiladi,' 'Border,' and 'Ziddi,' this film features an ensemble cast including Shakti Kapoor, Dalip Tahil, Sudesh Berry, Mushtaq Khan, and Pradeep Kabra.

Rocky - The Slave is a film that highlights the human spirit and the power of love. It is a story of a man who is enslaved and how he overcomes his hardships to become a hero.



a voice against the mentality of slavery. The film sends a message that one cannot keep someone enslaved forever, as when they awaken, they become a force like Rocky, capable of causing significant upheaval.

Sathyaraj Joins Salman Khan's 'Sikandar'

Jaipur: In an exciting update from the Bollywood industry, veteran South Indian actor Sathyaraj, widely recognized as Kattappa, has joined the cast of the upcoming film 'Sikandar,' produced under the banner of Nadiadwala Grandson Entertainment by Sajid Nadiadwala and directed by AR Murugadoss.

The film 'Sikandar' features a stellar cast including Salman Khan, Rashmika Mandanna, and others, promising a thrilling cinematic experience. The inclusion of Sathyaraj is expected to add a unique dynamic to the already impressive lineup.

The production house announced this significant addition via social media, sparking excitement among fans.