

## Bhakti Satsanga Maha Mahotsav- 2018



### Sri Vishnu Puran Katha Yagnya from 15th to 21st of January

**Udaipur:** From 15th January to 21st January, a grand ceremony of Shri Vishnu Puran Katha Yajnya will be organized named as "Bhakti Satsanga Maha Mahotsav" by Shri Narayan Bhakti Panth Mewar, Udaipur

In this festival, Sant Lokeshanand Maharaj, of Shree Narayana Bhakti Panth, Indore, Madhya Pradesh, will spread the essence of Vishnu Puran Katha to devotees a taste of from his shree Mukh .

President of Shree Narayana Bhakti Panth, Udaipur, BSKanawat said on Tuesday during the launch of the invitation letter of Katha that thousands of devotees, including Udaipur division, will get the benefit of hearing the Katha in seven days. The program will be organized by ITP garden every day from 10 a.m. to 1 p.m. in Bhuvana. From January 15 to January 21 in the office of the Prasad will be distributed to the devotees after the daily Katha and on 21st day the Mahaprasad will be organized on the concluding of the story.

At this juncture UIT Chairman Ravindra Shrimali, Mayor Chandra Singh Kothari, R.P. Sharma former Secretary, UIT, former Chairman Yudhishtira Kumavat, Badgaon Panchayat Samiti president Khubilal Paliwal, Bhuvana Sarpanch Sangeeta Chittodara etc. were present.

Lokesh Kumawat, an organizer of Sri Vishnupuran Katha Yajna, told that the procession of Sri Vishnu Purana Katha will be held on 9th January at 9 am, from the famous Charbhuj temple at Pula In Shoba yatra, there will be the zest of 23 incarnations of Lord Vishnu in particular. Divine celebration will enhance the beauty of the story. Organizer Yogesh Kumawat said that during the seven-day Sri Vishnu Purana Katha, various incidents, Brahmotsav, Mahalaaxmi Utsav, Lord Vishnu Avatar Darshan and Chappan Bhong Festival festivals will be alive.

Durgesh Kumawat told that arrangement has been set up to make the Katha successful, arrangements to bring the devotees buses are deployed by organizers. Jitesh Kumawat said that in the seven-day 'Vishnu Purana Katha', the Home Minister of Rajasthan Government, Gulabchand Kataria, Mayor Chandra Singh Kothari, UIT Chairman Ravindra Shrimali, former Govind Singh Taunk, former Chairman of Municipal Corporation Yudhishtira Kumavat, former Secretary of U IT RP Gupta, Dr. Pradeep Kumawat, Chogalal Bhoi, Gopal Kaneria, Dinesh Makwana, Prabhas Kumar Rajagdia, Hemant Chajed, Rupesh Bagora etc. will participate in the event.

## HASEENA team met media at Ashoka palace

The entire cast comprising of the female lead Inayatt Sharma, Arpit Soni, Mohit Arora and Ankur Verma met media at Ashoka palace. Producer Jitendra Vaghadia and Directed by Vicky Ranawat were supposed to arrive in Udaipur but did not turn up for their Press Conference.

HASEENA is being promoted in the region by M-Square Productions. Mukesh Madhwani of M-Square Productions said that this comedy film under the banner of Khushi Films and Harsh Dreamventures released India wide on 5 January 5, 2018.

Haseena - The Queen of Heart' is an Bollywood comedy drama film directed by Vicky Ranawat and jointly produced by Jitendra B. Vaghadia and Vicky Ranawat and co-produced by Saral Ranawat. The principal photography and shooting stated



in 2017. The film is a full take on the youth's mind for having beautiful Haseena. In film three friends named Rohit, Rahul and Rajan tries to impress the Haseena is brilliantly portrayed comedy

Three boys, who go to Goa for a party, become the soft targets of a beautiful girl named Haseena, who follows them to Mumbai and approaches them as a sales girl. The boys, swooned by her beauty invite to a house party. All goes well for the boys, until, Haseena refuses to leave the home and loots the home and leave in search of another target.

## Self defense workshop@ RIS



Ryan International School has organized a "Free two days self defense workshop" for females in the school premises with Renshi Rajkumar Menaria & his Sensei Raj Academy's team members. The main motive of this program was to make females of the society aware of self defense technique and to increase their confidence. In 2 days around 50 ladies were participated & gain confidence. It was a successful program.

# The degradation, defacement and denudation of the Hill-lake eco-regime continues



The city of Udaipur prides itself on the large number of lakes and the surrounding ecosystem of hills and valleys which not only provide a aesthetic backdrop to the whole city but also plays a significant role in maintaining the health and hygiene of the lakes. Further, Hills-lake eco-regime is an important constituent in the sustainability of all the water based habitats of the area by way of reinforcing and synergizing the geo-hydrological balance and well as the sub-surface hydrology. Udaipur city is surrounded by layers of beautiful hills and the hills have naturally helped in creating the entire lake system of Udaipur. Any unwarranted disturbance in the naturally delicate balance in the Hill-lake eco-regime is bound to have grave implications not only to the present ecological and environmental situation but also the future prospects of the whole area. That the tourism

industry flourishing in and around the city of Udaipur is primarily because of this nature endowed bounty goes without saying.

It is worth mentioning that the judgment passed by Main seat of the Hon'ble Rajasthan High Court on January 12, 2017 in PIL No 1554/2004 as well as many other judgments and order passed by the Apex Court in M.K. Balakrishnan v. Union of India, W.P. (C) No. 230/2001 for conservation of

wetlands, Civil Writ No 202/95, T N Godavarman v/s Union of India regarding forestlands, and the direction of the Hon'ble high Court in Abdul Rehman case (Abdul Rahman v. State", 2005 RRT 59) regarding restoration of catchment areas of rivers, ponds, lakes, water bodies etc. The Hon'ble courts have time and again, unequivocally, directed that the water bodies and hills be conserved for maintaining healthy ecological balance.

It is utter dismay and surprise that despite so many orders and judgments as mentioned above, to name a few, the catchment areas of various lakes and reservoirs in and around the city of Udaipur are being brazenly disturbed, defaced and their natural gradient being obstructed and altered in utter disregard and clear violation. There is rampant illegal construction even on the steep ascends of the hills. In the Urban agglomer-

ation limit of Udaipur, various hotels, resorts, big residential complexes and farm houses are being constructed while cutting, mutilating and defacing the hills. (e.g.--The cruel defacing of many hills is still continuing on the golf course, in the immediate catchment of Fatehsagar Lake and at many more places in the drainage basin of Udaipur Lakes) There is no gainsaying that the health of lakes is directly connected with the existence of hills and encroachment free catchment area. The existence, survival and sustainability of water bodies and their delicately balanced aqua-ecosystem do not hold a bright future if the hills which form the catchment of these water bodies are not properly and scientifically managed.

The degradation, defacement and denudation of the Hill-lake eco-regime continues unabated, contrary to the provisions of the Directive

Principles of State Policy enshrined in the Constitution, giving an impression of utter disrespect and contempt of the orders of the Honorable Courts. Further, this also is indicative of the level of insensitivity and non-responsiveness of the executive towards the welfare of the society and citizens.

Dr Anil Mehta of JSS has requested to the Government that appropriate measures and steps be immediately enforced to ensure strict and timely compliance of the orders and directions as mentioned hereinabove and all such activities that are detrimental to the natural shape and size of the hills and fine Hill-lake eco-regime balance are stopped forthwith. And all necessary proactive actions are initiated immediately so that the court orders related to conservation of catchment, water bodies, hills and other public facilities are complied in letter and spirit.

## CATARACT : A CURABLE CAUSE OF BLINDNESS

Dr Rachana Jain

Eye is a very complex organ with a wonderful architecture. We can see object when light passes through the structures in the eye and produces sharp image on the retina. Lens is one of the structure that focuses light on the retina and is located near the front of the eye and is biconvex and transparent. Clouding of the normally clear and transparent lens is called cataract.

Cataract causes much more vision problem globally rather than any other eye diseases, and the number of cataract is increasing with the aging population.

WHO/NPCB survey has shown that there is backlog of over 22 million blind eyes and 80.1% of these are blind due to cataract in India. The annual incidence of cataract blindness is about 3.8 million.

Cataract is the normal part of aging, the progress of which can be accelerated by systemic diseases like diabetes etc. Cataract can also happen after an eye injury, as a result of eye disease, after use of certain medicines like steroid, alpha agonist etc. Sometimes children are born with cataract.

Cataract causes a part of the lens to become opaque or cloudy. Light does not pass through easily and vision becomes blurry like looking through a fogged-up window. The cloudier the lens, the worse the vision will be. Apart from cloudy vision, cataract may cause glare from the headlight of the car or lamps.

### Various types of Intraocular lens

1. Monofocal - Set for one level of vision usually distant. It can be Rigid or Foldable.
2. Multifocal - Set for providing distant and near vision.
3. Accommodating lens- Similar to natural lens allows the eye to focus distant or near object.
4. Toric-More power in one specific region of the lens. Different surgical techniques

It may cause difficulty in night driving. Person may complain of double vision in one eye or may give history of frequent change of glass prescriptions. Near vision may improve for some time.

Surgery is the main stay of treatment. It is indicated when the vision loss caused by cataract affects their quality of life or hampering their day to day activities. Diminished vision due to early cataract may be improved by simply changing eye glass prescription.

Over the period of time the cataract surgery has evolved drastically. The operation involves removing the cloudy lens from the eye and putting an artificial lens in its place. Before surgery the specialist will assess the patient's eye and general health. The eye will be measured so that artificial lens can be prepared.

1 Phacoemulsification- Surgeon makes a tiny cut in the corneal periphery and insert a minute probe through a cut. The probe uses an ultrasound to break the cloudy lens into very small pieces. These are

then sucked out. Foldable lens is inserted through an injector which gets unfolded in the lens capsule.

2 In manual ECCE the lens is removed in one piece and no ultrasound is used to break it up. The surgeon makes a slightly large cut in the eye.

3 In ICCE both the lens and capsule are removed. The artificial lens is sewn into the eye. This procedure is much less common.

The cataract surgery may be done using traditional tool or it may be Femto laser assisted.

After the operation For most patients, vision improves almost immediately. It may take a while for the eye to settle down completely. Eyedrops has to be instilled for 4-6 wks and accordingly glasses can be prescribed.

Sometime the cut in the eye needs stitch, but this is normally small enough to heal by itself.

Patient should avoid vigorous activities for a while but most people find they can go about their daily activities as soon as they get home.



## Overwhelmed Majesty King



**Udaipur.** His Majesty King Letsie III of Lesotho, Letsie III, visited. City Palace Museum of Udaipur on Monday. On arrival at the City Palace complex, Bhupendra Singh Auwa, Chief Administrative Officer, Maharana Mewar Charitable Foundation, Udaipur welcomed. His Majesty King Letsie III of Lesotho. Letsie III, also visited the Mardana Palace Jaina Mahal in the City Palace Museum, Silver Gallery at the Amar Mahal Museum, Costume Gallery located in Gokul Residence Gallery and Crystal Gallery. On this occasion, Bhupendra Singh Auwa informed him about the vast history of Mewar and the heritage conservation. Majesty King praised this collection at put his views in the Visitors Book.

## Innerwheel offered the necessary material

**Udaipur :** Inner wheel Club Udaipur has provided necessary material to the Govt. Senior School, located in Bhinder. Club President Sheela Talesera said that in addition to providing school uniforms, sweaters to prevent winter, shoes and socks for 100 children, 6 benches to sit in the school were given to needy concerns. Apart from this, bucket, mugs, napkins, materials used in the toilet. Were handed over to school officials.

## Journey of India's philately

with Vinay Bhanawat

In the year 1964 the department of post of government of India issued Sixteen stamps.

The first stamp was issued on 04 January on 26 International Orientalist Congress, New Delhi. On the same day one more stamp was issued on famous



poet, patriot and educationist Pandit Gopabandhu Das . On 14 January another stamp was issued on 400 death anniversary of Purandaradasa



. On January 23 two stamps were issued on the occasion of 67 birth anniversary of Freedom Fighter Subhash Chandra Bose . On 13 February stamp on Sarojini

Naidu was issued followed by stamps on Kasturba Gandhi and Dr Waldermar Mordecai .

On June 12 a stamp was issued in mourning of Jawaharlal Nehru. After this issue stamps on Ashutosh Mookerjee , Sri Aurobindo , Raja Ram Mohan Roy were issued .

On 09 November a stamp was issued on 6 General assembly of International organization for standardization followed by stamp on the occasion of International children's day on 14 November. Another stamp on famous Apostle Saint Thomas was issued on December 02 followed by stamp on December 14 on International Geological Congress New Delhi.

## LOST FOOD



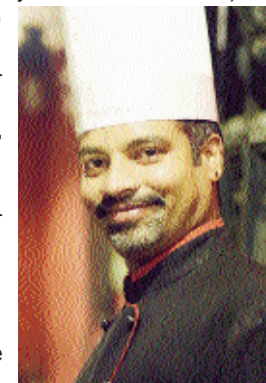
### Nallennai Kadaknath (Black Chicken in Sesame oil)

Kadaknath chicken ( preferably with bones and skin)  
**Onion** - 1/2 (finely chopped)  
**Tomato** - 1/2  
**Ginger-Garlic paste** - 2 teaspoons  
**Gingelly Oil** (nallennai, sesame oil) - 2 teaspoons  
**Salt** to taste  
**madras curry powder** - 3 teaspoons  
**Mustard** - half a teaspoon  
**Fenugreek** - 5-6 seeds  
**Curry leaves** - 5-6 leaves  
**Coconut** - 4-5 (one inch piece each), ground into a fine paste.  
While grinding coconut, dry grind it first to avoid lumps.  
Turmeric powder- 1/2 teaspoon  
**PROCEDURE:**

1. Add 2 tbs gingelly oil in a flat-bottomed vessel.
2. Add mustard seeds, followed by fenugreek seeds.
3. When mustard splutters, add curry leaves, chopped onions, salt, turmeric and fry for a few minutes.
4. When onion turns slightly brown, add ginger-garlic paste and fry for a few seconds (until the raw smell is gone).
5. Add kadaknath chicken and half a cup of water. Cook the chicken until done; it would take about 12-15 minutes approximately.
6. Once chicken is eighty percent cooked add chopped tomatoes and cooked till done.
7. Add 3 teaspoons of madras curry powder (substitute it with 1 spoon chili powder, 2 spoons coriander powder, half spoon garam masala powder) Cook for another 6-8 minutes.
8. Add ground coconut paste to this mixture and allow it cook for another 5-8 minutes. Allow it to stand for a few minutes and then serve with hot rice or chapattis.

Chef Satish Comments

Entire cooking is done on a medium heat.  
**Spice level: Very spicy.**



## Mutation process at last set to begin in Bhopal Cooperative Society

**Udaipur** For years, the process of mutation of nearly 400 houses built in the Bhopal Cooperative Society was lying pending. The Sindh Samaj has raised voices before UIT chairman.

Ravindra Shrimali directed officials to resolve the problem regarding giving rights to the owner's transfer houses..

Rahul Hemani, president of Youth Congress Udaipur, met and requested Nana Lal Chawla, the liquidator of the

society, to send the list of applications to UIT for transit action.

On this occasion, Prataprai Chugh, President of Jhulal Seva Samiti, Prakash Chandani, Chairman of Mewar Sindhu Brigade, Youth Congress City District President Rahul Hemamani, State Secretary of Youth Congress Deepesh Hemamani, Vijay Velachecha and Rajesh Talwar were present.