

IR & Much More

Dignitaries of Mewar with Ashok M. Roshanlal Gupta



One who has made his mark in the field of education, especially in English language teacher training, Roshanlal Gupta, former Principal, Ordnance factory college, Shahjahanpur, an officer class one, grade A post in the ministry of defense recruited through UPSC, comes from Alwar district. After his schooling, there his family moved to Ajmer, where he did his graduation and post graduation with English literature from govt. college. He did his M.Ed in flying colors. He has also done a vocation course in the service education from institute of education, university of London, UK. He was also awarded a fellowship by British govt. & did he followed a one year diploma course in the teaching of English at the institute of education, university of Lords England.

Gupta has been keenly interested studies and decided to become a teacher for want of any other openings. He was not interested in his family business. Though he studied law but the profession of a lawyer did not suit his nature. He is fully contented as a teacher. He has 35 years teaching experience. He has been a teacher trainer, Principal, Consultant, Tutor, Secretary, Resource Person, Director etc. in innumerable workshops, summer institutes etc. organized at the state and national levels. By Boards of Education, Rajasthan, NCERT, UGC, CIEFL, SIERT, ect. He has been director of language lab. He has conducted over 300 courses for in-service teachers of English at various places including, Kolkata, Chennai, Hyderabad, Marathwara, Ooty, Uttarkashi, Pune, Porbander, Allahbad, Rajgir, Dharamshala, Ahmadabad, Vallabh-Vidyanagar, Panchmari, Gwarlior, Mt. Abu, Jaipur, Jodhpur, Udaipur etc. He has been fortunate enough to have had varied and rich experiences of working in teacher's colleges of Rajasthan including Vidhya Bhawan, Nimbark College Udaipur, TT college, Hatundi (Ajmer), Arihant College, Udaipur and as a consultant of V.M. Open University, Kota. He has authored more than a dozen textbooks for classes 6th, 7th and 8th, Published by RSTB Rajasthan, for 20 years. Textbook Course reader for class 9th for 18 years, textbook for class 11, 4 years, Rapid reader for class 12, 4 years, Prose for English literature, currently in use-Board of Secondary Education of Rajasthan, and interactive English published by Pitambar and Book co. New Delhi. He has acted as a member in the committee of courses in English for two terms each of three years durations. As expert in English to scrutinize materials in English. He read many papers and they were adjudged first and he was awarded prized and certificates. He was selected by UPSC (Union Publish Service Commission) New Delhi as gazetted Officer, Class 1, Group A, Ministry of Defense in 1980 but as luck would have it, he was appointed Principal, Ordnance Factory College (Shahjahanpur, UP) in 1989, where he worked for 3 years and retired from there on attaining the age of superannuation. In his recent publication Essential pedagogical input (For equipping prospective and practicing teachers of English, Gupta sees education in bigger canvas, as part of teacher education. Gupta's efforts to nourish and empower not only his students but also his colleagues, his human approach, cooperative spirit and love for student has endeared him to them and they feel proud of being his students.

Cook With Hritu: Bajra & Quinoa Cheela

Ingredients: Bajra flour 1 cup, Quinoa or Ragi flour 1 cup, cauliflower grated 1/2 cup, onions and green chillies finely chopped, salt, pepper and garam masala according to taste, desi ghee 4 to 5 teaspoons. Method: Take Bajra and Quinoa or Ragi flour in a big bowl. Slowly add water to make it smooth. Add cauliflower, onions, chillies and other ingredients. Make the batter and keep aside. Take a pan and put desi ghee in it. Make fine cheelas one by one on medium heat. Serve with mint & coriander chutney.

Poetry Corner : Shaam-e-Sitambar

Shaam-e-Sitambar si raushan jo ho tum Kyon khushnuma ye samaa ho na jaaye Baalon ki baareek kimoN mein Chehra chhupe aur chamke kabhi Nasheele labo pe tarannum sa hai Nayaa geet khushboo sa mehke kabhi Kisi shaayari ka badan jo ho tum Kyon kuchh deewana samaa ho na jaaye Saanson ki laye pe thirakti hai jo LaboN se wo chingariyaan utdi hai Inhein chhoo ke shabnam sharara hui Inhi se to betaabiyaan khulti hai Paani mein bhigi agan jo ho tum Kyon ashigana samaa ho na jaaye Jis rang mein dhahal si jaati ho tum Usi rang mein fir ubharti bhi ho Madhosh jalwe tumhaare to hai Sharmaa ke dil mein utarti bhi ho Dehkati si resham kiran jo ho tum Kyon soofiyaana samaa ho na jaaye Tere sang guzarte ye lamhaat saare Meri zindagi ka sabab ban rahe hai Tuhein chhoo ke mere khayaalat saare Meri shaayari ke haraf ban rahe hai Meri Aarzo ki kalam jo ho tum Kyo shayarana samaa ho na jaaye - Prashant

National & District Chess Achievement to Ryanite

Udaipur: On the onset of a beautiful year 2017, student of Ryan International School, Udaipur brought laurel in the field of sports. Mst. Chinmay Dhannawat won the 2nd Runner up at New Year District Inter-School Chess Championship 2017. He was also won trophy in Maestros Fide Rated Chess tournament held in December, 2016 at Jaipur organized by Jayasvika Chess Welfare Foundation & hosted by Jaipur National University. He secured



there first position as Advanced Player. Principal, Mrs Poonam Rathore congratulated the bright Sports man and motivated him to scale the heights in the sports & bring laurel for his country.

By the Way Life should not be lived by Rules

Some people won't agree with this or some may call me crazy. It hardly matters to me because I have always given value to my thoughts. It's really not important to get appreciation or approval from other's all the time. In my opinion life should not be lived by rules. Rules are made by us for our betterment. But it should not be applied onto those who are little bit different. Some people love to live life not by other people's choice, they live by their own choice. People expect you to complete your studies by 25. In their opinion you should always become doctor or engineer. You must get good job before 30's in life to secure your future. You must get married and have at least two children in which the elder one must be a male and if you are expecting your second child then it's good if you are blessed with a daughter. People treat you according to your post and not by your intelligence. I think I can't live like this. I am a human being whose only purpose is to be happy in life. It's not necessary to follow certain rules to get happiness in life. Actually 99% people live for other people. They don't listen to their hearts and all the time they give one or the other reason to prove their point. It's good to give importance to

your loved ones but if you are born as an individual, you must have right to live for yourself. If it isn't so why God allows only few lives to take birth at one time. It does not mean that I am against society. I am simply trying to say that it's your life. You have full right to eliminate each and every thought which makes you feel ashamed of thinking in a different way. Every person can't be a doctor, engineer or IAS, some can become Bill Gates, Sachin Tendulkar or Mahendra Singh Dhoni too. I have seen many people who always curse their destiny to not to get what they had desired. Who do you think is responsible for their destiny then? It's the wrong choices they had made in the course of time. Can anyone please tell me about the rule book in which all these rules can be found? It's really sad to be born poor but it is certainly bad to die as poor.

All of us have 24 hours to live in a day, it would be good if you can give importance to your desires at least for one hour in a day. You may have some qualities which others don't have. Try to explore your inner soul and find out the best in you. Music, art, acting, singing or may be dancing can give you peace. Don't try to run away from yourself. At least live one day according to your own self and see the change in your life. There are definitely no rules to life. Complete your journey of life with happiness, not as a race. No one gives you special points or gold medals to live according to set rules. People always remember and appreciate who are different but it's really funny that they don't have guts to break certain rules to find happiness. We can't marry to our desired partners because caste or circumstances don't allow us. Come on guys, this is just an excuse. Look inside and see who is suffering now. Society or rules don't give you bread and butter. Do hundred of good deeds, no one will remember this forever, do just one mistake and you will be dismissed or thrown out. Start to live, set your own rules. Be a leader and not that crowd who blindly follow one another.



Mime Actors Enthrall Inmates Of Central Jail, Udaipur



Udaipur: Eight artistes of Martand Foundation, Udaipur under the able direction of Senior theater director, Vilas Janve presented hilarious Mimes to entertain about 900 inmates of the Central Jail, Udaipur on Saturday afternoon. All the mimes were funny and provided healthy entertainment to the prisoners. Program started with mime "Plantation Week v/s Plantation Weak". This showed plight of a plant after its ceremonial plantation by big leader. After

being chopped by a goat it was used as garbage pit. Nobody takes care of it except a School going girl who feeds water from her water bottle. Her gesture was applauded. Other mimes "Drink and Drive" as well as "Mobile and Mo-bike" were full of comedy giving latent message on road safety. "Wash Basin" and "Dust free Dusbini" evoked laughter simultaneously giving message of water conservation and cleanliness. Here Vilas Janve emphasized that the girl child

100 Baby Blankets Distributed In Pannadhay Hospital



Udaipur: 100 baby blankets were distributed in Pannadhay Hospital for new born babies on behalf of Jain International Trade Organisation (JITO). Smt. Vijaylaxshmi Galundia, Smt. Sonal Singhvi, Smt. Lata Bhandari, Smt. Meenal Intodia, Smt. Urmila Nagori, Smt. Monica Kothari, Smt. Anita Bhanawat, Smt. Swati Jain

Addiction-A Chronic Brain Disease

Udaipur: In 10 Raj.N.C.C. camp which held in B.N. Public school under the chairmanship of Colonel Hari Bhagwan Dr.P.C. Jain who is spearheading the De addiction awareness program since last two decades said that Addiction is a chronic Brain Disease which can be cured if early treatment is given & the recovery is sure. He or she can lead a normal life after recovery.



In adolescent & young many changes develop in the brain due to addiction because it is a Critical Risk Period which may be very harmful in future. He said about the report released in U.S.A. on 19 th November this year "Facing Addiction In America" & the state of Punjab & about the Critical Risk Period of the cadets age group, said that in America in every nineteen minute one person is dying due to opium & Heroin overdose. Therefore we should also become cautious. Their people joined to treatment campaign, we should also do the same so that overall addiction is reduced. The report says that - 1. Prevention - Works 2. Treatment is Effective, 3. Recovery is possible for every one Giving some examples from his experience about addiction treatment to save themselves from addiction we should follow Four "D" & to de addiction some one follow five "A" formula. Our aim should be "Desire Control" & "Damage Control"

by any addiction. How a mother was hanged was shown in a play was staged by the cadets before all camp cadets mother was saved by the neighbors in the end. Cadets recited one poem for awareness against the addiction. All cadets took the oath that they will not take any addictive substance & de addict & guide at least one such addict for de addiction. Camp commandant also said that all NCC cadets should be away from any kind of addiction in their life.

"Pride Of India - Woman Of The Year" For Madam Grace Pinto



Madam Grace Pinto, Managing Director, Ryan International Group of Institutions was conferred upon "the Pride of India - Woman of the Year" award recently at the Pride of India ceremony hosted by World Consulting and Research Corporation's (WCRC) for her exemplary contribution to education, child welfare and social service. The award was presented by Lord Raj Loomba, UK Parliamentarian, Founder and Chairman - Trustee, The Loomba Foundation.

At this platform, the Ryan International Group of Institutions was also recognized for the commendable contribution to the segment of education. Pride of India focused on recognising and awarding the work of leaders from diverse fields such as entertainment, business, sports, social work, arts and literature. Speaking about the award, Madam Grace Pinto, MD Ryan Group said, "I'm pleased and honored to receive this award and thank our Lord Jesus Christ for this prestigious recognition. At the Ryan International Group of Institutions, we have always aspired to go beyond mere academics to contribute positively to the society. I accept this award on behalf of the entire Ryan Family, our staff, teachers, students and well-wishers. I thank WCRC for recognizing the contributions made by the Ryan Group to society. "The elite gathering applauded the achievers and appreciated their contribution to the society in their respective fields.

Health Secrets : Apple Cider Vinegar

Vinegar is said to have been discovered around 5000 BC, when unattended grape juice turned into wine and then vinegar. Originally used as a food preservative, vinegar's medicinal uses soon came to light. Hippocrates used vinegar to manage wounds, while medical practitioners in the 1700s used it to treat everything from poison ivy and croup to stomach aches. Vinegar was even used to treat diabetes. Vinegar is not only useful for cooking, it's useful for health purposes, cleaning, garden care, hygiene, and much more. Health Benefits: One study found that taking two tablespoons of apple cider vinegar before bed lowered blood sugar levels in people with type 2 diabetes by up to 6 percent by the morning. One study showed that apple cider vinegar could lower cholesterol in laboratory rats, while another study on rats found their blood pressure could be lowered by the acetic acid in vinegar. ACV has also been found to decrease triglyceride levels and VLDL levels (the damaging form of cholesterol) in animal studies. ACV may help you lose weight, as it appears to have an anti-obesity effect by increasing satiety and reducing the total amount of food consumed. Apple cider vinegar helps to break up and reduce mucus in your body, helping to clear your sinuses. It also has antibacterial properties, making it useful for infections. The antibacterial properties in apple cider vinegar may be useful for sore throats as well. Gargle with a mixture of about one-third cup of apple cider vinegar mixed with warm water as needed. Cosmetic uses: Apple cider vinegar works for a variety of skin ailments, from bug bites to poison ivy to sunburn. You can either apply it directly to the irritated area or try soaking in a bath with about one cup of vinegar added. Apple cider vinegar contains potassium and enzymes to help banish fatigue. Plus, its amino acids may help prevent the buildup of lactic acid in your body, further preventing fatigue. Apple cider vinegar in a bowl will help to neutralize odors in your home. Apple cider vinegar helps remove product build-up and balance your scalp's pH level. Try a weekly rinse of one-third cup of vinegar mixed with four cups of water. For dandruff, try spraying your scalp with equal parts vinegar and water (mixed), wrapping a towel around your head, and leaving it to sit for an hour. Then, wash out and repeat up to twice a week. Diluted apple cider vinegar on a cotton ball makes a simple facial toner and cleanser to help prevent break-outs. It might even help bruises to fade faster.

"Lomadiyan" staged at Darpan, Shipgram during Natyashala

Udaipur: (Vilas Janve) "Lomadiyan" (Foxes) a revolutionary play written by late Rizwan Zaheer Usman some 40 years back was staged with modifications on the first day of 2017 during monthly drama activity "Natyashala" at Darpan Hall, Shipgram (WZCC) on last Sunday. Directed by Udaipur born Dramatist and Film actor, Ashok Banthia, this play was seen by the many theater lovers. Noted directors Dr. Shail Choyal and Dr. Qayumali Bohara who acted and directed this play were also witnessed the play and give tribute to the famous dramatist of Mewar, R. Z. Usman. Usman wrote 'Lomadiyan' as an absurd play. Through his characters he delivered symbolic dialogues with sudden shock. He tried to portray the struggle for existence through his characters in a different way, even his sets were also suggestive. The play described that powerful always dominated and exploited poor and needy.



It has always been challenge to handle Usman's script. Ashok Banthia here modified the script by adding contemporary issues keeping the essence intact. 'Lomadiyan' had three characters, Two shrewd hunters and an innocent shepherd who is searching the she goat (Gamali) that belonged to his master (the cruel land lord). The shepherd represented poor and down trodden class of society who is illiterate, pitiable, dependent, scared and always dominated by rich, powerful and clever people. The hunter offers cigar with sham sympathy to win his heart. Finally Poor 'Gadhariya' (Shepherd) becomes kill of hunters. Vijay Kumar from Jaipur was a seasoned actor who lived his character with deep emotions. Suneel Tak and Shrikrishna Mohta, both displayed their talent as the Hunters. They are promising actors but need to work on speech. Ashok Banthia with his experience of films and theatre used good light effects and music to create right atmosphere. His set design helped play to enhance final impact. In short did good job. Ashok Banthia keeps on coming to his home town to produce and direct plays. Rangshala of WZCC has picked up pace at the same time needs to ensure quality of the plays as the expectations spectators have gone up.

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Royal Harbinger

