# Royal Harbinger

### Dignities of Mewar

Dr. Smita Singh



Verstile and vibrant, Dr. Smita Singh, Director Udaipur Dental Clinic, Sevashram Udaipur, has dentistry in her genes. Her grand father and father were dentists. Her two brothers and one sister are also in the same profession. Such was her passion to become a dental surgeon that in an essay when in class 4, she expressed her aim of becoming a dentist when filling the form of combined pre medical test her only preference was

Smita got admission in MBBS in the prestgious king George medical college Lucknow but

she opted for dentistry. She did her BDS and the masters in conservative dentistry and endodontices from the same insti-

Smita came to Udaipur after her marriage with Dr. Sourav singh, who is also a dentist and specializes in oral and maxillofacial surgery and Dental implants. One of smitas several special achievements is that she has been certified as a trainer, speaker and course conductor for restorative and esthetic dentistry by dentsply detrey, Switzerland as also for endodontics by dentsply maille for hermany. To discuss the recent trends in dentistry in india, she was invited as guest in asian endodontic forum held at Qingda. China. She was also invited as a specialist in conference like the one Koh samui, thailan and pokhara, Nepal. Smita has conducted several courses and addressed conference orgainsed by different bodies all over the country. She has held many free dental check ups and awareness camps She has also been working for treatment of oral rehabilitation for florosis patients in and arround udaipur. She has sucessfull counseled many to guit tobacco .She has many national and international research publications to her credit.

For her meritorious services, smita has been honoured by various organizations such as govt of Rajasthan for services rendered in dentistry and anti tobacco programmes.

She also received the kala samman award from vice president of India. Hr. Bhairo singh shekhawat. Smita has also been honoured by Times of India, as also by several branches or Indian dental association.

Smita's love for poetry was evident even in her childhood. Her parents supported her fully and took her to kavi sammelon where her poetry recitations were widely appreciated.

Smita also turned out to be a good journalist. For a national hindi Daily. She wrote a regular column for six years covering a wide range of subjects with special focuss on issues relatd to women and children. Her articles were liked very much by readers

Smita along with her husband Dr sourva singh has a successful clinical practice of over seventeen years equipped with state of the art materials and technology. The clinic is serving udapurites in its own way.

Lake city can be rightly proud of a selfless and dedicated person like smita, who is bringing smiles to the people.

- Ashok M

### Beauty Secrets: Pack For **Under Eye Circle**



Under eye circle is a common problem among people these days. Insomnia, tension, stress, workload may be the different reasons behind this

Today I will share my grandmother's beauty secret with my

Soak 20 almonds in milk for about one hour. Make a fine paste of this. Add few drops of honey and lime juice. Almonds have natural bleach content and a pack made from almonds enhances your skin texture. You can apply this pack under your eyes without any doubt. Under eye skin is thinner than the rest of your facial skin. Other ingredients may harm this sensitive area. But almonds help to lighten the dark circles around your eyes.

I hope my readers will definitely try this and get good results in just one month. If you are allergic to almonds or honey please don't use this on your skin.

### **Cook with Hritu** Coconut halwa



Ingredients: Coconut dessicated 3 cups, full cream milk 3 cups, cardamom powder 1 tsp, saffron 6-8 flakes, sugar according to taste, green colour(optional), 10-12 almonds. Method: Take a pan. Boil milk. Add coconut powder. Cook on medium heat and stir continuously. Add sugar, cardamom, saffron (soaked in milk) and green colour. Cook till oil separates. Garnish with almonds. Serve hot.

# & Much More

4th National Theatre Festival 'Alfaaz'

A Review by Vilas Janve

Three Days (25-27Nov.) National Theatre Festival "Alfaaz' organized by Natyansh Society of Dramatics and Performing Arts in collaboration with West Zone Cultural Centre concluded at Darpan, Shilpgram on Sunday evening. 'Alfaaz' was dedicated to womanhood as all the plays staged were centered on issues related to plight of

Festival was inaugurated with the performance of short play "Aaj ki Paanchaali" staged by the students of Vidhya Bhavan Public School, Udaipur. This play was adjudged first in the Short Play Competition conducted during "Alfaaz celebrations at Vidhya Bhavan Society's Mohan Singh Mehta Memorial auditorium last Saturday. Young boys and girls related their theme with Mahabharat and exhibited the troubles of girls of today very effectively. The Second Best performance of the competitions namely 'Budhi Kaki' based on the story of Munshi Prem Chand staged by the students of GuruNaank Public School, Hiran Magari, Udaipur also impressed audience with high caliber acting. Pre decided play 'Lashkar Chowk' was replaced by a Mono Play 'Astitva' written and Directed by Amit Shrimali. Based on the issues relating to women this

sensitive play was enacted by Rekha Sisodia who portrayed various roles with proficiency and could gather laughter and sympathy from audience who was deeply engrossed in the play. Lights by Shazor ali(Jaipur) and music by Mubin Khan helped play to create desired effects. Amit needs to edit the play adding contemporary issues and deleting less significant dialogues and

Originally Bengali play "Tomar Dake" scripted and directed by Suvojit Bandhopadhyay was staged in Hindi by Theatre Shine', West Bengal, on the Second evening. This was projected as experimental theatrical performance of modern age. It was a blending of age old social issues to the current issues. Main Characters of Gurudev Ravindranath Tagore's Plays like Achalaytan, Raktakarbi, Bisarjan, Muktidhara and Dakghar were portrayed exposing victimization of innocent common people. The story described the prejudices of Taliban in Pakistan. In the name of good governance people are being tortured, cheated and extorted. Women are worst affected by the religious terrorism. There is no change in scenario starting from the mythological age to the present age of Malala Yusufzai of Pakistan.

A Little Wish

A little joy

A spray of mirth

Wings of a butterfly

Fragrance of earth.

A morning breeze

A smiling sun

Under the shadow sweet

Little fun.

An evening bright

Soft beating drum

A placid night

A life wholesome

A morn of bliss

My little wish.

**Never Give Up!** 

Never give up

If it is difficult to get

Do your best

You will never regret.

Adjust yourself in

situations all

Meet challenges

Be they big or small

Be there for others

To all be kind

But never leave

Yourself behind.

Dream always big

For dreaming is good

Work for them also

With determination one should.

Small gadgets and more utility due to

advance level technology: Prof Bose

Udaipur: Where the gadgets

and cars have become small

due to advanced level tech-

nology, their utility has

increased by leaps and

bounds. First computer, then

laptop, and now smart phone.

The same has happened in the

field of networking where

everyday a new experiment is

It can be said that in the field

of computation, advanced level

technology has increased by

leaps and bounds on a daily

basis. This was expressed by

Prof Anindita Bose on the inau-

guration ceremony of a 2-day

-Dr. H.S.Chandalia

- Pooja Bhandari

international seminar on

"Recent advancement in

Computer, Communication

and Computational Science"

by computer department and

Computer Society of India at

Janardan Rai Nagar Rajasthan

Vice Chancellor Prof SS

Sarangdevot said that stu-

dents must use science and

He said that Dr Abdul Kalam,

Gandhi and Kurien worked in

the country with transparency

best nations.

Vidyapeeth University.

technology in their lives.



They are still fighting for their right and justice. This action packed play had many entries and exits.

Entire stage, wings and even the main gate of auditorium were used by actors to show case different locations.

There was extensive use of colored cloths, Light effects, live music and stage crafts to create atmosphere of sorrow, agony, fear, anger, anxiety, sympathy. Actors displayed their talent in acting, singing and dancing. With high energy level they could convey the dilemma of women very effectively and appealed for Humanity, Justice and Peace. Hard and sincere efforts of the Director were seen in the each composition. This young group showed high potency to become promising drama

group of India. "Agni Pariksha", a play by 'Parampara Natya Samiti', Jaipur had privilege to stage its 99th show in this festival. Performed in traditional Tamasha style of Jaipur, this play was written by Dr. Hariram Acharva and directed by Dilip Bhatt belonging to Tamasha family of Shri Gopi ji Bhatt.

The story described the anguish of women since mythological age till now. 'Sati'. daughter of Mighty King Daksh Prajapati and wife of Mahadev jumped into the sacred fire (Yagyan) in honor of her husband Lord Shiva. Sita wife of Lord Rama had also to undergo "Agni Pareeksha" to prove that she was sacred

Rani Padmini of Chittorgarh and many other Rajput Ladies jumped in to "Johar flames" to honor their dignity. Even today women have to struggle for their respect. This play was in 'Tamasha' style known for its



composed in Hindustani Classical Ragas by Late Pandit Gopi ji Bhatt. The other significant aspects were Dances, Lyrical dialogues and rhythm. Since many actors were new, this play was on shoulders of Sutradhar whose character was enacted by Dilip Bhatt him-

Another senior actor Sikandar Abbas did his job well despite his recent leg injury. This musical play was impressive at the same time had great scope for improvement.

Many spectators witnessed play in "Tamasha" style for the first time and enjoyed it. Natyansh deserves praise for inviting such plays from Kolkata and Jaipur. Thus the drama lovers get opportunity to know different styles and kinds of dramas. Theatre should not only entertain but it should also

educate. Ashfaq Nur Khan Pathan, President of Natvansh informed that his team organized various activities like Street plays, Poetry Sessions, Online Photography Competition, Drawing competitions, documentary Screening and On the Spot Photography during "Alfaaz" to involve maximum youth and children in

The programme was hosted by Abdul Mubin Khan and Prof. Arun Jain presented vote of thanks to all the collaborators and well wishers.

such cultural activities.

The Last week of November is dedicated to theatrical performances as after this National Drama Festival, WZCC and Rajasthan Sangeet Natak Akademy will organize 3 day Rajasthani Drama Festival from 28 to 30 November. It should be special treat to drama lovers of the Lake city.

## Love Life! Live Long!

Yesterday I got a chance to watch Dear Zindagi with my family. Story of Kaira (Alia Bhatt) helped me to take life in a diffrent and easy way. Kaira was living with fear and her relationships were suffering due to this.

She was not ready for commitment in her relationships. Life itself is not complicated, we make it complicated. We judge people, we hear and

understand which others have never said. I have seen many people who break relationships without talking to the other person.

Two persons can never be the same. Our thought and pattern may differ but it's always good to express feelings on right time. Sometimes kids don't talk to their parents and this communication gap increases with time.

Kaira had the same problem with her parents. Kaira's mother left her with grandparents due to financial problem. Kaira was only 6 years old and she could not take it positively. Her brother was taken care of by her parents but she felt neglected. Dr.

Khan (role played by Shahrukh khan) helped Kaira to find solution to her problems with a different angle.

Jahangir

She breaks her silence and chooses to talk to her parents. Fear to lose your loved ones or feeling of being rejected by your lover is a common problem. We can't stop loving others due to our fears.

Like any young girl Kaira is critisized for her thoughts and living style. She lives independently in Mumbai. She had different guys in her life but she

could not choose any of them as her life partner. Our young generation who lives in metro cities face this problem in daily lives. Some choose to drink,

some others love to live separately from parents. Ego and false

issues play important roles to break your relationships. Drinking alcohol or taking drugs may seem easy but this cannot solve your problem permanently. Parents

should start understanding their kids better than anybody. After all you have given birth to your child. Your neighbor or kid's friend can't understand the pain of your child better than

Talking to your kids about their personal lives can guide them in many ways. Pain of break ups and other issues can be handled with a simple hug. It's pointless to make your children robots who are programmed

Life is a mission but it's definitely not about gaining wealth. If your child has normal hormones, he or she may like opposite sex.

to finish a mission.

If you stop them from talking to their friends of opposite sex. you may harm their natural growth.

Be a parent with whom your child feels free to talk about his or her break up. At least you can guide them to control their emotions.

Dear zindagi teaches us to take everything with open heart. Dependency on any relationship can destroy your mental peace. Love your life, Live it peacefully.

Acceptance and forgiving makes your life much more easy. After all someone has to maintain peace, why can't we become a person like that?

Dean, Fisheries College, Prof

### Students Union Office inaugurated

Udaipur: Students Union office was inaugurated at Fisheries College of Maharana Pratap University of Agriculture and Technology. The office was inaugurated by University's Students Welfare officer Prof Suman Singh.

On this occasion, Prof Singh briefed about leadership and the deedful role in university and college to the newly elected office holders of the students OP Sharma gave out a message hoping for a downright development and their bright future. Assistant Dean Student Welfare Dr KB Sharma welcomed all guests and highlighted the activities of student welfare. Bhagchand Chhaba, newly elected president of Fisheries College, presented students' demands related to sports and activities in front of student welfare officer.

### Job Fair Organized at AITS

Udaipur: Aravali Institute of Technical Studies in association with Board of Apprenticeship Training (NR), an autonomous body under Department of Higher Education, Ministry of HRD, Govt. of India successfully organized "Apprenticeship Job Fair" for all pass-out engineering graduates and diplo-

ship Training (N.R.), Kanpur the Apprentices Job Fair was organized with a view to establish and facilitate a large pool of fresher's who are not yet placed in any industry. In the inaugural ceremony Mr. N. L. Khetan, Secretary, Aravali Group of Colleges, Mr. Amit agrawal,

### "Geetanjali Hospital conferred with **Best Green Hospital**"



Udaipur: Wednesday 23rd November 2016, ABP news in collaboration with CMO Asia had organized a two-day healthcare leadership award ceremony in Mumbai in which Geetanjali Medical College & Hospital was honored with "Best Green Hospital" among

The award was presented by ABP news to Chief Executive Officer of Geetanjali Hospital Radhakrishnan, Mahatma Dr. Kishor Pujari and Sr. Manager Quality Control Sukanta Das. Many hospitals to make India one of the world's have made their immense presence in the award cere-

participants.

mony.

The award ceremony included 15 categories out of which Geetanjali Hospital was awarded "Best Green Hospital". The award criteria was patient safety measures, energy conservations and organized operational processes, said Dr.

ABP Healthcare excellence

healthcare practice.

Kishor Pujari CEO, Geetanjali

award is an independent recognition exercise initiated to give recognition to the organization who has achieved extra-ordinary success from ethical

## Director, Boardof Apprentice

ma holders.

The students all around took part in the job fair with huge excitation. According to Mr. Vivek Kumar, Assistant

Finance Secretary, Aravali Group of Colleges, Dr. Hemant Dhabhai, Director, Aravali Institute of Technical Studies first welcome all the Distinguish guests.

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Page-4\_Page-4.qxd 11/28/2016 12:47 PM Page 2

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