

IRH & Much More

True Beauty lives in



"The moon lives in the lining of your skin..." Eleanor Roo said this to describe inner beauty of women.

Women of the modern era are changing with time.

What is true beauty?

It's not about showing your skin. Mostly women focus on their dressing style and materialistic things instead of working on their personalities. It's not bad to wear modern clothes and dressing up smartly but we must

focus on enhancing our inner beauty.

Fairness companies want to spread their market and therefore they always promote fair skin. Some advertisements look so pathetic that I feel ashamed of watching them on screen. They degrade the originality of Indian women.

Indian skin is basically dark and dusky which itself is beautiful. We don't need to change the skin colour to get good marriage proposals. Unfortunately there is no such school which can teach us to live with purity and humanity in society. All of us talk about changing the world but we always forget to change our inner nature.

Skin colour, size and texture are not signs of good qualities. Inner beauty lives in our heart. We can improve by polishing it daily. I have seen many women who clean their homes and waste lot of detergents but they have never worked on cleansing their souls. Beauty is all about being comfortable in your own skin. Every female is born with original beauty and virtues which other living beings don't have. Its my advise to all the pretty ladies to put their original beauty above everything.

Real beauty isn't about symmetry or weight or makeup; it's about looking life right in the face and seeing all its magnificence reflected in your own. ~ Valerie Monroe.

Wisdom and power to tackle every situation with courage are the best qualities women have. Accidentally the world has shrunk with time but only few people have changed their mindsets to judge women by their style of working. Others still believe in shapes, sizes and colour.

But if we want others to change their old thinking for judging us, we must start loving ourselves first. Dialogues are less powerful than actions. Women have to set an example for the rest of the world by working hard and controlling reactions on stupid issues. We cant change the world in one day but we can definitely start within one minute for the betterment of our society.

"You are not a mistake. You are not a problem to be solved. But you won't discover this until you are willing to stop banging your head against the wall of shaming and caging and fearing yourself. ~ Geneen Roth." With this quote I end up here to meet all my readers once again.

Quiet Casual - The Trick is to keep Breathing.....

We all have rules we live by. Some of them are inherent, such as smiling when walking past a stranger or shaking someone's hand when introducing yourself. But others we have to develop over time until they become habit. Good habits, practiced daily, can make all the difference in your life. It's really that simple. Give more in the world (of your time, money or talents) than you consume or take. It creates such an abundance of experience, connections and wealth, but never when they are the leading drivers. Be for others as you will do for yourself. This is one of the golden rules learned over the years. As when giving we get, yes we receive. But, giving needs honesty, a good heart and selflessness.



WE ALL HAVE HIDDEN MOTIVATION -

Trust me, by my observation I have seen people are not that negative as they appeared to be. They are most of times afraid to think positive. Seen many upheavals in life they have their own fear. It happens with many, but the life is about moving, moving with hope. Keep the ray of motivation in your heart, it will shine surely.

All of us are stressed to some degree and we all get moments of anxiety and fatigue. But if we can recognize our particular signs of stress or overwhelm, we can take action to help ourselves. I encourage you to learn what the signs and symptoms of stress look like for you. Write them down! It could be overeating - or under-eating. It could be that your breathing becomes shallow or that your focus is off.

You're not capable of doing your job the way you used to or maybe you're less patient and more snappy than usual. Take some personal inventory and write your stress signals down as they occur as well as the stressors themselves. When we write the signals down, it's helpful to add time, place and situation as well. Then, using some suggestions below, let's see how we can turn them around.

Laughing is a fantastic relaxer! When we laugh, we release endorphins - our bodies' 'feel good hormones'. We're also flexing a great number of muscles when we laugh and thus getting a bit of a workout, enabling us to feel more relaxed afterward. Did you know that babies laugh about 300 times a day and the average adult about 29? Let's raise that number!

We tend to become very serious and intolerant when we're stressed. We miss little signs, we forget to be kind, and we can be impatient and sometimes gruff. But when we know that all is perfectly planned and choose to allow the universe to take care of things, it gives us permission to let go and allow events to unfold naturally. We can't control it all and, in the end, we don't really want to. It's exhausting!

Have an attitude of gratitude. It's scientifically measured that people who can count their blessings, who are grateful for all things in their life, truly feel less stressed. Even stress or anxiety is something to be grateful for since it is an intense and direct indicator that you need to back off, relax or handle things differently. So let's be grateful for what we have and for what we can do. Let's be grateful for our loved ones and for our very breath. Believe that all is exactly as it should be and that when you do your best, the rest must be covered!

We can't control it all, and letting go is sometimes challenging, but once you do let go and start trusting, a flow enters your life that can be turned into the current of your world to hold you, carry you and show you when it's time to take action and when it's time to rest!

- Mehreen Sadiwala

ROOT-FOLKWAYS FESTIVAL, HYDERABAD, A GOOD BEGINNING.....



Vilas Janve

India is known for her cultural diversity When it comes music, it is even more enriching to see so many genres, forms and styles. One of the most beautiful and truly ancient yet young is the folk music of India.

A genre that comes under living tradition, across the country in almost all the states, there are folk traditions that have survived through centuries. Despite all the historical changes, climatic challenges, political upheavals and what not...they continued to live in the memory, in the hearts of the people. While India is exceptionally rich with so many living traditions, there are many other countries too which have rich heritage of their folk music. Though not all of it may be "living tradition" in the sense, it may not have travelled down centuries, in an uninterrupted flow, ORALLY TRANSMITTED, yet it is part of the folk repertoire and in some cases, revival of the folk repertoire.

Keeping this in view Banyan Tree (India's leading event company) launched the first ever International Folk Heritage Festival in the Biryani City, Hyderabad on 18th and 19th November, 2017 at Taramati Baradari, Gandipet.

This was conceived and designed by Mahesh Babu, Managing Director, Banyan Tree Events and organized with local support of Tata Advanced Systems, Mahindra Mutual Fund, Telangana Tourism and 92.7 Big FM.

"In fact the folk music of the people was something that gave them their unique identity and depending upon the need of the hour, gave joy, solace, stability, nostalgia.....the list is almost unending.

With our new festival ROOT-FOLKWAYS, Banyan Tree set out on yet another path-breaking journey. This festival showcased richest of folk performing art not just from across the length and breadth of the country but also from around the world" says Mahesh Babu explaining the concept. Balalaika Ensemble (Folk music from Voronezh, Russia) entertained the spectators both the evenings with their enchanting folk songs accompanied on the traditional string instruments called Contrabass, Pragma, Russian accordion and Russian Drums and Balalaika Aalto. Female singer Daria Dussina and male singer Anatoli Studenikin left deep impact of their melodious singing. They sang songs of love and happiness with pure Russian flavor.

Their folk band energized listeners to swing on their seats. Buba Kuyate, folk singer from Gambia, Africa rendered folk songs of Africa playing traditional string instrument called "Kora". After his solo singing Sidi artistes

cult traditional dance form. Banyan Tree presented local folk artistes from Telangana and Andhra Pradesh to put regional fragrance. These artistes performed, Oggukatha, Lamada Dance,



from South Gujarat played percussions called Mugarman, Damama and Maimisra to accompany him. They also sang their song in Suavely dialect imbibing music of Africa and India.

Sidis originated from East Africa settled in Gujarat and few states of India some eight hundred years ago and maintained their ancient culture. They have adopted Muslim religion and on the eve of the Urs of their Prophet Bava Gaur they perform a ritualistic dance called Dhamal. Their dance engrossed audience. They started from low rhythm and gradually picked up momentum to reach climax when one dancer cracked tossed coconuts on his head. Iqbal sidi and his group from Bharuch, Gujarat impressed a lot. Gotipua Children from Odisha mesmerized audience with their amazing Bandha dance. Nine boys aged between 6 to 16 years dressed in female attire created excellent formations alluring audience. Guru Satyapir Palai from Puri runs Gurukul where these young children are honed in this diffi-

Kolatam, Karrasamu (martial arts) and Chakka Bhajan.

Three groups of children from local schools were picked up from 25 groups after competition to perform during this festival. These children had proud to share the stage with eminent groups from India and abroad. Their performances i.e. Veergase, Garaba and Mathuri were equally interesting. I must appreciate efforts of parents and teachers who helped these children to make these children inquisitive about the cultural diversity of India.

"Tannaura" an unique dance performed by two young artistes (Mehmud Kemille and Mehmud Yahiya) from Egypt was a treat to watch. While whirling their long skirts they created spectacular compositions. They entertained youngsters at same time connected elders with Sufism. Their divine performance was appreciated very much. In another performance Hamada, young maestro Played most ancient traditional string instrument Qanoon (very close to Santoor). He not only played Arabian tunes and



songs and two Hindi film songs namely 'Meremanki Ganga aur tere man ki Jamuna' and 'Amar Akabar Anthony' engrossing audience. Purulia Chaw performed by Subrato Mahato and his group from West Bengal, rendered powerful performance of "Mahishasur vadh" show casing tremendous talent using Martial arts. Bhangda, most popular and vibrant folk dance from Punjab was made people dance on their seats. Stage of Amphitheatre was elaborately decorated to match the theme of the festival. Light design by Narayan Chauhan and Sound design by Jaywant Rane and my co anchor Divya Naithani contributed a lot to make this festival memorable.

B. Vyanktsham, Principal Secretary, Tourism and Culture, Telangana, Saumya Mishra, I.G. Police, C.N.

Rao, CFO, DSLINFRA, J. Shreedhar, Head, Corporate, TATA Advance Systems along with many dignitaries witnessed the festival. The ambience of Mela was rightly created by Traditional string puppets show of Rajasthan performed by Sohan Lal Bhat and group from Ajmer. Most popular Kablia dance by Heera Badrinath Sapera from Jaipur, Angi Ger by Prem Gehlot's from Balotara and Rammath Chaudhari a senior artist from Jaipur famous for his big mustaches. Many visitors clicked photos and took selfies with these folk artistes to make their visit memorable. The concept, design and presentation of this first International Folk Heritage Festival was highly appreciated and it would go a long way in future giving adding one more feather in the cap of cultural activities of Hyderabad.

Exemplary work of Chittora

Udaipur: The architect Chandra Prakash Chittora, of Udaipur, has prepared a pilgrimage in 100 pages book let on Priyadarshini Smt. Indira Gandhi's and paid special tribute. In this booklet, Chittora has beautifully described Indiraji's incomparable contribution in the development of the nation, as well as a collection of special accomplishments with her biography.

Short Book on World Guinness Day

On the other hand, on the 66th anniversary of World Guinness Day, artist Chittora has compiled various records by making a small book of 66 pages. Chittora has presented this record in the booklet, along with the history of Guinness Day, by collecting various records made by various celebrity record holders of the world in this booklet, it has also presented a claim for record.

Book on Rani Lakshmi Bai's Birthday

The craftsman paid tribute to the hero of the Veer Veerangana Lakshmbai by making a miniature book on her contribution in history and nation building. The artist has collected his memories with the biography of Mrs. Lakshmbai.

Free operation @GBH General



Udaipur: In the GBH General Hospital, middle aged paralyzed person was operated free of charge. He was paralyzed due to surge in the head. Immediately after this operation the patient became almost normal

Group director Dr Anand Jha said that, a 45-year-old person was brought to the Surgery Department of GBH General Hospital with the condition of paralysis. In CT scan and MRI were found to be lump in the head. Due to this, pressure was on the nerves connecting legs. Due to this the patient was found to be paralyzed. We have decided to treat him free as he came in the Bhamasah Insurance Scheme.

Under the observation of Neuro surgeon Dr. Ajit Singh and Dr Varadhan Kulshresth, the team was forced to undergo surgery for about three hours by removing the lump and putting pressure on the vein removed.

On the next day of the operation, the paralysis of the patient went up to 90 percent and returned to the hands and legs back in the past. Now he himself has started doing all the work. He was discharged on Saturday. According to Dr. Ajit Singh, now with the help of physiotherapy, the remaining 10% paralysis of the patient will also be removed. Having been paralyzed for a long time, this problem has come to an end. Generally, this type of operation is done in metro cities, which cost from 1.5 to 2 lakhs, but this operation was completely free in GBH General Hospital.

Fortis JK Hospital Udaipur Talk on Epilepsy

Udaipur: Dr. Amitendu Shekhar Neuro Surgeonsay Epilepsy is a group of neurological diseases characterized by epileptic. Epileptic seizures are episodes that can vary from brief and nearly undetectable to long periods of vigorous shaking.

Symptoms:

- Temporary confusion
 - A staring spells
 - Uncontrollable jerking movements of the arms and legs
 - Loss of consciousness or awareness
 - Psychic symptoms
- Do:**
- Keep calm, under pressure
 - Move things out of the way. Remove the individual's eyeglasses, tie, or scarf, if you can. Also look out for any hard or sharp objects nearby that might cause injury. If the person is seated, try to gently pull him onto a flat surface so he does not fall.
 - Place something soft and flat under the head. A pillow, a folded jacket, or a sweater offers protection



- Try to turn the person on his/her side. This clears the airways by allowing saliva to flow out of the mouth.
- Time the seizure, note the time when the seizure begins. An epileptic seizure will generally last only two to three minutes.
- Control the crowd. If you are in a public place, clear a path for emergency medical workers and tell onlookers to move along.
- Call emergency numbers for help

- Consent neuro surgeon for further evaluation to contain / Cure-Epilepsy
- Don't:
- Do not restrain the person. You could injure the person or get injured yourself.
- Do not offer even a sip of water, that could cause choking
- Do not put anything in the person's mouth. Attempting to put an object in the individual's mouth could be dangerous to you and to him.
- Do not perform CPR. Don't



attempt cardio pulmonary respiration or artificial respiration unless the person is not breathing when the seizure has stopped.

Mobile Library for udaipurites

Udaipur: A mobile library having 1500 books built and developed on behalf of Lions Club Maharana by Mewar HiTech Engineering Ltd, was inaugurated by Home Minister Gulabchand Kataria, Mayor Chandra Singh Kothari and MLA phool singh Meena at Fatehsagar Udaipur

On this occasion, Gulab Chand Kataria said that it is a good experiment, if it succeeds, then it can be done at other places in the upcoming time. CS Rathore informed that the arrangements are made that library operate smoothly for the tourists & udaipurites, Mewar HiTech Engineering Ltd. M.D. Smt. Reena Rathore, Director Vaibhav Singh Rathore, Smt. Neha Shaktavat. Rajesh Sharma, Rajiv Bhardwaj, Arvind Doshi, Sanjay Kothari and many other members were also present at this occasion.

Scout Guide Rally Contest concluded

Udaipur: five day Scout Guide Competition Rally at local level was held in The Universal School Fatahpura under the auspices directions of Rajasthan State scout and Guide Association, Udaipur.

Sandeep Singhtwadia said that 40 students of the Universal Senior Secondary School participated under the direction of Sabira Attarwala & Vipat Kumar and secured first and second position in various competitions. Sandeep Singhtwadia added that one student was selected for state level competitions.

JOURNEY OF INDIA'S PHILATELY



With Vinay bhanawat In the year 1957 the value of India's currency was changed. 1 rupee

The department of post of government of India issued three postal stamps. The first two stamp was issued on 24 may on occasion of 2500th Buddha jayanti of 2 Anna's with bodhi

tree picture and of 14 Anna's with picture of round parasol and bodhi tree. Another stamp on famous Indian patriot and journalist Bal Gangadhar Tilak's Birth centenary with price of 2 Anna's was issued on 23 July 1956. All these stamps were printed at India security press Nasik.