

RH & Much More

Dignitaries of Mewar with Ashok M. Dr. Devendra Mohan Mathur



Modest and soft spoken, Dr. Devendra Mohan Mathur, former Proff and Head, Deptt of psychiatry, RNT Medical College, Udaipur who now holds the same post in Geetanjali Medical college and hospital Udaipur is a Native of Udaipur. Grand father of 65 year old mathur, kanhaiyalal was the founder principal of MB college Udaipur. He was intrumental in upgrading MB school in state times to the college level being the first ever college in Mewar. They lived in a haveli owned by them at the Gangaur ghat near lake pichhola. His whole fami-

ly including father, elder brother and sister were born and brought up in Udaipur. After a brief stay as inspector in mewar police, his father shifted to jaipur to serve in CID police service. Mathur had his school educatin in various institutions of jaipur till his pre medical MBBS from SMS medical college jaipur and so also his MD in psychiatric. He served the rural population of UP state after his graduation and then came back to Rajasthan for this post graduation. He found that the rural population did not have proper medical facilities and a lot had to be done to provide adequate health services. People did not have general health, maternity and child care facilities. At the same time his experience of working in UP made him feel that people there were very hospitable and had rich cultural heritage. In the year 1986, mathur came back to his home town and joined RNT medical college as Assistant professor and rose to the post of senior professor. He retired in zoll. In addition to treating mental patients his work involved teaching to students of medical and paramedical students, examination and certification of mentally handicapped, individuals, educating masters about mental health through group addresses and radio talks, addressing school children, ladies in clubs and meeting groups of senior citizens and answering their queries along with educating them about group and specific psychetric problems.

For his meritorius services mathur has been honoured several times by different organizations from time to time including The Times of India, healthcare award for the year 2015. Mathur has been deeply involved in social services in various ways. One of which is his weekly visits to Ashadham, Udaipur to take care of persons who have no one to care for them, mathur not only treats their ailments but also tries to face life in a positive manner. Mathur begins his day with a long session of yogic exercises to keep himself fit. His food is balanced and measured. He loves to spend his evenings with children of the locality who affectionatly call him dadu. A good singer himself he likes classical and old filmy songs. Cheerful mathur is always willing to help others and make them happier.

Health : Ginger Benefits



Ginger is among the healthiest and most delicious spices on the planet.

It is loaded with nutrients and bioactive compounds that have powerful benefits for your body and brain.

Ginger has a very long history of use in various forms of traditional/alternative medicine. It has been used to help digestion, reduce nausea and help fight the flu and common cold, to name a few. The unique fragrance and flavor of ginger come from its natural oils, the most important of which is gingerol.

Ginger may also relieve nausea and vomiting after surgery, and in cancer patients undergoing chemotherapy. Although ginger is considered safe, talk to your doctor before taking large amounts if you are pregnant. Some believe that large amounts can raise the risk of miscarriage, but there are currently no studies to support this.

Ginger has been shown to be effective against exercise-induced muscle pain. Osteoarthritis is a common health problem.

It involves degeneration of the joints in the body, leading to symptoms like joint pain and stiffness. A combination of ginger, mastic, cinnamon and sesame oil, can reduce pain and stiffness in osteoarthritis patients when applied topically.

Ginger has been shown to lower blood sugar levels and improve various heart disease risk factors in patients with type 2 diabetes. Ginger appears to speed up emptying of the stomach, which can be beneficial for people with indigestion and related stomach discomfort. Ginger appears to be very effective against menstrual pain when taken at the beginning of the menstrual period.

There is some evidence, in both animals and humans, that ginger can lead to significant reductions in LDL cholesterol and blood triglyceride levels.

Hope this article helps you to understand this spice completely. Increase usage of ginger in daily routine and get all the benefits.

Cook with Hritu

Chatpate kattar

Ingredients: Green peas 1 kg, tomato puree 2 small cups, cumin seeds 1 tsp, desi ghee 2 tsp, dry mango powder 2 tsp, garam masala, 2 tsp, asafoetida 2 pinch, red chillie powder 1 tsp, salt according to taste

Method: put desi ghee in a kadhahi. Add cumin seeds with asafoetida. Now add tomato puree with all masala and salt except dry mango powder. Cook till oil separates. Add peas and let it get cooked for 15 mnts. Add dry mango powder and 1/2 cup water. Cook for another 5 minutes. Serve hot with rumali roti.

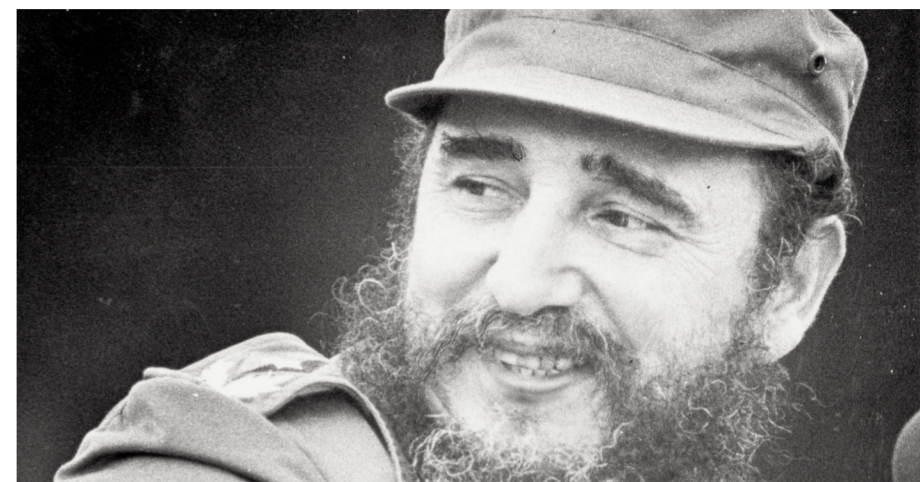
Remembering a Revolutionary: Fidel Castro

Dr.H.S.Chandalia

Fidel Castro, led Cuba, a small island country with a population of eleven million to revolution through guerilla war, threw over the American supported dictator Fulgencio Batista government and remained the President and Commander - in Chief of Cuba for nearly forty nine years. He survived six hundred and thirty eight attempts on his life by the American secret service CIA and passed away peacefully on 26th Nov. 2016 at the age of ninety. His brother Roul Castro, the present President of Cuba had been given the responsibility in 2008 when Fidel voluntarily withdrew from political life due to health reasons.

A close friend of India Cuba remained a strong support of India on all international forums. Fidel Castro had a very close relation with Pdt. Jawahar Lal Nehru and called Smt. Indira Gandhi his sister. During the civil war in Angola, the Non-aligned Movement had taken a stand to support the freedom movement in Angola. Cuba helped that movement through military intervention by sending its army. This intervention had its impact in Nigeria and South Africa where the freedom movements got a boost because of this. Fidel Castro emerged as a champion of the people's struggles all over the world. Nelson Mandela himself went to meet him when he got released from the prison after the independence of South Africa.

elections. Fidel attacked Moncada Military station with just 150 people in an attempt to overthrow the Batista regime. But he could not succeed and was arrested. In jail he meditated ways to remove the dictatorial regime and form a people's government in Cuba. In 1955 after his release from prison he with his brother Roul, went to Mexico where they met Argentinian doctor and revolutionary Ernesto Che Guevara. Che was a Marxist revolutionary and after observing massive poverty in South America during his motorcycle tour and also after observing the Left government in Guatemala, he had decided to bring about a revolution in the world overthrowing the American Imperialism. Fidel also wanted the puppet of America Batista regime in Cuba. They became friends and Che Guevara taught the techniques of guerrilla warfare to Fidel. With just eighty one comrades on a boat Granma they set off for Cuba and with the support of the masses overturned the regime



in Cuba. The dictator Fulgencio Batista Fled the country and Fidel Castro took the command. In 1961 American forces with some of the dissident Cubans attacked in Bay of Pigs. In this battle Fidel himself led the Cuban forces riding a tank and giving command. The battle was won by Cuba. Fidel Castro adhered to the principles of Marxism-Leninism and led a communist government right in front of USA for nearly half a century. He faced severe embargo by the

American governments. Eleven American Presidents right from Eisenhower to George Bush tried to remove him through all means including attempts to murder him, but failed. The last President Barak Obama was slightly positive who tried to normalize the relations between the two countries and also visited Cuba recently. In his leadership Cuba opened its agriculture so much so that the country came to be known as the "Sugar Bowl" of

the world. Several new discoveries in health and genetics were made in Cuba. Ernesto Che Guevara was the Minister of Agriculture before he went away to Bolivia for carrying forward the work of socialist revolution. Fidel Castro was a hero of the people and remained so till his last breath. After his death the whole world paid rich tributes to him. He remains a source of inspiration to the people's struggles all over the world. Red Salute to this great revolutionary.

Poetry Corner

How many ages have passed?
 How many ages have passed,
 Since I first saw you
 Sitting in the sun with a smile.
 Ageless, like a stone sculpture
 Brought to life?
 But day by day, I saw your smile fade,
 As sunlight took it's toll -
 (Do statues smile forever only
 In the secret dark of buried centuries?)
 How many ages have passed,
 Since I restored you
 Silently, to that place of dark ignorance
 Whence you were first
 Brought to light?
 -Amit Verma

By The Way

Over Gossiping makes you ill

It's a world full of different people. We live in society where people from different backgrounds live with us. Some people pass comments on others which make them happy but they don't understand that talking about others may harm their mental health completely. Mina has a large group of friends. She frequently throws parties for her friends. It's not that she is very social. She collects information about every person and gossips about their personal lives. It gives her immense pleasure to talk about her friends. She thinks that sizzling topics related to others raise her value among friends. Shaurya works in a company where many females work with him. Shaurya try to be friendly with every girl and plays with her emotions in a very different way. Not only this he tells everything to his boss just to get promotions and favors from him. Talking ill about others may satisfy you mentally but slowly you will become sick. Your own personality can be destroyed. Reputation of others is equally important. Keeping secrets is an art and many people don't give it a value. If someone spreads bad air about you and damages your image, you may lose your temper. Just like this other people may also feel offensive when you speak ill about them. Gossiping is good to some extent but over criticism is a bad habit. Every person is responsible for his or her own life. Its upto them how they take up life or what they want to do. We are nobody to judge or criticize their moves. If someone is comfortable wearing shorts or skirts or may be sarees, we must not interfere in other person's dressing style. If you lead a simple life style and your neighbors have all the luxuries, don't criticize or comment on them. People have full right to live life in their own ways. Dance, enjoy rain or cook food of your choice but don't make others crazy by your thoughts. Healthy relations make your life easy and you will gain good popularity among friends and relatives. chillax and let others breath in fresh air of positiveness.

Farmers form their own Producer Company

Udaipur: Climate Change has made an adverse effect on Agriculture Production and livelihood of farmers. National Bank of Agriculture and Rural Development (NABARD) will soon start to work on climate change in Udaipur division through various schemes apart from GIZ, AFB and nine other schemes. The above views were shared by Sukant Sahoo (Assistant Development Manager, NABARD) in a two days workshop organized on "Expediting Process of establishing Producer Company under IGWDP" at TAPAOVAN Ashram, Udaipur. The workshop was organized by Gayatri Seva Sansthan, Udaipur in support of NABARD. Participants of 31 Watersheds from Udaipur division, NGO representatives, Members of Village Watershed Committee and NABARD Officials attended the workshop. At the end, all the participant came to a consensus and developed an action plan to form 8 producer companies. These companies will provide the marketing platform to farmer's produce and farmers will get the good price of their produces.

The CEO of Gayatri Seva Sansthan, Chetan Pandey shared that this workshop aimed to develop understanding about Producer Company among farmers, NGOs and to make them self-sustainable. District Development Manager Vijendra Singh, Prof. R.C. Mehta, CA Pankaj Jain and Natural farming expert Prateek also expressed their views in the workshop. The workshop was anchored by Neeraj Prajapati of GSS and Rajesh Sen addressed the vote of thanks.

Bags of happiness distributed in Celebration Mall

Udaipur: Celebration Mall, under My School Bag program, distributed school bags, school shoes, stationery and other everyday use objects to more than 200 children of Sewa Mandir through CapitalLand Hope Foundation in order for the children to get connected with education. For entertainment of children, a magic show was held at the mall. They were also taught some magic tricks. They were also given an opportunity to showcase their talent through songs, dance and acting. These kids won every audience with their presentations. CapitalLand Mall Asia which is a business unit under its parent company CapitalLand has raised about 6 million dollars and helped 18500 needy children. It has been providing help through the annual program My School Bag. Under this program, five countries - Singapore, Malaysia, Japan, China and India is where needy school children are provided bags with all of their essentials. It is important to note that 200 children of Sewa Mandir were provided help last year as well.

Rang manch

"Raakh Sako To Raakho Pani"

Nukkad Natak "Raakh Sako To Raakho Pani" written and directed by Vilas Janve impressed a huge gathering of village Peepalpani (Panchayat Samiti-Panund) of Tehsil Bhindar, distt. Udaipur present to take part in the inaugural ceremony of the Second phase of ukhyamantri Jal Swavlamban Abhiyan on 9th December, 2016. The Chief Guest Shri Gulab Chand Kataria, Hon. Home Minister, Rajasthan emphasized the need to preserve natural water resources and appealed people to respect and water save water to secure the future. Quoting scenes of the play he also appreciated superb acting of Children. The Nukkad Natak was presented by Martand Foundation in collaboration with Vidya Bhavan Public School, Udaipur. 13 children artistes displayed their tal-



ent portraying different characters. With minimum properties they could create various scenes of court, hand pump, plants, Boring machine and acute shortage of water. Their songs "Boring Karo bhai Boring karo" entertained where the concluding song "Agar Zindgi Chahiye Panni Ko Bachaiye" passed on subtle message of water conservation. Director Vilas Janve could create the

required impact with silent acts (Mime) while entertaining people at large. Manish Adwal gave appropriate music to strengthen Nukkad Natak. Mrs. Neerja Jain, Principal of Vidya Bhavan Public School informed that Children of her School presented this play at the Opening of MJSA, at Jabla village and also performed on World Theatre Day on 27th March 2016 at Dewali village.

"Dashavatar"



This sunday night Udaipur Odissi dance program witnessed a mesmerizing "DASHAVATAR" organized by

Venunad Kalakendra Vrindavan in association with Ramanreti Gouseva Dham Udaipur and directed by Guru Pratap Narayan Mishra at Darpan Sabhagar Shilpgram. Various performances related to the past times of Krishna were Depicted. The show started with Manglacharan followed by Vasant Pallavi, Madhurashtakra, Battu, Chandan charchita, kede chand, shrimati shripati and Dashavatar.

The troop included Dr. Pallavi Sharma, Dr. Archana B a m a n i , M a l h a a r , Dakshayani, Vrindavani, Aanchal, Arya, Navya, Shireen, Janvi, Jini, Nehal, Payal, Sanskriti, Kritvi, Rajshree, Nandini, Himanshi, Falguni, Shivika, Anuradha (Croatia), Mitra (Chile), Pawan, Chandram ukhi and Gurumaa Kunjalata Mishra from Vrindavan.

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Royal Harbinger

