

# IR & Much More

## Health Secrets

### Coconut Oil

Coconut oil is one of the few foods that can be classified as a "superfood."

Its benefits include weight loss, better brain function, skin health and many more.

Coconut oil has been demonized in the past because it contains saturated fat.

In fact, coconut oil is one of the richest sources of saturated fat known to man, with almost 90% of the fatty acids in it being saturated.

However, new research says that saturated fats are mostly harmless. Many studies with hundreds of thousands of people have found no link to heart disease.

Additionally, coconut oil doesn't contain your average saturated fats, like the ones you would find in cheese or steak.

Most of the fatty acids in the diet are long-chain fatty acids, but the medium-chain fatty acids in coconut oil are metabolized differently.

They go straight to the liver from the digestive tract, where they are used as a quick source of energy or turned into so-called ketones, which can have therapeutic effects on brain disorders like epilepsy and Alzheimer's.

Studies show that the fatty acids in coconut oil can increase blood levels of ketones, supplying energy for the brain cells of Alzheimer's patients and relieving symptoms.

Plenty of populations around the world have thrived for multiple generations eating massive amounts of coconut fat.

The medium chain triglycerides in coconut oil have been shown to increase calories burned over 24 hours by as much as 5%, potentially leading to significant weight loss over the long term.

The fatty acids and breakdown products in coconut oil can kill harmful pathogens, potentially helping to prevent infections.

The fatty acids in coconut oil can significantly reduce appetite, which may positively affect body weight over the long term.

Studies in both humans and rats show that coconut oil improves important risk factors like Total, LDL and HDL cholesterol, which may translate to a reduced risk of heart disease.

Coconut oil can be applied topically as well, studies showing it to be effective as a skin moisturizer and protecting against hair damage. It can also be used as a mild form of sunscreen and as mouthwash.

Use coconut oil as much as you can to improve your health.

### Cook With Hritu: Cheese Buns

**Ingredients:** Buns 6, boiled carrots one cup, finely chopped cabbage 1 cup, grated carrots 1 cup, tomato sauce 2 tsp, chillies garlic sauce 2 tsp, olive oil 2 tbsp, salt and pepperika according to taste, mozzarella cheese grated.

**Method:** Cut and hollow buns. Saute cabbage and carrots in olive oil. Mix boiled corns and add sauces, salt n pepperika. Fill buns and spread cheese all over. Bake for 20 minutes on 180°C. Serve with chilled coke and enjoy this snack in winters.

### Mridang 2017 At Shramjivi College



**Udaipur:** A two-day cultural extravaganza in Shramjivi college left the audiences thrilled and thoroughly entertained. Named as Mridang 2017, the program included variety of programs and presentations with Rajasthani and Punjabi flavors.

Dr. Hamendra Chaudhary, the convener apprised that the chief guest of the program was Gazal singer Prem Bhandari. It was presided over by Dr. Suman Pamecha. Performances included Singing, dancing, poetry recitation, fancy dresses, and cat-walk.

### Udaipur Ryanites Shined



**Udaipur:** "Change will not come if you wait for some other person or some other time. We are the ones we've been waiting for; we are the change that we seek."

The time has come when the youth of today should have the vision of true future and acceptance with suggestions & great ideas to implement for present.

Keeping the same maxim and learn more about other countries, Udaipur Ryanites witnessed & participated in IIMUN chapter Udaipur. Ryanites brought laurels in various committees. For UNSC the best delegates prize was bagged away by MS Sandali Rathore and Master Uday Iye, High Commendation was awarded to Master Hardik Bhatnagar & Master Kuldeep Choudhary.

Verbal Mention was grabbed by Master Sumit Walwani, Master Sandhya Soman, Master Sanskar Agarwal & Ms Sakshi Soni. For commission on the status of Women High Commendation by Ms Aashvi Shrimali who had presented country Pakistan. Special mention was grabbed by Master Sanjay Prajapat who presented country Guatemala. For Lok Sabha Verbal mention was bagged by Master Priyanshu Menaria.

Ryanites Participated in Udaipur Chapter and had attended the conference very enthusiastically & were appreciated by all the present organizing committee. Principal, Mrs Poonam Rathore congratulated all the participants and winners.

### Specially-abled got employment

**Udaipur:** A 42-day camp of mobile repairing training concluded last week. Narayan Sewa Sansthan has been organizing such professional training for past many years shaping a career for the aspirants. As many as 16 trainees who completed their training were given certificates and mobile repairing kit by president Prashant Agrawal and director Vandana Agrawal.

## Real culprit in extramarital affairs is Love

By the Way

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 prob-

lems 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 comes 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 sympathy of society, males take advantage of being a male but the third person gets humili-

ation 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 Bannerji'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.

## Lokanuranjan Mella at Bhartiya Lok Kala Mandal

**Udaipur:** Bhartiya Lok Kala Mandal will host a 3-day cultural extravaganza on 23-24-25 February.

The extravaganza will be held to mark its 66th foundation day. The extravaganza has been termed as "Lokanuranjan Mela". Goverdhan Samar, Additional Director and Riyaz Tehzeen, Secretary, Bhartiya Lok Kala Mandal informed that the event is being organised on foundation day to motivate traditional artists from all over

the country and also to provide them with monetary support. This also helps in petering down the information and creating awareness amongst masses about traditional art and cultural forms.

This year's event is set to host artists from Telangana, Gujarat, Manipur, Rajasthan, Punjab etc. The artists will perform various forms of traditional dances and musical notes.

Entry for the event will be free of cost.

## Dance competition in Pacific University

**Udaipur:** Under the aegis of faculty of Engineering of Pacific University, an inter college dance competition called RHYTHM 2017 was organized. Plenty of dance enthusiasts participated in the competition. In solo dances, Abhishek Sharma stood first while Pallavi Shrimali and Sushant Manhas shared the runner up position. Similarly in group dances, Beat Freakers stood first while Rakesh Nirwal and Shreya were at second position. The competition was inaugurated by Gajendra Purohit, the principal of Engineering.

## Jag Mandir : Musical Concert Enthrall Audience

**Udaipur:** (Vilas Janve) The Sunday morning music concert at Jag Mandir left indelible impact on Music lovers. Bombay Jayshree Ramnath rendered Sankeertanam in Carnatic style with her mesmerizing voice.

This soulful music concert started with a composition 'Anand Natan Prakasham' in Raag Kedaram in Mishra Chapu Taal. The second presentation 'Juta Murare' was in Raag 'Aarbhini' Rupak taal. This was followed by composition of great guru Tyagraja 'Nidhi Chal Sukhma'.

The cold breeze of Lake Pichola contributed a lot to make divine concert more interesting. All her young accompanists made her performance more melodious. Shreekanth on Violin, Sumesh on Mridangam, Krishan on Ghatam and Amrit on Tanpura as well as vocal support show cased their talent. Her con-

cluding performance was Tillana in Aditaal composed by her Guru Sri Lalgudi J. Jayraman in Raag Pahadi. Her involvement in teaching music to special children showed tremendous patience on stage.

Her deep and blissful voice with appropriate expressions gave inner happiness to every listener.

The second half was presentation of Songs from the Middle East Churches from Lebanon. Fadia Tombel Hage (Contralto) with Maria Makhoul (Qanoun). Her songs had a good blending of Eastern and Western vocal techniques. Her repertoire extended from classical Arab music, European music from the Middle Ages to contemporary music.

On Saturday Jag Mandir hosted divine morning concerts of Vedic Chanting by Panini Kanya Mahavidyalaya, Varanasi followed by Hindustani Classical vocal of Pt. Madhup



Mudgal, New Delhi and Adana Vardan Hovanissian (Duduk) & Emre Gultekin (Vocal-Saz), a deep hymn celebrating the history of two vibrant cultures of Armenia and Turkey. Jag Mandir island palace, a palace on the island in lake Pichola is a perfect venue for the musical concerts and people look forward to get entry to Jag Mandir not only for attending concerts but also to enjoy their short stay at the most pictures place. They capture these memorable moments in their cameras.

This two days very special event was supported by Eternal Mewar & HRH group of Hotels, Fortune Stones and Rajasthan Patrika and sponsored by Hindustan Zinc and Wonder Cement.

Conceptualised and produced by 'Seher', Udaipur World Music Festival is gaining popularity in the Music lovers of Udaipur.

It will certainly go a long way but the organizers should also keep in view the other ongoing programmes of the town so that the music lovers can enjoy maximum concerts.

### FDP organized

**Udaipur:** Aravali Institute of Technical Studies today successfully organized a Faculty Development Program. Mr. Indrishi Chandra was the keynote speaker of the FDP. he explained about the main attribute required for success. according Mr. Chandra The term Good and Great are huge rival of each other and in fact the meaning of success lies in the journey of good to great. Mr. Indrishi also explained about Disciplined Action, Awareness of Roleplay, Positive thoughts etc. Dr. Hemant Dhabhai framed all the points at the end and present vote of Thanks to Mr. Indrishi for his extensive sharing.

**Smart card for smart city**  
**Udaipur:** Towards the fulfillment of making Udaipur a smart city, soon smart cards will be launched. These cards will facilitate cashless transactions to the holder. These will be especially useful for the tourists who find it difficult to deal with cash crunch and change issues.

## Kailash Kher Spellbound The Audience

**Udaipur:** Sufi music ruled the first full moon winter evening at the Udaipur World Music Festival as Kailash Kher spellbound the audience with his rendition of Allah ke Bande...

Kailash Kher was on stage at the Bhandari Darshak Mandap in Maharana Bhupal Stadium (Gandhi Ground) on the first day of the World Music Festival that is being organised under the joint auspices of Rajasthan Tourism, Wonder Cement and Hindustan Zinc.

Kher welcomed the audience in his trademark fun filled style by saying "Mujhe Subhbu na rahi tan ki Udaipur, yeh to jaane duniya saari... tere naam se jee lu, tere naam se mar jaun..." which had the audience swaying away to the music. Listeners were spellbound when Kher sang "Mohe Daaro na Rang", "Main to tere pyaar mein deewana ho gaya...", "Aai Mere Piya Ghar aaveenge...", "Sakhi Mangal Sajao Ri", "Utregi aai mere pi ki savaari", "Aavoji Aavoji Mhara Chatur Sajan".

The other major performers of the evening included McDuniya's Gypsy Band who played Kokani Orchestra. Their MonoSwiss band performed "Songs of Nature", with a mix of Jazz and Folk Music that left the audience swinging to their music. This time they included the Harmonium among their equipment for the first time, which took the music to a different level.

African bands from Mozambique and Zimbabwe spread across the beauty of the African landscape in a mix with Indian and western music, keeping the listeners in awe of their skills. The dome stage at the center of the stadium was filled with musical equipment of every kind - synthesizer, guitars, traditional music instruments, which was the main attraction for the visitors.

## Radisson Udaipur felicitated with Best Business Hotel Award for the year 2016

Radisson Udaipur was awarded the Best Business Hotel for the Year 2016, during a glittering 9th edition of Annual Estate Awards' function, held recently.

The Annual Estate Awards were organised by Franchise India in partnership with ET Now. The jury constituted of who is who from different walks of life.

Manoj Tiwari, BJP's MP from Delhi presented the award to Mr. Richard Barooah, GM Radisson Udaipur.

"It is a moment of great pride to have been bestowed



upon this prestigious award. We feel greatly encouraged and aspire to further excel in

our services", beamed Mr. Barooah. For the first time Awards for Hotels and Resorts

## Udaipur Tales to celebrate the 3-day International Storytelling

**Udaipur :** To celebrate the spirit of storytelling, Udaipur Tales is all set to host the 3-day International storytelling festival from 24th - 26th February, 2017. Presented by 'MA'- My Anchor Foundation in association with BRICS Chamber of Commerce & Industry and taking place in one of the most romantic cities in India, 'The Venice of the East', Udaipur. The festival will be ushered in by eminent storytellers from both India and abroad. The program will involve a plethora of genres including humour, real-life, fantasy, sentimental and dark (for the late hours) to keep you on the edge of your seat. The festival is going to witness a host of wonderful storytellers including the likes of Shantanu Guharoy, Varun Narayan, Dr. Bindeshwar Pathak and Salil Mukhiya Koitsu. To add that special touch, stories with life size puppets will see the revival of this dying art form.

Speaking on the festival,

Sushmita Shekhar (Director, UTF) shares "We want people to enjoy the stories and the music, to loose themselves in the world of imagination and creativity. In the process they will take back good memories and learn. All in all, we hope to create an atmosphere of education, enlightenment and entertainment—a perfect weekend outing for the whole family." Storytelling is an art; and storytellers, the sculptors of our psyche. The Udaipur Tales Festival is a celebration of both. Every civilization in the world holds myriads of stories that have the capacity to define our culture, our sense of morality and preserve our experiences for generations to come.

This story-telling festival aspires to provide Indian and International storytellers a platform to enlighten, engage, educate and entertain the audience through their stories. Admission to the festival is by delegate pass and the fee is Rs 3000.

## Neil Nitin weds Rukmini

**Udaipur:** one of the most talked about recent celebrity weddings in Udaipur went off as glamorous as scripted. The intimate wedding with presence of only close friends and family members concluded at Hotel Radisson Blu in Udaipur. It was of Neil Nitin & Rukmini.

Donning a cream and maroon sherwani, Neil brought home the bride looking stunning in her red and orange lehenga. The intricate gold embroidery on Neil's sherwani also had an authentic Rajasthani touch to it with work coming in from local craftsmen. Rukmini was studded with so much gold jewellery that even Bappi Lahiri would have looked a pauper.

Orange and yellow were the theme of the Mehendi function with every area being decorated with flowers and artifacts that went along with the theme. The attire of the duo were also in sync with the function theme. For engagement, Rukmini had worn a lavender gown bringing true Neil's stated dream of having his bride walk down the aisle in a flowing gown.

## Naatya Samaroh from Feb 25 to March 01

**Udaipur:** The annual play festival will be celebrated from February 25 to March 1. Organized in the memory of Padmashree Devi Lal Saamar, the founder of Bhartiya Lok Kala Mandal, the program will be embellished with a variety of plays that audience will love. The five-day festival will be free for entry.



