

Vasant Navratri

If yes, you have come to the right place. Vasant Navratri in 2016 will be observed on Friday, 8th April. As per Hindu calendar, Vasant Navratri or Chaitra Navratri begins from the first day (navami) of Chaitra month.

Vasant Navratri, also known as 'Chaitra Navratri', 'Basant Navratri', marks the Hindu New Year. It is a nine day long festival beginning on first day of Chaitra month and ends on the ninth day which is also celebrated as the Birthday of Lord Rama. Vasant Navratri is usually observed in the month of March or April. However, Vasant Navratri in 2016 will begin on Friday, 8th April and will continue for 8 days until Friday, 15th April.

During these nine days, devotees all across the country worship Maa Durga (Goddess of power), Maa Lakshmi (Goddess of wealth & prosperity) and Maa Saraswati (Goddess of knowledge). The Vasant Navratri is usually observed in the Northern part of India, specifically in the states of Uttar Pradesh, Haryana, Punjab, Himachal Pradesh, Jammu and Kashmir and Uttarakhand.



Always Around You

I do not worry when I am with you,
I do not have to be first or right or always strong.
I can be myself as I really am,
Without pretence or pride.
I live my own life,
But still need you.
I depend on you for many things,
With you I do not experience any
reservation or distance.
I can share my heart and my life,
And my happiness forever grows.

- Dr Mehzbeen Sadriwala

Mother : An Epitome of Love

Mother is the one who loves more than anyone
Her comparison can be made to no one
Her love one can never ever measure
She is the one who is world's great treasure.
Without the letter 'M' for mother
Whatever left out is merely the 'other'.
Mother is one who fills our hearts with hope
Without her guidance with things we cannot cope.
She is a vast ocean of care
Without her shade our childhood goes bare.
Her love for children is irresistible
Without her the world is not enjoyable.

- Ms. Pooja Bhandari

Clouds clouds everywhere

Clouds clouds everywhere,
Lovely, blue, white and grey,
I feel an angel's peeping from lovely blue,
A shield which gives me apput,
Clouds clouds everywhere,
Give my dream a life to live.
Pink blue red and black, take me to your world of love.
I feel you all around me, roaming here
and there with you in the sky.
I hope one day I can touch the silky clouds and feel the
starry sky.
My eyes may not see you but I wanna fly with you.

- Neha rose, California, USA



Be Organic with Kashish Paneer Badaami

Hi readers, summers are here. Hope you all are enjoying summer vegetables and watermelons. I am sharing a very tasty recipe of paneer with all of you.

Ingredients:

paneer 500gm, onions 3-4, ginger and garlic paste, almonds 20gm, kasuri methi 2tsp, salt - acc. To taste, white pepper powder 1tsp, garam masala 1tsp, 2tsp refined and 1 cup milk.

Method :

Take a pan, put 2tsp refined oil and saute onions. Boil almonds for 3-4 minutes. Now make a paste of onions. Fry this paste till oil separates. Add ginger garlic paste and all the masalas and salt to it. Make a paste of almonds and add it to fried masala. Now add 1 cup milk and cook for 5 minutes and cook on medium heat. Cut paneer into 1 inch pieces and add to the gravy. Garnish with kasuri methi and garam masala and serve with hot chapatis.

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My Story : I'm A Big Believer Of

"When God Gives You One Thing Less, He Gives You Another Thing Better Than Others"

Akash Talesara/Udaipur

"My story started when I was a child. Being born and brought up in a joint family in Udaipur, it added a lot of positives to my life. But also a lot of negatives, which still gives me goosebumps. In spite of being brought up in a good family, I always had to undergo the pressure of competition, whether it was related to marksheets, or co-curricular activities etc. We didn't speak much to each other as it was a Rajasthani Marwari family.

When I was two and started talking, my parents had realized that I have a speech-related problem to an extent of stammering. However, I was told that it's temporary and might go away as I will grow up. My life moved on and the complications and comparisons increased and eventually with that pressure, my speech went worse and I became a stutter.

You see, all throughout my childhood, I have lived with one of the biggest fears. The fear of not being able to speak because of my stuttering. I have held myself back from certain opportunities so that I can avoid speaking. As a child, I went through speech classes which involved speaking to therapists. I have been told to slow down my speech and to breathe while speaking, something that is physically impossible. I was told that I'd never be able to overcome my stuttering.

The biggest fear started when your friends and family also start making fun of your speech. I started to feel secluded and inclined myself towards



my love for music. I still remember my father giving me an instrument every year on my birthday which I use to perfect till next birthday. Eventually by the time I was 18, I perfected the art of playing 15 instruments. I also developed hobbies like, painting and singing, which helped me overcome my fear of speech. And fortunately even I had a speech issue, I never stammered while singing. So these hobbies eventually became my best friends and my superpowers. I'm a big believer of "when god gives you one thing less, he gives you another thing better than others" and it proved it well with this context.

During school presentations, I would purposely excuse myself from class to avoid oral presentations. I would approach my teachers on the first day of class about my stutter so they can accept me like the rest of

their students. On Every attempt at speaking, my parents finished sentences I couldn't complete and got angry when I tripped over words. I guess they were more disappointed rather than being angry as to why their child speaks the way he does, hence taking the blame for my speech impediment. My mother being a Psychologist and a Professor left no stones turned to help me out with this situation and took me to various speech therapy centres across India. Being made fun of was a daily experience, I even laughed it off multiple times because I was helpless. If I showed any emotion, more kids would join the parade. I overcame that eventually, as I grew older and it bugs me in other ways.

You're probably thinking, "Why is he writing this?" Well, I have been a firm believer of writing down things

that bother me, so here it is. I have success in me, it's in my mind, I know how to reach it, I just can't translate it into words because I'm worried about stuttering. I will speak one day without the worry of stuttering. If you ever have the unique experience of speaking with someone who stutters, please, bear with them and never finish their sentences. Never look away while they are speaking. Never make facial remarks as this makes them more anxious. Never comfort them about their stutter and never coach them on how to overcome it. They're trying to be like you, to speak, and to speak normally. Accept them for who they are. It might take longer for sentences to be completed and words to be said, give them the time. As time progresses, you'll notice less stuttering, this is because they are being listened to and accepted for who they are.

The Success Story Started, Post My Completion of Schooling, I applied for a design college and got through the entrance, worked a lot on my speech with my mother before appearing for the interview, went with Confidence and told them upfront about my speech Defects and also that I will never let my creativity get affected because of my speech. I Eventually got Selected on merit with the best Design college in India (NIFT). All my creative talent which I had acquired over years paid off. I was determined to get over this speech disorder before I joined the college. I worked every day on the same. In

the first Semester of my college, I was much better than my School days, which gave me enough motivation to stand by my will.

By the next semester, only my close friends knew about my speech disorder. I started giving my design presentations as it was an unavoidable part of our course curriculum and I couldn't have afforded to have this degrade highlighted on my grades. But I was more confident and fearless man now. And the determination helped me eventually to get over this curse of my past life. I graduated and was placed. Being a part of this pain helps me understand how it feels at the receiving end. I started identifying people with such speech disorders and started to train them during my free time on weekends, I'm still associated with various speech therapy forums to help people get over it.

For the past 15 years I have been working in the diamond jewellery industry and have made many presentations around the world and launched many successful collections during my career, I'm happily married and my wife Dr. Suhani has been a pillar of strength just like my mother Dr. Sushma. I feel grateful to have two "Dr. S" in my family who have stood by me in all the ups and downs of my life. I dedicate my whole career to my mother and my wife who helped me in getting out of the biggest fear of my life. Now I feel more motivated when people say "nice presentation!" and I Smile."



World Theatre Day Celebrated with Nukkad Natak

Udaipur : World Theatre Day on 27th March, was celebrated throughout the world. The smart city Udaipur too joined this event. Martand Foundation, Udaipur and Vidya Bhavan Public School, Udaipur jointly celebrated "World Theatre Day" by staging Nukkad Natak "Raakh sako to raakh Pani" at Neemach Kheda, Dewali near Government Dispensary. Written and directed by Senior Theatre Director Vilas Janve the play was based on Mime blending healthy entertainment.

The theme revolved how people waste water and what are

the consequences of this bad habit. All the scenes were blocked in very captivating manner imbuing humor.

The play entertained all spectators and the effect of latent message was felt candidly, especially on children.

Students of Vidya Bhavan Public School, Harsh Vardhan Singh Rao, Gunjan Singh, Dakshraj Singh Rao, Ayush Kumar Singh and Sanjana Malviya and young artist Shubham Sharma (Recipient of National Scholarship form CCRT) exhibited their talent in multiple roles.

All these actors have been trained by Vilas Janve in dif-

ferent Drama workshops. Back stage was looked after by Devial Rawat, Purushottam and Bhanu Goyal. Two songs "Boring Karo bhai boring Karo" and "Dharti mein tum Ched Karo" were very impressive.

The court scene was very innovative. Audience joined actors in the concluding song "Agar Zindgi Chahiye Paani ko Bachayiye" making it an interactive Nukkad Natak.

Janve told RH representative that there is good scope of Children Theatre in Udaipur. We should have more such workshops for children and encourage them to stage plays in different localities.

Udaipur the most beautiful city : Watson

Udaipur : Shane Watson, all rounder of Australia after losing world T-20 Competition came Udaipur to enjoy holidays with his family. On Wednesday Watson posted the exclusive pics of Pichhola lake on Social Media and shared his views at twitter.

In his post he wrote that from the balcony from a hotel situated on the bank of pichhola he soothing experiences of Udaipur. In fact udaipur is rightly included amongst the most beautiful city of the world. He alongwith his wife and mother are visiting tourist destinations of Udaipur.

Sakka's smallest Gold world cup recorded in Golden Book of World Records

Udaipur/Ritu sodhi International fame miniature artist Iqbal Sakka has created world's smallest Gold world cup trophy and it is recorded in Golden Book of World Records.

300gm in weight and 4.5 mm height and 2mm in width, this unique and smallest world cup trophy with a golden bat and ball looks amazing. Bat's height is 3.5mm and width is 1.5mm, golden ball's sphere is 0.5mm.

Bat is decorated with

39.57 Crores Budget passed

Udaipur : A meeting of finance committee of JRNA held under the chairman ship of VC Prof. SS Sarangdevot in auditorium. In this meeting alongwith the budget proposals measure decision regarding policy making were approved.

Prof. Sarangdevot inform that budget allocation for national, international seminars, workshops, research work, community development

and sport etc. were enhanced. In addition to that a sum of six crore is proposed for construction of homeopathy and B.Ed. Collage building.

Senior Accounts officer Dr. Harish Sharma revealed that measure decisions to execute financial sanctions promptly were taken. In the meeting financial development of JRNA for last 10 years was broadly discussed and found satisfactory.

Health Minister initiated IPV for infants

Udaipur : State health minister's Rajendra S. Rathore has initiated polio injections procedure to save infants from polio. Rajasthan has inaugurated this vaccination with the help of Unicef from April 1st IPV injection would be injected along with 3rd dose of polio. This would provide double security to infants.



American diamonds and meenakari. Sakka wants to present this trophy to T-20 world champions. He has mentioned his desire in a letter to Indian cricket board and

Union Sports Minister. Golden Book of World Records Manager Mr. Michael Wan presented T-shirt, badge, two vehicle stickers and a certificate to Iqbal Sakka.

By the way : Marks don't define success

Hritu - Sodhi

What is success ?

The accomplishment of an aim or purpose.

Are 'marks' considered to be one's aim ? Or a person says my purpose in life is to score good marks.

None of it is true to the definition of success.

Then why are 'marks' over hyped?

Many of us are responsible for it. If we won't have good marks, we won't get admission into a good school/college/institution. If we won't perform in college/school/institution, we won't get an increment. No company would provide us with a job. Jobs are limited and volunteers are unlimited. Parents push their children to study harder and get good grades.

Good grades ?

We study like almost for 14-15 years in school and study about 15

subjects in these years. And despite of the fact that we have studied for like so many years, we won't be judged on our knowledge rather we'll be judged on our grades.

Maybe system agrees to it and in some way or the other does the society too.

But just think over it. A child first reads A B C D and the numbers 0 1 2 3 etc etc. He remembers it thoroughly till his last breath.

Similarly we study so many subjects and we do remember them till at least 30-40. Concepts of electricity, magnetism, digestion, Chemical reactions, integers, algebra, calculus, English and Hindi grammar etc etc. Are there in our minds for so long.

Then where does a person goes wrong ? His marks.

He didn't perform in the written examinations so he cannot be considered to be a bright student.

He had immense knowledge. He studied harder in college and scored an average percentage but he was still not considered as bright.

His marks were not up to the mark. In people's

view point - total disappointment. And this decides his success. He can't ever be successful. No company would take him as an employee and no third party would invest with him for any business.

Because his marks were average. But what if I say he actually became successful. Yes, he did. He's

one of the top 10 entrepreneur in Mumbai. In a city like Mumbai, he is successful. Success is on his feet. What made him successful ? Marks ? Or skills? Or knowledge?

I'll say the last two. Skills and knowledge are foremost important for any individual. Success would be achieved only with skills and knowledge.

Next time you meet any topper in your batch or anyone who jumps for his marks, just ask that person a question related to his stream/branch. Example - I asked an electronics and electrical engineer about how a charger is made or what all components are required for building a charger? He was baffled. The second question I asked him was "okay, so tell me about the TV remote - it's construction and components used." He was again speechless.

Working in a MNC and earning average didn't know these daily usage devices after being an engineer himself.

What I want to say is that please stop judging your children on the basis of marks. Let them breath in the air of freedom. I still remember the famous dialogue from 3 idiots that we are human beings and not machines who are made to win race. Suffocation and pressure are making children insane in early ages. They are committing suicide for not being successful.

Is life important or success? Definitely my vote goes to life. Life is most important. Knowledge gives you success not your marks. Improve your skills and don't run after success. Let success run after you. Be somebody who makes everybody feel like a somebody.