

IRH & Much More

An Incomplete Goodbye III

Kashish Sodhi

Pick up the phone.
(Abhay texts Kritika after trying 10-12 times)
Kritika slept early after being furious at Abhay. Abhay keeps his phone aside and sits in the balcony staring at the stars. He was so happy that he couldn't put the smile off his face. His dream to have Kritika was about to be real. Being so happy and blessed, he went into the past, actually thinking about the time when he first met her.
(while recollecting memories)
There had been a buzz around the school that a new girl had taken admission. Abhay seemed least interested in her, although he never saw her or met her in person. One of his friends, was quite excited to meet the new girl. He took Abhay with him in the recess time.
"Hi! I'm Kunal. He's Abhay and you?" (Kunal excused the new girl from behind)
"Hi! I'm Kritika."
Kunal kept on talking to Kritika while Abhay was still uninterested. At the end of recess time, Kunal took leave from Kritika and went back to class with Abhay.
"Her smile is so pretty. What a beauty!" (Kunal said)
"Dude! I ain't interested." (Abhay)
"Brother I think you should move on and focus on Kritika, she seemed to be good and whole school is behind her."
"It's just her first day and everyone is behind her? Not interested at all for now bro." (Abhay replied)
Days passed by ...

One day, the school got a notice for a Theater Festival being held next month. Auditions for the same were to be held from the next day. The very next day everyone was distributed in groups in terms of their classes and were sent to auditions of drama, dance etc.

After giving his audition in drama and dance, Abhay (with Kunal) went to the stage area. Kunal saw Kritika there and asked Abhay to rush. Kritika was with her friend. They both met the girls and it was the first time Abhay noticed Kritika properly. He seemed interested and talked to Kritika on his own. He took Kritika for a walk around the school. They both talked and the same evening they became Facebook friends.

Abhay and Kritika seemed to have liked each other. They talked for an hour daily on Facebook. But, we all know girls. Their intention is not always love. They like to be friends and love to be loved but giving love is some heavy task on their shoulders. So, Abhay was slowly falling for her. "I love her hair. They are perfectly straight. When I see her face, the first thing I notice is her eyes. They reflect purity. Her smile reflects her childishness. Her cheeks are chubby and red. She is tall and she looks perfect as she walks."
(Abhay texts to Kunal)

"Why are you texting this to me? Text her dude, propose her."
Abhay decides to propose her after the Theatre Festival is over, till then he acts cool and like a friend to her.
(after the fest is over)

Abhay calls Kritika to the school basement. He proposed her. Kritika was shocked, she kept mum for 2 minutes or so and responded :
"See, I don't want a relationship so early. I hope you understand this. You are a great person and I don't want to lose you as a friend. For the time being I don't want anything but friendship."

They both left the basement. Abhay was definitely unhappy with the response as he expected Kritika to say yes. But he decided to be a friend to Kritika and just love her. There wasn't a moment where he made Kritika realize that he doesn't love her. He did all he could day in day out to make Kritika his very own. His love was pure, everyone could see it.

Kritika avoided people's talk and was always adamant. Her friends always advised her to accept Abhay's proposal. She never listened. She was happy with the unusual relationship she shared with Abhay. She felt special and loved with him. But, there was something actually disturbing her which indeed made her so adamant to be friends.

2 years and their bond just became stronger. But, a relationship was yet hard for Kritika. One day, she got a news from her friends that Abhay is about to leave the city due to his father's job. She was scared to lose him. Abhay never told Kritika about this. He wanted to live the happy days with her till the last one.

On his last day, Abhay called Kritika (to meet her). Kritika didn't deny as she knew, maybe it was her last chance to meet him. She called him in her society. Abhay ran towards her society and he saw her waiting on the roof. It was a great moment for Abhay to take away.

"Goodbye Kritika" (Abhay said in a very low voice)
"Goodbye Abhay. I'll miss you."
"Me too."

They hugged each other. Kritika held him so tight. It was clear she never wanted him to leave. But time was up, he had to leave. While he was crossing the society gate, Kritika looked to her tablet. She bought it to have a photograph of them together. She screamed his name (to call her).
"Abhayyyyyyy"

He turned and looked at her. "What?" (his voice still too low)
"Nothing. Goodbye!"

He took an auto rickshaw and went home. He left the city with his family the same evening.
They never stopped messaging though. They were always in touch.

(3 months later)
Abhay returned to Delhi. Why? His family decided that his studies should be continued in Delhi only until he enters college. No such arrangement for his boards and coaching was done so they all decided to find some PG for Abhay in Delhi. It was just a matter of 10-11 months, so Abhay agreed and finally he was shifting back to Delhi.

He messaged all his friends, teachers but not to Kritika. He thought to surprise her. Within a week, Abhay was settled in a PG in Delhi and his friends helped him in the same. He was ready to join school from the next day. The PG was very near to his school (walking distance), so was Kritika's home. He decided to meet her after school (as she was absent that day). He texted Kritika.

"Hi! You were not at school today? All well?"
"School? How do you know?" (Kritika replied)
"Come at your terrace."

"You're here? Don't tell me!" (She immediately ran up to the terrace)
She saw Abhay standing there and hugged him so tight. She even had tears in her eyes. She was extremely happy to see Abhay after 3 months.

"I'll be here for another 11 months. Now smile you idiot."
(Abhay wiping off her tears)
"Seriously?"
"Yess!!!!!"

to be continued



Surbhi and I got connected through Dishant Yagnik, the star cricketer from Udaipur for the jury panel for CHICS CONNECT Sports and Fitness Awards 2018. She is extremely talented and some of her achievements include
1. Four times junior nationals champion.
2. World juniors team championship 2009 bronze medalist
3. South Asian games 2006 gold medalist.
4. Represented India in the Common wealth games 2010
From 2013 onwards coach of the Indian junior squash team. Let's know more about her!

How did you develop love for Squash and how did it become a career ?

Ans : I was a Born asthmatic child and I was always encouraged by doctors and my parents to take up sports to get physically better. I used to watch people play squash at Ashok club, jaipur that's where the game struck to me and my

uncle who has been my mentor Mr ronny sharma encouraged me to play it. Squash was my passion that Turned into my profession eventually.

What were the obstacles to pursue such a different career path, especially as a girl.

Ans : I have been very fortunate that my parents never let me feel that I am a girl and they won't let me play the sport ahead. They have helped me with everything and they have been my pillar of strength throughout.

But yes the society in general doesn't let girls pursue a different field and they expect girls to move the traditional way of basic education and getting married so I had few people who would always put things like that to me, but my family is a very Modern family and they let me pursue my dreams. **Do you think women stand shoulder to shoulder with men or you find a gap.**

Ans : I think both have their different paths and the girls of today's time realise that they

don't need to be equals with men but rather be their own way ahead. Women today are doing the best in whatever field they are choosing, which is a great way for the country ahead.

One defining moment in your life which changed everything.

Ans : Playing for the country for the first time in 2004, wearing the Indian team jersey and winning a medal was the best and the most defining moment.

How would you want to contribute to society.

Ans : For me shaping the future of tomorrow in this country is the best way to contribute to the society. Through sports whatever infrastructure and coaching I couldn't get in my own state, I would like to give back to the players in the state so that they don't have to leave the state.

What do you have to say about your association with CHICS CONNECT.

Ans : Chics connect is working well towards connecting and empowering women and I wish them well in all their

endeavours ahead.

One message to all women out there who are reading this article

Ans : Always believe in your capabilities, work hard towards your dreams and be passionate about whatever you do.

Covered by: Hurratul Maleka Taj

Hurratul Maleka Taj, Director CHICS CONNECT is an entrepreneur, speaker and a blogger. She also has her own blog named www.hmtaj.com which is a reflection of her own life. Through CHICS CONNECT, Hurratul is building a global women network where women can connect, collaborate and empower each other.

The network is 20,000+ women strong and is present in 11 locations across the globe including India, Dubai, Jamaica, Turkey and California. Recently she has started a not for profit initiative with the name Empowering Billions which will focus on higher education for girls, menstrual health education and sex education.

CHICS CONNECT POWER WOMEN

Surbhi Misra, Squash Champion



Translation : Language of cultural harmony



Udaipur: "Translation is the device which makes the literature of one language available to the users of other languages. Through translation we come to know about other cultures. It brings people together and helps build harmony in society." This was stated by Dr. Khushwant Singh Kang, Associate Professor of English at Maharana Pratap Government PG College, Chittorgarh. He was addressing the inaugural session of a National Workshop on Translation Theory and Practice organized by the department of English, Janardan Rai Nagar Rajasthan Vidyapeeth, Udaipur as the Chief Guest. Dr. Kang who has recently published a book of Punjabi poems translated into English titled "Dialogue with Silence", presented the poems of Punjabi poet Bhupinder in Punjabi as well as its English translation. Another translator Gul Bhatia who has published a book of poems translated from

Sindhi to Hindi, also addressed the audience and recited his translations and original Sindhi poems. He read poems written by India as well as Sindhi poets from Pakistan. In the beginning Prof. Mukta Sharma gave the welcome address and presented the outline of the workshop. Prof. Hemendra Chandalia traced the history of translation to the 3rd century B.C. when the Bible was translated into Greek. He said that the medieval Age of Indian History was very rich in translation. Kashmiri ruler Jainul Abedeen appointed a bureau of translation to translators who were asked to translate Sanskrit texts into Persian. Similarly Dara Shikoh translated the Upanishads into Persian. He read out his poem in English and also its translation in Hindi. Guest of Honour Prof. Paritosh Chandra Dugar said that translation is a very difficult task. There are some texts which are untranslatable. Prof. Suman Pamecha, Principal of M.V. Shramjeevi College, in her Presidential address underlined the need to ensure the representation of truth in translation. In the technical session Dr. Pankaj Vyas, Arjun Singh Rathore, Dr. Mamta Paneri, Sahil Nawab, Charles and Anurag Tripathy made their presentations. Dr. Mehzeen Sadiwala convened the programme. Prof. L.R. Patel, Prof. Neelam Kaushik, Prof. Anita Tripathy, Prof. Malay Paneri, Dr. Rajesh Sharma, Dr. Hemendra Chaudhary, Dr. Pankaj Rawal, Dr. Varsha Pargi, Dr. Rani Prabha Solanky, Dr. C.L. Bhagora, Prof. Sunita Singh, Shruti Joshi, Naziaab several other scholars were present in the workshop.

Dimple to participate in Tokyo, Japan

Udaipur: The print artwork titled "ENERGETIC" of Miss Dimple Chandat, a Print-making Artist from Udaipur, Rajasthan, has been selected for exhibition in "The 6th International Mini-print Triennale" organised by Tama Art University, Tokyo, Japan.

The artworks of total 529 artists of 71 countries out of 1927 applications from 91 countries across the world have been selected for the said exhibition.

The artworks of 30 artists have been selected from India in which the artwork of Miss Dimple Chandat would represent Rajasthan in this exhibition. This exhibition will be held from 27 October, 2018 to 2 December, 2018 in Tama Art University Museum, Tokyo, Japan.

Miss Dimple Chandat has got many awards and recognition in print making and graphics artworks from State as well as central government and different reputed art institutions across the country.

Her artwork, "The Energetic" is a fine work depicting the flow of energy from nature to living being and its uses everywhere. The energy in the environment activates both living being and non-living being. In her work both utilize their energy obtained from the environment for their growth, companion, and productive work. These bulls are symbol of power coming from inherent energy in them.



Vilas Janve Visits Mahesh Public School



Udaipur: Senior dramatist of Udaipur Vilas Janve visited Mahesh Public School governed by Mahesh Seva Sansthan, Chitrakoot Nager, Udaipur. Students of School, Principal Jyoti Maheshwari and her team members welcomed him. After seeing the School and green surrounding Janve expressed happiness.

All students were assembled in activity hall. Sansthan secretary S.L. Mundra introduced Janve to all present. Thereafter Janve tried to introduce some theatrical elements to create interest in students. Eating banana, use of water, eating gol-gappa, playing games etc. He also tried

to make various expressions like happiness, sadness, bitterness, clapping together which can create actions that students will love to try. Action based songs were sung with all students and present there. Retd. Principal SIERT Govt. Of Raj.smt. Hemlata Menaria and Retd. Reader SIERT Govt. Of Raj.smt. Sumitra Lavti, Lalit Sharma, smt. Praila Sharma witnessed the programme and appreciated the initiative taken by school team. Sansthan Vice President Govind Lal Lavti thanked all dignitaries for visiting school and sharing their experiences with special reference to pre-primary level education.

GRATITUDE IS THE SIGN OF NOBLE SOULS

Gratitude means thankfulness, counting your blessings, noticing simple pleasures, and acknowledging everything that you receive. It means learning to live your life as if everything were a miracle, and being aware on a continuous basis of how much you've been given. Gratitude shifts your focus from what your life lacks to the abundance that is already present. In addition, behavioral and psychological research has shown the surprising life improvements that can stem from the practice of gratitude. Giving thanks makes people happier and more resilient, it strengthens relationships, it improves health, and it reduces stress.

We usually show our gratitude to others when we feel indebted to them, when we have benefitted from their actions, and when we want to make our feelings towards them known. Showing gratitude is sometimes a required or expected thing, and at other times a spontaneous "thank you" to someone who has unknowingly made our day. On most occasions, we show gratitude to bring some of the good feelings we have been gifted back to the giver.

While it is admirable to want to share our gratitude and good feelings with others, we rarely stop to think about what giving others our gratitude does for us. As it turns out, it does quite a lot.

Gratitude meditation is a type of meditation that focuses on expressing gratitude for the things in your life. According to Jack Kornfield:

"Buddhist monks begin each day with a chant of gratitude for the blessings of their life. Native American elders begin each ceremony with grateful prayers to mother earth and father sky, to the four directions, to the animal, plant, and mineral brothers and sisters who share our earth and support our life. In Tibet, the monks and nuns even offer prayers of gratitude for the suffering they have been given"

Gratitude and Emotional Benefits

Practicing gratitude is known to impact our emotions and emotional health. Evidence has shown that a regular "attitude of gratitude" can...

1. Make us happier.
2. Increase psychological well-being.
3. Increase our self-esteem.
4. Keep suicidal thoughts and attempts at bay.

A well thought out Thank You, instead of a half-hearted, "Thanks," often leaves people feeling pretty good. Perhaps there was a moment that you can reflect on, that involved strong feelings of gratitude?

Gratitude is an emotion similar to appreciation that most people are familiar with. What many people do not know is that gratitude plays an important role in several historical movements, and that gratitude is now becoming an important part of psychology research, and especially positive psychology research.

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"Gratitude is warmth, rising out from the heart of the receiver to reach out to embrace the doer like the sunshine."

By - Prof. Mukta Sharma

"I happily give credit to Mam Mukta a every day I have learnt something from her on ways and means and the value of being Grateful."