



& Much More

Dignitaries of Mewar with Ashok M. Dr. Anand Gupta



The prestigious 'Times Global Excellence Award 2015' of the Times of India Group was recently conferred on Dr Anand Gupta of the Aravali Hospital Group, Udaipur.

A radiologist, an entrepreneur, a philanthropist and an able administrator, Dr Anand Gupta is a multi-faceted personality. For nearly two decades, his innovative leadership has provided direction to the field of Medical care and Healthcare in South Rajasthan.

Dr Anand did his schooling from St Paul's School, Udaipur and earned his MBBS from RNT

Medical College, Udaipur and then specialized in Radio Diagnosis (DMRE) from Sir HN Hospital, Mumbai. After that he did his advanced Postgraduate Diploma in Hospital Administration from Chennai.

A philanthropist by heart, Dr Anand Gupta looks after a host of charitable activities and has been instrumental in organizing a large number of free medical and healthcare awareness camps in educational institutions, for general public and for NGOs during the last decade and a half, all across Rajasthan, under his aegis.

A much felicitated personality, Dr Anand Gupta has been honored numerous times for his services in the field of medicine. Some of his accolades are as under:

In July 2002, he was awarded the Chikitsa Vibhushan by Raj Medicin, Jaipur.

On August 15, 2010, he was honored by the Collector and District Magistrate, Udaipur for his outstanding contribution in the Medical Field.

In 2011, he was felicitated by Dainik Bhaskar with 'Mewar Ratna' and in 2012, he was awarded the most prestigious accolade of Medical Fraternity the 'Best Secretary of Indian Medical Association'.

In 2013, Rajasthan Patrika bestowed on him the 'Icon of Mewar' award and he was conferred the 'Most Promising Young Entrepreneur in Medical Field' award in 2015 by Times of India.

Health : Walnut Benefits



"Walnuts contain several unique and powerful antioxidants that are available in only a few commonly eaten foods

"Walnuts may improve sperm quality, help with weight control, and offer support for brain health and type 2 diabetes.

"One-quarter cup of walnuts, for instance, provides more than 100 percent of the daily recommended value of plant-based omega-3 fats, along with high amounts of copper, manganese, molybdenum, and biotin.

"Walnuts may help reduce not only the risk of prostate cancer, but breast cancer as well.

"Walnuts contain the amino acid L-arginine, which offers multiple vascular benefits to people with heart disease, or those who have increased risk for heart disease due to multiple cardiac risk factors.

"Walnuts may help reduce not only the risk of prostate cancer, but breast cancer as well. In one study, mice that ate the human equivalent of just two handfuls of walnuts a day cut breast cancer risk in half, and slowed tumor growth by 50 percent as well. Eating just 4 walnuts in a day keeps your heart healthy and cholesterol levels controlled.

Overall the whole walnut diet reduced prostate cancer growth by 30 to 40 percent. According to another study on mice, the human equivalent of just two handfuls of walnuts a day cut breast cancer risk in half, and slowed tumor growth by 50 percent as well. Eating just 4 walnuts in a day keeps your heart healthy and cholesterol levels controlled.

"Adding healthful amounts of nuts such as walnuts to your diet can help you to maintain your ideal weight over time.

"One of the lesser-known benefits of walnuts is their impact on male fertility. Among men who consume a Western-style diet, adding 75 grams of walnuts daily significantly improved sperm quality, including vitality, motility, and morphology.

"Enjoy the taste of walnuts and get benefits for lifetime.

'AN ERA OF DARKNESS' RELEASED IN UDAIPUR ON SUNDAY

Udaipur: The much lauded recent book of Lok Sabha MP, Dr. Shashi Tharoor - "An Era of Darkness: The British Empire in India" released in the City of Lakes on Sunday at Radisson Blu Udaipur. Swati Agarwal, Owner of Radisson Blu had a conversation with Dr. Tharoor.

Shriji Arvind Singh Mewar, Maharana of Udaipur and Sundeep Bhutoria, Culturst were present on the occasion.

In release ceremony of the book Shriji Arvind Singh Mewar shared his views and welcomed Shashi Tharoor in the city of lakes. The event was an initiative of Prabha Khaitan Foundation Kolkata-based non-governmental organization (NGO) engaged in various social welfare activities and promotion of Indian culture in association with Cultural Rendezvous- a newly-formed organization of prominent individuals of Udaipur - Swati Agarwal, Shubh Singhvi, Mumal Bhandari, Riddhima Doshi, Shradha Murdia and Kanika Agarwal along with Radisson Blu Udaipur Palace Resort & Spa as the venue partner.

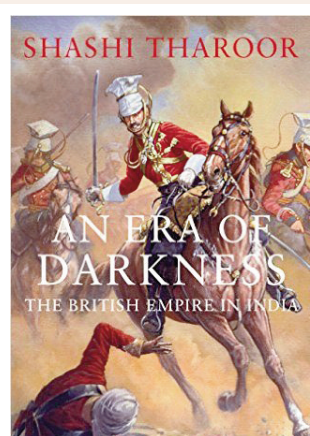
An Era of Darkness : The British Empire in India originated from a speech made by Shashi Tharoor at the Oxford Union in 2015, that went viral across digital platforms clocking 3.5 million hits.

In this explosive book, the author reveals with acuity, impeccable research, and trademark wit, just how disastrous British rule was for India.

Besides examining the many ways in which the colonizers exploited India, ranging from the drain of national resources to Britain, the destruction of the Indian textile, steel-making and shipping industries, and the negative transformation of agriculture, he demolishes the arguments of Western and Indian apologists for Empire on the supposed benefits of British rule, including democracy and political freedom, the rule of law, and the railways. The few unarguable benefits-the English language, tea, and cricket-were never actually intended for the benefit of the colonized but introduced to serve the interests of the colonizers. An Era of Darkness will serve to correct many misconceptions about one of the most contested periods of Indian history.

After the launching of book Shashi Tharoor expressed his views while answering questions raised by Ms. Agrawal and others he said My book examines each of the supposed benefits of British rule in turn - political unity, democracy and rule of law, the civil services, the railways, the English language, tea and even cricket - and demonstrates how every one of them was designed to serve British interests and any benefit to Indians was either incidental or came despite the British. Even tea, which I drink many cups of daily.

It's true that there was no organized cultivation of tea before the British. But again, they set



up the tea plantations in Assam (and later elsewhere) to save themselves the costs of importing Chinese tea, not to benefit us. It was only when the Great Depression left exporters with vast stocks of tea for which demand in Britain had dropped, that they started selling tea in large quantities to Indians. There's a lot of this kind of detail, some of its anecdotal, in the book. As to what people might like to read to know more, they could start with the sources cited in my 24 pages of footnotes and references!

Well, the Brexit vote suggested a Britain that was in many ways rejecting the cosmopolitanism of today's Europe for a narrower, more exclusivist idea of "Little England" - which is precisely the kind of Britain that needs to be reminded how much it owes to the black and brown people it colonised, enslaved and exploited. But I don't in fact ask for reparations - rather, I call for atonement, principally in the form of an apology from Britain to India for two



centuries of atrocities and misdeeds. reason is simple: anything realistically payable could only be a token, and the symbolic one pound a year for 200 years that I suggested at Oxford would probably not be feasible to administer. More important, how do you place a monetary value on all that India suffered and lost under British rule? British rule deindustrialised India; created landlessness and poverty; drained our country's resources; exploited, exiled and oppressed millions; sowed seeds of division and inter-communal hatred that led to Partition; and was directly responsible for the deaths of three and a half crore people in unnecessary and mismanaged famines, as well as of thousands in massacres and killings.

There's really no compensation for all this that would even begin to be adequate, or credible. Atonement is therefore the best we can hope for. An apology by their Prime Minister

to India, as Canada's Trudeau did recently over the Komagata Maru incident, would signal true atonement. Imagine a British Prime Minister, on the centenary of Jallianwalla Bagh, apologising to the Indian people for that massacre and by extension for all colonial injustices - that would be better than any sum of reparations. It would shake the "Brexit Brits" up a bit, but it would them a lot of good!

About the author:

Shashi Tharoor is the best-selling author of fifteen previous books, both fiction and non-fiction, besides being a noted critic and columnist. His books include the path-breaking satire The Great Indian Novel (1989), the classic India: From Midnight to the Millennium (1997), and most recently, India Shastra: Reflections on the Nation in Our Time (2015). He was a former Under Secretary-General of the United Nations and a former Minister of State for Human Resource Development and Minister of State for External

Affairs in the Government of India. He is a two-time member of the Lok Sabha from Thiruvananthapuram and chairs Parliament's External Affairs Committee. He has won numerous literary awards, including a Commonwealth Writers' Prize, and was honoured as New Age Politician of the Year (2010) by NDTV. He was awarded the Pravasi Bharatiya Samman, India's highest honour for overseas Indians.

The event is an initiative of Prabha Khaitan Foundation Kolkata-based non-governmental organization (NGO) engaged in various social welfare activities and promotion of Indian culture in association with Cultural Rendezvous- a newly-formed organization of prominent individuals of Udaipur - Swati Agarwal, Shubh Singhvi, Mumal Bhandari, Riddhima Doshi, Shradha Murdia and Kanika Agarwal along with Radisson Blu Udaipur Palace Resort & Spa as the venue partner.

By The Way

Be Sure To Taste Your Words

Truth can not be sweet, it is always bitter. Its a hard fact. Even I believe in speaking truth but it should not always be bitter. Relationships are special bonds in which we must maintain sweetness. Maira is a modern girl. She is newly married. She speaks on face and sometimes her in laws feel shocked to hear her comments on family issues. I am not saying to hide your feelings and lie to others. But it's always good to think before uttering a single word in difficult situations. Rage is the worst enemy of human kind. Rage arises from false ego and frustration. We can easily avoid unwanted circumstances. Rage or anger leads us to the world of suffering. My friend Parul and her husband

Pranav fight over different issues which can easily be avoided. In the state of anger Pranav had beaten her quite hard and after few hours he feels sorry for his behaviour. He often speaks ill about Parul's parents. Parul takes it as a routine fight but she hardly knows what her children are watching and learning from this violence. She feels hurt from inside but can't leave her husband. Bruises and scars on our body can vanish with time but words give permanent scars on heart and soul. Some people throw tantrums

without any reason or they treat others who are inferior to them as slaves.

Prachi's father is holding a high position in society. She treats her driver and servants badly. One fine day she met with an accident and her driver Ramesh not only rushed her to the hospital but also donated blood to save her life. This incident changed her behaviour permanently. Rudeness and abusiveness harm us only. Humbleness and politeness are virtues with which we can impress others. A person filled with arrogance, jealousy and hypocrisy can be self destructive.

Friends and relatives try to run away from such person. Relationships can not be made with fake attitude and false ego. Such persons are left alone in the end.

Truth helps us to be honest but we should avoid speaking bitter truth to avoid conflicts. Learn to speak on right time and choose right words to express your heart. Act of humanity is difficult and sustaining it, is impossible without sincere efforts. Modernity has given us courage to live on our own but relationships are essential for us.

Money and power should be used in a right way, not to hurt others. So friends we must take a vow to not to hurt others with our truth and create happiness in our surrounding.



Poetry Corner

The Butterfly

The butterfly is lost in the garden of Eden.
My daughter wants to get it.
Wrapped the creature
in its wonders of colours and dreams.
For it my daughter still craves.
Time ascends few more steps
and the butterfly comes back
drenched in poetry.
Splash! it adds another couplet.
Well, my daughter wants it
no more.

-Dr.Sanchita Choudhury, Rourkela

A Review by Vilas Janve

'Rajasthani Drama Festival' brings Fresh Productions

Rajasthan Sangeet Natak Academy, Jodhpur in collaboration with West Zone Cultural Centre, Udaipur presented a 3 day Drama Festival in Rajasthani at Darpan auditorium, Shilpgram from 28 to 30 November, 2016. All the three dramas were quite new to the audience and each drama had a different texture and theme. The festival was opened with "Garasia", a drama showcasing the culture of Garasia Tribe of Rajasthan by Apurva Rang Mandal, Jodhpur written and directed by famous director Kumar Rajeev who incorporated various aspects of culture i.e. economy, fairs, festivals, rituals and struggle for existence of Garasia Tribe. Vista a young boy and Badali, a young girl of same village are in love. But Mighty Binja who works for Land lord loves Badali too. Badali hold hand of Vista in a village fair annoying Binja who later forcefully lifts Badali with the help of

Landlord. Vista with help of villagers punishes Binja and Landlord severely bringing the play to a happy end. Kumar Rajeev has made this production very entertaining by choreographing each scene and making it action packed. He also used appropriate recorded music using indigenous musical instruments. Sometimes it resembled with popular Hindi formula films. Puja Joshi as Badali and Mahesh Chaudhari as Vista did their roles considerably well. Ajay Karan Joshi as Binja impressed with energy level. Rest of the cast was quite helpful to make play a healthy entertaining. There was a scope for improvement in lighting. The next evening production of Paraffin Society, Kota proved most powerful play. It was "Katha Sukavi Suryamall ki" directed by most talented Director Rajendra Panchal. He imbibed folk and classical

drama styles from South India like Kuddiyattam and Yakshgan. He used "Rangpatti" (Amovable curtain held by two actors to present new actors and remove him after act). Rajendra Panchal used his indigenous style in which every actor introduced himself thoroughly first and then told about the character he was portraying. He also held a play card describing picture along with the period of the character. Rajendra Panchal, graduate from National School of Drama enacted main character of the Poet Suryamall himself and proved his enormous talent in acting. Other characters like Rao Raja Ram Singh (Rajesh Vilayatray), Balvant Singh (Vijay Patidar) were also enacted with great proficiency. Most importantly the music by Dhan Kumar, Rohan Sharma and Manyank played pivotal role in holding spectators spell bound. Light design by Govind Singh



Hada was also of high quality. Set design by Shambhu Singh Chaudhar was skill full too. This innovative play was based on the life and deeds of the veteran poet from Bundi. The major dialect was Hadoti but Hindi, Sanskrit, Urdu and English languages were also used frequently to give strength to the story. Optimum use of theatrical elements made it a mesmerizing drama production. This play is worth calling again to Udaipur as very few drama lovers could

witness this commendable theatrical production. The Rajasthani Drama Festival concluded with yet unusual drama production. This Musical drama "Bairath Prasang" was directed by Dr. Dinesh Yadav, yet another director from NSD. This was basically a musical drama which narrated in traditional story singing form "Panduan ke Kade" practiced by the Muslim Jogies of Mewar Region. The story of Pandva's belonged to the period of one year's disguise. The Narrative



story was supported by the Doha Dhani and Manganiyar singing style of Marwar region. All the participating artistes were master of their instruments and singing style. Director Dr. Dinesh Yadav utilized all the art forms in very interesting manner. They were supplementing each other. All the 15 artistes were made to sit on different levels on stage with their peculiar instruments like Kamayacha, Been, Bhapang, Morchang, Dholak, Nagada, Tandura etc. Each

episode started with one or two singers or instrumentalists followed by other musicians to enhance the effect. Devu Khan Manganiyar was the centre of attraction as he was in role of Shiv. He had his dialogue with other musicians through his Khataal. Magadh Nath on Jogiya Sarangi was Sutradhar. Gafaruddin Mewati was Krishna as well as main story teller. He was supported by Aas Mohammad and Mubin Khan on 'Panduan ke Kade' and Kheta Khan, Bhutta Khan and

Savai Khan on Manganiyar Singing. Yaad Ram on Dholak and Ghanashyam Singh on Nagada provided wonderful rhythm. Bhagga Khan on Tandura recited Bhajan while senior artistes Hakam Khan on Kamayacha provided wonderful accompaniment. Chugga Khan on Been provided melodious notes. Other supporting artistes were Roshan Khan, Joy Mitai and Shiv Prasad Gond. This was also an innovative work which impressed audience. The Director, Dr. Dinesh Yadav gave much credit to Devu Khan Manganiyar for conducting orchestra. Sharad Khare with his imaginative light design made performance memorable. Dr. Dinesh Yadav deserves a word of praise for this innovative venture. Rajasthan Sangeet Natak Academy and West Zone Cultural Centre brought brilliant plays during this festival but the time chosen should be reviewed as to ensure good gathering.

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Royal Harbinger