



& Much More

Health Secretes

Amazing fat loss story

After trying countless weight reduction diets and therapies this young boy from udaipur decided to try his luck at a local gym. Guided by a well known trainer, Karath Jakhar learnt to eat in portions. Karath was 120 kg in 2013. He looked quite mature and hefty in his old pictures. He gradually adopted healthier diets and understood the value of exercise.

His inspirational story may inspire people who are over weight and trying to get rid of extra pounds from their bodies. He became successful at losing weight by eating a healthy diet and following a calorie burning exercise plan. His story includes detailed before and after photo so you can see the amazing transformation he has made. I really hope you will get inspired by reading his story and learn important diet and exercise tips to get you started on the right track to success.

I wanted to know the secret of his well toned body. What I got to know is really interesting. I decided to write a story on Karath, who is now helping others to reduce weight. By doing this he is not only gaining fame but also blessings of his clients.

Obesity is the major cause of deaths in early age among people these days.

Junk and unhealthy food is responsible for weight gain even in kids.

Karath had seen patients of asthma and diabetes in his own family. Their daily struggle horrified him and he decided to research in this field. He came to know about keto diet and went to Pune to do certified course in this field. Hunger to become forever healthy kept motivating him.

Now finally he is able to lose 47 kgs in 6 months. Not only this he has learnt the art of eating good and healthy food.

"Never put off until tomorrow what you can do today."

He said in an interview, "Counting on calories and cutting off carbs in your diet can immediately give you good results. Maintaining this all through your life is tough but not impossible."

He drinks lot of water daily. Eggs, paneer, chicken, leafy vegetables, butter, ghee and nuts are included in his daily diet in right proportions.

Cutting off carbs in your daily diet can give you better results when you follow keto diet. Carbs are essential to those who do laborious work like house maids and labour class. Those who eat chapatis and rice daily but don't do hard work, are calling trouble in their lives. Diabetes and other health related problems are killing many people before old age.

Say no to carbs and sweets.

To stay young healthy and fit all of us should take determination not to touch unhealthy carbs and sweets. Eat low carbs and maintain a habit of not having dinner after 7 can solve the problem of obesity. One big piece of cake or pie can give you good taste but having it daily can give you nightmares.

How to control your appetite?

Have plenty of water before each meal. Each meal should be included of protein, high fats and fiber. Keep your stomach full with lime water after lunch and dinner. Walk and exercise daily and have supplements if you are facing any deficiencies. It really sounds great and simple but dedication and determination makes you stronger day by day. Everything seems tough in the beginning but when you start following this routine, wonderful results keep coming in. I replaced processed foods and bad carbs with high-fiber options and healthy fats," he says. Just before he hit his goal weight of 73 in 2014, Karath was able to stop seeing a chiropractor for his back pain-it was completely gone.

Not only is my back fine, but I also have a strong core and I'm more fit than I've ever been," he says. In fact, he has become such an exercise junkie that he may make it a career. "I went from being embarrassed at the gym because I was obese, to being asked if I was a personal trainer," he says. "I still haven't stopped smiling!"

Healthier life style has changed this young man's life completely. I can read in his bright eyes, love towards his goal, determination to cure many obese people. By spreading knowledge about ketogenic diet he has helped many over weight people suffering from thyroid.

Who says that weight is a problem? Karath has proved this and has all the solutions to your weight related problems. So guys, eat healthy and live forever.

Recipe

Green smoothie for Diabetic patients



Weight is really a risk for diabetes. Quinoa is our own superhero. Quinoa has low Glycemic Index, which means that it does not cause a spike in your blood sugar level when consumed.

Green smoothie helps people who are suffering with diabetes.... A very healthy option and Green drink to eat....

Ingredients: Queen's quinoa 1 cup, 1 1/2 cups water
1 green apple cut into chunks,
1 organic ripe pear cut into chunks,
1/2 cup roughly chopped fresh mint
3/4 tsp cinnamon
One spoon chia seeds/flax seeds
1 tsp stevia or more to taste
1 lime juiced, or more to taste
Blend together n have a nice green smoothie....

Mahashweta Devi: A Tribute

State has sold out mother earth and her Children: Mahashweta Devi

Hemendra Chandalia

Mahashweta Devi (1926-2016), doyen of Indian Literature passed away in Kolkata on Thursday, 28th July, 2016. She was awarded Sahitya Akademi Award, Jnanpeth Award and the coveted Magasaysay Award for her literary achievements and great social work. She wrote more than one Hundred and twenty books, most of which were devoted to the depiction of the lives of the poor and the down-trodden. Her incessant struggle to bring justice and equity continued through literature as well as direct social action. She was far from an arm chair litterateur and would often travel deep into the forests to see for herself and understand the reality of tribal life.

On 15 Nov. 2008 she had come to Udaipur to receive an award instituted by Jeevan Rakshak Trust. Dr. H. S. Chandalia, Professor in the department of English, Janardan Rai Nagar Rajasthan Vidyapeeth interviewed her on that occasion. This interview is reproduced here as a tribute to Mahashweta Devi.

State has sold out mother earth and the tribals, her children, to the corporates who have threatened the very existence of the planet earth. Earth is a woman, our mother.

We should have the same regard for her as we have for our mother. But unfortunately

in India the governments have sold out natural resources to the corporates who in order to maximize their profits have destroyed nature and the lives of the tribals who are the children of nature. This was the concern shared by the noted writer and activist Mahashweta Devi in a special interview on Saturday morning in Udaipur. Mahashweta Devi arrived in Udaipur on Friday evening. She is the recipient of an honour instituted by Jeevan Rakshak Trust founded by noted educationist of Udaipur late Shri Kesri Lal Bordia. The trust awards a sum of Rs. one lakh every year to some well known educationist, man of letters or social activist. Mahashweta Devi is a well known writer and a social activist who has been honoures with Sahitya Akadamy, Bhartiya Jnanpeth and a number of organizations. She is also a recipient of the Magasaysay Award. The honour will be conferred on her by veteran Gandhian Narayan Bhai Desai on Saturday evening in a public function at Bhartiya Lok Kala Mandal, Udaipur.

Mahashweta Devi said that the present time is extremely important. The planet earth is in danger. The greed of the capitalist world specially the corporates has caused the depletion of those safeguards of nature which can only ensure the longevity of mother



earth. She said that the forests were being destroyed in West Bengal and the government has recently given forest and tribal people's land to an industrialist Jindal in Chalwani Anchal of Medinipur district. This is a punishable offence, giving the land of the tribals, giving the land of the forest is a punishable offence. She was also critical of the Naino plant in Singur. She said that Tata was to invest Rs. 2000 crores but the West Bengal government invested three thousand crores in building roads, providing free electricity and water. Only six hundred fifty people were to get employment while more than 22000 persons were displaced. That part of the state is most fertile which was being given away in the name of the

industry. She referred to the movement of the people and said that there were pathetic stories of women who were raped during the movement against the industry. But nothing has been done to book the culprits. She said that the judicial inquiries constituted by the state government are farce. When asked about her movement in the support of once notified tribes, Mahashweta Devi talked in details about her crusade against the state and the society who still consider some tribes and some castes as criminal. She said that in West Bengal Lodha and Shabar are dubbed as notified (criminal) tribes.

Even other tribes consider them as criminals and the police does not need any case

to apprehend and beat them. That they are Lodhas or Shabars is reason enough to be held guilty. She said that even after government of India declaring these tribes as denotified the situation has not improved much. Mahadevi started her dialogue with describing her struggle in Purulia and Palamu against bonded labour. She said that even after the formation of a law to abolish bonded labour, it exists in one form or other.

Talking about her literature she said that whatever she saw in the life she wrote about that. The struggle and suffering of the people finds expression in her writings.

She said it was for the readers to judge her work. She said that writing in newspapers and magazines affects her cre-

ative writing. Participation in struggles of the people, working in their organizations and guiding them takes a lot of her time. She invited me to visit her house saying, "you come to the house of Didi and see that she has no time to bother about even her dresses and personal needs."

The complete collection of her works is being published in Bangla. Already twenty volumes of 300-350 pages have been printed and the editor says that this work is far from completion.

Mahashweta Didi showed her familiarity with Rajasthan, remembered Vijaydan Detha and recited a song in Bangla: Mewar Pahad, Mewar Pahad Jujhe chhile jotha Pratap Veer.

Solar powered spinning wheels and looms



Udaipur: Chairman of the Khadi Gramodyog Board, Shambhu Dayal Badgurjar has said that to encourage Khadi, the spinning wheels that are used to spin the cotton are now being powered by solar plants. Talking to media, he said that to improve the situation of this sector, 10 solar spinning wheels and five looms that run by solar power have been given in Rajgarh. This will increase the production and

then weavers will also get more money out of this business. Badgurjar is on Udaipur visit these days. He said that renovation of 180 institutions is underway and efforts are being made to promote the Khadi among youth in particular. He said that in the Khadi Store of MI Road, Jaipur, many new fad clothes have been showcased for which designers were looped in for help.

He said that as per PM's

desire to encourage Khadi and have at least one member wearing Khadi in family, the efforts are being done. Named as Khadi India, the campaign is being a success and many stores have been opened in various places of state. He added that three training centres of Khadi also have been opened in Pushkar, Ajmer, and Jaipur.

Two Days Exhibition organised by ISRO



Udaipur: Two Days Exhibition organised by Indian Space Research organization (ISRO) at Aravali Institute of Technical Studies ends on 30th July, 2016. Important models of ISRO including PSV, GSLV, OCM satellites, video model of Chandrayan panel, documentary of Mars models, and working models of the Satellites were on display during the two day exhibition. The Inauguration of Exhibition was done by Mr. Amit Agrawal, finance Secretary, Aravali Group of Colleges.

According to Mr. Om Prakash Agrawal, Patron, Aravali Group of Colleges, such exhibition generates awareness among

the general public and the student community. These kind of exhibitions play an important role in developing vision of student to enhance their technical skills. More than 8000 Students /Teachers /Parents th have visited the exhibition during these two days.

The models were explained to the students by senior scientists from ISRO. Scientists also addressed queries by students on the process of joining ISRO. Deepak Pandey, Sr. Scientist and Team Leader, ISRO led the team from ISRO. The other team members from ISRO included R. N. Shah. (Sr. Scientist), Satish Rao

(Scientist), Vinod Patel (Engineer) and Sailesh Chouhan (Engineer).

It has been observe that students of Udaipur especially from school and B. Tech. / diploma engineering can't approach to Ahmadabad to visit VSSS due of lack of facility and other resources. With this thought, we have requested and assured ISRO to provide all the facilities required for the smooth conduction of exhibition at our campus in Udaipur. We are very thankful to ISRO team for their tremendous efforts to make aware the people of Udaipur about Indian Space Technology advancement.

Open Gym Launched On Sukhadiya's Birth

Udaipur: On 100th birth anniversary of former chief misiter Mohanlal Sukhadiya, his family gave a free open gym to the residents of Lake City. Workout equipment for 6 lakh rupees have been installed in Sukhadiya Memorial Garden located at Durga Nursery. Sukhadiya's grandson Deepak said that tribute were paid on 31st July at 9:00 AM. Without the formalities of inauguration, open gym was dedicated to the regular public. Sukhadiya's sons Dileep, Arun, daughters-in-law Neelima, Sudha, daughters Chanda Singhal, Madhu Agrawal and granddaughter-in-law Nimisha Sukhadiya were present at the event.

CTAE : Five branches of Engineering department get Tier-I accreditation

Udaipur: Five branches of Maharana Pratap University of Agriculture Technology, College of Technology and Engineering Udaipur were awarded Tier-I accreditation by National Board of Accreditation.

The notification dated July 28, 2016 confirmed that the new accreditation will be effective from session 2016-17. The first level Tier-I accreditation is given to autonomous institutes like IIT and NIT generally. "Only few courses of Malviya National Institute were accredited for this level in state," said Dr. BP Nandwana, the dean of CTAE.

NBA is the only establishment in country that approves courses for various levels. They evaluate faculty, infrastructure, teaching method, standard of student's education, research, and other parameters before awarding accreditations.



NIGHT OF THE FULL MOON

I saw the hazy silvery streaks splashed on your breast.
Could you see my shining eyes waiting to see you bloom?
I wanted to know you more and more lock you in my cerebral fancy.
Could you read my untold prayers waiting for meaning?
I desperately wanted you to hold on a while and discover you in words of silence.
Could you translate my dreams waiting for the metamorphosis?
You are the 'I', I built in me.
I am the 'you', you never saw.
Perhaps I'll drink forever the 'I' in 'you' and build a castle of your wanton form.

- Dr. Sanchita Choudhury, Rourkela

MAA

Maa tum se jhagdaa tum se hi pyaar
Tum par hi hain ye sab adhikaar
Par tumhaare pass mere liye
Lutaane ko hai bas pyaar hi pyaar
Maa bankar Ehsaas hua
Tumhaari har un seekhon Kaa
Maa bankar ehsaas hua
Tumhaare in jazbaaton ka
Jin baato per karti thi jhagdaa
Aaj aata hai bas unhi pe pyaar
Jab jab roothi tumse
har baar manaaya tune
Jab jab ki koi galti maine
Har baar samjhaaya tune
Sahi galat ka fark bataya
Sanskaraon ka matlab samjhaaya
Har mushqil ko aasaan banaya
Maine har mushqil mein
tujhe saath hai paaya
Maa teri hi parchaayi Hun main
Keh do nahi paraayi hun main
Tum ehsaas Ho mere har pal ka
Tere dil ki gehraai Hun main

- Neetu