

IRL & Much More



JOURNEY OF INDIA'S PHILATELY WITH VINAY BHANAWAT

In the year 1975 the department of post of government of India issued forty three stamps. The first stamp was issued on World Hindi Convention followed by stamp on 25th Anniversary of Republic, World Table Tennis, International women's year and centenary of Indian army ordnance corps and Aryasamaj. A set of four stamps on Indian birds was issued in this same year. A beautiful set of four stamps was issued on 500th anniversary of Michelangelo from ceiling of sistine chapel in Vatican. A stamp was issued on the occasion of Namibia day followed by stamp on Mir anees and Ahilyabaichattri. On 20 October a set of six stamps was issued on Indian dancers. Many other stamps were issued on various Indian personalities like Vallabhbhai Patel, Nabin Chandra and Ameerkhurau. The last issue of this year was on Inpx 1975 the national philatelic exhibition held at Kolkata.

Science Olympiad Achievements



Udaipur: Ryan International School, Udaipur has once again has unfurled its flag of achievement at Science Olympiad, 2018. MsPurvai Sharma got International 8th Rank – she has bagged away a Silver Medal and a Cheque of Rs 2500, Master Arhan Jain got the International 4th Rank and bagged way a Gold Medal with a Gift Vouchers of Rs. 1000. Ms.Maidini Saxena, Ms. Mishika Jain and Ms. Avni bagged away the certificates of Merit. The Management and staff have extended their warm wishes for the fantastic performance and wished them a bright future ahead.

FORTI CELEBRATED ITS SECOND FOUNDATION DAY



Udaipur: The second Tri-Day Foundation Day of Federation of Rajasthan Trade and Industry (Forti) (Udaipur chapter) was celebrated in Udaipur. The inaugural ceremony was



organized in a grand way at hotel LalitLaxmi Vilas. Mr. Pavan Kaushik, Corporate & Communications Head of Hindustan Zinc, was the chief guest of the ceremony. In his speech he said that today's institutions like Forti are needed not only for promoting trade and industry but also shown their interest in for social welfare. He appreciated the events organized by the Forti in public interest, last year like Dental camp, Sanitation etc. Additional general Secretary, Forti Rajasthan, Mr. Mahesh Kala said that Udaipur branch is working expectantly well rather than other chapters. He later administered the oath to newly formed executive committee headed by Pravin Suthar, CA RajanBaya, PalashVaish, SharadAcharya, Nishant Sharma, Rajesh Sharma, Indra Kumar Suthar, ArvindAgarwal, Manish Bhanavat, ArunSuthar, AchalAgarwal, Anil Chaudhary, MukeshSuthar, Narayan Dangi, Rajesh Chittoda, Navdeep Singh. The teachings of Gita o by ShriMadanGovindPrabhuji was main attraction among members present. Forti Udaipur divisional president PravinSuthar shared the plans for the coming year. Mr. M. Madhavani, Managing Director M Squire, Mr. Vikas Joshi of Lakshmi Publicity, and Mr. Anand Gupta, MD of Aravali Hospital, Mr. Arun Gupta, Executive Member, Forti Rajasthan. Were felicitated at this juncture for their contribution in society in this cultural mega event. Mr. ManojGurjar entertained everyone. While noted poet AjatShatru of Udaipur presented their poems.

Lastly, General Secretary SharadAcharya gave details of all the activities in the last year. On day two a seminar on Business Chakravayuh and GST in KCCI Chamber Building was jointly organized by the Federation of Rajasthan Trade and Industry (Forti) Udaipur and Kalvavas Chamber of Commerce and Industry (KCCI) Lakshmi Publicity and Saraswati Nursing College. Business Guru, Money Coach, and writer ShriChagUpadhyay took a session on Business Chakravayuh. KCC President RajendraSurana the well-known CA, AshishOstwal, answered the questions related to the GST of participants present. On the last day of the three-day event organized, stationery were distributed in the upper primary government school in Khempura under the auspices of Forti and Lotus High Tech company.

Celebration Mall Udaipur Completes 7



Udaipur: (Ankit Talesara) Celebration mall has redefined the entire concept of malls in Udaipur. As a matter of fact, it actually took the initiative to bring the concept of malls to Udaipur in the first place. From shopping, food, and leisure, the Celebration Mall has become the hub of all the activities for the Udaipurites!

Team of Forum Celebration Mall Udaipur

On the 7th Anniversary of this

architectural marvel in Udaipur, let us rewind the glorious changes that the mall brought to our lives.

Being The Largest Mall in Udaipur

Celebration mall took the first step towards urbanization in Udaipur and became the largest mall in till date. From the imperial architecture to the recreational facilities, it is a treat in every sense. Celebration mall became the perfect des-

tinuation for every age segment.

Home to the Biggest Brands

Most of the huge brands were brought into the city via Celebration Mall. The categories of these brands can be widely distributed. The Celebration Mall, Udaipur opened with McDonald's outlet in December 2010 & then officially opened the mall with few outlets on 2nd July 2011. The journey continued with

lots of ups and downs but the mall stood tall against all odds and proved that mall business is here to stay. The mall has brought several brands like PVR Cinemas, McDonald's, Domino's, Barbeque Nation, Kapkids, Simba, Lilliput, Being Human, Woodland, People, Levi's, Adidas, Wrangler, Metro, McDonald's, Subway, Jaipur Jungle, and many more to Udaipur City. The mall receives an average footfall of 4 lacs per month with shoppers from Udaipur and nearby regions along with domestic & international tourists. Now after 7 years it is one of the biggest malls in Rajasthan offering more than 100 brands to shop, eat and get entertained by.

A hub of Leisure and Entertainment

Apart from the outstanding facilities and stores, Celebration Mall keenly concentrates on the leisure and entertainment of the citizens of Udaipur enriching the quality of every individual's life. Some of these elements brought a revolution in Udaipur.

Justifying the statement, let's consider the example of brands like PVR Cinemas which became the people's choice for Cinema. So next time when you think of watching a movie- just keep in mind you are witnessing the best movie experience in Udaipur. For extended entertainment Hungama Game planet to take care of your babies while you are shopping without worrying about them, exclusive activities like Snow Park which created an enormous amount of excitement between the people. Thus, it clearly displays how the mall hosted people from every age group.

Events and Happenings

In the last 7 years, the mall has literally shown Udaipur the art of celebrating moments of life. With more than 100 events every year it is one of the favorite destinations to dance, music & cultural shows, theme-based celebration on various occasions and festivals. Udaipur also embraced the visit by Singapore's Prime Minister Lee Hsien Loong to the mall. Also, renowned YouTube

Sensation Bhuvan Bam appeared for public show.

The Most Lavish Food Court Apart from food joints and restaurants, there is a complete separate food court in the mall that includes a wide range of brands like Dominos, frozen junction, Keverters, Baskin Robbins, The Belgian waffle co, Tikka express, Bamboo grilles, Vinod Fast Food and few more local food junctions which has given a mouthwatering experience to people. In the last 4 years, it has continuously won the "Certificate of Excellence" from well-known website TripAdvisor. It is the highest rated mall on various online platforms like Google, Facebook, and Justdial.

This year the mall was by acquired by multidomain Prestige Group from Bangalore, which operates more than 7 malls across 5 other cities in the name of Forum Mall. Now our favorite and most preferred shopping destination will be called as Forum Celebration Mall. With this new possession, the mall will be taking a giant leap towards being the destination mall of Rajasthan.

"Sanjari" exhibited folk songs of Sikkim and Delhi

'Sanjari', monthly folk singing concert organized by Indira Gandhi National Centre for Arts, New Delhi had showcased melodious folk songs of Sikkim and Delhi.

Saturday (23 June) evening was star-studded show of mesmerizing folk songs of Nepali, Gurung and Taamang communities of Sikkim. Most popular and one of the top folk singers of Sikkim, Naren Gurung, a celebrity of Sikkim with many awards and honors entertained audience with choicest folk songs of Sikkim. Two senior female co-singers Kalawati Subba and Anjali Lucksom provided perfect vocal support and made performance more interesting with their melodious voices. The three singers made spectators singing and swinging. This melodious singing was equally supported by fine-tuned music. Chandan Lamjel on Harmonium, Chabilal Pradhan on flute and Padma Gandharva on Sarangi created mesmerizing effect while Binod Darji and Pavan Chetry played Drums, Big Madal and Small Madal and other percussion with great professionalism. Young dancers, Abhishek Rai and Sujata Rai made the performance memorable.

The culture of Sikkim imbibes songs of various communities reflecting various shades of melody and movements. Sikkimies love singing and dancing. No happy occasion goes without songs and dance. They sing even while working to kill the monotony and rejuvenate their energy.

The concert started with 'MARUNI' sung during Diwali. The groups of young boys and girls go home to home to enhance their celebration by singing and dancing. They also sing good wishes for the families they visit and utilize the honorarium earned in some good social cause.

All other songs included dances as every song has a dance and similarly every dance has a song. The team of Sikkim created an ambience of various festivals and rituals. The song, Asare, sung in rains has typ-

ical characteristics as while seeding the crops of rice they sing Asare songs accompanied by their local band 'Naumati' encompassing nine musical instruments and their singing is so effective that entire field of rice crop called 'Krishna Bhog' produces pleasant fragrance.

They also sang Sorathi, Chandi and Jhyavre songs with variety in melody and rhythm. People of Sikkim are nature and music lovers and this tradition is inherited from their ancestors. They have separate tune for each song which called 'Bhaka'.

Thado Bhaka songs reveal that the old generation who went to forest with cattle learnt few Bhakas from birds so the name 'Thado Bhaka'. Similarly Chudka refers to rhythms of drums of various shapes and sizes. Most vibrant dances Ghantu and Taamangselo had equally harmonious music. All singers were in traditional attire of Sikkim and the dancers changed their costumes according to their varied thematic dances. Entire team impressed audience to extent that while leaving auditorium few youngsters were reciting while some were humming songs of Sikkim.

Sunday (24 June) evening was also a wonderful treat for the music lovers. Seven young female dancers of DilliGharana created melodious atmosphere.

Though DilliGharana has rich musical traditions in classical mousiqui, sufi and qawal/qawwalis, its one more genre of folk singing has very strong history. Every house and society as a whole had strong bindings with folk singing. Credit for establishing and nurturing music goes to Hazrat Amir Khusro who is considered as founder of the music in Delhi. His khyals, taranas and especially sufi song 'Chaatilak' enjoyed popularity but very few of us know that he also promoted folk singing. He wrote lyrics for scores of folk songs and also composed most appropriate music for the songs. With the passage of time, this rich heritage of old



songs started vanishing fast. To combat with the situation the stalwart and Khalifa of DilliGharana, Ustad Iqbal Ahmed Khan preserved age-old lyrics and original compositions of Hazrat Amir Khusro created in 13th Century. He trained his disciples in special genre of these traditional folk songs and started popularizing such valuable heritage songs.

Sanjari was right platform for showcasing these folk songs including Sheresuhag, Keh Mukarniya and Savela as they represent the age-old traditions of folk singing. Seven disciples of Ustadji namely Aditi Samanta, Shaheen Salmani, Leena Balkrishan, Sadialqbal, Zulekha Nihal, Nidhi Khanna and Sheetal Rawat rendered choicest compositions of Hazrat Amir Khusro in the group. Tuned on one scale all the young female singers sang songs composed in different Ragas and mesmerized the audience. The music was prerecorded.

Their group singing concert commenced with 'Ajmeri Banada Geet' in Raga Khamaj 'Vo aave to shaadi hove' followed by Sehara Geet, 'Aaj naval banna' in Raga Tilang Des. These were marriage songs sung by ladies and friends of bride. The happy mood songs took turn towards sorro song Bidaaigeet 'Kahekobayahi bides' in Raag Mishr Khamaj. This song described emotions and soft complaint by the bride to her father. This

was followed by Saawangeet 'Saiya re Bidesigharaja re', it was composed in Peelu Barva Malhar highlighting emotions of newly wedded girl who miss her husband in monsoon. Bihargeet 'Jo piyaawanke-hgaye' intensified the mood of separation specially in Rains. This was composed in Raag Bhatiyali. The young female singers rendered 'Jhula' in Raag Dillika Peelu. This song mentioned memories of childhood when group of young girls enjoyed swings tied to mango trees. The concluding song was Sawela narrating the emotions and love towards beloved. Hazrat Amir Khusro created this in the praise of Hazrat Nizamuddin Auliya. The lyrics 'Mai Nizam se nainaladaayi re' was in Raag Khamaj. This melodious song exhibited talent of the young group of female singers and audience appreciated the efforts of entire group. The description of each song was given by Vusatiqbal in very interesting manner. All the artists were felicitated by Dr. Sachchidanand Joshi, Member Secretary, IGNC.

The next Sanjari has six groups who would perform from 18th to 20th July. Madyhya Pradesh and Assam on 18 July, Manipur and Jharkhand on 19 July and Nagaland and Gujarat on 20 July. It would again be a great treat for folk music lovers. (Vilas Janve)

Banana Bread

Ingredients (for four members) - 2 cups wheat flour, 2 tsp baking powder, 1 tsp baking soda, ½ cup refined oil, 1 cup powdered sugar, 3 eggs, ½ tsp vanilla essence, 2 bananas (finely chopped), 2 tbsp chopped walnuts

Directions : Sieve wheat flour, baking powder and baking soda together. Keep it aside. In a grinder jar take oil and sugar and churn for 10 to 15 seconds. Put all the eggs in the grinder and churn for a minute. Add vanilla essence and churn to mix. Take the mixture out in a mixing bowl. Add the wheat flour mixture and mix with a wooden spoon till well mixed. Mix bananas and walnuts into the above mixture. The mixture will be quite thick as compared to normal cake mixture. Transfer to a oiled and dusted (with wheat flour) loaf tin. Level with a spoon and bake in a pre-heated oven at 180° C for 50 to 55 minutes. Check the done-ness with the help of a skewer. If the skewer or knife inserted comes out clean, the cake is ready. Cut into slices. Tastes best when eaten warm. After first 20 minutes of baking, switch off the upper heater road of the oven.

Himalaya BabyCare Organizes an Interactive Session with Doctors and New Mothers

Udaipur: Himalaya BabyCare, India's leading homegrown baby care brand, organized a healthcare education program, "My Baby & Me", in Udaipur. The program was organized to educate mothers on the importance of vaccination, health screening of newborns, and postnatal care for new mothers. In an endeavor to address children's health and developmental concerns, Himalaya has taken the initiative to educate mothers through this interactive session with doctors from the city.

"Parents often have a lot of queries pertaining to their child's health, sleep patterns, baby massage, and generally struggle to find credible answers. The 'My Baby & Me' initiative is a platform for mothers to engage in discussions with doctors and other mums, and to address their own health issues, as well as concerns about their baby's health. Through 'My Baby & Me', we intend to provide an opportunity for mothers to interact with notable doctors from the city who can offer solutions and assurance," said Mr. Chakravarthi, Business Head, Himalaya BabyCare and FOR MOMS, The Himalaya Drug Company.

Around 150 mothers participated in the event. They were addressed by Dr. Devendra Sareen, MD, Pediatrics, Gitanjali Medical College & Hospital, Udaipur, who also interacted with the mothers at the event. "Regular health checkups are important for newborns. Vaccination is the most vital way parents can shield their kids from serious illnesses.

"My Baby & Me" also gives an opportunity to communicate key messages on postnatal care, postpartum family planning, and breastfeeding," opined Dr. Devendra Sareen, MD, Pediatrics.

"Poor nutrition increases the risk of weak immune system, further leading to chronic illness in babies. For an infant, breast milk is ideal. It has all the fundamental vitamins and minerals. Introduce solid foods when your baby turns six months to meet her increasing nutritional and developmental needs," added Dr. Devendra Sareen, MD, Pediatrics.

"My Baby & Me" by Himalaya BabyCare is a national initiative, and over the years, has travelled across cities such as Aurangabad, Ahmedabad, Agra, Amritsar, Bangalore, Davangere, Hassan, Chandigarh, Lucknow, Ludhiana, Bhopal, Guwahati, Ghaziabad, Indore, Jaipur, Udaipur, Kochi, Kolkata, Madurai, Nashik, Surat, Jabalpur, Raipur, Vadodara, Mysore, Mangalore, Nagpur, Patna, Varanasi, and Vijayawada.

