



Cultural Institution Of Udaipur Bharatiya Lok Kala Mandal

Bharatiya Lok Kala Mandal is a cultural institution based in Udaipur, Rajasthan. This institution has a museum that exhibits collection of folk articles from Rajasthan like rural dresses, ornaments, puppets, masks, dolls, folk musical instruments, folk deities and paintings.

The Rajesthani region called Mewar is known for its richness in culture and arts. Across the globe, the local handicrafts and various other things of art have always been cherished. The Bharatiya Lok Kala Mandal started an institute with the view to maintain the richness of the Rajesthani tradition. This institute focused on encouraging the local crafts and art of the Mewar district. The Bharatiya Lok Kala Museum is part of the program to exhibit and display the best crafts as well as art of Mewar.

Bharatiya Lok Kala Mandal was founded by Padma Shri devi Lal samar in 1952. The main objective of the Institute is to conduct studies on the folk art, songs and festivals of regions like Rajasthan, Gujarat, Madhya Pradesh etc and to

revive a vanishing folk culture. The institute has a puppet unit that trains children, teachers and other artists in the art of puppetry, as this is a very powerful non-conventional educational medium. It also boasts of regular performances that are a feast to behold. A group of 25 artists go on tour, both within India and abroad with a repertoire of puppet-shows and various folk dances. Their performances have brought the Institute a number of honours on a national and international level.

Aim of this institute is to popularise and propagate folk arts, folk dances and folk literature and to do research in folkloristic and folk arts. This institute

updates traditional folk arts to suit the modern milieu and it gives puppet shows and performances of folk dances and songs in and out of India. It conducts training courses in folkloristic and encourages folk artists.

Initiative Behind the Museum
For over the past 44 years, the Bharatiya Lok Kala



Museum has collected a huge variety of art effects which can be seen in the museum. This gives a good idea to people about the cultural heritage of India. From Ornaments to traditional attires, various kinds

of art effects and objects as well as miniature paintings are all displayed in the museum. The Bharatiya Lok Kala Museum of Udaipur is a place that every visitor needs to go to take a close look at the cul-

ture and artistic richness of the Rajesthani region.

When a person enters the museums gateway, there is a hall that displays a variety of theatre objects. Besides that visitors will also be able to see

a breathtaking collection of different traditional folk ornaments as well as musical instruments. After that, a person can sit and enjoy a puppet show at the puppet theatre which follows after the hall. There are shows that happen in regular intervals. The opposite side of the theatre visitors will find handprints with different henna designs, small shrines or devras made from terra-cotta, as well as decorated cow dung floors which come from a village called Molela close to Nathdwara.

The Puppet Show

One of the most popular attractions of the museum, the puppet show is known for its production. Some of the shows that are featured here are The Ramayana which has 108 puppets all related to the different characters of the Ramayana, SANGTHANMAIN BAL which is an Indian folk tale. The story revolves around a sparrow whose children were trodden by an elephant. In order to teach the elephant a lesson, a plan was designed by a frog, bee, and the carpenter bird. Another show features the ever loved

circus where one can get to see different scenes which show the new generation of circus stunts.

Gavri Festival

Another addition to this museum is the famous folk dance drama called Gavri. This dance is performed by the Rajesthani tribe called Bhil tribe. This is a one day festival that takes place every year in the Bharatiya Lok Kala Museum.

Bhavai

This is a dance where the dancer has to manage a tumbler and pots and is also known as a balancing dance.

Another beautiful folk dance is the Sadariya. This is a dance based on the marriages that happen at a young age. This dance reflects the emotions that come out during the time of marriage.

Some other dances would be Ghoomra which is part of Mewar region tribal culture, Tippani-Dandiarass where dancers use sticks called tippani and match the music beats. Dang Lila is a group dance where the men and women use sticks which are

bigger than the tippani. Gorbandhan is the dance of the deserts of Rajasthan, here it shows how women make different ornaments which is then decorated on camels.

Terataal - This is a popular Kamad tribal dance where women wear thirteen small bells on the hands and feet. This is a dance that is generally featured at night.

Kalbeliya is a dance that is very close to the snake charmers. Here a person can get to see the fluid and graceful movements of the snake.

Bharatiya Lok Kala Mandal in Udaipur is one of the most important tourist attractions of the different galleries and museums in the state of Rajasthan. Those who love art, culture and tradition would love to see the beauty of Rajasthan at one single place i.e. Bharatiya Lok Kala Mandal. Foreigners love to see the performances of folk artists and they really enjoy the puppet shows organised by this institution. Udaipur is not known for its palaces and temples, true culture of Rajasthan can be seen here. So guys if you live outside Udaipur, come and visit this colourful place once.

Are you after weight loss?

Prena Pujari

The feeling of unwanted weight gain, is horrible. It feels like our weighing machine is laughing at us when we put our weight over it. When it happened to me, I felt like just smashing that device to the walls and crush it. But that was not going to change the truth. The first thing one does is keeping a watch over what he eats. Next comes the articles about weight loss on internet. Maximum of them drives us towards the fast methods of reducing weight either by taking pills or by heavy workout plans that are hard to continue for long. I want to share that, I did them all. I reduced my diet I took pills and begun heavy workouts. I want say that these tricks dont benefit, but getting out of your comfort zone widely and sustaining such for long is difficult.

And the result was that, my efforts diminished with almost equal velocity with which they had started. I suggest a gradual increase in the efforts would result better. Do not change your lifestyle drastically and increase the discomfort of your living to such an extent that it become tougher to chase your goals. If you plan to cut your diet, than first learn about the contents of your meals, like carbohydrates, proteins, fats, vitamins, etc., and the recommended percentage of them required for a healthy living. WHO guidelines are available easily on the internet that can help you in this. If you plan a low fat diet or low carb diet, go through the articles that can guide you to understand the substitutes like high protein diet. Just reducing carbohydrates or fats is not enough, substituting them with other essentials

will fulfill your body's need. Otherwise, you will end up with a weak body that can be dangerous. Do not eat up all in a one go. Divide your meals in five two six sections and eat them with a gap of around three hours. Do not ever skip your breakfast and try not to remain empty stomach for a long time. Try to keep a watch over the calories you eat and the calories you burn in a day. Many apps can help you in keeping such records. Burning calories is very important to reach your goals, in other words only eating less cant help you. If you have a sedentary life, begin with simple exercises like a morning walk or yoga. Jumping directly to heavy cardio workout, is not wise. Taking weight loss pills, I agree is the simplest and the fastest way to lose weight. But this is one side of the coin. The other one dis-

plays its grey shade. It is expensive and a temporary way. Once you stop taking pills, in few months you will notice a recurrence of weight gain. Moreover, if they dont suit you, or some component of it causes an allergic reaction to you, then it can be lethal. Fitness is the most essential need of a healthy life. Even if you dont need a weight loss, including a walk or yoga in your lifestyle is highly recommended. But people, who are overweight, are always at a higher risk towards many disorders like heart diseases. Keep a watch over your body mass ratio (BMR). Keep fitness on priority, but select safe methods for it wisely. Precaution is always better than cure. Find out the sectors of your lifestyle, that may gift you a disease tomorrow. Flush them out of your life. Live a healthy life. Take care

Membership of FORTI can be availed

Udaipur: In a meeting of Federation of Rajasthan Trade and Industry (FORTI) held at Hotel Tulsi Leaf, discussed on GST and the smeinar to be held next month. The meeting was headed by FORTI Udaipur division's chairman Praveen Suthar.

General secretary Palash Vaishya informed that new executive and committee member will be decided by the formed committee. Only after that will he be made a member. Similarly, the entry for ordinary members has also been started. In this financial year, a target of 500 members is set. In the meeting, vice president Lokesh Trivedi, Sharad Acharya, Kesu Dangi, Rajesh Sharma, Arun Suthar, Narayan Dangi, Vishal Dadhich, Mukesh Suthar, Purushottam Agrawal, etc. were present.

Club assembly of Rotary Club Udaipur held



Udaipur: Club assembly of Rotary Club Udaipur was organized at Rotary Bajaj Bhawan in the charmanship of Prantpal Ramesh Chaudhary and President Manik Nahar. Directors of different clubs presented the budget of various social works adone by the club while the Prantpal briefed on the legislation of Rotary International.

once in three years. Chaudhary informed that the budget proposed during club assembly must be passes in board meeting.

The formation of e-clubs in rotary districts has also been put emphasis on.

In present, 6 e-clubs are being operated in rotary district 3052.

The removal of any member must go through set process and not be removed directly.

Secretary Anil Chhajed briefed about the social works done in the last week and to be done in upcoming week. President Manik Nahar managed the club assembly.

In the end, Secretary Anil Chhajed gave vote of thanks.

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75 वें स्वतंत्रता दिवस पर

बिना टाके, पट्टी व इन्जेक्शन के नवीन टॉपिकल फेको पट्टी द्वारा मोतियाबिंद से पाएं आजादी

यदि आपको पुंघला दिखाई देता है, कठमे के नम्बर बार-बार बदलते हैं या कठमा लगाने के बाद भी ठीक से दिखाई नहीं देता, तो आप हमारे चिकित्सकों से नि:शुल्क सलाह अवश्य लें

गीतांजली हॉस्पिटल एवं फॉरव्यून फाउन्डेशन द्वारा आयोजित नेत्र रोग चिकित्सा शिविर

दिनांक: 15 अगस्त से 31 अगस्त 2016 तक | समय: प्रातः 9 बजे से दोपहर 2 बजे तक | स्थान: गीतांजली हॉस्पिटल, उदयपुर

शिविर में मिलने वाली नि:शुल्क सुविधाएँ

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गीतांजली हॉस्पिटल को नि:शुल्क बस सेवा प्राप्त: 8.30 से चेकअप करने से निवृत्त अंतराल पर उपलब्ध।

स्वतंत्रता दिवस की हार्दिक शुभकामनाएँ...

पेसिफिक इंस्टीट्यूट ऑफ मेडिकल साइंसेज

अम्बुआ रोड़, ग्राम उमरडा, तह. गिर्वा, उदयपुर-313015 (राज.)

2 वर्ष के गौरवमय सफर के बाद नये उम्मीदों के साथ विश्वस्तरीय प्रशिक्षित 5 नये विशेषज्ञों के साथ चिकित्सा सेवाओं में विस्तार

डॉ. विकास गुप्ता
एम.एस. (सर्जरी)
डी.एन.बी. (यूरोलॉजी), मुंबई
कंसल्टेंट यूरोलॉजिस्ट
(पथरी, प्रोस्टेट एवं मूत्र रोग विशेषज्ञ सर्जन)
पूर्व अनुभव-पी.डी. हिन्दुजा हॉस्पिटल, मुंबई

डॉ. विक्रम सिंह राठी
एम.एस. (इंटर.टी.), पीएल. (एन.टी.), पीएल. (एन.टी.), पीएल. (एन.टी.)
कंसल्टेंट सर्जन (कान, नाक, गला)
पूर्व अनुभव- पी.डी. हिन्दुजा हॉस्पिटल, मुंबई

डॉ. राकेश कुशवाहा
एम.डी. (एनेस्थीसिया)
पीएल. (एनेस्थीसिया)
पीएल. (एनेस्थीसिया)

डॉ. अन्नपूर्णा माधुर
एम.एस. (पाथोलॉजी)
पीएल. (पाथोलॉजी)
पीएल. (पाथोलॉजी)

डॉ. डी.आर. माधुर
एम.डी. (फिजियोलॉजी)
पीएल. (फिजियोलॉजी)
पीएल. (फिजियोलॉजी)

डॉ. के.सी. चौधरी
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पीएल. (ज्वरल सर्जरी)
पीएल. (ज्वरल सर्जरी)

उपलब्ध सुविधाएँ

- ❖ जनरल मेडिसिन ❖ साईंकेट्री ❖ जनरल एण्ड लेप्रोस्कोपिक सर्जरी ❖ यूरोलोजी ❖ आर्थोपेडिक्स ❖ गायनेकोलोजी एण्ड ऑब्स्टेट्रिक्स ❖ पिडियेट्रिक्स
- ❖ ऑपथेलमोलॉजी ❖ ई.एन.टी. ❖ चेस्ट एण्ड टीबी ❖ डरमेटोलोजी ❖ डेन्टेस्ट्री ❖ इमरजेन्सी एण्ड क्रिटिकल केयर ❖ रेडियोलोजी ❖ लेबोरेट्री

जनरल वार्ड, प्री एण्ड पोस्ट-ऑपरेटिव वार्ड, मोड्यूलर ऑपरेशन थियेटर, आई.सी.यू., आई.सी.सी.यू., पी.आई.सी.यू., एन.आई.सी.यू., बर्न आई.सी.यू.

राज्य सरकार द्वारा अनुबंधित अस्पताल:- पुरूष एवं महिला नसबंदी का दूरबीन द्वारा ऑपरेशन की नि:शुल्क सुविधा उपलब्ध

भामाशाह स्वास्थ्य बीमा योजना

केशलेस सुविधा

तुरन्त भर्ती एवं जाँच

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