



# & Much More

## Character is not a certificate of purity

Character of a woman is the most talked about thing in this world. In a moment a woman can lose her dignity which was being built in years.

Jasmine is a DJ. She works late at nights and sometimes she comes back late from work. She wears revealing western clothes mostly which suits her job completely. Her neighbours always talk about her dressing style more than her nature. She is being criticized for every move.

Women are afraid of character assassinations and mostly fear of being criticized by society. That's why many women don't take bold decisions about life. No matter how much qualified a woman is, she never tries to live alone or do things as per her choice. Everytime she looks for a male partner to complete her journey of life.

Males are living freely in this world without any hesitation. They are given rights to live with freedom.

Women have to think twice before going out late at nights. Even working women can't live on their own terms.

I don't know the reason but may be it's related to male insecurity.

Our society is hypocritical which allows a male to make any relation but females have to prove their dignity before maintaining any relation. Women can't make male friends because it's not acceptable in our society.

But character is not a certificate of purity in my opinion. Character is not a precious jewel which a woman has to wear all the time to show her purity.

Why can't we let women breathe in the fresh air? Why only a woman has to give up her dreams to fulfil the dreams of her family? All rules have been set to tame a woman. These rules have to be changed by us now.

Strength of a woman can be seen in her style of dealing with problems in daily life. It has nothing to do with her character.

A prostitute sells her dignity to others, mostly for her livelihood. She has been cursed for choosing this profession from ages. Nobody blames a male for buying her. She can not become a prostitute without the help of a male.

We have become rigid to accept the reality.

If we want to see the change in our society, we have to overcome from the old recognitions. Let women move freely without any fear in the society. Character of a woman must not be defined by the male friends in her lists. She has some other qualities too which are mostly hidden or unseen. Let her come out of the shell of imprisonment of thoughts.

She can fly high above the clouds and there must be a sun shining in the sky for her. Her soul is much powerful to understand the capacity of her character.

Character is really a small word for a woman who wants to be described in a different way in 21st century. Don't snatch her happiness by blaming her character to show your potential. Modern women are spreading their wings to reach the stars. Make her path smooth and clear. She would definitely show her capability if not being judged by the opinions of others.

## 75 feet long cake on Big B's birthday



A 75 feet long cake was cut in midst of the road to celebrate the 75th birthday of Amitabh Bachchan. Ashoka Bakery udaipur celebrated Big B's birthday in unique style. It has been claimed that such a big cake has not been cut ever before in India. A team of 15 people made this cake by putting in 2 days of hard work. The cake consisted of apple syrup and dry fruits apart from other ingredients.

Fans gathered the whole day to take a look at this 75 feet long cake. A lot of people wished Big B on his twitter account.

Mukesh Madhwanis demand for, "Filmcity in Lakecity" is getting momentum. Fans even dressed up in the getup of Big B to express their love for him. These fans were honoured for their presentations. Around 200 products in the bakery have been named after Amitabh Bachchan's films viz. zanzeer, deewar, sholay, don, kuli etc.

## Fortis Jk Hospital : A Skit Performed

**Udaipur (Pushpendra) :** On the occasion of World Mental health day, a skit was performed by the team to aware the people regarding the mental health issues which people suffer and how it can be cured?

World Mental Health Day 2017: Best Ways to Improve Mental Wellness at Work Each year, October 10th is celebrated as World Mental Health Day and to increase public awareness about mental health issues.

This year, the World Federation of Mental Health calls for improved mental wellness at workplace. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through a

dulthood. Over the course of your life, if you experience mental health problems, you're thinking, mood, and behaviour could be affected. Many factors contribute to mental health problems, including.

**" Biological factors, such as genes or brain chemistry**

**" Life experiences, such as trauma or abuse**

**" Family history of mental health problems**

Fortis JK hospital organized world mental health day. FjkHsushrutaand Fjk team nursing member and all staff participate in this programme with Facility Director Gurvinder Singh. Keep talking about world mental Health day.

# Positive future of Mime Art in India



**Vilas Janve :** I recently visited Ujjain, a spiritual and cultural city of Madhya Pradesh, to participate in the 2nd National Mime Festival. Five groups from West Bengal, three from Madhya Pradesh, one from Assam, one from Maharashtra and mine from Rajasthan shared the stage. This was my second time here as I could not say no to the spirited Jitendra Tatwal, a young theatre director from Madhya Pradesh involved with this venture. He and his team

blessings of luminaries will continue to bring recognition to this Festival in the coming years. Until now, Mime art was popular in West Bengal and North Eastern states but slowly states like Rajasthan, Maharashtra

including Sangeet Natak Academy Award. A group mime 'Babaon ki Leela', presented by Madhya Pradesh Natak Lok Kala Academy and directed by Jitendra Taltwal, showcased the present scenario of pseudo babas. Young boys and girls acted with whole-hearted involvement. Kalptaru

guage to enhance their expressions. Senior Artist and Director of Muk Academy, Kolkata, Mukul Deb presented a solo mime 'The Park', adult mime 'Robot' and a group mime 'Bhoj' showcasing talent of young and senior artistes. Mukul Deb is a versatile actor and his presentations had a



from Gurudev Ravindra Nath Tagore's creation, 'Geetanjali'. Her natural acting studded with emotions added meaning to the mime. She also accompanied me in the comedy, 'Hurdle full Honeymoon',

although not all groups experimented thoughtfully. Fact is, mimes which have innovations, aesthetics and an emotional attachment with certain themes, stay for long. This art deals with Sativak, Angik Abhinay and Aharya Abhinay, three out of four essential elements of acting. This Mime festival had many students or artists inspired by Padmasree Niranjana Goswami who is Director, Indian Mime Theatre, Kolkata. Though Guru Jogesh Dutta of Kolkata initiated mime



of young professionals and college and school going children exhibited their proficiency both, on and off the stage. The great theatre director and recipient of many International and National awards, Dr. Ratan Thiyam, former chairperson of National School of Drama inaugurated the festival. He appreciated the efforts of Madhya Pradesh Natak Lok Kala Academy and Kalidas Sanskrit Academy to popularize the art of Mime. He also reminisced his own visits to Ujjain when he staged classic Sanskrit Dramas. On this occasion, he blessed young artists and honoured participants. Last year the festival was graced by Dr. Shekhar Sen, the Chairperson of Sangeet Natak Academy who inaugurated the event. Presence and

and Goa are also becoming a hub of Mime. Even Fellowships and Scholarships are being awarded to artists of these states. This year's festival was organised in collaboration with the Directorate of Culture, Madhya Pradesh. It saw performances of highly professional Mime artistes like Moinul Haque from Guwahati. He staged his popular mimes like 'Childhood of Moinul', 'Balloon Seller', and 'I love Moinul'. Buffet dinner and Boxing. He has mastered these mimes over a span of five thousand shows. He impressed the audience of Ujjain with his tremendous acting caliber. The accompanying live and recorded music was handled by Ratan Dass along with special light effects. Moinul is recipient of many prestigious awards

Guha, acclaimed National Award winning artist from Ameya Creative Art, Asansol, West Bengal enthralled spectators with his comedy solo mime, 'Cricket'. He portrayed different characters causing laughter.

Rangtal Theatre, Kolkata presented two group mimes namely 'Unity is strength' and 'Physiotherapist'. These mimes were lengthy with repetitive actions and could leave little impact on audience. A group of young artist from Karmyogi Creative Group, Bhopal staged a happy-ending group mime showcasing a love story where a pickpocket experiences a transformation and quits his criminal life. The director of this mime 'Buddhadiction', Nitish Dube could have made it more entertaining and effective in conveying the message with editing. Winner of State Award of Role Model, Govt. of West Bengal, Chandrakant Shirali and his team consisting of three hearing impaired artists staged a mime called 'Jeevan nahin dobara' showcasing ill-effects of consuming alcohol and drugs. They hail from Thakurnagar Mime Academy of Culture, 24 Parganas, West Bengal. They used sign lan-

blend of comedy and pathos. His hearing impaired artists, Soham Dasgupta, Pranav Nandi and Shubhankar did a remarkable job. Thakurnagar Theatrics, Thakurnagar, 24 Parganas, West Bengal, presented an emotional mime 'Sacrifice'. The protagonist was a nun who helped every needy person she came across, helping desperate people, disregarding her own discomfort to the point that she sacrificed her life to save a young girl. Hats off to the Founder Director, Thakurnagar Theatrics, Jagdeesh Gharami who could exhibit such enormous talent. The youngest actor Shivam Haldhar (6 years) impressed with his innocent gestures. The older actors included Susmita Das, Sujata Das Sachin Shaudhary and Kamon Deb. A group presentation 'Mother' by Abhidha Natya Sansthan, Khandwa was directed by Yuvraj Chauhan. Seven young girls made their debut through this emotionally charged mime. The young team showed potential. It is good to learn that small towns of Madhya Pradesh have also started emerging in this silent theatre. Kiran Janve presented mime 'My Child' based on a poem



representing Martand Foundation, Udaipur. A new concept was incorporated by Dev Faujdar from Mumbai who performed mime shows on streets and shopping mall to invite people. Dev himself is a versatile artist and promotes mime in Mumbai.

Looking at the variety presented by groups it is evident that mime art's future is in good hands. Artists are innovating from the conventional. Experiments in expressions are redefining mime. Many directors have created mimes from poetry, story, fiction and current topics. Some are exploring the longer acts or mime dramas (Silent Drama). Many mime directors have created mimes from poetry, story, fiction and current topics. It is a healthy progress,

in modern India but Niranjana Da has done pivotal work in popularizing mime by organizing National Mime Festivals in various states including starting National Mime Institute at Kolkata. Other Mime Directors from West Bengal, Assam, Manipur, Tripura, Delhi, Rajasthan, M.P., U.P., Telangana, A.P., Karnataka, Maharashtra, Goa, Kerala and Chhattisgarh are also working on various mime productions. Mime has become an event of Youth Festivals too and many school children are getting scholarships in the art. NGOs are incorporating mime through nukkad-nataks to popularize various schemes. Given such a buzzing atmosphere, Mime will soon find its due place in the world of performing arts and be here to stay.

## LOST FOOD

**Anarsa**

2 cups rice, 1 tablespoon poppy seeds (khushkus), 2 cup jaggery, grated, ½ cup milk, Ghee for frying

**Procedure:**

- \* Clean and wash the rice and then soak the rice with required water for 2 days. Change the water every day.
- \* On 3rd day remove extra water from the water and spread the rice on the thin cloth and let it absorb the water from the rice.
- \* Now, grind this rice and make a thin paste of it.
- \* In a bowl add jaggery and rice paste and mix well.
- \* Now, add required milk to the mixture and knead the mixture into pliable dough.
- \* Then make small balls from the dough, cover it with moist cloth. Sprinkle some poppy seeds on it and then press it and make a whole round shaped patties from it.
- \* Now, heat the ghee into frying pan and fry the anarsa in ghee. Shallow fry the anarsa till it turns golden brown in color.
- \* Remove it from ghee and let it cool. Tasty Anarsa is ready to serve.

**"Chef Satish Comments"**  
You Can Stuffed Anarsa with Mawa As Well.

## JOURNEY OF INDIA'S PHILATELY



**With Vinay bhanawat :** In the year 1951 department of post of government of India issued three stamps. The first stamp was issued on 13 January on the occasion of century of geological survey of India of 2 Anna's followed by set of two stamps on 4 March on first Asian games in two colours at value of 2 Anna's and 12 Anna's. All these stamps were printed at India security press Nasik.

## Sojatia Jewelers Unique Initiative

**Udaipur:** Prior to Diwali, Sojatia Jewels celebrated the festival of happiness with the disadvantaged children by visiting various Divyang Ashrams, slum settlements in the city on Monday. During this unique celebration sweets crackers diyas, saris were distributed to the mothers & children. Social activist Dr. Ranjeet Singh Sojatia said that the motive of festival is to sharing glee among each other.

In such a situation, no child should not away from the glow of Diwali, with the same thought, blankets, clothes and desserts were distributed among them. Dr. Mahendra Sojatia said that the happiness of children and their families is worthwhile. They were overwhelmed with the sudden gifts he asked every rich person, including small companies and voluntary organizations, to make such a try so that the vision of equality to in reality.

During the unique initiative Reena Sojatiawas also present. she told that this event is done by Sodhiya Jewelers every year before Diwali. The only thought behind this is to connect desti-



tute and deprived people with the mainstream of the society and develop their self-confidence.

## Hi-tech fountain installed near Dudh-Talai

**Udaipur:** To further beautify the city lakes, Udaipur Municipal Corporation is installing 8 hi-tech fountains in the lakes of Udaipur. As part of this, one fountain has been installed in lake Pichola opposite Dudh Talai. The fountains will have LED lights along with aviation system. Each fountain will cost Rs 14 Lakhs and there will be a total of 8 such fountains costing a total of Rs 1.12 Crores.

Each fountain will have 20 LED lights. Out of these 4 lights are of 80 Watts and 16 lights of 20 Watts. The fountains are also equipped with 2 motors each of 5 horse power. 24 balls will help the fountain float in water.

## Deepawali celebrated at CPS



**Udaipur:** Deepawali celebration - 2017 was organized at Central Public Senior Secondary School, located at New Bhopalpur, Udaipur. The program started with Laxmi Pujan and the grand dances were performed by school students. Under the in-house plate decoration competition, sixteen worshipping bases were decorated in different ways. In the presentation of plate, all groups adopted different conventional methods. Yellow House in the plate decoration stood First, Green and Seffron House remained - II while Blue House ranked at third place. There were many prizes in the main attraction of the program. For the staff - the best apparel, the best smile, the best bracelets, the best hairstyles, the best jewelry and the attractive personality competition. Were organized The Blue House Green House and Yellow and Seffron Houses - remained in first second and third place in Underglobal Rangoli competition. Students from class 3 to 12 - Fashion show based on traditional dress of students was organized and gifts were given to the award-winning students. The chief guest of the program were Mrs. Aruna Mehta and Mrs. Anshu Kothari. Gifts for the fourth grade employees were given on behalf of school management on School Director Smt. Alka Sharma and co-Principal Smt. Dheera Samar thanked them.