

RH & Much More

Shakahari Sizzler@ Radisson



Navratri is the festival that shows the win of good over evil. The war was continue 9 days between good and evil then good killed evil in the memory of this people make fast for 9 days and do not eat normal food in these 9 days. People have pure vegetarian very light food in these days and pray everyday of Goddess Durg who killed the evil.

For Navratri occasion I have introduced 'Vrat ka Khana' in the shape of thali the whole meal together from starter to dessert pure vegetarian and hygienic, so come to the Radisson Udaipur and taste your taste buds with Chef Irfan Khan Executive Chef Radisson Udaipur.



Ingredients:	
Cottage cheese	100 gm
Broccoli	70 gm
Cauliflower	70 gm
Carrot	70 gm
French beans	50 gm
Fresh baby corn	70 gm
Olive oil	50 ml
Black pepper	15 gm
Salt	to taste
Chili flakes	10 gm
Dry mango powder	10 gm
Fresh spinach leaves	75 gm

Method :

1-cut cottage cheese carrots and baby corn in finger shape.
2-make small florets of broccoli and cauliflower and blanch them.
3-break French beans in two pieces and blanch it.
4-blanch spinach leaves and set a side.
5-mix all the spices with olive oil and apply on all the vegetables and cottage cheese and rest it an hour
6- heat the griddle on 340 degree and grill it 5 to 7 minutes heat the sizzler plate
7-serve the vegetables on the bed of spinach on sizzler plate with a cube of butter.

Bread bada @ Kashish



Ingredients: Bread 6 pieces, rice flour half cup, onion 1 finely chopped, green chillie 2, curd half cup, salt n pepper according to taste, refined oil

Method: Mix n mash everything together in a bowl. Give proper round shape and make a whole in the centre. Deep fry. Serve hot with nariyal chutney.

Garba Fest

Udaipur: Organized by Nagar Maheshwari Yuva Sangathan, the ten-day long Garba festival was inaugurated in Maheshwari Panchayat Bhawan at Shrinath Marg. Secretary of the organization Pradeep Kachauria apprised that the first day had a dress code of blue color. Cultural secretary Ankur Chechani said that the administrative orders were followed properly and the program was confined to the allowed hours only. Campaign secretary Vinay said the guest of honor of the first day were Praveen Devpura and Pramod Rathi.

35k people benefited under Bhamahah Health scheme

Udaipur: The ambitious Bhamashah Health Scheme being run by the state government is delivering benefits to the people properly. A wide advertisement of the scheme has allowed people to know about it and they have started availing benefits. People who fall under the range of National Food security ambit are being treated in hospitals free of cost. Chief health and medical officer Dr. Sanjiv Tank told that 32 government hospitals and 20 private ones are registered and marked under the scheme and hitherto about 35 thousand people have been benefited.

Udaipur won 5 gold medals

Udaipur: US Ostwal International School, located at Mangalwar, organized a six-day 61st state level Higher Secondary School swimming competition. In this competition, Udaipur won 5 gold, 4 silver and 3 bronze medals. In this swimming competition, Udaipur's Gauravi Singhvi, Divyadev Singh won two gold each and Vasundhara Singh won 1 gold. Saumya Sharma, Devendra, Suhas and Chitrangi won 1 silver each and Ishita, Kanupriya and Yug won 1 bronze medal each. The general championship was won by Jaipur and the runner-up was Udaipur.

Welcomed Bohra New Year 1438

Udaipur: Udaipur Bohra New Year 1438 marked its beginning on Saturday, Oct. 1. People of the community offered New Year greetings to each other and enjoyed the New Year feast in decorated 'Thaal' with the whole family together. On Oct 2, on the Urs of Syedi Khanji Peer Saheb, religious sermon and community en masse feast will be organized.

By the way

Power of NO



teach others. This is a male dominated society and I can't question on this. I should remain calm and learn to live with this.

Unfortunately I refused.

I am not a rebellious who is fighting for anything which is inappropriate. I am asking for a good society in which I can move freely without listening to any foolish comments on my character. I need freedom to fly high. I have good mental abilities. Please judge me by the power of mind and not by

my looks. I can't use my skills if I am being judged everyday. How can I give my best if I am target for every single move. I can say No whenever I want. Married women don't know their rights. Husband's take them for granted. She is forced to have sex sometimes. No one bothers whether she wants it or not.

Can a woman do this with a man?

NO has immense power. If a girl is laughing in public or dresses according to her comfort, why does she get criticism? Drinking is another big problem. If a man does, he is called macho and if a woman does, she is called by different names which I don't want to write here.

Come on ,change your thought process.

World has changed. You have

allowed females to go out and do jobs. Reason may be money or financial status. But why do you want her to not to talk with males?

How is this possible if you work in a company and given permission to talk to females only. How would you avoid males at your workplace?

Some families get indulged into this and give funny reasons. In a recent case Namita was questioned by a colleague's wife.

Her colleague's wife puts allegations on Namita that she is destroying her family life by talking to her husband.

No body protected Namita. Everyone preached her to stay away from her colleague. Namita could not say No to this injustice. She was close to her colleague but in a positive way.

Females must understand the power of no.

Say no when you are falsely accused.

Say no when someone comments on your character. Say no when you don't like stupid comments on your personality and looks.

Say no to those who comment on your character.

Say no to every negative comment you have been forced to listen.

Say no to forced love.

Say no whenever you are questioned wrongly?

Know your rights, stand up and defend yourself.

If you can't who else will?

Being a lady is not a problem, problem is to be weak and lament on this situation.

I have no intention to hurt anyone. I have a request to make, Please change your mindsets and let us live with dignity.

Wonder Cement organized three days Yoga Camp

Nimbahera: Wonder Cement Ltd organized three days Yoga Camp at Govt. Sr. Sec. Sanskrit School, Karunda, Nimbahera through trainer Mr. Man Singh Solanki, Om Divya Yog Sansthan, Nimbahera from 27.09.2016 to 29.09.2016. Students, villagers & teachers of the school participated enthusiastically in yoga training.

Mr. Nitin Jain, AVP, (Commercial) Wonder Cement Ltd motivated participants for continuing yoga at their home by involving other family members because Yoga increases

our resistance power & energy level. It also corrects the proverb "Prevention is better than cure". Yoga is part of our life from ancient era of Indian culture. It also helps in bringing our body flexible & healthy. He also reiterated to participants about Wonder Cement commitment for their holistic development.

Participant enjoyed three day's yoga training and appreciated wonder cement's effort for the wellbeing of villagers through its various CSR programmes.

All Set for release of Film 'Kangana'



Udaipur: Melodies, issue based Rajasthani film Kangana is all set to release on 7th

October in more than 150 cinema houses all over India. In Udaipur Inox and PVR the-

aters are ready for its release.

Keeping in view of theme and the role of BJP strong hold leader has a mother in the film and noted business man of Udaipur Shree Rahul Agarwal's Daughter as child artist.

State CM Vasundhara has declared this film is tax free in Rajasthan. It will certainly boost the film in Rajasthan, as film will be available to viewers at moderate rate.

In celebration Udaipur Mr. Rahul Chaturvedi, Shivedra Om Sainiyol & Vikram were present in press conference and revealed the story and role

played by them. It may be recalled that movie had begun with the inspirational cinematography of Abdul Wahad Award Winning Marathi Movies cameraman.

This being his very last project his guru continued forward to finish his prodigies project through the hands of Anil Dhandha, recognised as benchmarked Punjabi movies cinematographer.

The songs were written by Pyare Chouhan, mainly on traditional Rajasthani Songs are melodies by natural.

Radisson Blu launched Royalty Club Programme



Udaipur: Radisson Blu Udaipur Palace Resort & Spa launched their Royalty Club Programme in the press conference held at the Rajwada Hall in the hotel premises.

Mr. Vishal Jamuar (General Manager) addressed the conference revealing various benefits and availability to be offered by the hotel under the royalty program.

He went on explaining about the royalty card program in detail and the advantages of being connected with the hotel as a Royalty Club member.

Royalty Club Program which has been launched, will be offering upto 10 different vouchers for the customer which can be redeemed at the hotel which includes free stay, complimentary upgrade for the rooms and many offers including spa and food outlets of the hotel.

GM told about the benefits of the Royalty programme and where it can be available for purchase and become a Royalty Club Member of Radisson Blu Udaipur Palace Resort & Spa.

Businesses Increasingly Relying On Astrologers

Udaipur: Today's world is full of risks and uncertainties with fortunes fluctuating from one extreme to the other. This pervades all fields, especially businesses and industries. Due to the stiff competition and extremely volatile situations in business and industrial atmosphere, businessmen and entrepreneurs are nowadays relying more and more on astrologers. This is a reality of today's business diaspora. This can be proved by the fact that the number of calls made by busi-

nessment to GaneshaSpeaks.com has increased substantially during the year 2015-16. Yet another interesting fact about this is that there is a substantial increase in duration of the calls. For instance, in April 2015, the average duration of a call was 5 minutes, while in April 2016, it increased to 8 minutes. The year-on-year increase in May is from 7 minutes to 9.5 minutes, while for June, the increase is from 8 minutes to 11 minutes.

Wishes you all Very **HAPPY NAVRATRI**

1st October to 9th October
7pm to 11pm

Enjoy our **SPECIAL NAVRATRA BUFFET** with delicious desserts at **Seasons Café**

399/-*

For reservation call
+ 91 294 6603341 / +91 9116001975
Radisson Udaipur Lakecity Mall,
Ashok nagar Road, Udaipur, Rajasthan

