

### Beauty secretes

#### Aloe Vera Face Pack



Aloe Vera is considered as a medicine plant. We used it as foods, energy drinks and medicine purpose. Everyone knows that, but does anybody know how we can use as a beauty ingredients. Here are some face pack of aloe Vera for all skin type. You can prepare this face pack at home in reasonable price. Aloe Vera works as a magical healthy and glowing skin

##### Dry Skin:

Blend all the ingredients such as 2 tsps. of aloe Vera gel, 2 tsps of cottage cheese, 5 to 6 seedless dates one, cucumber slices and lemon juices. You can store this pack in glass bottle in refrigerator for further use. Take some amount of paste, apply on your face and neck, and let it leave for 30 minutes. Rinse off with Lukewarm water, after that cold water.

##### Oily Skin:

Take aloe Vera leaf, boil it and blend with 2 tsps. of honey. Apply on your face and neck, leave it for 20 minutes. Wash off with cold water. Do it in every week, after some days and get acne free, oil free and clear skin

##### Sensitive Skin:

Make a smooth paste of cucumber juice, aloe Vera gel, curd, rose water, essential oil. Apply on your face and neck, keep it for 10 minutes, then wash off with cold water. This pack gives refreshed and clean skin.

##### Mature Skin:

Crushed almond and add with aloe vera gel. Mix them well and apply on your face and neck, after 15 minutes risen off with cold water. It gives young and soft skin.

## Jagat : Khajuraho of

Jagat Temple is situated in southeast of Udaipur. 58 KMS from Udaipur, this temple was built in 961 AD. Jagat Temple is popularly known in and around Udaipur as Khajuraho of Rajasthan. Though Jagat temple is not very big but its splendid architecture makes it different from other temples of Rajasthan. This temple was possibly constructed during the reign of Rawal Allat or Rawal Narwahan. I visited this temple a few months back and still memories are refresh in my mind. I was astonished to see the carvings and sculptures of different Goddesses mainly Durga. Temple is situated in Udaipur and its scenic beauty fascinates us.

This 10th century temple is very well preserved. Goddess Durga whose other name is Ambika, worshipped here. Durga is known as the sole source of energy. Temple is renowned for its intricate carvings in the exteriors.

##### Architecture of Jagat Temple :

Dating back to the Pratihara period the temple comprises an elevated



altar. The principle image of the Goddess Durga is placed here. The temple contains a prayer hall that has projections on two of its sides and a small loggia in observe. The hall has windows that are ornamented with beautifully carved panels. Its outer structure looks similar to the shape of a Pyramid. The doorway of the temple is beautifully carved with exotic etchings.

The architecture of this temple is out-

standing. The temple has various sculptures carved on its ceiling and walls, ranging from Gods and Goddesses to dancers, singers and musicians. Filled with the structures of Apsaras and alluring dancers, this temple resembles with the architectural style of the Khajuraho temples. Khajuraho's popularity lies in the erotic sculptures and sexual themes. But here I feel that only 10% of the



### Hritu Sodhi

temple sculpture reflects this art and rest covers the divine and human aspects of life.

Beautiful sculptures with fine hair styles, dresses and ornaments can be seen everywhere on the walls. I can't describe the beauty of this temple in words. Postures and inking of sculptures fills you with unbounded energy.

When I was standing in front of the

Temple, I felt that I was surrounded by Gods in a heavenly chamber where divine Gods and Goddesses were all around telling mythological stories.

This temple is connected with road. Its popularity is slowly increasing but definitely this is a place where you can see human aspect of divinity. Khajuraho of Rajasthan, ie, Jagat temple is worth watching.

## Short Stories of K.A. Abbas: Valorising the Common Man

### Dr. H.S.Chandalia

The stories of Khwaja Ahmad Abbas focus the much talked about "Common Man". He is a writer who consciously depicts the tales of those ordinary people who accomplished heroic deeds simply by virtue of their undaunted spirit and the sheer will to survive. Abbas belongs to the tradition of Dr. Mulk Raj Anand who created a hero like Bakha, a scavenger, in his classic novel the Untouchable. Anand was inspired by Mahatma Gandhi and his movement against untouchability. He was equally touched by the ideas of Marxist philosophy epitomised in the Great October Revolution of Russia in 1917. It was this ideological influence which motivated K.A. Abbas also to look for the real life stories of poverty and hunger, exploitation and protest, alienation and hope, patriarchy and the rise of the women's voice. In fact, the fiction of Abbas, like his films and journalistic writings, brings the common man and his concerns centre stage.

Khwaja Ahmad Abbas is known as a film maker and a journalist all over the world. Not many people know that he wrote some seventy three books in the genres of fiction and non-fiction prose in Urdu, English and



Hindi. His fiction includes fifteen novels and seven short story collections. These works reflect his deep seated optimism and commitment to social transformation. He stood firmly for the values of democracy, secularism and socialism and proved himself to be an ambassador of the working and toiling masses of the world. Even the title of the second novel of the trilogy he wanted to write, The World Is My Village and his autobiography I Am Not An Island convey a lot about his ideology of Universal brotherhood, fraternity, justice and equality which are very much in tune with the watch

words of the French Revolution. No wonder his writings got acclaim not just in India but all over the world.

The short stories of Khwaja Ahmad Abbas have been published in a number of collections beginning with Blood and stones and other stories (1947), Rice and other stories (1947), Cages of freedom and other stories (1952), One Thousand Nights on a bed of Stones and Other Stories (1957), The Black sun and Other stories (1963), Men and women: Specially selected long and short stories (1977), The gun and other stories (1985) and An Evening in

Lucknow (2011). Of these the last collection An Evening in Lucknow has been published posthumously, with an editorial note by Suresh Kohli who as an editor has also compiled some very significant interviews of Abbas with reputed magazines of the country. His last story "Mother and Child" based on Bhopal Gas Tragedy was published after his death in The Illustrated Weekly of India in June 1987. Mr. S.A. Rehman who worked with Abbas for more than twenty eight years as his secretary said that the title was initially different but was modified by the publishers.

The most famous of the stories of Abbas is "Sparrows" published initially in Urdu as Ababeel. "Sparrows", written when Abbas was 26, was included in a West German anthology of the world's best stories. The story narrates the tale of a peasant boy Rahim Khan who has to suffer on account of the traditional and outdated notions of false pride in religion and family. He is not allowed to opt for the profession of his choice because "Job in a circus was too lowly for a respectable peasant" and to marry Radha, the daughter of the village Banya, a Kafir, was just out of question. This frustration hardens him into a cruel man who is beastly in his behaviour with his wife, his children

and even the oxen. He gets transformed only when he observes the Sparrows in his house who are so caring and affectionate towards their young ones. Aradhika Sharma wrote a review of An Evening In Lucknow in the Tribune of Dec.4, 2011. In the review she commented on the story "Sparrows":

"The Sparrows", about which Mulk Raj Anand wrote, in January 1947, to Abbas, "the strength of your short stories, my dear, Abbas, lies in the fact that you have grasped the weaknesses of your characters amid their strengths", is a moving tale of a bad-tempered, anti-social man who finally finds love in some baby sparrows. The story is O Henry-isque in nature, reminding us of The Last Leaf.

This "bad-tempered man" is made so by the unjust social norms which divide the society into water tight compartments. Abbas tells us, through this story, the inhuman face of religion and false pride. The death of Rahim Khan is not natural. He is killed by communal frenzy and a sense of false pride in one's religion and profession. It is ironic that the protagonist of the story Rahim Khan who is himself a victim of a decadent social order, is understood as a self-centered man, a symbol of hatred and a menace to the society. **(to be cont.....)**

### LEAD ME TO LIGHT



Can you hear me?  
See me..  
Feel me..  
My nasty rustic myself?  
I dance with the  
Wild wanton waves.  
I pierce the envious  
Wheezy Whining wind.  
Can you see me at night?  
Hear me..  
Smell me..  
My 'success' locked in the  
box?  
I burn with the briny beedi  
I intrude the hollow  
Bubbly body  
But I am still invisible at night.  
Can you lead me  
On to the light?

- by Dr. Sanchita Choudhury  
Rourkela, Odisha.

### Kid-Friendly Breakfast Smoothie Bowls



#### Ingredients :

2 cup frozen raspberries  
2 bananas  
1/2 cup nonfat Greek yogurt  
1 tb sp. chia seeds (optional)  
1/2 cup. lowfat milk  
Granola, for serving  
Toasted coconut flakes, for serving

#### Directions :

In a blender, puree the raspberries, bananas, yogurt, chia seeds (if using) and milk until smooth. Divide between bowls and top with granola and toasted coconut, if desired.

## Here comes Max Little Icon 2016 from Udaipur



Udaipur : Max kickstarts its sixth edition of Max Kids Fest 2016 with their hunt for the ultimate talent on June 4, 2016 at Celebration Mall, Udaipur. Max Little Icon is an event that celebrates children and their talent. It encourages little champs and divas to participate and showcase their talent in singing, dancing and drawing. The little stars enjoy being pampered by Max and parents sit back and watch their kids perform. It is targeted towards children between the age group of 4 to 14 years to provide them a shortcut to fame with a platform to showcase their confidence, skills and also display their sense of style.

Max has witnessed many talented kids during the auditions this year. Many singers, dancers and artists performed and showcased their talent. Saumya (4-8 Yrs) & Aditya (9 - 14 Yrs) won the title for singing & Kaashvi (4-8 Yrs) & Shivani (9 - 14 Yrs) for dancing at the grand finale of Max Little Icon 2016, Udaipur. The dance competition was judged by Mr. Jitendra Verma, a reputed choreographer from Udaipur who has been working as a choreographer from more than 10 years and the music competition was judged by Mr Devendra Singh. The finale was graced by the presence of Ruhaniika Dhawan Aka

Ruhi, a very talented artist who is playing the child actor of TV Serial Ye Hai Mohabbatein.

Speaking at the fest, Mr.Vasanth shared, "Max Kids Fest has grown to be one of the most anticipated events in India and the response has been overwhelming. Max Little Icon showcases each child's uniqueness and bring out the best in them. This year we have more in store for the young ones as we are the only retailers to have collection collaboration with 'The Jungle Book' movie! I am sure the kids would love it."

Today, families, moms and kids are on clockwork; be it managing everyday schedules, sending kids to school, tuitions, play classes etc. They have forgotten two important things - the essence of quality time spent and having fun together. These are the two problems being addressed through this property", he added.

Max is adding an element of excitement for children during the summer vacations. They hosted a few activities in their stores across the country that the children and their mothers can play together, like 'Jungle Book Puzzle', 'Mom's Champ' and 'Selfie with Mowgli'.

## WZCC's 13.75 crore annual budget proposal approved

Udaipur : West Zone Cultural Centre's program committee meeting held on Thursday at the Hotel Lake End, in which Goa's Art and Culture Minister Dayanand Mandrekar and Finance Committee Joint Secretary, Ministry of Culture, Government of India, Shri M.L.Srivastava. Were present in meeting Rs 13.75 crore plan for the year 2016-2017, approved

F. Khan director and member secretary told that WZCC during the year 2015-2016, organized various activities round the year at Member States, Headquarters and Headquarters

For year 2016-2017, proposals were discussed -Udaipur's Shilpgram

'Shilpgram Utsav', "Lokotsav" in Goa's Panaji, "Vasantotsav" in Gujarat's Gandhinagar and phenomenon " in Gandhinagar 'spring festival' and Maharashtra in the 'Lok Tarang' in addition to the member states of the selected districts in different talukas 'Journey Pshcimalap' heads holding the National Culture Festival. Daman and Silvassa coconut full moon festival in traditional festivals, Chandrabhaga festival in Jhalawar, Rajasthan, Gujarat's Dangs Darbar, Ganesh festival in Goa, Silvassa Tarpa festival event in the program of committee members agreed.

## First breast-feeding clinic will open in Udaipur

Udaipur : Malnutrition and infant mortality in the state for relief from breast feeding clinics are being launched. India's first clinic will be launched at the RNT Medical College in Udaipur. The medical colleges in the state, including 100 reproduction centers nectar chamber 9 in the name of the clinic will be started. Feeding them from mother to child protection training will be given. The state government has sanctioned Rs 82 crore for it. Now she is the first baby born grandmother or other family members will not be in the hands.

It will be near the nectar chamber labor rooms where mothers are breast-feeding your baby will. Breastfeeding did not have any problems in the mother will be given full training with medical assistance and counseling.

## 10 thousand people will do yoga together on Yoga Day

Udaipur : International Yoga Day will be celebrated on June 21. The yoga program will be held at the district, block and panchayat levels. An hour into the program many Yogasan, will be given information about yoga. Gandhi ground at the district level by the district administration on June 21 from 7 am to 8 pm will be yoga. Additional District Collector OP Bunkar said that about 10 thousand people is the goal of linking the yoga program. Also on the block and district level shall also skilled yoga instructor yoga.

