



### Wronged Reverberations - 1

Fiery eyes watched the being  
Reverberations could be the reason  
A thing of hate  
A being worth the rod, mistaken.  
Goddess heavenly boon n favour,  
Stretched by the broken fault  
Fault that beats unaware  
A wish to serve that someone with care.  
She never felt, he never meant  
Lips never opened to breathed a word  
Only gestures spoke, the message sent  
It was a tale unsaid, unheard.  
Never seen someone like that  
Just wanted to be in company  
"Love" and other tags came  
"Not her lover", the reply came.

### Wronged Reverberations - 2

A complaint could solve  
A bashing up would better  
"No, let us wait,  
Wait for mischief greater."  
He came to the class, regularly  
Watched her sometimes, obliquely  
"He does not leer or love  
Just wanted hanging around," shyly.

\*M.Aishwarya  
Sambalpur, Odisha

(M.Aishwarya is a student of M.A. English, Sambalpur, Odisha.  
He has already published a novel titled "The Marchpast Bride")

### Be - organic with kashish Punjabi Chhole Bhature

Hi readers,  
I am back with yet another exciting recipe. Being a punjabi I really relish punjabi food. Punjabis are usually foodies and I am no exception. This time I am sharing very easy and yummy recipe of chhole. Chhole bhature are quite popular in north India. This dish is unique and hope you all enjoy cooking this dish at your homes.



Ingredients: chhole or chickpeas half kg, ginger juliens, two onions cut into slices, 4 or 5 green chillies cut into thin and long pieces, degi mirch 1 teaspoon, coriander powder 1 teaspoon, pomegranate powder 2 to 3 teaspoons, chhole masala 2 teaspoons, teabags 2, salt according to taste, 2 tomatoes cut into thin and round pieces and green coriander leaves for garnishing.

Method: Soak chickpeas overnight. Put them in pressure cooker. Add one teaspoon salt into it and put teabags in it. Pressure cook for 10 minutes.

Saute onions, green chillies and ginger juliens and add boiled chickpeas into it. Teabags will give nice colour to chickpeas. Add degi mirch, salt, coriander powder into it. Now add some water and cook for 5 minutes. Add pomegranate powder and chhole masala and cook for another 2 minutes. Now garnish your dish with freshly cut tomato pieces and coriander leaves. You can have this dish with poori or paranthas but what gives it best taste is very famous punjabi bhature.

**Need Ogranic Veg. at door step  
Cell : 9549072222, 9549082222**



### Raakh Sako to Raakho Paani play stagez

Neerja Jain

Nukkad Natak "Raakh Sako to Raakho Paani" enthralled at Jabla Village Udaipur. A team of 18 children artistes of Vidya Bhavan Public School, Udaipur enthralled before Home Minister Shri Gulab Chand Kataria, MLA, Udaipur (Rural) Shri. Phool Singh Meena, Government officials and huge gathering of nearby villages during launching of Mukhy amantri Jai Swavlamban Abhiyan, at village Jabla of Panchayat Samiti Girwa on 27th January.

The talented young artistes presented Nukkad Natak "Raakh sako to raakho paani" written and directed by senior theatre personality, Shri Vilas Janve and presented by Martand Foundation, Udaipur.

The 20 minute play at this venture impressed audience

and forced them to think about the importance of water preservation.. The scenes of Hand Pump, Civil Court, and group bathing of children left deep impact on the viewers. Corus songs, "Boring karo bhai" and the concluding song "Agar Zindgi Chahiye, Paani ko Bachayiye" were melodious and impressive. The young actors show cased their talent with full enthusiasm and involvement.

Shri Manish Adiwali, Music Teacher of Vidyabhavan Public School rendered appropriate music for the play. During the presentation, few spectators joined the young actors.. The young artistes of Vidya Bhavan were overwhelmed with the success of the play. They were also happy to experience the journey to village Jabla situated on the hills of Aravali ranges.

Dr.H.S.Chandalia, Nand Lal Gayari

There is a lot that we can learn from the unlettered. The so called uncivilized masses have much to offer to the civilized world. In a time when urban elite are creating shelter homes for their own parents and sending them off to Old -age care centers so that they can live freely with their nuclear families, there is a community which fosters the children of nomadic tribes traveling to their village during the summers, and leaving their children behind with them.

The Rebari, Rayka and Devasi communities of western Rajasthan have traditionally been nomadic tribes. They fall under the category of OBC (Other Backward Castes). Though many of them have taken to permanent settlements, there are still many families who rear cattle and move out to regions where they can get fodder



for their herds. Every year Rebari families with their herd of camels, sheep and goats travel to south Rajasthan and move on to Malwa region of Madhya Pradesh and Sabarkantha and Banaskantha districts of Gujarat. There is a village in Jhadol Tehsil named Khakhad, some sixty five kilometers from Udaipur in South Rajasthan. The Rebari families along with their cattle including camels, goats and sheep travel to this village in winters every year where they stay for

some time. The cattle rest in the fields of the local farmers and it is believed that their excreta left in the fields gets converted in manure and adds to the fertility of the soil. So the local peasants pay them some money or some amount of grain for the stay of the herd. This practice of making the herd stay in the fields is called "Raas Khatrana" in local dialect.

Since these families are always on the move every year, it becomes difficult for them to educate their children.

The children cannot be admitted to a school if they are required to move with their parents. To solve this problem the Gayari community families, who also have a similar occupation but stay at one place with their herds of sheep, goat, cows and buffaloes, out of love and friendship, request the nomadic families to leave their children with them. They stay in their homes and study in schools of the Khakhad village. The Gayari people treat the children of the Rebari families as their own and fulfill all their needs. At present a boy named Bhima son of Karmaji, a Rebari is staying with the family of Mahendra Gayari of the village Khakhad. Earlier Mohan Lal Rebari, Jodha Rebari and some more children lived in the village and left after completing education up to secondary.

Contrarily there are stories of conflicts between the nomadic communities and the local peasantry in



Malwa region for the grazing rights. The locals charge the nomadic communities for destroying the crops, plants and trees and also the pasture lands. Often these conflicts turn violent also. In Khakhad village also earlier there used to be some hostility with Rebaris because they used to pay more to buy the fodder which is called "Paala" in the rural dialect. But nowadays there is no rivalry or hostility between the local and migrant communities. Khakhad village and its Gayari community have set an example of humanity and love which can be a lesson to the ever conflicting society we see in big cities and towns.

## The Importance of Belonging in Teenagers

Dr. Mehzeen Sadriwala

### What is Community?

Often it is easier to define what something is by considering what it isn't. So community in your youth group would not include:

- Cliques and small 'in-groups'.
- Teasing others because they are different.
- Kids that won't sit with other kids that go to a different high school
- Rumours
- Lack of honesty and willingness to own up when something has happened but instead there is a blame culture.
- A closed sense to the group that makes it difficult for anyone new to break in.

Building Community must be intentional. If you have been in youth ministry a while or even observed it for a short period of time you will know that community doesn't happen naturally. It's a little bit like gardening - if you don't intentionally go and plant, weed, water and cultivate you won't naturally get a garden that is pleasant to look at, full of colour, weed free and prize winning. I understand that God is fully able to do it by His Spirit just like He is able to grow a garden on His own!

### Building Community takes time and commitment

Again a little like the garden example - if you expect instant results then you are setting yourself up for disappointment. Youth work is often scattered with disappointment and in the case of building community you will need leaders who are committed and willing to stay the course. When things start to happen you will then need to hang in there as the young people themselves start to see and feel the benefits and then you will need to encourage them to hang in there too. I know, it could (and

probably will) takes years.

### Building Community must respect the individual

Of course community building is a group activity and purpose but if it overrides the feelings of the individual then there is something wrong. Groups are made up of individuals with their own ways of relating to others, communicating in their own styles - some shy, some out spoken. A good starting point is to talk to individuals in the group and ask them what they enjoy, what they would like to see different, how the group could be made more inviting to new people etc. The art is hearing everyone's perspective and then forming a plan to include everyone.

### Building Community is a community task

Leadership will be a vital commodity in building community - it won't happen without you taking the idea seriously and making it happen - but, by definition, you can't do it without the group. You will need to identify key youth that are either naturally community builders or natural community breakers. Involving them, shaping them, encouraging them to take the idea seriously will greatly speed up the process and ultimately make it happen.

### Feeling of oneness

Teens need to feel a sense of belonging to feel good about who they are. Those who do not have at least a few close friends often suffer from isolation, insecurity and a poor self-image. Teens gain much of their identity from the people they spend time with, because these people often reflect similar interests and beliefs. Whether peer groups are found in academic or religious circles or within the teen's community, positive groups will help build healthy emotional and psy-



chological development through a strong sense of belonging.

### Positive Belonging

Teens who find a secure place in a particular group with those who share common interests are more apt to feel a sense of positive belonging, which can influence choices and relationships along the way. According to Education.com, positive self-respect and self-confidence gained from being a part of a group with good values can empower a teen throughout her life. Teens who spend time together and are interested in significant areas of life can inspire others within the group to accomplish important life goals.

### Social Graces

Teens who have a sense of belonging to a particular group learn valuable lessons from social interaction within the group. AgWeek.com, in an article, "Teen peer groups can be a positive influence," reveals that teens learn to evaluate themselves based on their peer groups. The members of peer groups essentially act as mirrors, providing important feedback about behavior and personalities to individual group members. Teens who are a part of a group with positive goals and influences can gain confidence in social settings by learning the value of cooperation for the good of the group.

## Obesity seems to be a big crime

Ritu Sodhi

Obesity seems to be a big crime in 21st century. I still remember those days when I was young. In 80's and 90's being overweight was not at all considered bad. Fat and obese people were treated as rich and wealthy. Now time has changed. Slim and fit is in and obese people are out these days.

I am not writing this article in favour of obesity and I am not against fit and healthy people. The purpose of writing this article is to make everyone aware of the pain of fat people. I am 15 kgs overweight. I am trying really hard to shed extra pounds but all efforts go in vain. It's a common problem. All obese people don't eat much. But it's really common to call them foodie. In common language sometimes they are called chatoras as if they eat plenty of food.

It might be true that some people eat more than they required but this does not fit to all. Some people might be having other problems like thyroid or hormonal imbalance. Sometimes side effects of steroids or any other medicine is responsible for extra pounds which we gain.

This type of fat does not go easily. We don't understand the pain of fat people. They avoid going to parties and functions because of the negative comments they used to face from friends and relatives. I have seen many slim people who eat a lot and still manages to be fit. People treat fat people as criminals. Sometimes people give harsh and negative comments to obese people that this may hurt their inner feelings.

I had a friend in Chandigarh. She was only 40 years old and her weight was 125 kg. She stopped meeting people and was going through depression. I saw her crying furiously on many occasions. She told me once that she wants to end her life. She had been trying

to lose weight for years and she had almost tried everything - special diets, psychotherapy, gym, yoga, medications, fasting, spas but nothing had worked on her.

Her story and pain inspired me to touch this untouchable topic. I think we have become insensitive for obese people in past few years.

It's good to maintain health and fitness but it's not good to always tease fat people. Anxiety and fear

can make our obese friends weak and they start eating more in depression. Having proper diet and following healthy routine can solve this problem. But if we are not able to shed extra kilos then we must not be treated as criminals. Burden of negative comments can increase weight. If you have fat and oversized people in your family, please give them proper care. Your one nice gesture can boost up their energy level and they won't feel like criminals. Your magical words can heal their broken hearts. If you are really concerned about your friend's health then you must take him or her out for morning or evening walk. Criticising is not the solution.

Last year a movie "Dum Lagaker Haisa" gave a really nice message to the Indian audience. Coordination and positive approach can win any battle. Sometimes fat boys and girls are rejected for their size. If one person is healthy both mentally and physically then there is no point in rejecting him or her. Oversized people can be good partners too. Obesity is not a crime. Obese people also don't want to be like this forever. They gain weight due to some personal or medical problems and as humans they must get respect for their physical structure. We should only hate criminals and I am sure after reading this article, few people would definitely change their attitude towards fat people.

### Sharon's Interactive Session held

Udaipur : With a motive to encourage the innate abilities, capacities and talents of students, Sharon Prabhakar, the famous pop singer and theatre personality had an interactive session with the students and teachers of various renowned schools of Udaipur on Tuesday, 27th January in the huge auditorium of Seedling Modern Public School.

There were around 600 students and 42 teachers from various schools namely MMPS, Alok, DPS, The Study, St. Anthony's, Central Academy

etc. witnessed the value based talk and melodious songs of Ms Sharon Prabhakar. Ms Prabhakar imparted a very informative and intellectual lecture on life skills and motivated students regarding time management and how to cope with challenges in life. At last she spread the melody of her voice and made students as well as teachers rejoice on the lyrics of her songs. The Director of the institution Ms and Mr Hardeep Baksh, showed their gratitude to Ms Sharon for gracing the programme.