

# RH & Much More

By the way

## Life & Death are Eternal Bliss

Death is life's biggest mystery yet to be solved. Every individual or living organism faces death, goes to unknown dimension, takes birth again and comes back. This is kind of a circle and each one of us are bound to complete this circle. What happened if we won't die?

This question keeps haunting in my mind. I think all of us want to know the answer. I am not a saint or philosopher who can give the right answer but what I have learnt from life is that Death is necessary. As we grow older, we become mentally weak and after a certain period we loose creativity. The fundamental purpose of death is birth which allows us to start fresh in this eternal life circle.

In term's of life's eternity, death is the first step of a soul's journey to a new existence.

**So why do we loose some people untimely?**



Everything is related to Karma, created by us in our past lives. Death is certain. Life could be short or long, pre decided by our own deeds, thoughts and work. Every single thought or action plays an important part to decide our future. We have taken innumerable births and in which we have collected good or bad karmas. Our death and life depends on the karma created by us in our past lives.

Our life has continued, will continue to exist eternally with the universe, it has neither beginning nor end.

We live in physical bodies and feel our transient forms only. Immortality is mere delusion.

As life undergoes the eternal repetitions of birth and death, it expands freely and dynamically, always charged with limitless potential for self-improvement.

Many people blame God for taking or giving life. This is not true. God is supreme power who has created the universe. Our own karma is responsible for our present lives. We are the writers of our destiny. In Geeta, Lord Krishna gave this message clearly to us but we seek His presence outside and prays for good and healthy lives. We easily blame God for our failure but never give credit for our success.

It is in our hands to lead our life whether good or bad. In Mahabharata, Arjuna fought his own battle under the guidance of Lord Krishna. Lord Krishna had powers but He did not kill anyone because it was Arjuna's duty to choose life or death for him and others. God only shows us the way. We have to choose the path, evil or good.

If you want to learn about life, first try to learn about death. We are subject to change physically and mentally. Our physical bodies are composed by million of cells that are constantly dying and replacing. Our emotions change with time. We change our bodies with the course of time but Karma remains the same.

I have seen some people who are brilliant, others are not, some people are facing illness, some people are poor, some are rich, some people suffer from greed, jealousy or anger, some are spiritual and know the reason of taking births. These differences are created by us and must have some fundamental causes.

Death is scary, felt by many people. Fear of death can make you depressed or angry. People cling to their bodies and materialistic wealth until the last breath with a false hope that they might not die. This fake thought makes them ill mentally and they keep on doing efforts to escape from death. They do stupid things to collect wealth and power.

We choose life to create good causes. Our planet or other dimensions need good souls who can work for the well being of humanity. We must know that Universe is not created for us only. Universe is equal for everyone, from a bacteria to a human life.

It's good to be religious but for mental growth and peace, we must start accepting the truth.

Life and death are inseparable and we must respect both.

## Cook With Hritu Orange Sauce



**Ingredients:** Oranges 1 dozen, sugar 500 GM's, lemon juice 2 tsp, honey 1 tsp

**Method:** peel oranges and take out seeds. Take a pan and put peeled oranges with sugar in it. Cook on low heat for 20 minutes. Let it cool for 15 minutes. Add lemon juice and honey. Grind this mixture in a mixer and fill in a glass bottle. You can use this sauce in any dessert or icecream as topping. You can decorate plain or orange cakes or muffins with this sauce.



**Ek shaam, ek khwaab, aur thodi se fursat**

shaam, ek khwaab, aur thodi se fursat  
Aa jana kabhi - dono -, baithenge der tak  
Kui bahaana karke, tum zulfein khol dena  
Tumse meri or chale, ye hawa se bol dena  
Siharan si mere kaanon pe fir hogi der tak  
Aa jana kabhi - dono -, baithenge der tak  
Badi lambi saari baatein, kehni hai hasrat se  
Tum bas jawaab dena, palakoN ki harqat se  
Bas aankhoN pe rakhene, hum nazarein der tak  
Aa jana kabhi - dono -, baithenge der tak

- Prashant V Shrivastava

## Padmashree Devilal Samar Memorial Drama Festival pulls crowd

**Udaipur: (Vilas Janve)**

February proved a month of Cultural Festivity as Theatre, Music, Dance, Poetry and Story lovers of the city beautiful experienced boom of cultural activities. Bhartiya Lok Kala Mandal is association with The Performers offered six plays of different themes.

"Welcome Zindgi" presented by Aakar Kala Sangam, New Delhi impressed viewers thoroughly. Originally written in Gujarati by Saumya Joshi and translated by Rahil Bhardwaj this play was designed and directed by Suresh Bhardwaj, Professor at National School of Drama, New Delhi. The strong script reveals strange and strong relationship of father and son of a common middle class family dwelling in Mumbai.

Arun Ganatra is nearing retirement and has deep emotional attachment with his son Vivek Ganatra who is young and has his own ambitions about prosperous future. Though father and son have deep affection for each other

but they lack in communicating the same and create devastating distances among them. Mother Bhanu Ganatra is very rational and always tries to bridge the gap. The situations, dialogues and expressions were so natural that the spectators especially who were above 40 years were deeply involved to the extent that they were in tears many times during the play. The last scene when father reads this lecture for Retirement function was so effective that entire auditorium was sobbing. Ramesh Manchanda as father stole the show. From every angle he live his role to great expectations. Anju Jetly as mother earned great applaud for her natural and balanced acting. Vivek Ram Kannojiya as son displayed tremendous talent in his short but effective role. Credit goes to the designer and director Prof. Suresh Bhardwaj who very efficiently handled this psychodrama. He could create the atmosphere where every sensitive spectator that as if he is



part of what is going on the stage. Lights by Kiran Kumar Sharma, set by Ram Pratap, sound by Suman Vaidya and stage props as well as costume by Veena Sharma helped to sustain the required effects. The concluding play "Sakharam Binder" was a celebrated play by the stalwart playwright Vijay Tendulkar. This bold play was written

many years back in Marathi and was so popular in theatre groups throughout the country that almost every courageous director and group staged in different languages and style.

The play exhibits complexity of human relationship and domestic violence. The play reflects the ugly mentality of man towards woman. He

believes only in lust for woman keeping the sentiments aside. Woman is always compelled to crush her emotions and live miserable conditions to satisfy man.

Jagjeet Sandhu as Sakharam portrayed aggressiveness in his role where required. Pradeep Singh as Dawud did his role well. Neha Preet as Lakshmi lived her role very effi-

ciently. Malvika Bhaskar as Champa put life her character.

Gurinder Singh on lights showed his talent in emphasizing important scenes. Raman Kumar and Surinder Singh helped in set and stage props. The play was designed and directed by Umesh Kant who is a renowned theatre personality of Punjab and Chandigarh. He did fairly his work well. He edited play and tried to balance the contents of this complex play with the contemporary scenario. To some extent he was successful. The content of this play were certainly for the Adults. Children audience must have been confused so as their parents who attended this play together.

It would have better if the organizers made announced it the previous day about the contents and declared as Adult play. This festival has contributed in the understanding of the audience. Some plays like "Welcome Zindgi" deserve to be called again in Udaipur.

## Health Secrets

### Tomato Benefits

Tomato is considered both, a fruit and vegetable and forms an integral part of cuisines all across the globe, especially in the Mediterranean region. Daily consumption of tomatoes provides a great boost to health, along with improving the flavor of food. You find tomatoes in countless different foods, including pastas, pizzas, ketchup, various beverages, and as an included flavor element in dishes from breakfast to dinner.

Tomatoes are relatively easy to cultivate and grow very quickly. Tomatoes are relatively easy to cultivate and grow very quickly, making them a quickly replaceable food source, which is a big reason why it is a staple food for many nations.

Nowadays, tomatoes are grown in countries all around the world, and there are thousands of different cultivars and varieties of tomatoes that can provide you with unique health benefits. Tomatoes are rich sources of antioxidants that have been proven to be effective against many forms of cancer.

**Rich Source of Vitamins and Minerals:** A single tomato can provide about 40% of the daily vitamin C requirement. Vitamin C is a natural antioxidant which prevents against cancer-causing free radicals from damaging the body's systems. It also contains abundant vitamin A and potassium, as well as iron. Potassium plays a vital role in maintaining nerve health and iron is essential for maintaining normal blood health. Vitamin K, which is essential in blood clotting and controls bleeding, is also abundant in tomatoes. Reduces Cholesterol and Protects the Heart: The lycopene in tomatoes prevents serum lipid oxidation, thus exerting a protective effect against cardiovascular diseases.

**Counters the Effect of Cigarette Smoke:** The two main components of tomatoes, coumaric acid and chlorogenic acid, fight against nitrosamines which are produced in the body and are the main carcinogens found in cigarettes. The presence of vitamin A in such high quantities has also been shown to reduce the effects of carcinogens and can protect you against lung cancer.

**Improves Vision:** Vitamin A, present in tomatoes, aids in improving vision, as well as in preventing night-blindness and macular degeneration. Vitamin A is a powerful antioxidant that can be formed from an excess of beta-carotene in the body. A lot of vision problems occur due to the negative effects of free radicals, and vitamin A is a powerful antioxidant which is present in tomatoes.

**Lowers Hypertension:** Consuming a tomato daily reduces the risk of developing hypertension, also known as high blood pressure. This is partially due to the impressive levels of potassium found in tomatoes. Potassium is a vasodilator, meaning that it reduces the tension in blood vessels and arteries, thereby increasing circulation and lowering the stress on the heart by eliminating hypertension.

**Manages Diabetes:** A study conducted by the Journal of the American Medical Association shows that daily consumption of tomatoes reduces the oxidative stress of type 2 diabetes. There have been various studies to prove the efficacy of tomatoes against many chronic diseases and varieties of cancer. The antioxidant properties of tomatoes can also be derived from processed foods, including tomatoes found in ketchup and purees.

Daily consumption of tomatoes fulfills the daily requirement of vitamins and minerals and exerts an overall protective effect on the body.



## Education Evangelist Of The Year" Award To Grace Pinto

**Udaipur:** The prestigious "Education Evangelist of the Year" Award was conferred upon Madam Grace Pinto, Managing Director, Ryan International Group of Institutions on February 22, 2017 for her valuable contribution to education in India.

The Education Evangelist of India recognizes individuals who have gone way beyond the call of duty and made significant contribution at the sectoral level and with their passion, have worked tirelessly for the cause of education in India. The Award was presented to

her by Baroness Verma, Conservative member of the House of Lords at the Great Place to Study (GPTS) Thought Leadership Award Function held in London, UK.

The award was conferred on her after a stringent review by an eminent jury. It was given to her in recognition of her contribution to the education ecosystem for supporting it and taking it to global standards. Speaking on the occasion, Madam Pinto said, "I'm pleased and deeply honored to receive this award and thank our Lord Jesus Christ for this



prestigious recognition.

At Ryan, we have always aspired to go beyond mere academics to enable our students become global leaders and

contribute positively to the society. I accept this award on behalf of the entire Ryan Family, our staff, students, parent community." Geetanjali

## "Dr. G.L. Dad honored fellowship at Mumbai"



**Udaipur:** Medical College & Hospital, Udaipur's Medical Superintendent Dr. G.L. Dad was awarded fellowship in Indian Academy of Forensic Medicine. He was honored at the 38th National Conference of Governing Council Indian Academy of Forensic Medicine (IAFM) by Central Ministry of Home Affairs Mr. Hansraj Aahir held at Mumbai. He was awarded the fellowship in recognition of contributions and services rendered by him to the specialty of Forensic Medicine and toxicology, are praiseworthy and exemplary. He has demonstrated intellectual leadership and ability to integrate knowledge, strategies, policies and research objectives for the last few decades. He was awarded the fellowship among the central zone of IAFM. The conference encountered the presence of more than 700 national participants out of which 20 of them were international participants. This fellowship award is awarded once in every three years.

## Women suffer pathetic and miserable conditions in India

**Ludhiana:** Belan Brigade has organized a press conference in Circuit House in which women participated and raised their voice against women issues. On this occasion Belan Brigade's national president Ar. Aneeta Sharma said that the 18th century women used to spend their entire lifetimes behind the traditional veil fulfilling their house hold duties such as fetching water from the well, cooking meal on earthen firewood stoves, applying clay on their house floors and walls, looking after their kids and family as well as having 8-10 children. It's a historical fact that women used to work more than men. Men would only roam in forests and bring home fruits and prey.

However, everything has changed in the 21st century. Women, these days, are performing their household chores using modern technology and equipments and they have come out of the realm of their homes but unfortunately, they still have to live by the command of men. Men advise them what to do and what not to do. Even if they wish to be a mother, it happens only after men's consent. If their husbands don't wish to, they can't be a mother. It also depends on the husband's will that she carries the baby in her womb or goes for an abortion she said. Further she said that women

have to face a lot of humiliation in courts. They don't get justice in the serious matters of domestic violence and divorce. Their lives become hell seeking divorce, carrying babies in their arms and still it becomes harder for them, each day, appearing in courts and going to lawyers for help to provide them their monthly expenditures for kids and themselves. They don't get it even after several years of hard struggle. It all fails due to futile arguments in courtrooms by the lawyers and results in the spoiled lives of mothers and their children. Nobody has ever paid any heed to how these divorce cases fail to render justice to females in Indian courts and that's why they are in such an awful condition. They have to spend their lifetimes proving that their husbands earn a good deal and so they deserve to be given their living expenses. Before marriage, every relative of the groom declares that he earns a great deal and owns a factory and has a good business whereas when it comes to divorce, parents expel their son from the property and declare him a jobless bankrupt. Thus, he can't give any monetary help to his wife and kids.

The so called millionaire guy before marriage gets declared an utterly poor man with the help of court and advocates. Thousands of years ago, in the Satayug, the Hindu wedding couples used to make formal vows to each other during their marriage and they used to fulfill those vows in their whole lives whereas today, in these modern times, these marital vows have lost their significance and they are deceiving their partners. These vows are made verbally and later on they accuse each other of infidelity. Therefore, it would be better that this custom should be replaced with a formal affidavit signed by both the parties so that nobody could gainsay their promises made to their partners she said.

Women play various roles in our society as a mother, sister and daughter or daughter-in-law. However, this male dominated society considers her as a means of enjoyment and pleasure and they underestimate her strengths and abilities and consider her as weak and unstable. Everyone tries to control her and be a master of her. Women are not feeble as it's the most difficult part of her life to give birth to a baby after suffering a lot of physical pains and sometimes it takes an operation too. So, how can we call her weak and unable. Men are mostly into bad habits like drinking alcohol, gambling and drug addiction along with many other disgraceful and

shameful activities and only women have to suffer due to their ill treatment and inability to win bread and butter for the family as she has to stay at home and do the chores. She doesn't earn a livelihood. She has to look up to her husband for running household expenditures. Now, the time has come that women have to be all set for a change and they have to be aware of their rights and to fight for those rights so that they don't have to depend on men for running their households. She added that Navkiran Women Welfare Association and Belan Brigade have braced themselves up to provide work to women and make them financially strong so that they don't have to look up to their husbands for household expenditures. Before marriage, every groom and his family should provide an affidavit of his work, earning and property to the bride's family so that they can't escape their responsibilities for the woman and her kids if a situation of divorce arises.

Thus, our association will work towards providing help to women who have pending divorce cases in courts, saving homes where men are indulged in drugs addiction and helping home maker women to earn to become financially independent.

- Anita Sharma



