



## Ek Shikayat Zindagi Se

Zindagi apnati nhi  
Aur maout ne muh mod rakha hai  
Gairon ki kya baat karein  
Yahan to apno ne hi chor rakha hai  
Mushqil hai kehna kaun apna kaun paraya  
Charo aur museebaton ne jhakjhor rakha hai  
Kis se kahun dil ki baat  
Haath sabhi ka maine ab to chor rakha hai  
Kya shikayat karu e zindagi tujhse  
Yahan koi bhi apna nahi  
Maangu zindagi ki dua ya karu maout ki fariyad  
Yeh sawal bhi rab ab tujh pe hi chor rakha hai  
Naumeed ho chuka hai dil  
Intezaar hai saanso ke khud se thum jaane ka  
Kyun lamba hota jaa raha hai intezaar  
Kya tune bhi mujhse nata tod rakha hai.

- Neetu Sidana

## A man can never be alone

A man can never be alone.  
These thoughts are ever with him,  
unwanted company,  
Shattering the silence the mind craves,  
In desperation from itself fleeing,  
Memories of past, sins magnified,  
Come haunting uneasy sleep,  
Like ghosts of children, stifled at Birth,  
But through alone he never can be,  
A man can ever and always be lonely.  
For thoughts grip the heart round in a wire cage,  
Like a fence needed to protect the growing plant,  
Become an iron prison for the grown straining trees.

- Amit Verma, Jaipur

## Kid's Corner

### Strawberry Crush Sunset By Sparsh

#### Ingredients:

strawberries finely cut 5 to 6, strawberry crush syrup 2 tsp, orange juice, ice cubes, club soda.

#### Method:

Take a wine glass. Place strawberries in the bottom of the glass. Put crushed ice. Pour strawberry crush syrup. Add ice cubes. Fill half glass with orange juice and rest with soda. Serve ice cool. You can decorate this glass with castor sugar dusted strawberries. Beat the heat with this drink and surprise your friends. Spice.

### Beauty secrets

## Chocolate Facial At Home



Women avoid going to beauty parlours in summers. I am sharing a very good facial which you can do at homes in this season. This facial is good for any skin type.

Dark melted chocolate, orange juice few tps, crushed strawberries, pinch of baking powder, honey and yogurt 1 tsp each. These common ingredients can add extra glow to your skin. Mix all the ingredients together. Keep orange juice aside. Massage upwards for about 15 minutes. Use orange juice instead of water. After 15 minutes apply dark chocolate and strawberry pack on your face. After 20 minutes wash with normal water. Do not towel dry. Apply mild moisturiser after half an hour. See the difference in your skin after 2 or 3 weeks. You can do this facial once a week.

## Teen Camp Organized

"Youth is a dream, a form of chemical madness." Students should not only be trained to live in a democracy when they grow up; they should have the chance to live in one today. A wonderful experience it was to see the students witnessing and participating in a wonderful Teen Camp at RYAN INTERNATIONAL SCHOOL, JAIPUR. under the vision 'Foundation, Recreation, Leisure, Values and Environment' of our Mentor. The gathering was facilitated by our respected Managing Director, Madam Grace Pinto. She motivated the students with the maxim 'Never Give Up.' The event was anchored by the brain master Mr. Utkarsh, who through his witty tactics, puzzles and hilarious jokes entertained the

Ryanities. Here, the rollicking Ryanities had a fun filled day. It was a day camp in which the students from all the branches of Ryan had participated. The children came rocking on the dance floor to shake on Retro numbers. The venue was filled with lots of surprises lined up to make the students enthralled. The thrilled students did not only come up with songs and dances but had also portrayed themselves as the super stars of tomorrow. Children sang melodious duets, group songs, came flaunting with group dance performances and also performed some daring acts. Managing Director, Madam Grace Pinto had graced the occasion and impelled the students for their fantastic performances.

## By the way :

### What is maturity?

In psychology, maturity is the ability to respond to the environment in an appropriate manner.

I have heard somewhere that maturity runs in blood and with age it deepens. In my opinion maturity means how to react in a situation or condition with wisdom and compassion. Evolution of a soul in its transient form is called maturity.

Rakesh is 50 plus but he always give poor and stupid comments on his colleagues specially on females. He is well educated but all his female staff avoid talking to him. He does not understand the meaning of privacy. In his opinion, he is mature and other people should take his comments positively. His jokes sometimes crosses limits and in spite of

criticism he is not ready to give up his bad habit.

According to age he is mature but from behaviour point of view, he is like a teenager who does not have sense.

In our society we expect from 30 plus people to act maturely in any situation of life. But in many cases I have seen that even 60 plus people can't handle a tough situation without making it a fuss.

### Today I am stressing on emotional maturity.

Emotional maturity refers to your ability to understand, and manage, your emotions. Emotional maturity enables you to create the life you desire. A life filled with happiness and fulfillment. You define success in your own terms, not society's, and you strive to achieve it. Your emotional maturity is

observed through your thoughts and behaviours. When you are faced with a difficult situation, your level of emotional maturity is one of the biggest factors in determining your ability to cope.

Unfortunately many people fail in terms of emotional maturity.

One of my friend is very religious and socially active. But whenever tough situation comes, she started shouting at her kids. Sometimes she raised hand on her kids.

### Is this a sign of weakness or immaturity?

In my opinion, yes. She can control her emotions and try to solve her problems coolly. You are able to see each situation as unique and you can adapt your style accordingly.

Variety makes the world a more beautiful place. Even

when you disagree with people, you do not feel the need to criticise them. Instead, you respect their right to their beliefs.

that there will always be people who disapprove but you are confident in who you are and what you do. If you believe that a particular course of action is right for you, you will do it, whether they approve or not.

There will always be things that go wrong. There will always be setbacks and major disappointments. While you may initially be a little upset, emotional maturity allows you to express your feelings, identify the actions you can take, and move on. Disappointments does not give you right to shout at other people.

Some people made poor comments on other person's body without even thinking once. Its not your age that define maturity, its your action and reaction which makes you mature. Even a five year old

child can act more maturely than us sometimes.

It's hard to be calm 100% of the time but you are able to remain calm the majority of the time.

Emotional maturity allows you to take charge of your life. You have your own vision for your life and your own ambition for success. Focusing on realising your vision, you can create a happy, healthy life where you respect yourself and others. When you develop emotional maturity, life becomes a joy rather than a chore. Your happiness and fulfillment are in your hands. Emotional maturity doesn't evolve overnight. It takes effort, practice and patience. If you can improve a little every day, you will soon be living a happier and more fulfilled life.

## Hritu Sodhi

I have seen many people who react over small issues at homes or offices. You must respect other person's privacy at any age and at any cost. People differ in sizes and even their minds are different. There is no point in arguing over dressing styles or food habits. If you do so, I am sorry to say that you are not mature.

You appreciate when others praise or compliment you. It feels good when they approve. However, you know

## SUCCESSFUL COMMENCEMENT OF SEMINAR BY ANUSHKA ACADEMY

Udaipur: These days civil services examination (State PCS or UPSC - CSE) is getting very popular among the new generation of youth. Civil Services provide the opportunity to Young Indian get directly involved into the Policy making. Administration, International Relations and various such task into Developing India. By looking to this lakhs of youth every year starts preparing for this examination however some handful of them able to make it at the end. Here is seminar Honorable (Rtd IAS) MrSL Bohra, Honorable Teacher Nipun Alambyan from Delhi, Prof. Rahul Kumar Sharma from IIT & various other teach-

ers had mentored the students for planning for the examination & study techniques such as: "How to reach newspaper and make daily notes out of it : skimming technique of the newspaper articles, extracting the important points, connect those points with the various topics of the examinations & making their notes." "What to study & what not to : it is very important for a student to understand the value of the time. Hence students has very limited time and he should know WHAT NOT TO STUDY and study only such limited sources which can help to achieve their target." "Limited & intensive studies: Students should carry out their studies

for clearing examination not to study to become the master of the subject." "How to choose optional subject: Nipun Sir has guide the students how to choose their optional for the Civil services examination." "Writing Practice : How to develop the writing habit, creative writing techniques & writing techniques to express the answers into limited words.

In the seminar Dr. SS Surma, Smt. Kamla Surma, Shir Rajeev Surma ( Director - Dr Anushka Group of Institute), Shir Bhupesh Parmar (Co-Director - Dr Anushka Academy) and thousands of aspirants has admitted their presence into this seminar held in RNT Medical College on 8th May 2016.

## Amit Sana enthalls audience



Udaipur: Indian Idol's 1st Runner Up Amit Sana performed marvelously at the cultural evening of century celebration of rotary club Mewar. The event was held in hotel Inder Residency. Amit Sana sang many songs melodically which include tum hi ho, yaad a rhi hai, gandi bat and few Punjabi mixtures. He also sang retro song and set the harmony on stage.

## MOTHER'S DAY IN LAKE CITY



On the occasion of Mother's Day that falls on May 8th this year, it would be fascinating to know how men and women from different fields of life ranging from education to medicine, feel about importance of the event and their relationship with their mother. In one case, one girl writes about her mother who in turn expresses her views about her mother - a three-generation relation.

About the importance of Mother's Day Dr. Saurabh Singh, Director, Udaipur Dental Clinic, Udaipur says Mother's Day is observed in more than 40 countries around the globe on the second Sunday of May each year. The day is observed in order to pay tribute to the immense efforts of mothers in the upbringing of the child, her role in building the society and to strengthen the maternal bond. It came into existence largely due to the efforts of Anna Jarvis of the United States. However, she filed law suits against card and gift companies as she deeply resented its commercialization.

Singh adds that Indians celebrate Mother's Day as it is our age old customs have taught us to always respect and obey parents, and not just remember them on a certain day. Well, the truth is that we observe the day as a result of the same rampant commercialization that Anna Jarvis deeply resented.

However, Singh continues, just as we celebrate other festivals because of their significance, let us understand the significance of Mother's Day. In a patriarchal society like India where the man commands everything and where parents yearn for a male child, this day holds a special meaning. It is a gentle reminder of the efforts one woman put in to make our lives meaningful and the contribution of women towards nation building. While the country continues to battle female infanticide, infant and maternal mortality, lack of equal opportunities for women, dowry killings, crime against women, male female ratio etc. the day reminds us of a bare fact "NO MOTHER TOMORROW IF NO DAUGHTER TODAY". It's imperative for us to

remember that every girl in the society will tomorrow wield the influence which our mother had on us and it is our sacred duty to ensure health, safety and equality for women. So on Mother's Day let's celebrate, not only the spirit of motherhood and

strengthen our maternal bond but also ensure that the 'weaker sex gains in strength'.

Talking about what she has learnt from her mother, late Mrs. Nirupama Sinha, Dr. Seema Singh, Director, Aishwarya Group of Education, says that mothers are truly special and no one can replace them in one's life. Her pearls of wisdom continue to inspire her everyday. First and foremost, her mother taught her to stay healthy and fit since one can't really do much if one's ill-health doesn't permit one to. Be honest to yourself, she used to say. For her, no work was big or small. Work is simply work and we should have dignity for any kind of labour. And that is what she taught her as well. Her mother's two particular

teachings have immensely helped her achieve her goals - never ever give up and always believe in oneself. One can do anything in this world. When she still faces hardships, she remembers her mother's phrase "this too shall pass". In hindsight she realises how true her words are. One has to be ready to accept life it is. Life goes on.

In turn, daughter of Seema Singh Aishwarya says that as a young, impatient teenager, she often used to perceive her mother's teachings as

boring 'lectures'. Forward it to the present and Aishwarya is always, always ears when her mother is trying to teach her whether it's about life or simply how to wear a saree. The most important lesson she has learnt from her mother is that one must know oneself better. Working on one's strengths and weaknesses is crucial. Strengthen one's inner core. There is a phrase which Seema Singh taught her - "if it is to be, it is up to me". Once one sets one heart on something and pursues it with determination, one can achieve anything. Her mother rightly tells her that patience is a virtue which is essential in one's life. She has taught her that hard work is the key to success and that there are no shortcuts. Her mother tells her that open communication can always resolve disputes. She has taught her to love all, trust few and hate none.

Dr. D.M. Mathur, former HOD, Psychiatry Deptt, RNT Medical College, Udaipur says that being the youngest among five siblings he got the maximum, undivided love and care from his mother who was a very simple being. A keen interest in learning new skills was her speciality. Even in 1930, young 'bhabhi' of two

school going brother-in-laws, she learnt to read letters in Hindi and English, and enthused all her children to

persue higher studies. She had a deep faith in God and with her Mathur also used to attend 'satsang', 'katha' and 'pravachans' regularly. He was given Bal Ramayan and after studying it he was deeply impressed by virtues of Lord Ram. It helped him a lot in developing his personality. His mother had a very strong feeling of friendship and socializing. She accompanied Mathur to UP where he had his first posting and created a very homogenous group of people who took part in various social activities. She presented her own folk songs and encouraged people from diverse background of different states to share their culture with everyone. Such was her feeling for others that even strangers that, we ended up making strong bonds that still exist.

"Becoming a mother takes nine months only, whereas being a mother is a life long journey" These were the key words of the mother of Dr. Gayatri Tiwari. She says that her mother was a walking miracle, who was full of devotion, dedication and dynamism. Today, when there is no dearth of Gurus in this world, she can proudly say that her mother was the biggest GURU in her life as she taught his children four 'Ws (What? Where? When? Why?) and one H (How?) of our life's journey with

major emphasis on self-discipline. Her main focus was on human relations, and for that empathy was the main virtue. Always learn to put yourself in other's shoes. Try to understand each one from his/her point of you, not by your own perception. We all are slaves of our mental blocks which is a big hindrance in making a healthy and strong relationship. She was a follower of "one stitch in time, saves nine" whether it was domestic work or family relations. Proper and timely steps should be taken to avoid chaos.

Tiwari continues that another important lesson was on independence. She her mother always believed that self-reliance is the best policy. Each one of us has four slaves that are: Two arms and two legs, with which we can do everything in this world. The only one thing that is required is attitude. We should not depend on anybody else for what we can do by ourselves. The best thing she enthused us to do was the habit of reading and writing which we continue till date. She believed that books are the best friends forever. she also believed that a person can be judged by the way he treats the other person who is lower to him. She asked us to respect others, be polite, and not be judg-

mental, live and let live, respect all religions etc. Tiwari is highly thankful to Almighty for Blessing her with such a pious lady as her mother.

Dr. Anand Gupta, Chairman and Managing Director, Aravali Group of Hospitals, Udaipur says that a famous saying goes "Life does not come with a manual, it comes with a mother" and it would not be an exaggeration to state that this quote has been instrumental in him becoming what he is today. All that he is an and hopes to be is because of the values, beliefs and convictions that have been instilled in him by his mother. My Mother, who has been my greatest teacher, has taught me many things: There are no short cuts to success. Any short cut would lead to short term gains. So before embarking on any short cut method think of the repercussions because life is a very demanding mistress and short cuts are a sure way to doom. Nothing that's handed over in a silver platter is worth having. And nothing worth having will be handed to you on a platter. Fight for what you want. Listen whole heartedly and carefully to what others have to say. There might be smarter people around about and it never costs anything to listen to them. Smartness is harnessing their creativity for overall betterment of all.

Gupta continues that people will give you all sorts of advice. Listen to them; take their point of view into consideration. And then do whatever you want. Because advices are great, but you need to make your own mistakes every now and then. Make mistakes. Lots and lots of them. But learn from every single one. And never make the same mistake twice. Think extensively before making crucial decisions. make sure that when you close a door, you're perfectly content with shutting it. If something doesn't feel right, it probably isn't. Listen to your gut instincts. When someone does something wrong, don't forget everything they did right. Cherish every moment, for every second spent is a second you will never get back. Every word you've ever said has led to where you are this very moment. So choose your words prudently. Gupta would like to end by stating. You might think I never hear what you say, Mother. but the truth is, I live by your words everyday. Mother is God for me. It is heartening to see that the ancient tradition of deep respect and affection for mother is still prevalent.

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