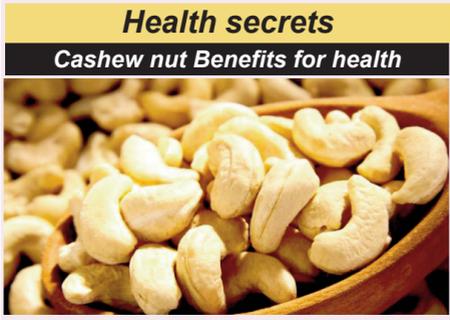


R & Much More



Health secrets

Cashew nut Benefits for health

Although cashews are one of the lowest-fiber nuts, they are packed with vitamins, minerals and antioxidants. These include vitamins E, K, and B6, along with minerals like copper, phosphorus, zinc, magnesium, iron, and selenium, all of which are important for maintaining good bodily function. Cashews are high in calories. 100 g of nuts provide 553 calories. They are packed with soluble dietary fiber, vitamins, minerals and numerous health-promoting phyto-chemicals that help protect from diseases and cancers. They are rich in "heart-friendly" monounsaturated-fatty acids like oleic, and palmitoleic acids. These essential fatty acids help lower harmful LDL-cholesterol while increasing good HDL cholesterol in the blood. Research studies suggest that Mediterranean diet which is rich in monounsaturated fatty acids help to prevent coronary artery disease and strokes by favoring healthy blood lipid profile. Cashews are also good in many essential vitamins. Additionally, these vitamins are essential for metabolism of protein, fat, and carbohydrates at the cellular level. Further, the nuts are also hold a small amount of zeaxanthin, an important pigment flavonoid antioxidant, which selectively absorbed into the retinal macula lutea in the eyes. Cashews can be enjoyed as a snack as they are. They can also be eaten salted or sweetened. Cashews are nutty yet pleasantly sweet in taste. They can be relished as a garnish in various kinds of sweets and desserts. The nuts are widely employed in the confectionery, as an addition to biscuits, sweets and cakes. "Cashew apples" are among popular fruits; eaten on their own in many regions around the world. They are also being used to prepare healthy drinks. Individuals with known allergic reactions to cashew nut and fruit may observe caution while eating them.

Cook with Hritu Suji ki kachori



Ingredients: samolina or suji 1 cup, hot water, ajwain or carom seeds 1tsp, potatoes boiled 4, green peas 100 gm, onion 1 chopped, red chilli powder, 1 tsp, garam masala 1 tsp, salt according to taste, oil for frying Method: For filling fry onions in a pan. Mash potatoes & boiled peas. Fry this mixture on low heat. Add salt, pepper and garam masala. Now let it get cool. Take samolina dough and divide in 10 to 15 parts. Make equal size balls from these. Use your hands to flatten the round ball you have made. Fill potato mixture into it. Cover properly. Fry in oil. Serve hot with mint chutney.

Dr. Vartika received Prof. P. Sensarma Medal Award



Udaipur: Society of Ethnobotanists, Lucknow has awarded Dr. Vartika Jain, Secretary, Society for Microvita Research and Integrated Medicine (SMRIM), Udaipur by Prof. P. Sensarma Medal Award 2015-16. This award is given to scientists working in the field of plants mentioned in Puranas and sacred plants. Dr. Jain received the Medal and certificate for her research work on taxonomy, phytogeography and ethnobotany of Puranic plants along with research on sacred plants particularly Semal (Silk Cotton Tree) and its folk-cultural, phytochemical and pharmacological aspects as well as efforts for its conservation in a One Day National Seminar and Medal Award Ceremony held at CSIR-National Botanical Research Institute, Lucknow on Tuesday. On this occasion, her book entitled "Compendium of Indian Folk Medicine and Ethnobotany (1991-2015)" jointly written with Dr. S. K. Jain (Father of Indian Ethnobotany) was also released by Dr. S. K. Barik, Director, NBRI, Lucknow. This book possess extensive data which has been recorded in last 25 years of more than 4600 plant species which are being used by indigenous communities of India for various purposes in one concise volume for readily use. Dr. Vartika has more than 50 research papers to her credit published in reputed National and International Journals and 40 articles related to various topics of botany and environment in various magazines. She has presented her research work in 25 National and International Conferences and currently working as Lecturer in Govt. Meera Girls' College, Udaipur.

Be The Best Friend Of Your Young Kid

By the way

Hritu Sodhi

Pranjal came late from college and went into her room. She locked herself and when her mother peeped from the window, she got horrified. Pranjal was hanging from the ceiling fan. Raghav avoids every possible conversation with his parents. Both of his parents are working on high posts. They don't have time for Raghav. Raghav has started taking drugs and alcohol. Raghav's father wants to make him a doctor. His mother wants him to clear IAS. Raghav is a good singer. But his parents don't want him to go to Mumbai. Raghav feels depressed and dejected. It's common these days. Stories of suicide, drugs and crime are making our life hell. Parents are targeted for being rude and rigid. Kids are spoiling their lives by taking wrong directions. Kids blame their parents to be

insensitive. Both are blaming one another. Why can't we lead good and healthy lives? Where are we lacking? I always try to write on different issues. I don't know how many of our readers agree or disagree with my thoughts. I am not a psychologist or a doctor. My thoughts are based on experiences taken from different people. I have few suggestions for both parents and kids. Children who are loved thrive better than those who are not. It's always good to nurture your child in tender age but when your child grows he or she may feel uncomfortable in your presence or want to spend more time with friends. Be your kids best friend with whom he or she can share even the weirdest thought. Try to talk on different topics from movies to sex. Sex is a difficult issue to be talked about yet it is impor-

tant for every parent to educate kids about it. Clear your kid's doubts and don't hesitate to give information about his or her bodyparts. Give your kid the knowledge of outside world. After all your kid has to face this all alone. As the child enters adolescence, biological, cognitive, and emotional changes transform the parent-child relationship. The child's urges for independence may challenge parents' authority. Many parents find early adolescence a difficult period. Authoritative parenting that combines warmth and firmness has the most positive impact on the youngster's development. Don't become dictator or behave like a police officer with

your kids. Checking their mobile phones or keeping an eye on every move make them irritable. Avoid unnecessary arguments. On the other side kids must share every problem with their parents. After all they have seen the world and are more experienced. Committing suicide may solve your present problem but it can give lifelong pain to your parents. I think God give us every problem with an inbuilt solution. We are born with same capabilities and courage. It's upto our own will power to solve the issues of life positively or negatively. Hiten is father of a young daughter. He has changed his old fashioned thoughts. His

daughter wanted to marry a boy of bad character. Instead of talking rudely, Hiten took her daughter to the pub where she found her boy friend not only consuming liquor but also flirting with another girl. She saw with her own eyes and broke relations with that guy. Hiten saved his daughter's life with wisdom. Shouting on kids or locking them up in homes are outdated tactics. Sort out your kid's problem with wisdom and love. Healthy discussions and friendly behaviour give confidence to your child to solve any problem. Children are sensitive by nature, parents should handle their insecurities with care and proper guidance. Parents are often seem to complain that their kids talk to opposite sex and this may distract them from studies. I have different opinion. Time has changed. Our children are studying in co-education

schools. Attraction or infatuation is common and normal. If you talk to your kids about their crush or love, you can easily guide them to take it normal. Break ups and failures won't let them take stupid steps. They can easily overcome any of such problem. Allow kids to bring their friends to your home. It hardly matters to whom with your child wants to study. Girls or boys hide things if you pressurise your kid's heart can bring many changes in life. The most important thing in life is life itself. It's not tough to change your thought pattern in a day but if you want your kid to be stress free and healthy, be your kid's best friend. One step towards your kid's heart can bring many changes in life. The most important thing in life is life itself. The sooner you adopt new ways, the better chances will be to make your kid a healthy and good human-being.



Special Children Celebrated Children's Day at City Palace



On November 14, Bal Divas (Children's Day) was celebrated in entire city. Divyang (differently able) students of Pragya Chaksu Uchcha Madhyamik Andha Vidyalaya and Viklang Kalyan Samiti Badhir Uchcha Madhyamik Vidyalay) became special guests to visit the City Palace, Udaipur and experienced the rich glory through audio visual aids. "A walk through history" an official guide book of the City

Palace written by Thakur Bhpendra Singh of Auwa, Chief of Administration was released in its Braille Edition by two bright students of the School for the Blind, Lokesh Bheel and Anurag Paswan at Zenana Mahal. The Braille Edition was a contribution of "Arushi", a NGO. Visually impaired Lokesh Bheel secured 100% marks in Hindi during his Secondary Board Examination last year and it was also an honor to Anurag

Paswan who excelled in cultural activities. Their teacher Asha Chuahan and the Principal of the School Dr. Abha Sharma graced the occasion with the author Thakur B.S Auwa. Another attraction of the programme was a colorful performances by the children presented by the Martand Foundation, Udaipur. Students of the School for the Deaf presented three Mimes conceived and directed by Senior Theatre Director Vilas Janve. These were 'Plantation week v/s Plantation weak', 'Dust free dustbin' and 'Dekh Tamasha Lakadi ka'. These presentations evoked laughter at the same time spread the messages of cleanliness and care for plants. The students of the School for the Blind presented a short hilarious play

'Azad Barati Aur Barbad Band'. Students copied sound of street bands perfectly. While entertaining all, this short play also taught people to be sensitive and stop twaddle dance on road making way for the Ambulance. Children displayed their talent under the able direction of Vilas Janve and received tremendous response from viewers. Children of Badhir Vidyalaya also gave awesome performance of dance. Nishad Pandey and Bhavyan Khokhawati accompanied on Harmonium and Tabla. Mubin Khan and Rekha Sisodia looked after back stage. Purva Bhatia of the City Palace conducted the show. Madhav Lal Paliwal, Principal of the Badhir Vidyalaya informed that children were thrilled with their visit to the City Palace.

International cyclists granted labour at Fatahsagar

Udaipur: A 4500 km cyclery rally by Rotary Club Midtown Chennai in Kashmir to Kanyakumari was held and the cyclists participating in the cycle rally along with members of Rotary Club on the first day of Lake Festival cleaned Fatahsagar Lake shore on the Dewali side for the Government's Swachhcha Bharat Mission.

Program Chairman Dr Ritu Vaishnav informed that the team leader Rotary Club Madras Midtown' secretary Bhavesh Shah said that cycle rally has 20 male and 1 female professional cyclists and they along with club president KC Diwakar, Naveen Vaishnav and Shalini Bhatnagar cooperated in shramdaan.

Lok Kala Mandal artists to feature in International puppet festival



Udaipur: Bhartiya Lok Kala Mandal will be performing in the International Puppet Theatre Festival in New Delhi. The festival is being organized by National School of Drama, Govardhan Samar-Assistant Director of Bhartiya Lok Kala Mandal informed that a team of artist left for Delhi on Nov 17th for participating in the festival. The team will be performing their well acclaimed

drama: "Kabuliwala". Samar informed that Kabuliwala has been performed over 70 times across the country. The play is based on Rabindra Nath Tagore's script. The presentation has been well appreciated by audiences across age groups. There will be a total of 33 puppet dramas that will be presented during the festival.

Aravana Mall becomes city's first cashless mall

Udaipur: Amid the present chaotic financial scenario in India, when demonetization has gripped the common man's pocket, city's Arvana Mall has become "Cashless" with more than 90 percent shop owners opting for virtual money transactions like Paytm. The newly opened mall located in the heart of the city decided to ease customer's stress by allowing transaction through debit, credit cards and Paytm. So now anyone can do shopping at Arvana's more than 60 shops without having cash in pocket. Hasan Paliwala of Arvana said "The situation in the country is petty chaotic although the step of demonetization is definitely towards development and will stop money laundering, black money and illegal businesses but for time being people are lacking cash in their pocket. So, we decided to turn our mall Cashless." "We welcome customers' walk-in at Arvana Mall with completely empty pocket but should have smart phone with Paytm installed in it", said Hasan. "We welcome this novel idea which is very apt with the present scenario and will definitely ease customers worry, said Thakur Singh", owner of Bhagalpuri Silk at Arvana Mall. "Paytm is the best source of transaction and we are just using it in a correct method and also at the right time", says Mayur Thadwani owner of Glammore Jewellery Studio



at Arvana. The disorder and confusion will soon disappear but the step taken by Arvana is a step towards adoption of innovation and technology by common mass which is necessary step towards development. Moreover, Prime Minister

Narendra Modi himself encouraged citizens to opt for plastic money for daily transaction as part of nation's financial development. Getting cashless and opting technology is making Prime Minister Narendra Modi's dream come true.

19th foundation day of Mewar High tech celebrated



Udaipur: Mewar High tech celebrated its 19th foundation day in presence of noted political celebrities like PM Arjun Lal Meena, MLA Phool Singh Dalichandra Dangi & ZP shanthy Lal Meghwal. The main attraction was a cultural show presented by Kafil Group of Jaipur. The MD of company And her

spouse Reena Rathore while well coming the invites told the untold story of success. The company was incorporated as "Mewar Hi-Tech Engineering Private Limited" in Udaipur, Rajasthan, as a private limited company under the provisions of the Companies Act, 1956 vide Certificate of Incorporation dated June 8,

2006 bearing registration number 022625 issued by Registrar of Companies, Rajasthan. Subsequently the company was converted into a public limited company pursuant to special resolution dated February 14, 2009 and fresh Certificate of Incorporation dated March 26, 2009, was issued by Registrar of Companies, Rajasthan and the name of the company was changed to "Mewar Hi-Tech Engineering Limited". Mewar Hi-Tech Engineering Limited is an ISO 9001:2008 certified Company engaged in the manufacturing of heavy machines like crushers, mixers and industrial material handling equipments. The registered office of the company is situated at 1, Hawa Magri, Industrial Area, Sukher,

Udaipur, Rajasthan. Spread over around 5,000 square meters, its manufacturing facility located at Sukher, Udaipur is well equipped with wide-range of machineries, crane and other handling equipments to facilitate smooth manufacturing process, easy logistics and maintaining safety in the premises. It is the company's goal to maintain high standards in terms of quality and service and specific attention is made to the quality aspect. All the incoming materials are tested before and the final product has to pass a special quality test to ensure that the final product is of the requisite quality and contains the requisite metal composition. In the grand ceremony Employees of group were felicitated.

Imposed education doesn't prove effective: Prof Sarangdevot



Udaipur: The 3-day "Learners Carnival 2016" commenced from Friday at St Paul School. After preparation of about a month, the school students and teachers finally showed their hard work on the very first day of the three-day carnival. About 1500 students showcased their talent on various subjects. On the first day, an exhibition and short Hindi play titled "Beti Bachao" and English play titled "Julius Caesar" and a spectacle based on science and blind faith was presented. The chief guest of the program Janardan Rai Nagar Rajasthan Vidyapeeth University's Vice Chancellor Prof Shiv Singh Sarangdevot inaugurated the program and said that a lot of times students ignore their tal-

ents and dream of becoming doctors, engineers, advocates, IAS, IPS, etc. and are often faced with disappointment which is the reason why imposed education proves to be ineffective. Prof Sarangdevot said that in this case, Learners Carnival is a sound step towards Prime Minister Narendra Modi's Make in India. Various models created by students prove their talent, efficiency and skills. Qutub Minar, World Trade Center, rocket, fighter plane and missiles are live examples of a child's thoughts and contemporary environment. It proves that the students, apart from education, are also interested in country's development and world environment.

# 04

# Royal Harbinger

