

RH & Much More

Health secrets

World's Most Popular Super Food Flax Seeds



Flax seeds have been consumed as food for around 6,000 years and may have very well been the world's first cultivated superfood!

Flax seed benefits could help you improve digestion, give you clear skin, lower cholesterol, reduce sugar cravings, balance hormones, fight cancer and promote weight loss.

If you want healthier skin, hair and nails then consider adding 2 tbsp of flax seeds to your smoothie or 1 tbsp of flax seed oil to your daily routine. Flax seed oil is another great option since it has an even higher concentration of healthy fats. You can take 1-2 tsp internally to hydrate skin and hair. It can also be mixed with essential oils and used as a natural skin moisturizer.

Flax seeds really help to reduce weight. Add a couple of teaspoons of ground flaxseed to soups, salads, or smoothies as part of your weight loss plan. But it's really important to follow diet given by your dietitian. Some people eat unhealthy food and blame that in spite of having flax seeds they are not able to lose weight.

Flax seeds help to lower cholesterol. The soluble fiber content of flax seeds trap fat and cholesterol in the digestive system so that it is unable to be absorbed. Soluble fiber also traps bile, which is made from cholesterol in the gallbladder.

Flax seeds are absolutely gluten free.

They may also be a good alternative to omega-3 fats in fish for people with a seafood allergy. Another great aspect of flax being gluten-free is that it can be used as a grain-free option in cooking.

Flax seed benefits have been proven time and time again and even including fighting breast, prostate, ovarian and colon cancer. Flax seeds may also help reduce the risk of osteoporosis. It can even help menstruating women by helping maintain cycle regularity. To experience the flax seed benefits for your hormones include 1-2 tsp of flax meal in a breakfast smoothie along with 1 tsp of flax seed oil.

Cook with Hritu

Ragi Quinoa cookies

Ingredients:

Ragi flour 200gm, Quinoa flour 100gm, choco chips 100 gm, coconut powder 50 gm, unsalted butter 200gm, Brown sugar 300 gm, milk for binding 1/2 cup cocoa powder 50 gm, baking powder one pinch.

Method:

Mix Ragi and quinoa flour. Add sugar and baking powder in this. Add butter. Do not heat butter before mixing. It should be kept on room temperature. Now add coconut powder, choco chips and cocoa powder.

Knead with milk and make soft dough. Keep it aside. Grease the baking tray. Make round balls and give it a cookie shape. Bake these cookies on 180 degree for 20 to 25 minutes. Serve with hot coffee. 20 to 25 minutes. Serve with hot coffee.

Jagdish Teli wins four gold medals

Udaipur: Udaipur swimmer, Jagdish Teli, won four gold medals in the recently concluded inaugural edition of Rajasthan State Para-swimming championships in Jodhpur. The championship was organized by Para Swimming Society of Rajasthan.

Udaipur district sports officer, Lalit Singh Jhala informed that Jagdish won 100mtrs freestyle, breaststroke, butterfly and 200mtrs individual relay gold medals.

Jagdish was recognised as best para swimmer of Rajasthan for winning all his four events.

Jagdish has been practising for the last two years in the swimming pool at Khel Gaon, Udaipur under the guidance of coach Mahesh Palwal.

Jagdish will now participate in the Open water sea swimming championship organised by Navy from Nov 17. This will be his sixth year of participation in the championship. He won the silver medal in the open water championships last year.

The Joy of giving program by Ryan



Udaipur: "I commit myself to praise the lord". He has opened all the eyes of heart to serve the mankind"

Under the vision "Values" of Respected Chairman Sir Dr. A.F. Pinto the students of Ryan International School, Udaipur, under the joy of sharing drive visited the slums and shared the joy of bonding & love to enhance the "Community Transformation". In this activity the Ryanites spared their moments and had fun to help the children in making cards, craft, colourful rangolies made the deprived.

They also made a contribution to these children by gifting candles, diyas, cookies & sweets. Ryanites were elated with the creativity & smelt the real essence of festivity.

Principal Mrs. Poonam Rathore appreciated the young Ryanites of the noble cause and motivated them to continue serving the mankind.

Voice of unity at FS Vandamataram Nada on 8th

Udaipur: (Vivek Bhatnagar)

Nearly 50 thousand people sing 'Vande Mataram' along with defense minister Manohar Parrikar and Chief Minister Vasundhara Raje here as over 50 musicians performed on stage.

Hindu Spiritual and Service Fair-2016 (HSSF) in Udaipur is being organized from Nov 10th to 13th, Nov 2016 on B.N. Ground. This will be the first edition of Fair in Udaipur. In line with culture and etho's of this great nation and the 6 theme's of the fair, there will be special programs in pre fair activity is voice of unity. Today's youth have the best of abilities to balance the value systems and beliefs passed on by the elderly and culture with the growing modernization. The gathering at Lake Fatehsagar,

Udaipur would be such a unique example to show their respect to our culture as well as Nation.

Lake Fatehsagar on 8th Nov 2016, 8.30 am, shall witness the singing of national song by over 50,000 academia in unison. The event 'वन्दे मातरम्' - Voice of Unity in Udaipur' is being organized by HSSF and Nagar Nigam to mark the beginning of Hindu Spiritual and Service Fair in the City of Lakes and Patriotism, Udaipur will follow the spirits from 10-13th Nov 2016 at BN University Ground.

Several school and college going students along with thousands of localites will gather up at the venue, 8:30 am on 8th Nov 2016, to walk by the gates of security check to be a part of this historic event.



While the students would be finding their set place to sit, patriotic mood would be set in by songs like 'Yeh Jo Des Hai Tera', from Swades and other heartthrob patriotic songs, being sung by world renowned team of 50 musicians and singers under guidance of especially Kalyanji Anandji, Babla Shah and team.

To boost these spirits and enthusiasm, as many as 50 music players are invited to

whom 10 would be female artists. The view at the Fatehsagar Lake would be worth praising, with the national song being sung by the young, enthusiastic youth of the Nation and the Indian National flag waving with each beating heart.

Cocoordinator & Treasurer Mahaveer Chaplot said that Manohar Parrikar, the Cabinet Minister for Ministry of Defence and Chief Minister Vasundhara

Raje would be the Chief Guest and Presiding Guest for the event. While Vishal ji Bava (Shrinathji Shrine) shall be Ashirvaad Pradatta. Gulab Chand Kataria, Kiran Maheshwari, Sail Singhal and Lakshya Raj Singh Mewar would be the celebrity of the day along with world renowned musicians. Cocoordinator pradeep kumawat said that the event would mark the presence of around 300

schools and 100 colleges, amounting to a footfall of around 50,000 including 15000 Udaipurites. It is pertinent to note that Udaipur do not have a huge population, still the 50000 gathering for those glorious event is destined. Media organiser manoj joshi informed that The USP would be 2000 tribes people on uphill near Fayehsagar lake with tricolor flag in their hands, the 100 people in boats having tricolor flag in their hands would be a unique picturesque moment covering land sky and water. The daylight LEDs with extraordinary pulsating sound would bring vibrations in every patriotic heart. More than 1000 volunteers from different social organisations shall serve to this noble cause of Instilling Patriotism.

Because... Happiness Comes in Small Bites!



Udaipur: India's no.1 trusted brand in Cakes category launches its 681st Cake Shop in Udaipur, Rajasthan. Overwhelmed with an excellent response,

Mr. Shiv kumar Thareja, Business Manager at Monginis Foods Pvt Ltd. shares his experience RH Cake and cream roll up to sooth your taste buds. Monginis Swiss Rolls are seen in every gathering, be it a birthday celebration, wedding anniversary, holy communion,

kitty party, or any other occasion delectable taste of Monginis pastries at best price. It is available as both eggless and regular.

Perfect for every occasion like birthday, anniversary, kitty parties and any other celebration.

Shares views the shop owner in a press meet the address is as under Monginis The Cake Shop 135A, Chetak Marg, Opposite Punjab National Bank Udaipur.

Lake Festival from 18th

Udaipur: Plenty of programs will be organized to celebrate the theme of lakes in Udaipur and the medium is Lake Festival which will commence from November 18.

Deputy Director of Tourism Sumita Saroch informed that the Lake Festival will commence from November 18 at 11 am with water sport activities. A national championship of Kayaking, Kanopolo, and Dragon Boat will be organized by Rajasthan Kayaking and Canoeing association. Eyeing on plethora of water sports'

potential in Udaipur, a proposal of Water Sports Academy has been prepared. This academy will be announced during the Lake Festival.

During the festival, an Art Bazaar will also be setup in Rajiv Gandhi Udyaan in association with Lalit Kala Akadmi. Renowned painters are expected to present their work in this Art Bazaar.

Folk artists will present programs at Gangaur ghat. Evening programs will also be organized at the FatehSagar paal during the fest.

Pre Diwali celebration



Udaipur: Pre Diwali celebration was organized with great joy and dedication under the banner of Saraswati ba Fule environment and educational institution in Udaipur at Saraswati bai Shiksha sankul on 29th October. In addition to Dhanteras and Diwali poojan lamp decoration and rangoli competition was organized at

this juncture. The founder of this institution Dinesh mali, Director Diwakar mali and other officials of the organization along with hundreds of students celebrated pre Diwali celebration and enjoyed the light and sound of crackers along with sweets. Dinesh mali greeted officials and students for the new prosperous year.



Rajkumar Fattawat Nominated for National Consultative of TPF

Udaipur: Terapanth Professional Forum president, Kolkata's Prakash Chandra Malu nominated Udaipur's senior activist Raj kumar Fattawat as the National Consultative of the forum. National director in charge, Kapil Intodiya informed that TPF, along with spiritual works, is working in the fields of education and medicine on national level. According to Intodiya, after the nomination of Fattawat, brilliant student education plan various projects, scholarship plan, flight plan and will receive career counseling and collaboration. Fattawat is discharging his role in Udaipur's various social institutions including Mahavir Jain Parishad, Shree Mahavir Yuva Manch Sansthan, Jain Jagriti Center, Jeeto, Bhartiya Jain Sangathan, Jain Shwetambar Terapanthi Sabha, Porwad Samaj and Bharat Jain Mahamandal, etc.

By the way

Buddhism is life transforming philosophy

Chanting Nam myoho rengo kyo can change your life. Buddhism is not about worshipping Gods, it's more about bringing changes in your own self.

When we change, the world changes. The key to all change is in our inner transformation- a change of our hearts and minds. This is human revolution.

Nichiren's Buddhism is getting popular day by day. It's a life changing philosophy.

What is real Buddhism?

I had joined this practice in 2010 when I was feeling disappointed from inside. My husband died in a road accident and my father passed away after hearing this shocking news. My children were young and I had to face real struggle of life. One of my good friends introduced me into this philosophy. In the beginning I tried to avoid and could not learn much. But chanting Nam myoho rengo kyo started bringing positive changes in my behaviour. I was short tempered, thought dint harm anyone but my nature was harming me from inside.

Buddhist chanting helped me to clean my thoughts and my over all personality changed. It's not magical, it's mystical. Many people take it wrongly. It's got nothing to do with the religion. You may follow any religion and continue chanting Nam myoho rengo kyo.

Nichiren Diashonin was a Japanese monk who revealed this to the world in 13th century.

The SGI movement has its roots in the life-affirming philosophy of Nichiren, a Buddhist monk who lived in 13th century Japan. Nichiren's teach-

ings assert that each individual, regardless of race, gender, capacity or social standing, has the power to overcome life's inevitable challenges, to develop a life of great value and creativity, and to positively influence their community, society and the world.

Nichiren's philosophy originates in the teachings of Shakyamuni, the historical founder of Buddhism who lived in India some 2500 years ago.

Nichiren discovered that the Lotus Sutra contains the heart of the Buddhist teachings and the truth to which Shakyamuni was awakened. This sutra reveals that a universal principle, called the Buddha nature, is inherent in all life. It affirms that all people are capable of attaining enlightenment.

Nichiren felt passionately that Buddhism should enable people living in the real world and facing real problems to become empowered and change their lives for the better.

Nichiren Buddhism stress the profound connection between one's own happiness and the happiness of others. The greatest personal satisfaction and fulfillment in life is realized by working for the happiness of others.

In the world which is full of jealousy, greed and stupidity, we as Nichiren's disciples are creating peace wherever we live. It's a daily practice. We try to imbibe every guidance given by our mentor.

The Soka Gakkai International (SGI) is a lay Buddhist orga-

nization working for world peace. Our mentor and sensei is president of SGI, Daisaku Ikeda, who lives in Japan. SGI members are practicing in 192 countries presently.

Ikeda has said that "Nichiren stressed the need to spread the correct teaching and

firmly establish the philosophical principles of Buddhism in the heart of each individual." Hence, "establishing the correct teaching" is the Soka Gakkai's religious mission,

while "establishing the peace of the land" is its social mission. Buddhism teaches us to respect humanity and Buddhist followers have one single mission that is to spread happiness all over.

God created the universe and made this beautiful planet for all living beings. Humans got indulged in fighting. Power and money are making us crazy. In this saha world, it's become difficult to live with honesty. Buddhism has powers to change our poison into medicine. What I really appreciate is the freedom of following any religion of our choice.

Chanting is based on scientific evidence. Buddha had once said that we must not blindly follow anyone without having faith. Faith is the essential key to happiness in Buddhism. The Dharma of the Buddha is not a religion of blind faith. It is far more demanding than that.

In Buddhism, we believe in past life karma. Whatever is hap-

pening in this lifetime is created by us only. We can change our karma in this lifetime by chanting and can create good causes to build our better future. Some people suffer because of past life karma and not able to understand apparently and blame it on God for giving them problems in life. Human life is full of difficulties and we can't run from problems. Buddhism teaches us how to take these problems happily and without getting low. We can't stop problems to come but we can easily maintain high life condition to challenge these problems.

Our Practice is supported by faith and study. SGI members study the teachings of Nichiren in order to deepen their understanding of the principles of Buddhism and the processes of inner transformation. Study strengthens faith and conviction, which finds expression in practice. SGI members carry out their daily practice at home, but also meet regularly with other members in their communities. SGI members believe that each individual has the power to develop a life of great value and creativity and to positively influence their community, society and the greater web of life of which we are all a part. Nichiren Buddhism stresses that the greatest fulfillment in life is found ultimately in working for the happiness of others.

There are almost 300 practicing members in Udaipur and we are growing very fast. We belong to different cultures, religions and castes but working as many in body, one in mind. Building peace and creating happiness are our noble mission.

Public Participation Can Erredicate Corruption Says Vijendre Singh

Udaipur: Vijendra Singh, District development manager of NABARD was in Udaipur and administered the oath to work with honesty so that we may be able to eradicate corruption from the society. During vigilance awareness week in celebration with Gramin vikas bank and Gayatri sewa sansthan campus were organized in Junakua village in Sarada panchayat samiti. Joint director of Gayatri sewa sansthan Dr. Shailendra pandya while sharing his views

with RH informed that during his speech he stressed the need to work honestly so that corruption may be removed from the society. In Umrda Udaipur director of Techno NGRRS Vyas shared his views and thanked NABARD officials for organizing such programs that can motivate young ones to work honestly.

He also said that hurdles may come in practicing in making honest efforts in life but ultimate victory comes to honest people only. Representative of



Gayatri sewa sansthan informed that more than 500 citizens were administered the oath of honesty. A vote of thanks was delivered by Ravi Joshi.