



The Heart

Your heart is like some icy lake,
On whose cold brink I stand,
Oh, buckle on my spirits skate,
And lead, thou living saint, the way
To where the ice is thin-
That it may break beneath my feet,
And let a lovers In.

- Dr Mehzeen Sadriwala

husn ke jahaan mein inqilaab ki tarhaa

SardiyoN ke taaza khile gulaab ki tarhaa
Shokh hayaa mein range aaftaab ki tarhaa
Aye naazneeN tum rang-o-boo ki fiza ho
husn ke jahaan mein inqilaab ki tarhaa
Mai halke nashe mein rehta hu, tumhaare deedaar ke baad
Tumhaari zulfoN mein uljha hu, tumhaare rukhsaar ke paas
Tumein dekhta hu, moorat-e-aabaad ki tarhaa
Tumhein padhtaa hu, apni hi kitab ki tarhaa
Aye naazneeN tum rang-o-boo ki fiza ho
husn ke jahaan mein inqilaab ki tarhaa
Mujhe zamaane se sarokaar nahi, meri duniya tum tak hai
Meri ummeedeiN jawaan ho gai, in laboN ki ek harqat se
tuumhein chaahtha hu, dard ke insaaf ki tarhaa
Tuhaari rooh mein basta ho, apne jazbaat ki tarhaa
Aye naazneeN tum rang-o-boo ki fiza ho
husn ke jahaan mein inqilaab ki tarhaa

- Prashant Shrivastava



Be organic with Kashish: Stuffed hot buns

Hi friends, hope you all are enjoying my easy recipes at home. This time I have selected a very easy recipe for small



kids. Mothers often complaint that kids don't eat food in schools. Hope you will definitely try this and make your kids happy.

Ingredients:

Baked buns, egg less mayonnaise, tomato sauce, oregano, freshly crushed black pepper, finely chopped cabbage 200gm, grated carrots 100gm, boiled peas 100gm, boiled American corns 100gm, grated processed cheese 200gm, salt to taste.

Method:

Hollow buns in the centre and keep them aside. Take a big bowl to mix things properly. Add 4 tbsp mayonnaise, 1 tbsp tomato sauce. Mix well. Now add all the vegetables into this mixture and salt n pepper according to taste. Fill buns with this mixture. Sprinkle cheese all over the buns. Bake in preheated oven on 180 degree c for about 10 minutes. Sprinkle oregano on each baked bun. Serve hot. Kids can enjoy this in school. Thank you. We will meet next week.

Beauty secretes

Hritu Sodhi

Fine lines and wrinkles are very common problem in the age of forty. All women face this problem and women who have dry skin suffer from this problem severely. If you start taking precautions at early age you can stop ageing.

Good daily routine can prevent your skin from maturing. Clean your face daily with good cleanser. Moisturise your skin twice or thrice a day if you have dry skin specially after taking bath. Do not towel dry your skin in summers. Let the water absorb in your skin. Take wheat 1 tsp, 2 almonds, pinch of saffron, 2 tsp rose petals and soak in milk for two hours. Grind in mixer. Mix 1 tsp honey and half tsp lime juice into it.

Apply all over your face. Wash with Luke warm water after 25 minutes. You can apply this face pack twice a week.

Facials are necessary part of beauty treatments. Women don't give importance to facials and often go to cheap parlours to save Money.

Always select good and trained beauty experts. Massage can help in treating dry and damaged skin. But your beauty advisor should be expert in choosing right treatment for you.

Apply night mask on your face daily and make it a habit.

I hope following daily routine will decrease your fine lines and wrinkles. Enjoy and follow these beauty secrets. See you next week.

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Maharana Mewar Foundation 34th Annual Awards - 2016

Maharana of Mewar Charitable Foundation (MMCF) has over the years, been committed to nurturing centres of excellence in heritage management, fine arts, the performing arts, education, ecological management, philanthropy, spirituality and sports.

Amongst the most important of these is providing recognition of excellence, through appreciation and acknowledgement of the achievement of individuals and their work.

Maharana Mewar Foundation Annual Scheme of Awards constitutes a major part of the activities of the Maharana of Mewar Charitable Foundation (MMCF), Udaipur. These Annual Awards were instituted in 1980 - 1981 to recognize college and school students, in Udaipur, for their academic and sporting achievements. The scope and spectrum of the awards has been steadily widening since 1981, now the Annual Awards Ceremony not only applauds students but also honours international and national scholars for their work of permanent value to society. Many now play a pivotal role contributing to Mewar, India on the world stage.

On this occasion, Maharana of Mewar Charitable Foundation is honoring service of permanent value rendered to society. The ceremony starts with the presentation of certificates to students from schools and universities in Udaipur and across the State of Rajasthan. This is followed by the main Ceremony when the awardees gather on the dais to receive their awards from Shriji Arvind Singh Mewar of Udaipur, Chairman and Managing Trustee of Maharana of Mewar Charitable Foundation, Udaipur. Maharana Mewar Foundation 34th Annual Award Distribution Ceremony - 2016 for this year will take place on Sunday, 6th March 2016 at The Manek Chowk, The City Palace, Udaipur.

Announcing the International and National Annual Awards 2016,



Convener of the Ceremony Dr. Mayank Gupta said that the international award, instituted in 1996 and named after Col. James Tod is to honour a foreign national who has made a lasting contribution through his work of permanent value an understanding of the spirit and values of Mewar. This year the award is given to Mr. J.P. Losty, who is a leading authority on painting in India. He spent his professional career in the British Library in London curating the major collections of Indian manuscripts and paintings held there and are the author of numerous books and papers. One of the great preoccupations of his career was properly publishing the great illustrated Ramayana manuscripts of Rana Jagat Singh I of Udaipur, Mewar, most of them in the British Library, which bore fruit finally in a major exhibition and book in 2008 and the publication of the entire manuscript online in 2014. He studied for an MA at Oxford in 1970 where he researched Sanskrit dramatic literature on the Ramayana story in 1969-70. His major publications include The Art of the Book in India, British Library, London 1982, The Ramayana: Love and Valour in India's Great Epic - the Mewar Ramayana Manuscripts, British Library, London 2008 etc. He has made significant contributions to the study of painting in Mewar and at other courts in Rajasthan.

The National annual award, Haldighati Award, is given to an individual for work of permanent value that initiates an awakening in society through the medium of journal-



ism, Mr. Rahul Kanwal, is the Managing Editor of TV Today Network, which runs India Today and Aajtak news channels. Rahul is the anchor of Newsroom, a flagship prime time broadcast on India Today TV. He also hosts the popular Hindi interview show Seedhi Baat over the weekends on Aajtak. Rahul is the driving force behind some of the most significant investigative stories that have been aired by the India Today group. Whether it is the devastating earthquake in Nepal, the floods in Kashmir or the deadly cloud burst in Uttarakhand, Rahul goes where the news is, breaking the monotony of TV discussions by giving a viewers a ringside view of the story as it unfolds, from where it unfolds. Rahul studied Journalism at Delhi University. He's also a Chevening scholar and has studied broadcast journalism at Cardiff University in the United Kingdom. He has also done a course in hostile environment journalism in the United Kingdom.

Hakim Khan Sur Award instituted to honour work of permanent value for the cause of national integration is conferred to Mr. Praseon Joshi, National Award Winner, and acclaimed Advertising Industry Leader, Praseon exemplifies the rare breed of creativity and leadership. He is currently the Chairman of McCann Worldgroup Asia Pacific and is CEO in India. He is credited with marrying creativity with scale and giving McCann's work in India a distinct cultural edge. His socially relevant cam-



paigns like Malnutrition Polio eradication, Women empowerment Ministry of Tourism, the Swachh Bharat Abhiyaan (Clean India) have all won accolades and found deep and powerful consumer connect. His creativity as a Writer -Poet permeates the arena of Indian Feature Films where he is a celebrated for award winning Song and Screenwriter for films like Taare Zameen Par, Rang De Basanti, Fanaa, Hum Tum, Bhaag Milkha Bhaag. In 2015 Praseon was conferred the prestigious Padma Award by the Government of India. Praseon was cited for his cultural contribution to poetry, cinema and communications. He is widely recognized as one of the most unique voices making its mark in this complex landscape by integrating nation and character building activities through the medium of Poetry, Films, Lyrics, Cause-based and other media communications. He is known for showcasing strong character in society which amalgamates youth into nation building projects, activities and issues.

Maharana Uday Singh Award instituted to honour work of permanent value in protecting and enriching the environment, hand-in-hand with future development is conferred to Ms. Amla Ashok Ruia known as 'Water Mother' who brought water to hundreds of villages in Rajasthan through her initiative. She has transformed the face of over 100 villages in Rajasthan by using traditional water harvesting techniques and building check dams. A Mumbai-based social activist found-

ed Aakar Charitable Trust (ACT) to translate her thoughts into action when she started researching the water troubles of Rajasthan. She was motivated to support villages who suffered from severe drought. She started her work by constructing check dams near the villages. Her first project in Mandawar Village in District Dausa, Rajasthan was a great success and the farmers managed to earn as much as Rs. 12 crore within a year with the help of two check dams constructed by the Trust. In the future, Amla and her team want to also expand their efforts to other States. Much work has already been accomplished in Madhya Pradesh and Maharashtra. The organisation is now working in the backward Dantewada District of Chhattisgarh. Another National Award is Panna Dhari Award instituted to honour an individual who has rendered selfless service, rising beyond the call of duty and setting an example to society of permanent value through sacrifice, in the face of immense hostility is conferred to Ms. P.T. Usha, an Indian track and field athlete from the state of Kerala. She is regarded as one of the greatest athletes India has ever produced and is often called the "Queen of Indian track and field". On the track she represents the spirit of a great nation. Her story is one of talent, sacrifice, grit and determination. Her dedication to developing the talent of young women's interest in Sport goes beyond the call of duty and she has set an example to society of permanent value. From a humble start, selfless service and limited resources the Usha School of Athletics is training today's youth into tomorrow's achievers. The school is now providing coaching and training, under her guidance only, to 18 girls free of charge. The training, devised with the help of internationally acclaimed experts included study, exercise, dietary and psychological counselling.

Stepping into a new world: safety for girl child is must

We have read and heard a lot about women safety. But its really unfortunate to know that even our small and innocent girls are not safe these days.

Some of our own family members are taking advantage of our trust and faith.

We mostly live in nuclear families these days and we have to rely on servants and other helpers to look after our kids. But these helpers can break our trust in seconds. Thousands of girl children are unsafe and had been sexually abused by their family members or known persons in past few years. All these matters are increasing day by day. Science and technology has brought the world closer but some destructive and polluted minds are misusing these facilities. They regularly watch porn sites and do experiments on young girls because they can easily target these innocent girls in neighbourhood or in their own families.

India was known for its moral values and culture but we have not only forgotten our moral values but also we are blindly following western trends. Parents should keep an eye on every person who visits homes in their absence. Your very near or dear friend may also be suffering with some mental sickness and can take advantage of your trust.

I have heard that in many brutal rape cases with young girls only their known persons were the main culprits. Young and small girls can be easily molested because they don't understand the bad intentions of so called uncles and brothers. Parents of small and young girls must take precautions to prevent such crimes. They must never leave their daughters alone at homes. Relations and friendships can be maintained but girl child safety must be our priority.

Last year some cases were really bad that they shook my soul. I got disturbed after reading these real stories on internet and in women magazines. I decided to write on this topic this week.

Girls are unsafe everywhere and in every age. School staff, drivers, servants and even neighbours are arrested in many cases. Joint families are also not safe. Real uncles and brothers did the most horrifying crime in some incidents.



Girls genitals were badly damaged and some girls lost their life.

I have tears in my eyes while writing this article and I am feeling really helpless for these innocent girls. How

can a person touch a small girl to satisfy his lust? We have become barbaric in past few years that sex has become the most enjoyable part of our life.

I am commenting on those sick minded people who always treat girls as sex objects. I have seen many people who talk about female bodies in such a way that females are created to do this only.

Educated and reputed people use bad and abusive language to satisfy their ego. Girls must be treated equally and their safety is our prime duty. We must check ourselves and try to change our inner nature first. We should stop commenting on females and girls while walking on roads. We can not correct each and every individual but we can correct our own habits.

Every girl has a right to take care of their bodies. No male can touch her body without her permission. We must teach our boys to control their lust and its our duty to tell them about their limitations.

We stop girls from going outside at nights. We preach them not to wear western clothes. But can we teach our boys to behave properly with girls? Do we teach them to respect femininity?

Its been years since we are following the wrong trend by giving over freedom to boys. Now its time to change our mind sets. After all girls are being raped brutally by males. Have you ever heard that a girl raped a man?

We cant change this system in just one day but we can slowly change the whole system. Try to find out where your sons are at nights. Keep eyes on them. If they are watching blue films and other banned stuff, give them proper counselling. Try to make them friends so that they can share their thoughts with you without hesitation. Your smart ideas can save the future of

your children and not your smart phones.

Give time to your family. Spend happy moments with them. Indian values are great. Apply them in your life and let your children follow your footsteps. If you stop making fun of females, your children will definitely stop doing this outside. After all they follow their parents good habits and learn quickly from their elders.

Lastly I would like to suggest girl's fathers to take necessary actions to prevent their daughters from preying eyes.

Stop entertaining wrong people at homes. House wives trust Gurus and spend time in worshipping them. Its good to worship God only. No human being has the power to change your destiny. Only you have the power to make your future bright and happy. Spend time with your daughters rather than spending time in satsang. Real satsang is taking care of your family. Keep an eye on the changing behaviour of your daughter. Give her healthy environment where she can discuss any difficult issue with her parents without hesitation.

Your daughter is your responsibility. Give her emotional support in any trouble. If some girl had gone through any sexual abuse in past, don't blame her for the crime she never did. She was a victim of circumstances. Rapist see her as flesh and body. We easily blame a girl for her clothes and life style. But we never ask a rapist what he had seen in a small girl while raping her brutally. Can a girl of one or two years wear saree or salwar Kurtis? We must treat sick minds and not our daughters. I would like to say a few words to my young female readers too. Please understand the feelings of your parents. Be in touch with them when you go outside. Never lie to your parents. Take necessary precautions before leaving anywhere. Go in groups and learn karate or any other marshal art.

Life is precious. Each and every human being is unique. Try to respect other's feelings. Be a good child whether you are a boy or a girl. Safety is good habit but to become a good human being is must. Make your society healthy by following these simple rules and let others say that our country is still the best place to live in.



successful heart surgery of 2-days-old baby

Udaipur: Doctors at Geetanjali Hospital successfully conducted a very complex heart surgery of a two day old infant baby girl. The baby is recovering now under close observation of experts.

According to hospital authority, Priyanka Bhati brought her two day old daughter to the hospital with worsening condition, upon check-up by Neonatologist and team of NICU it was found that the baby has heart problem which was also obstructing oxygen from lungs to reach heart.

Cardiac Surgeon Dr Sanjay Gandhi and his team including Dr Ankur Gandhi, Dr Kalpesh Mistry and Dr Manmohan Jindal conducted the successful surgery.

Dr Gandhi informed that first the baby was kept on ventilator under the care of Neonatologist Dr Mahendra Jain, after that, consultant cardiologist Dr Ramesh Patel did ECO of the baby and found that the heart arteries are having problem which was further obstructing oxygen.

The operation was done for 7 hours in which the arteries were cut and fixed properly. The surgery was also possible through Balloon Atrial Septostomy. Dr Gandhi also informed that in majority of such cases 90-95 percent babies died before 30 days but this child was fortunate because of timely diagnose and facilities provided by Geetanjali Hospital.

LIC presented water cooler to Udaipur Information Center

Udaipur: LIC Divisional Office Udaipur, Udaipur The information center was presented the water cooler. Senior Divisional Manager BS in ceremony Sharma also inaugurated a water cooler installed in the information center.

On this occasion, the marketing manager of the corporation MK Garg's managers and executives, including the LIC, information center and dignitaries were present on the reader. The Information Centre readers Sharma, senior divisional manager greeted with shawls.

In his speech, the chief guest LIC Senior Divisional Manager BS Sharma's future and security information center of pilgrimage and said that Udaipur is always great heights where the study found that many young people in his life. LIC to extend all possible help to the center will feature.

Deepak Sharma Acharya function information center at the request of the Insurance Corporation of India in terms of pure drinking water, announced installation of RO.