

Beauty secretes

How to lighten dark lips



Every woman wants to have soft and rosy pink lips. Pinkish lips enhance the beauty of a woman. Sometimes dark lips are genetically inherited and are most commonly found in dark complexioned people. However life style plays an important role in having darker lips. Most common factors are exposure to sunlight, smoking, caffeine intake, hormonal imbalances, aging and sometimes allergies.

Today I will share some home remedies to lighten dark lips. Take one tsp butter, two tsp castor sugar, glycerin few drops and red rose petals. Crush and apply on your lips thrice a week. This scrub is very effective to lighten dark lips. Take sugar n lemon juice. Apply on ur lips and gently scrub your lips. Lemon is known for its natural bleaching properties. Grate a beetroot and take out its juice. Add one tsp honey into it. Apply on ur lips as a lip balm. It will help to give your lips natural pink colour in few weeks.

How to make home made lip balm: Take a strawberry and make its puree. Add petroleum jelly into it. Put in a glass bottle. Use at night daily before going to bed as a lip balm. Use olive oil to massage if you have chipped lips. Olive oil contains minerals and vitamins and it will help to soften your lips. Hope all these home remedies will solve your lip problems.

-Hritu Sodhi



Ray of hope

My life is beautiful, calm and peaceful... but sometimes so much pain and darkness.

When I listen to the music.

I feel happy like a cloud who dances in the sky of hope.

No one can stop me from growing. I like roses and buds.

One day I will bloom like them.

Though my life is like a challenge but one day my life will shine like a diamond.

This is my ray of hope to bloom like a rose.....

- by Neha Rose...
California, USA.

Joy of Togetherness

Walk with me in my world today;

Sing with me the joy of your love, your song.

Laugh with me your happiness, until my cup runs over and flows.

Feel with me what is mine.

Paint with me a rainbow across the sky;

Climb with me mountain,

Dream with me your dream.

Walk with me your gentle step until the journey end.

- Dr Mehzeen Sadriwala

Be organic with Kashish: Quinoa Idli



Hi readers, last week I shared superfood Quinoa's recipe. Health benefits of this superfood are unmatched. This week I would like to share a simple recipe of quinoa. We make idlis at home. Replace rice flour or semolina with quinoa flour and

add health benefits to your diet.

Ingredients:

Queen's quinoa flour 2 cups, oats flour 1 cup, curd 1 cup, eno powder 1 sachet, water half cup, mustard seeds, curry leaves and red chillies for tadka, refined oil 2 tbsp, salt to taste.

Method:

Take a big bowl. Add quinoa flour and oats flour into it. Mix properly. Now add curd and water. Mix well. Add salt and eno. Take Microwave safe idli stand and bake on microwave high for 3 to 4 minutes. Take a pan and pour oil into it. Heat it and add mustard seeds, curry leaves and red chillies. Take out idlis in a tray and plate it. Spread this tadka all over. Serve hot with tomato sauce, sambhar or coconut chutney. Enjoy delicious idlis with your family.

Queen's quinoa is specially grown in Udaipur and it is available in stores. Please try this recipe and give your feedback on support@lakeparadise.com.

Need Organic Veg. at door step
Cell : 9549072222, 9549082222

Get in Touch for News, Events-Coverage & Advt. Cell us : +91 9694920589

Music and Dance celebrate Vasant Parv to Holi in Mewar



Two major Music and Dance events, "Ritu Vasant" and "World Living Heritage Festival" created festive atmosphere in the city of lakes and Palaces this week. Starting from March 18 at Shilpgram and concluding on March 23 at City Palace these events were treats for art lovers of Mewar.

"Ritu Vasant" at 'Kalangan', Shilpgram presented melodious Sitar and Kathak recital on March 20, the concluding evening of 3 days Mega Classical Music and Dance Fest.

Anupma Bhagwat started her concert with Raga Jhinjhoti. Perfect display of Aalap, Jod and Jhala made the presentation blissful. Her Sitar playing had blending of melody and purity. Gayaki Ang was illustrious in her sitar. She also presented mesmerizing Dhun in Raga Basant and received prompt response. Pandit Shubhankar Banrjee made most appropriate accompaniment on Tabla. This was followed by sparkling Katak performance by Pandit Rajendra Gangani and his disciples. Pandit Rajendra himself is a stalwart who show cased tremendous energy with most elegant movements. His graceful gestures clubbed with electrifying Chakkars impressed one and all. His group performance 'Nav vrindavan nav nav taruvar, nav nav niksath phool' was highly impressive. 'Madhurashtakam' was divine and 'Brij ki Hori' was the concluding rare gift to the audience who enjoyed the show thoroughly. The young

dancers Deepak Arora, Rohit Parihar, Praveen Parihar, Neelakshi, Deepti Gupta and Devyani exhibited their talent and won appreciation from audience. The group was accompanied by Farukh Shekh on Sarangi, Brij Mohan on Vocal and M. Gangani on Tabla. Shilpgram's Kalangan has hosted many classical concerts before, but this was purely WZCC's own endeavor which attracted good crowd despite examination season. This event would promote Classical art forms amongst youth and beginners as they would witness performances of their icons on stage. Congratulations to WZCC director Shri M. Furqan Khan for adding new chapter to the cultural scenario of Udaipur.



High Caliber Performances at City Palace

The evening of March 21 was dedicated to Chau Dance and Flute recital on well designed and decorated stage at the Zenana Mahal, City Palace. Biren Kalindi and his group from

High Caliber Performances at City Palace

The evening of March 21 was dedicated to Chau Dance and Flute recital on well designed and decorated stage at the Zenana Mahal, City Palace. Biren Kalindi and his group from

Kolkata presented powerful episode of the birth of lord Krishna in the Jail where his maternal uncle and ruler of Mathura, Kans killed all his brothers torturing Krishna's parents Vasudev and Devki. The elaborate masks and costumes with appropriate music on Shehnai and Nagada enhanced the value of presentation. The vibrant Angik Abhinay with profuse energy created right effects of Veer, Karun, Veebhats, Raudra and Bhayankar Rasas.

Famous musician from Indore, Baljinder Singh mesmerized the audience with his soulful and melodious flute. He played various filmy songs based on classical music and enthralled the audience. He had regional folk tunes, Sufi songs and popular Fagun Geet in his repertoire. He was accompanied by musicians on Drums, Tabla, Base Guitar, Key Board and vocal support to make his performance impressive. He made

vilas janve

his concert entertaining and interactive with question answer session. Pandit Jayteerth Mevundi from Hubli-Dharwad presented most memorable vocal recital on March 22 evening. He began his recital with Chota Khyal in Raga Bhim Palas. The bandish "Biraj mein Dhoom machai Kanha" gave appropriate start to this festive concert followed by "Rang na dalo Shyam ji" in Raga Sohni composed by Late Pandit Kumar Gandharv. He presented yet another composition on Holi, "Beech mein aye kunvar Kanheya" in Peelu. Pt. Jayteerth displayed wide range of fast Taans in his high caliber singing. He sang a popular bhajan "Baje re muraliya baaje" in Hindi followed by "Teerth Vitthal" abhang in Marathi. On "Farmaiesh" he sang Shiv Stuti "Shakar Shiv Gyani Bholanath" in Raga Shyam Kalyan to mesmerize the audience with his melodious musical notes. He was accompanied by Kewal Kavle on Harmonium and Jagdeesh Kurthkoti on Tabla. Local artistes Om Tak and Surbhi Arora accompanied on Tanpura. "The aura of this Palace is so great that the performer gets tremendous positive energy, whatever I could render was because of this wonderful venue," said Pt. Jayteerth after his concert.

Famous Kathak dancer Vaswati Mishra along with her dance group "DHWANI" portrayed various dance compositions on Holi choreographed by Vaswati Mishra and Daniel Freddy.

Their colorful costumes, melodious music, befitting lyrics and most appropriate graceful movements made each act a divine presentation. Young dancers; Akshobhya Bhardwaj, Sangeeta Chaterjee, Ispita Mishra, Surshee Bhattacharya, Oishee Bhattacharya, Siddharth Bhattacharya, Damini Patel, Ayan Banerjee, Ishica Qureshi, Vasudha Sharma, Ishani, Mannat Verma and Pradeep Pathak exhibited their talent. Light was designed by Atul Mishra and back staged was handled by Hemant Pandey and Pradeep Rawat.

Performances at the Zenana Mahal created festive mood of Holi at the same time contributed in preservation of our rich cultural heritage. The Festival concluded with traditional Holika Deepan and Kathak performance by Monika Nayak and group on March 23 evening. Mohita Dixit as a compere did her best.

These concerts were graced by MCMCF Managing Trustee Shri Arvind Singh Mewar, Trustee, Vijay Kumari Mewar, Lakhyaraj Singh Mewar, Nivrati Kumari Mewar besides many guests from India and abroad. Artists of World Living Heritage Festival-2016 were honored with Bouquet and Saropav presentations. It was an Honor to the audience too who enjoyed excellent performances in a highly dignified venue.

Vrinda Raj Singh, Coordinator, WLFH2016, Ravindra Mishra and Yogesh Sharma and MKSKT team deserve appreciation for their efforts.

Vedanta aligns with UN's World Water Day theme; 'Better Water, Better Jobs'

Udaipur : Vedanta Limited, India's only diversified natural resources company, has developed a Water Management technical standard which requires each business to undertake water REUSE, REUSE and RECYCLING measures to conserve this precious resource. Most of the company's operational processes designed to be 'zero discharge', as the company continues its commitment to the United Nations' Water Day theme of 'Water and Jobs' for 2016.

"I am happy to share that water conservation and its management have always been integral to the decision making of all our new and existing projects. We are committed in our endeavor to ensure that none of the natural water sources are affected by our operations, and achieving zero discharge in all our operations through 100% recycling and reuse," said Mr. Tom Albanese, Chief Executive Officer, Vedanta.

Vedanta's businesses have a Water Resources Management Plan in place to eliminate, minimize, mitigate and manage impact on water resources. This includes an obligation for all our subsidiary businesses to conduct a water-screening assessment to identify sensitive water resources, aquatic habitats and any known or suspected water resource constraints in proximity to each operation.

With 88% of its sites certified ISO14001 environmental standard, innovative solutions have been introduced at Vedanta to minimize waste and optimize efficiency. Most of Vedanta's operational processes have been designed to be 'zero discharge', where the generated waste water is treated and recycled for cooling and other applications. In addition to these initiatives, effluent and sewage treatment plants are installed at many locations for reusing water at primary locations.

Vedanta's Sesa Goa Iron Ore, Hindustan Zinc Limited, Cairn India and Sterlite Copper have met some of their water requirements through rain water harvesting. Hindustan Zinc Limited, BALCO and Sterlite Copper have installed the UF - RO waster recovery plant, utilizing the utility water and thus reducing overall fresh water consumption.

Konkola Copper Mines, Hindustan Zinc, Aluminium business in Jharsuguda, BALCO and Zinc International carried out the water audit internally and replaced/ repaired defects in the reticulation system leakages and overflows (process losses). The estimated savings is almost 140,000 cubic meters. Process

and technological interventions like increasing recycling of raw water and waste water, provision of spray water pumping arrangement to raw water reservoir at BALCO, TSPL, Jharsuguda, Skorpion Zinc, Black Mountain Mining resulted in saving of 50,000 cubic meters.

Cairn India adopted REED Bed technology for domestic waste water treatment and utilization of treated water in greenbelt development; Operational since October 2014; recycling of 4,000 Kilo Liters of sewage water/year. Cairn India works closely with the government and the regulators to ensure that data is transparently shared and that its activities do not pose any risk to the fresh water resource of the region, with the fresh water requirements of the plant being met by the desalination of saline water.

Slowly we have started accepting divorcees and widows in metro cities but rape victims are always ill treated by our society. We treat them as they have done a big crime themselves.

Rapists not only attack female bodies but also their souls. But this is not the end, if a girl survive any how after this cruel incident, society kills her daily by giving remarks on her character. Wearing fashionable clothes and partying outside is not a crime but females often get remarks on doing this. Rapists are increasing in our society because we are not ready to change our mind sets. We must understand that rape victims need our mental support. Rapists should be ill treated and we must boycott them. Rapists physically assault females and society mentally tortures them.

It's time to think over this serious issue. Keep an eye on young

boys at homes. If they use abusive language at homes about girls, chances are that they may ill treat women outside. Never allow males to roam around at nights on roads without any important work. I am not saying to lock males in your homes. But it is our duty to make them understand the value of life. If we can't create life, we don't have right to take any other person's life and respect. Rape victims must be treated gently.

Physical wounds can be healed faster but wounds on her soul can not be healed quickly.

Females should also stop criticising rape victims. Try to understand the pain of a rape victim. After all it's not a disease, it's a crime which she has faced and her only fault was that she could not stop this crime.

If someone enters in your home without permission, what would you do? How can you blame yourself for a crime which you have never done.

Stop and think now. It's a new beginning. Salute those females who are fighting this battle. Rape is a crime. Rape victims are human beings, treat them as if nothing has ever happened. We have full right to live our life respectfully.

-Hritu Sodhi

By the way

Rape survivors are real heroes

Rape is the most dreadful and fearful word in a woman's dictionary. It is the worst crime a human being can ever do against a human beings. 2016 is running and we are living in so called modern society but still we do not hate rapists. We hate rape victims. We all know that girls are precious but we are unable to stop this crime against them.

Slowly we have started accepting divorcees and widows in metro cities but rape victims are always ill treated by our society. We treat them as they have done a big crime themselves.

Rapists not only attack female bodies but also their souls. But this is not the end, if a girl survive any how after this cruel incident, society kills her daily by giving remarks on her character. Wearing fashionable clothes and partying outside is not a crime but females often get remarks on doing this. Rapists are increasing in our society because we are not ready to change our mind sets. We must understand that rape victims need our mental support. Rapists should be ill treated and we must boycott them. Rapists physically assault females and society mentally tortures them.

It's time to think over this serious issue. Keep an eye on young

boys at homes. If they use abusive language at homes about girls, chances are that they may ill treat women outside. Never allow males to roam around at nights on roads without any important work. I am not saying to lock males in your homes. But it is our duty to make them understand the value of life. If we can't create life, we don't have right to take any other person's life and respect. Rape victims must be treated gently.

Physical wounds can be healed faster but wounds on her soul can not be healed quickly.

Females should also stop criticising rape victims. Try to understand the pain of a rape victim. After all it's not a disease, it's a crime which she has faced and her only fault was that she could not stop this crime.

If someone enters in your home without permission, what would you do? How can you blame yourself for a crime which you have never done.

Stop and think now. It's a new beginning. Salute those females who are fighting this battle. Rape is a crime. Rape victims are human beings, treat them as if nothing has ever happened. We have full right to live our life respectfully.

-Hritu Sodhi

World water day & De Addiction Awareness Prizes Distributed

Udaipur : World Water day (on EVE 22 March) celebrated today in the school under the chairmanship of the Dr Sushma Arora. The chief Guest was the Dalmiya Paanni parvaran Puruskar 2015 winner who is working on Rain Water harvesting & De Addiction awareness since last two decades Dr P.C. Jain. Dr Jain told students to take the pledge to reduce the use of the water, preserve the rain water & do not pollute the water. He distributed the prizes to



the winners of the De Addiction Competition, 'First Nirmal Kumawat', 'Second Khushi Pailwal', 'third Arpita Vaishnav' (cash prize of RS-500/-RS-300/-RS200/-). He asked the students to say NO any kind of the addiction, get the addict to be treated as it is a DISEASE. Thanks was given by Mr Gopal Krishna Ameta.

Real-estate Fair held At Celebration Mall



Udaipur : Two days exhibition of Real-estate in the form of fair organized at Celebration Mall on 26th & 27th march.

As many as twelve plus Real-estate owners along with their brands displayed and tried to attract the customers for purchasing a house or property.

Marketing head of celebration Ankit Talesra inform that during this fair information's regarding property or real estate were delivered to the customers. At this juncture few live performances along with music and dance were also organized to attract the customers.