

RH & Much More

Beauty secretes

Daily foot care for Beautiful and soft feet



Hritu Sodhi

The health of your feet plays an important role in your personality. Beautiful and soft feet enhances the beauty of a women. We can easily judge a female by taking a look on her feet. Your feet can tell much about your personal hygiene and cleanliness.

Many people neglect their feet and don't understand the value of beautiful feet. Today I will share some good foot care tips with my readers.

Wash your feet daily with lukewarm water and always apply good foot cream or foot deodorant. Scrub your feet twice a week.

Always dry your feet before you wear shoes. If you are going outside in day time, always apply sunscreen on your feet.

Do not wear high heel sandals for long time. High heels may affect your knees and back.

Before going to bed wash your feet with soapy

water and dry them. You can apply good moisturizer and wear socks in winters.

If you have crack heels, apply good quality cream at night. Use foot scrubber to remove dead cells.

Pedicure: Take warm water in a tub. Add mild shampoo, lime juice into this water. Soak your feet for about 15 to 20 minutes. Gently remove dead skin with a scrubber. Use wood scrapper for polishing. Scrub your feet. Cut cuticles. Shape your nails with a filer. Now massage your feet with a good quality foot cream. Wipe your feet.

Foot pack: Take sandalwood powder, two tsp, olive oil 1 tsp, vitamin c tablets 5 to 6, vitamin E capsule 1 and milk 1 tsp. Make a paste and apply on your feet. Wash after 20 minutes. Apply foot cream daily on your crack heels.

Wear comfortable shoes and relax your feet in short intervals.

MEMORABLE TREATS OF 'RITU VASANT' AND 'RANG'



vilas janve

Last week proved is cultural bonanza for the art lovers of Udaipur. West Zone Cultural Centre, Udaipur organized "Ritu Vasant"(18-20 March,2016) a three day Classical Music and Dance Festival where artistes of International and National repute rendered scintillating performance show casing enormous talent of their genre. Similarly Maharana of Mewar Charitable Foundation, Udaipur organized "Rang"(Celebrating the tones and the hues of our living heritage (starting on March 19 and will be on till March22).The MMCF also organized "The 3rd International Conference on Living Heritage" clubbed with various exhibitions, demonstrations, early morning, day and evening performances, workshops and interaction sessions on art and culture.

"Ritu Vasant" is a new concept of WZCC to bring various classical dance and music styles of India on one stage to celebrate the most exciting festival of Spring. This festival started with the Mohan Veena recital by Shri Deepak Kshirsagar from Vadodara who rendered swift and soft Alap Jod and Jhala in Raga Hemant and also played tra-

ditional and popular composition 'Faguwa Brij Dekhan Mai Chali Ree' in Basant. Shri Hemant Joshi from Ahmadabad accompanied the enthralling performance on Tabla. Shri Osman Meer from Rajkot and his team engrossed every listener with their captivating recital. He started his concert with Shiv Stuti followed by ghazal and bhajans. His famous number 'Eri sakhi mangal gao ri' displayed his tremendous control on the three octaves. He mesmerized audience in Gujarati folk song 'Man mor bani thangat kare'. His concluding Sufi song 'Damadam Mast Kalandar' made people swing. Shri Osman Meer has trained his gifted voice with strenuous 'reyaz' and earned his name in the top singers of the time.

March 19 was equally important for cricket lovers and music lovers. Music lovers thronged 'Kalangan'- Open air theatre of Shilpgram despite the live telecast of match between India and Pakistan to witness a special concert "Tabla Jugalbandi" in Pandit Shubhankar Benerjee(Kolkata) and Pandit Yogesh Shamsi(Mumbai).They created history in Udaipur to have Tabla Jugalbandi for the first time and



Shilpgram got this credit to host this historical moment. Individually they displayed peculiarities of their respective Tabla Gharanas with great details. Based on Teen Taal, they explained intricacies of various Bandishes of erstwhile Gurus and Ustads. Their repertoire included Kayda, Charkdar, Padhant, Rela and Tukda. Their joint rendering was a real treat for the music lovers. Audience was overwhelmed to watch high calibre of the two stars on stage.

The show concluded with group Bharatnatyam performance by Shri Arun Shankar and his group Avanti Dance Akademy. Their performance started with Anand Tandav showing a blending of vibrant and graceful movements celebrating 'Vasant'. The next presentation 'Varnam' displayed various acts of Krishna Leela. The most significant part was melodious singing by Ms. Sudha Raghuraman and other accompanists were Ms. Abhinaya Nagjyoti(Vatuvangam), Sh. Jayanti Dass(Mrudangam), Sh. Raghuraman Govind Rajan (Venu) who made the dance recital more lively. Ms. Priya Shrinivasan, Ms. Tanya Saxena, Ms. Shreayasi Gopinath and Ms. Ruchi Gupta displayed their talent with Shri Arun



Shankar. Their last performance 'Tilana' was based on Raga Madhuvanti which described of merging with the human soul with Almightly.

"Ritu Vasant" on one hand was a refreshing treat to the art lovers of Udaipur and on other hand it is new feather in the cap of WZCC who has been concentrating on Folk and Tribal cultural activities. This festival will go a long way to generate interest of young generation in the field of Classical Music and Dance.

The MMCF has been organizing 'Rang' Festival coinciding with Holi, the festival of colours for last few years and the Morning Music Concert takes place between 5AM to 7AM at the roof top of picturesque Khush Mahal.

The Sunday morning of 20 March brought a feast of vocal and instrumental recital. The concert started with Ganpati and Sharda Vandana followed by Bhajans of Meera bai and Kabeer Das. Shri Akhilesh Sharma and Shri Om Prakash Tak while playing Tabla and Harmonium displayed their talent. They were accompanied by Shri Rajesh Telang on Flute. Their recital concluded with singing of 'Hori'.

Shri Bhargav Mistry, disciple of Ustad Amzad Ali Khan started his performance on Sarod with the befitting morning Raga Miyan Ki Todi in Roopak Taal. He played Aalap, Jod and Jhala with perfection. His work on meend is illustrious. This was followed by a melodious composition in Raga Basant Mukhari. Shri Bhargav plays at ease and gives ample chance to Tabla accompanist to display his talent. On Tabla was his younger son Neeraj Mistry, an upcoming Designer. Father and son made Sunday morning memorable with their superb performance. The last composition was "Vaishnav Jan". All the artistes were felicitated by Shri Vinay Sheel Oberoi, Secretary, Department of Higher Education, Ministry of Human Resource Development, Government of India and Ms. Vrinda Rajee Singh, Coordinator, WLHF2016. Shri Yogesh Sharma explained the significance of this special morning concert. It is rare opportunity for the music lovers to have experience of listening music in 'Bramh Muhura' that too with grandeur ambience. The audience not only enjoyed the music but also enjoyed clicking pictures on the wonderful venue.

Poetry Corner

Ek aisa khwab

Ek khwab jo kahin aankho mein tha
Dhoond raha tha raasta
Ki kaash jab aauin in aankho se Baahar
To kisi ki duniya ko roshan kar jaaun
Ya fir

Kisi ko pura hone ka ehssaas karwaauin
Kisi Ke aatm- Vishwas ko Ek nayi Disha de jaaun
Ya kisi Ke labon pe muskurahat ki wajah ban jaaun
Arre

Ye sapna bhi apne ander ik sapna sanjaye baiitha tha
Aur haqiqat ko apne se kahin door baiithaye baiitha tha
Par hua jab iska haqiqat ki duniya se saamna
To jaana haqiqat kitni kadwi hai
Par sapna ne apne mazboot housle se haqiqat ka dat
kar kiya saamna

Wo bola- kamzor main bhi nahi
Isi haqiqat ko milne datkar aankho se baahar aaunga
Aur in sapno ko hi ik din haqiqat ka rang chadaunga...
- Neetu Sidana, Jaipur

Clarion Call of the Martyrs...

Unfurl the tricolor and march ahead
Who can challenge you, why afraid?
The nation calls you, youth of the day
Never dwindle in your task, never delay.
We dropped the bombs in the assembly
And did not run but watched them closely
The stooges of Empire were a frightened lot
We did not fear and stayed on the spot.
We were put in the jail, yet never gave up
Little did we care for what came up?

Overthrowing the empire was our mission
The only objective and the sole ambition.
The nation faces today a similar threat
Enemies of the people simply sit and chat
Parliament has failed the nation whole
Only a few are there with a conscious soul.

It is for the youth to take up reigns
Organize the people and fight for gains
Begin a struggle afresh for the masses
Take them to task who divided them in classes.

- Darpan Chandalia, NICMAR, PUNE

The Dry Tree

Out of my window I can see a few stumps of trees,

Stumps they are and look somewhat bizarre,
Naked and taint they stand,

Wondering should they be here at all.

Around the stumps some creepers curl,
A few bushes and lean trees furl their shade,

As if to say:

You helped us to grow

When there was heat and when the rain beat,

We now hold you to our bosom,

And fill your ears with birds' sweet possum.

- Prof. Mukta Sharma

Miniature artist Chittora made 135 ft long leaflet to show



Udaipur : Ritu Sodhi/ Udaipur's miniature artist Chandra Prakash Chittora has made 135 ft long leaflet which shows Government's two year's key achievements. Chittora is famous for his miniatures but this time he has done another

creative work by making huge size leaflet. This leaflet contains information of each and every department of Rajasthan Government. Chittora's main purpose is to spread Government's achievements among public of Rajasthan.

Industrial excursion of Gitanjali pharmacy students



Udaipur : Geetanjali Institute of Pharmacy students sponsored by the Department of Science and Technology went for an industrial excursions to Western Drugs Private Ltd in Udaipur and Montage Labs Private Ltd situated at Himmatnagar and studied about the nuances of pharmaceutical manufacturing.

Students studied about the techniques of Vitamin B3 construction in Western Drug and the production of injections at Himmatnagar situated companies. Rahul Kumar Garg industrial excursion led by associate professor and dean of the College for the event's chairman, Dr Ashok Dashora companies and the Department of Science and Technology Project Officer thanked Manish Jain.

Farm Sweet Farm

Udaipur : Our Wittians of Grade - 2 farm themed party in the school campus. The campus was decorated with small hats, well, stables and many farm animals. There were several games like dress the scare crow, Boogie Dance, Find the farm products etc. Last of all the parents with their kids and the teachers had fool tapping dance on peppy songs.



Witty Courtyard designed with Rural

Udaipur : It is an humble efforts of Wittians to educate the elite class students to know about the village culture of India. No doubt it is excellent efforts to teach them about village and villagers. The witty international school has organized farm party the students of class one and two. In this party not only student but their parents were invited in farm party where the culture, heritage and life style of villagers were displayed. In this event the life style, dresses and various development alongwith wind floor, little ponds, hut, various animals were displayed. This concept were designed by staff in consideration of principal madam Shobha Govil.

By the way: Love heals, not kills

Time has really changed. Now even school and college going students are falling in love in early ages. Break ups are increasing as well. I have heard that relationships are easy to make but very difficult to continue. Youth of this age don't really understand the meaning of true love.

Prabhat and Ira are studying in class 12th. Both have started dating each other. Prabhat is physically attracted towards Ira and Ira has started this relationship just to tease her classmates.

In another case Rahul and Ria proposed each other after watching a movie. Both are studying in 7th standard. They hardly know anything about love. For them love is just singing songs in garden and exchanging messages on social media.

What I am trying to say is that no body understands pure love these days. Everyone wants a girl friend or a boyfriend. That's why relationships are no longer stable these days.

Pranjal has changed 4 boyfriends in past four years. She does not know why she has changed her mind every time. Some people make relations just to impress others. Actually they follow their friends who flaunt their relationships publicly.

When you enter in a relationship without being emotionally attached, you can end up any time. You can't expect to be Heer Ranjha or Sohni Mahiwal in 2016.

Break ups are normal these days but we should always try to understand that love is an absolute, unconditional and timeless state. Love asks nothing in return. Doubts, fears and over possessiveness

can seriously harm your relationships. It's good to see beauty in your partner but you must choose your partner on the scale of inner qualities. If you give space and increase understanding in your relationships then your love will grow. It is

always important to give love to your partner but it is equally important to love and honour yourself. You should not remain in a destructive relationship because this kind of relationship may harm your soul. May be your partner is not made for you. You must not stick on in a relationship just to prove others. Love is timeless.

You will get many more chances to get it right. Ego, pride, selfishness or other problems may harm your relationships. But you must try to change yourself rather than changing your partner. If your relationship don't work in any way, try to move on.

After spending 6 years in a horrible relationship Pragya found herself hurt. When she broke up with Sahil, her self confidence build up. Now she is working in an MNC and feels free to go anywhere without any restrictions. Her boy friend had a habit of ill treating her.

Learn to forgive your past mistakes. Don't cling on a relationship if you feel suffocated. No one has a right to abuse you. Be it a girl or a boy. Control emotions rather than controlling your partner.

I don't mean that you should break relationships without putting effort. Learn from past mistakes and ignore small mistakes. Don't make relationships at early ages. Maturity gives stability and love between mature people can change their entire life. Begin right now to think in right direction. After all love heals and not kills.



Wonder Cement : urges to celebrate eco-friendly and responsible Holi

Udaipur : Throwing water balloons, spraying colours from pichkaris, brightly coloured powders, water guns and sprinklers; the perfect way to usher in Holi, the exuberant festival of colours. Holi, a festival where geysers of colours shoot in the air, the atmosphere filled with fun & masti and as we get into the spirit of this colourful festival, it is important to be mindful of the things we unwittingly and unknowingly do to harm our environment and surroundings. Wonder Cement Ltd, one of the state's leading cement companies, urges people of Rajasthan to celebrate eco-

friendly and responsible Holi with an objective to spread the message of environmental awareness.

This year, Wonder Cement provides you solutions to balance sustainability with tradition and helps you celebrate an eco-friendly holi without causing any damage to the environment.

The burning of fuel wood in order to perform the Holi Bonfire or the Holika Dahan raises a factor of concern. Umpteen of wood is used during this ritual, this not only leads to the cutting of trees but also pollution in return. Instead of wooden logs, it



would be ideal if people use scrap boxes, cow-dung, coconut waste

and other such materials to put in the Holi bonfire.

Wonder Cement advises to use herbal colours to prevent any damage to skin and hair. Chemical dyes not only prove extremely dangerous to one's skin but are also hazardous for environment as lots of pollution is caused during its preparation as well as after their mergence with water cycle. Gram flour, turmeric, fuller's earth, sandal wood powder, henna powder these can be used to make innu-

merable colours. Easily available flowers like marigold & gulmojar, and vegetables like beetroot can be used to make fine colours.

Avoid throwing plastic bags and balloons filled with water over others. These bags not only litter the environment but also hurts others and waste precious water as well.

The rain has been comparatively less last year and the whole country is facing water shortage. Hence, celebrating the festival using dry colours would be a best way to save this precious commodity.

"Holi being a social festival is not

limited to one home and hence, in order to convert it into an environment friendly celebration, contribution is required from every household of the society. The dream of an eco-friendly Holi can only come true if people are educated and aware about the ways to celebrate the festival without harming the environment. Hence, we as a socially responsible company have shared guidelines which one can adopt and celebrate the festival of colours without causing any damage to our environment," says Mr. Vivek Patni, Director, Wonder Cement Limited.