

# IR & Much More



## Oh! My Love

For as long as I live,  
My love to you I will Unconditionally give,  
For always until last day,  
I will love you in every possible way.  
Ever since into my life you came,  
I have been blessed when God revealed your name,  
I know that he brought me here to you,  
To love you whole life through.  
We have been together for a few years,  
With both laughter and tears,  
I love you beyond anything,  
Happiness to me you can only bring,  
With all that is in my soul,  
You are the one that makes me whole.

-Mezbeen Sadriwala

## Be Organic with Kashish

### Yummy Brinjals



Hi readers, I am back with a new recipe. This time I am sharing a very yummy recipe of brinjals. Those who hate brinjals would love to cook this.

### Ingredients:

Brinjals medium size 4-5, 2 finely chopped onions, tomato puree two tablespoons, mashed paneer 50 gms, mozzarella cheese grated 100 gms, salt according to taste, Kashmiri mirch 1 teaspoon, black pepper 1/2 teaspoon, oregano 1/2 teaspoon, refined oil 2 teaspoons.

### Method

Cut brinjals into half, hollow them. Soak them into water so that brinjals don't get black. Fry onions in oil till golden brown. Add tomato puree, salt and all masalas except oregano. Cook till oil separates. Now add mashed paneer. Now fill each brinjals piece with this mixture. Sprinkle grated mozzarella cheese all over and bake it in pre heated oven for 12 minutes on 180 °C. If you don't have oven you can cook in non stick pan till cheese melts. Sprinkle oregano before serving.

**Need Organic Veg. at door step**  
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## Injection to cure cancer invented

**Udaipur :** On the occasion of World Cancer Day, men and women members of Rotary Club Udaipur resolve to make people aware of cancer by lighting candles at Rotary Bajaj Bhawan. On this occasion, former regional officer Nirmal Singhvi said that cancer victims, patients battling cancer and to educate the public, an awareness campaign will be run by the Rotary so that people don't run from fear of cancer, in fact, face it firmly. Outgoing president Dr B.L. Siroya said that scientists have invented an injection called IST for the treatment of cancer, after having which a cancer patient can be free of cancer. The patient has to have 1 to 12 injections. 1. This injection is used in every type of cancer, but is not currently available in India.

## Vijaya Bank distributes 150 blankets



**Udaipur :** 150 blankets were distributed to the needy and poor families on behalf of Vijaya Bank to Narayan Sewa Sansthan's Manav Mandir Polio Correction Hospital situated at Sector 8, Hiran Magri, under the charge of sansthan's founder Padma Shree Kailash Manav. Institute president Prashant Agarwal said that Regional Deputy General Manager of Vijaya Bank Fulvar Singh, Senior Branch Manager Ram Naresh Yadav, Special Branch Manager Satish Kumar Jindal and Rakesh Singh Sisodia met the patients and asked about their well-being after blanket distribution. Institute director Vandana Agarwal informed that the institution is also doing the work of distributing ration, clothing, blankets, biscuits and sweaters in rural areas.

## Wrestling match begins - Dalbir Hathi, Aditya Gujjar to participate

**Udaipur :** 26th Rajasthan Madhyapradesh Kesri wrestling match began on Sunday 5:00 PM at Gandhi Ground arena. The three-day match will have Rajasthan Kesri of several times Dalbir Hathi, Aditya Gujjar and many renowned wrestler. Sudhir Bakshi, president of the organizing committee, said that all the preparations of the match have been finalized. Gandhi Ground Complex for wrestling arena is ready.

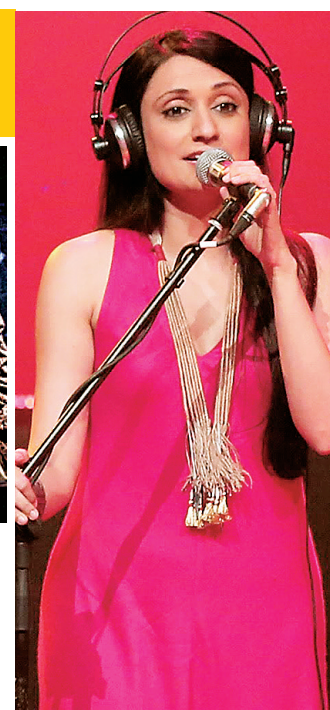
## NSS delegation invites state minister to Sansthan

**Udaipur :** Narayan Seva Sansthan representatives recently met state minister for Social Justice and Empowerment Mr. Vijay Khosla in New Delhi and invited him to visit Udaipur on behalf of Padmashree Kailash Manav. Khosla accepted the invitation and promised the delegation that he will soon make a plan to visit the Narayan Seva Sansthan. Spokesperson of the Sansthan Ravish Kavadia apprised the minister about the services the Sansthan provides in detail.



The coming time will be an eventful time for the Smart city beautiful. As per Indian Calendar 'Vasant Ritu' Spring season is approaching fast. Festivities of Mother Nature and men made festivities will coincide in coming days. On Monday, 8 Feb. West Zone Cultural Centre along with Rang Tarang and Rukmini Foundation is presenting 'Sham-e-Ghazal' at Darpan Auditorium. Dedicated to legendary Ghazal singer Shri Jagjeet Singh, this event will comprise melodious singing by Dr. Prem Bhandari, Dr. Devendra Singh Hiran and Dr. Pamil Modi. On 13th and 14th Feb the city will have pleasure to host World Music

## Music Music & Music



## let us talk about

### Music...

God has created us, the Universe, the Environment, Man and Music. Man (Human being) has defined music in his own way with local resources and indigenous flavor, thus the regional music was born. We live in specific geographical region and listen to that melody developing relationship with it. We grow with Music and attain maturity. Slowly we listen to music of other regions and start

finding similarity and diversity in melody and rhythm. Some of us always explore and find novelty. This openness in us energize to enjoy the music of other region. Music lovers are not confined to one type of Music, their exploration goes beyond geographical boundaries. Since Music is part of our Culture, we start taking interest in the Culture of other regions. Through music one region meets other region other region, one state meets other state one country meets other country. Our liking for other region is visible in our food, dress, literature, life style,

furniture, ornaments, plants etc. Media and IT played tremendous role in popularizing Music of different parts of the world.

Truly speaking Music has tremendous power to bring people close to each other breaking the geographical barriers as the Music is liked by everybody. All of us are not Musicians or singers or instrumentalists, but surely we are Music lovers. Music lovers are Culture Lovers. Every Music composer arranges the sound of instruments, vocal rendering in such a way that the listener starts enjoying. This Music comes from the Mother Nature and we like it because we love nature. Without nature we can not

exist. Broadly speaking Nature gives us great teaching of love and co-existence. Appreciating Music of other region is in our Culture.

Coming International Music Festival designed and produced by Sehar and sponsored by Wonder Cements, Rajasthan Tourism, Hindustan Zinc Ltd. would be give new prestige to Udaipur. More than 100 artistes from 12 countries would enthrall Udaipurites. Some of them are Grammy Awardees Music lovers of Udaipur thank all the organizers for this wonderful Musical treat in the International Music Festival...

details of minute to minute program of world music fest on page 3.

## "400 people unite together to create cancer awareness"

**Udaipur :** On the occasion of World Cancer Day, 400 people at 7.30 am at Fateh Sagar Lake Paal were gathered to give away the cancer awareness message by Walk-a-Thon. Geetanjali Cancer Centre of Geetanjali Medical College & Hospital took that one singular initiative to create cancer awareness amongst the masses on World Cancer Day. In this walk the people were carrying various placards to create cancer awareness and the walk was headed by Geetanjali's chairman Mr. J.P. Agarwal. This march was organized from Fateh Sagar Lake to Moti Magri. In this walk-a-thon the chairman invoked the mass to create awareness about a dreaded disease like cancer. As the adage goes "Early detection can save lives", this necessitates the awareness of cancer, its symptoms, the investigations & consultations associated with it for its better treatment. The walk-a-thon was also honored by Mr. R.K. Nahar (Vice-Chancellor), Dr. F.S. Mehta (Dean) and many doctors.

Along with them, the walk was accompanied by different age groups from youth to old persons who were spreading the message with passion as NO TOBACCO,



SAHI SAMAY PAR CANCER KA UPCHAAAR, CANCER KA ARTH NAHI HAI ZINDAGI KAANT, like slogans to increase the motivation of public. Also, other persons who were present there voluntarily participated in this noble cause by raising awareness and education about cancer.

Geetanjali Cancer Centre's Director Radiation Oncologist Dr. Shankar said that cancer is one of the life threatening diseases. According to Indian Council of Medical Research he said around more than 1300 people die out of cancer every

day. From 2012 to 2014 this percentage has rise up till 6%. Along with the same he also said that if we dedicate ourselves for a cancer free nation with a feeling that "We can, I can" then we can reduce the burden of cancer by winning over it. As well as it also includes exciting cancer screening packages from 2nd to 6th February 2016 which includes packages for men as: Chest X-Ray, USG Abdomen & Pelvis, Focal Occult Blood Test and for women as: Consultation, CBC, Mammography, PAP Smear on a very nominal & affordable price.

## Floating Market on lakes & water sports

**Udaipur.** For the first time in Lake City, Lake Festival will be held from February 11 to 14 where the lights will be seen floating & dancing in "Magical Moments" and the sky will be colourful in "Night Glow".

The City lakes will seem like Dal Lake of Kashmir when the Floating Market would be organized. Similarly, many water sports center and will fill in the

minds of onlookers who will arm. Refresh as many interesting activities and stunning Lake Shrawasi will witness during the festival.

Canoeing-kayaking and dragon boats will come from Bhopal Water sports activities will start from the first day at the festival, in which 2 of them will be National Open Championship and the rest of

these activities will be performed. The major activities will be canoeing-kayaking, dragon boat race, canoe polo, rowing, wind surfing, etc. For these and other activities, 4 large dragon boats and for other activities, 20-25 boats will come from Bhopal. Approximately 300 participants will participate in these sports.

## Ustad (T-24) has fully recovered

**Udaipur :** ritusodhi/ Forest departments vigorous efforts has been paid off. Male tiger Ustad (T-24) has fully recovered and back to his normal schedule. Chief forest officer (wildlife), Rahul bhatnagar told that T-24 was under medical treatment for last two months. He is now kept in his non-display enclosure about one hectare in area.

## The culture of agriculture needs to be restored : Joshi

Screening of Vaagdhara's documentary film 'Sachchi Kheti' held

**Udaipur :** Agriculture has never been considered as the base for livelihood in India, rather, it has remained an integral part of the culture for a very long time. But plowing, sowing and harvesting of land in order to festivals all over now is continued.

The need to re-establish agricultural culture, only farmers who nurture all mankind also will get recognition and repu-

tation as a provider. This is being expressed by leading social institution of southern Rajasthan Vaagdhara (Voluntary Association for Agriculture General Development Health and Reconstruction Alliance) secretary Jayesh Joshi. He was addressing the media and local dignitaries on the occasion of screening of the documentary film 'Sachchi Kheti' at a private hotel.



## Say NO to Myths: Be real in LIFE

I have heard somewhere that life is not complicated, we make it complicated. Is it really tough to change our mind sets about some myths? Most of us live in fear to say no to myths. Myths like not entering into kitchen during periods. There are endless myths which we are not ready to break even in 21st century.

We follow some rituals or rules blindly without even knowing the fact behind it. I have seen many Indian women prohibiting their daughters and daughter in laws into entering kitchen during menses. I don't really understand the logic behind this myth.

Girls are created by God like boys. Thousands of rules applied to girls only

and boys don't have to follow a single rule. Isn't it funny? Women give birth to both males and females and there is no difference in the method of giving birth. Girls and boys are made of flesh and blood. It's very scientific that a woman bleeds when

her egg doesn't fertilize. It comes out of her body every month. It's a natural process. There is nothing wrong or impure about menstruation.

If you can keep hygiene and can take care of your health then there is no point in arguing on this topic.

Similarly when someone sneezes when you step out of your house, you start feeling superstitious about it. It can be due to cold or some kind of allergy but our mind starts thinking negative at once. It's really good to break some kind of myths. Many people follow their elders and don't want to argue with them. Sometimes fear and hesitation stop them to discuss on these topics.

Today I am raising this untouched and not so discussed topic in my article. Let's think over it seriously.

Generally daughters are soft by heart. When you don't allow them to work freely in their homes, they start feeling guilty about themselves.

Periods or menses is a monthly cycle and girls have to face this every month. We should support them in this period of time by giving them freedom to eat, sleep and play according to their wish. They should feel comfortable while discussing this issue with their parents rather hiding behind closed doors. After all this is purely science and not to be linked with religious beliefs.

A man does crime but we don't stop him from entering in our homes but we have full right to stop and humiliate a girl from entering into kitchen during menstruation.

We should really think over this

topic and try to improve ourselves first. Village and small town girls face this problem every time and feel shame talking about this. This can harm their personalities forever. This is not a crime for which they are being offended since ages. They can't discuss or ask questions related to this problem in their families. Till now girls are forced to sleep alone during periods and they hardly know anything about sanitary napkins in villages. Even educated people follow these rules in their families. They can give one thousand reasons to follow this myth but they don't have courage to discuss this with their daughters.

Elderly women should tell girls about the health benefits of menstruation. It's a sign of womanhood. All women should be proud of their bodies. Cleanliness is important during this.

Girls are working in many areas day and night. In metros most of girls live separately in hostels or in flats.

It's not possible to show this publicly. Silently they can move around and do everything rather than crying and making fun of themselves. Taking rest or having pain killers are good options if you suffer during this otherwise working and doing important jobs can give you strength. Please break this false rule and kick out negativity which portray you as a weak person. All mothers should follow a simple rule 'live and let live freely'. Be real in life and break the chain of myths. Prove yourself to be a winner in every field. After all we are living in 21st century and should not lag behind in thought process from rest of the world. Rani Padmini, Rani Laxmi bai were all women of great courage and if their mothers would have thought this way then they would not had done wonders in life. We create history in all aspects, history doesn't create itself. Be real, be liberal and let your daughters shine in the bright light of confidence..

