

## By the Way : Family is Family

Each family is a circle of strength; Founded on faith, joined in Love, Kept by GOD, Together forever. But in today's modern times families are losing values.

Sana is a beautiful girl. Her only sister Shubhra is three years younger than her. Sana has done masters from a reputed college and got married last year. Shubhra is a graduate in engineering. Half of the relatives compare their looks and education. Shubhra is dusky but Sana is fair. Sana got attention of each and every person since her childhood. Now Shubhra has started hating her sister.

Who is responsible for their spoiled relationships?

This is a small example of sibling rivalry. But in extreme cases some people can't hide hatred and try to harm their siblings and even parents. Money has taken over everything these days.

Property, money, status are few reasons which are killing us.

Parents compare their chil-

dren with their sibling's children. Comparison for their marks and performance in academics. Comparison for what they earn and what they wear and eat.

Within a family we are so much concerned about the idea of competition and comparison that we have actually lost the cultivation of family relationships.

We don't want to remember those values what our parents have taught us. It's really important to understand that each and every member of our family has unique quality. Each and every child is unique in fact. It's pointless to compare your child with any other child of your family.

By the way family is family. We should always keep this in mind before we try to harm any family member physically or mentally.

**No family is perfect...**

We argue, we fight. We even stop talking to each other at times, but in the end family is family .. The love should always be there .. !!



# Flavours of Punjabi dhaba at Golden Tulip Hotel

**Udaipur :** The fragrance of dhaba on Punjab Highways, the traditional interiors and exteriors like charpoi and the big Patiala glass. Hotel Golden Tulip announced a 10-day Punjabi Food Festival with varieties of vegetarian and non-vegetarian Punjabi delicacies with complete Punjabi dhaba theme.

Manmohan Singh, GM of the hotel informed that the festival is a second such fest, Golden Tulip has organized similar food festival two years back which was well-received by food lovers. Punjabi dhabas are famous everywhere and this festival is an attempt to present that similar culture in a best possible way. Singh said that guests will surely enjoy both the ambience and food in this fest.

Shishir Pant, food and beverage Manager informed that special chefs were invited from Amritsar. All food will be prepared on handi and bhatli, food will be served in stainless steel utensils.

Satish Gupta, executive chef of the hotel informed that both veg and non-veg food will be served, some of the most popular delicacies like Chicken Tandoori, Mutton Kheema, Aloo Gobi, Amritsari Chhole, Dhaba Daal, Dhaba Murg, Makki Roti, Aloo Parantha and Amritsari Naan will be served to the guests. There are 10 types of naan available in the menu.



### DAHE KE KEBAB

150 Gm hung curd  
200 Gm Cottage cheese (paneer)  
25 Gm chopped cashew nuts (kaju)  
2 tsp finely chopped Coriander Leaves (Dhaneeya Patta)  
3 Tbsp Corn Flour  
2 tsp Gram flour  
2 tsp finely chopped green chilies  
1 tsp honey  
Oil for deep frying  
Salt to taste

### Method

- Combine all the ingredients in a deep bowl and mix well, except corn flour.
- Divide the mixture into 16 equal pieces and shape each portion into a 50 mm. (2") diameter round kebab.
- Roll each kebab in corn flour so that the kebabs are evenly coated from both the sides.
- Heat the oil in a deep non-stick kadhai and deep-fry 4 kebabs at a time till they turn golden brown in color from both the sides.
- Drain on an absorbent paper. Serve immediately with green chutney.

### MELTED CHEESE & MUSHROOM KURKURE

12 Pics Fresh Mushroom  
30 gm Processed Cheese  
15 gm mozzarella cheese  
20 Gm Bell pepper chopped (Red, yellow, green capsicum)  
10 Gm Onion chopped  
1 tsp White Pepper powder.  
¼ tsp shahi jeera.  
For Batter  
70 gm corn flour  
60 gm Refined flour  
40 ml water  
salt to taste

### Method

- Remove stem and wash mushroom in running water.
- Mix Cheese, bell pepper, onion, white Pepper and shahi jeera.
- Stuff the mixer inside mushroom.
- for batter mix all together corn flour, refined flour, water, shahi jeera and salt
- Joint two stuffed mushroom together and coat the stuffed mushroom with corn flour batter.
- Deep fry in hot oil till crispy and take out in absorbent paper.
- Cut mushroom to half and served with any tangy sauce

## Beauty secrets

### Face Packs for Summers



**Hi guys,** hope you all are getting benefits by reading my articles on beauty. Today I am going to share some cool face packs for summer season. Sweating and oily skin are two big problems that everyone faces in summers.

#### Face packs:

Take cucumber. Add curd and mint leaves. Make a paste. Apply all over. Leave for 20 minutes. Wash with normal water. This pack is good for acne prone skin.

Take mashed papaya, add few drops of lemon grass oil, honey 1 tsp. This is a very gud skin cleanser for dry to normal skin. Crush watermelon in a bowl, add lemon juice and cucumber juice. Add sandalwood powder few tps. Make a paste and apply on your face and neck area. This is an excellent pack for oily to normal skin.

Wash your face with normal water before you apply any face pack. Use toner for oily skin. Always apply good quality moisturizer after washing your face pack. You can use these face packs thrice a week. Your skin will glow and shine in the heat of summers.



### Be Organic with Kashish Mess in Glass

**Hi guys,** Heat waves are hitting our city and I am back with a cool dessert. You have to assemble few things in a glass, a yummy dessert will be ready in few minutes.

#### Ingredients:

chocolate cake, cream and cookies Ice cream, kiwi finely cut 4 pieces, chocolate sauce, wine glasses.

#### Method:

Put kiwi pieces in wine glass, then chocolate cake piece, Scoop of Ice cream and at the end, for topping use chocolate sauce and kiwi fruit. Serve chilled and beat the heat with this cool dessert.

**Need Ogranig Veg. at door step**  
Cell : 9549072222, 9549082222

**Get in Touch for News, Events-Coverage & Advt. Cell us : +91 9694920589**

## NICC conducted a workshop on hair treatment & makeup

**Udaipur :** Nicc conducted a workshop on 12th April '16 at Ashoka palace on hair treatment as well as makeup. The hair treatment workshop was conducted by Dr pooja Chhabra who is working as a trichologist in singapore which focussed on a new type of hair treatment for people of udaipur.

People can have 3 types of scalp i.e. dry scalp, oily scalp and sensitive scalp. The nature of the scalp will be predicted by a tricho scanner.

On the basis of the nature, the suitable treatment will be provided accordingly.

The products which will be used for the treatment will be of L'OCCITANE.

Also the treatment includes a mixture of five types of essential oils with a Chinese medicine. Weekly treatment along with the regular treatment will also be provided so as to insure home care too.

LED skin rejuvenation was also been taught by LED therapy. The light from the Leds interacts with cells and stimulates them to produce new collagen and elastin. Studies confirm that the same led energy can be used to inhibit same



collagen formation which can be helpful in the treatment of scars. Yellow light Leds are used for photo rejuvenation. Blue light Leds are used in the treatment of acne. Red light Leds are used for photodynamic therapy.

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## SEPT a Miraculous Tool

**Udaipur :** The CEO of Arth diagnostics Dr. Arvinder Singh was awarded with "Paper of the year award 2015" for his latest invention "Seven Effective thinking pattern". This award is given based on various factors like academic relevance, popularity and usage. The award was announced by the International Journal of Indian Psychology via public voting. Out of 32,253 votes, this particular research paper got 27,668 votes. Co-author of this research paper is Dr. Ajay Kumar Chowdhary who is also a lecturer at Meera Girls College. This award was given by Member of Parliament Mr. Arjun Lal Meena. Recently, Singapore and National Psychological Corporation recognized this tool as effective enough to increase intelligence quotient and also provided it with certificate for the same. On the eve of republic day, this tool was



awarded by the Rajasthan Government as well as the Times Group for its educational Achievement. This tool provides 40 hours classroom training via audio visual aids and various other techniques. The seven thinking patterns of human brain are metacognitive, objective, positive, critical, emotional and radiant. With the help of this tool, these seven thinking patterns are enlightened. Intelligence quotient can be

increased by 30 percent as per experts via this tool. This research has been praised at both national and international level and can prove out to be extremely useful for students and at corporates. Job promotions and getting employment can become easier with the help of this as it can help improve one's positive approach and decision making which is essential in both personal and professional life.

## Madam Grace Pinto receives the Inspiring Business Leader Award

The Ryan International Group had one more reason to celebrate as Madam Grace Pinto, Managing Director was recognized for her inimitable leadership at the Economic Times Inspiring Business Leaders event. The event was held at the Sahara Star hotel in Mumbai on March 31, 2016. Madam Grace Pinto was presented with the Inspiring Business Leader of India by Mr. Ronnie Screwvala, Founder & CEO, UTV.

The Economic Times Business Leaders event brought together the business stalwarts from various spheres. The event provided an excellent platform for them to showcase their area of expertise and products. The attendees at the conference absorbed the varied aspects of entrepreneurship from an exciting mix of past and current entrepreneurs across diverse sectors.

Speaking after receiving the award, Madam Grace Pinto said, "I thank our Lord Jesus Christ for this recognition from the prestigious Economic



Times and I am also grateful to the vision and leadership of our Chairman, Dr A F Pinto, as also the efforts and support of our stakeholders." She further added, "This award belongs to all our staff, parent community and well-wishers who have stood by us at all times. The Ryan Group will continue to empower the youth - the future of our society."



**श्री महावीर युवा मंच संस्थान**  
एवं  
**सामूहिक विवाह समारोह समिति**  
द्वारा आयोजित सकल जैन समाज  
का  
**सत्रहवाँ सामूहिक विवाह समारोह**  
एवं  
**छठ भव्य स्वामीवात्सल्य**  
**18-19 अप्रेल 2016**  
**में आप सपरिवार सादर आमंत्रित है।**