



My Life

My life is full of rainbow colours,
This is a reason it differ from others.
A colour of the nature makes me glide,
I am so lucky to get this pride.
The pink, the green, the orange, the white,
Show me the way to lead a life bright.
I choose the colour with my choice,
And fill with each moment with rejoice.
The essence of life lies in strife,
Which brings its grace, with a colourful life.

- Dr Sonika Gurjar

Be organic with Kashish: Egg less chocolate cake

Hi readers. Hope all of you are enjoying my recipes and some of you might have tried this at home. This time I am sharing very delicious recipe of egg less chocolate cake.



Ingredients

condensed milk one tin, 200 gms unsalted butter, flour 1 and half cup, cocoa powder half cup, baking powder 1/4 tsp, 1 tsp honey, one pinch salt, dark chocolate bar 200gms.

Method

mix condensed milk and butter in a bowl with a beater. Add honey, baking powder and salt. Beat it properly. Now add flour gradually. Add cocoa and mix it well. Take silicon mould and put this mixture into it. Now bake this in microwave for 4 minutes or on 180 degree c for 20 minutes in oven. Melt dark chocolate bar in a glass bowl in microwave for 1. 30 minutes. Mix it properly. Sandwich your cake and apply dark chocolate mixture on it and all over. Garnish with dry fruits or choco chips or fresh strawberries.

Beauty secretes

Ritu sodhi

Hi friends, beauty secrets will no longer be secret from now as I am going to share beauty tips with you every week. Indian beauty has been very well appreciated in past few years. I have seen that females are very conscious about beauty and males hardly take any interest in beauty world. I will share beauty secrets for both husband and wife. Pigmentation is a common problem. Both females and males who suffer from pigmentation feel embarrassed due to this. Our skin colour is determined by pigments called melanin. Sometimes the melanin production goes awry, skin cells start producing too little or too much melanin causing skin pigmentation disorders. Hormonal imbalance, pregnancy, ultraviolet radiation, too much contact with sun or chemicals may cause pigmentation. Grate the skin of an orange and make a paste with few teaspoons of milk. Massage gently, wash it off with warm water. Exfoliate your face at least 3-4 times a week with this paste. Take 1 tsp turmeric powder. Make paste in few teaspoons of milk. Apply it all over and wash it off after 20 minutes. Avoid having too much sour fruits or juices. Avoid seafood because it can increase your problem. Have plenty of water. Keep water overnight in a copper vessel and drink it empty stomach in the morning. Mashed papaya with honey is also a very good home remedy of this problem. It may take up six months to one year to see the actual results. Be Regular in whatever you apply. Eat healthy food which contains vitamins and minerals. See you next week.

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Love Marriage: A Souvenir of Love

Love is eternal. Love is pure. Love is everything. Humans are born to love but still some people hate love marriages. In some parts of India, casteism is so much in people's mind that even talking about love is a big crime. I have lived in many parts of our country and I have found that some people are really biased in their opinions about love marriages. I think main reason is education, another reasons may be unawareness and rigidity. We always forget this fact that Caste and culture may be different but colour of blood is the same. India is a country where people of different castes n cultures live peacefully. But peace and unity vanishes when we talk about love marriages.

Some people have changed their mind sets in past few years and others are just opposing without any valid reason. People criticize one another's caste without any solid reason.

We take birth to spread happiness everywhere but we forget everything easily and snatch away happiness from our kids when they want to marry in another caste.

We give birth to children and it is impossible to bring a life on earth without being fallen in love. Our kids are born and brought up in a beautiful world of hope, love and affection. As they

grew older our expectations also started shaping up. We treat our children as assets and don't want to give them total independence.

It is true that we have given them birth but it is also true that our kids have individual personalities and we can't impose all our thoughts on them without listening to their thoughts. Our kids are made of same blood and flesh and I am sure that all of us might have liked someone in our youth. We had gone through same pain and emotions while talking to our parents about our love. But after becoming parents why should we start thinking differently?

Living standard has become high these days and some ordinary people demand dowry just to raise their living standard. But opposing love for these reasons is not good. Our children are smart enough and can take good care of their life. In ancient times people were more modern and independent. Sita and Draupadi chose their grooms in 'Swayamwar'. They were princesses and still their fathers gave them right to choose their grooms. Now we live in modern world and society and still we are afraid of giving our children right to choose their partners.

Isn't it funny that we take all major decisions of our children's life without asking them once. Education and marriage must be of their choices and not ours because they have to live life with their partners. We must show them right path but in this process we mustn't ignore their inner feelings.



It's not good to blackmail children in the name of family, caste and culture. We must give them chance to choose their partners. This can build up their confidence and once they started marrying in different castes, many problems may vanish. Dowry system has taken many lives of innocent girls and many girls don't get married on time due to this problem. If we start accepting love marriages whole heartedly we can save money and respect of our parents. Girl's father is the most humiliated person on this planet. Girls are not being hated to be born as girls but most people hate them because of this social system. If we want to finish gender discrimination and do welfare we must accept love marriages.

I have a request to our youth too. Please select your life partners according to your nature and education. Try to convince your parents before tak-

ing any step. If parents are rigid try to make them understand the reason behind your decision. A good and healthy family can build up healthy society. If one example is being set and general behaviour changes then every other human being can learn from this. World is changing. Some people are hopeful for the unity and globalisation of the world. We mustn't lag behind in thought process and can make our country the best place to live in this world. Oppose hatred, oppose cruelty but do not oppose love. After all we live for love. Caste and culture may vary but being a good human being must be our priority. Film industry is being criticised for short term relationships in marriages. But they accept all religions and castes with open minds. I have never heard that a film star was given divorce on the ground of caste and religion.

We can easily grasp good habits from film stars in this matter. Now I am finishing this article with a hope that our old generation will realise their mistake and young generation won't take any wrong step but try to behave maturely by taking right steps to make our society's future bright. It's not easy to change social set up in a day. But thinking in positive direction and accepting love can bring a big change in future.

Tulsi Bhatia

We are already two months into the new year and some of us have already forgotten or packed away in mothballs, the resolutions we made on the 1st of January. I believe most resolutions fade away because they are not rooted deeply in a life purpose. The greatest goals we can set are those that focus on developing our character and integrity because, meaningfulness in life springs from this foundation. Some goals are not as difficult to carry through as some others like sticking to a diet or giving up smoking! But if carried through, they work wonders in helping us build lasting relationships and keeping us healthy and positive.

As people, we Indians are great at undertaking fasts. We religiously observe our Tuesdays and Navratris



and won't be persuaded to give up on them at any cost. We are strict with ourselves and will to any length to make sure that we follow the rules.

The best way to cultivate a habit is by going on a "habit fast." For instance if my resolution is to forgive everyone, I must go on a -'I'll forgive

everyone this week' -fast. Make a conscious effort to do so; smile at small mistakes that your spouse makes, don't swear at that biker who overtakes you from the wrong side, patiently explain to your secretary when she comes in late.

Suddenly you will notice that people will begin to treat you with a new respect and that migraine that had been troubling you for weeks, will disappear!

Some of the traits that will help you build a great character and winning attitude are:

1. Forgive everyone.
2. Give more than I take.
3. Write a weekly thank-you note.
4. Respond with a soft answer.
5. Encourage others.
6. Conduct business with honesty and integrity.

7. Keep my word.
8. Examine my demands on others.
9. Be thankful.
10. Laugh.
11. Defend the defenseless.
12. Honor my body. It is the only one I have.
13. Treasure the simplicity of everyday moments.
14. Be inclusive.
15. Listen more fully.
16. Be content.
17. Sing and dance daily.
18. Practice daily random acts of kindness.
19. Spend more time improving my character than I do improving my appearance.
20. Celebrate and communicate my love for others.

Although a resolve to achieve a healthy weight or manage personal resources is important, the foundation of a healthy life entails developing the right attitude and personal integrity.

One of my favorite quotes is the one by William James, psychologist, who said,

"One of the most important discoveries of the 21st century, is that human beings can change the entire course of their life by just changing their attitude"

So that is your homework for the next 20 weeks. Go ahead, your fast-days have begun!

"Weakness of attitude soon becomes weakness of character."

- Albert Einstein

NWR General Manager Singhal visits City Railway Station

Udaipur : Anil Singhal GM North Western Railways visited Udaipur on Friday as part of the annual inspection between all small and big stations between Udaipur to Chittorgarh. Singhal checked all amenities and also talked about the upcoming facilities at station.

While addressing the media, Anil Singhal said that Udaipur Railway Station is equipped with all basic facilities and soon we are installing escalator, the tender process is already started for the same. Moreover an elevator will be also setup for physically disabled passengers.

The work of second entry of the railway station will be finished till March which will give a big relief to the people coming to the station as well as to the railway management in managing the crowd in a better way, Singhal added. He also assured that the beautification work of station which includes painting is still going on and soon it will be given a heritage look.



Kishori tai Amonkar to receive Uttam Vag-Geykar Jialal Vasant award

Mumbai : Acharya Jialal Vasant Sangeet Niketan bestowed the Uttam Vag-Geykar Jialal Vasant Award 2016 will be given to Padma Vibhushan Gaan Saraswati Kishoritai Amonkar on 27th February Aijvasan, Next to SNDT College, Juhu road, Santacruz West.

The award will be presented by living legend of theatre. Dr. Vijaya Mehta. Tabla maestro Ustad Zakir Hussain and Pandit Raghunandan Panshikar (vocal) will perform on this occasion. The award was started in 2001 which was given to

Sangeet martand Pandit Jasraj.

Other Awardies

2002 - Pt. Shivkumar Sharma, 2003 - Pt. Balamurti Krishnan, 2004 - Pt. Bhimsen Joshi, 2005 - Pt. Ramnarayan, 2006 - Pt. Hariprasad Chaurasia, 2007 - Smt. Lata Mangeshkar, 2008 - Smt. Hema Malini, 2009 - Ustad Zakir Hussain, 2010 - Pt. Vishwamohan Bhatt, 2011 - Dr. L. Subramaniam, 2012 - Pt. Ajoy Chakraborty, 2013 - Ustad Amjad Ali Khan, 2014 - Ustad Gulam Mustafa Khan, 2015 - Padmabhushan Asha Bhosle.

भारतीय लोक कला मण्डल

उदयपुर के

65 वें स्थापना दिवस पर आयोजित

21 व 22 फरवरी को

लोका नुरंजन मेला

एवं 23 से 26 फरवरी तक

संस्थापक पद्मश्री देवीलाल सामर स्मृति नाट्य समारोह दि परफोरमर्स के संगुक्त तत्वावधान में आयोजित समारोह में

आप स्वाद्वर आमंत्रित हैं

प्रवेश : निःशुल्क

रियाज तहसीन मानद सचिव

समय : प्रतिदिन सायं 7.30 बजे से

भारतीय लोक कला मण्डल रंगमंच, उदयपुर

शिल्प एवं क्राफ्ट्स की स्टॉल्स

प्रातः 9 से सायंकालीन कार्यक्रम की समाप्ती तक