

By the way : Rediscovered My Own Self

I met a beautiful soul this morning. Looking at the mirror I had found an image standing with confidence and poise.

I could not recognise her at once.

Oh, it was me!

Taking part in an endless race, we humans, forget about ourselves.

Our mornings start from home and end at home. In between we get busy dealing with the world. Our purity and peace can not be found in this crowded world. We neglect ourselves the most, in the journey of life.

When I first saw my image in the mirror, I found the most tired and confused person. It was definitely not me.

I had positivity and trust, which were my greatest strengths.

I tried to polish the tarnished mirror with all my efforts.

The broken pieces were pinching my heart.

I had read somewhere that the best friend and companion is our own soul because it is immortal and pure. Time and stress steal our mental peace, leaving us with scars which can't be removed easily.

But once you decide to remove the dust from your heart, you will be able to explore your inner self.

I did the same and found the best buddy today. My soul always guide me to do the best and shows the right path but I always lose direction in the hullabaloo caused by impulsive-ness.

But now I have determined to meet my best buddy frequently. This unexpected meeting made me curious to know more about myself. My smile is back on my lips to see the brightest face on earth.

Actually it's not so difficult to talk and spend time with your own soul. Just sit quietly in peaceful environment to hear your soul's voice. Your body has only seen the small world around you but your soul is immeasurable, much older and expandable beyond imagination.

You can travel the whole universe with your best friend and learn the best possible solutions to your problems. Don't search the solutions outside you. You have it with in and you are born with excellence. It's pointless to trust others to sort out your problems. Look inside and stop running behind astrologers and other people who can only give temporary solutions. Trust your own will and let it soar high.

I hope you will get all the answers of your problems and never feel alone in this world.

Bollywood musical night at Bharatiya Lok Kala Mandal

Udaipur: Bollywood musical night at Bharatiya Lok Kala Mandal Organized, the singer Aditya Paul and Nayan Rathore songs thrilled the audience. Musical night started with Aditya Paul's song Kesriya Balam Avo ni Padareo Mhare Des After this, Aditya sang his own song, singing the lyrics of the Ramila song. Aditi gave voice to the new-old songs based on the themes theme fusion. Aditi also sang in the movie Bahubali-2, Veer Ki Veer ...etc.. Lata Mangeshkar was seen singing in old songs ... the audience liked it very much. During this time, Aditya's journey to the evergreen artist Rajesh Khanna's journey is Zindagi's Journey, this is how he traveled.

At the same time, singer Nayan Rathore gave voice to songs from Kishore Kumar. In the musical night, on Mayur Datta on the board, Randhir Vishwakarma on the guitar, Rahul Shah on the sex flip, and Tushar Gosavi on the drum, Mandar Rajput on the percussion, Manu Raga Rajput on the flute, and Vinod Yelwe performed on the guitar assisted the singers the song started with the title song of Zoom-Zoom-Zoom Zoo Maru. After that he presented the blue-blue Amber saw no hi ray chacha na hey diwans presented me identity.... In addition to this, the singers are going to find out again., Promise Do not leave. With me, Piya-Piya-Piya gave their voice. The program concludes with Damad Mast Kalandar Earlier, the club president Manik Nahar told that under Rotary Club Udaipur in Public Interest will hand over before 30th June, automatic and furnished ICU of 6 beds and Rs. 30 lakh to the hospital administration.

Social base strength Samman Sammelan held



Udaipur: Under the auspices of Alok Secondary School Panchavati and Alok Samaj Seva Kendra, Social base strength Samman Sammelan was organized in Varda Panchayat Samiti Bhawan in Varda village, Regional Coordinator and Operator of the program Smt. Rekha Sisodia said that in the program, Nai police station officer-in-charge Nathu Singh Varda sub-panch Bhoor Singh coordinator of the program Nirbhay Singh Deora, sarpanch Kesar Kunwar, Director of Alok Institute and Program Facilitator Dr. Pradeep Kumawat and principal of alok Panchavati Pushpa Tank, Narayan Chaubisa etc. were present.

On this occasion, 40 social activists were honored with the contribution of various dignitaries who contributed their vital contribution to various social workers and society of Varda village and in many areas of society. On this occasion, the village convener Nirbhay Singh Deora said that playing the role of women in the society by educating the daughters of the village is the biggest social work. Presiding over this occasion, Director of Alok Institute and Chief Controller of this program, Dr. Pradeep Kumawat said that this honor is respected for the social development and social work of the village, respecting dignitaries and elderly citizens of the village and social workers, pride, such a privilege is it to service in the field of civic education will society of the village and to support the children. He urged all the people present in the village to make their contribution in the upliftment of the society by educating the children of the village and the citizens and mainly the girls, he added to make toilets in the village play their important role in development works.

Wood Painting's Exhibition

Vilas Janve

Udaipur: A lesser known Art Gallery of Udaipur is a part of Govt. Museum, Ahar, Udaipur. This Gallery was activated through a rare exhibition of Wood Paintings from April 18 to 23, 2017. There were five huge paintings of 8Ft by 4 Ft. created by three young painters of Udaipur namely Deepika Mali, Sunil Nimawat and Sheetal Guhlil. The exhibition was conceived and designed by Deepika Mali of ARGHYA ART SOCIETY. This thematic exhibition was rightly named "Dharohar" to coincide with World Heritage Day falling on 18th April.

All the heritage buildings are

highlighted with an objective of preservation and promotion on this significant day. 'Udaipur has glorious history and the Palaces, Havelies, Pals (Gates), Lakes, Ghats, Gardens, Chowks, Museums and Pals have special attraction. These old heritage buildings and spaces give special mention to Udaipur. These are the rare blessed gifts of proud past which need to be preserved for future' says Deepika Mali, designer of this thematic exhibition. Last month she organized exhibition of nine female artistes at Bagor ki Haveli Gallery which coincided with World Women's Day. 'It is rightly said that the glori-



ous past of a particular place reflects to its present and the future. Because of its magnificent history Udaipur enjoys immense status in the world. Gone time will never return but the buildings of that time will

always remind us the bygone era which are integral part of our cultural heritage 'adds Deepika.

Their works are centered on the City Palace and Lake Palace as these are the most

appropriate examples of Heritage. 'The architecture, façade, arches, trees, roofs and lakes are so picturesque that they capture attention of onlookers instantly. Now converting these valuable venues

in painting becomes challenging especially if the medium of painting is wood. Full plywood sheets were given special treatment with small size etching tools, cutters and colors. It was right time to create art works depicting the beautiful palaces, Jharokas and Ghats with a novel medium on ply wood sheets' said Sunil Nimawat.

The exhibition was graced by renowned painters Prof. Suresh Sharma, Dr. Shail Choyal, Museum In charge, Shri Mubarik Hussain. This group also plans to organize it in City Palace Art Gallery in future. The initiative taken by young artistes of Udaipur is praise worthy.

Use Solar Cooker - Save Earth



Udaipur: On the eve of world earth day Bharat Vikash Parishad "Subhash" organized a workshop on Save earth at the residence of Dr. Manju Jain in Arvind Nagar, Sunderwas. She cooked Lohi Ke Mutthiye, Kheer of Rice, roasted the Moongfali in the solar cooker. Every body tasted the recipes & tasted them & wondering how tasty & nutritious the preparation is in the solar cooker. Dr. Manju Jain is using the solar cooker since last 36 years and motivating the ladies & girls regularly. At the same time she is using the solar Geiger & saving the electricity thereby saving the fossil fuel.

On this occasion the members expressed their views to save the earth. In the coming President L.C. Jain said that the rinds of the fruits & vegetable waste be separated which can be used as animal food. Er. S.K. Gupta opined that the plastic should be recycled as done in other countries. Former president Shri Shankar kabara emphasized that there should be minimum use of plastics in the marriages & other functions. Media Incharge of the state Shri Satish bhatnagar said that the subsidy which was given earlier for solar cooker be given again to motivate the public. Sanjiv Nagda Treasurer said that the plastic be banned to save the earth. Dr. P.C. Jain expressed the need for giving back the water to the fast depleting underground water by roof top rain water harvesting. Advocate Anjana Nagada said that all hand pumps must have a recharging system legally. Mr. Girish Sharma the vice President suggested for plantation to control the air pollution. Mrs. Nutan Sharma said that all working women should use solar cooker. Present President Shri P.S. Mehta emphasised the need to conduct such program regularly on solar cooker. State President Mrs. Rajshree Gandhi in her message said that this program on save earth be a successful.

Moong Kofta

Ingredients :

- 300 g Moong (Green Beans), 12 cloves Garlic, 2 Green chillies, Salt to taste, Oil for frying

For Gravy:

2 Onions (medium size), 1 Green Chili, 2 Tomatoes, 100 g Fresh cream, Salt to taste, 1 tsp Red Chilly powder, 1 tsp Turmeric, 1 tsp Coriander powder, 1/2 tsp Garam Masala, Coriander leaves, 1 tbsp Cashewnut paste

Directions :

1. Soak the moong for 10 hrs. Later on, grind it with chillies, garlic and salt with half a cup of water in the mixer.
2. Boil the oil and fry the koftas at a medium flame.
3. Grind the onions, green chilly, tomatoes, for gravy purpose.
4. Heat a frying pan and fry mustard seeds. Put the gravy mixture, add spices, cashewnut paste and cook it on a medium flame for 10 minutes.
5. Add the moong koftas in it and cook it on a low flame. Add 2 cups of water.
6. Cook it for 10 minutes and garnish it with coriander leaves. You are ready with this yummy dish.

Musical night @ Rotary Club

Udaipur: The musical night of Aditi Paul and Nayan Rathod being organized under the public service work organized by Rotary Club Udaipur to be held to day at Bhartiya Lok Kala Mandal Udaipur

In which Nayan Rathod will sing Kishore Kumars songs, Aditi Paul will decorate the music of this musical show by giving voice to other singers songs. Club President Manik Nahar told that Nayan Rathore is known mainly for giving voice to Kishore Kumars songs. Aditi Paul will try to bring new and old ones to that round.

Entry for the public has been kept through the donor card and after eight o'clock, the entry will be closed altogether. Nahar said that the requirement of an ICU was felt for a long time in the nephrology department. Considering the need of the unit, the club has decided to fulfill this requirement. Club Secretary Anil Chhajed said that after making a full automated and fully furnished ICU club of 6 beds of Maharana Bhupal General Hospital, at the cost of Rs 3. lakhs, 3. will be handed over to the hospital prior to June. Bollywood singer Aditi Paul and Nayan Rathore, who are being held on Saturday for fund raising for this project, will make everyone happy and melodious. Chhajed said that this new unit will have two dialysis machines, cardiac de-fibrillator machines.

Aortic Aneurysm repaired successfully

Udaipur: Geetanjali Medical College & Hospital Udaipur (Raj.) Cardiac Centre's Cardiac Thoracic & Vascular Surgeon Dr. Sanjay Gandhi successfully

operated a 42 years old man suffering from a very rare and complex disease named "Thoraco Abdominal Aortic Replacement". The operation was performed by a team of cardiac surgeons and anesthesiologists including Dr. Reenu Demel, Dr. Ankur Gandhi, Dr. Kalpesh Mistry, Dr. Manmohan Jindal and Dr. Dharamchand. Dr. Sanjay Gandhi said that Khamnor resident Prem Singh (Age 42 years) was suffering from breathlessness, problems in walking & sitting, nausea and hypertension from last four years.

On initial evaluation at a private hospital in Ahmedabad he was being told that operations of such rare diseases are performed at Delhi only. A sigh of relief from medications turned out wrong as of severe backache from last month which in turn came out as a decision of undergoing operation. Since Geetanjali Hospital has performed such successful operations before he visited once for consultation. On evaluation by CT Angiography he was found to have one of the most complex and rare type of aneurysm involving both thoracic and abdominal aorta. Since the size of aneurysm was very big and it could rupture



anytime so the patient required immediate surgery. The aorta usually measures 2-2.5 cms but in this patient it was around 12 centimeters. The risks, consequences and complexity involved in the surgery were told to patient's relatives because of which they were ready for the surgery. The patient was operated using Heart-Lung Bypass Machine and CSF Drainage using single lung ventilation which took 10 hours. In the surgery the main vessel of the body; i.e. aorta was replaced from high in the chest to abdomen in the bottom making an incision of more than 70 centimeters. The branches coming out of aorta were implanted using polyester fibre conduit connecting all the organs from chest to abdomen. The patient was shifted to intensive care unit where he recovered very well. It has been claimed to be the first successful surgery in Rajasthan at GMCH.

Why this operation was complex?? Dr. Gandhi, who has performed more than 11 aneurysm operations (In Udaipur), said that in this case the operation was more complex because of the incision involving opening of upper body which could lead to excessive blood loss. Also, chances of paralysis of lower body were more propounded and it could also lead to kidney failure. Since the situation was very critical it gave doctors a time span of not more than 30 minutes to implant the aorta and branches because it involves stoppage of blood circulation. Out of every 10,000 persons suffering from hypertension and smoking addictions one is supposed to suffer from this rare disease. He also advised that no pain should be avoided, timely consultation and blood pressure monitoring and medicines are compulsory. This patient was suffering from these two symptoms which made the disease complex.

Four cases of Dr. Kandelwal presented at ICC



Udaipur: Dr. Amit Khandelwal, senior interventional cardiologist, Cardiac and Vascular Center of GBH American Hospital presented four cases of heart attack therapy in the heart of the Cardiology Society of India at the International Conference held in Delhi.

Dr. Khandelwal was the only cardiologist of Rajasthan, with whom the four cases were selected for this conference.

Two of these cases were presented with complex angioplasty from Ives and Rota ablation techniques.

He was invited by the society as a guest faculty at this conference. After attending a three-day conference there, Dr. Amit Khandelwal reached Udaipur. Group director Dr. Anand Jha said that over eight hundred cardiologists from abroad and abroad participated in the conference and churned out on four cases of Dr. Amit's complex treatment.

Cathlab of GBH American Hospital is the only cathlab of South Rajasthan where cardiovascular treatment is available from Ives and Rota ablation techniques, which prove effective in keeping patients healthy for long periods of time. Dr. Khandelwal was welcomed at GBH American Hospital's Cardiac and Vascular Center.

44.79 Crores Sanctioned For Schools Of Four Districts

Udaipur: On approval of Nand Lal Meena the Tribal Development Minister, 74 schools of Pratapgarh, Banswara, Dungarpur and Udaipur districts of Udaipur division, TAD department has released sanctions of Rs. 4479.65 lakhs.

Tribal Development Commissioner Bhawani Singh Detha said that these sanctions have been issued for the construction of additional class rooms, laboratory and other basic facilities in the Govt high schools functioning in critically accredited districts. All these works will be done by the Rajasthan Secondary Education Council.

813.45 lakhs for Pratapgarh district

Additional Commissioner Smt. Rukamani Sihag informed that 813.45 lakhs have been sanctioned for 15 Govt. sr. secondary schools of Pratapgarh district namely Jhanjhali, Mawai, Nithail, Kanagarh, Bhachundla, Ambirama, Sion, Narayan, Madhura Talab, Narayan Kheda, Jolar, Gaeyaspur, Mariya Khedi, Sari Peepali and Nakor.

1428.40 lakhs for Banswara district

1428.40 lakhs have been approved for 23 Higher Secondary Schools of Banswara area. These include schools of Ratanpura, Naharpura, Sundarpur, Chhinh, Muniyakhunta, Nagawada, Ganau, Kherdawara, Nalda, Veerpur, Chhoti Sarwan, Nadia, Kotra, Bhipur, Bori, Dadua, Delwara, Sabalpura, Basi, Vasuni, Jhansarva Arts, Bhagatpura and Lesodiya.

1569.85 lakhs for the district of Dungarpur

1569.85 lakhs have been approved for 25 State High Secondary Schools in Dungarpur district. These include Palpadar, Oad, Odaabada, Navalshyam, Jorrapura, New Basti Barjama, Badgama, Ambada, Damdi, Gumanpura, Palbara, Hathai, Ambada, Parada Mehta, Potariya Khaturat, Nagariya Panchala, Mall, Vikhrhed, Vali, Viraat, Siloi, There will be development work in Thakroda, Semilia Pandya, Likhbari schools.

Work of 667.95 lakhs in Udaipur district

667.95 lakhs approval has been issued for 11 state high schools in Udaipur district. These include Govardhan Vilas, Makdadev, Khakhar, Kanpur, Katavaraja Kala, Larthi, Pipali A, Mandwa Phala, Javad, Padla and Palodara Vidyalayas.

