

IR & Much More

Dignitaries of Mewar with Ashok M.

Sashi Kumar Verma



Modest and sincere, S.K. Verma completed his M.Sc. from Rajputana University in 1956 impelled by his keen desire to contribute to development of forestry. He studied for his P.G. Degree in Indian Forest College, India, now known as Indira Gandhi National Forest Academy Dehradun. He joined Rajasthan Forest Service as Conservator of Forest in 1958. In 1964-65 when Indian Forest Service was initially constituted as an All India Service, he was selected for Indian Forest Service by Home Affairs Ministry, GOI. He gradually rose to the

highest level of Indian Forest Service as Principal Chief Conservator of Forest and Wildlife, Rajasthan State.

As a part of his distinguished career, Verma successfully accomplished the task of establishing a new Department of Environment in 1984 assigned to him by the state government. He framed new guidelines for different sectors of industries, mining and other environmental hazardous activities. After the Bhopal gas tragedy, he took immediate steps to identify the possible sites of toxic substances and initiated emergency measures throughout the state. In 1986 the state government asked him to establish a new Directorate of Social Forestry and made him its first Director. As State Silviculturist, Rajasthan, he did intensive forest research on plants for wasteland development and stabilization of shifting sand dunes. To him goes the credit of creating a network for researchers in universities of India and abroad. He also successfully planned the habitat management in all wildlife National Parks and sanctuaries of the state and implemented eco-development work for the wildlife sanctuaries meeting the need of suitable habit for food, shelter and breeding.

Verma took part in several programmes abroad including training in Forestry and Forest Product Research, forest management and forest based industries under Colombo Plan in Japan and International seminar on Environment Impact assessment in Nepal. As a member of Indian Delegation (FAO sponsored visit) he attended training on People's Participation in Forestry in People Republic of China. He has been closely associated with societies such as Commonwealth Human Ecology Council, India Chapter, Society for International Department - India Chapter, Japan International co-operation Agency, New Delhi, International Society for Tropical Ecology and Society of Indian Foresters, Dehradun.

As a guest lecturer, he has delivered lecture at Swedish international development agency, SWED Forest, New Delhi, Ford Foundation, New Delhi, Nehru Foundation for Development, Vikram Sarabhai Centre for Development Interaction, Ahmedabad and IIM, Ahmedabad.

Verma has contributed numerous research papers and articles in English as well as Hindi to several journals, magazines and newspapers on topics ranging from Bhils of Rajasthan to Salim Ali, 'Bharat Mein Pakshi Vigyan Ke Janmadata'. Books authored by him include Reviving Wetlands-Issues and Challenges', Mewar Through Ages - Documentation Work of 100 Heritage Sites of Mewar and 'Jharokha Mewar Ki Sanskritik Dharohar Ka'.

Verma shifted from Jaipur to his home town Udaipur after his retirement to do voluntary work and initiate public movement to save the Aravalli ranges in southern Rajasthan. He joined other voluntary organizations and service oriented public trusts at Udaipur. As president of Green ARC Society, which does not take any grant from the govt. or other organization, he is actively engaged in several activities and is a member of Expert Group UNESCO-THCN, New Delhi IUCN, India, Nagar Educational Development Trust, Udaipur.

As Convener, Udaipur Chapter of INTACH (Indian National Trust for Art and Cultural Heritage), he has been able to involve a large number of persons including specialists, historians, architects, town planners and educationists etc. to take up useful projects. Verma has been working in several fields such as rural development in tribal villages, clean water, sanitation and cleanliness, environment, education, health, job creation and training and preservation of heritage.

No wonder, with his integrity, broad vision and commitment, verma has created a niche amongst those concerned with environment.



Merry Christmas

December, My favorite month of the year. brings Snow & Santa , colours of Red n White Gifts for all

Christmas day is around the corner
A time for love and peace
A time for all fighting to cease
Many bright colours of Christmas time
Hey its time for Santa Claus
Santa brings harmony n love
Music, chocolates, pies and lights
It's time to rejoice n delight
Merry Christmas Merry Christmas to All.
- Neha Rose, California

Cook with Hritu

Vegetable cutlets

Ingredients: potato boiled 4-5, peas 1 cup, carrots 1 cup chopped, cabbage 1 cup chopped, onions 1 finely chopped, salt, pepper according to taste, samolina(suji), 1 cup, refind oil for frying .
Methods: Take a pan and put some oil into it. Saute onions and other vegetables. Cover with lid. Cook for 10 minutes. Add salt n pepper. Mash and keep aside.

Put samolina in a plate. Make cutlets and cover with samolina from all sides. Fry these cutlets in refind oil. Serve hot with tomato sauce.

Shilpgram Utsav - 2016

Showcasing diverse culture

Vilas Janve

Udaipur: Annual National Cultural Festival of Udaipur started with big boom and is continuing to catch a huge crowd of Udaipur along with domestic and foreign tourists. Publicity of this festival is not only done by the print and electronic media but social media is also playing its role to popularize this mega event. Shilpgram Utsav 2016 was inaugurated on 21 December evening by the Governor of Rajasthan and Chairperson of West Zone Cultural Centre, Udaipur, Shri Kalyan Singh among the august gathering of Home Minister Shri Gulab Chand Kataria, Higher Education Minister Smt. Kiran Maheshwari, M.P. Shri Arjun Lal Meena, M.L.A. Shri Phool Singh Meena, Mayor, Chandra Singh Kothari, Government Officials and public at large. While appreciating the efforts of WZCC, the Governor emphasized to initiate a life time achievement award in the

memory of noted folklorist of India Padmbhushan Komal Kothari.

Organized by West Zone Cultural Centre, Udaipur, "Shilpgram Utsav" is supported by Ministry of Culture, Government of India, Development Commissioner, Hand-loom, Development Commissioner, Handicrafts, National Jute Board and other Zonal Cultural Centers.

The huge amphitheater (Kalaangan), prime location for evening concerts became place of great attraction with elaborate sets and lights. The Festival was inaugurated with the drum beating by the chief guest and was followed by mesmerizing performances of folk and tribal artists.

It was made musically rich with presentation of Carnatic Music ensemble by R.V. School, Hyderabad. Kalaangan is offering various dance forms of India by different states either by new groups or by the same groups attempting oth-



ers dances of the same state. This gives a variety to the even those spectators who visit daily concerts. The beauty of our folk and tribal culture is that it is so pious and close to nature that it always looks fresh.

The dances highlight the regional cultural scenario are Mamita (Tripura), Baroichikla and Dhal Thungrai (Assam), Mer Rass (Gujarat), Bohad (Maharashtra) Samai and Dekhni (Goa), Panthi (Chattisgarh), Faruahi (Uttar Pradesh), Chapeli (Uttarakhand), Natua (West Bengal), Dholu

Kuniha (Karnataka), Rauf (J&K), Been Vadan (Haryana) and Bhangam Vadan (Rajasthan). Noted Artist Jumme Khan Mewati with his folk songs "Tarr" and "Ram Nam Urgent" and other folk songs is stealing the show every day. Artisans from various states are exhibiting and selling craft creations like, tie and dye, block printing, embroidery, patch work, chicken work, dress material, saris, woolen shawls and wear, wood work, cane craft, terracotta, pottery, leather work, metal craft, jew-

elry, jute bags, carpets, coconut craft, traditional paintings, puppet and toys making etc. Food stalls placed at various points offer a big variety of eatables. Bahurupias and other street performers are wandering in the Mela to allure people. Children are enjoying various crafts and magic. "Hiwada ri hook" is arranged at Banjara mini stage where many music enthusiasts are singing songs on accompaniment of orchestra available to help them. Quiz on cultural aspects is arranged at the same venue

to encourage youngsters with attractive prizes. During the next days few more attractive art forms will be seen. Adding to the beauty of the city Flower show is also arranged at Fatehsagar next to Shilpgram offering an exhibition of wide range of colorful flower. After conclusion of Shilpgram Utsav the blossoming flowers will continue to make us happy till the welcoming of New Year. Best wishes for both the events that bring positive energy to Udaipurites.

INTACH -Meeting -Cum- Yearly Review Held



Udaipur: To be rooted is perhaps the most important urge of the human soul and feeling this inner urge I shifted to Udaipur where my parents lived, received my initial education and I shifted to my roots of Udaipur after a long innings of service in various positions in 1999 from IPS to the position of Governor' said the Guests of Honour: Shri Arvind Dave IPS (Retd.) Former Governor, Arunachal Pradesh, Manipur, Assam and Meghalaya. He affirmed that the efforts of INTACH are fulfilling this need of heritage conservation since many years especially as 'Centre of Excellence' at national level and through its Chapters. Feel delighted to

witness the contributions made by a galaxy of senior historians, naturalists, architects, intangible heritage and educationists as members under the proactive work leadership of the Convener INTACH Udaipur Chapter. He was speaking at the Annual Review Meeting of General Body of INTACH of the Udaipur Chapter. The meeting was convened in the evening 23rd December, 2016 at the Meeting Hall, Central Public Senior Secondary School, New Bhupalpura, Udaipur to review the progress of Chapter activities from April to December 2016 and to facilitate the fellow citizens for their significant contribu-

tion in heritage conservation.

The meeting was presided by the Former Vice Chancellor Prof. B.P. Bhatnagar who appreciated the multi-disciplinary work of heritage conservation in the field of heritage conservation natural, architecture, intangible and heritage education in various 15 educational institutions. Efforts are on to extend this work amongst youth, researchers and special corporate bodies.

Young Members of INTACH HERITAGE CLUBS, Students of Rockwoods High School presented a skit on Clean Monuments and students of CPS presented Nukkad Natak on conservation of Natural Heritage. The ideas and efforts of children were highly appreciated. Rockwood High School Heritage Club was also awarded with a cash prize of Rs. 1000. Chapter Convener, Shri S.K. Verma and Former VC Prof. B.P. Bhatnagar honoured the Guest of Honour Shri Arvind Dave : Uparna, INTACH

Badge and INTACH Memento along with the publications of INTACH Udaipur Guest of Honour Shri Arvind Dave, Chapter Convener and Former VC honoured Social Elites, Historian and eminent Artists were also honored for their exemplary contributions for Heritage awareness and conservation the following for their exemplary contributions.

Shri Ravi Bhandari (Social Work and Education), Prof. K.S. Gupta (Mewar History), Prof. J.S. Kharakwal (Geoheritage), Artist Shri Vilas Janve (Former P.O. West Zone Culture Centre), Shri Mukesh amboli (Artist Pichwai painting) were received honor. During the meeting Prof. P.S. Ranawat highlighted the Geo Heritage and follow up action of the recommendations of seminar held last month. Prof. Meena Gaur presented a Vote of Thanks to the Guest of honour, Subject Matter Specialists, INTACH members, CPS Udaipur etc. The programme was anchored by co convener Dr. Susheel dashora.

Health Secrets Dark Chocolate benefits



Dark chocolate is loaded with nutrients that can positively affect your health.

Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Studies show that dark chocolate can improve health and lower the risk of heart disease. Dark chocolate is loaded with organic compounds that are biologically active and function as antioxidants. These include polyphenols, flavanols, catechins, among others. Cocoa and dark chocolate have a wide variety of powerful antioxidants, way more than most other foods. The bioactive compounds in cocoa can improve blood flow in the arteries and cause a small but statistically significant decrease in blood pressure.

Dark chocolate improves several important risk factors for disease. It lowers the susceptibility of LDL to oxidative damage while increasing HDL and improving insulin sensitivity.

Observational studies show a drastic reduction in heart disease risk for the people who consume the most chocolate. Studies show that the flavanols from cocoa can improve blood flow to the skin and protect it against sun-induced damage. Cocoa also contains stimulant substances like caffeine and theobromine, which may be a key reason cocoa can improve brain function in the short term.

Dark chocolates often contain some sugar, but the amounts are usually small and the darker the chocolate, the less sugar it will contain. Enjoy the goodness of chocolate and Merry Christmas to all the readers.

By the Way

Women Are Born To Be Courageous

Hritu Sodhi: Women are considered to be the weakest gender since ages. I don't know the reason behind this. Actually I don't agree with this. I have seen my mother and aunts, all are highly educated and self dependent. Even my grand mother was very active and she had tremendous decision making power. My sisters are on high positions and I never felt them weak in any area of life. Everyone knows that 'labour pain' is the worst pain in the world - it's close to the pain that you'll feel when you're dying (or so I've heard). But the point is, we'll still get pregnant and make babies.

Then why women are called weak?

Many women can't even shop without their husbands. They always cling to their husbands for one or the other reason. May be it's their environment which is responsible for their behaviour. Women are born to be courageous. They give birth to children and have the ability to nourish them properly. Many families don't give education to their daughters. They don't trust females and involve them in business matters or any other important activity. Women can endure more pain, stress, and hardships, both mentally and physically, then a man could ever do. The emotional demands on a woman are great, quite often a woman is solely responsible as the emotional support for her family and friends. She can be strong for her family in hardships, strong enough to pull through the worst of times that emotionally demand that she can be there for the ones that she loves. A woman can keep her emotions calm and settled in any situation that comes up for her, putting forth a stronger body to cope with any physical demands that may arise. Women can also endure more physical hardships over what a man can withstand, able to stand tall even when it hurts to keep her head up. With a strong mind and a strong body functioning together as one, women can go the distance and do everything better and faster.

Women are also better at being creative, able to visualize their creative ideas in better ways. Their minds can put things together much more efficiently, quicker, and better, allowing her designs and creations to last longer. Women are also better at being creative, able to visualize their creative ideas in better ways. Their minds can put things together much more efficiently, quicker, and better, allowing her designs and creations to last longer. There is so much that she can hold in her mind, from shopping lists to every day tasks and duties. Her memories can go back for years to things men have long since forgotten about. A woman's higher brain function enables them to keep these memories clear and fresh so they can use them for later in life, even when they no longer needed these same memories. Multi-tasking and a sharp mind is essential for a woman's daily life as she takes on more roles for herself and becomes more empowered with her own accomplishments. It's my suggestion to not to become weak in terms of relationships. Be a friend of your husband and don't be dependent on him for daily work. Now I talk about myself. After losing husband and father on the same day, I never cried on my fate or I must say that I did not get time to cry on my fate. I did everything for my kids and took responsibility to give them everything which they deserved. I never felt weak or guilty for being a single mother. I quickly learnt everything and started living life with my kids. It's really important to see your inner weaknesses and try to keep away negativity from your life. Those who call you weak, don't want you to rise above them. Try to learn new things to improve your confidence. Never allow anyone to demoralize your self esteem. Women are able to do more and better things with their extended abilities then ever before and are more independent with their lives.

Skills of workers drive the Vidyapeeth - VC



Udaipur (Mehzbeen Sadrivala): The Maanikya Lal Verma Shranjeevi college organized a seminar on one year of development story of Vidyapeeth. On the occasion, the vice chancellor Professor SS Sarangdevot said that standardized education, better human resources, quality, and skills of workers is the reason of development of the university. He added that we should evaluate our work. He further informed that many projects have been planned for educational betterment, student welfare, social and educational awareness, and researches. The seminar was presided over by Professor Suman Pamecha. For all the great work done by Professor SS Sarangdevot, he was felicitated with a Shawl, turban, and memento.

पश्चिम क्षेत्र सांस्कृतिक केन्द्र, उदयपुर

शिल्पग्राम उत्सव

Shilpgram Utsav

21 से 30 दिसम्बर-2016

"हिंदा रो हृद यात्रे हिल चाहता है..."
में आंगुठों को कला कोशल दिखाने का अवसर
मन्याह 12.00 से सायं 4.00 बजे तक

लोकयूमेन्ट्री का प्रदर्शन - 12.00 से 4.00 बजे तक
कलरल विवज : 1.00 बजे 4.00 बजे

उद्घाटन
21 दिसम्बर 2016 सायं 6.00 बजे

मुख्य अतिथि
श्री कल्याण सिंह
माननीय राज्यपाल, राजस्थान

विशिष्ट अतिथि
श्री गुलाब चंद कटारिया
माननीय गृह मंत्री, राजस्थान सरकार

विशिष्ट अतिथि
श्री अर्जुन लाल मीणा
माननीय साक्षर, उदयपुर

सहयोगी- संस्कृति मंत्रालय, भारत सरकार, विकास आयुक्त हस्त शिल्प, नई दिल्ली, विकास आयुक्त हथकरघा, नई दिल्ली, राष्ट्रीय परसन बोर्ड, नई दिल्ली, सभी क्षेत्रीय सांस्कृतिक केन्द्र

04

R Royal Harbinger

