

RH CITY OF LAKES

Punjabi Tadka: Essence of Punjab

RH Team

Udaipur Punjab is a wonderful place. Whether it's lassi or parantha or makki di roti and sarson da saag, everything differs in flavour. In view of the Punjabi theme, the Punjabi Tadka restaurant is situated on the 2nd Floor at 100 Ft Road, near Mehta Furniture. Commonly, Punjabi food consists of non-veg items but this restaurant is 100% vegetarian. Around two dozen varieties of paranthas are made in this restaurant and cashew-raisin parantha and garlic-cheese are parantha are most popular and love by all. When it comes to snacks, spider roll is its speciality. This is basically a modified version of veg kebab, but



what makes it special is the delicious crust made by noodles. You can also find assorted vegetable curries on the menu. Different kind of rice, delectable chhole, savoury of curd and also a number of dal

made with lots of love is what the people crave about. The restaurant is owned by Abhishek Chaudhary and Jalaj Juneja who have also launched NayaZaika in Udaipur.

Swine flu medicines distributed

Udaipur Swine flu is the matter of the moment and no matter where you are, what you do, and how careful you are, Swine flu can attack you in most silent way. Social media these days is abuzz with numerous remedies to cure Swine flu and also prevent. First thing is first -- If you feel ill, do consider visiting a doctor and be extremely careful. and to prevent this flu, homeopathy comes handy. Udaipur's Janardan Rai Nagar Vidyapeeth University last week took a novel initiative and distributed swine flu and other seasonal ailment medicines. The idea is clear -- Prevention is better than cure. The distribution was inaugurated by managing director NN singh rathore and Renuka Rathore. Principal Dr. Amiya Goswami opined that homeopathy has better and very effective treatment for Swine flu. She informed that more than 4200 students of various wings of BN college were distributed these medicines. Beneficiaries also included professors. The distribution ceremony was graced by Dr. Rajan sood, Dr. Babita Rasid, Dr. Lily Jain, Dr. Nivedita Patnaik, Dr. Sunit Dhakad, Dr. Keerti Singh, Dr. Sandhya Sharma, and Prakash Dhakad. Dr. amiya Goswami further told the audiences that homeopathy medicines work very effectively in this flu and she hoped that the awareness regarding taking precautionary measures will spread and people will maintain good hygiene habits.

Sirpur National Music and Dance Festival

Vilas Janve

A few days ago, I've had the opportunity visit Chhattisgarh and attending Sirpur National Music and Dance Festival was one of the most remarkable experiences. India organizes a number of traditional festivities and fêtes. With these kinds of fêtes, one gets to be up close and personal with his culture. This festival is a platform for various states of India to showcase dance and music forms pertaining to historical and tourist places to boost their art, culture and tourism. Konark Festival, Khajuraho Festival and Elephanta Festival already have made their mark. Sirpur National Music and Dance Festival, which was started in the year 2013 in Sir-

pur, an ancient town about 80 kilometres from the state capital Raipur, is now one of the most sought after and successful cultural events in India. The festival, which was held from 16-18 January, 2015, was quite scintillating and innovative. The festival began with "Taal Chhattisgarh" in which a band of state's 50 tribal percussionists along with Rajasthan's folk instrument bhapang, West Bengal's dhak, Indian classical and Carnatic instruments created an excellent fusion. Not only this, artistes from Europe, Middle East, Japan and Africa also participated in this jugal-bandhi. Local artistes played different kinds of drums like mandar, mridangam, jhanj, dhol, lohati,



gudumbaja, timki, khanjirialong with India's young and popular artistes like Anubrat Chatterjee on tabla (Mumbai), Udupa on ghatam (Bengaluru) and Swaminathan on khanjira (Chennai) and London's Grammy Award winner Pete Lockett on bass drum, congo, bongo, darbuka, etc. This power-packed performance with varied percussion instruments was a musical symphony enjoyed by other artistes and the audience alike. These local artistes had, for the first time, experienced playing

assorted instruments from their own state at "Taal Chhattisgarh". They also experienced performing with other classical artistes. To perform a jugal-bandhi alongside an international artiste was the climax of the event. The rhythm created out of this collaboration of world music beat with the heartbeat of the audience. The rapture and enthusiasm on the stage and amongst the crowd can vouch for the success of this event. Just like Sirpur is an important pilgrimage site for Buddhism,

Hinduism, Jainism, Shaivism and Vaishnavism, Sirpur Festival is one such event where diverse cultures come together on one platform. This platform showcased international, national, regional and local artistes with the main purpose of introducing people to their cultural heritage and the audience was presented with classical, folk, tribal and contemporary music and dance forms in a very refined manner. Renowned artistes Asha Khadilkar and Shaunak Abhisheki made their surround-

ings devout by their compelling rendition of "Tulsike Ram". Yashmin Singh and group from Raigarhgharana mesmerized the audience with their kathak performance. Odissi dancers Poornashree Raut and Lucky Mohanty from Odisha presented ardha nareeswara and dashavatar. Veteran Anuradha Paudwal delighted everyone in the audience by singing her own devotional songs as well as filmy devotional songs. Eminent santoor player and youth artiste Rahul Sharma presented and extraordinary fu-

sion of "Milap" in western drum, tabla and pakhawaj along with Rajasthan's popular Sufi singer Kachra Khan Manganiyar. Internationally acclaimed sitar player and singer Ustad Shujaat Khan, ghatam player Vidwan-Vikku Vinayakram, Saxophonist George Brooks and guitar player R. Prasanna enthralled the audience with their musical fusion during which they showcased astounding skills of playing instruments and singing as well.

IMPACT OF TSP ON LIVELIHOOD OF BENEFECIARIES

RH Team

National Agricultural Innovation Project entitled "Livelihood and Nutritional Security of Tribal Dominated Areas Through Integrated Farming System and Technology Models" was executed by Directorate of Extension Education, Udaipur with a total outlay of 23.98 crores in the four disadvantaged districts of southern Rajasthan viz., Banswara, Dungarpur, Sirohi and Udaipur by involving 7 Consortia partners with 16344 farm households in 10 clusters comprising 90 villages. Out of the total farm households, 77.2 per cent were Scheduled Tribe, 15.4 per cent OBC, 3.7 per cent Scheduled Caste and 3.6 per cent households were under General category. In



the sub-project entire families in the adopted villages were selected. Thus, there was cent per cent women participation. The main aim of the project was to improve livelihood security of rural people living in the selected villages through technology-led innovations encompassing a wider

process of social and economic change. The major activities involved components of Integrated Farming System and adoption of improved technologies. Market linkages and synergy with ongoing programmes were further strengthened. Major emphasis was given on developing mechanisms for post project sustainability of livelihood of the targeted families. In the project there were 8 consortium partners. The project was rated as one of the best project among 32 sub-projects sanctioned under Sustainable Rural Livelihood Security. Several Innovations were introduced in this project and Sustainability Fund concept was also introduced in

other World Bank projects. Project covered 16344 farm households in 10 clusters comprising 90 villages. To increase productivity of existing crops in the project area 14303 ha area was brought under hybrids HYV's/hybrids. The productivity of crops increased from 20 to 162 percent over local check. Vegetable cultivation was promoted in an area of 1228.4 ha. Spectacular results were obtained and farmer earned Rs. 25000 to 60000/- from just 0.2 ha land area. Remarkable results are visible from breed improvement work on goats and more than 20000 progenies are visible in the area. Aquaculture activities in Banswara district increased income and employment