

Ram Katha for Marwar



Udaipur: A Ram Katha is all set to roll out right after Diwali of 2016 in the area of Ramdevra. The Katha will be delivered by none other than Shri Murari Babu. From November 5 through 13, there will be a great program by Sant Kripa Sanatan Sansthan. The place of the Katha has been chosen as Jaat DharmShala near Ramdevra Pravesh Dwar. As usual, thousands of devotees are all set to enjoy and take divine benefit from the Katha and other cultural activities. People of the Marwar region are very excited ahead of this divine experience coming their way. Murari Babu will include lessons by Baba Ramdev and will present a prayer to him from November 5. The nine-day long program will be attended by thousands of devotees and participants. Artists will add their own flavors to the program which will give the audience lot of divinity from one stage at the same time.

Appropriate management has been put in place to accommodate the food and Prasaad for all the devotees. This is perhaps the first such program by Murari Babu on the soil of Marwar. Madan Paliwal of Miraj Group himself inspected the preparations and delivered instructions.

BIBA showroom now in Udaipur



Udaipur: The famous garment brand BIBA has now opened an outlet here in the Celebration Mall. BIBA's first showroom was opened in a shop at Durga Nursery Road which has been a great hit among the Udaipurites. The new showroom in the mall was inaugurated by managing director of Aishwarya College of Education Dr. Seema Singh and managing director of NICC Dr. Sweeti Chhabra. Vote of thanks was delivered by showroom coordinator Pankaj.

Health Secrets

Go For Cheese

Cheese, one of the yummiest foods that both adults and children love to indulge in is also good for health. Cheese can be a better alternative for protein, calcium, needed fats as well as some vitamins such as vitamin A, vitamin D and vitamin B-12. It is safe for your baby to have cheese beginning around six months of age. Although he cannot have cow's milk until he is one year old, the culturing process involved in making cheese makes the milk protein safe for your baby to digest. Be sure not to offer your baby cheese made with unpasteurized milk, because it may contain bacteria that can make your baby sick. Cut the cheese into finger-tip-size pieces and supervise your baby eating it in order to prevent choking. It is best to offer processed cheese in moderation. The valuable proteins, minerals and vitamins that milk contains are in other foods too, especially the many foods made from it, but you need to be cautious when choosing one option over the other. A slice of cheese may provide your child about the same amount of nutrition as a cup of milk would. However, cheese is processed food and usually with a much higher level of salt. Try to include other dairy options such as curd and cheese cottage (paneer) along with milk and processed cheese. You could also try adding cheese to steamed vegetables, sandwiches, paranthas and pasta. Paneer tikkas or cutlets are a good nutritious snacks.

The protein in cheese may even help you lose weight by making you feel full and satisfied.

Watch Portions to Limit Calories. If you enjoy cheese, don't eliminate it from your diet. ...Protein Keeps You Full. ...Dairy, Calcium and Weight Loss. ...Other Nutrients, Good and Bad. If you're trying to drop pounds, then you probably expect a lot less cheese in your future-but we have some good news for you. The dairy product can actually help you slim down-particularly if you swap it into your diet in place of higher-calorie, less-nutritious options.

Any cheese for diet is better than no cheese at all. When you are looking for new ways to lose weight the cheese diet plan may be what you've been looking for. With essential nutrition including calcium, B vitamins and vitamin A that's one check away on your diet checklist for balanced nutrition that's going to help you in weight loss.

Paneer with a twist by Hritu

Ingredients: 2 tomatoes, 1 red bell pepper, cumin seeds 1 tsp, whole spices 1tbsp, 1 tsp, 2 red chillies, cashew nuts 12, cream 1/2 cup, paneer 500 gm, salt according to taste, desi ghee 2 tsp.

Method: Take a pan. Put desi ghee in it. Add cumin seeds and whole spices. Fry tomatoes, bell pepper, red chillies, cashew nuts. Grind and make smooth paste. Fry this paste and add paneer, cream and salt. Cook till oil separates. Enjoy with hot missi roti.

Fourth Udaipur Film Festival from 14th - 16th October

Cinema of Resistance brings forth new initiatives of social transformation

Udaipur:(Dr.H.S.Chandalia)

The Fourth Udaipur Film Festival begins on 14th October, 2016. This Annual event which began in 2013 is awaited eagerly by the people of the town. Intellectuals, writers, professors, activists, social workers, professionals and workers, children and their mothers - all eagerly wait for the announcement of Udaipur Film Festival.

Udaipur Film Festivals have shown that cinema is not just fiction which one can watch and forget; more than that it is an artistic manifestation of the social reality which surrounds us and affects our lives. Cinema is not just to entertain but also

it educates and protests. It is a tool to fight against status quo and all those who believe in the system based on exploitation of the masses. The most important fact about the festival is that it is a mass based activity which is organized with public support and not with any corporate contribution.

The last three film festivals have been appreciated by the citizens of Udaipur. The segment of children's films has been very popular in which many schools also participated enthusiastically. In addition to films poetry, poster making, storytelling and open discussions have been very popular features.



Eminent directors like Anand Patwardhan, Sanjay Kak and Nakul Sahni have participated in the festivals and participated in the discussions following the screening of their films. Issues like patriarchy, caste prejudice, honour killing,

mass displacement of people in the name of development, ecological degradation, suppression of children's imagination and individuality have been largely focused. The fourth Udaipur Film festival is dedicated to the memo-

ry of Mahashweta Devi, Sulabha Deshpande, Gurdayal Singh and Abbas K. The main highlights of this festival is the screening of Kahat Kabir Suno Bhai Saadho on dalit exploitation at Una and Nakul Sahani's documentary Kairana-Surkhiyon ke Baad. A documentary based on the brutal murder of Rama Kanwar is likely to bring in local issues besides the prominent feature films like Diksha based on a story of U.R. Anantmurthy. The film festival is taking place just when two teachers of Central University of Haryana Dr. Snehsata and Dr. Manoj are facing inquiry for presenting a play based on a story Draupady

written by Mahashweta Devi. The hooligans of ABVP and other allied organizations have been agitating and demanding action against the teachers who staged the play after proper approval and financial sanction of the university. Now even Mahashwetaji is taboo! What kind of university system is it? The film festival will highlight some issues of universities like what happened in Hyderabad. The convener of the Fourth Udaipur Film Festival is Dharmraj Joshi. Shailendra Pratap Singh Bhati of Udaipur Film Society told that this year the festival is going international with simultaneous screening of films in Yale, London and Boston.

How do they become Addicts?

Udaipur: In MSW school of JRNJU Udaipur, Dr.P.C. Jain who is engaged in the awareness program of De-Addiction from last twenty years told about how a normal teenager or adult become addict.

In the first stage he or she become an "Occasional addict" than gradually he becomes an "Habitual Addict" than this become a full blown "Diseased of Addiction", which require prolonged & sustained treatment for full recovery. He advised them to see on Triple N network his interview on "Teenagers Addiction cause & cure which he gave in U.S.A. He also narrated the ten "F" like Family, Friends, Films,

Fashion, festivals, Free, Frustration, Fun, Free, Fear responsible for the addiction in any individual.

He showed a short film on Guthkha, tobacco which are slow poison & may lead to mouth cancer.

Alcohol affects many parts of the body which he has shown by his video film & narrating the real cases. Increasing accidents & crime is due to the increase use of the alcohol & other addictive substances like brown sugar, ghanja, charas etc.

Due to alcohol consumption the speed of vehicle appears very slow to the alcoholic so he drives fast which

leads to accidents.

Heroin & Brown sugar are very highly addictive substances so he advised them to be very careful about them as once addicted it is very difficult to de addict.

NASHALCHI KI MAUT - this short play was played by the students of the college where in it is shown how this alcoholic dies because of very high drinking.

Both girls & boys took part in this play.

Nasha -Geet was sung by girls & boys giving the message of de addiction.

Dr Veena Diwadi gave thanks to Dr.P.C.Jain for his talk.

Madam Grace Pinto receives "Excellence Award"



Udaipur: It was yet another achievement for the Ryan International Group of Institutions when its Managing Director, Madam Grace Pinto was bestowed upon the prestigious "Excellence Award" for her invaluable contribution towards elderly people of the society on the International Day of the Older Persons organized-

by the HelpAge India on 1st October 2016 at New Delhi. The award was presented by Dr. Jitendra Singh, Hon'ble Minister of State (Independent Charge), MoS of Prime Minister's Office, Government of India. The august gathering was addressed by Hon'ble Minister, Dr. Jitendra Singh who applauded Madam Grace

Pinto's continuous effort in strengthening the living standard of the elderly people in association with the HelpAge India.

Speaking on the occasion Madam Grace Pinto said, "We are grateful to our Lord Jesus Christ for this honour and are thankful to all our parents, staff and students for their support and generosity towards this noble cause of the elderly of our society. "The Chairman, HelpAge India, Mr. Amal Ganguli also lauded and acknowledged the contribution made by the Ryan Group under the leadership of Madam Grace Pinto.

By the way

Save daughters! Save Human life!!



It's really a shame that in 21st century I choose this topic to write about saving girl Child. I had heard in my childhood that girls are the best creation of God.

I know how much tears I shed when my first son was born. My mother in law congratulated me for giving birth to a boy. She told me clearly in my first month of pregnancy that she will not accept a girl Child. In her opinion I had no right to give birth to a girl Child. I could not digest her bitter words and I don't know how she could have treated me if a girl was born that day.

Why a female can't accept another female?

It's not that I am unhappy with my sons. Both are caring, loving and sincere. But daughters are special and that's why I wanted to have at least one daughter.

I don't understand why females oppose giving birth to a girl Child. Every other woman consoles a new mother if a girl Child

is born. They give advise to them to keep patience and have trust on God. Why do we give so much importance to a male child? Nature maintains balance but we as humans have destroyed this balance. Tell me one thing today, from where do you find a girl for your son for marriage? When girls are being brutally killed and thrown away, who will marry your son? Girls are welcomed in a family with heavy heart. It's important to educate people.

We are four sisters. My mother and father gave best education to us. They did not treat

us like a burden. My eldest sister is an IAS officer, another one is a Professor and third one chose to be a home maker. My eldest sister is taking care of my mother after my father's death. Girls always have soft corner for their parents. No matter how much they differentiate, girls love their parents selflessly. In many cases parents are being taken care by their daughters and their precious sons never came back to see them. Sons get the best education in most families and daughters are given education so that they might get a good boy for marriage. It does not sound good but this is a harsh reality which everyone might have faced somewhere.

It's really important to understand the value of a girl Child. Mothers, sisters, daughters, all are females. Killing a girl is the most heinous crime. How can you think of throwing a girl Child on road where dogs and animals could kill them. If someone throws you in dark-

ness where animals can eat your flesh, how would you feel? I had read in a newspaper few days back that how a modern mother killed her baby girl and hid her in AC. What was her sin?

These parents are not unlucky but their children are unlucky who are born in their homes who can't look after their girl children. You will not get any blessings for Kanya puja if you hate your daughters and worship Goddess Durga. Maa Durga won't accept anything if you kill Her daughters on earth. I feel suffocated to see educated people doing Fast, Havan and UPAY to give birth to a boy. Doctors and medical officers must come forward to educate people. Terminating pregnancy or using other methods to kill a girl in womb are killing our humanity. Please don't be a part of this ugly business. Give life to a girl to save this planet. Save Girls, save humanity, save our mother Earth.

CapitaLand marks 10th year in India with mall openings with Singapore's PM

Udaipur: Capita Land today welcomed the visit by Singapore's Prime Minister Lee Hsien Loong to The Celebration Mall, Udaipur - a shopping mall wholly owned by CapitaLand Mall India Development Fund which it manages - in the Indian city of Udaipur, which is popularly known as the City of Lakes and Venice of the East. CapitaLand shared with Prime Minister Lee that The Celebration Mall is the city's first major shopping mall, and has played a key role in catalyzing the economic development of its neighborhood. Opened in July 2011 to much fanfare, the palatial mall also showcases CapitaLand's strength in real



estate development and property management; to meet the evolving aspirations and needs of Indian consumers through the provision of quality real estate products and solutions. CapitaLand announced today its plans to open two more malls in India over the next three years, bringing the total num-

ber of its operational malls in the country managed by its wholly owned shopping mall business, CapitaLand Mall Asia, to six by the end of 2019. In addition, CapitaLand's wholly owned serviced residence business unit, The Ascott Limited (Ascott), announced that it has secured a contract

with Sandhya Hotels Private Limited to manage three new serviced residences in India. Two properties are in the major technology cities of Hyderabad and Bangalore and a third serviced residence is in Sri City, less than an hour's drive from Chennai. Mr Lim Ming Yan, President

and Group CEO, CapitaLand, said: "As the world's fastest growing and third largest economy with a population of 1.3 billion, India is experiencing strong demand for quality real estate products and solutions as it undergoes rapid urbanisation and attracts more foreign direct investment.

Mr Jason Leow, CEO, CapitaLand Mall Asia, said: "In Asia, India is the next big retail prize after China. India has a large and growing middle class with aspirations for a better life, and more than 400 million young consumers between 15 and 34 years of age who are driving purchases in categories such as mobile phones, fashion, accessories and F&B. Mr Lee Chee Koon, CEO, Ascott, said: "Our strategy for India is to expand in high-growth cities where there is strong demand for international-class serviced residences from expatriates, project teams and business travellers. We will establish more strategic alliances and seek investment opportunities as well as management contracts.