

IR & Much More

By the Way

A Selfie can take your life

Mobiles have become part of our lives in last few years. Selfie craze is getting higher among people. People are taking risks to take selfies in unknown and dangerous places.

I saw a news on TV a few months back when a girl lost her life while taking selfie on a hilly area. After this incident many youngsters lost their lives in different incidents but the reason was the same.

Taking selfie is not a crime but one must not put his life in danger. Climbing on mountain cliffs or heights just to prove your courage can give your family a life time grief.

Rahul was the only son of his parents. He went on a trip to Dehradun with his friends. They were riding bikes on hilly roads. Rahul's friend asked him to perform a stunt. Rahul tried to capture his picture while driving. He lost his balance and fell down from height. Nobody could save him.

His parents are still in trauma and don't believe that Rahul will never return. Mobile phones are getting better. Front cameras are giving clearer image in high definition. It doesn't mean that we should forget our social responsibilities and take risks of life. You can fulfill your interests in any other way. Don't make it a craze in which other factors are completely ignored. Don't get involved in those groups who don't follow rules. Always remember that your family is waiting for you. Taking pictures near flooded rivers or at the edge of a bridge can kill your dreams in a second. Going inside sea or rivers without precautions can be dangerous because water levels can any time rise. You won't get enough time to sustain your balance.

It's my request to young readers not to take risks just to upload a picture on Facebook or Instagram. Social media is a medium to show your talent. Don't make it a platform of competition in which the result will be a total loss. Be responsible and encourage your friends to avoid taking selfies on roads and other risky places.



Interests in any other way. Don't make it a craze in which other factors are completely ignored. Don't get involved in those groups who don't follow rules. Always remember that your family is waiting for you. Taking pictures near flooded rivers or at the edge of a bridge can kill your dreams in a second. Going inside sea or rivers without precautions can be dangerous because water levels can any time rise. You won't get enough time to sustain your balance.

It's my request to young readers not to take risks just to upload a picture on Facebook or Instagram. Social media is a medium to show your talent. Don't make it a platform of competition in which the result will be a total loss. Be responsible and encourage your friends to avoid taking selfies on roads and other risky places.

Teachers: Shaping Future & Building Nation



Teachers are an integral part of the educational process. They are looked upon with tremendous respect in the society for their service and dedication in shaping and molding young lives. People fondly remember their teachers who have made a difference in their lives and want to acknowledge their significant role in helping them soar high with success. On 5th September, while we remember Dr. Sarvapalli Radhakrishnan, the second President of India, who was a great philosopher, a great teacher and a wonderful educationist, it is important to be grateful for his birth anniversary being celebrated in tribute to the immense contribution made by our dear teachers. Dr. Radhakrishnan believed in the pivotal role the teachers play to keep the lamp of civilization burning. 'Teachers' Day' is the day to salute our teachers for their spirit of sacrifice in fostering student development with unfading commitment.

Every child is blessed with unlimited potential, and teachers have the responsibility of being a catalyst to transform the child into a confident and secure citizen of the world. Albert Einstein has wonderfully said, "It is the supreme art of the teacher to awaken joy in creative expression and knowledge." Teachers hold the key to transform lives and the nation at large. They mould the convictions and perceptions of students and their influence remains with children for a lifetime. Therefore, a true teacher is not someone who just instructs but guides the students to grow holistically and become lifelong learners and good citizens. Teachers as destiny shapers and nation builders look into every child to help him/her discover innate talents and enhance skills to realize his/her potential to the fullest."

With the paradigm shift in education over the last few decades, we hear parents demanding their children to be developed as world class global citizens and to respond to their demand we need world class teachers too. Therefore, teachers today cannot be complacent.

They have to be prepared to be a step ahead of their students who have information available on their finger tips. Their focus has to be on the subject matter expertise, cross disciplinary references and innovative methodology for interactive and collaborative learning. Teachers are more than mere instructors; they are the constant guides to assist discovery in their students. On one hand while teachers focus on academic excellence and extra-curricular, on the other hand they need to provide moral and social education to children to make them holistic individuals. Today, the need of the hour is 'teacher education' to help our teachers remain relevant to face the challenges of times and work towards the welfare of our students. Teachers need to be given opportunities and encouragement to equip themselves with the latest trends and techniques in education to be prepared to educate our children. On their part, teachers need to realize that they have an important role of enriching and empowering future generation through creativity and innovation. My dear teachers, today is your day, so feel special and cherish your special calling as a TEACHER that impacts eternity. Take utmost measure to care for your children because 'students don't care how much you know until they know how much you care'. (John Maxwell). May the Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you.

Wish you a very Happy Teachers' Day!

Grace Pinto
Managing Director
Ryan International Group of Institutions

'ATMAKATHA' SPELL BOUNDS

Vilas Janve

Udaipur: West Zone Cultural Centre staged play "ATMAKATHA" produced by Gandharva Theatre, Jaipur during Rangshala this Sunday. Written by famous Marathi playwright Mahesh Elkunchwar, translated by Vasant Dev, this play was directed by Saurabh Shrivastav.

Play starts with the informal conversation of the acclaimed writer Anant Rao Rajadhyaksha with Pragya who is helping him in writing his autobiography. She is also doing research on the works of the great writer asking about his creative journey and personal life with special reference to his novel in which he mentioned about his wife Uttara and young sister

in law Vasanti with fictional names as Urmila and Vasudha. He inquisitive researcher Pragya displays very friendly relationship with the aged writer and while disobeying his suggestions about her behavior with her boyfriend Pramod, she shows full concern about Rajadhyaksha's health. Rajadhyaksha while disclosing his relationship with separated wife Uttara and secret affairs with her younger sister Vasanti unfolds many pages of personal life making play more complex and catchy. Uttara and Vasanti who had left Rajadhyaksha three decades ago are on cordial terms and face harsher truth when they discuss 'what went wrong'. Vasanti is jealous of her egocentric elder sister and

develops intimate relationships with Rajadhyaksha. Their untold story is exposed through flash backs mounting tension. Rajadhyaksha is considered as celebrated writer on human relationship, but in reality his writing is his own interpretations challenging the truth. Frank Pragya also discloses that she has started loving Rajadhyaksha. This play deals with many complex aspects of human life, emotions, selfishness and egotism, rational thinking etc. The protagonist says "There are some distances which can never be covered". The play leads us to come out of negativity and suggests a positive vision of love, sweetness and truth towards quick fragile life. With the limited cast of four

artistes this play could hold the audience spell bound from start till curtain call. The original script is very strong and the translation was equally catchy.

Saurabh Shrivastva as director presented this play in realistic style with appropriate stage design and light effects. He also portrayed role of Vasantrao Rajadhyaksha. He was very natural rather very balanced in varied situations. He lived his complex character with ease and displayed his emotional shades with perfection. Kiran Rathore as Uttara also handled different scenes with intense expressions. Mridvika tripati as Prgya is a talented young actress and did her role with confidence. One can have high expectations



from her. Susmita Shrivastav stole the show. Her treatment with the bold character was phenomenal. She impressed audience with her versatile acting. Stage management of this realistic play was efficiently handled by Nidhi Sharma. Yayesh Patel on Lights and Ishani Shrivastav & Nidhi

Sharma on Sound were effective did their jobs well. Presentation in-charge Vinod Soni with Sanjeev Chaudhari and Purushottam did their jobs well. Play was witnessed by renowned Drama Director Bhanu Bharti, Divisional Commissioner Bhavani Singh Detha and Superintendent of Police Rajendra Prasad Goyal.

LOST FOOD

KAKARA (DESSERT)

INGREDIENTS :

- Semolina -100 Gm
Water - 250 ML
Sugar - 50 Gm + 2 tsp.
Fresh coconut grated - 1 NO
Cardamom powder- 1 tsp. (2-3 cardamoms)
Salt- two pinch
Ghee - as per required

Procedure :

- Take a heavy bottomed pan and keep it on flame. Mix the grated coconut and 50 Gm sugar in that pan and allow the sugar to melt. In between stir continuously to avoid burning.
- When it become thick consistency, then adds cardamom powder into it and mix well and cook for another two minutes. Turn off the flame and keep it aside to get it cool.
- Then shape the mixture into round oval shape balls.
- Take another saucepan and pour 2 cups of water into it and put on the flame to boil. Then add two pinch of salt (optional) and cardamom powder into the water.
- Then add 2tsp sugar into it and bring to boil.
- When it starts to boil add semolina slowly into the boiling water and stir continuously to avoid forming of lumps. Then reduce the flame to low and allow it to cook for another couple of minutes and you will find a thick mixture of semolina and water.
- Now keep the mixture on a flat plate to cool properly. After half an hour take a little ghee and kneed it well.
- Grease your hands and divide the dough into equal portions. Then flatten the dough balls (each) with your palm and place the coconut ball (stuffing) in the middle of them and cover it from all side properly.
- Now heat ghee in karai for frying.
- Take stuffed balls and flat it on your palm slightly and fry it on hot ghee till golden brown. Then drain the excess ghee and put it on kitchen towel.
- Serve hot or cold as per your loved ones.

Chef Satish Comments

- " You can adjust the sweetness according to your taste and adding of salt is very optional.
" If you don't like coconut, then you can skip that, but in that case add a little more sugar to the dough. And follow the procedure.
" If you want to make it without sugar, then you can stuff the rest over dry vegetable curry (sukhi sabji) instead of coconut. And skip the sugar. It also tastes different and good as well.
" You can make these in different shapes like round, oval, triangle, etc.
" One very important thing is that dough should be soft; otherwise it will not taste good.



Mime Shows impressed during Ganeshotsav

Udaipur: Martand Foundation, Udaipur presented once again allured spectators on Saturday night. Young artistes exhibited enormous talent. Mime "Swachha Bharat Abhiman" showcased how people ignore the existence of Dustbin and throw garbage on path making inconvenience to others. The Dustbin remains desperate to receive garbage till the end when a child gives positive message. Popular mime "Plantation Week V/S Plantation Week" exhibited the tendency of people as after plantation nobody bothers to take care of plant. They rather make it a mere dustbin. School going kids observe the plight of plant and become savior by pouring water from their water bottles.

They teach how to shoulder social responsibilities. "Chair v/s Chair was funny as each action evoked laughter. The mimes "Road Heroes" clubbed with two burning issues of traffic sense "Mobile and Mo-bike" and "Drink and Drive" were entertaining with subtle message of road safety. "Nani ki kahani Tab aur Ab" dealt with our connection with our grand parents. Children used to listen to stories from their grandpa when they were too young, but today they are grown up with mobiles and have no emotional connection with their grandpa who is telling them a story. Everybody is engrossed with his or her mobile

paying least head to her lovely story. This mime really was thought provoking how we are loosing our emotional bondage with our own families. Young actors Mubin Khan, Sunil Tank, Vishal Jain, Bhuwan Sharma, Richa Sharma, Kiran Janve, Joyial Sinha and children artistes Gautam Bhatnagar, Srishti Bhatnagar, Darshel Sankhla, Swarnam Saikhedkar, Angil Sukhwani and Riya Sharma received great applaud.

Vilas Janve who conceived and directed these mimes told RH that the objective of these mimes was to make our children more sensitive and creative. Before the mime show Mahaarati was performed. Chandra Singh Kothari, Mayor of Udaipur Municipal Corporation was chief guest on the occasion and was welcomed by Satish Saikhedkar, President of Maharashtra Samaj.

Maharashtra Samaj had drawing and painting competitions for children on Sunday. Keeping Marathi tradition alive a Katha Keertan has been kept on Monday. Nalini Vinayak Varangaonkar from Buldhana would present. According to Secretary Ulhas Neve the idol of Lord Ganpati will be immersed on Tuesday evening at 5pm in the premises of Maharashtra Bhavan. As an Eco-friendly measure Maharashtra Samaj will immersed Lord Ganpati in a big Tub after a brief procession.

After Peepli Live, Raghubir Yadav sings for Rahat Kazmi's 'Rabbi'

Nandini Viswanathan: In the heart of hinterlands of India, even today when a son gets a Government job, it is like winning a lottery ticket for the mother. For, there is a barrage of potential brides who start hovering around the Government employee, thus upping his marriage market stakes overnight.

Raghubir Yadav, after his Mehengai Daayam that made waves with its simplicity is not tackling the Government job syndrome in Rabbi with Amma Teri To Lag Gayi Laatri, released by Zee Music. (Video link here: https://youtu.be/LCChYHxIn0)

Raghubir Yadav has also previously composed and sang in films that include Maya Memsaa, Massey Sahib, Samar, Sunday, Darna Mana Hai, Ramji London Waale, Billu Barber, Dilli 6 to name a few.

#RabbiTheFilm stars Bidita Bag of Babumushai Bandoobaz fame in the female lead along with newcomer Furqan Merchant, Raghubir Yadav, Dolly Ahluwalia, Brijendra Kala, Virendra Saxena, Shoib Nikash Shah and Manini Mishra among others.

Incidentally, the heart-touching trailer of Rahat Kazmi's Rabbi is already generating massive waves of appreciation and buzz. The film's focal point is to challenge traditional thinking and bring about a modern outlook to rigid, dated norms.

A bold take on a complex issues, Rabbi dwells upon whether music is really forbidden in Islam.

Coming from the Rahat Kazmi stable, one can surely expect some fireworks as the film will hit the theatres this September 15.

The CAST : FURQAN MERCHANT, BIDITA BAG, RAGHUBIR YADAV, DOLLY AHLUWALIA VIRENDRA SAXENA, BRIJENDRA KALA, SHOIB NIKASH SHAH, MANINI MISHRA, PUJA GUPTA

THE CREDITS

DIRECTED BY: RAHAT KAZMI

PRODUCED BY: RAHAT KAZMI, SANJAY AMAR, ZEB SAJJID

PRESENTERS: JITESH KUMAR FILMS AND MUJEEB UL HASAN (UFI PRODUCTIONS)

CO PRODUCER: TARIQ KHAN

ASSOCIATE PRODUCER: MEDIAMARK INTERNATIONAL CORP. CANADA

WRITER: SANJAY AMAR

CINEMATOGRAPHY: SHREE SHANKAR

EDITOR: KRISHNA

MUSIC: AAMIR ALI, IMRAN SHAHID

BACKGROUND SCORE: IMRAN SHAHID & SOURAV SIMON

SYNC SOUND: RAJENDRA PRASAD

SOUND MIXING: SOURAV SIMON

ASSOCIATE DIRECTOR: MASI KUMAR

LINE PRODUCER: ZAHID QURESHI

ART DIRECTOR: AMARJEET SINGH

PR, PROMOTIONS & PUBLICITY: NAARAD PR & IMAGE STRATEGISTS

RELEASE DATE: 15th September, 2017

Ganesh Chaturthi 2017: Nisha JamVwal Visits Lalbaugcha Raja for Ganpati Darshan

S.K.De

Lollywood celebs from Amitabh Bachchan to Priyanka Chopra thronged the renowned pandal of Lalbaugcha Raja - the enormous Ganpati created for worship every year for just ten days to seek blessings from the Lord known to bless the path and remove it of all obstacles. This year Lalbaugcha Raja had a special visitor in the form of the renowned Celebrity Columnist, Interiors Architect and Actor, Nisha JamVwal, who had come for special Ganpati darshan on the 7th day of Ganesh Chaturthi and was enthralled at the enormity and magnitude of this spectacular vision of thousands of Mumbaiers thronging the venue in devout fervour. It was the first magical experience for Nisha JamVwal at Lalbaugcha Raja, as she touched the feet of this grand deity while the atmosphere was infused with resonant chants, vedic hymns and prayers on this seventh day, as a precursor to the world famous last day procession before the idol immersion on

Anant Chaturdashi - the last and biggest day of Ganesh Visarjan. The shraddha and manyata for Lalbaugcha Raja is significant as the devotees feel that without visiting the Lalbaugcha Raja and offering their prayers their worship is incomplete.

Said Nisha at the venue "Lalbaugcha Raja is a metaphor of the spirit of Mumbaiers and their faith in the Divine Elephant God that removes all obstacles and makes no differentiation in caste creed or religion. Omnipotent, omniscient, omnipresent God. A tolerant secular outlook is the way of the future & Mumbai must lead the way not engage in petty squabbles-let's respect human beings and disrespect poor choices of disrespecting women & lack of opportunity for the less privileged. Not how someone wishes to worship- that should be a non-issue in a progressive state that we aspire to be! Ganpati Bappa Morya!!!" Nisha JamVwal is presently receiving various offers for being the Host for Talk



Shows on TV with Business Magnates, Politicians and Bollywood and film celebrities. She is also considering being part of some exciting Bollywood movies which appeal to her. Nisha JamVwal is presently managed internationally by acclaimed company AS Entertainment. Nisha JamVwal, a lady of rare fortitude and courage received the 'Women's Achievers Award' from the 'Femina World Women Leadership Congress for her outstanding career performance and CSR work. Nisha's life of courage and determination where she treated crisis and adversity as her ally to catapult herself into a famed persona, her joie de vivre and exuberance in the face of personal challenge and hardship even caught the eye of the world famous author Jeffrey Archer so that he chronicled her real story in his tale 'Caste Off' in the book 'And Thereby Hangs A Tale', where she is called by her real name, Nisha JamVwal. Nisha also writes and authors six columns on relationship management, interiors, lifestyle, design and is a famed Luxury Brand Consultant with Luxury Brands like Zoya by the house of TATA.

Getting Nutrition From Humble Rotis

Food historians say that roti originated from Indus valley civilization 5000 years ago. Roti has such prominence in India's cuisine that a meal would be considered incomplete without a roti. Part of being Desi is appreciating Asian staple foods like roti or chapatti or as the Videshis call it 'wheat flatbread'. How good these rotis taste especially when served right from the kitchen, fluffy in appearance topped with a drizzle of ghee.

The whole wheat flour based plain roti is rich in selenium, vitamin E and fibre which lowers the risk of heart disease and cancer. Do you love eating rotis but are afraid of gaining weight? Let's talk about making the plain roti much more nutritious, delicious and filling. These healthy alternatives to roti can be tried as a part of balanced Desi diet in appropriate quantities. All of us deal with children being fussy about food or health problems like constipation in children. These roti variations can form a part of kid's lunch box or a toddler's meal to provide them with essential vitamins and minerals along with fibre to

maintain their intestinal health. GO GREEN ROTIS Green seems to be the 'in' color when it comes to food these days. Why not extend that green love to our staple rotis. Saag, the Indian moniker for green leafy vegetables, forms an integral part of various regional cuisines in the country. While a daal-vegetable combination or stew is commonly prepared, the addition of these leafy wonders to the must have in a meal-roti has been explored very less. Chopped or pureed Green leafy vegetables like amaranth leaves (chaulika saag), fenugreek (methi), spinach (palak), coriander (hara dhaniya), mint leaves (pudhina), spring onion (hare pyaaz) can be added to the whole wheat flour while kneading and rolled out as green rotis.

This will enhance nutrients like iron, vitamin C, beta carotene (form of vitamin A in vegetarian sources), potassium and many other important minerals. While methi and palak top the charts when we talk about greens there are many others which aren't given enough credit.