

Beauty secretes

Body massage can make you stress free



Hritu Sodhi : Having a massage can be seriously beneficial for your health. Research suggests it can ease insomnia, boost immunity, prevent PMT and increase alertness. Studies also show massage reduces levels of the stress hormone cortisol, which can lead to less stress, anxiety and depression. Giving a relaxing massage is also a wonderful way to help you to get rid of stress and tension. Use water-based oil, which is easier to get out of towels and clothes. Grapeseed, almond or jojoba oil with a few drops of lavender essential oil are the best. "In summer months, coconut oil cools the body, while sesame oil is great for warming up the skin in winter." Whichever oil you use, warm it before use by placing the bottle in a jug of hot water. Then rub a little oil between your hands before starting - never pour oil directly onto the body, as it can come as a shock. Use enough oil to avoid unpleasant friction, but not so much that there is a slick on the recipient's body. Before starting, always check that the person having the massage has no allergies. Some people are allergic to lavender, while traces of other nuts in almond oil could cause problems. Prepare the room by burning incense or essential oil and fashion a pampering environment with fresh flowers and low lighting. If you'd like to play music, you could opt for sounds of nature or something soothing. Get the recipient to lie face down and ask them to take a few deep breaths. Place both hands on their back in the area that corresponds to where the heart is. It's important to get into a calm, almost meditative state when giving a massage, in order to calm the recipient. There are some no-nos when carrying out a massage. The stomach, in particular, holds a lot of emotions. A stomach massage can also feel too intimate. Ask the person receiving the massage what areas of the body they want massaged and what pressure they like. Don't randomly dig into an area, either - keep your strokes flowing and without the element of surprise. Working on the face, use a light jojoba oil. Some people love a scalp massage, and working oil into the hair is also great for conditioning, but check it will be appreciated first. Cool down the muscles with long, relaxing strokes and finally, finish with another energy balance. Place your hands over the recipient's heart - or perhaps one hand on the forehead and one on the stomach - and visualise yourself sending them a healing light. Relaxing body massage can help to restore energy. Always do this gently and without hurry.



Out of Life

The burning sand, the stinging grass,
The scorching sun, the nettling wind,
All tell me I'm out of tune,
With the living song of Nature.
Cold hands, indifferent looks,
Puzzled glances and shaking heads.
All tell me I'm lost to the world of men,
And walk a Ghost among the living.
To Blame whom ? My own pride it was,
The strange desire to walk alone, that
Put up this invisible wall, like a window
Which I now vainly knock, and cry for entry,
Thus I barely exist- like a shadow; but she-
Whom my love has torn nearly in two,
How straggles she, caught between loving insanity
And the love of friends, of the life she was born to
or (?)

- Amit Verma, Jaipur

Kids Corner

Pineapple, kiwi and pomegranate Salad

Salads can be prepared with few ingredients, these Light Salads are easy on the tummy. Their preparation is quite trouble-free too.

For this yummy salad you need : pineapple cut into fine pieces, pomegranate seeds 100 gms, 2 medium sized kiwi, 5 to 8 lettuce leaves, garlic cloves(optional), 8 mint leaves, orange juice 3 tbsp, 1 tbsp lemon juice, 2 tbsp extra virgin olive oil, salt n black pepper according to taste.

Method: 1. Peel and roughly chop pineapple and kiwis and put into a bowl.

2. Roughly tear all the lettuce leaves and add to the bowl. Mix pomegranate seeds.

3. To make the dressing, mix garlic, mint leaves, orange juice, lemon juice, extra virgin olive oil, salt and pepper powder and mix well.

- Little Chef Sparsh

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ASMITA'- A PUPPET PLAY ON MAHARANA PRATAP

First time in the history of Udaipur, a play on Maharana Pratap was staged through traditional string puppets of Rajasthan. Martand Foundation, Udaipur and artistes of 'The puppet village' presented debut string puppet show "ASMITA" on 9th June during the closing ceremony of the 3 days Maharana Pratap Jayanti Festival held at Moti Magari, Maharana Pratap Smarak.

Maharaj Kumar Lakshyaraj Singh Mewar, Chairman of Maharana Pratap Smarak Samiti, Udaipur inaugurated the Puppet play in the presence of august gathering at Moti Magari. Brigadier SS Patil, Chief of Army Station, Ekling Garh, Udaipur was the Chief Guest. It was the idea of Maharaj Kumar Lakshyaraj Singh Mewar, Chairman of MPSS to create a good puppet play on the life of Maharana Pratap keeping in view the historical facts. His concept was developed further and script and dialogues were written by Dr. Chandra



Shekhar Sharma, historian and member of MPSS. Directed by noted theater director of Udaipur, Vilas Janve, this play had 6 scenes showing different locations and characters. Local Puppeteers Mukesh Bhat, Raju Dhanawat, Ramu Dhanawat, Raju Kava, Vikram and Ramu Kava created and manipulated all the characters. Senior educationist and



Painter Rajaram Vyas created sets designs. Experienced drama artistes like Dr. Indra Prakash Shrimali, Kuldeep Chaturvedi, Raghu Bhatnagar, Padmaja Dhaolika, Shalini Bhatnagar, Neelabh Sharma, Abdul Mubin, Shubham Sharma and others contributed their voices to create realistic effects. Asmita tells the greatness of Maharana Pratap and reveals

that the Rajputs never allowed insult of any lady, even if she belonged to the enemy. Maharana Pratap punishes his son prince Amar Singh as he brings Begham Ani wife of Khankhana, the Mughal Subedar of Ajmer. Maharana asks Amar Singh to leave her place with full protection. Begham Ani convinces her husband who goes to Akbar and requests

him not disturb the freedom of Mewar anymore. Khankhana becomes Sufi Poet with new name Abdul Rahim Khan-I Khana. The play received tremendous applause. Maharaj Kumar Shri Lakshyaraj Singh Mewar, Chairman, MPSS honored Vilas Janve and Dr. Chandra Shekhar Sharma.

Trainees learned the art of photography

Udaipur: Bhartiya Lok Kala Mandal run by folk dances, puppet art photography training camp trainees were exposed to the art of photography.

Assistant Director of the institution Goverdhan Samar informed that the ongoing training camp from May 21 dances, puppet show along with the art of photography, the trainees were exposed to the art of photography. They were made to understand as to the depth and the other is also an art. The more I get to the deeper knowledge of graphic art to be offered is too low and to meet the objective of promoting the learning sent to a training camp.

Training on Integrated Management

Udaipur: Udaipur Chamber of Commerce and Industry from June 15 to 17 by Integrated Management Systems and Internal Auditor training, a 3-day training program will be held. President VP Rathi said that the training in Quality Management Systems, Environment Management System and auditing techniques concerning participants will be trained. Honorary General Secretary Jatin Nagauri said training will start from 9.30 am every morning.

Success Story of a woman : Healing the world with meal opened the door of enterprenurship in Rajasthan

Rajasthan is the land of the brave. So does history tell us. The tradition continues and in our times some extraordinary tales of fortitude keep emerging from various parts of Rajasthan.

Monika Goyal, a qualified CA was at the peak of her career in Pune. Yet something inside her egged her to change and do more. To break the mould, to travel the road less travelled by women. Entrepreneurship.

Monika had heard of superfood Quinoa from her US based friends. 'Quinoa' - An ancient grain, rediscovered as a healthy food. As she decided to test her entrepreneurial skills with Quinoa, she also decided to travel back to her roots - Rajasthan. Monica was surrounded by friends and family who led lifestyles that were unhealthy. They had little idea what was healthy and what to avoid. Driven by the urge to make people eat better, Monika laid the foundation of 'Queen's Quinoa'.

Agriculture remains the primary source of livelihoods in Rajasthan. For a Chartered Accountant to take up farming was a decision held foolish by most. Yet she took a firm decision to grow this crop in Udaipur, Rajasthan in 2013-2014.

Nobody knew anything about

Quinoa at that time in Udaipur. It was a friend who shared some basic knowledge about Quinoa with Monika. The first seeds were sown and at the time of transplantation, she was told by experts that plants were unhealthy and were of no use. Monika destroyed every single plant but did not lose hope.

She tried her luck again with the help of local farmers who had indigenous knowledge of soil and agriculture. The local farmer - Gopal Ji Jat came forward to help her. This time results were beyond expectations. Udaipur became the home of Queen's Quinoa.

Quinoa contains high protein, vitamins, essential minerals and other valuable ingredients that help rejuvenate the body. It has all nine essential amino acids, minerals and healthy carbs. Full of iron, zinc and calcium, Quinoa is becoming popular in India. Rajasthan is ahead in this crop's farming. Monika's entrepreneurship is showing way to many women who dream to become successful but fear of taking risk. But then, the entrepreneurship spirit of Rajasthan is what legends are made of. It has its branches in all the metro cities - Delhi, Mumbai, Bangalore, Calcutta,



Chandigarh, Jaipur, Hyderabad, Chennai. Queen's Quinoa's current aim to establish themselves throughout the nation and then land its footsteps abroad.

The growing popularity of Quinoa has grabbed attention of many farmers and Government of Rajasthan too has shown interest in promoting this crop. Dungarpur has been chosen for the farming of Quinoa in future. Soon information on growing healthy seeds will be shared with local farmers.

Monika, in a manner of speaking, has broken the glass of ceiling by her bold decision. Her passion has opened

the door for taking up agriculture as a profession by highly educated people, thereby breaking one more stereotype. Rajasthan will definitely be one of the states which promotes new ideas. PM Modi's vision of self dependent India and CM Vasundhara Raje's mission of women empowerment come to life in this one unique idea of giving health and gaining revenue from Quinoa's farming. Living in a male dominated society, women of Rajasthan have once again shown their inner strength to come up with new ideas everyday and contributing to a prosperous and happy Rajasthan of tomorrow.

Standing partition between MPUAT and MLSU concluded



Udaipur: Maharana Pratap University of Agriculture and Technology University and Mohanlal Sukadaya standing partition of the property between the years of conflict, both universities were disposed harmoniously meaningful efforts. Maharana Pratap University of Agriculture and Technology Vice Chancellor Prof Uma Shankar and Mohanlal Sukadaya University's chancellor I. V. Trivedi directed at the partition of the property to settle disputes related to the two universities, which was created a committee of officers meeting held June 6 2016. In this connection, the past six months, although the efforts were concentrated. At this meeting, the two universities as well as the secretary of both universities, financial controller and real estate officials. Bhabha committee opened the meeting before it was decided that the cradle of the guidelines set by the Committee to dispose of the matter by mutual agreement. It was determined by the Committee at the meeting it was decided that the dividing line will be fully complied with. Accordingly, it was decided that keeping the university quarters old Durga Nursery Road. Wide road at this location by the



municipal land is being sought. So, given the public utility land, municipal / city development trust and the remaining land should be dedicated to business transformation by providing the funds received from the sale of the two universities shall be divided proportionately. The second major decision was taken at the meeting that the office is located in the building currently Mohanlal Sukadaya University, running the Maharana Pratap University of Agriculture and Technology Fund office under 6 rooms and two garage temporarily handed over to the University of Mohanlal Sukadaya Mohanlal will and real estate office building Sukadaya Maharana Pratap University of Agriculture and technology University will be transferred to. It was also decided at the meeting of the administrative building the space behind the Maharana Pratap University of Agriculture and Technology's new auditorium will be made. Officials of both universities realtors total of 114 quarters are located on the university campus and 83, of which 31 Maharana Pratap University of Agriculture and Technology University Sukadaya Mohanlal are near.

Sharma Multi Specialty Hospital Inaugurated

Udaipur : The newly built Shrama Multi Specialty Hospital was inaugurated by Dr Pranav Pandya and Akhil Bharatiya Vishwa Gayatri Parivar H aridwar president.

Speaking on the occasion, Dr Pandya said that the medical field has become synonymous with service. Hospital patients who were suffering and cure him get better over time so that he will be completely healthy and here are their benediction. Udaipur city was such need, the modern multi-specialty hospital, so obviously the people of the city and surrounding people will benefit from it. He would treat the sick in here anyway. It is in the service and in the service of the victims of the management and staff do everything founder Anil Sharma said the money is not important for us, the most important is to save the lives of patients first. Will not discriminate in the treatment. As for the rich treat the poor will get the same. No, surely the poor will also be treated. Hospital staff of experienced physicians, which will benefit the people of the city.

He said the 100-bed multi-specialty hospital, where some 24 emergency services-the-art facility will be available while its general ward will also have air conditioning. ICU has 14 beds where each bed will have Nurse Call System, Monitoring, suction line for oxygen facility has been provided for.

Udaipur: (Pramod Shrivastava) "Man sans sperms can be a biological father," this was the fact based opinion shared by Dr. RG Patel who was speaking in Doctor's meet held in the Radisson Green hotel of Udaipur. Patel had come way from Ahmedabad's famous Sunflower IVF hospital. Dr. Patel explained the way how a man who has no sperm for reproduction can become a father. Dr. Sunita Maheshwari told the audience that Dr. Patel is a renowned IVF specialist and has been working in the field since last 25+ years.



The city's first hospital, which has its own oxygen plant is planted here, so do not wait for the emergency oxygen while lying patient. Hospital patients in the near future from the government in the interest of all the ongoing projects will also be applied here, even here at the patient Bhamashah card can get better treatment.

Hospital's Chief Executive Officer Dr SK Gautam informed that the hospital has general and leproscopicsurgeon Dr Anil Sharma and Dr Nilesh Patil, ophthalmologist Dr Kusum Sharma, critical care Dr Nitin Kaushik, nose, ear and throat specialist Dr Chhagan Dang, joint replacement orthoscopy surgeon Dr

Suryakant Purohit, gynaecologist and obstetrician Dr Sheetal Kaushik, physician Dr Ashok Kumar, radio diagnostic Dr Neha Sharma, anesthesiologist Dr Tasha Purohit, emergency expert Dr Swapnil and physiotherapy specialist Dr Jyoti Jain will provide regular services. Also Hospital Clinical Laboratory, CT Scan, sonography and color doppler, X-ray, ECG, TMT, EEG and the facility of an ambulance will be available.

Dr Gautam informed that 3 General Operation theater art modular and available which will always have teleconferencing system. Hospital has 20 air conditioned private rooms in which the patient will receive medical facilities will be available.

