

IR & Much More

LOST FOOD



Macha Ambula Besara

(Fish curry with Mustard and Dry Mango)

Fish 250 gm, Mustard seeds-1 tsp, Cumin seeds- 1 teaspoon, Garlic- 8 flakes, Red chili powder- 1/4 teaspoon, Turmeric powder-1/4 teaspoon, Mustard oil-6 tbl spoon, Mango-1 dry, Onion- 100 gm, Panch phutan- 1/2 tsp, Curry leaves 5 to 7 pieces, Salt to taste

PROCEDURE:

- 1. first wash fish and add little salt and turmeric powder
2. Heat a vessel with mustard oil and fry fishes till both sides become red in colour
3. Make a fine paste of mustard seeds, cumin seeds, and garlic in hot oil add panch phutan
4. when it starts to crackle add chopped onion and sauté them till it becomes brown
5. Add masala paste salt, turmeric powder and curry leaves fry masala for 8mns in medium flame
6. Then add 3cups water ,fried fish, dry mango and cover it till bubbles come out
7. Then cook them in medium flame so that the gravy will become little thick...

Chef Satish Comments

Ladies finger can be used instead of fish



Journey of India's



In the year 1968 the department of post of government of India issued twenty three postal stamps. The first stamp was issued on January 1 on international year for human rights followed by stamps on international conference and seminar of Tamil studies, UN conference on trade and development, Marita bazaar patrika centenary, maxim gorkhy, treinnale art exhibition, and wheat revolution. A stamp was issued on 1 July on the occasion of opening of 10000 post office followed by stamp

on gaganendranath and lakshminath. On 12 October a set of two stamps were issued on xix Olympic games in Mexico followed by stamp on 61 anniversary of Bhagat Singh followed by stamp on azad hind government and sister nivedita. Other than this issues various stamps were issued on Marie curie, international geographical congress, 400 anniversary of Cochin synagogue and Ins Nilgiri. The last issue of this year was a set of four stamps on bird on December 31.



Muskurahatein

Bikharati si zindagi mein kuch muskurahatein bikher sake to baat bane Yaha gum bahut hain Aankhein num bahut hai gar kisi ki muskurahat ki wajah ban sake to baat bane Pal pal dhalti si hai ye zindagi Mutthi se ret si fisalti si hai ye zindagi Dhalne se pehle jeene ki chaah jagaa paye To baat bane Fisalne se pehle zindagi k maksad ko dhoond paaye to baat bane Kuch kahe kuch ankahe shabdon mein bandh jaati hai zindagi Faason mein, dooriyon mein kahin bikharti jaati hai zindagi Par Choti choti baaton se muskurahaton k pal bhi chura laati hai zindagi Baant ke in muskurahato ko bana le gar rishton mein hum pyaar to kuch baat bane .. Bhula Kar unn paanslo , unn duriyo ko hum saath chal paaye toh kuch baat bane..

Neetu Sidana

"Each one Plant One "

Under the vision 'Academics' and 'Environment' of our Respected Chairman Sir, Ryan International School has organized 'Subject Enrichment Activity' for the topic 'Seed Germination' for the classes III to V. Young Ryanites brought decorative pots with soil. They sowed various kinds of seeds of Flowering plants, medicinal plants herbal, ornamental plants etc. Students learnt about vermicompost made in the houses and in the school premises, seed germination, keeping the environment healthy etc. Ryanites had great fun while doing the activity as it was an attractive and informative way to update their knowledge about art and science. Students learnt multiple things with enjoyment.

Together with Me

Kashish Sodhi

After seeing the low standards of humanity, its questionable that whether we are "Dead or Alive". Newspapers are full of crime stories which are upsetting my mind. Small girls are being raped, mothers are being killed and above all people are ready to boast off about the culture where we are claiming to be humans.

I don't know when did this start but as long as I remember, this started when we stopped talking to one another. We got indulged so much

in money and power games where relations were left behind. Thousands of years ago when humanity existed, we had love, affection, emotions and feelings. Now we are living in an age where every human being is surrounded with machines which have no emotions and feelings. They simply follow our commands and do as we guide. Pradyumn was killed or jessica was murdered when some of us lost our humanity.

My father was crushed by a truck in day time and still we are fighting his case. His doctor friend was right behind his bike, sitting in an AC car. My father was taken to the hospital by Chandigarh police. His friend did not try to offer any help.

Dead or Alive Let's find out the truth

My mother rushed to the hospital alone. Doctors didnt console her. She struggled hard to arrange money and tried to inform other family members all alone. My father was declared dead after two and half hours. My mother was asked to go back and the tone of the doctor was so harsh that

it took 15 days to my mother to come out of the trauma.

Some will say that people die in hospitals and the doctor was doing his duty. Duty is important but can't you be polite with those who have just lost their loved ones.

We have been told that unless and untill our main organs are working, we are surely Alive. But in my opinion when we become insensitive, we become Dead.

My father's friends stopped coming to our home. Their main agenda was to make my

mother solve the property dispute. They never asked about her health. She was facing the toughest time but no one turned up. Every human being around us had a fear in mind, fear of losing money. They did not want to offer any help.

I don't want to remember old days but I have seen my mother becoming stronger day by day. We have learnt to live and survive in this world but we refused to be Dead.

We helped those who were in trouble. We tried to wipe tears of those who lost their loved

ones. We are spreading happiness in return to those who gave us cold vibes.

We can't erase our past but definitely we can create good future. My mother have taught others to never give up in any condition. We have been trying to be alive and never let our souls die. I don't expect others to be like us but at least I can expect them to be alive for their relationships.

I request all of you to come up with emotions and decide whether you want to be Dead or Alive, together with me.

Only one test may Prevent Cancer

Udaipur. Immunization center has been started at GBH Memorial Cancer Hospital to prevent uterus cancer in women at growing age. This will be the first center of Rajasthan in which women will be treated for mouth cancer of the uterus.

Group director Dr. Anand Jha told in a press conference that recently Chairman Dr. Kirti Jain discussed on cancer of the uterus among women during his Udaipur visit. It was revealed that deaths from the uterine cancer are due to lack of information. It has been observed that maternal mortality rate of 44 per thousand while, the mortality rate of cervical cancer is 65 thousand annually. It can be minimized With investigation and Immunization chairman

Dr. Kirti Jain has decided to free Udaipur from Uterus Cancer without taking any profits as a campaign. women between 9 to 60 years are divided into two parts and outlined the culture of treatment. Women of 30 and over are more likely to have uterine cancer. By this age, the virus of the uterus becomes acti-



vated or cancer begins to change.

Dr. Anand Jha said that vaccination is not possible in women in the 27 to 60 year age group. In such cases, these women will be registered in GBH Memorial Cancer Hospital. They will be able to detect the virus from their HPV (Human Papillomavirus) probe and detect the potential cancer status and it will be cured of uterine cancer by treating it on OPD bases.

Virus eliminates the beginning : Cancer psychiatrist Dr. Manoj U Mahajan said that even after negative results in the HPV test, a woman may end up with the possibility of developing uterine cancer for the next ten years. It needs to

be examined again after ten years. On the contrary, women with positive results are given lifelong cancer free by giving them colonoscopy guided treatment at OPD. Such women are also discharged on the same day. This facility is available only at GBH Memorial Cancer Hospital in Southern Rajasthan. Apart from this, vaccination will be done at this center to keep women of the age group of 9 to 26 years free from uterine cancer. This three doses of vaccination will prove to be effective in preventing the cancer of the uterus of the females. In the press conference, Group Director of Medical Services Dr. Dinesh Sharma said that GBH Memorial Cancer Hospital has

been kept in check and treatment package of uterine cancer for only two and a half thousand rupees. It will be possible to get rid of the lifetime uterus. In addition to breast cancer, other cancers such as lung cancer, gastric cancer, prostate cancer, including mammography have also been included in the separate package Cancer consultant Dr. Garima Mehta, Dr. Kuresh Bambora, Radiation Analyst Dr. Mamta Lodha and Ashish Sharma were present in the press conference.

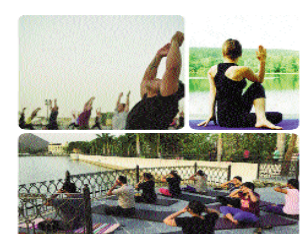
Camp from 5th February

A huge medical camp will be held at GBH Memorial Cancer Hospital from 5th to 9th February in honor of World Cancer Day. There will be a discount of up to 25 percent on consultation and up to 25 percent on 3DCRT, IMRT, and IGRT. It will be treated with all types of cancer including pediatric and medical oncologists, surgical oncologists, radiation analyst. Apart from this, on Thursday, breast cancer veterinarian Dr. Gharima Mehta will provide services.

Free Yoga Sessions at Sanjeevani Natural Care

Yoga have become more popular nowadays because people are realizing its importance and the key to the cure of modern day stress lies in this. Yoga is a way of living that aims towards a healthy mind in a healthy body. Man is a physical, mental and spiritual being; yoga helps in promoting a balanced development of all the three. Other forms of physical exercises, like aerobics,

assure only physical well-being. created a perfect yoga sequence for your long term fitness which includes body stretching, tummy exercises, improving stamina & customised exercises according to your requirements. And anyways one can't choose dieting for a life time so better go for something good in terms of your habits which ensures a perfect internal body fitness.



Vivek Patni among most influential Asians



Udaipur. AsiaOne Magazine awarded Wonder Cement's Director Vivek Patni as "40 MOST INFLUENTIAL ASIANS UNDER 40" in a summit held at Singapore on 29th January 2018. In the second edition of Asia's Greatest Brand and Leaders 2017, Vivek Patni was recognised as one of the pioneers from 16 industries & 62 sub-industries of Asia. The summit aims at developing a plinth that supports international trade & generates highly effective multi-axis networking. It was attended by big Brand Owners, CXO's, Govt. officials, philanthropists and leading economists from Asia.

Advertisement for GMCH (Geetanjali Hospital) featuring symptoms of asthma, a list of symptoms in Hindi, and contact information for the hospital's various clinics.