

IR & Much More

Beauty Secrets

Red Wine For Fairer Skin

Red Wine is one of those surprising natural ingredient in skin care. Red Wine can help transform a dull skin in to its original glow. It contains polyphenols that prevents cell oxidation that causes aging. Red wine Face masks inhibit the regeneration of acne and spots. Red wine face masks improves blood circulation and moisturizes skin. Red wine when used in facial packs rejuvenates skin, improves skin elasticity and improves skin complexion.

Red Wine Face Packs:

Red Wine Face Mask For A Fairer Skin. Mix together 1 egg white, 4 tablespoons of red wine, 1 tablespoon of honey and 1 teaspoon of sugar cane powder. Apply this face pack on to your face and neck and gently massage. Leave it on for about 10 minutes on your face and then wash it off with warm water.

Honey and Red wine Face Pack:

Take 2 tsp red wine and mix it with 1 tsp honey mix them together in a bowl. Massage it gently on face and neck. Leave it on for 10 mins and rinse it off with warm water.

Yogurt, Green Tea, Red wine Face Pack:

Mix 1 tsp Green Tea with 1/2 tsp yogurt and 2 tsp red wine. Now apply this facial mask on face and neck avoiding eye area. Keep it for about 10-15 mins and rinse off with warm water.

Red Wine, Olive oil, Cocoa Powder:

Mix 3 tsp red wine with 1 tsp cocoa powder and 2-3 drops of olive oil. Apply this on face and neck for 10 mins and wash with lukewarm water.

Rose powder, Honey, Aloe vera gel and Red Wine:

Take 2 tsp rose powder and mix with 1 tsp honey, 1 tsp aloe vera gel and 2 tsp red wine. Mix them well. Apply this mixture gently on face and neck and leave it on for 20 mins and rinse it off with hot water.

Cautions:

- " Clean your face and neck with fresh water.
" Remove Makeup and creams.
" Before applying face masks steam your face. This helps in opening the pores.
" Keep the Red wine bottle closed tightly. When red wine comes in contact with air it causes oxidation and becomes ineffective for skin care.

Cook With Hritu: Maggi & Corn Tikki

Ingredients: Masala maggi one packet boiled, corns 1 cup, onions 1 chopped, green chillies 2, bread crumbs 1 cup, oats 1 cup, salt according to taste.

Method: Mix boiled maggi and other ingredients. Add maggi masala n salt. Mix well. Give it a round shape like tikki and coat with oats and bread crumbs. Shallow fry in refined oil. Serve with tomato sauce.

Parent Orientation Program at Ryan



Udaipur: A Parent Orientation Program was organized at Ryan International School, Udaipur by Dr. Sheetal Kaushik, Consultant Gynaecologist at Fortis JK Hospital.

Dr. Sheetal Kaushik enlightened the Ryan parents by telling them to be positive, stress free & take ideas from kids for better relationship. Parents should enjoy the upbringing of their kids. In the world of internet, parents must be very friendly with their teenager kids. Kids must be aware of good and bad touches. Parents must be compassionate and consistent; they must be humble in their conversation & love their children unconditionally.

Anuradha Paudwal to receive the 'Padmashree Award'

Udaipur: The ever-so-melodious voice of Hindi cinema, Anuradha Paudwal, has time and again made the country proud of her achievements. The singer cum social worker, who has constantly been doing her bit for the betterment of her countrymen, will be awarded with the Indian Government's highest honor for the civilians - The Padmashree Award.

As a matter of great pride for the Indian music industry, Paudwal has been chosen for the prestigious award, taking her immense contribution in the field of music and social service into the account. The award is given to those civilians who have contributed greatly in the field of Art, Education, Science, Business, Literature, Medicine, Sport and Social Service among others.

Speaking to the media on being a recipient of India's highest honor for the civilians Anuradha said, "It is matter of great pride for me and for everybody who have always showered their blessings and love on me, to receive this prestigious honor of 'Padmashree'. I find myself fortunate and blessed to have been a part of this music industry for the last

45 years and continue to do so. The journey has been a roller coaster ride indeed. Since music brought me so much of love, I chose to spread it among each one of us by doing my bit towards helping each and everyone in whatever ways I can. Probably this is what has come as my reward in the form of this glorious award. With this, I only promise to continue serving my countrymen in the greatest ways as more than music, my focus would now be more on social service."

The national award winner who has given some of the major hit and evergreen songs in the early 90s such as Nazam Ke Samne (Aashiqui), Dil Hai Ki Manta Nahi (Dil Hai Ki Manta Nahi) and Dhak Dhak Karne Laga (Beta), was also awarded the degree of D.Lit from D.Y. Patil University, recently.

The Manager of Anuradha Paudwal, Mr. Dev Joshi told that she will also be honored by Shri Chemmamneni Vidyasagar Rao on 18th February for her dedication in the field of music and social services. Suryodaya Foundation: The Suryodaya Foundation has always been

Reservation in Private Educational Institutions and Industry needed for ensuring development of the Adivasis

National Seminar's recommendation

Pratapgarh: As the state withdraws from the sectors of health and education, more and more institutions are coming up in private sector. These institutions do not follow national policy of reservations in admissions and employment. Even in TSP areas they do not provide reservation to the Adivasis. This must change and the reservation in admissions and employment must be ensured as per the state policy in private sector also. This was a recommendation of the key speaker Prof. H.S. Chandalia, Professor of English at JRN Rajasthan Vidyapeeth University, Udaipur,

who was speaking in the inaugural function of the National Seminar on "Issues and Challenges in Overall Development of Tribal Areas". The Seminar was organized by Govt. PG College Pratapgarh. Prof. Chandalia said that the state and the corporate have allied together in the loot of the natural resources of the tribal regions. The Adivasies who have lived there for centuries and conserved the forests, hills and rivers are being ousted by the state through draconian laws and when they resist they are dubbed as Maoists. He said that the Adivasies deserve a better treatment in a democracy. Unfortunately, all the seventy two countries where nearly four hundred million indigenous people of the world reside

, do not provide them enough representation in decision making bodies. Their languages are dying out and the culture is also under a threat of extinction. The people of the world must make immediate efforts to preserve these linguistic resources. The chief guest of the seminar Ms. Neha Giri, Collector of Pratapgarh district said that the district administration is making all efforts to include all eligible Adivasies in welfare schemes of the government. However, in a remark she said that the Adivasies are not concerned to save their culture. Superintendent of Police Mr. Kalu Ram Rawat made very pertinent observations about the traditions of the Adivasies. He said that the academia talks a lot about women's rights but we do not realize that the



Adivasi society can prove to be an example where equality of man and woman is practiced. They are closer to nature and have always served to protect it. He said that the contractors have destroyed the forests, no Adivasi has been booked for destroying forest in Pratapgarh. The seminar was addressed by Dr. J.S.Kharakwal, Director, the institute of Rajasthan Studies,

JRN Rajasthan Vidyapeeth University, Udaipur. He explained with the help of slides the results of his research in archaeology that Zawar, a village in Udaipur was the only center of Zinc production in the entire sub continent and that the Adivasies of Zawar not only possessed the technology of deep mining and distillation of Zinc, but also had trade relations with the middle east. He

said the Vedanta Company which owns Hindustan Zinc Limited today is destroying the historical heritage of the region by indiscriminate blasting and mindless excavation of Zinc for monetary gains blind to the eight hundred years old history which is a world heritage. Organizing Secretary of the seminar Dr. S.N.Rai presented the theme paper while Vice Principal Dr. Rekha Ranawat delivered the welcome address.

The Principal of the college Dr. Parihar chaired the inaugural session while the first technical session was chaired by Dr.H.M. Kothari. Dr. Chordia convened the inaugural session. Afterwards four technical sessions were organized in which research papers were presented by the delegates.

150 historical Sundays dedicated to the voice of youngsters, to the call of PUKAAR



Udaipur: Cheers to the big vigor displayed by the children, the youth and the adults at the SATYADEV PARK in sector 07 Udaipur, where on a cold winter morning, everyone gathered to contribute and celebrate the occasion of the organisation's 150th green Sunday by carrying out plantation and cleanliness drive.

According to founder Bhuvnesh Ojha, with the massive support from various functioning organisations and more than 100 citizens, PUKAAR celebrated its 150th Sunday by clearing out debris and thorn bushes over planting 40 different Ayurvedic herbs and Aravali range's important plants like Arjun, Neem, Bahera, Mahua, Bauhinia, Amla, Sycamore etc. whose caretaking was voluntarily undertaken by local neighbourhood. During the ceremony, coordi-

nator Harshvardhan told about how the 5 young men determined to do something, dedicated their first Sunday by cleaning the road dividers in their neighbourhood. The organisation has given new life to more than 18 parks saving money from their pocket and spending on their revival. During past 3 years, more than 8000 residents have associated with this initiative and contribute their efforts. What's more appreciating is that the organisation not only plant different species but is also fully dedicated to its maintenance. As a result 1300 plants that were planted long ago and still growing today gives us oxygen. The organisation has special focus on planting and saving the local Ayurvedic species found on the Aravali range of mountains.

Real culprit in extramarital affair is Love

Extramarital affairs are the most common problem of modern India. I am an Indian citizen who can better comment or see the problems in our social structure rather than commenting on the whole wide world. Extramarital affairs are mostly made to search love outside marriages.

Many people betray their partners for physical lust. But in some relations romance, inner soul connections and purity of love are most important. Platonic love and emotional attachments do exist in this world. All extramarital relationships are not made to get physical love only.

Some people find caring partners outside marriage with whom they feel good to spend time and learn valuable things. Many partners change the perspective of your thought process.

Rahul cares a lot of his wife but he has a friend with whom he shares his personal problems and spends most of the time. Their relationship is not made to fulfil sexual lust. Rahul's wife is not educated and she does not participate in conversation with her husband on different topics. Rahul still gives her respect but he feels comfortable in his friend's company.

Social infrastructure has entirely changed in past few years. Broken marriages left behind many things. Betrayal gives

permanent scar on a person's soul. My main motive is to find out the reason behind extramarital affairs. Dr. Brian Weiss is a famous psychologist whose research work and study has shown us a different path. I have read many books of Dr. Brian. He often writes that souls travel from one dimension to another in search of love and in this process souls come in connection with many other souls. Some souls find their soulmates and other souls take birth to get pure love.

Many common mortals see these relationships from one single opinion and here I must say that I am not defending such relationships. I feel that this is the most sensitive topic I have ever chosen to write upon.

Sex plays the biggest role in marriages and love relationships but still there are people who love the other person without indulging in sex. It's a hard fact. We see things from our own perspective but we hardly know the truth which other person goes through while being in a relationship.

Love is the eternal truth of life. We run after money or sex but deep inside our hearts each soul needs a soulmate who can give selfless love. In an affair, wives get the sym-

pathy of society, males take advantage of being a male but the third person gets humiliation and is being targeted easily for everything.

I have seen even the highly qualified people commenting on other person's personal lives without knowing the facts. Many people hide relationships because of social pressure. I think we must not take it as a problem.

Every problem comes with a solution. Old generations had faced such problems too but the actual strength was their

partner's belief and trust which saved not only their marriage but also helped to correct their mistakes.

In modern world people are going through stress and lot of challenges. They spend most of the time outside homes with other people. Emotional attachments develop in this process. Opposite sex attracts and sometimes relations develop between two people.

Real culprit is not the third person in an extramarital affair but its only love which is responsible to make or break any relationship. Saving a marriage is really important but the third person suffers the most and loses his or her dignity in such

relationship. That person too needs love and sympathy. May be he or she has taken a wrong path to love a married person but after all other two people are also responsible for broken relationships.

Why should we trigger the third person all the time?

Love is a person's need and it's his or her choice to give it a shape whether physical or emotional.

Physical involvement can break the trust in a marriage and with society's pressure mostly people choose previous partners to live their lives. But in few relationships people choose to live separately and still care for each other.

I think emotional and Platonic relationships are much more valuable and can go far but physical love ends with time and whomever you decide to leave, live his or her life with guilt and sadness.

It's better to find the real culprit of your love life and design your life with perfect relations. Give priority to all relationships according to your own choice but don't let any other person feel ashamed of a relationship. Pratyusha Banerji's suicide made me think over and over again on this issue. People have forgotten her with time but my intention was to present her story with a different outlook. In the end I would like to say that all relationships are important and we must save them before dying.



Soldier recruitment in Udaipur

Udaipur: After a long duration of one and a half decade, the recruitment of soldier will take place in Udaipur. A rally will be organized between April 24 and May 4 this year for which arrangements are being made. District collector Rohit Gupta instructed all the officers in charge in presence of Rally in-charge Colonel Sethi from Jodhpur. He instructed UIF for all the arrangements in the Khel Gaon. From fire brigade to water arrangements, all will be done by municipal corporation.

Mini Calendar unveiled

Udaipur: A mini calendar of the year 2017 was unveiled by station commander brigadier SS Patil and divisional commissioner Bhawani Singh Detha. Lieutenant colonel Guman Singh Rao was also present at the ceremony where a mini calendar designed by artist Chandra Prakash Chittora also created a miniature Indian flag which was also unveiled at the occasion.

Redevelopment of UDZ

Udaipur: Station among 23 to be revamped under Railway's Redevelopment Programme. Udaipur is the only station of Rajasthan and N.W. railway to be revamped in Phase-I of the Railway programme stated to kick off on the 8th Feb.

On this day tender for redevelopment of 23 stations will be invited. The station redevelopment programme to be undertaken by the Zonal railways will be inaugurated by the Hon'ble Minister of Railways Shri Suresh Prabh. Zonal Railways will be connected by VC link to participate in the launch event along with the stake holders of respective station.

This will be a big where prominent developers of the region and national media will be invited to Jaipur and Ajmer to participate in the launch event; said Puneet Chawla, Divisional Railway Manager, Ajmer.

Giving details of the programme, Chawla said that the redevelopment of station will improve passenger experience by providing amenities like digital signage, escalators/elevators, self ticketing counters, executive lounges, luggage screening machines, walkways, holding areas for passengers, grand and distinctive roofing and flooring, free and paid Wi-Fi etc. The program will benefit 31 lakhs passengers at Udaipur per year.

This number will go up further after gauge conversion of

Udaipur-Ahmedabad Section which is under progress, is completed. Railway Board has devised an innovative plan to provide these amenities through PPP model by leveraging the real estate available at the railway stations. With an overall size of 1 lakh crore, the program is one of the largest PPP program undertaken in the country. The program will provide 2,200 acres of prime land to the private developers for a 45 year lease period.

Commercial potential of this vacant Railway land at near stations will be leveraged to develop world class stations with no additional funding required from the Railways. The program will also generate surplus for the Indian Railways which can be invested in other modernization projects. Udaipur along with other stations will be made as iconic stations and will be developed as per highest global standards and design norms.

To maximize commercial potential of the public assets, Indian Railways plans to bid out the projects through a transparent and competitive method. Taking cue from global best practices, Indian Railways has adopted the so called "modified Swiss challenge" methodology for the bidding process. Under this method, zonal railways will approach the markets soliciting plans and financial models for developing about 400

stations in a phased manner. The best proposal based on a rigorous technical and financial evaluation will be selected as the project proponent. Then it will disclose that proposal to the open market again inviting anyone to better it. If no one betters it, the developer with the proposal gets the contract. If someone matches it, then the developer gets the first right to refuse. And if the market throws up a better offer, Railways is free to accept it. In the interest of transparency, each zonal railway will form a panel of experts to evaluate the proposal. The entire plan got the nod from the Union Cabinet in 2015.

To take the program further in a planned fashion, Indian Railways hired The Boston Consulting Group (BCG) as a strategic adviser for the program. Commercial feasibility assessment was conducted for all 400 stations.

Indian Railways also reached out to the private developers and investors through road shows in Delhi, Mumbai, Kolkata, and Abu Dhabi to gauge market interest and receive feedback on the bidding process. Railway Board has also engaged with the zonal railways through multiple workshops to accurately assess land availability. Indian Railways has also developed cost estimates for all 400 stations based on the amenities required at the stations.

All set for Nitin & Rukmini wedding

Udaipur: Udaipur city is ready for another action packed wedding, where Bollywood actors will be present from 7th Feb to 9th Feb. None other than the fair and handsome Neil Nitin Mukesh is soon to tie the wedlock with Rukmini Sahay of Mumbai. The venue finalised as of now is Radisson Blu. Neil is getting married to Rukmini who has no silver-screen background. Rukmini studied aviation in Aurangabad. The families have known each other since a long time and that is how the couple developed interest in each other. The couple dated for a month after their match was given a green signal by the parents. With only a days left, preparations for this royal event are almost final. Tent & decorations and lighting arrangements have geared up speed. Amitabh Bachchan, Hrithik Roshan etc. actors are about to arrive to bless the couple. Monday onwards, a lot of arrivals are expected for this grand wedding.

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Royal Harbinger

