04

# Royal Harbinger

# **UDAIPUR MONDAY, JULY 31, 2017**

# & Much More

is good!"

better.

fine.

ALOO PARWAL

**INGREDIENTS** -

Parwal - 150gm

Garlic- 10 cloves.

Cumin powder - 1/2 table

Coriander powder - 1/2

Red chilli powder- 1/2

Mustard oil - 100ml

Roasted peanut - 50 gm

Turmeric- <sup>1</sup>/<sub>2</sub> table spoon

Coriander leaves- 4-5

¢ First cut the parwal in

round shape and potato

Patato- 100gm

Onion - 50gm

Ginger - 20gm

Tomato -50gm

table spoon

table spoon

Salt -to taste

**PROCEDURE:** 

spoon

spring

**KASSA** 

# By the Way : Can we choose peace?

It's not a question. It's your mental analysis. I have seen many people who are always ready to fight. They can't hold anger, not for a minute. The moment you try to tell your part, they lose temper. People are losing tolerance. It can be seen everywhere in this world. Kids have become hypersensitive. You can't even tell them to respect others.

Everyone is in search of peace but no one is doing any effort to maintain peace.

Open sewerage, car parking, speed, water, heat or any other issue can make you angry. Social norms and values are changina

#### Is it really impossible to choose peace?

Humans are genetically superior to other species. Anger, stupidity and greed are the special traits of human beings Animals do get angry, sometimes they behave stupidly. I have

heard the stories of greedy a dog, a fox and a crow.

But humans can be much more stupid or greedy than these animals

Humans live for money, power, name, fame and sex. They can harm any relation to get suc-

Homes and offices look like the biggest arena of politics. Anyone can play the best game and you will

be blown away in a minute. Times are gone when honesty was the best policy. Flattering is the best way to get rewards these days. In these situations only cunning people can survive. Evil forces are winning the battle and good human beings are suffering everywhere.

#### But my question is the same. Can we choose peace?

It's really hard not to retaliate in these circumstances. It's not that being in Buddhism I am preaching to be calm and cool. It's upto us to choose war or peace in any situation. No philosophy teaches us to be coward. Sometimes we have to show our intelligence to others who are always ready to stab in your back. It's good to show anger to those who don't understand peace. But it's not always good to get angry on smallest issues. It only harms your character.

Raping a girl, killing a pup or harming others for your insecurities will never take you on top. We have seen two world wars and the result was massive holocaust.

#### What did we learn from these wars?

#### Nothing

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Again we are heading towards a big war. My suggestion is to stop and look at the consequences before choosing war or peace. I can not force anyone to choose my path. I leave this upto you to choose your own direction. Stav blessed and happy.



Music is my life Music is my life

# **IF SOMETHING SCARES YOU - GO FACE IT!!**

dream isn't good enough. high-achiever's best friend. Fear, especially for women, Failure simply means there is is almost always a prelude something to be learned or to financial success. Fear another direction to be taken. is like a cosmic finger point-FEAR MANTRA ing the way to victory. Fear " Failure is a redirection. It

shows you where you should-- Barbara Stanny, author n't be

Success is good but failure is " Failure is an opportunity. It's a chance to reevaluate and You must not let successes get come back stronger with betto your head but also must not ter reasoning let failure consume your heart. " Failure is not fatal. No mat-

Know that, sometimes, actuter how hard it may be know ally most times, things don't go that failure simply means you as planned and that is perfectly get another shot to try it all again.

For many young people, it's Take these failures you will face easy to simply give up when with grace because you'll learn things don't work out. But if more in a single failure than in there is one thing you shoulda lifetime of success. There are n't do it is just that: Do NOT lessons in all our faults that are give up ... because the reality attempting to take us to our ultimate vision. Get the idea going is you're going to fail...a lot. But failure doesn't mean vour and trust the process.

"The truth is, Fear is every idea wasn't valid or that your It won't be perfect but getting it out slowly will help begin the cultivation process. Start by writing your thoughts and ideas. Talk them out with friends and do one thing a day that will help your overall vision. It won't be perfect, but if you're persistent, the easier it will be to deal with

> failures along the way. "IN WHATEVER YOU DO, ANTICIPATION AND VISION ARE BOTH NECESSARY **INGREDIENTS TO FIGHT** THE FEAR OF UNCERTAIN-TY."

-Adam Smith, author There is wisdom that comes from the experience of working through fears. Some of your fears may have even come

true. If you are a business owner and have seen your business falter or fail, perhaps you've already lived through adversi-

## LOST FOOD

red chili powder and salt. ¢ Fry it for 10-15 minutes, then add potato and parwal sauté it for 5 minutes. ¢ Add a little water to make it thick gravy. Finally garnish with some coriander leaf. Chef Satish Comments Note: Only Parwal Can **Be Cooked Exactly** The Same Way. **KATHAL KE CHAPLI KEBAB INGREDIENTS:** Raw Jackfruit -500 Gm

Split Bengal gram tablespoons piece

Garlic -15 cloves Coriander seeds -1 tablespoon Cloves- 5 No Black cardamoms -3no Black peppercorns -10 no Cinnamon -1 inch stick Fennel seeds (saunf) -2 tsp Onions chopped-2 Chopped seedless Tomato - 1 medium Fresh coriander leaves chopped 3 tablespoons Ghee 4 tablespoons Sliced Onions for ¢ Apply oil to a knife and

ty. The silver lining of these

experiences is that you learn

from them. Wisdom comes

from all of life's experiences.

but the fearful or bad ones in

Green chilies- 6 pieces

afraid, you're more likely to have patience and feel compassion toward others experiencing similar situations. After all, we all want a good life. When you push hard for what you want, and experience

the joys and failures of success, you learn compassion you can use to help others push through their early fears.

Dealing with fears helps your

When you yourself have been

develop compassion.

You can put yourself in the shoes of someone who is just starting out, and that empathy can help guide that person to have deeper courage.

Resilience starts with you, and it begins in your mind. Face your fears and learn to rise to face whatever is in front of you. FEAR IS GOOD!!

- Dr. Mehzbeen Sadriwala

Cut into half inch sized cubes. Cook the jackfruit in sufficient water till tender. Add chana dal and cook till tender. ¢ Drain excess water, if any, and grind the mixture with ginger, green chilies and garlic to a coarse paste. Dry roast coriander seeds, cloves, black cardamoms, black peppercorns, cinnamon, fennel seeds. Cool and grind to a coarse powder. ¢ In a bowl mix together

particular teach us great

lessons. Wisdom is always

the by-product of facing your

fears, and that's an important

quality to develop.

jackfruit mixture, ground powder, onions, tomato, coriander leaves and salt and mix well. Divide the mixture into equal portions. Shape them into balls and flatten



¢ Heat a little ghee in a non stick pan on medium heat and shallow fry the kababs, a few at a time, till golden brown on both the sides. Serve hot with mint chutney, sliced onion.

-Chef Satish Gupta The Royal Retreat



in wedges shape. Then slice onion. Make a paste of ginger, garlic and tomato. ¢ Make a paste of roasted peanut with water till smooth texture is formed ¢ Take a pan on fire and put 100 ml of mustard oil and fry potato and parwal till golden brown. ¢ When it turns golden

brown take out from pan and put in absorbent paper ¢ Take 2tbsp of mustard oil in kadai and fry onion till it becomes golden brown. ¢ When onion turns to

golden brown add the above paste. Then add cumin powder, turmeric,

# Do not be panic with GST

Udaipur: Joint Commissioner of sales Tax Department Pragya kewal ramani said that businessmen should not be panic with GST .If there is any doubt or suspicion then they should directly contact the concerned officer in the department

She was addressing a seminar organized on GST for handicraft businessmen in the tax house on Thursday. Giving information on various products coming under Handicrafts, she convinced that the demands of businessmen would be passed to the Handicraft Development Commissioner.Deputy Commissioner Sanjay Vijay said that the main item under the handcrafts will be GST only. In the same way they will get input on the goods which break under the bill.Deputy Commissioner RK Pandiva informed about GST on unregistered dealers, while Assistant Commissioner Ravindra Jain said about the composition scheme in detail.

(chana dal) soaked 2 Ginger chopped -1 inch

# medium Salt to taste

accompaniment PROCEDURE: remove skin of jackfruit.

music is my world, I open my eyes as the music plays Music charges me, music revives me, Musical beats makes my mood fresh, Music changes my mind. From a sad and dejected girl Music turns me into a dancing doll Music makes me who I am Music gives life to my life A New day begins with musical beats It ends with the positive vibes Jazz, rock, pop I don't know My heart only knows the rythem of music Which makes my world shine Music is my life Music is my world Let's all sing and beat the dance floor. - Neha Sharma, California

### Meri Anku

Maine jab dekha tha tumhe pehli bar, Aankhon mein Chand, Taare, Suraj chamak rahe they, Kone mein baithi Tum sapne bun Rahi thi Shavad. mujhe sunayi de Rahi thi tumhari Hansi ki wo khankhan, Ek nishchal jharne si Behati Tum, Kya tum janti thi, Maa ki aankhon ke kono se Girte garam katre tumhare live hi they, Aaj TuM badi ho gayi ho, Humari Nanhi pari, Pankhon mein Aakash samete, rukegi nahi ab, Mujhe kehna hai kuch Sabse, Neha ki umeedon ka sansar bhale alag ho, sapne Wahi hain, Zameen bhale alag ho. Paon wahi hain, Muskaan failave hothon per. Aaj bhi tum chhote bachchon si masoom lagti ho. - Ritu Sodhi

# First Cry open its store in Udaipur

Udaipur.F rist cry showroom, opposite to Agrawal Dharm Shala officially inaugurated by UIT chairman Ravindra Shrimali & ChandraPrakesh Dave of NathDwara

This is only store in Udaipur, where the items with the convenience of the first kilkaris will be available under one roof. Udaipur. The child's first fury is resonating and every member of the house gets involved in the care of him. Jyotika Sharma and Jugal Agarwal told that starting from a pregnant women's essential to children up to 8 years of age all type of items are available at one roof . The items which are not on the outlets can be mailed online from here.

# MOU between Railway and GMCH Signed



Udaipur signed the MoU.

Memorandum

CGHS rates.

Udaipur: Bike Railway work-ICU facilities. Railway employers and Aimer division's offiees of Udaipur, Mavli, cers are constantly trying to get Dungarpur, AbuRoad, Sirohi, the best medical facilities. On Bhilwara. Will be benefitted 26th July 2017, in the digni-Excellent medical facilities will fied presence of Shri Punit be available for officers and Chawla DRM Dr.K. Mishra, their dependents, even retired divisional Chief Medical officer / staff and their families Superintendent, Railway were also able to take advantage of these fecilites Hospital and Executive Officer

Mr. Kishor Pujari of Geetanjali It may be mentioned that Ajmer Medical College Hospital, division has already been listed for Mittal Hospital, Ajmer for Speaking to the reporters on Cardiology and Critical Care the occasion, DRM Shri Dialysis, Deepamala Pa grani hospital and GBH American Chawla said that the Hospital in Udaipur are already of Understanding is for two-years listed for the care of Railway .The staff will get treatment on employees and officers and their dependents and now cashless basis and reimbursement by Railways to Geetanjali Hospital has also Geetanjali Hospital will be at been included in this list.

Global Trauma Hospital has The MOU includes CTSE been listed for rail employees (Cashless Treatment Services in Abu road, run by in Emergency) which will be Brahmakumari. Apart from this, launched shortly in Ajmer the Divisional Railway Hospital Aimer has been greatly Division.Geetanjali Hospital has a 150-bed super multi-speimproved and the hospital is doing nearly 102 surgeries per cialty hospital, which includes cardiology, cardiothoracic month, such as normal, arthrosurgery, neurology, neuroscopic, eye-like IOL, surgery, gastroenterology, laparoscopy, and complete gynecology / obstacles, ENT, knee implant surgery.



# 2017-18

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Eligibility - 12<sup>th</sup> pass with any discipline minimum

# VENKTESHWAR COLLEGE OF NURSING Courses Offered

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Eligibility - B.Sc. Nursing, B.Sc. Hons. Nursing P.B.B.Sc. Nursing with minimum 55% marks.

#### VENKTESHWAR SCHOOL OF NURSING VENKTESHWAR COLLEGE OF PHYSIOTHERAPY

### **Courses Offered**

# **B.P.T.** (4.5 Years)

Eligibility - 12<sup>th</sup> Science (Biology) with 45% Marks



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