

RH & Much More



Ab jo tanhaa se hum hain

Ab jo tanhaa se hum hain
Har taraf se sitam haiN
Zindagi kya nibhaayein
Himmatein bhi to kam hai
Ab koi din kahin se, ummeed nahi laata
Ab koi khwaab saaya, bhi to nahi dikhaata
Ab khatm ho chale hai, yaadon ke saare moti
Ab bharam zindagi ka, kyu nahi toot jaata
Royein magar nahiN chhalkein
Aankhon ko yeh qasam hai
Zindagi kya nibhaayein
Himmatein bhi to kam hai
Raahein udaas hai to, kaise kadam uthhaayein
Tanhaa si rehgar se, kya sunein kya sunaayein
Hai sang ki bani hui, boondein jo gir rahi hai
Aur kaanch ke hai sapne, ab kis tarhaa bachaayein
Ghaayal hai dhadkanein aur
Har saans ek zakham hai
Zindagi kya nibhaayein
Himmatein bhi to kam hai
-Prashant Shrivastava



Be Organic with Kashish BAKED FRUIT

Ingredients:

4 ripe mangos
1 package Simply Organic Mulling Spice
4 tablespoons butter

Method:

Preheat oven to 400 degrees.
Cut mango in half and remove flat, oblong seed. Place each half on a cookie sheet. In the indentation left from the seed, place 1 tablespoon Mulling Spice and 1/2 tablespoon butter. Bake for 30 to 40 minutes, or until fruit is soft. Remove cookie sheet from oven and carefully spoon out and discard Mulling Spice.

Beauty secrets

How to get rid of dark circles



Getting dark circles under eyes has become a common problem these days. There are many reasons that cause dark circles. Excessive stress, lack of sleep, improper diet, prolonged illness or continuous exposure to tv and computers. Here are a few effective home remedies for under eye dark circles.

1. Mix the tomato juice with lemon juice and apply this mixture on the affected area.
 2. Let it stay for 10 minutes, and wash off with cold water.
 3. Apply a little amount of almond oil on your dark circles and gently massage it into the skin.
 4. Leave it on overnight and wash it off the next morning. Use sweet almond oil on your skin.
 5. Mix the orange juice and glycerin, and apply this mixture on the dark circles.
 6. Let the mixture stay on for 10 minutes, after which you can wash it off with cold water.
 7. Crush the mint leaves and mix them with a few drops of water till you get a smooth paste.
 8. Apply this paste under your eyes and leave it on for about 10 minutes.
 9. Wash with cold water.
 10. Take two teaspoons of nutmeg powder and mix enough milk to make a paste.
 11. Apply this paste to the affected area.
 12. Keep it on overnight and rinse off the next morning.
- I hope these home remedies will help you to get rid of dark circles. Apply any of these but at least continue for 6 months.

Press Launch of TVS victor Motor cycle in Udaipur



Udaipur : TVS Motor company have a press launch of TVS Motor cycle at Ashoka palace Hotel in Udaipur. Area sales manager Ravinder Desai along with local dealer Roshanlal Jain informed that TVS victor is popular bike in exclusive segment with attractive features. He said that these bikes are available with drum and disk break options separately. These bikes are available in six colours with attractive contrasting graphics.

By the way :

Hritu Sodhi

Women are mothers, daughters, sisters and wives. Still they are fighting their battles just to maintain dignity. We can easily give lectures on women empowerment, attend workshops and clap on each and every dialogue delivered by those who work for female rights. But when it comes to our own self, we forget everything. We try to teach females about their duties. No one wants to give them fundamental rights. Rajani works in an office. Her job demands full time and energy. Her boss has a lousy character. He tries almost everything to grab her attention. When Rajani warned her in strict manner, he misbehaved with her and tried to spoil her career. In another case Savita, a working woman, suffered because of her

magnificent looks. Her boss, Daanish is 56 years old. He is attached to many females and married twice. Savita is just another female with whom he wants to sleep. In spite of every effort Daanish was rejected by Savita. Savita does not feel safe in his presence. She has no other option but to leave her job. Mental frustration and stress are killing her normal life. Female exploitation is quite normal these days. Some people treat them as their private properties. Females work outside to support their families. Colleagues treat them in different ways. Some people protect their wives but they call other females cunning and clever. Gender discrimination can be seen everywhere. Females are always remembered for their appearance and

Reverence and dignity are women's rights

looks. No matter how much she works, how honest is her work but she will always be treated as a sex object. If she has fair skin, she will get better job. If her looks are average then her career can not take good shape. Degrees and education can change your mind but your fate is decided by your looks.

How much time we have to take to change the mind set of males?

I am not commenting on every male. I am talking about a common problem of our male dominated society. Males can give character certificate to any female. If she laughs with any male then others have birth right to comment on her character. If a male colleague drops her to home then every other person gossip about their

affair.

By the way getting respect is a woman's right. But this is the most difficult task. A woman has to suffer because she is a woman. Why can't she live peacefully?

Her choice really matters. Love and affection are her personal choice. No one can force her to make love or exchange cheap dialogues. Imposing your own thoughts on a female to make her life hell is really a wrong deed. Reverence or dignity or grace are synonyms but we never understand the true meaning of this one simple word. It's not so difficult to give respect to a female. Making her life trouble free, cooperating with her at homes and offices are more than enough. Flirting might be your

hobby but keep those free who don't like this. Male female can share healthy relations when both start respecting each other. One sided efforts of females are not enough, now males should change their mindsets and come forward to become true friends of women. Healthy relationships develop from healthy minds. Taking every woman for granted and strike at her can harm your life too. Indian laws are strict and give women powers to sue these people in court. But that is not a permanent solution. Every male has to check his instinct and try to change his behaviour if required. With this hope I end this topic here. Let's live together peacefully to create a better world where women can live with dignity without being exploited.

Lakecity Journalists Met Kataria



Udaipur : A delegation of Lakecity Press Club met state home minister Gulabchand Kataria at party office Udaipur, urging him to intervene in the order released by UIT Secretary to re start the process which had been already finalized in June 2013.

The president of club Pratap Singh & Dr. Munesh Arora informed that UIT has invited applications from journalists for the allotment of plots at subsidized rate in 2013. After scrutiny and verification of documents submitted by applicants with reference to the latest amendment, 100 candidates were shortlisted and two were included by UIT officials numbering 102 out of 177.

President along with a dozen senior journalists met Kataria and informed step by step conspiracy

created by UIT officials. Later kataria directed DM Udaipur to intervene in the matter generously so that journalists having allotment letter may deposit their amount and get possession of plots in due time. It may be recalled that UIT secretary has released an so called controversial order to cancel the proceedings of 2013 and initiated newly to create confusion among journalists.

This action was taken by UIT secretary when court asked to appear personally. UIT secretary was present before the honorable court and presented application with the order for which media fellows are annoyed and created a whats up group "Bhukhand Bachao Sanghrash Samiti". The next hearing of contempt will be held on 1st June.

Septic Tanks in Udaipur are not built with set standards



Udaipur : Nearly 78% of households in Udaipur have septic tanks. Research done by Vidya Bhawan Polytechnic and Wolkem India Ltd in collaboration with Center for Policy Research tells that most of the septic tank are not made using set standards. The septic tanks show underground leakage. Sewage treatment is not any of those assembled. Septic tank for sewage water with fine particles are swept into the drain opening. The unhygienic condition is critical. According to the guidelines of the Government of India, the septic tanks must be cleaned over a period of 3 to 5 years. But, in Udaipur, these tanks are emptied over a period 15 to 30 years. From the existing septic tanks, more than 30 percent must be emptied every year by rotation. But at present it is not even one percent.

Talk Passionately, Shop Thoroughly

Family gatherings, a friendly chat over coffee, formal meetings or informal presentations, all of these occasions that we indulge in are dominated by conversation. We talk while we gorge on a delicious platter of food, we get to know each other when discussing our fashion choices. Apart from talking that ties us all together despite our vast cultural differences, another habit that connects us is shopping. In today's India, social networking, chat platforms and irresistible talk time deals coincide with seasonal sales, attractive offers on clothes, electronics and food. Integrating two of the most passionate activities is a lucrative way of helping the consumer gain benefits of both!

With around 1 billion mobile subscriptions in the country today, accompanied with a growing number of shoppers and consumers, loyalty and reward programs are steadily tapping into them, merging the two platforms

together. Future Group's T24 program in powered by the Tata Teleservices Network combines the advantages of shopping at the store with a lucrative mobile network connection. Every time a customer shops at any Future Group store, they get rewarded with free talk time. What's more, they even get discount deals on products at the store after paying for the recharges.

Providing convenient service and value for money, the program has users from every walk of life. A college student can recharge his phone after shopping from the store, thus saving his pocket money for the month. A housewife can use the recharge she has availed after shopping for staples for the family through the month. Speaking about the service, T24 customer Rati Sawant said, "The program has made my mobile usage very easy and affordable. I am a college student and I have a limit-

ed amount of money to spend. Since I use Whatsapp and Facebook the most, their data packs are a savior! I can recharge for a day or a month, depending on my monthly spend. I can avail great discounts on products when I pay for the recharge or get free talktime when I buy something from the store! I am hooked".

Launched in June 2010, T24 has over 60 lakh subscribers till date. Amit Kumar, CEO, T24 says, "The service liberates the customer; it reduces their telecom bills along with your shopping bills. If a customer shops at the store, one phone in the house becomes completely free with T24. The program tries to make the most of the endless talking and shopping benefits for today's smart shopper."

So if you are looking for a slightly more guilt-free shopping excursion next time, these irresistible deals are up for grabs. After all, who doesn't like a win-win situation?

Workshop on Pratap Jayanti

Udaipur : In collaboration with Bhartiya Charitra Nirman Sansthan Mewar Division and Rajasthan Vidyapeeth, a workshop on common global security, human rights and character building will be held on 9th May at Computer and IT auditorium located at Pratapnagar. Convener Mahipalasingh Rathore informed that keynote speaker will be Shri Ram Krishna Goswami, President, Bhartiya Charitra Nirman Sansthan, New Delhi.

Animal lifting machine gifted

Udaipur : Animal Hospital at Chetak Circle was gifted an animal lifting machine by Lions Club Eklingji. Club's president, Naresh Maheshwari informed that this machine will be helpful in operating those animals which are weak and not able to get up. Arvind Chatur, Prantpal and Dr D. C. Choudhary - vice Prantpal, unveiled the machine. Kamlesh Kumawat-secretary, Surendra Mogra, Bhagwati Choudhary, Dinesh Sharda and Dr. S. K. Jain, etc were present there.

TRI invites applications for coaching

Udaipur : Rajasthan State and Subordinate (RAS) admission test 2016 and Teacher Grade-II recruitment exam in 2016 and entered the field of scheduled tribe candidates for applicants Manikya Lal Verma Tribal Research Institute (TRI) begins free coaching before the examinations. Interested qualified candidates can submit the application documentation in the prescribed format till 10th May at the institute.

Director Jyoti Mehta informed that area scheduled tribe candidates to receive coaching at the district level offices tribe concerned project officer will be able to submit their applications. Coaching classes for teaching various subjects, subject specialists proficient application on plain paper or project officer Curriculum Institute (ST) can be submitted to the office by May 5.

Technology has bridged buyer & producer: Jain

Udaipur : Thanks to the technology that has linked producer directly to buyer. Today buyers are directly transacting with the producers and that way both are being benefited. This trend is new and is very encouraging and will be a sure shot solution for the farmers who grow crops with hard work and then have to commit suicide for not getting even the cost of investment, let alone profit.

The distribution which always would ate up a big chunk between the farm and kitchen of the consumer is now being vanished. Such removal is making it more affordable to buy more stuff in less money from the farmers while the farmers are also getting more than they used to get hitherto.

"The modern times has enabled the technology to reach directly to the buyer and the distribution channel has been removed. This change has caused the challenge to be global from local. If you have to work with time, we will have to be ready to face it, these were the view of Rakesh Jain, aka Management Guru. He was speaking in a business development seminar held in Udaipur this week.

The seminar was held in Sukhada



Rangmanch of Town Hall under the aegis of Jain Sanghatna.

Jain said that the impact of globalization reaches down to the last man in the hierarchy. When a farmer sells his stuff to the whole seller, he asks about the trend of the market. The higher the market, the better the profit. "Multinational companies are acquiring successful businessmen and our children are lined up to get a job with these companies. This is why the made in china stuff is sold more than that made in India," he added.

State president Samprati Singhvi praised Udaipur chapter president Rajkumar Fatawat for organizing the seminar. Mayor Chandra Singh Kothari said that despite a personal tragedy at home, Mr. Jain attended the seminar which is commendable.

7 Steps For a Beautiful Smile...

It's probably no surprise that Beautiful smile can make you appear younger and more attractive. Whether you are young or old, male or female everyone wants a beautiful smile. Your smile tell them a lot about you. It is therefore important to take good care of your oral hygiene & make a good first impression. Having a beautiful smile not only makes you look better, but also makes you feel confident. The mouth is the gateway to the body which means the state of your teeth and gums affects your overall health. You can achieve a beautiful smile by following these steps

1. Brush regularly: One of the best ways to clean your teeth is through brushing regularly. It is the cornerstone of dental hygiene. Brushing your teeth will keep your teeth clean and your breath smelling good. It is helpful to brush your teeth after meals as well. A toothpaste with fluoride helps strengthen teeth but you must brush for at least two minutes to allow it to do its work. Be sure to use soft bristled toothbrushes and be firm but not too harsh while brushing your teeth.
2. Floss: However even less people follow this basic step to improving their smile. Flossing is important for keeping the area between your teeth clean and healthy. Flossing removes the bacteria from in between your teeth that your toothbrush does not reach where plaque, food particles, and bacteria are likely to accumulate. Flossing regularly will cure gum diseases and keep your teeth healthy.
3. Visit Your Dentist: Going for thorough checkup is crucial as it enables the dentist to sense any problem at an early stage so that he or she can catch it and fix it before you need major work done. A special dental-hygiene regimen should be considered for pregnant women, people with diabetes, and anyone undergoing chemotherapy treatment or using medications that can affect the gums or dry out the mouth. You can also take some time to examine your

mouth yourself. This is simple you could start by looking to see if you have swollen gums, bleeding gums, or any other unusual thing in your mouth.

4. Eat Healthy Diet: It is essential to make your diet as healthy as possible. Eat foods that are rich in calcium and vitamin C. This is because calcium strengthens both bones and teeth. Vitamin C also boosts gums health. Ensure that your meals are free from sugary foods and if they are it is best to brush as soon as possible.
5. Don't Smoke: Smoking poses risks of gum diseases and bad breath. Smoking causes mouth cancer and can severely affect the health of your gums and teeth.
6. Whiten Teeth: Whitening is a very safe procedure that will not harm your teeth as long as the products are used as directed and you are under the care of a dentist. You can get teeth professionally whitened if you feel that it is necessary. It is also of importance to speak to your dentist prior to beginning any whitening process.
7. Cosmetic Procedure: The first thing a person sees when they meet you is your smile, having crooked, stained, or missing teeth can alter your image & confidence. There have been great advances in cosmetic dentistry over the past decade and it is possible to fix most cosmetic problems. Implants for missing teeth and Veneers for improving the appearance of crooked, stained, or oddly shaped teeth and orthodontics for straightening teeth are the many cosmetic procedures offered. However cosmetic dentistry can be costly. Having a beautiful smile by keeping healthy habits is entirely adorable; it will also keep you and your mouth healthy. Following the above tips will ensure that you keep beautiful smile for years to come.

Dr. Rohan Bhatt, Mukta Dental Clinic Mob: 9024574745