

# IRL & Much More

## “Ceragem ! New life! Says Chitrakleha

Ceragem is the name of the bed, and the name of the Korean company that makes the bed, and the name of the centre here and 3000 like it around the world. The product has attracted a many among His panic customers. There are 530 centers in India.

At the heart of a Ceragem massage are the jade rollers, heated to the limits of comfort. They travel slowly up and down either side of the length of spine, pausing at crucial pressure points. The user's own weight supplies the pressure, intense but generally pleasurable. The last part of the session involves sitting on a chair outfitted with a line of egg-shaped bulbs down the center of the seat. The hot bulbs deliver a startling sensation to the uninitiated.

The Ceragem thermal massage system has been approved by the Food and Drug Administration for temporary relief from arthritis pain and similar aches. But the company has run into resistance when it has tried to claim

Smt. Chitrakleha from Bhopal MP (62) shares her valuable



experiences with us and says that She was suffering from many diseases since past several years. Some of them due to age n some due to negligence of eating and drinking. Firstly- she was suffering from IBS (irritable bowel syndrome) since past 15 years. This causes severe pain in the stomach at any time which lasts for many hours or many days also. She had been to famous doctors who only would help by giving painkillers. Painkiller is a thing which only subsides the pain but does not treat the diseases only rupees were being spent with no benefit.

Secondly- growing age brought pain in her knees that made difficult to go upstairs in her own house. She felt helpless. Third- she had developed big mole at her face. She was getting treatment for that since 2 n ½ years. But that also was in vain. All Allopathic, Ayurvedic and Homeopathic medical method were tried but none could help.

Fourth - she is a diabetic patient her sugar level used to fluctuate reluctantly besides taking medicines to control sugar level. Fifth- her weight was increasing fast though she was following all precaution measures also.

These all diseases disturbed her routine work that affected all the family members. The whole house was feeling sick, tired and irritated.

Then suddenly information about Ceragem therapy from some known person came to her like a boon. Her husband was also suffering from prostate and was suggested for operation by doctors.

With immediate effect they both went to "Lalghati Cera gem" branch Bhopal. On 14th March 18 they joined it. After one week the benefit was seen clearly.

Continuously they went for 1 month and seeing miracles they ordered for master v-3 machine, now daily at home morning and evening twice a day they are taking therapy.

In short this therapy provides energy to all organs. As a result all the nerves pressed are wide open again and if swelling that also is treated. This gives good health as well as inculcates feeling of happiness in mind.

## Glamour goes to the Royal retreat Udaipur Chef Satish Gupta and Celebrity Chef Harpal Singh Sokhi



The Royal Retreat Resort and Spa Udaipur hosted the filming of the popular TV show anchored by Celebrity Chef Harpal Singh Sokhi. Shot against backdrop of the scenic Lower pool, area and popular wedding destination resort cum Spa. Chef Sokhi along with Chef Satish Gupta demonstrated the making of Methi Draksh kisubzi (Fenugreek and Raisin Vegetable, curry) and traditional Rajasthani Thali. THE THREE VITAL SENSES

### METHI DRAKSH KE SABJI

Dried fenugreek seeds – 50 gm, soaked overnight in milk; Ghee-2 tbs, Garlic chopped- 1 tsp, Onion chopped- 2 tbs, Cashew Nuts-10-12 Tomato – ½ No chopped, Red Chili Powder-2 Tsp Turmeric Powder-¼ Tsp, Coriander Powder-2 Tsp Whipped Curd- 4 Tbsp, Raisins-15 to 20 Pieces ¼ cup chopped raw mango (replace with 1 tsp dry mango; powder (amchur) if raw mango is not available) Sugar-4 Tsp, Water-4tbsp, Salt to taste

**PROCEDURE** - 1. Boil the methi with milk for 15 to 20 Minutes, Drain the milk from methi seeds and put them in a strainer. Wash them under running water for 1-2 minutes to drain out the bitter taste. Keep washing till the water that you drain from the seeds is clear.

2. Heat oil in a thick bottomed pan or kadhai. Add chopped garlic and then onion and cashew nuts. Once it is golden brown, add chopped tomatoes.

3. Add the soaked methi seeds, salt, red chili powder, coriander powder, turmeric, raisins and amchur powder. Mix well, and cook for two minutes on low flame.

4. Add bitter curd, Add sugar and 1 tsp water. Mix well, and cook for two minutes. Remove from heat. Serve hot with parathas or puri.

**Chef Satish Comments** - Amchur Powder Can Be Replaced With fresh Raw Mango

## “Sanjari” offered Folk Music of Uttarakhand and Karnataka



Padmashri Basanti Devi Bisht legend folk singer of Uttarakhand who is leading lady Jagar singer displayed mesmerizing music of Uttarakhand. She performed in Indira Gandhi National Centre for Arts, New Delhi during Monthly Folk Music Concert “SANJARI” on 19 May under the series “EK BHARAT SHRESTHA BHARAT”. Her group presented choicest folk songs of Hill culture. Most of the songs were dedicated to divinity. The silky voice of Basanti Devi fascinated the audience. Her concert began with the ‘Mangalik Sanskaar Geet’. These traditional songs are sung by the ladies of hills honoring the nature followed by ‘Bholanathka Jagar’ and ‘Narsinghka Jagar’.

The group praised nature and also sought assurance to keep their lives save and prosperous. Their folk songs also depicted earnest love for the family members. Singers also narrated the significance of the rivers originating from Uttarakhand Hills as well as concern about the cleanliness of rivers. Songs on the seasons and Romantic song of Kumaun region “Chapeli” entertained while ‘Nyoli’ the song depicting separation made spectators concerned. The concluding presentation included

knowledge about our enormous folk singing heritage. I must attend all episodes of Sanjari”.

Sunday evening (20 May) was made memorable by melodious and rhythmic folk music of Karnataka. Popular folk singer Jogila Siddaraju from Bangluru and his co-artists from a neighboring places engrossed audience.

Karnataka has contributed significantly to both forms of Indian classical music, and Traditional Folk Music. The concert started with prayer ‘Boolakadaya Devanesayya’ offered to Lord Shiva with different names seeking his blessings for all. The next song was ‘Siddaiahswamybanni’, which was selected from ‘Manteswamy Mahakavya’. Manteswamy (Siddha) Folk legend of 15-16th century predicted to his disciple Siddappa about the ill effects of ‘Kaliyug’. The entire concert was divided into different types of ‘Padas’ like Kamsale Padas, Tamburi (Thatva) Padas, Neethi Padas, Kolatta Padas and Jogi Padas exhibiting rustic folk singing of different colors and moods. Kamsale Padas exhibited songs like ‘Haadiri Raagagala – Nudisiri Taalagala’ and ‘Chellidaru Malligeaya’.

folk dance “Anchhri”. She was accompanied by Anita Rawat, Hema Bisht, and Kusum Rawat on vocal and Govind Singh on Hudka, Saurav Maithani on Harmonium.

Virendra Singh on Dholak, Mahesh Chandra on flute and Thali while Basanti herself played DAMOR (DAURN) while rendering melodious songs. Shaili Khanna noted music critic hugged Basanti and thanked for this rare treat of folk songs of Hills which she was missing. Rupesh Sahay, the designer told “I belong to Jharkhand and today's concert enriched my

Tamburi Padas (Thatvadas) included folk songs like ‘Guruveninna taballavarayaro’ saying Work is worship. ‘Bidhirunanaarigalladavalu’ saying be polite and ‘Olitumadumanusa’ saying our life is short so let do something good for society.

The group played traditional instruments, Tamburi played by Dadda Gavibassappa, Thala, Chitike, and Damadi by Siddha Shetty, Kamchi by Bangara Shetty and Vocal supports T. Ramchandra, Ms. V. Geetha and Ms. B. Usha who also played Taal and Kamsale while singing. The group also sang song of Neethi Padas, ‘Taravallagininnatamburiswara’ written by Muslim saint Shishunala Sharifa, a disciple of Brahmin Guru Govind Bhatt. The Kollatta Padas represented the song of Stick Dance like Dandia Raas of Gujrat and Toniamel of Goa. The song praised Lord Krishna ‘Jalegopalaninnamaga’ Mayadantha Male banthanna ‘Yellojogappaninnaramane’, The programme concluded with “Saare Jahan se achcha Hindostan hamara”



which was sung by all present in the auditorium. Malhar Khaladkar a young boy was highly impressed by the rhythms of these folk songs and also identified one Film song “Mere naina-

sawanbhado” based on the folk song ‘Olitumadumanusa’.

That showed an involvement of this young boy. Our folk songs are not only rich in musical notes but they are wealthy in lyrics too. Sanjari offers this opportunity to listen to folk songs in live concerts at the same time artists also happily showcase their rich heritage. I enjoyed my role as the anchor to this melodious performance.

Dr. Sachchidanand Joshi, Member Secretary honored all the artists. Next Sanjari would have the combination of Sikkim and Delhi probably in the third week.

-Vilas Janve

## AFTER TWENTY-THREE YEARS OF SAD DEMISE

### Program in Dhanol a Village where he visited with Sonia

**Udaipur:** The Death anniversary of former Prime Minister Rajiv Gandhi, was celebrated as a sacrifice day in Dhanol village of Khervada tehsil of Udaipur district where thirty three year back as a PM visited a in the most remote village of Khairwada Sub division, breaking protocol. In the presence of the convener of the Gandhi Gram Jan Jagran Abhiyan Lakshminarayan Pandiya, In a tribute program was organized by garlanding at Pandiya picture, remembered the moments spent with Rajiv Gandhi and Sonia Gandhi.

59-year-old Somaram Paragi Shareing his memories said. "On August 8, 1985, Rajiv Gandhi suddenly changed the pre-scheduled program in a remote village of Dhanol Pal, on a 3 km crude and packed road, along with Sonia Gandhi. Both reached the hut of Deva's, where he lived with his family and asked about the meal, and tried to know about his financial economical status ritual customs. At the same time, Rajiv Gandhi had tasted the bread made from granary-grained grains, kept in the hut of the tribal family, why did not make the wheat roti, tribal couple told the high price of wheat, on which Rajiv Gandhi started the plan to give one and a half rupees per kg of grain in the tribal area of the entire country, after reaching to Delhi.

Lakshminarayan Pandiya, convener of Gandhi Gram Jagran Abhiyan informed that after sudden visit Rajiv Gandhi took major step for the upliftments of tribal people, & started many important schemes like Indira Awas Yojana, Cheap grains, Jeevan Dhara and cottage schemes.

Present people in function said that former Prime Minister Rajiv Gandhi had said during the visit that he would come back to this place once again by launching a special scheme for the development of the tribal area. But they could not come and martyred. We have full faith that one day his son Rahul Gandhi will surely come to our notice. In the tribute program, Banshilal Jain, Gautam Lal Meena, Devi Lal Paragi, Shantilal also expressed their views.



## 900 STUDENTS JOIN HINDUSTAN ZINC'S SHIKSHA SAMBAL SUMMER CAMP

Hindustan Zinc's Shiksha Sambal Project by now has provided classes in Maths, Science & English to over 55000 rural & tribal students

Hindustan Zinc under its Shiksha Sambal Project is organizing 7 Summer Camps in 5 districts of Rajasthan for over 900 rural & tribal students participating in it who are appearing in 10th & 12th Board Exams this year. To ensure the overall development of these students, this one month camp began from 15th May 2018 at Udaipur and 6 business locations of Hindustan Zinc – Zawar, Debari, Chittorgarh, Dariba, Agucha, and Kayad. The inauguration program was organized at Vidhya Bhawan Auditorium, Udaipur on 19th May 2018.

Mr. Rajendra Pandwal - Company Secretary, HZL was the Chief Guest of the program. During the program, he said “Students must make the best of this Opportunity given to them while focussing on their Goals. Today, education is very important and equally important is to have right competitive spirit. Keep working hard and I would like to see many Engineers and Doctors coming from this batch in future”.

Mr. Pavan Kaushik – Head Corporate Communication, HZL informed “The company, under the project focuses on quality education and provides remedial classes to rural students appearing for Rajasthan Board Examination, i.e. students from 10th to 12th classes in 5 districts - Udaipur, Rajasamand, Chittorgarh, Bhilwara, and Ajmer. This project in association with Vidhya Bhawan Society aims to provide special subject classes like Math, Science-all streams, Political Science, English, and Accounts. Currently, the program is reaching out to 7000 students in 59 Government Schools.”

Ms. Neelima Khetan – Head CSR, HZL during the program said – “Students should realize the importance of hard-work & passion and then right attitude along with the talent will help them in pursuing their dreams.”

The first residential summer camp was organized in 2016 in Udaipur that saw the participation of around 70 rural & tribal students and last year over 200 students attended the program. This year, in Udaipur, around 300 students are actively participating where about 50% of them are girls from villages around all 7 business locations including Pantnagar. There are around 240 & 53 students who will be appearing for 10th & 12th Exams this year respectively. 10 students from the last year camp are also participating in this year's camp as ‘Captain’ to aid in managing the current batch. Camps in 6 Business locations are witnessing the participation of more than 600 rural & tribal students.

These camps organize sessions on yoga, painting, carpentry, music, dance, finance & accounts and art & crafts facilitating the holistic development of students apart from their regular academic curriculum. During the camps, students appearing for 12th Exam this year will be attending classes for Physics, Chemistry, Biology, Math & English and students of 10th class will get the classes for English, Maths & Science.

Mr. S.P. Gaud – Organization Secretary, Vidhya Bhawan Society, Mr. Kamal Mahendru – Sr. Faculty, Vidhya Bhawan Education Resource Centre, Mr. Praseon Kumar – Education Advisor, Vidhya Bhawan Society, HZL CSR representatives and Vidhya Bhawan officials along with around 300 rural & tribal students were present to grace the occasion.



## Mrs. India UK Winner Urvashi Salaria Chawla to represent as Mrs. Eurasia Earth at Mrs. Earth in Vegas!

An Indian beauty entrepreneur based in London was crowned Mrs. India UK at a glitzy event in London last month making her country proud. Urvashi Salaria Chawla from Delhi, India is the winner of “Colors TV UK presents Mrs. India UK 2018” organized by Brand Wok. She also won the sub-titles of “Best Catwalk” & “Brand Ambassador” along with other achievements. Urvashi says after winning the crown, “Though the crown is magnificent, it comes with a lot of responsibilities, and I will wear this crown not just on my head but my soul. I'll fulfill all my responsibilities with perseverance.”

Academically Urvashi is a journalism graduate, worked as an airline professional, a beauty blogger and now a successful entrepreneur in the makeup industry who owns Sakshi & Urvashi Beauty Studio in Delhi, India and is an esteemed Asian Bridal Makeup Artist in London. She is also an environmentalist by nature who believes in spreading awareness about climate change. She has been doing a lot of plantation drives in Delhi and London. She has been closely associated with volunteering in environmental activities like WWF Earth Hour campaign. Urvashi believes in expressing the notion of “beauty with a purpose”. Urvashi will now represent as Mrs. Eurasia Earth and compete for Mrs. Earth 2018 pageant in June this year which will be held in Las Vegas, USA. Urvashi strongly believes in standing against climate change and taking care of our mother earth. She thinks we all should actively plant trees and be more aware of how we can help in taking care of the environment and it all starts from small things like using reusable coffee cups, using eco-friendly products in daily life, recycling and reusing, trashing litter in bins. She has initiated a campaign called #CareForEarth where everyone is supporting her by posting photos on social media doing any activity or a picture of a product that they use in their daily life which is environmental friendly using this hashtag #CareForEarth.

She believes social media plays a significant role in inspiring and encouraging others and she wants to use this platform to work towards a greener planet. She says, “I'm fortunate enough to be a part of such an esteemed platform of Mrs. Earth Pageant where I will meet so many like-minded ladies from around the world where our main motto is working towards a healthier planet. I am extremely thankful to the entire team and the organizers for giving us this opportunity. I am on a mission to fight the environmental problems our planet is facing, and I request everybody to join me in the #CareForEarth campaign as I believe that our little efforts will have a huge impact.”

## Karnataka: Sonia, Rahul will attend HD Kumaraswamy's swearing-in

**New Delhi:** Ahead of his swearing-in as Karnataka's new chief minister, Janata Dal (Secular) leader HD Kumaraswamy on May 21 evening met UPA Chairperson Sonia Gandhi and Congress President Rahul Gandhi in Delhi, to personally invite them for his swearing-in ceremony. The JD(S) (37 MLAs) has been invited to form the government in Karnataka along with the Congress Party (78 MLAs). Together with Bahujan Samaj Party MLA and two independent MLAs, they command a majority of 118 in the hung Karnataka assembly. The BJP emerged as the single largest party with 104 seats, but after the three-day BJP government collapsed last Saturday with BS Yeddyurappa, unable to muster the required number for a majority, Kumaraswamy was invited by Governor Vajubhai Vala to take the reins of power.

