



## Ohh What Happened!!j

Once the happy perfect soul,  
Shattered in tiny pieces now! ...

The lie,

That was more powerful,  
Than a nuclear weapon.

Has destroyed her,  
Eternally, completely.

The love,

That She fought for,  
From her world of blood,

Now took her world apart,  
Torn far aside.

The damage,  
will not fade away,  
so early, easily.

Made her future world  
Uninhabitable, Broken.

The wreck,

Which has turned you into apostate, will help  
In resurrecting a little inexorable heart,  
In building a paradise of big dreams,  
Far better, magnificent.

My friend,  
You have to live,  
Without any leave,  
For beloved,

Whom you raised by.  
Even if that's killing, hurting.

You have to rise  
Rise again with strength  
Exonerating past,

By making a powerful leap of faith.  
Don't fear scary nightmares  
Scare the hell out of it. Yes you can!

Jolt the world, dry the ocean,  
Enjoy the dark in search of light  
Make the little life worthy, peaceful.

Ohh what happened! -\_-  
Seems difficult now  
To face, to answer  
And she chose

the perfect empty world to conceal herself temporarily.

-Vijay Purohit

## Karwaan as ban Gaya hai zndagi

Bas chalet jaana hai  
Lamba sa raasta anjaan Si Manjil

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Bas chalet jaana hai  
Kahte hai khwaabo ki bhi ik dunia hai

Bune bahut sajaaye bahut  
Tute bahut bikhre bahut

Lagta hai bas ki yhi Ex udhed bun si hai zindagi  
Aur use bunte unte Bas chalet jaana hai

Jaane sapne bikhre ya main  
Jaane dil tuta ya main

Jane zindagi kahin gum hui ya main  
Bas yhi kush sawal Hain aur dhoondne inke jawaab

Bas chalet jaana hai  
Lamba da raasta aur jajaan si manzil

Bas chalet jaana hai

-Neetu



## Be Organic with Kashish Grilled Cheese Spinach sandwich

Hi readers, Breakfast is really important to keep your body fit. Sandwiches are all time favourites. Here I am with a tasty recipe. Try and impress your friends by cooking these healthy sandwiches.

### Ingredients:

Multi grain bread or whole wheat bread, spinach 500gm, corns 200gm, cheese grated (processed or cottage) 100gm, mustard sauce 1 tsp, mayonnaise 2 tsp, tomato sauce 1 tsp, black pepper 1tsp, oregano 1tsp, salt to taste.

### Method:

cut the crust of bread pieces. Cut spinach finely and cook in a microwave for 4 minutes. Take a bowl and mix corns and cheese with other ingredients. Add boiled spinach into it. Now make sandwiches with this filling. Grill these sandwiches in a grill toaster till golden brown. Serve with sauce or coriander chutney.

**Need Organic Veg. at door step**  
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# By the way : Let's change the world

"Let's change the world," It's not merely a sentence but its a dream which I see for every child of India.

Save girl child, Educate girl child campaign is running but how many of us actually want to have girl child. I want to salute those parents who equally love boys and girls in their families.

### Gender inequality:

Female infanticide is increasing everywhere. I have seen in many families that girls are treated not equally. Is this the problem of our society? We teach our girls to develop skills of cooking, cleaning and sewing and expect from our boys to do well in studies so that they can earn money. Girls are financial burden for some families because dowry is must in many castes.

Today I want to raise a voice against this inequality. Please answer a simple question.

Is soil important or seed?

I think everyone knows how baby forms. As per my knowledge male and female both are required to give

birth to a baby. I don't think that science has discovered any substitute of a girl. No robot can give birth to a baby till now.

I don't know why we are lacking common sense in this matter. Playing with nature could be dangerous.

Desire of a male child is increasing in society not because of financial problem but because of poor and ill thinking. How can you give birth to a baby without a girl? No one wants to think in this direction.

Men enjoy more freedom in our society. But men are not the main culprits. Females play important roles in their families to build up this poor thinking. Many women treat their daughters in different way. They consider male education important than female education. They don't encourage their daughters to complete their education. In many families girls are stopped from going outside and high-

er education, professional skills are only given to boys.

I have seen many females who don't give themselves any importance. If you don't respect yourself, how can you expect others to respect you.

Many females criticise working ladies or girls and comment on their characters. It's really important to give respect to other females. Females are not born to serve others. They have equal rights and we should teach males to share responsibilities of their families.

### Health and Awareness:

In many societies female health is neglected. Female is the main pillar of a family. But unfortunately their health and nutrition are not being taken care of in many families.

Sorry for being sarcastic here but problem lies within us, females.

Females don't give themselves

### Malala and other females:

Malala Yusuf Zai got Nobel prize for peace. I think we need more courageous girls who can change the face of society. There is no difference between Malala and other common girls. Malala was not so famous but she stood against terrorism and fought her battle. Every other girl has same potential.

Don't let anyone snatch away your respect. Fight for your rights, no matter who is standing in your way. Break your chains and educate your mothers too. Tell your mothers to trust your power. If you see any crime against women in your neighborhood, come forward and help her.

World will accept you only when you start accepting your value. Society depends on females. Stop being a coward. Let's change the World by changing your thoughts first. By the way it depends on us, ladies. Raise your children as children not males and females. Female infanticide will definitely stop when we accept female's importance in our families. Let's do it together. I hope my article will change a few mind sets.

importance. They eat less, work more and think almost double.

As a result, a large number of women die in early ages. A very interesting part of the story is when a male dies, females are expected to quit everything, good clothes, jewellery, healthy food and even life. But when a female dies, every third person consoles her husband. Males are expected to do second marriage as

soon as his wife dies because he can't cook and do household work on his own. He can drink, eat and do anything but a female is not allowed to do anything of her choice.

Males should not be blamed for this thinking alone. Females are equally guilty to accept these thoughts. They don't raise voice against this rather they accept and force other females to follow old trends.

## 'Harmony 2016' Came to an End

Udaipur : 'Harmony 2016' annual cultural and sports fest of Geetanjali medical college and hospital came to an end with its closing ceremony held at Narmada Devi Agarwal auditorium. J. P. Agarwal chairman of Geetanjali group of institutions, Dr. R. K. Nahar, CEO Ankita Agarwal and Shruti Agarwal were the chief guests.

Dr. F. S Mehta dean of the hospital presented the annual report on the event. The gala event began with band and then there was a spellbinding dance performance on lord Krishna Leela College year-book 'Niramaya' was also inaugurated and Parul Gupta and Pranay Jain were awarded as Miss and Mr. GMCH. In annual cultural and sports fest



A dance competition was organized on day two. Various types of dances included pop dance, classical dance and horror dance. These dances were merged amazingly with the theme of patriotism to make the audience mesmerized. Participants also performed

On inaugural day a Program included series of

music and dance performances by students of GMCH. However the judges for day one were Dr F.S Mehta, Dean and Dr Pankaj Saxena of General Surgery. Program also included several competitions which were judged by Dr Ashutosh Soni, Dr Harpreet Singh Dr Rajindra Sharma and Dr Lalita Jingar.

## Fair for Farmers

Member of Parliament Arjun Lal Meena inaugurated a Farmer's Fair in the Vidya Bhawan Krishi Vigya Kendra at Badgaon. The agenda was to advertise the Pradhan Mantri Fasal Beema scheme. The former Vice Chancellor of the Maharana Pratap University of Agriculture and Technology Mr. SL Mehta. At the juncture, the MP Meena apprised about the new crop insurance scheme. He said that the erstwhile crop insurance scheme was too complex which the present government has simplified. The centre has sanctioned about 15 thousand crores of rupees for the scheme which has come into effect from April 1, 2016. "For Kharif, Rabi, and Horticulture, farmers will have to pay premium of 2%, 1.5%, and 5% respectively," said Mehta.

## World Diabetic Day: Beat Diabetes

Diabetes is commonly known as high blood sugar. Today we are celebrating World Diabetic Day.

This disease is due to either the Pancreas not producing enough insulin or the cells of the body not responding properly to the insulin produced. Diabetes is dangerous when it is not treated properly.

Almost 415 million people are suffering from this disease worldwide. Diabetes doubles a person's risk of death. The number will increase in future

as many people are diagnosed with the symptoms of diabetes daily in the world.

### Symptoms:

Symptoms of high blood sugar include frequent urination, increased thirst, increased hunger, losing weight etc. If it is untreated for longer period, diabetes can damage our organs. Serious long term complications include cardiovascular disease, stroke, blindness, foot ulcers and chronic kidney failures.

### Types of Diabetes:

Type 1 Diabetes is juvenile disease in which pancreas fail to produce enough insulin. The main cause is unknown.

Type 2 Diabetes begins with insulin resistance in which cells fail to respond to insulin properly. Gestational diabetes is the third main form and it occurs during pregnancy due to change of hormones.

### Prevention is better than cure:

Healthy and balanced diet, physical exercise, maintaining normal body weight and avoiding use of tobacco play important role in this disease. Proper foot care and maintaining blood pressure can control diabetes.

Type 1 DM must be managed with insulin injections. Type 2 DM may be treated with medications with or without insulin. Gestational diabetes usually resolves after the birth of the baby. Most important is to stop smoking. People think that smoking is the main cause of cancer but it increases the risk of death in diabetes. Diabetic patients should immediately stop smoking. Chewing tobacco is equally harmful. If you want to beat diabetes, you should start thinking positively and stay healthy forever.

## 301 disabled girls to get free operation on Navratri

Udaipur : Narayan Seva Sansthan Friday Chaitri Navratri before coming down with the setting up of various regions of the girl child suffers polio free operation will be prioritized. Institute president Prashant Agarwal, founder Kailash morning in an auspicious moment Kailash Manav and co-founder Mrs. Kamla Devi Agarwal ritual worship of

the mother forced the girl child with the special operation of the camp will be inaugurated. Director Mrs. Vandana Agarwal eighth Durga Navratri closing the 301 girls and their mother will be the operation of the foundation stones will form. He said Thursday on the eve of Navratri installation 577 poor, the disabled and widowed women were given free rations kit.



## Annual Function at St. Jyotiba School held

200 units blood donated

Udaipur : 186 Birth anniversary of Jyotiba Fule is being celebrating in Udaipur under the auspicious guidance of Dinesh Mali, the founder of saint Jyoti ba public school Udaipur. The today's function commenced with blood donation camp being organized at Lions seva sadan Hiran magri Udaipur. Mali informed that in the presence of State Home minister Gulab chand Kataria Ex MP Raghuversingh Meena and other eminent dignities 200 blood units were donated by volunteers. In the evening Jyotiba Phule

Annual Fest' was celebrated today In St. Jyotiba Phule public school where Chandra Singh Kothari, Vishwajeet Paneri manager of Lipidata company, Gopal Singh Rathore manager of Reliance company and Pramila Choudhary were the chief guests. Dinesh Mali welcomed and inducted the event and told that the school came into existence with the purpose of establishing moral values in society. Principal Anjana Seth presented the annual report. She also shed light on the major events of the year like Gyan Darshan, Rail Bhraman, and a trip to Sajjanganr Biological Park etc.

## Artificial Limb Test and Distribution Camp held

Udaipur : A camp for testing the efficiency of limbs and distribution of the artificial limbs being organized by Rotary club elite rotary district 3040 and 3052 on 10th April at Suri Dharmshala.

Those who suffered got artificial hands from the expertly trained technician

team of Indore. Club President Manish Gulandia informed that for registered 253 no stone left unturned to treat on spot. State home minister Gulab Chand Kataria personally inspected the whole event in morning hours. Collector Rohit Gupta, Chief medical officer Dr. Sanjiv Tak

visited the venue.

Dr. Mukesh Jain (orthopaedic) was available with his team on the spot. Mr. Gulandia also told that people had asked to fill up the resolution letter to donate their eyes and organs once they leave this world. As many as ...patients were benefited.

## Barbeque nation opens first outlet in Udaipur

Udaipur : Barbeque nation, one of the successful casual dining restaurant chains in India, has now opened its gate for customers in Udaipur at its 67th Newly opened outlet. Udaipur's first Barbeque Nation outlet is situated in Celebration Mall.

Now, guests at the Udaipur outlet can experience the joy of grilling their own vegetarian and non-vegetarian barbeques on live grills embedded in their tables, at the new Barbeque Nation outlet. The Udaipur outlet can accommodate up to 10 people. The look and feel of the restaurant follows the basic design of Barbeque Nation which is rustic and casual, with wood and open-brick wall interiors.

Barbeque Nation pioneered in India "DIY" (do-it-yourself) cuisine with a concept of live on-the-table grill and today is the largest casual dining brand in the country. The restaurant offers



a pre-fixed menu with a fixed price. The menu is drawn from Mediterranean, American, Oriental, Asian and Indian cuisine. Customers can grill starters in a range of marinades and sauces and enjoy them right off the skewers, at their own

tables. Barbeque Nation also offers a full-course menu with soup, salads, main course dishes and desserts, within the fixed price.

The eat-all-you-can buffet at Barbeque Nation showcases an array of vegetarian and non-vegetarian

dished. Starters like Peri Peri Chicken Tangdi, Paneer Zafrani Tikka, Mutton Makhani Seekh and Churmola Pwarsns deserve a special mention. The main course has a number of mouth-watering dishes ranging from Murshidabadi Chicken Biryani, Dum ka Murg to the Burrahi Ghost in non-vegetarian dish, and the usual suspects such as Dal Palak, Kofta and Kadai Panner in vegetarian dishes. For dessert, the chefs serve up popular dishes like Angoori Gulabjamun, Chocolate Walnut Brownie, Kesari Phirnee along with a delectable range of Kulfis from the restaurant's newly launched kulfi nation counter.

The launch of the restaurant was graced by Sh. Prashant Agarwal, President Narayan Sewa Sansthan, Udaipur. The NGO works with hospital facilities, rehabilitation facilities, for mentally challenged children,

handicapped across the world. Kids from their orphanage were special guests.

Mr. Joju PO, Chief Operating Officer, Barbeque Nation said, "We are pleased to announce the launch of our first outlet in Udaipur. Udaipur is the culinary heart of Rajasthan. We are delighted to bring the unique 'Barbeque Nation dining experience' to Udaipur.

Mr. Manish Kumar Pandey, Regional Manager - North, Barbeque Nation said, "The People of Udaipur are very keen to experiment with an explore new concepts and cuisines. With this outlet, Barbeque Nation attempts to satiate all taste buds, offering patrons variety of cuisines under one roof. We are confident that Barbeque Nation. 'Live on the table Grill' concept will be very successful in Udaipur.