

### BEING HAPPY AT WORK MATTERS FOR YOU



Offer Praise (and Hopefully Receive Some Too)

There is an extremely high correlation between being appreciated and work satisfaction. If you are the boss, you have the potential to earn more trust, loyalty, and commitment from your employees simply by recognizing

them regularly for their work. If you are the employee, set the wheels in motion by offering gratitude and praise to your coworkers and bosses. When appreciated, everyone's productivity, creativity, and well-being increases, so let it start with you. As Gandhi said, "Be the change that you wish to see in the world."

#### Personalize Your Workspace

It sounds obvious, but surrounding yourself with beauty and personal mementos affects your mood. Display photos of your loved ones, art that inspires you, and images of places or things that make you feel light and expanded. If your surroundings are drab, grey, and cold, you will feel far less connected to whatever you're doing. Make your space an area you want to enter, and see if it shifts your willingness to actually be there.

Happiness is largely a choice. I can hear many of you arguing with me, but it's true. You can choose to be happy at work. Sound simple? Yes. But, simplicity is often profoundly difficult to put into action.

So, think positively about your work. Dwell on the aspects of your work you like. Avoid negative people and gossip. Find coworkers you like and enjoy and spend your time with them. Your choices at work largely define your experience. You can choose to be happy at work.

#### Do Something You Love Every Single Day

You may or may not love your current job, and you may or may not believe that you can find something in your current job to love, but you can. Trust me.

Take a look at yourself, your skills and interests, and find something that you can enjoy doing every day. If you do something you love every single day, your current job won't seem so bad. Of course, you can always make your current job work or decide that it is time to quit your job.

Take Responsibility for Knowing What is Happening at Work

Passive vessels, they wait for the boss to fill them up with knowledge. And, the knowledge rarely comes.

Why? Because the boss is busy doing his/her job and he/she doesn't know what you don't know. Seek out the information you need to work effectively. Develop an information network and use it. Assertively request a weekly meeting with your boss and ask questions to learn. You are in charge of the information you receive.

#### Make Only Commitments You Can Keep

One of the most serious causes of work stress and unhappiness is failing to keep commitments. Many employees spend more time making excuses for failing to keep a commitment and worrying about the consequences of not keeping a commitment than they do performing the tasks promised.

Create a system of organization and planning that enables you to assess your ability to complete a requested commitment. Don't volunteer if you don't have time. If your workload is exceeding your available time and energy, make a comprehensive plan to ask the boss for help and resources. Don't wallow in the swamp of unkept promises.

#### Avoid Negativity

Choosing to be happy at work means avoiding negative conversations, gossip, and unhappy people as much as possible. No matter how positively you feel, negative people have a profound impact on your psyche.

#### If All Else Fails, Job Searching Will Make You Smile

If all of these ideas aren't making you happy at work, it's time to reevaluate your employer, your job, or your entire career. You don't want to spend your life doing work you hate in an unfriendly work environment.

Most work environments don't change all that much. But unhappy employees tend to grow even more disgruntled. You can secretly smile while you spend all of your non-work time searching for a job. It will only be a matter of time until you can quit your job — with a big smile.

— DR. MEHZBEEN SADIWALA

### Kaju Pista Badam Kesar Burfi

**Ingredients:** Cashewnuts coarsely ground 10  
Pistachios coarsely ground 10  
Almonds coarsely ground 10  
Saffron (kesar) a few strands  
Khoya/mawa 2 cups + 1 tablespoon  
Sugar 1/2 cup, Liquid glucose 1 teaspoon,  
Ghee for greasing

#### Method :

Step 1- Soak the saffron in one tablespoon of warm water and set aside.

Step 2- Heat a non-stick pan. Add the khoya, sugar and glucose, and cook for fifteen minutes, or till the khoya leaves the sides of the pan. Remove from the heat and divide into four portions.



Step 3- Add the cashew nuts to one portion, almonds to the second portion, pistachios to the third portion and saffron to the fourth. Mix each portion well.

Step 4- Grease a 2-inch deep, six-inch square aluminium tray with a little ghee. Divide each portion of burfi again into three portions and shape each one into a cylinder.

Step 5- Starting from left to right first, lay a cylinder each of cashew nut, almond, pistachio and saffron burfi. Starting from left to right again, place a cylinder each of saffron, pistachio, almond and cashew nut burfi over the first layer. Place another layer

Step 6- Repeat with a layer of the burfi in the order of the first layer.

Step 7- Gently tap the tray on the tabletop and leave to set.

Step 8- Cut into squares and serve. Makes 440 grams

## MMCF to organize 37th Maharana Mewar Foundation Annual Awards on 10th March 2019

"Invites proposals and applications for State, National and International awards"

Udaipur: Maharana of Mewar Charitable Foundation (MMCF) is all set to organize the Maharana Mewar Foundation 37th Annual Awards Distribution Ceremony (MMFAA) on 10th March 2019. Standing true to its vision to perpetuate its core values such as service to society and mankind, serving as a temple of inspiration to future generations to continue the model of sustainability of 'Eternal Mewar', MMCF has been organizing this award ceremony since 1980-81.

The scope and spectrum of the awards has been steadily widening since then. At present MMFAA not only applauds students but also honours international and national scholars for their work of permanent value to society. Few of the eminent personalities who have graced the MMFAA platform by

receiving an award are Sir V. S. Naipaul, Dr. Chitranjan Singh Ranawat, Sir Gulam Noon, Professor Sir Angus Deaton, Mr. Shekhar Gupta, Mr. Sanjeev Srivastava, Mr. Sunil Gavaskar, Ms. Lata Mangeshkar, Mr. Shyam Benegal, Mr. Kisan Babu Rao (Anna Hazare), Dr. Bindeshwar Pathak, Ms. Aruna Roy, Mr. Rahul Bose, Dr. Mandakini and Dr. Prakash Amte, Dr. Tessa Thomas, Mr. Piyush Pandey, Ms. Anu Aga, Ms. Amla Ashok Ruia, Ms. P. T. Usha, Dr. R. Vasudevan, Mr. Jadav Mulai Payeng, Mr. Amaan Ali Khan, Mr. Ayaan Ali Khan, Ms. Suhasin Haider, Dr. E. Shreedharan, Prof. Satyavrat Shastri and many more.

One can either apply on his/her own or can be nominated by someone for the annual awards.

The applications and nominations received are reviewed by a distinguished panel of scholars, artists, historians and civil servants after which a final list



of awardees is prepared. The awards are categorized into International, National, State and Student awards. Each award carries a cash prize, a certificate, a trophy or a medal and a ceremonial shawl. The ceremony starts with the presentation of certificates to students from schools and universities in Udaipur and across the State of Rajasthan. This is

followed by the main Distribution Ceremony when the awardees gather on the dais to receive their awards from Shriji Arvind Singh Mewar of Udaipur, Chairman and Managing Trustee of Maharana of Mewar Charitable Foundation, Udaipur.

'Maharana Mewar Foundation Annual Awards is an integral part of the activities of the

Maharana of Mewar Charitable Foundation (MMCF), Udaipur and we take great pride in organizing this award ceremony every year to felicitate and give recognition to people who have truly served society by excelling in their respective fields' said Dr. Mayank Gupta, Convener of the 37th MMFAA - 2019. Award details and prescribed

application format can be downloaded from <http://www.eternalmewar.in/collaboration/awards/index.aspx> or can be obtained free of cost from the Office of Maharana Mewar Foundation 37th Annual Awards - 2019 located at The City Palace, Udaipur. The last date for submitting the application form is on or before 30th November 2018.

### For more detail, please contact:

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### Learned Brain-of-the-art Surgery from American University



Udaipur. Dr. Tarun Mathur, the interventional neurologist of GBH American Hospital, has taken three weeks of training from the University Hospital of America. With the completion of his training, now ins teed of open brain surgery, it is possible to remove a clot in the brain by using hand nerves in interventional neurology. Now surgery can be done in the paralyzed condition of patients without any rag-tag. Group director Dr. Anand Jha told that interventional neurologist Dr. Tarun Mathur trained three weeks of training on neuro-related cutting-edge technology with a team of Neuro Department of Thomas Jefferson University Hospital at Philadelphia, USA. Dr. Mathur worked with the team there on the recruited patients. Following the success of three-week training, Dr. Mathur has also issued a Fellowship Certificate from University Hospital.

After returning here, Dr. Mathur exchanged the new technology from management and discussed the introduction of GBH American Hospital's Advanced Neuro Care Institute. At the same time, he said that this technique would recover patients and they did not even need to be admitted for more days. Dr. Jha told that Neuro Cathedral of GBH American Hospital has been updated.

### Gaurav returns home-Cancer awareness campaign



Udaipur: Gaurav Mohnot is back home in Udaipur after a long journey undertaken for cancer awareness campaign.

Udaipur's pride Gaurav reached back in the city on Tuesday after a 66-day journey on his favourite bullet. This bullet man was away on cancer awareness campaign and has covered almost 16 thousand kilometres of journey. He has travelled from Kashmir to Kanya Kumari, Arunachal Pradesh to Leh, Bhutan and Nepal with the objective of spreading cancer awareness.

Gaurav says that he was welcomed by children and teachers along with others and met around 40 thousand people and discussed about cancer with them. Gaurav was deeply moved when a little child lost his life to cancer and this grieved him a lot. He sincerely wishes that no person should be at loss due to shortage of funds and his journey was to make the people aware that help is only a call away. His journey was meant to raise funds for deprived cancer patients. He feels that people shouldn't miss out on treatment due to shortage of funds. There are too many people who are not able to afford the expensive treatment and finally succumb to cancer.

Gaurav Mohnot is basically a wedding planner and now his main aim is life is to provide the best of financial assistance for cancer treatment to people.

### BNI: ANIL CHHAJERHIS THE REGIONAL DIRECTOR OF UDAIPUR

Udaipur: After thirty- three years of foundation in the USA, Business Network International - BNI has launched it's first chapter BNI - Sapphire, Udaipur and the 492nd Chapter in the country with Hall of Fame status with 35 business members. The session was graced by Mr Atul Joglekar , Head india operations . Mr. Sunil Kuhzuvellil - District Director, New Delhi and Mr. Akshay Goyal - District Director, Jaipur

Anil Chhajerh is the Regional Director and heads the Udaipur region on behalf of BNI.

BNI is the world's largest business networking organisation established over 33 years ago and present in over 74 countries with over 2,42,365 members globally. In the last 12 months, BNI members globally have exchanged 15.5 Billion US dollars of business through referrals.

It started in India 12 years ago and now spread to over 67 cities with more than 24,500+ members. They have generated more than 9045 crores of rupees between members in the last 12 months. The essence of BNI is 'Givers Gain Philosophy' a trademark concept which emphasizes that the more one gives in terms of referrals and business within a network they will be reciprocated with the same in multiple paces.

Mr. Anil Chhajerh informed members in BNI, meet weekly to exchange quality business referrals between each other which provide an opportunity to grow their businesses. We are in the process of launching four chapters presently and expect the Udaipur region to grow to a member size of 500 in a year's time. This is the only organizations of its type, which also eliminates the chance of competition by allowing only one person from a specific profession in each chapter.

The idea behind BNI is to help members increase their business through a structured, positive and professional business networking and referral program that enables them to develop long-term, meaningful relationships with quality business professionals. In BNI, members do not pay any commissions for the business they gain through the referrals received.

The organization aims to create an outstanding culture that promotes collaboration and co creation. The average seat value per member in new business terms in BNI India is INR 38 lakhs per year and growing.

The Forbes Magazine had named BNI in the list of Top 3 Essential Local Small Business Associations you should belong to in the current ever evolving business space.

### Workshop on Family Business conducted



Udaipur: Udaipur Chamber of Commerce and Industries (UCCI) hosted a workshop on Family Business in joint collaboration with IIM Udaipur. The workshop was conducted by Prof Rajesh Pandit from IIM Udaipur.

Agenda for today's workshop revolved around Theory of Business & Visionary Leadership. Prof Pandit highlighted the difference between Vision and Mission of business and carried out a detailed discussion with participants on mission and vision statements of various corporate houses.

Prof Pandit emphasized the need for linking the growth of the employees along with growth of the firm.

Prof Pandit said, "One needs to keep small running targets for both personal and business growth. Only then will it be possible to build sustainable long term family business."

Representatives from Advaiya solutions, Anand Talc, BSES, Classic Group, Harmani Plastics, Indira IVF, Indo Talc, K travels, Khetan Business Corporation, Secure Meters, Rajasthan Theatres, Maheshwari Brothers, Maulik Dychem, Shree Nakoda Bhairav Marbles, Sunshine Marbles, Swastic Zinc, Fern Hotels and other firms participated in the workshop.

### Pre-Shopping on Karwa Chauth at on Sojatia Jewellers



Udaipur: Huge customers are buying gold and diamond jewellery on Sojatia Jewellers. Prof. Sogatia Jewellers Ranjit Singh Sojatia said that for the long life of husband and the desire for happiness and prosperity of a married life, and the symbol of love, reverence, and dedication, Karwa Chauth strengthens the relationships. For this auspicious occasion number of new Gold and diamond jewellery range has displayed at our showroom which is center of attraction for customers. Lightweight golden and diamond jewellery , especially Mangalsutra, Chain, Ring, necklace, Bangles, Earring etc. of non-navigational designs are attracting women. Nowadays, women are also buying chains, bracelets, rings etc. for their life partner on Karwa Chauth. A collection of the latest designs of Diamond Polka in Diamond Jewellery

on Karwachutha is also being appreciated by the eclipses on Sogatia Jewellers. Dr. Mahendra Sojatia said that the launch of a Lucky Draw Scheme has been launched at "Jewellery Fest 2018" at Sojatia Jewellers, in which customers are getting a Referral Coupon on each purchase of Rs. 5000, prizes to be open after the draw includes as a Car, ( First Prize) scooty (second prize) and Third Prize as LED There will be 500 consolation prizes and gifts. He told that in the last two years, Durga Devi Sharma, Neha Solanki, Archana Kanthalia and Neha Dak won a car as prize respectively from Sojatia Jewellers. Dhruv Sojatia said that Sojatia Jewellers is trusted among buyers as they will get h 916 gold on 9 16 Hallmark Gold Jewellery , which means that the price of gold as much as purity will be of the value of gold, they also told that no making charging will be charged on Diamond and Diamond Polka Jewellery in festive session ending November 7. He also mentioned that 9 16 hallmark gold jewellery includes - Garu kalkatti Jewellery , Antique Jewellery , Designer Jewellery , Kundan Jewellery , Diamond Jewellery , Diamond Polka Jewellery , Italian, Jewellery , silverware, anklets (Payal) and silver gift series. Diamond jewellery is available with the IGI certificate, payment by debit or credit cards are also acceptable.