

## Beauty secretes

### Monsoon Skin Care Tips



After bearing that extreme heat of the sun, those sunburns, tans, sweaty and stinky summer days. Monsoon comes as a sign of relief. But what about the tons of infections, it gets along with it, given to its damp and humid weather? Well its unavoidable. Every season comes with some good or bad things. It's up to us how we prevent our skin during rainy season. Its been proven over the years that little changes in the way you take care of your skin could have a positive effect on you during monsoon.

#### Dry skin:

Undoubtedly dryness is a result of lack of vitamins that helps in repairing dry and damaged skin. It also means that the skin isn't properly hydrated as a result of which it looks and feel dry.

Drink as much water as you can. Do not stop drinking water even if it leads to frequent urination. Water consumption hydrates your body and flushes out all the unwanted toxins. Use cleansers that are clean based. Moisturize your skin frequently. This will help in increasing the keep the outer layer of your skin properly hydrated, thereby leaving it with a soft, supple and moist look.

#### Oily skin:

The main reason behind having oily skin is hormonal changes that are genetically determined. There is nothing much one can do to change skin condition.

Wash your face almost 3-4 times a day to get rid of the excess oil from your face. Do not over do it as too much of washing leads to use facial scrubs regularly as it will help in unclogging your pores and also exfoliate your skin by removing the dead cell layers from it. Try and use natural scrubs instead of chemical based ones. Stay away from using heavy cleansing products.

#### Combination skin:

As it is a combination of oily and dry skin, such skin types should be taken extra care. The dry part of it should be cleansed and moisturized regularly and the oily part of it should be cleaned, scrubbed and toned to match the dry skin type.

I hope these simple tips can make you enjoy monsoon season without bothering much about your skin.



### Waqt

Waqt bahut kuch sikhata hai  
Waqt bahut kuch karwata hai  
Kabhi humein banata hai  
To kabhi sab kuch mitata hai  
Bada beshkimati Hun main (waqt)  
Ye bhi waqt hi samjhata hai  
Guzar jaaunga,  
Fir laut Ke na aaunga  
Kuch aise hi paath bhi sikhata hai  
Insaan bhi kitna ajeeb hai  
Aane wale waqt ko sajaana chaahata hai  
Par Isi bhoobhulaiya mein  
aaj ka waqt kahin kho sa jaata hai  
Waqt hi hai  
Jo kabhi tiraskaar  
To kabhi puruskaar dilata hai  
Muthi mein band ret sa fisalta jaata hai  
Khush rehna kitna zaroori hai  
Ye waqt hi to sikhata hai

- Neetu

### VIRGIN DREAMS

Can you hear the echo  
The promises we weaved for us  
In the frame of love  
On the sea-shore of Gopalpur?  
I clasped your hand tight  
Eyes closed  
Neatly painted my love  
On the canvas of blue sea.  
And offered a bouquet of lovelets  
Half-bloomed  
Plucked tiny buds from Ghalib  
Dipped in the melody of blue sea.  
Can we not melt again ?  
Now -  
After fifteen years  
In that Soothing fire.  
'Coz beneath my wrinkles  
Are still alive  
A bunch of fresh untouched  
Virgin dreams.

- Dr. Sanchita Choudhury

### Kids Corner : Bread poha

**Ingredients:** Bread pieces 10, capsicum 1, Tomatoes 2, salt and chilli pepper according to taste, Garam masala 1 tsp, turmeric 1/2 tsp, lemon juice 2 tsp, refined oil 1tbsp.

**Method:** Take a non stick pan and put refined oil in it. Add the capsicum and sauté on a medium flame for 2 minutes. Add the turmeric powder and tomatoes and sauté on a medium flame for 2 minutes. Add the bread pieces, salt and garam masala, mix well and cook on a medium flame for 2 minutes, while stirring occasionally. Switch off the flame, add the lemon juice and mix well.

# 'SARAAY'- BRILLIANT DRAMA BY 'SAMAGAM RANGMANDAL'

## Vilas Janve

Samagam Rangmandal, Jabalpur staged an outstanding play 'Saraay' on the 3rd July, 2016, during Rangshala, a monthly drama presentation by West Zone Cultural Centre, Udaipur held on the first Sunday of the month at Darpan auditorium, Shilpgram.

Based on the tale of Padmshree Vijaydan Detha, a legendary folklorist of Rajasthan, the play was scripted by Ipinder Bhatia and further improvised for stage presentation by Ashish Pathak, a promising theatre director of Madhya Pradesh. Ashish Pathak conceived the play in story tellers' form and directed the play using folk elements of Rajasthan. This was a drama packed with dance, music and storytelling imbuing local folk forms of colorful state.

The powerful story revolves Ramdhan and Dhaniya, a poor Potter couple with high expectations. Their son Ramu is a bright. Ramdhan is offered a job of caretaker of an Inn built by a prosperous businessman (Seth 1) in the remote area. This is meant to provide shelter to the travelers. The needy couple had an ambition to present silver and golden ornaments to their son on his mar-

riage so readily accepts the job which also allowed them to practice their traditional work. Once, a traveler businessman takes shelter with his ailing wife and gets impressed with prompt and courteous treatment. The Happy Seth takes their son Ramu with him to groom him as businessman. Once, a young businessman takes shelter in the Inn who is scared of robbery. The couple develops greed and kills the young businessman to possess his wealth. Next time they kill another young businessman. After twelve years their own son comes and stays in the inn hiding his identity to give them surprise. But the sheer gluttony of the couple kills their own son giving tragic end to the drama.

Dealing with this black story of Vijaydan Detha was a tremendous task; this was carefully and intelligently handled by Ashish Pathak with a huge cast. The serious matter of this tragic story was equally balanced with amusing dialogues and dances of the group of Vidushaks and lady Kalbia dancer who not only provided healthy entertainment but also impetuous to the story keeping spectators spellbound.

In order to make it more colorful and action packed Ashish Pathak introduced three appro-



appropriate folk forms of Rajasthan like, Manganiyar singing, Kalbleila dance and Charania Bhats style of storytelling. This helped a lot in strengthening the character of Vidushak/Sutradhar. He also gave Rajasthani attire to all his artistes. The characters like Bhopa, Seth and Sethani were quite identical. Instead of one Sutradhar, the narrator, he introduced six Sutradhars who acted as Charania Bhats (known for documenting important instances of people and storytelling). Each Charina Bhat carried a huge CHOPDA -register for documenting incidents. These registers were also very smartly used as stage properties to create stool, roof, well, bullock cart, fans and wall. This revealed the creativity of the director and choreogra-

pher.

The use of a huge size ornamented Lady Puppet Mask in black symbolized the black story. This also helped to enhance the intricate emotions through appropriate musical movements and light effects. Appropriate light design of Ashish was another strong point of this play. Set and make up was looked after by Rohit Jha who was also in music pit. Special effects on flute were given by Prem Shrivastav while Daryl Denial and Sudama Chaudhari played percussion.

Actors Rohit Tiwari as Ramdhan and Jyotsna Kataria as Dhaniya impressed with their natural acting. They lived their characters thoroughly. Shubham Arpit Dutta played Bhopa as well as composed music and did both the tasks

pretty well. Ashvini Soni displayed her talent as Kalbia dancer and also in delivering stylized dialogues. Sanjay Pandey as Seth (One) and main singer received high appreciation. Rishi Yadav as Seth (Two) and Priya as Sethani were at their best. Other actors such as Gaurav Rohara (Nav Yuvak), Shivani Kashyap (Lakshmi), Shivam Bavariya (Seth Putra-1), Anshu Tiwari (Seth Putra-2), Musharraf Shaharar (Bhagoda Seth), Abhishek Rajput (Lakhan Daku) justified their respective roles. Gaurav Rohara, Anshu Tiwari, Shivam Babu, Satyam Naydu, Musharraf Shaharar and Ayush Mishra did double roles of Vidushak Sutradhars as well as Dakus. Their coordination with each other was worth watching.

Ashish Pathak disclosed that this was the 13th show of this play. His other plays like 'Rawan' and 'Sudama ke Chawal' had more than 15 shows each. His solo plays like 'Popcorn' and 'Akeel Aurat' also got thumping response all over.

This group of 25 artistes had come all the way from Jabalpur to have constructive dialogue with theatre lovers of Udaipur and succeeded thoroughly. They have high regards for the audience of this smart city that have a deep sense of appre-

ciation for good drama. 'Jabalpur too has very sincere and sensitive theatre audience who encourage the drama groups by purchasing tickets' says Ashish Pathak who himself is Master of Science and after serving the corporate sector for five years has opted and dedicated to theatre fully. He said 'I do not repent for degrading my livelihood as I have innate passion for theatre. My actors also know that the path of theatre is very difficult but they are sincere and committed enough to pursue drama.' He further says that 'The honorarium does not commensurate with quality, number of artistes of the play who undertake long journey. The organizers should consider enhance fees for theatre performances.' I totally agree with Ashish Pathak and request the Zonal Cultural Centres to consider the issue of raising honorarium to theatre artistes who put sincere efforts and long time to create high standard dramas.

West Zone Cultural Centre deserves congratulations for bringing such a remarkable play. Expectations from 'Rangshala' Monthly drama presentation have gone high considerably. WZCC may have to retain high quality of plays in the coming time.

Speak only if it improves upon the silence. " Mahatma Gandhi"

## By the way: Silence is not always Golden

Every time I use to read these golden words and tried to imbibe in my life. I practised this through out my life but at times I was taken wrong for not speaking on time.

As a female I had gone through many experiences in life. I was a shy person in the beginning who never demanded much from life. Now I am growing older and I have noticed that silence makes us weak sometimes.

My neighbour Kaamini is a gossip queen. She always comments on other people without thinking much. She does not understand that her gossips can harm other person's life terribly. Rina was new in our colony. She was a working woman. I had seen Kaamini coming out of her house frequently. Soon rumours start spreading in our colony. Sometimes a man visited Rina in odd hours. I am a psychologist and next door neighbour to Rina. Kaamini told stories about Rina's affair with that person to other neighbours. Rina's husband was aggressive by nature. These stories approached him one

day and he asked me about it. I avoided the conversation and went away. I thought that speaking in favor of Rina won't matter much as I hardly know her. Rina's husband was not close to our family so why should I interfere in her life? I never knew that my silence could be fatal for her married life. I came to know after two days that Rina's husband filed a divorce and she had to leave her house for that reason. Days passed by and one day I met Rina in market. She was looking pale and weak. She told me about her colleague who always helped her in difficult times without expecting anything. Both had a mature relationship. But Kaamini did not understand the purity of their friendship. She took advantage of the situation and destroyed her married life completely.

I regretted a lot for not speaking on time. If I had talked to Rina's husband he would have given a second thought to his decision. I should have talked to Rina about this and cleared the matter. May be my interference would have helped to save her married



life.

In another incident I could not save my relationship with a friend. Her in laws were not good. They mentally harassed her so much that she tried to commit suicide. She wanted me to talk to them from her side. I hesitated to talk to her in laws. She believed in my intelligence but my silence proved to be my cowardice in this case. This silence broke my friendship with her. I would have tried at least once. Their harassment could have stopped if I had taken this seriously.

I am not in favor of fighting and quarrelling with others on small issues. But people take it in another way. Those who gossip can destroy our peace of mind and we become pawns

of their conspiracies. Speaking ill about others is not healthy but speaking truth on time is necessary. Silence is golden but not always. When other person's life is suffering due to this, one should always come forward to break the silence. In cases of domestic violence neighbour's silence can effect a female's life badly.

We don't want to interfere in other person's privacy. But what if she is being beaten brutally or she commits suicide. Can you forgive yourself for not speaking?

Break rules when it is required the most. I've decided to speak on time to save relationships. May be this way I can forgive myself for not helping others. Speak in favor of truth, no matter how hard it is. It is always better to take necessary action without thinking much. After all Mahatma Gandhi also broke the silence and fought for the independence. Speaking against injustice and taking side of truth can change the face of society.

## Top authorities clean up Lakes



**Udaipur:** (Prashant Shrivastava) Leading by example, Udaipur's district collector Rohit Gupta, corporation commissioner Siddharth Sihag, and UIT secretary Ram Niwas Mehta worked at the Lake Shore and cleaned up pollutants from the Lake. The top authorities were supported by many other volunteers from Rotary Club Mewar. The clean-up drive was organized by Jheel Sanrakshan Samiti, Dr. Mohan Singh Mehta Trust, and Jheel Hiteshi Manch of Udaipur. The collector has been working himself from last two months every holiday to clear the lake and make it pollutant free. He is supported by various agencies and NGOs who work along with him and clear the Lake. The benefit of the top authorities being on stop helps taking real time decisions followed by quick actions. Walls and other structures that had become points of urinating have been demolished to give way to clearer Lake View. Dr. Anil Mehta, Taj Shankar Paliwal, and Haaji Sardar Mohammed have said that this endeavor is helping people get aware of loving and keeping their lakes clean and healthy. Hansraj Chaudhary of Rotary Club assured that the club-members will regularly work in cleaning the Lake. He also announced to provide tools to speed-up the cleaning.

## Complicated to multiple fractures surgery of leg in Mewar hospital



Before



After

**Udaipur:** CMD of Mewar Group of hospital Dr. Manish Chhapparwal communicated that Mrs. Rupa Devi was suffering from Osteo Arthritis of knee usually known as "Gathiya" from last 7-8 years due to lake of proper and timely treatment her both the bones of same knee got fractured twice and got mal-union with flexion deformity resulting she was unable to perform her daily routine work and was bed ridden. Her family members approached several hospital of the region but all of them suggested that they should take her to Ahmedabad or any other metro city.

After suffering a lot they reached at Mewar Hospital with big hope, after checkup of patient, CMD of Mewar Group of Hospitals Dr. Manish Chhapparwal has assured her foremost treatment. After all desired investigations she was operated on Sunday and was able to stand & walk with the help of walker within Two days. To perform this type of surgery the hospital should be equipped with latest and inter-

nationally used equipment's and super specialized team of doctors and paramedical staff which were available in Mewar Hospital. During the surgery he has used the CAS technology hence was able to get accurate alignment of Bones and did Total Knee Replacement with the help of long stem and fixed the fractures by plating and screws.

Dr. Chhapparwal, said in entire region Mewar Hospital Bedla is the only hospital, having CAS (Computer Assisted Navigation System) technology for replacement surgeries.

Dr. Chhapparwal, also said that "Mewar Hospital is also having facilities for treatment of Neurology, Gastroenterology, Urology, Plastic Surgery, General/laparoscopic surgery and gynecology department apart from all possible treatments in orthopedics. He further continued and said Mewar Hospital is recognized under state govt. prestigious scheme Bhamra shah swathya yojana and has already treated many patients under the scheme.

## Elders help develop sacraments - Prashant Agrawal

**Udaipur:** Rogi Waarta with Satsang Sabha was the occasion at Narayan Sewa Sansthan of Udaipur when the president Prashant Agrawal opined that senior people of the family can only instill good sacraments into younger ones. He added that this is why elders in every family must be venerated. "Keeping polite in every situation is the best policy as happiness, sadness, success, and failure keep coming and going in life," he added.

## Posting ceremony of Rotary held

**Udaipur:** Posting ceremony of Rotary Mear and Rotary Meera club was organized in Shauryagarh resort for the year 2016-17 last week. Chief Guest of the program was Udaipur district collector Rohit Gupta and main speaker was Maa Poornima from Osho Anhad, Bhopal. Dr. Lokesh Jain graced the occasion as special guest. Members who were newly appointed took oath of the club through Ramesh Chaudhary. Chaudhary said that Rotary has aimed at eradicating illiteracy from South Asia by 2017 for which each Rotarian is working hard with all heart. Government school are being converted into Happy Schools so that no only number of students can go up but their results also become competent at par with private schools. President Sandeep Singhwadya on the occasion said that the club will initiate a Laboratory on wheels so that people from rural areas can get their blood diagnosis at door step in a nominal charge of rupees 10 only.

## Jitendra Upadhyay received promotion

**Udaipur:** Ritu sodhi/ Additional Director, (administration) Mines and Geology Directorate, Udaipur, Shri Jitendra Kumar Upadhyay commenced charge on Friday after being promoted into IAS (Indian Administrative Service). Shri Upadhyay was selected in 87th batch of RAS (Rajasthan Administrative service) and started serving the State. Shri Upadhyay has been serving the State and Division as Additional Commissioner, ADM and Registrar of Sukhadiya University from past several years.

