



& Much More

By the way

House Husband : A New Trend In Indian Society

Don't be amazed by reading the above line. It's really true. From past many decades we are used to see house wives working at homes and men earning money by working outside. But in past few years a new trend has started in metro cities where you can see males as house husbands and females are working in big companies or running their businesses.

Rahul is an Engineer who left his job to achieve his dream. His wife Renna works in a MNC. After marriage Rahul wanted to become a musician. Renna encouraged and supported him financially. Now Rahul is busy in his music studio and Renna works from morning to evening outside. Rahul cooks food for his wife without any ego. Their married life is superb and Renna gives all credit to Rahul. On the other hand Rahul knows that it's only Renna who is an earning member and because of this he is able to fulfil his dreams.

It sounds filmy but it's a true story.

Last year a movie Ki & Ka released in which Arjun Kapoor played the role of a house husband and Kareena Kapoor played the role of a modern girl who did not quit her job after marriage.

This movie tried to change the mindset of Indians. Though the movie was not a big hit but it grabbed the attention of viewers from metro cities.

Small towns won't accept this trend easily. We are born and brought up in a particular way where we can't bear any female as head of the family.

In many towns and villages, females are not allowed to go alone even to buy grocery items. Females work day and night at homes but their work is mostly related to cleaning and washing or preparing food for the family. Males are considered to be more powerful and this gender discrimination is responsible for girl child deaths in our country.

Male and females are born in similar ways but there is a big difference in their solicitude.

Modern India is adopting western culture in many ways. I have seen many people opposing this culture. But every thing has its pros and cons. In Europe and America couples work hard to earn money. They can't afford maids and house keepers. Mostly they share responsibilities with their partners. It's really good if Indian males can learn these habits rather than focusing on free sex or other problems of the western world.

Now every person wants an earning female as life partner. It's really impossible for a female to fulfil all duties and reach office on time. Males must change their attitude of not indulging much in household matters.

I think males are much better cooks and if you can run your own businesses and do jobs in banks etc, you can better manage your home's finances.

Parul and Manish are married from past 7 years and still not having any child. They work in big companies in Delhi. Mostly Parul cooks food and Manish helps in cleaning and washing. They spend weekends in watching movies and other entertainment. If you meet them you will feel warmth and peace in their company.

Life is one and it's not at all good to spoil this life on small issues. I think anyone can do anything to build a good home. It is pointless to divide work between partners according to their gender.

Whom do you call an educated person?

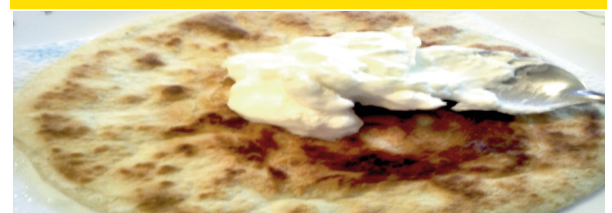
One who has earned degrees or the one who has controlled ego and has the power to accept change in his environment. It's up to you how you lead your life. It's my duty to make our readers aware of the changing modern values. Males and females are ready to change their titles.

Small towns may take some time to adopt this culture.

I know you will feel bad if your son stays at home and your daughter in law goes outside to earn money. But try to find out the actual problem in this situation.

Are you afraid of your neighbour or your own thought pattern is not allowing you to accept this modern trend?

Whatever may the reason be, house husbands are going to rule the homes in next few years. Get ready for the change and try to give more weightage to your daughters who will surely soar high in near future.

Cook With Hritu
Malai Parantha With A Twist

Ingredients: wheat flour 2 cups, samolina 1 cup, refined flour 1/2 cup, carom seeds 2 tsp, kasoori methi, 2tbsp, chilli flakes 2 tsp, malai, 1 cup, salt according to taste, oil 4 to 5 tbsp for frying, water if required.

Method: Mix all ingredients in a big bowl and knead until it turns into a soft ball. Keep this dough aside and make equal size balls. With the help of a roller, make triangular or square shape paranthas. Now take a non stick pan and on medium heat fry these paranthas. Serve hot with any vegetable or paneer.



JOY

I love you because in your heart I know a simple beauty, Quiet grace.

I Love you because you have the gift of giving joy; because you know how to be a child sometimes.

I Love you because I know I can always trust in you; because you love freely surely without reserve.

Because, you invite me to grow with you; because of the gentle way you have touched my life; Because I need never doubt you.

- Dr. Mehzeen Sadiwala

Wishing You Success In Your Examination

There is a certain preconceived notion of examination that mounts undue pressure and anxiety amongst students as well as parents making it ever dreadful. Children getting worried and anxious about exams is natural to a certain extent as it actually helps in preparing themselves well and improving their overall performance. However excessive anxiety can throw students into turmoil, completely upsetting and disrupting their routine life. The undue pressure of examinations makes it even more difficult for students to concentrate or cope up with their studies.

What is the root cause of examination phobia and anxiety? Firstly, it is the misunderstood notion of examinations and secondly the lack of planning ahead, last minute preparation, lofty expectations of parents and poor study methods that yield unnecessary anxiety and mental stress. Confronting the root cause is the way out of this perennial examination stress phenomenon prevalent all over. It is therefore advisable that students and parents implement some of the tips and guidelines which will help them take exams with positive approach and confidence. I

would suggest that every student must take good care of herself/himself. Remember that life is precious as God has created every person fearfully and lovingly. Students need to put in their best potential and they will definitely be amazed by their results. It is beautifully said, "Striving for success without hard work is like trying to harvest where you haven't planted." ~ David Bly

Keep Healthy: Sufficient rest and nourishing diet is must during these days. This helps in remaining agile and energetic and improves grasping power. In order to enhance one's grasping power one needs healthy mind and healthy mind needs healthy body. Therefore, it is very important that students look after their health during this time of exams. While eating nutritious food and getting adequate sleep will keep them healthy and active, dedicating some time of daily exercise will help them reduce exam stress to a great extent. Health is important and it should not be neglected.

Build a Positive Attitude: Negative thoughts about exams and its consequences often results in stress and fear. Every student needs to remain positive as attitude does mat-



ter in achieving any goal. In fact positivity increases the concentration level and helps in reaping good results. Positive approach in exams will definitely help students perform better.

Use Time Effectively: "Time is precious; do not while it away." All that students need to do is to make a realistic plan of studies keeping in mind their weak subject that requires little more time than the others and ensuring sufficient time for revisions before the exams. Intervals of short

breaks will help in retaining knowledge and remaining active, fresh and energetic at all times.

Communication: I would strongly urge students to speak out their concerns and clear their doubts and get adequate feedback from teachers. This will not leave them confused and bewildered. It will help in gaining confidence on the subject matter.

Parental Role During Exams: It is obvious that during the examinations along with students, parents also get dis-

tressed and troubled. However, they cannot afford to be paranoid and troubled because they have an important role to play to get their children well prepared for the exams. First and foremost, parents should never pressurize their children unnecessarily during exams rather they need to give them time and provide a supportive, encouraging and motivating environment to study. On their part they need to ensure that children have sufficient sleep, balanced food and are relaxed to study well.

It is high time that parents do realize things beyond mere examination and take up a role of boosting children to be prepared for the future. Do not ever compare or nag children because every child is unique and special. God has a great plan for every child, plan to prosper and not to harm them. Therefore, trust in God always and boost the positive energy among children.

Finally, it is important to beat the examination stress in order to prepare well with renewed energies. Do not get bogged down, paranoid and worried due to the exams rather keep cool and calm as you prepare yourself for them. "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." I urge all our dear students to dedicate time for prayer and silent time. It will give direction to your life. Remember what Thomas Edison has said, "If we did all the things we were capable of doing, we would literally astound ourselves." Wishing all our students good health and success in the forthcoming examinations!

Dr. A. F. Pinto, Chairman
Ryan International Group of Institutions

Lokanuranjan Fair At BLKM

Udaipur: Bhartiya Lok Kala Mandal does not need any reason to celebrate the culture of India but this time it was the 66th founder's day. In association with The Performers, the Bhartiya Lok Kala Mandal celebrated its foundation day across three days.

And each of the days was highly appreciated and enjoyed by Indians as well as Foreign tourists. Artists from various states of the country flocked here and presented their art in most natural way. The dance performances like Gavari, Jindara, Ghumra, Chakka Bhawai, Chari, Faag and Bhangra left audiences mesmerised.

Gift for Genius Girls



Udaipur: In an endeavor to inspire the sense of education among girls, the MP Arjun Lal Meena announced that girls of government schools from his parliamentary periphery who would score 80% or more in board exams will be taken to the Delhi via flight.

They will be given a view of Preside House and Parliament. Their return will be via train in first class compartment.

Mridang 2017 concluded in AIIMS



Udaipur: Mridang 2017, the cultural extravaganza of the first year students of MBBS course in the American International Institute of Medical Sciences concluded with selection of Mr AIIMS and Miss AIIMS. Gaurav and Himanshi won the awards respectively.

Students came on stage one by one and shared their vision about stepping into the medical field. The title winners were felicitated by principal SK Kaushik and Dr. Garima Mehta.

Gold for Hemlata Gayari

Udaipur: Hemlata Gayari, a student of fourth semester in BA at Shramjeevi College won a gold medal in Karate Championship. The championship was held in Priyadarshini sports complex in Mumbai. 1800 participants took part in the championship. The information was shared proudly by principal Professor Suman Pamecha.

Women revolution is here ! Chics Connect Power Run



Udaipur: 26th February 2017 truly became a revolutionary day with more than 1500 girls participating in the run from Fateh Sagar Pal to Rajiv Gandhi park with two checkpoints. It was a women empowerment drive by women and for women, organized by Hurratul Maleka Taj, Founder CHICS CONNECT. Dr. Girija Vyas, ex-central minister started the run with a flag off at 9 in the morning. Along

with her many eminent names like, Kavita Joshi, sarpanch Shobhagpura, Anju Giri, Director SICPL, Sudha Bhandari and Pooja Bhandari, Heritage Girls School, Bindu Sharma, owner RNOLD GYM, Sonali Maroo and Monika Maroo, Shouryagarh Resorts and many more were present as guest of honour. Selfie Contest - Checkpoint 1 The activity started with the registration after which the girls

reached the first gate where there was a selfie contest with a powerful women message. The girls had to use props to pose and give a strong message on women empowerment.

Go Green - Checkpoint 2 Girls planted money plant in bottles at the second checkpoint and decorated them with beautiful messages and designs. Go Green activity with the run to put forward a

strong message about saving nature and planting more trees.

End Point
End point has a series of activities including POSTER COMPETITION in which each girl had to write a message on women empowerment on the poster and 10 best posters were awarded. All the winners were awarded trophies and partners were felicitated with mementos. Dance performance by Thriller Dance Academy and Band Performance by Adhbhut were magnificent. The function was graced by Sr. Manager Sudipta, Indian Oil Pvt. Ltd. And also by many partners who supported like Kaniz Fatima, Arvana Mall, Meeta, Pinks and Peaches, Riya, Gold & Blush, Anju Giri and Sudha Bhandari. This program was a revolutionary women empowerment activity by women and for women.

Mastering the Mind

Udaipur: A talk on meditation was held last week with the topic "Rewiring of brain by meditation". The session was organized by Udaipur center of Shri Ram Chandra Mission of Chennai at Sun College of Management Science. The chief speaker Mr. Parth Sarthi Patel who is also a consultant in Oracle and a coach in Heartfulness Sansthan Bangalore explained various techniques of mastering the mind.

Shiv Mahima in a unique way



Udaipur: Artist Chandr Prakash Chittora has scripted Shiv Mahima in a small book. In this creation, Mr. Chittora has included description of 12 Jyotirlingas along with detailed pictures. This small wonder contains Shiv Chalisa, Shiv Arti besides many other special presentations of lord Shiva.

Hindi Play 'Bade Bhaisaab' Impressed Audience



Udaipur: (Vilas Janve) 'Bade Bhaisaab' was staged at Bhariya Lok Kala Mandal, Udaipur on Sunday evening as part of 6 Day Padmashri Devail Samar Memorial Drama Festival co hosted by Bhartiya Lok Kala Mandal and The Performers. Very old and very sensitive story of Musnhi Prem Chand was adapted in drama and directed by Veena Sharma. She carefully designed the play by adding few current issues but keeping the soul of story intact. It was a story of two brothers who live in Hostel. The elder brother Kanta Prasad spends lot of time on his study table to remember his lessons avoiding any kind of excursion or games while his younger brother Samta Prasad always enjoyed such things with neighborhood friends. 'Bade Bhaisaab' always scolds his

younger brother for wasting time in playing and instructs him to devote time to study. Despite his busy schedule of studies Bade Bhaisaab fails in Final Exams every year where as Samta Prasad gets through happily reducing the academic gap. Bade Bhaisaab gets disappointed for his time and again failure but boasts his responsibility as elder brother. He looked after his younger brother with deep concern. The sheer love of brothers reflects through this play giving positive notes. Acting wise child actor Visharad Sharma as Samta Prasad stole the show with his superb acting. This child actor with inherited Talent promises good future in theatre. Susheel Sharma, father of Visharad showed his natural talent in the role of Kanta

Prasad (Bade Bhaisaab). Visharad's mother Veena Sharma who directed the play also handled role of Lotni neighborhood girl. Sharma family showcased enormous talent by living their characters proficiently.

This entertaining play had strong lyrics and melodious music suiting the story. Anurag Dubey deserves appreciation for his contribution. Shusheel Sharma himself is also a good musician besides a professional actor.

The other cast included Abishek, Rajat and Sajid who could establish their roles in the minds of audience. Stage props were handled by Deepak and Light Design by Kavirj Laique. This refreshing play was also staged on February 5 during monthly Rangshala event of WZCC.

