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CORPORATE OFFICE: 7/1, Gandhi Nagar, Dinkri Shaver Marg, off. Dr. B. Moraes Road, Worli, Mumbai - 400 018.

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MINERVA

EMBRACE LIFE

Dear Readers!

Wish a very happy and prosperous New Year!

This is the first edition of India Unbound in the New Year 2013. I am very glad to inform you, that as a part of our new celebrations, we will now publish India Unbound, a 100 page magazine as a gift for our readers. We have compiled some interesting stories, features and interviews of personalities, who will and can change our city, our country for us in this forthcoming year. Last year, ended with very distressing news, of a naive girl gang raped in the capital city followed by her demise. Our deep condolences to her and her family, we also hope that a very stringent punishment be given to such immoral doers. No one who does something as grievous as this should be spared and we all want that this incident turns out to be an eye opener for our judicial system, as well as, we as the citizens of the country! Sigh!

Well, this issue is focused on the political scenario of our country, with Shri Narendra Modi victory in for the third consecutive year. In the story, we delve deep in his background and his future prospects. We even have interviews from the few prominent Mayors of our city, our country. We have added an exclusive tete-a-tete with Industry & Home Development Minister of Maharashtra – Mr. Sachin Ahir. We even have the top 10 Richest People of India, who also happen to be a Mumbaikar. Along with this there are feature stories on Glamorous Celebrity Chefs in the world, Reality Shows on Television, International sitcoms that are popular in India, Travel Destinations, Fashion, Health, Beauty, and a very interesting read of some of the New Career Opportunities that our youth can look at. As the theme of our magazine, we have included some highly accomplished men, who have done some exemplary work for the society and deserve a mention for the same. We have our very intriguing Hindi section along with the daily astro dose. We hope that our team at India Unbound has compiled an issue that is complete and readable to all of you. We thank you for your worthy support in 2012 and hope that it intensifies and extends with each passing year. Hope you enjoy this edition as much as we did, creating it. We all hope you have a very promising & enjoyable year ahead. We pray that Health, Wealth and Peace prevail in our lives.

Good Luck & Cheers from India Unbound!

Respectfully
Editor - In - Chief
 Nityanand Pandey

editor@indiaunboundmag.com

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Our Team & Support

Editor-In-Chief : Nityandam Pandey
Managing Editor : Vinay Singh
Resident Editor : Mohan Abraham
Executive Editor : Rochika Kumar
Senior Editor : Poornam Pandey
Sub Editor : Ajeesh Shaji Hoda
Assistant Editor : Ranvir Bajpai

General Manager (Marketing & Sales):
 Nitin Kumar
 nitin@indiaunboundmag.com

Patron & Advisor:
 Sri Anand Duram
 Dr. Paramanand Pandey, Ph.D.

States Bureau Chief:

Simon William	09886995343	(South India)
Javed Siddique	09769114970	(West India)
Santosh Naik	09522018009	(Maharashtra)
Avinid Krishna	09555371740	(New Delhi)
Jitendra Pal Singh	09837070265	(U. P.)
K.U. Ibrahim	09959807778	(Kerala)
Saijee Mathew	09727300084	(Karnataka)
Shashi Verma	09012280820	(Uttarakhand)
Amerjit Brar	09422395667	(Goa)
Anish Choudhary	09837906566	(Muzaffarnagar)
Yogendra Kumar	09758222777	(Meerut)
Kundan Singh -	07666241567	(Alahabad)

SpI Correspondents:

Mini Mary Seene	00971505813054	(Dubai)
Lakhan Chhadwaj	09619068975	(National/Politics)
Pravin Singh -	09019185400	(Economic)
Suresh Patavkar -	09019056038	(New Mumbai)
P M Prabas	07766097122	(Bangalore)

Website & Online Administrator:

Sanjeev Kumar Sharma - 09888821149

IT Head:

Prashant Mishra 9324399881 (Mumbai)

Creative Photographer:

Aakash in

Soni Singh

Distribution:

Santosh Naik

Editorial & Admin Office:

D-104, Shanti Shopping Center,

Mira Road (E), Dist. Thane-401107, Mah. (India)

Ph. No. 022-28101044, Fax No. 022-28101055

E-mail : info@indiaunboundmag.com

E-mail : info.indiaunbound@gmail.com

Web site : www.indiaunboundmag.com

Delhi Office: India Unbound

B-92, Tyagi Bhawan, 2nd Floor, Gali no-5, East Vinod Nagar

Delhi-110093, Mob-955533740

Punjab Office: India Unbound

508,Kamal Vihar Near Surya Eclave, Jalandhar

(Punjab)-144003, Tel- 98288-21149

Bangalore Office: India Unbound

Prabhas PM, Exodus hygiene care PVT Ltd, 289, 11th main rd,

3rd cross, RTI Layout, Yekamrayanura Bangalore - 560097,

Tel- 080-23641666, Mob-077-60997122

Chennai Office: India Unbound

Bigg No.1, Phase No. 1, Ft. Wood creek, county, GC link Rd,

S. Thomas, Mount Chennai-600016

Tel- 044-2212092/93

UP Office: India Unbound

Surya Education Point, 47, Mahaveer Chowk, Muzaffar Nagar

UP-250001, Mob-9837077026

Owned, Edited, Printed & Published by

Nityandam Shitla Prasad Pandey from Office No.401/402

Bigg No.6, Happy Home Estate-II, Poornam Nagar,

Mira Road (E), Dist.Thane-401107

Printed at Media Creation -04, Shri Durban, Cabin X Road,

Mayapadar (E) Thane - 401105, and Published at

D-104, Shanti Shopping Center, Mira Road-(E), Dist. Thane-

401107

Editor: Nityandam Shitla Prasad Pandey

Visualize & Design: Aditya Pandey - 08879458570

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Secret behind Modi's hat-trick win

Narendra Modi has achieved a resounding victory in the latest Gujarat Assembly Election, 2012. He swore in as Gujarat Chief Minister (CM) for yet another term on December 26 last year. His party, the Bharatiya Janata Party (BJP), has won Gujarat elections for the fifth consecutive time.

Na Ana Iss Desh Meri Lado

The State of World Population Report suggests that In India, Rape is committed every 54 minutes and Molestation every 26 minutes. Shocking? As young as a 6 month old baby girl to an 80 year old woman, all have faced this heinous crime.

Cadets will now join the army officers.

It was proud moment for 615 cadets who passed out from the Indian Military Academy (IMA) in the month of December 2012. This occasion harks lot of importance in the life of the cadets just like the graduation day in the life of a college student.

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The VIPs not safe...!!! say Pawan Hans pilots.

The pilots from Pawan Hans Guild protested on 30th November 2012 for nearly two hours. The reason for their protest was the safety issues and the corrupt administration of the company.

Tete-a-Tete with Mr. Sachin Ahir - People's leader

Affordable Housing is a major issue in a dream city like Mumbai.

Brihanmumbai Municipal Corporation Mayor Sunil Prabhu speaking on Real estate...

Mumbai is the commercial and entertainment capital of India, it is also one of the world's top 10 centers of commerce in terms of global financial flow, generating 5% of India's GDP, and accounting for 25% of industrial output, 70% of maritime trade in India (Mumbai Port Trust & JNPT), and 70% of capital transactions to India's economy

The Top Richie Rich of Mumbai

Mumbai is recognized as the financial capital of India, and people who make this possible, are the dreamers who have achieved Appreciation, Admiration and Wealth. In simple words - Lot of Money! As per the survey by Forbes of Top 50 Richest People in India, there are 20 people who are based out of Mumbai. India Unbound brings to you the Top 20 Richest Men of India who call 'Mumbai' their home.



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India is irresistible and an obvious choice as a travel destination because of its diverse culture, cuisine, religion, language, heritage, lifestyle and mesmerizing scenic beauty. And, any tourist would agree that they would not want any untoward happening to them and ruin their travel experience forever.

LOOK ENCHANTING Do Smokey Sparking Eyes
Well some time a lady required smoky effects on her eye in make-ups, like if she is hoking a night party and wearing dark colors like Hot Red, Black, and Blue then she really need a smoky effect on her eyes... its easy to carry Smoky eyes in Cocktails parties even in these days Some who brides are very found off these maker-ups

Videshi Tadka!
Some of the famous American sitcoms, loved by Indian audience. They are doing so well that their viewership is not less than any hit Hindi daily soaps. Mostly known for their sense of humor, different, modern perspective, along with a dash of glamour and adventure. These sitcoms add to a lot of spice and cut-out the routine stuff from our lives. Catch them for sure on either of these channels - Zee Café or Star World

Baar Baar Dekho... Hazaar Baar Dekho
Some Reality and Nonfiction shows are so much fun and interesting to watch, that we wish they never ever end. These shows are so enthralling that we miss them, when they are over; enjoy them with our entire family and include them at our dinner table conversations. Read what is in them and why we should watch them!

Vidya Balan turned Parineeta

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Looking Back in 2012

Fisherman killing & the diplomatic tussle between India, Italy

On February 19, two Italian marines - Latore Massimiliano and Salvatore Gironne - were arrested from the boat *Enrica Lexie* for killing two fishermen - Jelastine and Ajesh Bini - at sea off Kerala shore. The fishermen had been mistaken for pirates. The arrest led to a huge diplomatic row between India and Italy. The state police immediately ordered a murder enquiry into the issue and the court sent the duo to judicial custody.



Naroda Patiya carnage - The 'black chapter' of Indian Constitution

After years of awaiting justice, families of the victims of Naroda Patiya carnage got some relief when perpetrators of the terrible manslaughter were convicted by the special court. The special court, while passing its verdict, termed the Naroda Patiya carnage as the "black chapter in the history of Indian Constitution". The special court judge dubbed communal riots as "a cancer on constitutional secularism." The 'kingpin' Maya Kodnani and 30 other accused were sentenced to life imprisonment in connection with the infamous Naroda Patiya carnage, which saw brutal massacre of 97 Muslims soon after the 2002 Godhra riots. The verdict came as a setback to the Narendra Modi government in Gujarat since Maya Kodnani was a former minister and a prominent BJP leader in the state.



ISRO scores a perfect 100!

Indian space agency scored a perfect 100 on September 9 with the launch of Polar Satellite Launch Vehicle (PSLV) C-21 from Satish Dhawan Space Centre in Sriharikota, Andhra Pradesh. Calling the 100th indigenous mission by ISRO a spectacular success Prime Minister Manmohan Singh said "It is a milestone in our nation's space capability". The PSLV on its 22nd flight, carried two foreign satellites - French advanced remote sensing satellite 720 kg SPOT-6 and its 15 kg Japanese micro satellite PROTEDES. SPOT-6 is the biggest commercial lift so far since India forayed into the money-spinning commercial satellite launch services after 350kg Agile of Italy was put into orbit in 2007 by PSLV.



Outpour of anger over Delhi gang-rape

At the fog end of the year, the nation was shamed when a gang of six men raped a 23-year-old para-medical student and physically tortured her to the extent that she was left to battle for her life. The incident happened on the night of December 16 when the victim, along with her male friend, boarded a private bus on way to their home from a mall in South Delhi after watching a movie. The six men on the bus not just assaulted the girl but also beat up her male friend and threw both of them on a highway after stripping the duo.



Freedom of Expression under scanner

Democratic India was shocked in November when two girls were arrested in Palghar for a Facebook comment questioning virtual shut down in Mumbai following Shiv Sena chief Bal Thackeray's death. Days later, a 19-year-old boy was questioned by the police in the same town Palghar over an alleged Facebook post against Maharashtra Navnirman Sena chief Raj Thackeray. Cartoonist Assem Trivedi was arrested in September under sedition charges for drawing cartoons insulting Indian emblems, including the Constitution, during Anna Hazare's anti-corruption movement in Mumbai in December 2011. He was later granted bail by Bombay High Court. Also, following uproar in the Parliament, Union Minister Kapil Sibal announced withdrawal of a controversial Ambekar cartoon from NCERT textbooks. With social media growing in importance, the rules that govern the medium came under Supreme Court's scrutiny this year. Hearing a public interest litigation (PIL) seeking to scrap Section 66A of the Information Technology Act, 2000, the SC on November 30 issued notices to the Central government as well as four states, including Maharashtra, West Bengal, Puducherry and Delhi, where similar incidents had happened in the recent past. Later, Information Technology Minister Kapil Sibal said the government is planning to send advisories to state governments to ensure that arrests under the IT Act should not be made without approval from higher authorities.



Anna Hazare-Arvind Kejriwal part ways; AAP launched

While Gandhian Anna Hazare captured the imagination of the nation in 2011 by taking on the government over the Jan Lokpal Bill issue bill, Team Anna hogged the limelight in 2012 due to its breakup. Anna and his key members, Arvind Kejriwal, Kiran Bedi, Prashant Bhushan and others came back one last time in August this year to protest at Jantar Mantar. However, the response both by the general public and the government was tepid. Subsequently, Team Anna promised to provide a 'political alternative' to the nation but soon after this the veteran social activist announced that his team was being disbanded. Whereas Anna was of the opinion that they should remain outside the system to fight the system, ex-IRS officer Kejriwal felt that to change the system one had to embark on the political course. With diametrically opposite views, a split was inevitable. Finally on November 26, Arvind Kejriwal and his team formed the Aam Aadmi Party (AAP) in the presence of thousands of supporters. Kejriwal was appointed the national convener, Pankaj Gupta the national secretary and Krishna Kanth the national treasurer



The Mars mission

The nine month long journey and the dreaded 'Seven minutes of terror' finally ended in jubilation for astronauts and space enthusiasts with NASA's Curiosity rover beaming back images from the Martian surface minutes after making a precision landing into the Gale Crater on August 6, 2012, 0531 GMT (11:01 am IST). Dubbed as the biggest scientific mission of the decade, the car-sized robotic rover is supposed to investigate the Martian climate and geology and assess the presence of the basic ingredients favorable for microbial life. In its five month long stay on the Martian surface, the rover has sent across conclusive evidence that there was flowing water on Mars at some point, found hints of carbon and discovered deposit of gypsum, a type of mineral formed only in the presence of water here on Earth. The mission which was originally planned to last two-years, got an indefinite extension in December.



God found, almost!

On July 05, 2012, two independent teams of scientists announced the discovery of a new subatomic particle that has close resemblance to the elusive Higgs boson or 'God Particle'. Joseph Incandela, spokesperson for CMS, one of the two research teams, said that they have observed a new boson with a mass of 125.3 plus or minus 0.6 GeV at 4.9 sigma standard deviation. Fabiola Gianotti of ATLAS, the other team at the world's biggest atom smasher, announced that they have similar results at around 126 GeV with 5 sigma certainty. Five Sigma is the usual particle physics threshold for discovery; it translates to 99.99997% certainty of discovery of a new particle. According to the theory, Higgs boson was the agent that made the stars, planets - and life - possible by giving mass to most elementary particles, the building blocks of the universe; hence the nickname "God Particle."



Cap on LPG subsidy

With a view to check burgeoning subsidy, the government decided to cap supply of subsidized LPG cylinders to six cylinders per year per household. Any requirement over and above the six subsidised bottles would have to be procured at market price. But after facing flak from the opposition, as well its allies, the government is considering raising the cap on supply of subsidized LPG cylinders. The matter is pending for discussion with the Finance Minister and the Prime Minister.



HIV prevention pill 'Truvada' gets FDA nod

The first-ever daily pill to help prevent HIV infection was approved by US regulators for use by healthy adults who are at risk for getting the virus that causes AIDS. Truvada, made by Gilead Sciences in California, has been on the market since 2004 and was approved by the Food and Drug Administration for a new use as a tool to help ward off HIV, in combination with safe sex and regular testing.



Secret behind Modi's hat-trick win

By Nityanand Pandey

Narendra Modi has achieved a resounding victory in the latest Gujarat Assembly Election, 2012. He swore in as Gujarat Chief Minister (CM) for yet another term on December 26 last year. His party, the Bharatiya Janata Party (BJP), has won Gujarat elections for the fifth consecutive time. Narendra Modi Qualified semi final and ready for final in 2014.



But what is the secret behind Modi's hat-trick win? Is it communal factor or development mantra? This question has shaken entire political party for sure. According to Modi which he expressed in his website, "I have always stated that the Gujarat elections will be remembered as an election that will bring a paradigm shift in electioneering across India. By placing the development agenda above everything and by comprehensively rejecting the partisan agenda of casteism, vote-bank politics as well as divide and rule, the people of Gujarat have created a historic example in the eyes of the entire nation. Today Gujarat stands united with the message that it is politics of development and good governance that triumphs!"

However, Sonia Gandhi gives him a different image while saying him 'Merchant of death'. But the Gujarati voters have chosen him as their leader for yet another five-year term. Overall it is the fourth time that Narendra Modi will be the CM (2001, 2002, 2007, 2012), but in terms of the electoral wins it is his hat-trick. Modi is now eyeing a bigger role at the federal level. Some of his like-minded hardliners such as the Shiv Sena's executive president, Uddhav Thackeray from Mumbai, Maharashtra are already making claims that Modi is "knocking on the doors of Delhi". In an editorial in the party mouthpiece 'Saamna', U Thackeray wrote: "Congress chief Sonia Gandhi, Prime Minister Manmohan Singh, Rahul Gandhi and other top Congress leaders called Modi all kinds of names. Even the CBI (Central Bureau of Investigation, India's premier intelligence agency) was used to contain Modi. All NGOs painted Modi as a villain at the international level, but it was all in vain."

But is Modi really a Prime Minister material?

Achyut Yagnik — a leading sociologist based in Ahmedabad— doesn't think so. "Modi is not a statesman. He is an autocrat. And in a country like India divisive politics can't work beyond a point," Mr. Yagnik told.

The Hindu nationalist BJP is finding itself at the crossroads. Despite Modi's immense popularity in Gujarat, the BJP is sounding cautious at this point in time to make a call on the party's prime ministerial candidate for 2014 Lok Sabha (lower house of the Indian Parliament) elections. Senior BJP leader and eminent lawyer, Arun Jaitley told a private Indian news channel Times Now that his party will decide about the prime ministerial candidate at an appropriate time.

The idea of promoting Modi — widely alleged to be the main architect behind the infamous anti-Muslim riots in 2002 — as the BJP's prime ministerial candidate is fraught with many dangers. Some political pundits believe this idea is a "recipe for disaster", because the Congress could then easily launch a scathing attack on the "secular claims" of the right wing BJP.

Not that the Congress has an impressive record in preventing riots. The 1984 Sikh Genocide was a pogrom directed against the minority Sikh community as a well-orchestrated criminal response to the assassination of Indra Gandhi, the then Prime Minister of India. She was killed by her Sikh body guards. Moderate estimates put the figure of those killed (All Sikhs) in sponsored violence with clear support from the police and authorities, as established by the opinion expressed by India's leading intelligence agency CBI, to at least 3,000. After Indra's killing, her son Rajiv Gandhi took over as India's Prime Minister. When asked about the anti-Sikh riots in reaction to his mother's death, Rajiv said on record: "When a big tree falls, the earth shakes." The pogrom is also remembered as Operation Blue Star.

There are three hurdles, according to Yagnik, which Modi has to cross. "Senior leaders like Sushma Swaraj and others in the BJP pose serious challenge to Modi's elevation at the federal level, the hardline Rashtriya Swyam Sevak Sangh (RSS) is not pleased with him, and many leaders in the BJP-led National Democratic Alliance (NDA) will not like to see Modi as their prime ministerial candidate," Yagnik argues.

The fact remains that Modi's brand of politics has worked wonders in the Hindu majority state of Gujarat. "We are marching ahead with the mantra of "Vikas, Vishvas and Vijay (Development, Trust and Triumph)". Our vision has been, and will remain all-round growth to create a Bhavya and Divya Gujarat," claims the maverick politician on his website.

Asaduddin Owaisi— 43-year old Muslim parliamentarian from South Indian city of Hyderabad Andhra Pradesh — doesn't concur with the view of Modi being credited with the soaring economic growth in Gujarat. "What development are we talking about? Malnutrition of children? Economic and social backwardness of the Muslims? Have the perpetrators of anti-Muslim riots been punished? Has the justice been delivered to the victims? Justice is the real development," the Muslim politician told Dawn.com over the phone.

Then what makes Modi so successful, I asked Owaisi? "Well, Adolf Hitler too achieved success in Germany; the world witnessed what the man did in the end. In a democratic set-up people have the right to choose," he argues.

Has Modi put the riots behind him? Have the voters forgotten 2002? Or, the wounds of the past have healed with time, and by the economic prosperity and developmental work which Modi claims credit for?

"The kind of development that Modi is projecting coincides with the aspiration of Gujarat youth for their future. About 60 per cent Gujaratis are below 40 years. Also, the influential urban middle-class is in favour of Modi. The national average of urban middle-class is only 32 per cent but in Gujarat it is 43 per cent, which means advantage Modi. There is a town after every 25 kms in Gujarat, which means less urban-rural divide. Above all, the Muslim communities like Bohras and Memons openly extend their support to Modi," says Yagnik.



Na Aana Iss Desh Meri Lado



The State of World Population Report suggests that In India, Rape is committed every 54 minutes and Molestation every 26 minutes. Shocking? As young as a 6 month old baby girl to an 80 year old woman, all have faced this heinous crime.

By IU Correspondent

Rape is a crime not only against the body of an individual but also against one's brain, psyche and character. It is a brutal attack and is not less than a murder. Murder of someone's self esteem forever. It is a power play, where a man wants to prove he is without doubt superior. It is unlikely, that the act per se, would be a pleasurable experience, but, just a meager point that the rapist wants to prove at that time. And, if this kind of sickness exists, then it needs to be cured, curbed and brought to some conclusion. If a dog bays its mind, people instantly kill him mercilessly. It's because he is danger to the society and sooner or later harm someone or the other. If a mute animal cannot be spared even the slightest chances of harming someone, detecting such sick monsters should be a priority of any nation. The rapist can be questioned only if he is caught but the raped victim is questioned at every stage by every strata of the society. Once the case is registered, the humiliation gets further elevated. The process never lets the girl get over the fact, that she has been raped. And, no it is not very swift. There is a detailed medical examination to confirm medically if the girl is actually raped, usually by a male doctor who conducts it and worse still, is the terrible living condition in the government hospital with continuous glances of shame and pity from people around. Then the humongous task of fight for justice, where the lawyer himself suggests that the girl settles the matter out of court, as this would probably take a decade for her to get any justice whatsoever and she will only waste her time and bring more disgrace to her family. Justice is far from being delivered. In courts circumstantial evidence is highly relied upon. The defense always supports the theory that the intercourse was with mutual consent. The girl's character is always looked suspiciously and she is made to feel guilty at every single step of the law procedure. In various cases the absence of injury has been considered as a proof of consent by the courts. Victims are forced to lay every slight detail of the incident which may not be possible. So, the agony for the girl is that re-lives the nightmare, for those many

years of court trial. Mostly the facts are presented by the rapist's lawyer in an inappropriate manner which often leads to the acquittal of the accused. Until then, the rapist applies for bail and lives life normally, gets married, has children and nothing stops him. But the victim practically lives in hell from the time she has been through this. Her relatives, neighbors suggest that she should forget and move on. The offense of rape declares a punishment not less than 7 years which may extend up to life imprisonment too. But a husband who rapes his wife who is below 12 years of age is only liable for an imprisonment which may extend up to 2 years or fine or both. The Indian law doesn't recognize the crime of marital rape yet. Also there is no section in IPC which punishes boys less than 16 years of age for committing rape. They can be prosecuted only under Section 377 (Unnatural Offences) of IPC. There is an urgent need of speedy trial for such cases. Lok Satta Party national President Dr. Jayaprakash Narayan suggested that India emulate Singapore's system of summary trial of persons guilty of misbehavior towards women and award of caning as a punishment. Such certain and swift punishment will ward off bigger crimes like rape, Dr. JP told a media conference. Dr. JP said adoption of stringent laws is necessary but not enough. As of today, there is a huge shortage of judges all over the country. India has only one judge for every lakhs of population. The global norm is five judges per one lakhs, and many developed countries have over ten judges for one lakh people. If such courts are enabled to punish the guilty in cases of misbehavior towards women within a week, bigger crimes like rape and murder can be prevented. This is certain that we need to do to atleast something to deal with this issue. First and foremost, girls as well as boys should be taught about these laws, measures, rights and duties at school itself. If this disease is creeping in our country, then it's time we take it up from the core.

A good medical help must be provided to the victim which should include counseling until the court judgment and even later, to keep her morale high. The same can be provided by state fund. The fine for such offenses must not be kept nominal. It should be dreadfully high. If the medical examination is not conducted within 48 hours of rape the offense is very difficult to prove. Most of the females are unaware of this and in order to get rid of the physiological scars they take bath before medical surveillance. Awareness programs must be conducted to demonstrate what a victim must do in case of rape. Moreover keeping in mind the mental state of the victim, a female doctor must be appointed for the examination. Comfort and convenience of the rape victim should be utmost priority. It is slight relief to know that the recent amendment in Criminal Procedure Code (Cr.p.c) is a very optimistic step. Now such cases have to be presented before a female judge. A more effective witness protection scheme is also being guaranteed. The statements of the victim would be recorded at their house or some other safe place preferentially in presence of a female officer. A female may engage a lawyer to help the prosecution with prior permission of the court. The investigation has to be completed within three months from the date when information was recorded by the officer in charge of the police station. Protection of the victim's identity, maintaining the confidentiality of the name and address of the parties, camera trials and conduct of trials by a woman magistrate are also provided in the amendment. But, better still, instead of worshipping woman idol in temples, do it live, everyday of your life.



Cadets will now join the army as officers.



By Glenes Bothelo

It was proud moment for 615 cadets who passed out from the Indian Military Academy (IMA) in the month of December 2012. This occasion holds lot of importance in the life of the cadets just like the graduation day in the life of a college student. The 615 cadets felt overwhelmed when flower petals were showered on them at the Chetwode building at the Indian Military Academy after they successfully completed a rigorous training course to join the Indian Army as officers. Apart from these cadets, 71 foreign cadets who also passed out from this prestigious institution to join the armies of their respective countries. Before they could be commissioned into the Army, the cadets gave out a Passing out Parade (POP) with great enthusiasm. Army Chief General Birkam Singh addressed the cadets said that he felt privileged to be a part of this occasion which refreshed some nostalgic memories. He told them to always remember that they were the protectors of this country & it's on them how to keep this nation secure from the evil threats & dangers. And that these cadets should never let the country down. Gen Singh also felicitated the other cadets from other countries like Bhutan, Mauritius and Maldives and hoped that they will put to use whatever they learnt at IMA & serve their country well. It's really good news that every year many youth are joining the army so that they can serve the nation. The parents of these cadets had come to witness this ceremony. These young adults coming from different places & communities come to IMA only for the sole purpose that is to be trained & later provide valuable service to the country. The duration of the training period is 1 year. Those candidates who are from non-military background have a training period of one and half year. With the main objective in mind that these cadets are going to be the future officers & leaders in the Indian Army, they prepare a very tough & rigorous training course for them. Mock drills, weapons & physical training, leadership skills form the focus of their training. Each and every cadet has different physical & mental attributes which they need to match up to the levels expected by the faculty at the institute. Now these cadets full of enthusiasm and strong zeal to perform, and protect the country. During this ceremony, the cadets are given certificate of merit & medals. Mr. Sudeep Kumar received the Sword of Honour for the best all-rounder in the batch, whereas Mr. Vikram stood first in the order of merit and was given a gold medal. After receiving their certificates, the cadets tossed their caps in the air in the customary style as a sign of happiness for their achievement. In any profession, you have to follow certain ethics & principles. An individual should have the qualities of a true professional, they are positive attitude, hard-working, knowledgeable, responsible, to take negative feedback in their stride, avoid procrastination. The most important element which an Army officer should have is discipline & bravery. Along with these, he should also possess the qualities of honesty & modesty. The cadet has to be strong enough to face any enemy be it, big or small. If he is afraid, then there's no place for him in the Army. The officer has to be intelligent so that he knows when & how to execute the plan. These young cadets should keep aside all their personal problems & focus on the tough road ahead since the battle won't be easy. Strong willpower & determination is required to face all challenges, only then can a person taste success. Heartiest congratulations and good luck wishes to those 615 cadets.

The VIP's not safe...!!! says Pawan Hans pilots.



By Ashish Mishra

The pilots from Pawan Hans Guild protested on 30th November 2012 for nearly two hours. The reason for their protest was the safety issues and the corrupt administration of the company. The protesting pilots had banners in hand which displayed, 'Pilots Union- Zindabad, Pilots Safety- First', 'Pawan Hans bachao- CP Singh wapas jao', 'Pawan Hans Helicopter Ltd. The national helicopter company of India was incorporated in the year 1985. Currently the Government of India is the 51% shareholders whereas Oil and Natural Gas Corporation has the remaining 49% shares of this company. The primary objective of Pawan Hans is to provide helicopter services to the oil sector for their off-shore operations, charter services, WVIP's transportation and tourism. Pawan Hans Pilot Guild (PHPG) was established in 1987. PHPG is a government body headed by the Directorate General of Civil Aviation (DGCA) for helicopter services in India. In total there are 143 pilots, out of which 67 are allotted for Mumbai region. CP Singh who was an I.T Manager for ONGC is been transferred to Pawan Hans as General Manager (Human Resource Department). "Without having any basic qualification & resource in H.R field, how an individual can be designated such senior post" says one of the senior pilot. For the record, 40 deaths have occurred due to the helicopter crash. Last year an unfortunate accident happened when the chief minister of Arunachal Pradesh, Dorjee Khandu died in the helicopter crash. Also in the same year (2011) in two separate crashes one in May and October, 7 staff members of Border Security Force (BSF) died. These families lost their loved ones & earning members. With a mere compensation these families won't get back their members who lost their lives during the line of duty. The PHPG completed 25 years of its formation but to go by statistics of accidental crash it is the worst year in the history of PHPG. For them right now their major cause of concern is the security & safety of its clients. The pilots from Pawan Hans are hard-working and dedicated to their work since they give in 10-12 hours of service including 5-7 hours of flying. But it's surprising to know that the administration functions only for 5 days & their working hours is 8 hours. But it's unfair on part of the management to make them work endlessly without any break/rest. At the end of the day the pilots are left stressed out and totally exhausted. This fatigue which the pilots experience at the time of flying puts the lives of its passengers at risk. The company's main focus should be to fill in the loopholes of the system and keep up the company's name in good books of the society. Corruption is so rampant in India that it has even entered the root system of Pawan Hans. Some officials in the administration & management department are so greedy for more money that they are going against the company's policies & principles. So easily they compromise with the safety of their staff/colleagues and passengers (these include mostly WVIP's). There is corruption involved related to the purchase of radio altimeters. Radio altimeter is an instrument used for determining elevation, used in the aircraft that senses the pressure changes along with the changes in the altitude. 8 altimeters were converted to feet at a cost of Rs 2 Crore and four were already installed in helicopters after conversion, thus compromising the safety of the passengers and crew. Mumbai Mirror a daily newspaper had highlighted this issue and brought it to the notice of the public. An individual will always ensure his security first and then later thinks about the monetary matter. Pawan Hans has to work out solutions for the current situation before it's too late.

Tete-a-Tete with Mr. Sachin Ahir - People's leader

Affordable Housing is a major issue in a dream city like Mumbai. Whereas buying a house is the top most priority of any Mumbaikar. Mumbai is also an exemplary case study for other rowing cities, especially as an issue of housing plan. Understanding such crucial prerequisite of accommodation for people and getting to know the state government's plan of action to tackle this issue, India Unbound journalists **Nityanand Pandey** approached the Maharashtra Minister of State of Housing, Mr. Sachin Ahir. During a concise interaction at his residence we realised about the housing development plans of Maharashtra, especially Mumbai city. India Unbound brings the main excerpts from the interaction.

Earlier buying property in Greater Mumbai was a dream for a middle class man but now buying property even in the suburban region of Mumbai is not affordable?

Mr. Sachin Ahir - Housing affordability has become a global phenomenon. To neutralize the price hike, the most important thing we require is to balance the demand and supply. So the question left with us is how to increase the supply. To develop housing infrastructure government do not have enough land in their captivity. Some of the lands are in the hands of private players and mostly comes under encroachment (62% of entire land). The government has authorized these people, who have been living in Mumbai since 1995. So they can't be removed from the city. Now we are checking the cluster development. We have also increased the FSI from 2.5 to 4 for any scheme which is of more than 4000 square meter. We have 65 Maharashtra Housing and Area Development Authority (Mhada) colonies. Now we have stopped taking money from the developers. We have already passed 10 such projects. Instead for charging them for the project, the govt. has started taking shares from developers' part. Now MHADA doesn't have enough land to develop.

What are the future plans on the matter of housing issue of Maharashtra?

Mr. Sachin Ahir - In the coming 4-5 years, we can generate 40,000 houses through Mhada in urban cities. In rural areas we develop under JHDP scheme. 30-40% land of Maharashtra has become a slum free region. Through BSUP we have made 5000 houses in Kalyan-Dombivali, 2000 in Nanded & Pune-Pimpri-Chinchwad. 5000 houses are ready but due to some obligations from the defense, we have not yet sold those flats. We need more townships in coming time. Navi-Mumbai, Thane, Mira Bhyandar are developed by the private builders which is commendable. Undoubtedly CIDCO work was marvelous in Navi Mumbai, but I feel we failed to do that in other cities. Now lands are not available in Mumbai. If we try to purchase it from the landowners, no one is ready to sell. So for this we are approaching land owners with joint ventures. If the owner sells the land to us, then we will give them 2.5 FSI in M.M.R region, where it is 1.5, so if he develops that area then half of the output would be shared by both parties. And government would be interested in developing more shelters instead of generating any revenue out of this deal. We are targeting to develop more housing stock.

What do you think, about the reasons behind the Builder recklessly cheating on people?

Mr. Sachin Ahir - We have very old laws in our constitution. In 1963, Minister Sir Homi Mody brought the act for developers & it took several years to bring the amendments in the act. We are still bringing modifications keeping that in mind that it will safeguard both the parties from any cheating and fraud. We are not against any builders/developers. Developers have played an important role in development of real estate & infrastructure of the city. Having said that, I totally agree that there are many developers who try to cheat consumers and benefit from their lack of awareness. Earlier we were having MUIFA act. It was a good & workable. But how and who is going to implicate the act was a big question. There was a lot of running for the consumer from one court to the other; Consumer court to civil court, Civil to high court. It used to take years to get justice for the consumer. General public feedback was that the "act is good but it took seven to ten years for them to get justice". So, this was one of the major reasons that builders got an upper hand though there was





a law, to curb them. The builders attitude was "do whatever you want to do (Jo karna hai kar k)". Builders just spend ten-fifteen thousand rupees on a lawyer to attend one case. Ultimately the consumer has to sit for a negotiation outside the court, which ends up, in favor of the builder. And, the government is all aware of these happenings. Even if the builder loses the case they had to return the property or the money on the price money paid at the time of agreement which is mostly quite nominal for the builders in comparison of the gap of 8 to 12 crores. So, we know that such things happen and builders do cheat on people.

What steps have you taken to safeguard the interest of investors/property buyers as there are increasing number of fraud by the builders?

Mr. Sachin Ahir - We brought two major amendments; one is to appoint retired judge to handle cases. Their job will be to make sure that every plot which is more than 4000 sq.mtr should be registered before development. So, there would be transparency. This will be registered via Internet and they will get code online. It is under one condition that till the time he doesn't receive the code he is under bondage that he can't even advertise any of his projects. Usually it happens that builders advertise their grand projects, collect cash from the customers & then flee over. To restrain this operation now onwards, if a builder starts advertising without registration then it would be treated as an offence & case would be registered against him. A stern action would be taken against him immediately. It starts from a fine of one Crore to arrest for three years. The other important feature is till the time Occupation Certificate (O.C) is not handed over to the builder, he has to retain 10 percent of his saleable area. He has to demark this 10 %; has to give an undertaking of demarking. So, if in case the developer runs away or dies or gets bankrupt than this 10% will be taken over by government & the remaining 60% of the purchasers who have purchased property in that project come forward, we will make them ESCRO agents & hand over this 10%. This 10% portion would be sold & the money recovered would be used for the completion of the project. So, now builders can't get away after deceiving. If someone wants to appeal on this then the current high court judge will look into the matter. Also, if any corporation or State official have stopped any project then he can be called in front of honorable judge to brief up the matter. Hence Maharashtra Housing Act is 100% beneficiary for the development of Maharashtra. This act is already passed after having a joint committee which also includes leaders from the opposition party. As there is lack of awareness, of such Laws, it puts the common man, in a dilemma.

Co-Op-Societies are facing problem on Deemed Conveyance. What is the government take on such issue?

Mr. Sachin Ahir - People face problems as builders do not do Deemed Conveyance before handing it over to society. So, now onwards Deemed Conveyance is also the responsibility of the builders. Any Builder has to register the society before handing over the society. This proposal has been approved in the Vidhan Sabha and it has also been put forward to our Honorable President Pranab Mukherjee.



"Accepting challenging circumstances in Life, took me from an ordinary man to a leader"

By Nityanand Pandey

Sachin Mohan Ahir is not just a politician, but he is an admirable family man. "He does bear a big responsibility as a state Housing and Industry minister of Maharashtra but he has never ignored his family. Whenever he gets time from his official work he comes home and spends quality time with us," says his better half Sangeeta Ahir, who confirms that he is completely a family man. He is also a reserved person as he doesn't talk much with everyone. He takes time in understanding and being friendly with anybody. But when he is with Sangeeta, he is a different person altogether and turns funny, talkative and even a prankster. Today, he is fairly successful in his political career and lives a content personal life. Sangeeta is his first love and also his life partner. They know each other since they were in primary school and studied in the same class. "Sachin was not a very popular student in the school. He was an average shy student and had few friends, who he continues to be in touch till today. During his college times he didn't make any friends, and so much so that no one was even aware that he was a student of that college," laughs Sangeeta.



"I come from a humble lower middle class background where

a luxury budget was not an option. This financial crunch was more visible when my father got retired from his job in the aviation industry. I was desperately in search of just any sort of job to sustain my family. One day, my father's close friend discussed a career opportunity in Amsterdam. When I reached there, I had to work in Tourism Company who provided camel Safari to the tourists. I had to spend whole day in desert which was the toughest period of my life. I was so unhappy and alone there that I used to cry most of the times and scream in despair. I couldn't stay there for more than a year. It was too much to handle and finally to my respite, I was back to Mumbai," said Sachin.

After coming back I wanted to start work as soon as possible. A family friend asked me to join the nearest mill and told me he had someone who can assist me to join 'Khatu mill'. He told me you will get a post in the Engineering Department. I met the officers and they said "we got the call from union office, and you can start working from tomorrow. I thought I was so fortunate to get this work. Next day I got ready with a formal dress complete with a nice Shirt- Pant & even a neck-tie. When I reached office, a senior asked another person to guide



me to the engineering department. That person took me to the engineering section of Khatu mill. They asked me to remove my tie & asked me to change into a laborer uniform. I asked them but "where is my office"? They told me to change into the uniform first then they will guide me to the working area. I wore a blue colored garb. The co-worker then directed me to the wecker who was doing some wekking work. He asked me to help that wecker. He informed me that you are being appointed as a helper to that wecker. I was stunned to the core! Then, composing my calm, I thought maybe this is my destiny and I will not run away from this. Four to Five months passed by and I continued working as a helper in Khatu mill. Then stories of some rivalry between the recognized Union and the Local Union started to spring. The Local Union wanted to run the mill. But, the recognized union was planning to shut down the mill under the name of policy- making. The Local Union was getting indirect support from the management of the Khatu mill. Even the management wanted to run the mill. The local union workers claimed that, "If we are happy with our salary then why the recognized union is asking to shut down the mill by raising our salary issue".

Let me tell you that in Board of Industrial Financial Reconstruction (BIFR), they don't grant a lawyer, if you have to fight, you do it on your own. Now the point of discussion was as a representative of our local union, who will go to Delhi and speak on our behalf? We have to speak in English at BIFR. Someone from the local Union mentioned that there is a boy named Sachin. He speaks 'fafafa' English; I have seen him in canteen, talking over the phone. They enquired about me and decided to meet me. They told me that you are going to Delhi as our spokesperson for so and so work. To this I informed them, "Otherwise I can speak English but I don't know what to talk over there. I don't even know this mill properly. So how can I say anything? I am literally a new employee here".

To this they replied, that they will educate me about everything. I agreed to this. And, started sitting regularly for briefing. For a whole one month, I was just giving my attendance, but my actual task was to prepare myself for this case. All the mill workers got together and contributed funds for my flight tickets, there I left for Delhi on behalf of the local union. I stood strongly on my grounds until that time, as it was only a two way case, between the government & a recognized body. After we took the stance, we become the third party, who was putting forward a new viewpoint. My rebuttals were strong and I believed in every point that I raised, as it had the emotions of 6500 mill workers family. During the tenure of this case my communication with the mill workers was getting more and more serious and also proved productive for them. I was getting closer to them. After 2-3 months, since the filing of this case, the outcome was in our favor. I still remember when I landed in Mumbai from the Indian Airlines flight, 3500 mill workers came to welcome me. And, when I saw the massive crowd, I could notice that they looked at me with great expectations and hope. That day I realized that these people need me. They helped me to rise as a leader and to date they are supporting me. After this, it was people of the Worli constituency who asked me join politics. Now I have won two times from the Worli constituency and all because of these people.

Brihanmumbai Municipal Corporation

Mayor Sunil Prabhu speaking on Real estate...

By Ranvir Bajpai

Mumbai is the commercial and entertainment capital of India, it is also one of the world's top 10 centers of commerce in terms of global financial flow, generating 5% of India's GDP, and accounting for 25% of industrial output, 70% of maritime trade in India (Mumbai Port Trust & NPFT), and 70% of capital transactions to India's economy. The city houses important financial institutions such as the Reserve Bank of India, the Bombay Stock Exchange, the National Stock Exchange of India, the SEBI and the corporate headquarters of numerous Indian companies and multinational corporations. It is also home to some of India's premier scientific and nuclear institutes like BARC, NPCL, IREL, TIFR, AERB, AECI, and the Department of Atomic Energy. The city also houses India's Hindi (Bollywood) and Marathi film and television industry. Mumbai's business opportunities, as well as its potential to offer a higher standard of living, attract migrants from all over India and, in turn, make the city a melting pot of many communities and cultures. Amithabh Bacchan, Aamir Khan, 'Tata's, Ambani's is few of them who stay in this city. People here are lucky ones to drive on Bandra-Worli, sea link and walk through queen's necklace.

What actions are been taken to support lower class group to get there basic necessity 'Shelter'?

"There are many migrants who comes daily to earn their bread & butter. This city is an economical hub. Property rates of South Mumbai have increased rapidly since it is the heart of the city. There are many such places where the rates are purposely increased by the developers. I and the party members have always stood against it and we are working towards making low-cost housing societies."

"Shiv Sena Supremo 'Balasaheb Thackeray' had promised to make 40 lakhs low-cost houses for the citizens of this city, which was sanctioned under then the Chief Minister Shri Manohar Joshi, but unfortunately as soon as we were out of "Satta", everything stopped."

"Also we don't want any buyer to be cheated. Buyers should go as per checklist provided by the government and will request the developers to do clean business."

Mumbai city is most polluted city, also traffic congestion is high. Comment.

"Mumbai is expanding, or say developing rapidly". "In order to reduce traffic congestion & deaths in local trains due to over-crowding, we have sent a proposal to the state and central government to connect Link and SV Road to Vasai-Virar. We are eagerly waiting for their approval so that work on it can be started as soon as possible." "This will help to divert the traffic to other section of the city. Also property rate would be stable." "In order to be with the pace of development, major projects are under completion. We got 16 tunnels under construction to supply water to our city. We got projects worth 1450 Crore for over bridges all across the city." "You are living in a developing city like Mumbai where in you earn good money, so then how can you expect real estate to give cheap houses? Ask Mayor Sunil Prabhu



Mayor
Sunil Prabhu



“Kumbh Mela’s success is my priority”

By Ranvir Bajpai

Nashik well known for many pilgrimage centres, Nashik is one of the spiritual cities to host Kumbh Mela. As we are speaking to the Mayor of the city Advocate Yatin Wagh we got to know some facts which will certainly help the citizen at large.

Is your city prepared to tackle the phase of rapid growth & development?

In terms of infrastructure, electricity supply, water supply etc. We are much prepared. Water in this city comes from Gangapur reservoir; People get enough water for drinking & daily use. Population of the city is increasing day by day. In last census of 2011, population was recorded more than 16 lakh. Now we are targeting to increase the water supply to our city as resources are narrowing day by day. Only 86% of the reservoir was filled in last rainfall. The city also has few M.L.D.C zone. Satpur & Ambed are the biggest one. It is one of the 26 fastest growing city of the country. Property rates are very affordable for the citizen of this region. For a medium & lower class group an average size flat is available at 3000-8000 per sqft. Whereas there are also lavish apartments, pent houses & bungalows for the higher class group. Next Kumbh mela is hosted in Nashik in 2014. So, preparation is in rapid speed. City has budget of 3500 crore for organising this mela. Many over bridges are been constructed, many roads are under construction, foot path are getting renewed, Garbage and sanitation projects are in pipeline.

Hosting Kumbh Mela would not be a small job.

We are expecting around 1.5 to 2 crore people visiting Nashik kumbh mela next year. Only problem we need to tackle during this period is to handle traffic & avail parking to all the devotees. We are working as a team. We have started the preparation six months back.

What is the education standard, also availability of hospitals for various diseases?

We got many schools all across the city to educate the students, all kind of hospitals are available in this city may it be a heart disease or major diseases like cancer. We have healthy environment. It's an air pollution free city. Atmosphere, environment & its pilgrimage centre attracts the tourist to this city. There are many migrants who visit here as a tourist but they get settle here because of the beautiful climate of the city. Most important thing which Honourable Mayor stated us is for beautification of river Godavari. "Condition of the Godavari River is not so good. We want to control water pollution but we are helpless without the support of the people. We can't educate everyone personally. We did many projects to guide and educate people by conducting many campaigns around the city. But it is not enough, because the people who actually pollute the city come from different part of the world"

Any Message you would like to convey to our readers?

I will like to convey my message through India Unbound Magazine that "It has been said that third world war would be fought for Water. Water is the basic need of our life; no one can survive without water. Not even animals & birds. We should use water carefully & stop wastage of water. River Godavari has its own spiritual importance. Throwing waste & polluting the river should not be done. Under the guidance of our leader Raj Thackeray we have taken pledge to make Godavari River pollution free.



Mayor
Advocate Yatin Wagh

“We are making Panaji Clean, green, safe and plastic free model capital city”

Dear India Unbound Readers

I am very happy to address you about our Goa. Goa is a tiny state but shining star on the world map and I am proud Mayor of Corporation of the city of Panaji, the only corporation of the State of Goa. Under able leadership of honourable Chief Minister and M.L.A of Panaji Shri Manohar Parrikar, and with the support from people of Panaji we are having vision of making Panaji Clean, green, safe and plastic free model capital city. The Corporation is in the process of developing a comprehensive master plan for the development of the city.

The process of engaging the service of the professional consultant is under way.

Being a heavily touristic city we are being in a lot of stress for solid waste management. We have achieved a total door to door collection and segregation of waste. The Corporation is in the process of setting a state of the art, recycling and disposal of waste for the short listing of respective bidders for the project has also commenced.

Being a new formed corporation we are in the process of formulating effective bye-laws by which we would hand able to make administration more citizens friendly. We have also more project to complete state of the art Municipal market project, the design of which have been drawing up. The city has also formulated the plans for the bus rapid system for the city. The initial work for this project has been completed. It is proposed to submit the project for JNNURM filling this move will help in alleviating in the market problem as well as pedestrian and ease conjunction in the city.



Mayor
Vaidehi Naik



Vasai-Virar

Municipal Corporation

Mayor

Very soon the rates between the north & south Mumbai will be neutralise...Mayor Raju Patil, Vasai -Virar Municipal Corporation while speaking on development & real estate .

By Ranvir Bajpai



Mayor
Rajiv Patil

Not many people is aware about the inclusive growth & development of Vasai Virar, kindly inform our readers about your city. This city is centrally located, within hour you can reach to Mumbai, Thane, Dombivli, Kalyan, and Tarapore. State's largest M.I.D.C Sector is located in this region, having more than 2,000 Factories. The city has enough Space to become 2nd Mumbai. Mumbai has land area of 410 km. & VVM.C is around 380 km. So, there is a large scope of development. Our city is already known as 3rd Mumbai. Population of our city is also increasing year by year. As per census, in 1981 it was 2 lakh, in 1991 it was 4 lakh, in 2001 it was 8 lakh, & in last census it was increased to 16 lakh. As been nearest City to Mumbai there are many migrants from Mumbai. Comparing to the property rates most of the Mumbharkars are shifting to Vasai Virar. We have Green belt in many portion of the city to balance the environment with the rapid development. Vasal fort is one of the famous tourist spot.

Tell us about education standard & major projects for water & electricity?

As far as education standard is concerned we got branches of all major schools which are located in Mumbai, Delhi or any other developed city. Till date completion of Surya Scheme Phase 1 was the major achievement by us, which supplies 130

MLD water to Vasai-Virar. Same way, Surya Scheme Phase 2 & Surya Scheme Phase 3 will be also completed in next 3 & 7 years respectively. Where phase 2 will supply 100 MLD water & phase 3 will supply 200 MLD water to our city. We have increased the numbers of fire brigades station in our city, now we got four fire brigades stations & one centraliser. M.S.E.D is a direct electricity supplier for our city. We are deficit in supply of electricity. Sometimes there is load shading in our city, i.e.: Once in every two weeks for two hours for two hours. We are availing more electricity for the citizens of VVM.C. We have provided land to build 400 KVA & two 220 KVA Power Plant in our city. Along with this we are also coming with 12 switching stations. This will generate ample electricity to fulfil the requirement for our city for a decade.

What are the steps taken by your corporation to develop the city and make it a competitor for Mumbai?
To promote the city's infrastructure & real estate, we have proposed M.M.R.D.A to construct second Bandra Kuria Complex (B.K.C) in 1500 acres of salt pan. If this step will be successful then people of my city will be benefited at large. We expect S.V.Road & link road to be connected to Vasai-Virar in next 5-7 years. If everything goes with the plan than very soon the rates between the north & south Mumbai will be neutralise. Our city is one of the satellite town ship in India & only one from Maharashtra. 15,500 crore is being sanctioned for the development for this city. Coming to the topic of infrastructure & real estate, our city is ready to welcome new developers, new investors, and new citizens in terms of every manner. We provide best facilities to the citizen, investors never feel cheated here & developers get certificates & clearance in quickest time (if genuine).

Property rates are increasing, how lower class group will buy property in this scenario?

On increasing property rates, I will say that government have formed & supported MHADA schemes for the upliftment of the poor & lower middle class group. Motive was to make affordable houses. Government, even have provided free lands to MHADA. Now, it is comes under duty of MHADA to construct & provide 200 to 300 sqft of flats to the middle class group & lower class group. But now, MHADA is constructing 2/3 B.H.K luxury apartments. So, isn't MHADA going on a wrong track? Because of this, poor people are buying illegal houses in slums & chawls. This has become a massive headache for the corporation & state both.

Any new concept to attract new buyers & business houses?

We are giving FSI-2 to IT sector and also planning to arrange one window clearance facility for developers in VVM.C. We are also coming with an exhibition centre like Pragati Market in Delhi. Our city is carrying one of the best projects by abolishing more than 90% of cities garbage. We have pledge to plant 3 lakh trees every year till next 7 years with the co-operation of the citizen of our city.

In short, we understand the phase of rapid growth & development. We know how to handle the pressure. We assure win-win situation to the developers & to the citizens as well.

Pune's citizen should support inclusive policies of P.M.C

By Ranvir Bajpai

Pune is one of the most rapidly growing cities of the country. It is one of the top ten largest metropolises of the country & second in Maharashtra after Mumbai. The city is known for cultural activities like classical music, spirituality, theatre, sports & literature. These activities and job opportunities attract migrants and students from all over India & abroad. This makes Pune the city of many communities and cultures. Discussing on development like electricity, water, bridges etc Mayor Mrs. Vaishali Sunil Bankar says "Water is supplied from Khadakvasda dam. Our city is gifted with ample supply of water. Water is never going to be a point of concern for the city of Pune in coming years.

What are the major developments in your city and what major projects are in hand?
We have improved public services. Our target is to improve roads, bridges & to develop more gardens around the city. P.M.T is the only bus service running in Pune city. On experimental basis we have organized one day bus service to the citizen of Pune. We arranged 800 buses all across the city. This experiment was successful as people have gone for public transport instead of taking out the private vehicles. There was a drastic fall in traffic graph. So, based on this we are soon introducing 500 buses in Pune City. Request is forwarded to the higher authorities.

Is there any steps taken for security for citizens of your city?
With the co ordination of the Pune Police we are installing C.C.T.V worth 30 Crores all over the city. This project is already passed from Municipal Corporation. Installation would be completed till March 2013. Almost 70 to 80% of the city will be under C.C.T.V surveillance.

What about the education standard of your city?
Pune city is well known for its Educational Institutions. Students from different city travel to Pune for getting better education. City has more than 1000 education institutions. We have always given priority to educate our children. Even we are providing the latest e-learning system in our Municipal schools.

Is there any load shading or deficit in supply of electricity?
No, we don't face any issue regarding electricity deficit. But, yes of course we have achieved great success to generate electricity in our city by using wet garbage Bio-gas. There are 8 different places in the city where we are using this self generated electricity to light the street of Pune.

Now, please tell us about major infrastructure development & real estate in Pune?
Proposal to pass Metro project for Pune is in final stage. Files are with central government, our leader & state Dpty.C.M Ajit Dada Pawar & Cabinet Food & agriculture minister of India Shri.Sharad Pawar. It's role is vital in developing Pune city.

Dhakarvadi to Swargate flyover is being completed. 5 Subways are being made in quick time & they are used by thousands of people every day. Our city is the only city to use Bio-wash technology to filter 75 % of its waste water then & there.

I would like to convey my message to the readers of India Unbound:
We have visited many cities & also visited different country to improve our Pune city. We bring policies for the betterment of the citizen. We deal every issue seriously so you get a better environment to live. Population is increasing day by day. People should help themselves. Everyone should work for growth of the city. What we want from you is to be responsible. We are making green city & clean city. You should know your role. Activities like throwing garbage on roads, spitting anywhere are some small things which come under civic sense. We want citizens to follow those civic senses. People should accept the system of Western country & tradition of India. This will take our country at top.



Mayor
Vaishali Sunil Bankar

Navi Mumbai is capable Of becoming the next big city of India.

By Ranvir Bajpai

Sagar Naik, nephew of Shri Ganesh Naik (Minister-Excise, Non conventional energy- Maharashtra state, Guardian Minister -Thane) and younger cousin to Dr. Sanjiv Naik M.P and Sandeep Naik M.L.A. Generations of Naik family is serving Navi Mumbai and also the state of Maharashtra. Sagar was selected as Mayor of Navi Mumbai at the age of 23." I got the opportunity to serve people as a mayor for Navi Mumbai at very young age. I always try to capitalize this opportunity and use my experience and knowledge which I gained in past so many years while working with my brothers and uncle," says Sagar. Navi Mumbai Municipal Corporation has received number of awards at state and national level under the leadership of Shri Sagar Naik. Saint Gadgebaba clean city award, Vasundhara award 2009 for best city to control pollution, Best city Award and many more. Sagar had taken new task in hand to build the safest city. Sagar adds

You are working very seriously for security system, what are the major steps taken?
"I have visited Delhi for safety Expo at the start of this year. We tried to find out what is best suited for the safety of my city. Working on that we have passed Rs. 10 crore budget for security system and other safety measures. Road safety measurement surveillance under guidance of Police department is planning to fix number identification cameras at all the entry and exit of the city, also a vehicle scanner which will help to detect suspicious things like weapons, bombs or any related things."

It would be a repetitive question for you; but still we would like to know that wouldn't you find difficult to work with the leaders & politicians which are almost double your age?
It is not difficult at all. In fact, I find it easier. Politics cannot be viewed in complete isolation of our everyday life. How difficult is it for anyone to speak to their elders or to get a conversation started in any other area of life? Politeness helps a lot. I approach them not as a mayor, but as a person. If I need any help I speak to them, the experienced once. I don't make a big fuss about being a 'Mayor doing things' and I would rather be seen as a 'person doing his job'.

Employment is the Major issue in all metropolitan regions, have you thought about that?
Yes we have worked a lot. To generate employment we have planned an Institute for Industrial Training. Where unemployed people of the city will get the opportunity to learn and earn. They will get on job training and promotion will be given as per the knowledge and experience of the candidate. Also we have taken the initiative to build international level infrastructure for numerous sports and others activities.

Last month NCP Sharad Pawar inaugurated a park in your city?
Yes, a beautiful park was inaugurated in our city by our leader, Sharadchandraji Pawar Cabinet Minister for Food & Agriculture. All kind of sports stadium is available to promote sports in Navi Mumbai. This wonder park situated in Nerul is the biggest park in our city.

Are there any major upcoming projects under your leadership?
There are many overbridges under construction. Government bus services is also improved. Roads are wider, so there is no question of traffic. Development is in peak. Education standard is same as Mumbai city. Navi Mumbai is capable of becoming the next big city of India.



Mayor
Sri Sagar Naik



The Top Richie

Rich of Mumbai

Mumbai is recognized as the financial capital of India, and people who make this possible, are the dreamers who have achieved Appreciation, Admiration and Wealth. In simple words - Lot of Money! As per the survey by Forbes of Top 50 Richest People in India, there are 20 people who are based out of Mumbai. India Unbound brings to you the Top 20 Richest Men of India who call 'Mumbai' their home. These Richie Rich keep the faith of every single individual alive, who wants to achieve this level of triumph. And with hard work, brainpower, focus and some amount of pure 'luck', may be you can be sometime be a part of this list yourself. So, check out all these accomplished men who are from different background but have enjoyed tremendous triumph in varied sectors.

Compiled by Glenes Bothelo



1

Mukesh Ambani

\$21 billion
Source: Oil & gas
Age: 55
Married, 3 Children

Mukesh Ambani is the richest Indian for the fifth consecutive year. Mukesh Ambani joined Reliance Industries in 1987. He initiated Reliance integration journey from textile to polyester fibres and then moving to petrochemicals, petroleum refining and then to oil & gas exploration and production. He set up Reliance Infocomm Limited (now Reliance Communications Limited).

Pallonji Mistry

\$9.8 billion
Source: Diversified
Age: 83
Married, 4 children

Pallonji is an Indian-born Irish construction tycoon & chairman of Shapoorji Pallonji Group. The company is known for building some of Mumbai's landmarks around the Fort area like Standard Chartered Bank & Reserve Bank of India building. He is the single largest shareholder in Tata Sons. His son Cyrus is going to succeed Ratan Tata as a chairman of Tata Sons who is to retire in December 2012. Family fortune is up by \$2.2 billion this year, after new disclosures on holdings.

2





3

Dilip Shanghvi

\$21 billion
Source: Oil & gas
Age: 55
Married, 3 Children

Mukesh Ambani is the richest Indian for the fifth consecutive year. Mukesh Ambani joined Reliance Industries in 1987. He initiated Reliance integration journey from textile to polyester fibres and then moving to petrochemicals, petroleum refining and then to oil & gas exploration and production. He set up Reliance Infocomm Limited (now Reliance Communications Limited).

Adi Godrej

\$9 billion
Source: Consumer goods, real estate
Age: 70
Married, 3 children

Adi Godrej belongs to the third generation to head the 115-year-old Godrej Group, a \$3.8 billion (revenues) consumer goods conglomerate that manufactures everything from beds to refrigerators. Adi Godrej took the company to great heights during the economy era. After liberalization, he changed the company's policies to meet the tough challenges posed by globalization. Mr. Godrej is the main supporter of World Wildlife Fund in India. Also he is the chairman of the Indian School of Business since April 2011.

4



5

Kumar Birla

\$7.8 billion
Source: Commodities
Age: 45
Married, 3 children

Kumar Birla took over the chairmanship of the Aditya Birla Group in the year 1995 at the age of 28 after the demise of his father Aditya Birla. Many questioned his ability to lead the company into various other ventures like textiles, garments, cement etc but Kumar Birla proved them wrong and has expanded Aditya Birla group to Telecom, BPO, Software. The company has expanded its operations outside India as well in countries like Australia, Dubai, Canada, Germany, Italy, and Spain. 60% of the company's revenue comes from abroad



6

Anil Ambani

\$6 billion
Source: Diversified
Age: 53
Married, 2 children

Anil Ambani joined Reliance Industries in 1983 as Co-Chief Executive Officer and has pioneered many financial projects in the Indian capital markets. The company operates through its 3 business dimensions that is petrochemicals, refining and oil & gas. Other different ventures include textile, retail business and telecom/broadband services. He also entered the entertainment sector by establishing Reliance Mediaworks is an entertainment services company that offers front-end, processing, restoration, 2D to 3D conversion and post-production services to broadcasters and studios. His achievement in this field is the takeover of Adlabs, the movie production to distribution to multiplex company that owns India's own only dome theatre and recently announced joint venture with Steven Spielberg.



Uday Kotak

\$4.3 billion
Source: Banking
Age: 53
Married, 2 children

Uday Kotak is the founder of Kotak Mahindra Bank. It is Indian financial service firm established in the year 1985. It was earlier known as Kotak Mahindra Finance Limited, a non-banking organization. This firm in February 2003 was given the license to carry out banking services by the Reserve Bank of India (RBI). It is the first company in the Indian banking history to be converted in a bank.

7



8

Subhash Chandra

\$2.9 billion
Source: Media
Age: 61
Married, 3 children

Subhash Chandra is the chairman of Zee Entertainment Enterprises Limited and the promoter of Essel Group of Companies. He launched the nation's 1st satellite Hindi channel Zee TV in 1992. Today the Zee network has 600 million viewers in 168 countries through 31 channels. The conversion of cable television to digitalization is likely to increase subscription revenues for broadcasters, has given a boost to Zee's shares. Subhash Chandra is also the chairman of Ekal Vidyalaya Foundation of India which works to eradicate illiteracy from rural and tribal India. This foundation provides free education to lakhs of tribal children across 27,000 villages.





9

Desh Bandhu Gupta

\$2.35 billion
Source: Pharmaceuticals
Age: 74
Married, 5 children

DeshBandhu Gupta is the founder and chairman of generics-maker Lupin, a pharmaceuticals, drug & healthcare company which was established in the year 1968. One of the world largest producers of tuberculosis drugs with 12 factories and 6 research centres in India & Japan. Lupin has just forged an alliance with Novartis to sell asthma drugs in India.

Rajan Raheja

\$2.2 billion
Source: Diversified
Age: 58
Married, 2 children

RajanRaheja is an Indian business who has made his mark in the realty market with RajanRaheja Group. The Group is the co-promoters of Trident hotels and luxury resort Rajvilas, Sonata Softwares one of the leading software companies in the country. RajanRaheja Group is also associated with RMC Readymix (India), Hathway Cable & Datacom Pvt Ltd, Globus Stores Pvt Ltd

10



11

Chandru Raheja

\$1.85 billion
Source: Real estate
Age: 72
Married, 2 children

ChandruRaheja is the chairman of K Raheja Corp. Under his leadership the company has touched incredible success since the time it was established in 1956. Today it has gained the reputation of being the excellent construction company which has built many residential complexes, commercial buildings and hotels all over India. His broad vision & ideas led him to develop Mindspace, a commercial hub in Mumbai as well as Shoppers Stop, one of India's largest retail departmental store in the chain of malls.



12

Habil Khorakiwala

\$1.8 billion
Source: Pharmaceuticals
Age: 70
Married, 3 children

HabilKhorakiwala is the chairman of Wockhardt. This company came into existence in early 1960s. Under his leadership & guidance, Wockhardt has become the leading biotechnology and pharmaceutical company. He leads and directs a team of 7000 employees based in India, UK, USA, and Germany. HabilKhorakiwala has a unique style of management. He keeps a customer-centric approach towards all the decisions & actions in the company.



Harsh Mariwala

\$1.55 billion
Source: Consumer goods
Age: 61
Married, 2 children

Marico is a leading FMCG company headed by Harsh Mariwala. This company has seen a major transformation from a traditional commodity business to being a branded Fast Moving Consumer Goods (FMCG). The various brands under Marico are Parachute, Safola, Revive, Mediker, Kaya. In spite of the presence of different multinational companies in the FMCG category, Marico still holds a significant position in the market.

13



14

Venugopal Dhoot

\$1.5 billion
Source: Electronics
Age: 61
Married, 2 children

VenugopalDhoot is the son of NandlalDhoot, the founder of Videocon Corporation (and Electronics). The doors of fortune opened when the company was permitted to make color television. Videocon Industries' core revenue-generating business is consumer electronics & home appliances. Their other ventures include telecommunications, oil exploration and semiconductors. Videocon is well known all over the globe.





15 Mangal Prabhath Lodha

\$1.45 billion
Source: Real estate
Age: 56
Married, 2 children

MangalPrabhathLodha is a real estate developer who has developed many residential & office spaces in and around Mumbai. The Group is currently developing in excess of 30 million sqft of real estate, over 27 projects in around Mumbai, from Napean Sea Road to Dombivali. He founded Lodha Group in the year 1980.Lodha Group plans to build the world's tallest residential tower in Mumbai at the cost of 2000 Crore and has tied-up with a New York based architectural firm.

Vikas Oberoi

\$1.35 billion
Source: Real estate
Age: 42
Married, 2 children

VikasOberoi is the promoter of Oberoi Construction. Oberoi Construction was started in the year 1985. After he took over in the 1997, he built up on with several upmarket residential and commercial projects. He has got 80% stakes in OberoiRealty.He has an excellent team of highly experienced professionals and looks in the overall execution of the planned strategy & diversification plans of the company. Vikas also handles the portfolios which include residential, office space, retail & hospitality projects.



17 Ashwin Dani

\$1.34 billion
Source: Paints
Age: 70
Married, 3 children

Ashwin Dani is the vice-chairman of Asian Paints (India) Limited (APIL), the market leader in decorative paints. Ashwin Dani joined APIL as a senior executive in 1968; from then on he has held various positions in the company. In 1998, he became the Vice-chairman & Managing Director. Asian paints is India's largest paint company and Asia 3rd largest paint company. It is the manufacturer of a wide range of paints for decorative and industrial use.



16



18 Ajay Piramal

\$1.3 billion
Source: Diversified
Age: 57
Married, 2 children

Piramal Group is a diversified conglomerate with a strong presence in over 100 countries. Piramal group has evolved from a textile business to \$2 billion diverse conglomerate dealing in pharmaceuticals, packaging and real estate. Ajay Piramal sits on the board of Directors of Piramal Healthcare Limited, Piramal Life Science Limited, Piramal Glass Ltd, IndiaVenture Advisors Pvt Ltd, PiramalSunteck Realty Pvt Ltd. The company completed the pharmaceutical's industry most historic deal with Abbott. In the past 10 years, the company has completed 30 mergers & acquisitions and has partnered with global companies as well

Rakesh Jhunjhunwala

\$1.25 billion
Source: Investments
Age: 52
Married, 3 children

RakeshJhunjhunwala started his career in the year 1985 when the BSE was only 150. He gained profit when in 1986, he sold 5,000 shares of Tata Tea which he had purchased at Rs. 43 per share. He is the chairman of Apteck Limited and Hungama Digital Media Entertainment Pvt Ltd. Rakesh Jhunjhunwala sits on the Board of Directors of various companies like Prime Focus Limited, Praj Industries Limited, and Provue India Limited.



20

Niranjn Hiranandani

\$1.23 billion
Source: Real estate
Age: 62
Married, 2 children

NiranjnHiranandani started his career with teaching chartered accountancy. Later he started a textile business in Kandivoli. Since then Hiranandani Group has progressed a lot and today it is well known for its awesome property development projects in Powai&Thane. Initially when the group took up several small housing projects, they were not satisfied with their work and people ridiculed them as well. They took these negative comments in their stride and learnt new techniques and standards of construction. Back then Powai was only a land with barren hills, and Powallake, a picnic spot among the woods. It has been converted into 'The HiranandaniGardens,Powai which is well renowned everywhere. Hiranandani group has reached great heights of success & today it is the most sought-after real estate developer.



19

Yeh Haseen Wadiyan...Yeh Khula Aasmaan...

Welcome to the Abode of Gods

Chamoli is the place which is still untouched by urbanization and pollution as people are staunch lover of nature and given great contribution for maintaining its scenery.

By Nitin Kumar



Chamoli is a hill district of Uttarakhand, situated at a height of 1308m from the sea level. It is famous for its amazing landscape as mountainous terrain, a blooming flora, valleys and adventurous landforms and pilgrimages centers. It is surrounded by Uttarkashi in the northwest, Pithoragarh in the southwest, Almora in the southeast, Rudrapur in the southwest and Tehri Garhwal in the west. It is known as 'Abode of Gods' as there are various pilgrimage centers exist in this district like Badrinath, Kedarnath, Tungnath and Joshimath. Out of five prayagas, three prayagas- Karnaaravas, Nandoravae and Vishnuprayag exist in chamoli districts. Hindus hold all the pilgrimages very sacred and with highest regards. Millions of visitors come in Chamoli every year as pilgrims including people from other religions. Various sites like Valley of flowers, Kauri Pass and Roopkund also known as Mystery Lake make the visitors spellbound. The places like Auli are paradise for skiing enthusiasts. The beauty and serenity of the places inspire the imaginations of many of the artists and visitors. It is also said Kaldas wrote various poems taking the inspiration from the beauty of Chamoli. For the first time it was the Chamoli people who revolutionized the idea to save trees during 70s and 80s with the Chipko Aandolan or Chipko Movement.



History:

According to mythological references Chamoli, the district of Garhwal was known as Kedar-Khand in the past. In Ved puranas it was depicted as abode of God. In Rigveda it is mentioned that after inundation (jalpralay) Sapt-rishi saved their lives in Mana Village of Chamoli. Aadi-Puran says that Vedvyasa scripted the Mahabharat in Vyas Gufa near Badrinath. According to the history of Chamoli, Bhanu Pratap, the first ruler of Panwar dynasty ruled this place and made Chandpur Garhi as its capital. It was the strongest Garh of all time. But in 1803 a devastating earthquake weakened the establishment. Gorkha was looking out for the opportunity to grab the Panwar dynasty, so they attacked the weak Panwar dynasty and ruled them till 1815 AD. Later with help of British, Raja Sudarshan Shah got back his dynasty and merged the eastern part of the Alakhnanda River and Mandakini holy stream. Since the time it became British Garhwal and Tehri became the capital of the dynasty. Initially British ruler kept this area under Dehradun and Saharanpur. But afterward the British made a new district in this area and named it Fauri. Today's chamoli was a tehsil of the same. On February 24 1960, tehsil Chamoli was advanced to a new district. In October 1997 two complete tehsil and two other blocks (partially) of district Chamoli were combined into a Rudraprayag district. According to mythological references Chamoli, the district of Garhwal was known as Kedar-Khand in the past. In Ved puranas it was depicted as abode of God. In Rigveda it is mentioned that after inundation (jalpralay) Sapt-rishi saved their lives in Mana Village of Chamoli. Aadi-Puran says that Vedvyasa scripted the Mahabharat in Vyas Gufa near Badrinath.

Culture:

Culture of Chamoli is highly influenced by its geographical surroundings and its tradition. The house, dresses, folk songs and folk dances gives a unique identity to Chamoli inhabitants. Festivals are mostly the same what all Hindu calendar has. What make them different are their inclusion of folk songs and dances in every celebration. It's like social celebration. Folk songs and dances also come up with the change of season. Some of the famous folk dances are Jectu Bhagdawal and Jagar or Ghariyal.

Dresses they wear are also different from the other city or villages of India and are very comfortable for the Chamoli weather. Women wear the Sari and full sleeved shirt or Angra and men wear Kurta (long loose shirt) or shirt, Pyjama (tight from the knee down), Sadi (jacket), a cap and a knee length coat. Both men and women wear kamarband. Dresses are the identity of Chamoli people. Bichhuwas (toe-rings of silver), keels (Small studs) worn on the left nostril, nose ring (Naths) and ear rings made of gold and hansulis (ornament worn round the neck), chandanhar (necklaces) and necklaces consisting of colored beads or rupees or of the teeth and claws of the Panther are popular jewellery worn by women and girls. Men usually wear rings and some wear gold chain round their neck.

The houses are mostly two or three stories and made up of stones. Ground floor has very low rooms and is mostly for their cattle. Each house has courtyard called Chauk. The appearance of houses built in rows of half a dozen is strikingly picturesque as it looks like a fort.

Where to stay:

Chamoli has many good hotels from low range to luxury one. Gopeshwar, Auli, Badrinath has good range of hotels to stay. Along with hotels some lodges and Dharamshalas are also available at affordable price.

Where to eat:

There are many dhabas, restaurants and street foods available in Chamoli district. Non vegetarian foods are not available at religious temples or places but there number of hotels from three stars to five stars where all kind of foods are served.

Best time to visit:

Best time is the months of July and August for visiting Valley of flowers. For Auli it is November to March. For Badrinath : May to June and September to November. Temperature variations in summer temperature are 300 C (maximum) and 150 C (minimum) and in winter 200 C (maximum) to -40 C (minimum)

Fun facts:

Prasoon Joshi, a well known lyricist writer, screenwriter and advertising copywriter born in Almora in Uttarakhand, has spent his maximum childhood in Narendra Nagar, Tehri and Gopeshwar in Chamoli District. The Sanjeevani Booty that saved the life of Lakshman was collected from Valley Of flowers of Chamoli district. Hanuman couldn't recognize the booty or the herb, so he took the whole mountain in Lanka. Himani Shivpuri a well known actress hails from Bhatwadi village, previously known as Chamoli.

Places to see in

Auli

Skiing is the chief attraction at Auli, there are other attraction like cable car rides and rope lifts, or spend the day outdoors building snowmen, or having snowball fights. Auli can be reached by road or ropeway from Joshimath and it is irresistible during winter for 3 meter deep snow every where on the hill.

Gopeshwar

Situated at a height of 1308 meters and it is surrounded with beautiful mountain ranges, terrace farms and small lakes. Temple of Lord Shiva is the main attraction of the town and thousands of pilgrims come to visit the temple. According to historians, the name Gopeshwar has associations with the name of Lord Krishna. In addition the ancient temple of Lord Shiva, Vairani Kund a group of temples without idok and Oak View are other places to visit.

Vasu dhara

It is 5 Km from Mana village, toward the west. It is set in a background of snowy peaks with sheer drop of 145 meters, glaciers and rocky heights. Valley of Flowers: The Valley of Flowers is 10 km long and about 2 km wide in conical shape, with the river Pushpavati flowing through it. During July and August innumerable varieties of flowers bloom and present a mesmerising sight. From Govindghat on the main Badrinath highway, it involves a trek of 15 km to reach Gangaria where from a further short trek of 5 km leads one to the edge of the valley.

Satopanth Lake

This is a triangular lake of serene water are said to be the corners occupied by Brahma, Vishnu and Maheshwarhas. It is about half a kilometer and about 25 Km away from Badrinath. The trek has full of dramatic scenery. There is no place to rest between but caves.

Roop Kund

It is located in the eastern part of Chamoli district. The edges of the Kund are covered with snow round the year. When snow melts human skeleton can be seen. There are many stories to define the presence of skeleton in the

lake but it is no authentic proof. That is why it is called Mystery lake.

Badrinath:

It is located 331 km from Rishikesh. It is Hindu holy town or known as one of the Dham of Char Dhams. It is a very sacred place of Jains or Hindus as Adinath or Rishabhdev statue is being worshipped for thousand years. The statue is also known as Badrinath.

Tapovan:

It is 15 km from Joshimath. It is a very peaceful place known for its hot spring that is believed that any disease can be miraculously healed by coming to this place.

Gwaldam:

It is 22 kilometer from Baijnath and 149 km from Nainital. There are several orchards of apple and greenery in this place. Scenery is picturesque through roads. One can see Trishul peaks seem very close to this place.

Joshimath:

It is the place of temples. It is said that Lord Vishnu resides in winter in Badrinath. There are several temples dedicated to Shiva, Hanuman, Surya, Gaurishankar, Ganesha and Naudevi. It is also considered to be one of the sacred places of Hindus. There is also one pith out of the four Piths established by Shankaracharya.

Rudra nath Temple:

This is the temple of Lord Shiva and one of the panch Kedars. Temple is located in the middle of thick forest at the altitude of 2286 meters. The holy Kund (Tanks) near Rudranath temple namely Suryakund, Chandrakund, Tarakund etc. The Baitarini, the divine river flows pass back of the temple.

How to Reach

By Air: The nearest Airport to Chamoli is Jolly Grant situated at a distance of 222km and it is well connected to Delhi with daily flights, buses and taxis. Taxis are available from Jolly Grant Airport to Chamoli.

By Rail: The nearest railway station to Chamoli is Rishikesh. Taxis and buses are available from Rishikesh, Srinagar, Rudraprayag and many other destinations to Chamoli.

By Road: Chamoli is well connected by roads with major destinations of Uttarakhand state. Buses to Rishikesh and Srinagar are available from ISBT Kashmiri Gate. Buses and Taxis to Chamoli are easily available from major destinations of Uttarakhand state like Rishikesh, Pauri, Uttarkashi, Rudraprayag, Ukhimath, Srinagar and Gopeshwar

Getting around:

Options to travel around Chamoli are limited. You can travel by bus or taxis or in places like Auli through cable car. Buses in Chamoli is cheaper than the taxis or other modes of transport



Solang Valley



By Nitin Kumar

Solang Valley, locally known as Solang Nullah, is located at a distance of 13 km from Manali in north India. It is at the height of 8500 feet from the mean sea level attached with Kullu Valley in Himachal Pradesh. At the lower base the western banks of the Beas flows.

It is one of the favourite destinations of adventure lovers for parachuting, paragliding, skating and zorbing. But the place is not restricted merely to adventure lovers however the lush greenery, mountains, lakes and snow capped peaks attracts lakhs of visitors from India and abroad every year.

Beginning of International skiing competition like Alpine Premier League in skiing has made the valley popular among the foreign tourists and sports lovers too.

Solang Valley is derived its name from a village called Solang and nullah means water streams from mountains. Summer season in Solang brings a sport called Zorbing while replacing Skiing.

Solang slopes gives a challenging skiing run to both beginners and advanced skiers during winter. People also come here to learn skiing and mountaineering courses. The duration of the skiing courses are of seven days and offered by the Directorate of Mountaineering and Allied Sports in Manali by highly professional skiing instructors. They have sufficient lodging and boarding facilities and equipment are provided on rent.

Moreover Solang valley is also surrounded with temples and religious places like Hadimba Temple, a shrine of Lord Shiva. There is also Rahala water fall as another tourist attraction.

To have the look of snowy peaks easily government has made a state-of-the-art gondola system rope way with



European technology. Now both in summer and winter visitors have got a new angle to see the beautiful solang valley

Culture:

In Solang Valley sports are the major entertainment events for the Manali people living near Solang Valley. But also fairs and festivals are a vital part of life in Manali. Dassehra is celebrated in a grand way. Other festivals which are celebrated on a grand scale are Basant Panchami, Hadimba Devi fair and Winter Carnival.

Roerich Art Gallery houses paintings by Russian artist Nicholas Roerich. The gallery has also preserved original creations of the Himalayas done by Roerich. Shopping: There is nothing to shop about in Solang Valley. But one can shop from Manali which is 13 km away. Manali is known for its handicrafts and handlooms. Wood has traditionally remained a favorite item for handicrafts. Popular items for shopping in Manali are embroidered woolen shawls, Tibetan handicrafts, antiques, souvenirs and inlaid silver jewelry. The Mall Road is the best place for shopping in Manali. Fruit products, honey and apricot oil produced locally can also be purchased in the valley. Where to stay: Manali offers wide range in accommodation which includes luxury resorts, river-side cottages, deluxe hotels and 3-star budget properties. Manali also offers home stays which are a good option to enjoy nature and culture of the locals. In Solang Valley one can also stay in camp to experience the beauty and enjoy the sports.

Where to eat: Manali offers a variety of options when it comes to eating. You can find Punjabi, South Indian food to Italian, Tibetan and Chinese. The famous Mall Road of Manali has many eating options ranging from roadside food stalls to lavish restaurants. Best time to visit: To enjoy skiing January and February are the best option. For trekking and Zorbing, it is May to November, for Paragliding all year except monsoon

Fun facts:

Himachal Pradesh attracted more than 13 million tourists in 2010 as compared to 11 million in 2009, which is 16 percent growth in a year. Himachal Pradesh Winter Games Association hold the National Senior Alpine Skiing Championship in Solang Valley every year in the month of January-February

Festivals:

Winter Carnival: Held at Manu Kala Kendra, 5-day festival includes cultural competitions.

Naggar Ganesh festival: Held in January marks victory of good over evil. Highlight: A person dresses up as sheep and is carried around in procession. Games and competitions are also held.

Spring Festival: Celebrated in April, marked by great celebrations, dances and songs.

Charasay-Tarasay: Highlight of the festival is women dance to songs without any music.

Banjar Fair: Organised at Banjar village in May. Seraji Natti and Natti are the highlights.

Basant Panchami, Shahi Jatra and Hadimba Devi Fair are other festivals.

Places to see around

Hadimba Temple: Built in 1533 AD with a superbly crafted four-tiered pagoda roof, it is famous for its exquisitely carved doorway. Manu Temple: Situated in old Manali, it is dedicated to sage Manu. Jagatsukh: One-time capital of Kullu, Jagatsukh has temples dedicated to Lord Shiv and to Sandhya Gayatri. Arjun caves are just ahead. Rahala and Rozy waterfalls: Waterfalls on the way to Rohtang. Naggar Castle: Converted into a heritage hotel, the Naggar Castle was built almost 600 years ago by the Raja of Kullu. Offers spectacular views of Naggar Valley and houses the wooden Jagati Patt Temple in its complex.

Getting to:

By Air: The nearest airport is at Bhunter town, 50 km south of Manali. Indian Airlines and some private airlines operate regular flights to Manali. Pre-paid taxis are available from Bhunter airport. Airport at Chandigarh (305 km) is another option to reach Manali. Regular bus services are available from Chandigarh.

By Road: Solang Valley can be reached while taking bus for Manali from Delhi and Chandigarh. Himachal State road Transport Corporation operates regular bus service from Delhi, Lucknow and Chandigarh. After reaching Manali the distance is only 13 km that can be covered by taxis.

By Rail: Joginder Nagar is nearest railway station, 50 km away. Joginder Nagar is a narrow gauge railway station. Other closest railheads are at Chandigarh (310 km) and Ambala (300 km).

Getting around:

Rope way is the best medium for sightseeing at Solang Valley. Many walk or do paragliding or skiing.



Travel Alert

Visit India, Stress free

By Nitin Kumar



India is irresistible and an obvious choice as a travel destination because of its diverse culture, cuisine, religion, language, heritage, lifestyle and mesmerizing scenic beauty. And, any tourist would agree that they would not want any untoward happening to them and ruin their travel experience forever. Unfortunately time and again travellers do not understand how to behave and respond at a new place or with a new person and they become victims of theft, sexual assault and confidence trick. However India is one of the safest countries in the world and for alert travellers, there is no threat. To become an alert traveller you should know what the possible threats are and how it is planned for local or foreigner tourists in the country. Threats can be minor and major on the basis of harm done to tourists. Commonly in minor threats snatching, pick pocketing and stealing comes in the light. Major threats are the construction of con mind who plays some tricks on traveller to trap them for their own benefits.

Snatching & Pick Pocketing

Snatching & Pick Pocketing are possible at footpath, railway stations, in the train, in the bus, tourist places, market places, outside movie theatre, crowded religious places and airport. Target for such petty crime are people who lack attention for their bags, purses and their valuables on such places. Violent attacks are not that common in India but if your attention for your valuables loosens someone can easily steal or snatch in no time. When you are on street eateries, do not leave valuables in the chair next to you unattended. Theft is possible in common when you are away from your valuables. This can happen right at the airport or a railway station or even from your hotel room. So do not trust any stranger to take care of your luggage or any valuables and avoid carrying very expensive gadgets or ornaments or important documents unnecessarily.

Con Man Confidence Tricks

Con Artists trick cannot be categorized or defined properly as they keep changing their trick and their undefined locations. These con people do not appear in villainous get up or easily decipherable look however they seem to be very friendly and helpful. Doing so they win your heart and then they play trick on you. Sometimes they also come with luring concept to trap the travellers.

The most common is looting or taking sexual advantage of travellers after making them unconscious by offering drug-laced food. In this trick con man become very friendly with the travellers. This opens communication and through communication they figure out what you have as valuables or who are with lady travellers. Winning your trust they either take you at abandoned place for looting or taking sexual advantage or they make you unconscious with drug-laced eateries.

Other kind of trick they do is by creating a drama where they claimed you for their losses like coming in front of your vehicles as if you have knocked the person or their pet animals with your car. Then other con man comes to rescue you or threaten you and ask for high compensations.

Recently a woman with her child played a trick to steal the valuables of a traveller who was coming out of an ATM. Her child threw shit on his body and when the person got distracted the mother flees away with his valuables and money.

Another kind of problems that majorly occur almost in every city is taxi or auto drivers' extortion for huge amount as fare. When they know that you are new for the city they take you at your destination while making big round of the city however you might need to go only half a kilometre. Sometimes they take you at isolated place and then loot everything as valuable you have. Government has identified such problems and the concept of prepaid taxis or autos has been organised at all major tourists' places in the country.

Footpath cloth vendors also loot travellers while quoting them high prices once they get to know your awareness about the product and the places. Many travellers also get trapped in gambling like card games etc. Many foreign travellers commit mistakes by exchanging their currency with unauthorised person and so they have to lose their valuable money.

So if you are planning this summer a pleasant tour then you do keep in mind about such possibilities of fabricated tricks for travellers.



LOOK ENCHANTING

Do Smokey Sparkling Eyes

By Pawan Agastya

Well some time a lady required smoky effects on her eye in make-ups, like if she is holding a night party and wearing dark colors like Hot Red, Black, and Blue then she really need a smoky effect on her eyes... its easy to carry Smokey eyes in Cocktails parties even in these days Some who brides are very found of these make-ups. The key to the perfect smoky eye is proper blending. You want to make sure colors are blended together flawlessly. Smoky eye make up vary light to dark like smoke. make a base of Gold and white silver color then start your eye make-up from inner side with light tone color like ice blue then in middle little loud tone color like Blue and in ends Smoky black covering crease as well with it. You can make a desire shape of your eye according to the occasion or function you are holding. Glitters enhance & provide glamour to eyes.

Procedure to get Sparkle shine on eyes...

1. Eye lid_ To have proper eye shades on your lids make sure shades are oil free and they must are a good quality product because some time in long time party's eye make-up lost there effect due to poor merging or due to poor product always work with brand so you should know its stay. Another thing that you have to remember is use shades in required quantity and with good blending technique. Simply you can use the primer across the eye and let it dry before you continue to the next step. A great primer for a Smokey eye is MAC's paint.

2. Eyeliner_ carrying Smokey eyes are in complete without liners in different shapes. Violent, Green, Gray and Black colors can be used with smudging techniques. Smudging creates an illusion to your eyes. Apply liner in one of those colors above the upper lash line, drawing line thicker in the middle of eye. If you need to give glamour look then add glitter liner (Pigments) it will jewel your eyes.

3. Definers_ apply pencil or crayons based definers under lower lashes then with the help of smugger brush, smug them nicely and attach with upper smudged liners. It enhances your eyes and gives you defined look. Use Kajal or color pencil in under eye.

4. Lashes_ for better results always use fall lashes, if your lashes are thin. These days there are so many types available in market its better to use a suitable one that enhances your looks. If you are not using false lashes then apply Mascara base on it then apply thick mascara with volume creating brush. So that they look nice and provides attraction to your eyes. Even glitters can be use over them. try to give several coats of mascara and give last finishing with eye lash curler.

Things to remember

Always try to keep your lips nude or else use a rust lip shape on it. If you applying strong makeup like Smokey eyes or hot color Lipper put the focus on either eyes or on lips, never both. Make-up should look settled like Sonam Kapoor - She either plays up her huge eyes or her huge lips, never both. Try blue mascara. It will make blue eyes "pop. Use cake base mascara as they smudge nicely. Apply pigments on your lid and black glitters on ends of eye it provides sparkle look. Avoid glitters if you do not feel comfortable as it sometimes make your lashes heavy by poor application first try it once at home before you day had come to rock. Blusher must be used in rust shapes they make you look gorgeous. Eye brows must color in dark brown or black.



What You Need

- Eye primer
- Shadows with light or dark colors
- Eyeliner
- Makeup brushes
- Mascara
- Lashes
- Pigments
- Glitters
- Eye Brow tint pencils
- Definers
- Kajal



Videshi Tadka!

Some of the famous American sitcoms, loved by Indian audience. They are doing so well, that their viewership is not less than any hit Hindi daily soaps. Mostly known for their sense of humor, different, modern perspective, along with a dash of glamour and adventure. These sitcoms add to a lot of spice and cut-out the routine stuff from our lives. Catch them for sure on either of these channels – Zee Café or Star World.

By Radhika Kumar



Keeping Up with the Kardashians

Keeping Up with the Kardashians is an American reality television series that premiered on October 14, 2007, on E!. It follows the lives of the Kardashians/Jenner family, including sisters Kourtney, Kim, and Khloé Kardashian. As of September 2012, seven seasons of the series have aired. On April 24, 2012, E! Signed a new three year deal with the Kardashian family that will keep the series on the air through the ninth season. The series' success has led to three spin-offs: Kourtney and Kim Take New York, Khloé & Lamar and Kourtney and Kim Take Miami.

What to Expect : See the lives of the Americans- Up, Close & Personal You will see some relevant resemblance with your own family. Get useful tips on fashion too.

Editor's Remarks: Entertaining, Glamorous and if nothing else, watch it for the very visually appealing KIM Kardashian of the lot!

Friends

Friends (stylized as **F•R•I•E•N•D•S**) is an American sitcom created by David Crane and Marta Kauffman, which aired on the National Broadcasting Company (NBC) from September 22, 1994 to May 6, 2004. The series revolves around a group of friends in Manhattan. Filming for the series took place at Warner Bros. Studios in Burbank, California in front of a live studio audience. The series finale (the 236th episode), airing on May 6, 2004, was watched by 51.1 million American viewers, making it the fourth most watched series finale in



television history and the most watched episode of the decade. Friends received positive reviews throughout its run, becoming one of the most popular sitcoms of all time. The series won many awards and was nominated for 63 Primetime Emmy Awards. The series, an instant hit from its debut, was also very successful in the ratings, consistently ranking in the top ten in the final primetime ratings. Many critics now regard it as one of the finest shows in television history, including TV Guide, which ranked it No. 21 on their list of the 50 greatest TV shows of all time. In 1997, the episode "The One with the Prom Video" was ranked No. 100 on TV Guide's 100 Greatest Episodes of All-Time. The series made a large cultural impact, which continues today. The Central Perk coffee house that was featured prominently in the series has inspired various imitations throughout the world! The series continues in syndication worldwide. All ten seasons are available on DVD.

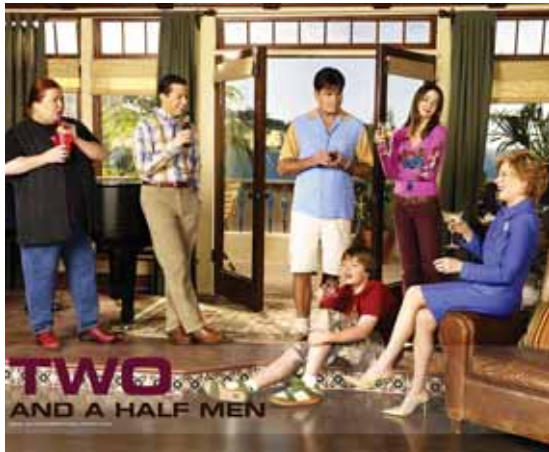
What to Expect: Watch it for pure fun, laughter, no over the top emotions, besides excellent dialogues, acting by the entire cast, amazing fashion sense and getting to know the real American Culture. Besides, if you have some

true friends or not, you will love to watch your emotions, come alive onscreen. Editor's Remarks: This stuff is priceless, buy the entire DVD's for all seasons and watch it with you closest friends, it will be the most memorable memory for you.

Two and a Half Men

Two and a Half Men is an American television sitcom that was first broadcast on CBS on September 22, 2003. Starring Charlie Sheen, Jon Cryer, and Angus T. Jones, the show was originally about a hedonistic jingle writer, Charlie Harper; his uptight brother, Alan; and Alan's growing son, Jake. Charlie's free-wheeling life is complicated when his brother gets divorced and moves, along with his son, into Charlie's beach-front Malibu house. The series' premise was revamped in the ninth season, focusing on Alan moving on with his life after the death of Charlie with help from his new best friend and housemate, Wakken Schmidt (Ashton Kutcher), who is also dealing with his own troubles following a bad divorce. Alan, Wakken, and Jake eventually bond, becoming close friends, forming a surrogate family unit. CBS and Warner Bros. decided to end production for the rest of the eighth season due to Sheen entering drug rehabilitation and making "disparaging comments" about the show's creator and executive producer, Chuck Lorre. Sheen was officially fired from the show on March 7. The ninth season premiere, "Nice to Meet You, Wakken Schmidt", killed off Sheen's character and introduced Ashton Kutcher as Wakken Schmidt, his replacement. In 2011, a blog hosted by The New York Times referred to Two and a Half Men as the "biggest hit comedy of the last decade". On May 12, 2012, CBS Broadcasting Inc. (CBS) renewed Two and a Half Men for a tenth season, following the announcement that CBS had closed a one-year deal with stars Ashton Kutcher, Jon Cryer, and Angus T. Jones.

What to expect : If adult comedy is what you enjoy, this is an apt sitcom for you. It is really funny, with fun one liners, loads of sense of humor and focusing on some real man issues of all ages.
Editor's Remarks: Be sure to have a good laugh.



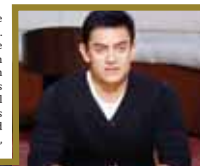
Baar Baar Dekho... Hazaar Baar Dekho

Some Reality and Nonfiction shows are so much fun and interesting to watch, that we wish they never ever end. These shows are so enthralling that we miss them, when they are over; enjoy them with our entire family and include them at our dinner table conversations. Read what is in them and why we should watch them!

By Radhika Kumar

Channel Star Plus – Satyamev Jayate

The concept of the show Satyamev Jayate was not revealed in the Indian media until the show officially went on air on 6 May 2012. Commenting on the theme of the show, Aamir Khan had said, "The show is about meeting the common man of India, connecting with India and its people. After the show was aired, the show received an overwhelming positive response and feedback from both the critics as well as the public. The show was widely appreciated by several film and television personalities, politicians and social activists for its research, format, presentation and content. The show highlighted sensitive social issues prevalent in India such as female foeticides,



child sexual abuse, dowry, medical malpractice, honor killings, insensitivity towards the physically disabled, domestic violence, overuse of pesticides leading to pesticide poisoning, alcoholism, untouchability, plight of senior citizens and water crisis.

Watch Out: For Aamir Khan's ability to connect and relate with each and every guest that came on the show. His genuine effort, empathy for the person, research on the subject, just hits you through the television. Watching this show, just confirmed that Aamir is beyond doubt a perfectionist and nothing less. A child, a youth, an adult or a middle aged man, all watched this show religiously. After a decade almost, people were booked for an 11am morning slot on a Sunday and gave that full one hour to this show. This show created knowledge about people's rights as a citizen of the country and their duties as well. It was most apt example for today's youth. A hearty Applause and Kudos!

The show has already wrapped its first season, but as per the media reports, the second season is expected soon to return on television. Be sure to catch it this time round.



Channel Colors - Big Boss

Bigg Boss is a reality show where a number of contestants (known as "housemates") live in a purpose-built house and are isolated from the rest of the world. Each week, housemates nominate two of their peers for eviction, and the housemate who receives the most nominations would face a public vote. Of these, one would eventually leave, having been "evicted" from the House. However,



there were exceptions to this process as dictated by Bigg Boss. In the final week, there were three housemates remaining, and the public voted for who they wanted to win. The housemates in the Indian version are primarily celebrities with the exception of one who is a non-celebrity selected via auditions. Housemates are overseen by a mysterious person known as 'Big Boss', whose only presence in the house is through his voice.

Watch Out:

All the seasons of the Big Boss, were as entertaining as they could. Arshad Warsi, Shilpa Shetty, Amitabh Bachchan, Sanjay Dutt and the latest addition Salman Khan, all have been the host of this show. The best part is the uniqueness of the concept, new contestants, new antics of the celebs and forever unpredictability in the format of the show. Though the voice of the BIG BOSS himself, is only heard, it increases the curiosity of the viewers. It's always a fresh view, every single passing day.

Salman Khan needs a special mention, as he is at his best! Every passing moment you will love him more and more. His emotional maturity is top notch and totally impressive. His quirky sense of humor moves you to the bits. Salman, with his charmingly attractive handsome looks, adds the extra oomph, besides the celebs living in the house.

The new season 6 will be wrapping up by 12th January 2013 on colors channel

Channel Star Plus - Nach Baliye

Nach Baliye is a dance, reality-television series on the Indian STAR Plus channel. The contestants are couples who are television stars. The first and second season aired on Star One and then shifted to Star Plus. Its name in Punjabi is inspired by a song from the Bollywood film Bunty Aur Babli (2005). The concept is of Celebrity couples competing against one another. Major names in the television industry were given a platform to showcase another side of their persona.



Watch Out: This show is pure glamour and celebrity driven. Make sure to see the splendid high profiled judges from film industry and stunning new couples in a dance competition, mainly from Television industry. The couples bring a lot of glamour, drama, romance and sometimes a show down in public with each other or with other couples. Watch it for pure chemistry between the couples, their designer dresses, excellent make up, innovative dance movements and get introduced to the partner of your favorite celebrity. The new season 5 has begun on Star Plus.

Channel Sony TV - Kaun Banega Crorepati

Kaun Banega Crorepati (Hindi, English: Who will become a Crorepati; popularly known as KBC) is a television game show in India. It is based on the UK game show who wants to be a Millionaire? KBC first aired in 2000 and was hosted by Amitabh Bachchan, his first appearance on Indian television. KBC initially offered contestants the chance to win up to one crore Rupees, but doubled this in 2001 to two crore Rupees, further adjusted from the fourth season to include a jackpot of 5 crore rupees.

Watch Out: Impeccable language and amazing views of Mr. Amitabh Bachchan. His sophisticated demure style, his poetry, his attire or his way of conducting himself, just speechless! Laugh at his refined sense of humor and admire the high Emotional quotient of the participants. The format of the show is an incredibly Informative and Educative. It connects with the common man and television audience equally, plus they invite celebrities every season and add the glamour quotient as well. This is on air currently, on Sony TV





Vidya Balan turned Parineeta

No, this is not a sequel to any movie. In Sanskrit, Parineeta means "married woman". So last year in December 2012, Vidya Balan settled for marital bliss with Siddharth Roy Kapur.

By Radhika Kumar

We all know, Vidya Balan the 'actor', it's time we also get to know her beau Siddharth Roy Kapur.

Siddharth Roy Kapoor was born August 2, 1974 and is an Indian businessperson, film producer and the CEO of UTV Motion Pictures. Siddharth Roy Kapoor did his schooling from the South Bombay School of G. D. Somani Memorial School in Guffe Parade. His family lived at Guffe Parade's "Jolly Maker Apartments". Siddharth graduated with a Bachelor of Commerce (BCom) degree from Mumbai's Sydenham College and completed his post-graduation MBA from Mumbai's prestigious Jajmalal Bajaj Institute of Management Studies. Siddharth's youth and education is centered on South Bombay.

Siddharth Roy Kapur's family has a long association with the Hindi Film Industry. His paternal grandfather, Rajgopal Roy Kapur, left the family business in Lahore and came to Mumbai to enter the film industry. His industry name was G Rakesh and he produced "Shahenshah Akbar" (1943), "Zanjeer" (1947), directed "Lekhi" (1949), "Banwar" (with Raj Kapoor in 1950) among others.

Siddharth Roy Kapur's maternal grandparents, Ruby and Sam Aaron were professional dancers who coached many Hindi movie stars in the art of dancing.

Siddharth Roy Kapur's father joined the armed forces and later became a businessman. His father met his mother, Salome Aaron, while he was posted in Kashmir.

Siddharth Roy Kapur's mother, Salome Aaron / Salome Roy Kapur won the Miss India 1972 title organized by "Eve's Weekly". Salome has choreographed Hindi movies, including the super hit "Bobby". Salome also modeled for Cadbury Godrej, ITC, Taj Mahal Tea, Century Mills, etc. Salome Roy Kapur has also acted in the Hindi film "Tuh Meri Zindagi" opposite Deb Mukherjee.

Kunaal Roy Kapur is Siddharth Roy Kapur's younger brother. Kunaal is an actor ("Delhi Belly", "Loins of Punjab", "Mumbai Calling"), photographer, theatre director and movie director ("The President is Coming"). His future projects include directing a mystery horror movie called "The Pool". He is also the main lead in John Abraham's second home production.

Aditya Roy Kapur is Siddharth Roy Kapur's youngest brother. Aditya is a VJ and actor ("Guzarish", "London Dreams", "Action Replayy"). He is currently shooting "Yeh Jawani Hai Deewani" and "Assi Nabye Poore Sau" in which he is the main lead. The "Roy" in Siddharth's surname comes from the departmental store ("Roy Bros") that his forefathers owned in Lahore. Over time the "Roy" got attached to the "Kapur" surname. He is associated with many successful films in India, and internationally as a co-producer.



This will be Vidya Balan's first marriage.

Siddharth Roy Kapur has been married twice. This is Siddharth's Third Marriage. Siddharth knew his first wife since he was a kid. Siddharth's second wife was a Television producer. Siddharth separated from his second wife in 2008 and the divorce came through in the end of 2011. Phew!

Now, let's peep into Vidya Balan's Life.

Vidya Balan was born on 1 January 1978 in Ottapalam, a town in the Palakkad District of Kerala, to P. R. Balan, currently the Vice President of ETC India, and Saraswathy Balan, a homemaker. According to Balan, they speak both Tamil and Malayalam at home; she is also well versed in Hindi, Marathi, English and Bengali. Her elder sister, Priya Balan, works in the field of advertising.

Balan grew up in the suburban neighborhood of Chembur, Mumbai and was schooled at St. Anthony Girls' High School. Balan aspired to make a career in film from a young age and was inspired by the work of actors Shahana Azmi and Madhuri Dixit. At the age of sixteen, Balan starred in the first season of Ekta Kapoor's sitcom Hum Paanch, as Radhika, a bespectacled teenager.

After a lot of struggle, in 2005, Balan made her Hindi film debut with Pradeep Sarkar's musical drama Parineeta. Before being cast for the film, Balan had to undergo extensive auditions for a period of 6 months. Some of the hits that followed later were Munnabhai, Dirty Picture, Bhoool Bhulaiya, and Kahaani and so on. Vidya Balan proved her mettle and how. WOW!

Some less known FACTS about Vidya & Siddharth's Marriage:

Vidya Balan (34) married UTV head Siddharth Roy Kapur (38) on December 14th in Mumbai. Vidya and Siddharth Kapur's Wedding Reception was held on the evening of Dec 14, 2012. This will be Vidya Balan's first marriage. Siddharth Roy Kapur has been married twice. This is Siddharth's Third Marriage. Siddharth Kapur

is half Christian (mother Sakome Aaron, a former Miss India, is Christian) and half Punjabi while Vidya Balan is a Tamil Brahmin belonging to the "Palakkad Iyer" community or caste.

Vidya Balan and Siddharth Kapoor's wedding primarily followed Tamil customs. After the wedding, Vidya and Siddharth travelled to the Caribbean for their honeymoon. Post wedding they live in their sea facing flat in "Parineeta" on Juhu Tara Road. Just like the many Hindi movie actors who live in Juhu. Vidya Balan and Siddharth fell in love on the sets of the Hindi movie "No One Killed Jessica".

Sabyasachi Mukherjee is Vidya Balan's favorite designer. Vidya Balan has walked the ramp for Sabyasachi. Indian designer Sabyasachi Mukherjee designed 18 saris for Vidya Balan's bridal trousseau. Vidya Balan was voted as the most stunning bride in 2012 and we couldn't agree more on this. She looked splendid and more importantly very happy on her wedding day. Hope she continues to do many more movies and garners huge successes in her future.

We wish all the very best and warmest heartfelt blessings to this superb actor, on her wedding from the team of India Unbound.



Glamorous Celebrity Chefs in the world



By Radhika Kumar

Some amazing chefs, who make some very delicious food, are famous, successful but also make for splendid visual treat. Catch these celebrity chefs on television who are as irresistibly good looking as their food recipes.



Shipra Khanna

Shipra Khanna is the winner of the Master Chef India (season 2). Shipra was born in Shimla in 1981, and she started cooking at the age of nine. She became a grand Chef. She donated some money to the local charity house and the rest for her personal life. She is also planning to open a new restaurant after she won away the Master Chef season 2.



Vikas Khanna

Vikas Khanna is an award winning Michelin Starred Indian chef, restaurateur, food writer, filmmaker, humanitarian and the host of the TV Show Master Chef India (season 2). He is based in New York City. In 2011, People magazine named Khanna in the list of "Sexiest Man Alive" and also referred to as "The Hottest Chef in the World". Vikas also appears in Marquis Who's Who in America 2012 edition.

SEE HIM ON: STAR PLUS CHANNEL – MASTER CHEF SHOW



David Rocco

David Rocco (born in Toronto, Canada) is a Canadian actor and producer. He is most famous for producing and hosting the television series David Rocco's Dolce Vita. He was also the co-creator and host of Catalyst Entertainment's food and travel hybrid series Adventure: Journey in Italian Cuisine and was a featured host for Don't Forget Your Passport. Rocco learned to cook growing up in an Italian family in Toronto and claims, "I'm not a chef, I'm Italian." He divides his time between Toronto and Florence, Italy with his wife Nina Rocco. The couple has three children: Emma, Giorgia, and Dante. In Dolce Vita, Rocco explores Italy with his wife Nina and his eclectic group of friends while teaching about the simplicity of Italian cuisine and culture, and showcasing the city life and countryside.

SEE HIM ON: FOX TRAVELLER CHANNEL – DAVID ROCCO'S DOLCE VITA SHOW

Nigella Lawson

Nigella Lucy Lawson (born 6 January 1960) is an English food writer, journalist and broadcaster. In 1998, Lawson brought out her first cook book, *How to Eat*, which sold 300,000 copies and became a best-seller. She went on to write her second book in 2000, *How to be a Domestic Goddess*, winning her the British Book Award for Author of the Year. In 1999, she hosted her own cooking show series, *Nigella Bites* on Channel 4, which was accompanied by another best-selling cook book. The *Nigella Bites* series won Lawson a Guild of Food Writers Award. Her own cookware range, *Living Kitchen*, has a value of £7 million, and she has sold more than 3 million cook books worldwide. Renowned for her flirtatious manner of presenting, Lawson has been called the "queen of food porn". She is neither a trained chef nor cook, and has assumed a distinctly relaxed approach to her cooking.

SEE HER ON: TLC CHANNEL – NIGELLA BITES SHOW



Curtis Stone

Curtis Stone is an Australian celebrity chef, author and television personality, nicknamed "The Quiet Terminator" by fans following his performance on *The Celebrity Apprentice 3*. He was born in Melbourne, Australia. Stone began cooking with his grandmother at the age of five. In Australia, he debuted his cooking career at age 18 at the Savoy Hotel Stone returned briefly to Australia to make the travelling cooking show *Surfing the Menu* (on ABC TV) with another chef, Ben O'Donoghue.

SEE HIM ON: TLC CHANNEL – TAKE HOME CHEF SHOW



Manu Feildel & Pete Evans

Manu Feildel is a French celebrity chef most widely known for his participation in Australia's cookery competition programs *Ready Steady Cook*, *MasterChef Australia* and *My Kitchen Rules* although he also achieved a solid reputation as a head chef at the restaurant *Bilbon's* before moving to open his own restaurant, *Manu at L'Étoile*, in 2009. He also participated in, and won, *Dancing with the Stars 2011*. Peter Daryl "Pete" Evans (born 1973 in Melbourne) is an Australian chef, author and television personality. In 1993, Evans' older brother David Evans opened *The Pantry* restaurant in Melbourne's Brighton district with his business partners David Gorsl and Daniel Vaughan. Pete began working at *The Pantry* as a chef. He became head chef a few weeks after the restaurant's opening and joined the group as a business partner a couple of months later. Evans has cooked at several events in the US as part of the annual *G'Day USA: Australia Week* promotion. In January 2010, he cooked with Australian chef Curtis Stone and American chef Wolfgang Puck for 850 guests at the *G'Day USA* black tie gala in Los Angeles. In January 2012, Evans cooked for the *G'Day USA* black tie gala dinner in New York City. The event catered to over 650 guests.

SEE THEM ON: ZEE CAFÉ CHANNEL – MY KITCHEN RULES SHOW



23rd Vasai Kala Krida Mahotsav 2012 flagged off by Olympic Medalist Boxer Vijender Singh

By Lakhan Chhadiwal

Numerous sports stalwarts including cricketer Rajesh Chauhan, footballer Baichung Bhutia, swimmer Vir Dhawal Khade, amongst others to be part of the 6-day sports & performing arts extravaganza. Several celebrities from world of films and theatre to be register presence including actor Ritesh Deshmukh Over 45,000 participants, 30 sports events, 31 performing arts – Vasai to witness an action packed affair

Mumbai: 23 years in a row, The Vasai Taluka Kala-KridaMahotsav organised by Vasai Taluka Kala-KridaVikasMandalhas become an annual event to watch out for. Week starting December 26thtill December 31st, will experience over 45,000 participants fighting out for 550 Gold Medals, 550 Silver Medals and 550 Bronze Medals; 3 Championship Shields and INR 500,000 as cash prize amount. Day 1 experienced the likes of boxer Vijender Singh, cricketer Rajesh Chauhan, swimmer Vir Dhawal Khade, swimmer Kapil Narang, Ex.MLA Hitendra Thakur amongst others were present to motivate all the participants. Says, boxer Vijender Singh, "This is the first time I have come to Vasai but the excitement and thrill that I got to see here for so many different sports is really commendable. Every sports person should not worry about losing, they should focus on playing the sport passionately. Organizing committee member, Mr.Prakash Vannali commented, "Today various initiatives are being taken to support sports in our country but we started this event 22 years ago to bring the best out in each of our kids and youngsters. And the scale that the event has risen to in these years has inspired many to take up sports and that itself is a win for us."

Sports Events:

1: Running 2. Long Jump 3. High Jump 4.Hopping Run 5.Shot Put 6. Discuss Throw 7. Javelin Throw 8.Hammer Throw 9. Ball Throw 10. Minithon. 11. Relay Race. 12. Cycle Race. 13. Table Tennis. 14. Carrom. 15. Chess. 16. Badminton. 17. Kabaddi. 18. Kho - kho. 19. Volley Ball 20. Shooting Ball 21. Throw Ball 22. Hopping 23. Karate. 24. Takewondo. 25. Body Building. 26. Triple Jump. 27. Rifle shooting. 28. Hurdles. 29. Archery. 30. Langadi.

Performing Art Events:

Education. 2. Story Telling. 3. Essay Writing. 4. Poetry Singing. 5. Debate. 6. Light Local Music. 7. Classical Dances. 8. Folk Dances. 9. Chorus Singing. 10. Fancy Dress. 11. Drawing. 12. Handicraft. 13. Rangoli. 14. Embroidery. 15. Group Fashion Show. 16. Quiz Contest. 17. Miming. 18. Acting. 19. One Act Play. 20. Devotional Songs. 21. Flowers arrangements. 22. Salad Decoration. 23. Handwriting. 24.Cookery. 25. Mehendi. 26. Mimicry. 27. Mr and Miss Vasai. 28. Bhajan. 29. Photography. 30. Short Film

About Vasai Taluka Kala-KridaMahotsav:

The event started in 1990 as an arts and sports meet inviting participants from Vasai Taluka but over the years has grown multifold with witnessing participation from surrounding regions, the event is the brainchild of Ex.MLAHitendra Vishnu Thakur and with the ever increasing popularity, the objective of making sports and performing arts a key in youngsters lives, seems to be achieving its reason of commencement. Convened by the Ex. MLA ShriHitendra Thakur, ShriMukeshSawe (Ex. President Virar Nagar Parishad) plays a major role in making this event a great success along with Young Stars Trust, Virar. Vasai Kala-KridaMahotsav is also about indiscrimination. The mahotsav is conducted without regards to religious, cast, creed and political affiliations. This platform has produced many a great sportsman like AnandMenezis who represented India in the Olympics



Bike Aspiration 2013



Aprilia RS200 4-Stroke

Expected Price: Rs. 2 lakhs
Launch: Late-2013
What to expect: Performance oriented 200cc bike with cutting edge styling.



Triumph Daytona 675

Expected Price: Rs. 7 lakhs
Launch: Mid-2013
What to expect: A proper sports bike powered by a 675cc, liquid-cooled, 12-valve, 3-cylinder engine.



Mahindra Mojo

Expected Price: Rs. 1.75 lakhs
Launch: End-2013
What to expect: Powered by a 300cc, single-cylinder engine which uses liquid-cooling and 4-valves.

New launch 2013

Fludic Hyundai Santa Fe

Expected Price: Rs. 25 lakhs
Launch: April 2013
What to expect: Powerful engines and stunning looks.



Toyota Etios Liva Sport and Facelift

Expected Price: Rs. 7.2 lakhs
Launch: April 2013
What to expect: Body kit with Etios sedan's 1.5-litre engine producing 89 BHP of power. Facelifted Etios Liva to get improved interiors.



Volkswagen Cross Polo

Expected Price: Rs. 10 lakhs
Launch: November 2013
What to expect: Stop gap measure to compete in compact SUV space till Taigun arrives.

Costume Designing

A Booming Career in Television & Film



By Nithin Kumar



When we look at any actor male/female, we usually, comment that it is because of her makeup and her clothes. So we do agree that clothes do speak a lot about who you are your personality, your character and your lifestyle. One person that takes this charge of making you look your character, especially in the Glamour World is known as Fashion/ Costume Designer. Today, the budget of Bollywood and Television Industry is not far behind. As the budgets are so high, the channel looks into the overall packaging of the entire serial, because of the cut throat competitions among the channels. The production value needs to be high for any serial to look convincing. Even the News Channel, focus on the styling and presentation of the News Readers. This is a booming industry, if you know, how to go about it. Similarly, we have heard of names like Manish Malhotra, Sabyasachi, Rohit Bal, Vikram Phadnis and so on. They are responsible to dress some very stunning celebrities in Bollywood. So, how do they do this? India Unbound spoke to Nidhi Yasha of The NY STUDIO, who has come a long way, into Costume Design and is now showing a way for the other aspiring designers, who wish to take this as a career. Nidhi Yasha hails from Patna (Bihar) has earned her graduation degree in Fashion Design from NIFT, New Delhi. India Unbound unravels her journey, her recent succession and understands what it needs to make it as a Fashion/ Costume Designer in Glamour Industry.

How did you get this opportunity?

No opportunity came walking by! After having worked for 3 years in various export and buying houses nationally and internationally as a Fashion Designer, I had moved to Mumbai in 2008 with a Senior Managerial job in Fashion Design in the retail sector. Those were days of the recession, Media and entertainment were least hit by the global downturn and seemed like a lucrative area for me to venture in. I started gathering phone numbers/emails of producers and directors and sending those messages and emails with my work. This is how I met Mr. Vikram Bhatt and got my first film "Haunted" as Costume Designer.

Networking does work. Socializing, Communicating and Touching Base with the right people connected to this field may/may not work. But, use a lot of common sense and focus on your ultimate goal. You are sure to hit the bull's eye!

What is the remuneration expected in this career?

It really depends on the magnitude/nature of the project and varies from project to project. Also every production house functions differently with different set of rules. For starters, the Design fee for a film project can range anywhere between 5 lakhs for a project to even a few Crores depending upon the popularity and brand name of a designer, as well the size of the production. The costume production billing varies according to the requirement again.

So, Money is not a constraint, if you are truly talented and sincere with your work.

What Projects you are working on?

Durga- Colors Channel
"Saamy" remake in Hindi (Movie)

Please share with us your background

I was born and brought up in Patna and I studied in St. Joseph's Convent High school and passed out my higher secondary from Patna Women's College.

As I enjoyed drawing a lot and was pretty good in my drawing skills, By the time I came to 4th grade I realized I loved drawing and designing clothes on women in my sketches and by the time I reached high school I knew wanted to pursue fashion design from NIFT, New Delhi. (As that was the only center operating at that point with only 30 seats on an all India level.) Aptitude is a deciding factor to choose any career. Also, choose the best college/university for your subject, as it definitely matters in this field. Do your research well before deciding on any college.

Where do you go from here? What is your ambition?

I have an international film project in the pipeline for next year...there are also many premium TV projects of historical or mythological nature in the pipeline and a few Mainstream Hindi films in the offing. My ambition currently is to take the studio to newer heights and build an international repute as far as Costume Design is concerned.

If someone wants to take this profession, how can they go about it?

Firstly, a good technical degree in Fashion designing from a reputed institute will shape up the skills set and prepare the candidate for the industry in all possible ways.

Subjects like Science and mathematics are not necessary for succeeding all the time! Reasoning and logic, basic calculation skills, foresight, and sharpness are enough to be a good Fashion Designer.

Are there any courses in this career available? Which colleges provide such training?

I haven't heard of a COSTUME DESIGN degree per se but the Fashion Design course in all reputed institutes encompasses of a Costume Design module. The course in itself is comprehensive and helps one learn all technicalities and nuances that go into the business of fashion, costuming or clothing.



Is internship necessary in this profession?

Yes. Internship is a very good way to step into the Industry and learn hands on as to how it functions.

Do you think there are a lot of opportunities in television industry for this profession?

With there being an upsurge in the number of satellite channels, the focus on increasing the production value is being more and more important , so every channel wants to set new trends with their looks and costumes, to popularize their serial.

So, there are indeed many opportunities that one can tap.

Are there equal opportunities for male/female in this profession?

Well yes!!Although for some reason you see more women than men taking this up.

How and when did you set up 'THE NY STUDIO'?

I set up 'THE NY STUDIO' in the year 2009, in June, after freelancing for about a year. It is very important for a designer or for that matter any professional to know his/her strength and niche. I realized I was enjoying period, historical, mythological, fantasy, horror, or for that matter any kind of research oriented and challenging projects way more than the regular ones. The idea was to set up a one stop solution point that not only designed but also manufactured a specialty look from top to toe. We delved deep into research and today we cater to a vast range of clients for all kinds of specialty requirements...right from wigs, hair and prosthetic makeup, to armory, jewelry, weaponry and chainmail, to elaborate and true to its time clothing, specialty footwear etc.

What challenges did you face while setting up the business?

Training and retaining the staff was one of the biggest challenges and still remains. Media works on a different set of rules. Most assistants like to work on project basis with designers and there is little or no company loyalty. Since the area I am catering to is mostly very specialty oriented, it gets difficult to let go of staff after having trained them thoroughly and then training another set from scratch, but its gradually getting better as employees are finally understanding the value of teamwork and a secure income. Another challenge was also to break into the market, and not by lowering cost but with a higher cost quotient as we were promising quality. It was initially difficult to convince producers and heads of production...as the proposal of a qualitative shift for a higher cost sounded vague to them at that point. However, once the projects started rolling and coming on air, it became easier as they started speaking for themselves.

What is your definition of costume designing?

Being true to the character and premise, where the costuming looks effortless and real is the key...Everything must blend in to make the frame look real...unless of course it is theatre OR the entire approach theatrical and mystical...The intention should not be to make the costume shine out, but blend in seamlessly and beautifully with all other areas of the production.

What is the one core difference between Indian and International genre of designing?

We Indians are more surrealistic and take more liberties in our approach to costuming. Mostly an escapist way of looking at life. We like our clothes new and shiny most of the time, it pleases our senses more. While the west is way more realistic they would age a costume till it starts looking like the person has lived in it and the piece of clothing has belonged to the character for real. This is the primary difference that separates the east from the west...The difference of finding beauty in gloss and in decay... Also we tend to play many of our characters larger than life while the West usually tries to play them subtle...which again changes the entire approach dynamics for styling/designing costumes



I am so Sari

Suave, Sensual, Sophisticated

Sari, the most appreciated & chic Indian Dress, has never been out of fashion. And, some celebrities responsible to keep it in trend look stunning every time they appear in it. Catch some alluring personalities who keep it alive and look WOW!



Just Chill Chill ...Just Chill



By Radhika Kumar

The pinch of the cold breeze rubbing your skin, tells you it's time, your body needs something extra. Along with those woollen sweaters, scarves and gloves, for outside body protection, consider preparing yourself from the inside too. So, consume foods that will boost your immunity and protect you from the cold, make you healthy along with keeping your body skin supple and hydrated the entire season.

Apples – Keep the 'doctor' away!

Apples boost cardiovascular health and prevent dementia. Winter is the season for apples, and eating seasonal fruits is both healthy and affordable.



Oranges – No Sneezing! No Sneezing!

Rich in Vitamin C, oranges consumed whole or in the form of juice help build immunity against common cold and cough.



Spinach – Be a Popeye.

Spinach adds that dash of taste and health to your diet and is an extremely nutritious green vegetable.



Peanuts – 'Chikki Chikki Chikki' dhoom...

Fried, salted or plain, peanuts are a must-have for the winters. The sugary 'chikki' that you may find in the local market should be kept handy. Peanuts in every form are a welcome food for body heat and proteins.



Carrots – Say hello to Mr.Karamchand!

Carrots complete your body's requirement of vitamins B, C, D, E and K, while the carotene gets converted to Vitamin A later.



Kiwi - Tour New Zealand!

This exotic fruit is another rich source of Vitamin C. A pinch of salt added to freshly cut kiwis may make for a grand entry to your breakfast or evening tea time. This may become a sweet addition to a variety of winter salads.



Chicken Soup – For 'Everybody's' Soul

A piping hot bowl full of chicken soup is best known to drive away the chill of dreadful winters.



Cocoa – Ya-ya-Yeh Coco Jumbo

Cocoa is known to help the cardiovascular functioning of the body since it is a food rich in flavonoids. Drink cocoa after each sumptuous meal.

Nuts & Dried Fruits – Are you Nutty?

Dried fruits are known to retain a large amount of the nutritious quotients of fresh fruits. Essential nuts and fruits are providers of nutrients in the absence of their fresher form. The quality of diet and their regular consumption, especially in winter, helps combat risks to health.

Enjoy your winters and make the season illness free by eating foods that don't ruin the fun. Be Cool and Be Fruity!



Must have application

For your Smartphone

If you are using a Smartphone, you cannot be smart enough unless you have apps in it. However there is no dearth of apps in the virtual world but your selection of the best ones can be a little overwhelming. India Unbound helps you in choosing best new picks in Android operating system and also in iOS



By Santosh Naik

10 Android apps

AudioGalaxy (free)

This app, still in beta, streams all the music stored on your local drive, for as long as the latter is turned on.

Angry Birds Star Wars (free)

Join the Angry Birds in their biggest adventure yet! New gameplay mechanics include the use of lightsabers, blasters and Jedi powers to wreak havoc on the imperial pigs!

Need for Speed Most Wanted (Rs. 350)

With awesome graphics, EA's Most Wanted pushes the mobile platform to its utmost limits. Buckle up, hit the gas and hold on tight, you're in for the ride of your life.

Blood Brothers RPG

Blood Brothers RPG is a dark fantasy game, a tale of a hero turned vampire, who must bind an army in a pact of blood in order to exact vengeance on a corrupt empire. Choose one of eight heroes—knight, samurai, high elf, dark elf, ape, lizardman, dwarf or goblin—to lead your army to victory.

BBC (free)

BBC's mobile app doesn't disappoint, letting you watch video reports, listen to live radio, clip articles for offline reading and read the latest updates on the fly.

Classics you can't do without

AppGarden Lite (free)

The interface looks dated, but AppGarden Lite is a lightweight, backwards-compatible (utilities from older versions will keep working with the new version) container with dozens of useful utilities—from conversion charts to a barcode scanner to a password generator. You can bookmark your favourite utilities for quick access. Our favourites folder includes the QR scanner, stopwatch, tip calculator, currency calculator, Urban Dictionary lookup and a calorie calculator.

GO SMS Pro (free)

Go SMS Pro is the SMS/MMS app for power Android users. You can send "short" messages containing text, voice, doodles and photos. There's a lot of room to customize themes, messages and folders for storage.

Gibberbot (free)

Armed with the right software, it's pretty easy for someone to tap into your cellphone network and read all the text messages and chatting you're doing over your device. Gibberbot obscures all this data so that it looks like "gibberish" to a hacker. This free, open-source chat client offers fully encrypted chatting over Google Talk, Facebook and Jabber. It must be used in conjunction with Orbot, the official Tor client for Android.

Bump (free)

Bump lets two users tap their phones together to immediately share photos, contacts and apps. Amazingly, it works cross-platform between iOS and Android users as well.

FXCamera (free)

Not every smartphone-running Android has a great camera, so get better photos with the help of a little software. FXCamera adds filters and effects such as "ToyCam" and "Fisheye", to enhance even the most modest



of pictures. It also helps to arm yourself with additional tips for getting better photos from your phone.

10 iOS apps Best new picks Here for iOS (free)

Nokia's rebranded Drive navigation app, Here, is here. While it doesn't match up to some of the features of Google Maps for sure (especially with respect to alternative routes), it is definitely excellent as far as giving routes is concerned.

Converter Plus (free)

This all-in-one calculation app delivers numbers on nearly everything, from currency conversions to loan-interest figures. It converts metric to imperial measurements for temperature, cooking volumes, length and more.

BBC News (free)

Among news apps, BBC has one of the best interfaces—clean, with relevant headlines, good photos and no advertisements. As far as international news organizations go, the BBC has correspondents in every corner of the globe, as well as varied and widespread topics.

Brewster (free)

The Brewster iPhone app may be one of the most visually appealing contact managers you'll find, tapping into multiple social networks for images of people you know. It insists on having access to your iPhone Contacts and either Twitter or Facebook to work, though.

Chrome (free)

Chrome for iPhone is just Safari with a better interface and a few more features, but it's a must-have app for desktop Chrome users. Anyone who has fallen in love with the "Omnibox" or combined URL address bar and search bar, won't want to use anything else.

Classics you can't do without

Draw Something Free

Draw Something Free, the latest app craze, pits both iOS and Android users in simple gesture-based drawing competitions.

Pick a word from a list of three, draw it on your screen with your finger using a variety of colours and brushes, and then send it to your friend to guess what you've drawn. You win coins if your friend guesses correctly. It's very simple and, like Words With Friends (a word game), the addiction lies in the robust social aspect.

Adaptu Wallet: Personal Finance and Money Management To Go (free)

Adaptu Wallet for iPhone is ad-free and is the closest thing to a mobile wallet on an iPhone yet. It features bank-grade security, keeps track of your latest account balances in real-time, sends you bill reminders, tracks loyalty programmes, forecasts your spending and lots more.

Snapchat (free)

Real-time picture chatting is now available on the iPhone. Claiming to be the fastest way to share a moment with friends, Snapchat allows you to control how long friends can view a message, lets you know if they take a screenshot, and "build relationships, collect points and view your best friends".

Adobe Photoshop Express (free)

Digital photography editing, until very recently, has been a task best suited for desktop and laptop computers, but Adobe proved that it could be done in the mobile space with Photoshop Express, a free photo-editing application for the iPhone and other iOS devices. Photoshop Express is a powerhouse of a mobile app, and can even handle noise reduction (extraneous particles that show up on photos). All in all, Adobe Photoshop Express is a solid tool for making light photo edits on your iPhone.

Dropbox (free)

If your files live all over the place—your office computer, home desktop, laptop, etc.—having a dependable syncing program is a must. Dropbox, the service and productivity tool that lets you store your files in the cloud and access them from anywhere you have a signal, fills that role nicely with a Dropbox iPhone app. It has a simple interface, easy updating, and swift syncing across all accounts.

A true leader of rural India



In the hinterlands of Haryana, Andhra Pradesh, and Rajasthan, scores of women are being trained to be employed in BPOs set up by Ajay Chaturvedi, a BITS Pilani alumnus and former Citibank employee. Ajay (38) had quit a flourishing career abroad to embark on a spiritual journey in the Himalayas which eventually led to his founding of HarVa (Harnessing Value of Rural India), a 'for profit rural enterprise'. Ajay is providing jobs to hundreds of rural women in BPOs. Thanks to his organization, about thousand women, many of them just high school drop-outs, now operate computers with ease and have acquired the skills to work in BPOs. The women are trained for about 3-4 months before they are put on the job, where depending upon their skill levels, and the amount of time they spend in the 'digital huts' they earn anywhere between Rs.3500 - Rs.8000 per month.

HarVa recently bagged a project with an MNC in the US, which can provide jobs for about 100 women. "At one stage we had 11 BPOs, but we have scaled it down to 4 units due to management issues. We are opening a unit shortly in Rajgarh in Rajasthan," says Ajay. The workforce fluctuates according to the job at hand. Up to 400 women get jobs when the workload is at its peak.

Ajay set up the first rural BPO in 2009 in Bhiwadi, Rajasthan. He later forayed into community farming initiatives, and set up student help desks. In the farming sector, Ajay encourages farmers to opt for crop diversification to boost their income. He offers suggestions on what crops are suited to a particular area. He also counsels them on using appropriate irrigation methods. In Uttarakhnad, he asked farmers who were cultivating Eucalyptus to switch to mango cultivation, as the former sucked a lot of ground water.

The student help desks, which function in Haryana, Rajasthan, Andhra Pradesh, Uttar Pradesh, and Meghalaya, offer free career counseling. Thousands of enquiries have poured in, and they have been unable to respond to each of the enquiries. "We have been able to attend to only about 5000 enquiries. Thousands more are awaiting our response," says Ajay. After working abroad for some time, Ajay returned to India determined to find answers to the questions of life that had been haunting him since he was a student at Wharton.

"My spiritual quest began at 26 in Business Strategy class at Wharton. I started the self inquiry then. At 33, I went to the Himalayas and spent time with my guruji. At 36, I started HarVa," says Ajay. His story reminds one of Robin Sharma's bestseller, *The Monk Who Sold His Ferrari*, which talks about oriental wisdom and lets you delve deeper into yourself to understand life from a different perspective. "People thought I gave up (when I went to the Himalayas), I didn't give up but gained much more," says Ajay. Wandering in the Himalayas he observed the villages at close quarters and that provided the spark for HarVa, which he established in his words, as a 'socio-capitalist business model'. In 2011, he acquired a company 'Source Pilani', a for-profit village

based BPO that leveraged low cost rural talent and inexpensive infrastructure to provide services to companies at unmatched price. The Rajgarh based company had strong capabilities in medical transcription, social media monitoring and regional language voice services. It also provided solutions for business support functions like data processing, software testing and call center support. But ask him why he has started only 'all women' BPOs? He says he had no plans as such, but it so happened that only women lapped up the opportunity of working in a BPO when he went knocking at the villages.

Women workers at a rural BPO

Women responded well. "I neither preached to them nor questioned them about their customs, traditions, attire or anything, but just went there with a proposal for free computer training to all" says Ajay. The rural women proved quick learners. Even those who had studied only up to class eight and were seeing computers for the first time learned to use a keyboard within 4 hours, he says. He is experimenting with solar energy and 'gobar gas' plant to power the centres. The pilot project is yielding encouraging results. "The dung from 50 cows is enough to run 40-45 computers," he reveals. Ajay steers clear of terms such as 'women empowerment,' saying, "when women are equal to men, where is the question of empowering them." He recalls an old Chinese adage, "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime" and says that one has to do a bit more - dig a pond, fill it with rain harvested water, culture fish, and buy back fish from the man!

Ajay's philosophy for HarVa is perhaps encapsulated in the above words.



Rajnish Jain bags IMC Inclusive Innovation Award

Awarded for his product - electricity and cooking coil from pine needles - Uttarakhand-based Rajnish Jain has been conferred the IMC Inclusive Innovation Awards 2012, an official said. The award instituted by the Indian Merchants Chamber (IMC), recognises products or service innovations which are inclusive, capable of commercial exploitation, sustainable and scalable.

Rajnish Jain

Jain received financial support of Rs.20 lakhs at a ceremony. Jain's product helps in harnessing the destructive energy of pine needles for meeting energy needs and improves rural livelihoods. The central Himalayas have 1.5 million hectares of pine forests, where excessive forest fires spread by pine needle litter destroys natural resources. Jain's company, Avani, converts this destructive biomass into clean, affordable electrical and cooking energy for driving economic growth. "The award is a commendable project to discover the hidden ability of an innovation, provide a useful platform to an entrepreneur to showcase his talent and help the society to become technologically advanced." IMC President Niranjan Hiranandani said. Jain was selected from five short-listed entries through a question and answer session conducted by the jury.



The doctors who volunteered to serve in remote tribal areas

In a small dusty village called Ganiyari on the outskirts of Bilaspur in the strife-torn state of Chhattisgarh a group of doctors from the country's top medical institutions began a unique experiment. They gave up lucrative jobs, sparking city lights and hefty pay packets to settle with families and school-going children in a remote tribal area in pursuit of a dream; a dream to provide quality healthcare to the poorest of the poor.



Real life heroes: The doctors who volunteered to serve in remote tribal areas. Amidst the skeletal buildings of an abandoned colony of the Department of Water Resources they saw the contours of their dream. Painstakingly, five of the buildings, which were completely unusable, were repaired to create a hospital for the adivasis that is setting the benchmark for developing low cost health technologies in India today. An excerpt from Beautiful Country - Stories From Another India. It was November 2006. We were in Bilaspur, Chhattisgarh, having driven 110 km on the road from the state capital, Raipur. ... We set off towards the tehsil of Takhatapur. Located twenty kilometres from Bilaspur, more than half the tehsil's population comprises scheduled castes and tribes. Ten years ago, it was here, in a small dusty village called Ganiyari, that a group of doctors from the country's top medical institutions had begun their unique experiment. They were all young and determined to make a difference. In Ganiyari there was an abandoned colony of the Department of Water Resources. In the broken-down buildings of this skeletal colony, they saw the contours of a dream. So they leased it for thirty years from the state. At the time, it was still part of Madhya Pradesh State (Chhattisgarh State came into being in November 2000).

Five of the buildings, which were completely unusable, were painstakingly repaired to create a space for providing healthcare to tribals. Today, thousands of adivasis and other poor villagers come here for healthcare. It was getting dark by the time we reached the hospital campus. At the entrance, nine doctors were standing to receive us. These were graduates from the country's premier medical colleges - AIIMS (All India Institute of Medical Sciences, New Delhi) and CMC (Christian Medical College, Vellore) - all in their thirties. They had given up lucrative jobs, sparking city lights and hefty pay packets to settle with families and school-going children in a remote tribal area in pursuit of a dream; a dream to provide quality healthcare to the poorest of the poor. ... For this team of men and women, who abide by the Hippocratic oath, treating patients is not just a job. It is a passion. For them, the crumbling irrigation building that they have managed to lease from the state government is the gateway to a dream. Within its decrepit walls they have built their Jan Swasthya Sahyog (JSS) ... They told us how they were trying to ensure maximum outreach with the little money they received from donations. They use low-cost drugs for treatment which are obtained from organizations such as Vadodara-based LOCOST. The difference in price is 200-400 per cent. The charts showing the rates for medicines are in full public view at the hospital. The OPD charge for registration and consultation is Rs 6. If the patient is very malnourished, the doctors assume that she is extremely poor and even this small fee is waived off. Medicines are provided free of charge. Thirty-seven different types of pathological, biochemical and microbiological investigations are available at rock-bottom prices, thanks to the low-cost technology developed by doctors here. The Ganiyari method for early detection of urinary tract infections costs less than Rs 2 per test, anaemia Re 1, diabetes Rs 2, pregnancy Rs 3. ...

Anil Joshi, an Ayurveda doctor and our 'Person of the Year'

This nation needs more of the likes of Anil Joshi, an Ayurveda doctor and our 'Person of the Year' who lives in a town called Mandsaur in Madhya Pradesh. It is hard to believe that people like him still exist in this world.



Being an Ayurved doctor Anil Joshi had built about ten check dams in drought-stricken villages near his town by collecting one rupee each from the local people. These dams have become lifeline for hundreds of farmers whose livelihood had been affected due to lack of irrigation facilities and successive years of drought.

Joshi's heroic act was not in building the dams, but when he took that decision to help the villagers. It was that show of concern, of feeling the pain of a fellow human being, and identifying with that pain, and wanting to do something about it. Joshi told Kavita that he was heartbroken when he witnessed the impoverished state of some of the people he knew at a village, where he was having a clinic since 1984, due to prevailing drought. "Some of my patients were farmers who obtained 100-200 quintals of food grain during harvesting season but after eight years of meager rains, they were in a very bad situation and had to buy food grain to feed their family." Joshi told The Weekend Leader. Moved by their plight, he decided to build check dams for them so that they would have water for their agriculture. He had no money, but that didn't stop him from stepping out of his comfort zone for the sake of a community that was hurting towards a socio-economic disaster with no sign of help from the government.

Leadership is not about leading it over people, but leading the way to serve them. If only politicians could take a leaf from this man's life, they can do better public service. Joshi demonstrated great leadership skills when he chalked out an action plan to salvage the situation and help the villagers. He collected money, one rupee from each person, borrowed cement bags from friends, filled it with sand, and along with villagers stood in the middle of a river "where water flowed with a strong current" and piled up the bags to create a water storage facility.

And when it rained after fifteen days, the water that got collected in the check dam recharged the ground water in the area. Agriculture was revived and the farmers were happy. Joshi sold his wife's jewels to build one more check dam, and nine others later. The Weekend Leader's editorial team has chosen him as 'Person of the Year' for his exemplary community service. Vellore Institute of Technology (VIT), one of India's top educational



institutions, has joined hands with our flagship initiative and so this year the award has been titled, 'The Weekend Leader - VIT Chennai Person of the Year'. In 2010, we chose Tanishk Shyamya, an IIM graduate, who changed the lives of street food vendors in Ranchi through her social enterprise, Streets India, as our 'Person of the Year'. In 2011 the honour went to V Venkatraman, who provides lunch at One Rupee to thirty poor people daily at his restaurant in Erode, Tamil Nadu. Joshi will receive 'The Weekend Leader - VIT Chennai Person of the Year Award' at the VIT Chennai campus on January 24, 2013. The award includes cash prize of Rs.10000, a trophy and citation.



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सचिन तेंदुलकर ने वनडे क्रिकेट से सन्यास लिया

बीबीसीआई के सचिव संजय जादवले ने एक बयान जारी करते हुए ये जानकारी दी है। सचिन का यह बयान ऐसे दिन आया है जब भारत और पाकिस्तान के बीच वनडे मैचों के लिए टीम का घोषणा भीनी थी। इस बयान के अनुसार सचिन ने कहा है, मैंने वनडे खेलों से सन्यास लेने का फैसला किया है। मैं बहुत अच्छा महसूस करता हूँ क्योंकि मैं वनडे विश्व कप जीतने वाली भारतीय टीम का सदस्य रहा हूँ। 2015 के विश्व कप को तैयारियाँ अब शुरू होनी चाहिए। मैं टीम को भविष्य के लिए शुभकामनाएं देता हूँ।

रिकार्ड्स के बादशाह

टीवी चैनल सोलामन आईबीएन से बातचीत में प्रखल चयनकहाल श्रीकांत ने कहा कि वो इस खबर से चकित है लेकिन सचिन का वनडे करियर कमाल रहा है और वो अपने करियर के शीखर पर रिटायर हो रहे हैं जो अपने आप में एक उपलब्धि है। मैंने वनडे खेलों से सन्यास लेने का फैसला किया है। मैं बहुत अच्छा महसूस करता हूँ, क्योंकि मैं वनडे विश्व कप जीतने वाली भारतीय टीम का सदस्य रहा हूँ। 2015 के विश्व कप को तैयारियाँ अब शुरू होनी चाहिए।

सचिन तेंदुलकर

वनडे क्रिकेट में सचिन का रिकॉर्ड अविध्वंसनीय सा लगता है। उन्होंने 463 वनडे मैच खेले जिसमें 452 पारियों में 18,426 रन बनाए।

वनडे क्रिकेट में किसी दूसरे खिलाड़ी ने अब तक इतने रन नहीं बनाए हैं। पहले में सचिन का सशर्तीयक स्कोर है 200 रन। सचिन का रन औसत 44.83 प्रतिशत है जो 463 मैचों के हिस्सेब से बेहतरीन कहा जाएगा। इन मैचों में सचिन ने 49 शतक और 96 अर्ध शतक भी लगाए हैं। प्रतिक्रिया सचिन तेंदुलकर के संन्यास पर कई प्रतिक्रियाएँ आ रही हैं। सभी खिलाड़ी श्रधजन सिंह ने अपने ट्वीट में कहा कि सचिन एक महान बल्लेबाज, एक महान ईसाण और एक दोस्त है। उन्होंने कहा, सचिन भारत के सच्चे बेटे हैं। मैं आपको सलाम करता हूँ, और आपको प्यार करता हूँ। भारतीय क्रिकेट कमिटीटर हवाल भोगले ने टीवी चैनल सोलामन आईबीएन से कहा कि उन्हें सचिन के फैसले पर आश्चर्य नहीं है, और उनके इस फैसले का समर्थन है। उन्होंने कहा, ये एक सही फैसला है।



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शुद्ध दूध भी देता है, बीमारियों को न्यूता

भारत में मिलावटी दूध को सेहत के लिए खतरनाक माना जाता है, लेकिन सुनकर ताज्जुब होगा कि शुद्ध दूध भी सेहत के लिए फायदेमंद नहीं है। शुद्ध दूध से भी कई तरह की बीमारियां हो जाती हैं जिसमें कैन्सर भी शामिल है। यह बात अमेरिकी डॉक्टर जॉन मेकटुलन के सावधानी डॉ. जी.डी. अग्रवाल ने शुक्रवार को एक निजी होटल में आयोजित सेमिनार के दौरान कही। उन्होंने बताया कि डॉक्टर जॉन मेकटुलन ने अपने शोध के दौरान शुद्ध दूध के शरीर पर कई हानिकारक परिणाम पाए हैं। मेकटुलन के शोध के अनुसार मानव शरीर में ग्रेव हार्मोन होता है और दूध में भी वही ग्रेव हार्मोन होता है। दूध पीने से ग्रेव हार्मोन की मात्रा बढ़ जाती है जो शरीर को नुकसान पहुंचाती है। इसमें अलाव दूध का प्रोटिन भी एग्मिनो एमिड से बनता है और शरीर के भीतर भी पहले से एग्मिनो एमिड होता है। यह आपस में मिलकर परस्पर विरोधी के रूप में काम करते हैं। इसे चिकित्सीय भाषा में आटो इयुनिव डिजिनिव कहा जाता है, जिसका मतलब होता है कि शरीर अपने ही खिलाफ लड़ने लगता है। इससे दिल की बीमारियां, केन्सर, गठिया और मधुमेह जैसी बीमारियां हो जाती हैं। सेमीनार में डॉ. जॉन मेकटुलन ने ऑन्कोलाइन कर्निसेस के माध्यम से सवालों के जवाब दिए। उन्होंने बताया कि भारत में इस तथ्य को स्वीकार करने में काफी समय लग सकता है। दूध सेहत के लिए इतना खतरनाक है कि विश्व भर में चिंता जताई जा रही है कि लोगों को इसके प्रति जागरूक क किया जाए। उन्होंने कहा कि फिंसल अमेरिकी राष्ट्रपति बिल क्लिंटन को दो बार दिल का दौरा पड़ा। जब शोध का हवाला देते हुए उनकी भोजन शैली में परिवर्तन किया गया तो फनस्युब उनका घबन 2.4 पीड कम हो गया। आज फॉलर रूप से स्वस्थ बिल्टन भी इस शोध को स्वीकार कर चुके हैं। सेमीनार में अंतरराष्ट्रीय स्तर के कई शोधकर्ताओं और डॉक्टरों ने अपने विचार रखे।

आलू में भरपूर पोषण तत्व, इससे मोटापा नहीं

आलू में वसा की मात्रा बेहद कम है और पशुधमियों में मधुमेह रोगियों को आलू कम कैलोरी के भोजन के रूप में दिया जाता है। 'आलू मोटापा बढ़ता है और मधुमेह रोगियों के लिए आलू खाना नुकसानदेह है।' इन कारणों को खारिज करते हुए हार्डिकनरन प्रोड्यूस मैनेजमेंट इंस्टीट्यूट (एचपीएमआई), लखनऊ से जर्नील सेमि ने जारी एक पत्र में कहा गया है कि आलू में वसा की मात्रा बेहद कम है और पशुधमियों में मधुमेह रोगियों को आलू कम कैलोरी के भोजन के रूप में दिया जाता है। एचपीएमआई ने इस पत्र में केंद्रीय आलू अनुसंधान संस्थान, दिल्ली के तकनीकी बुलेटिन संख्या, 49 के हवाले से कहा है, आलू मोटापा बढ़ता है। यह भ्रूति है। कच्चे तथा उबले आलू में मात्रा 0.1 प्रतिशत वसा होती है जो अतिशय न्यून बतल सकती है। उसे तेल या घी में तले से ही वसा की मात्रा बढ़ती है। आलू को जलाने पर वसा से संतृप्तता नहीं बढ़ती। मधुमेह रोगियों के लिए आलू खाने पर रक्त के संतृप्त में इसमें कहा गया है, 'आलू को पारसैमिक इंडेक्स (ब्लूकोल की मौजूदगी का मानक) उच्च होने के कारण मधुमेह रोगियों को आलू खाने से रमा किया जाता है। किन्तु आलू में संतृप्तता मात्रा में कार्बोहाइड्रेट और वसा की मात्रा कम होने के कारण पशुधमियों में मधुमेह रोगियों के लिए इसे कम ऊर्जा वाले भोजन के रूप में देने की सिफारिश की जाती है जब कि उन देशों में आलू अधिक खाया जाता है।' 'आलू एक संतृप्त आहार' शीर्षक वाले इस पत्र को हाल में भारतीय कृषि अनुसंधान संस्थान द्वारा प्रकाश में आने पर अप्रतिहत एक कार्यक्रम में पढ़ा गया। इसमें कहा गया है कि पशुधमियों में मधुमेह रोगियों को चिकित्सा में आलू के भोजन से बचना चाहिए। 'संतृप्तता इतनी कम है कि पशुधमियों में आलू को खाने से रक्त में ग्लूकोज के रूप में अधिक होती है। एचपीएमआई के अनुसार केल्सियम में प्रति व्यक्ति प्रतिदिन 653 किलोआलू की खपत होती है तथा पोलेट में यह औसत 4.67 किलो का है। भारत में प्रति व्यक्ति प्रतिदिन आलू का उपभोग 14.8 किग्रा है और भारत में आलू भोजन का महत्वपूर्ण भाग न होकर पाइड, चिप्स और नस्कोन आदि में इस्तेमाल होता है।

पत्र के अनुसार आलू के कट में 75.80 प्रतिशत पानी, 16.20 प्रतिशत कार्बोहाइड्रेट, 2.5 से तीन प्रतिशत प्रोटिन, 0.6 प्रतिशत रेखा, 0.1 प्रतिशत वसा और एक प्रतिशत खनिज पदार्थ पाए जाते हैं। इसके अतिरिक्त आलू में विटामिन और खनिजों अलावा भी थोड़ी मात्रा में पाए जाते हैं। शर्कराकट्ट और अन्य कट की तुलना में यह कम कैलोरी प्रदान करता है। इसमें जोर दिया गया है कि आलू को उबालकर खाया जाना चाहिए इससे यह कम ऊर्जा वाले खाद्य का काम करता है और इससे मोटापा नहीं बढ़ता। पत्र में कहा गया है कि 100 ग्राम कच्चे आलू में 80 कैलोरी ऊर्जा, सूखे आलू में 321 कैलोरी तथा इतनी ही मात्रा में मक्के में 96 कैलोरी, चावल में 364 कैलोरी, गेहूं में 332 कैलोरी और ऊपर में 342 कैलोरी ऊर्जा होती है। संस्थान का दावा है कि आलू में पाया जाने वाला प्रोटिन गेहू, दूध तथा मांस में पाए जाने वाले प्रोटिन से अधिक गुणवत्ता वाला और शीघ्र रूप से उपयोग होता है। इसमें शरीर के विकास के लिए जरूरी माने जाने वाले लालिनी नामक पौष्टिक तत्व आलू में प्रचुरता में पाया जाता है। कच्चे आलू की 100 ग्राम मात्रा में 20 से 30 मिलीग्राम विटामिन सी पाया जाता है जो गन्ध, स्वाद और कट से अधिक है। आलू विटामिन सी का अच्छा स्रोत होता है। इसमें तरह तरह के विटामिन और फायदेमंद, कैल्शियम, पोटेशियम, सोडियम, लोहा, जस्ता और मैग्नेशियम पौष्टिक पदार्थ में पाया जाता है। इसके अलावा इसमें तंबा, मैगनीज, मॉर्फीबिडियम और क्रोमियम की थोड़ी मात्रा पाई जाती है। इसी प्रकार इसमें थोड़ी मात्रा में सुदाना, सोमिन, आयोडीन, एप्युमिनियम, कोबाल्ट और सेलेनियम पाए जाते हैं। आलू में सोडियम की मात्रा बहुत कम होने के कारण यह उच्च रक्तचाप के लिए फायदेमंद है। संस्थान का दावा है कि आलू के कटों को सूखे का प्रकार अधिक प्राप्त होने पर ये कट हरे रंग के हो जाते हैं तथा इन कटों में सेलेनियम का मात्रा अधिक हो सकती है जिसका निवारण सीमा से अधिक सेवन नुकसानदेह है। इसमें हो कटों का भोजन में प्रयोग भोजन में खरिती है। इसमें कहा गया है कि आलू को पकाने समय छिन्क से सहीत पकाना चाहिए इससे उसके पोषक तत्व ज्यादातर सुरक्षित रहते हैं। छिन्क उतार कर पकाने से 20 से 30 प्रतिशत पोषक तत्व नष्ट हो जाते हैं। इसमें कहा गया है कि आलू को कटने के बाद तुरत पकाने अथवा पकाने के पूर्व पानी में रखने से भी पोषक तत्व कम नष्ट हो जाते हैं।

झुर्रियां मिटाना है तो, करें चेहरे वाला योग

चेहरे पर मुट्ठे और झुर्रियां से परेशान महिलाओं के लिए एक अच्छे खबर है। अब ये चेहरे खाला योग करके निखार वापस पा सकती हैं। चेहरे पर मुट्ठे और झुर्रियां से परेशान महिलाओं के लिए एक अच्छी खबर है। अब ये चेहरे खाला योग करके निखार वापस पा सकती हैं। निम्नलिखित योग करने के साथ चेहरे से संभवित सबूत योग क्रियाएं करने से झुर्रियां में कमी आती है। महिलाएं 7-8 टुकड़ों के जरूर इस तरह के योग को सीख रही हैं। समाचार पत्र 'द डेली मेल' के मुताबिक आहार विशेषज्ञ जोसी गोलडबर्ग ने कहा कि चेहरे खाला योग एक मजेदार गतिविधि है जिसका बड़े पैमाने पर लाभ होता है। उन्होंने कहा कि मैंने इसे टीसों के समूह के साथ करने का प्रयास किया और यह काफी मजेदार रहा। मैंने सभी लोगों से इसे समूह में करने का सुझाव दिया।



झूलन-लुढ़कन आसन मोटापा घटाने के लिए रामबाण

मोटापा लोगों के लिए झूलन-लुढ़कन आसन रामबाण की तरह है। इससे अतिरिक्त चर्बी घटती है और शरीर में सफूर्ति आती है। मोटापा लोगों के लिए झूलन-लुढ़कन आसन रामबाण की तरह है। इससे कमर और निचले की अतिरिक्त चर्बी घटती है और शरीर में सफूर्ति आती है। रीढ़ शरीर की नींव है। जिस तरह कमजोर नींव पर मजबूत इमारत खड़ी नहीं हो सकती, उसी तरह कमजोर रीढ़ वाले व्यक्ति कभी स्वस्थ और मजबूत नहीं हो सकते। योग शरीर को स्वस्थ रखता है। जिस प्रकार शरीर के अन्य अंगों को मजबूत रखने के लिए योगासन की आवश्यकता है। उसी तरह रीढ़ को मजबूत बनाने के लिए योगाभ्यास को जरूरत है। रीढ़ को मजबूत रखने लिए सबसे अच्छे आसन झूलन-लुढ़कन आसन है। इस आसन से रीढ़ की हड्डी और जोड़ ज्यादा लचकदार और मजबूत होते हैं। यह आसन पेट से संभ्रित सभी रोगों को दूर करने में सहायक है। इसे करने से कमर को संतुलित करने में मदद आती है। इतना ही नहीं निम्नलिखित रूप से इस आसन को करने से शरीर में सफूर्ति तो आती ही है कमर और निचले की अतिरिक्त चर्बी भी घटती है। मोटापे से परेशान लोगों के लिए तो यह रामबाण की तरह है। अच्छे बात तो यह है यह आसन रीढ़ संभ्रमी आसनों में सबसे आसानी और सरल है। कठने की विधि सबसे पहले जमीन पर लेट जाएं। दोनों पैर घुटनों से मोड़े, घुटनों को छाती की ओर लेकर आए और हाथों से पैरों को घुटनों के पास से पकड़ लें। इसके बाद सबसे पहले श्वास भरें और आगे की ओर झुलते हुए सांस छोड़ें और पीछे की ओर लुढ़कते हुए सांस भरें। फिर को बचाकर रखें और कोशिश करें कि आगे की ओर झुलते हुए आगे पैरों के बल बैठ जाएं। सततधन रहें इस क्रिया को करने से पीठ के बल आगे-पीछे लुढ़कते-झुलते हुए रीढ़ के सभी जोड़ों का व्यायाम हो जाता। जिससे कमर या पीठ में दर्द रहता हो वे बस आसन से बचे। इस आसन को सुबह उठने के बाद सबसे पहले अभ्यास करने से सुस्तो दूर होती है और शरीर में सफूर्ति आती है



विदेश जाने वाले छात्रों की संख्या 256 प्रतिशत बढ़ी

सरकार ने बताया कि आईआरएस बेंगलूरु की एक रिपोर्ट के अनुसार अध्ययन के लिए विदेश जाने वाले छात्रों की संख्या में 256 प्रतिशत बढ़ी। यह आंकड़ा 2000 से 2009 के दौरान का है। मानव संसाधन विकास राज्यमंत्री शशि थरूर ने अतिरिक्त पाठों के स्थलों के विस्तार जबकि सं राज्यसभा की यह जानकारी दी। थरूर ने बताया कि भारतीय प्रबंध संस्थान, बेंगलूरु की एक रिपोर्ट के अनुसार 2000 से 2009 के दौरान विदेश जाने वाले भारतीय छात्रों के प्रवाह में 256 प्रतिशत की वृद्धि हुई है। उन्होंने कहा कि दरना करवा विकासगत हितों और प्राथमिकताओं के साथ-साथ देश में तुलनात्मक अवसरों का उपलब्ध नहीं होना है। थरूर ने ध्यान संगमा के एक अन्य सवाल के जवाब में बताया कि मैंगलूरु सरकार से मिली सूचना के अनुसार लोअर प्राइमरी सार्वजनिक स्कूलों में सरकारी शिक्षकों की भरती के संबंध में सीबीआई ने एक जांच की थी। राज्य सरकार ने सीबीआई रिपोर्ट को गुवागट्टी उच्च न्यायालय की शिलाल पीठ में चुनौती दी थी। उन्होंने कहा कि उच्च न्यायालय के द्वारा निर्देशों के अनुसार उम्मीदवारों के चयन में वैधता सुनिश्चित करने के लिए राज्य सरकार ने 12 अक्टूबर 2012 को एक उपसत्यय जांच समिति अधिसूचित की है।



जयपुर में बसों में होंगे पुलिस कर्मी तैनात

जयपुर पुलिस आयुक्त ने कहा कि जयपुर में महिलाओं की सुरक्षा के लिए बसों में क्षेत्र विशेष में आवश्यकतानुसार बड़ी एवं सादाबसोंकी पुलिस बसों तैनात किये जायेंगे। दिल्ली में एक सुबह के साथ दुर्घटना की घटना के बाद जयपुर में नगरीय बस सेवाओं में महिलाओं की सुरक्षा के लिए बड़ीधारी एवं सादा बसों में पुलिस कर्मी तैनात होंगे। जयपुर पुलिस आयुक्त श्री. सोनी ने कहा कि दिल्ली में पिछले दिनों त्त के समय बस में सामूहिक बलात्कार की घटना के मद्देनजर महिला एवं छात्राओं की सुरक्षा के लिए रिस्टोरस एवं लो फ्लोर बसों में क्षेत्र विशेष में आवश्यकतानुसार बड़ी एवं सादाबसोंकी पुलिस कर्मी तैनात किये जायेंगे। सोनी ने पुलिस अधिकारियों को स्पष्ट निर्देश दिए हैं कि असाधारण तलवी के विकल्प प्रभावी कार्रवाई सुनिश्चित की जाए। उन्होंने कहा महाविद्यालयों, विद्यालयों के प्रारंभ होने और छोटी के समय प्रभावी पुलिस परत के लिए भी विशेष निर्देश दिए हैं। उन्होंने नए वर्ष के अंततः होने वाले विभिन्न आयोजनों के बारे में भी पुलिस अधिकारियों को विशेष सावधान रखते हुए कार्य करने के निर्देश दिए हैं। सोनी कहा कि नव वर्ष पर राह में आने वाले घटकों की सुरक्षा पर भी विशेष ध्यान दिया जाए।



बेटियां बनेगी सशक्त-नीतीश

हम नई पीढ़ी को शक्तिमान बनाना चाहते हैं। उन्हें शिक्षा के साथ-साथ खेलकूद के माध्यम से स्वास्थ्य मजबूत और का प्रशिक्षण देकर स्वस्थ बनाना चाहते हैं। वे बर्बाद मुख्यमंत्री नीतीश कुमार ने राबधानी के कंकड़बुला स्थित पटवर्नी प्रमोटेड स्कूल में 31वीं राष्ट्रीय स्तरीय ताछक्रोडो चैम्पियनशिप के शुभारंभ के मौके पर कहे। विहार ताछक्रोडो स्पर्ध के तालकथान में आयोजित इस प्रतिस्पर्धी का उद्घाटन करने के बाद मुख्यमंत्री ने कहा कि हम अपनी लड़कियों को भी सशक्त बनाने, ताकि वे किसी भी विपरीत परिस्थिति का मुकाबला कर सकें।



ताछक्रोडो एक जुद्ध- कण्ट्रे जैसी कला विहार के साथ जुड़ी रही है। इस विधा का उपयोग किसी पर हमला करने के लिए नहीं, बल्कि आत्मरक्षा के लिए किया जाता है। उन्होंने कहा कि ज्यादा से ज्यादा महिलाओं को विद्यालय और शिक्षा से जोड़ने के उद्देश्य से हाईस्कूलों में साइकिल को योजना चलवाई गई। जब वह योजना शुरू हुई, तो लोगों को आसानी थी कि लड़कियां जब साइकिल चलायेंगी, तो मुकदमे स्वयंभू के लक्ष्य पचिनायें समेत। इस इलाके के लिए मैंने विद्यालयों में लड़कियों को जूडो-कण्ट्रे को ट्रेनिंग देने की व्यवस्था शुरू कराई, ताकि वे आसानी से आत्मरक्षा कर सकें। संस्था संस्थाकरक परिणाम समझे आया। एक स्थिति यह है कि गांवों की लड़कियां जूडो-कण्ट्रे का प्रशिक्षण लेकर विदेशों में आयोजित प्रतियोगिताओं में भाग ले रही हैं। ताछक्रोडो में पर का इस्तेमाल होता है। इसलिए अब लड़कियों को भी ताछक्रोडो की ट्रेनिंग दिलवाने की व्यवस्था शुरू की जाएगी। लड़कों को भी प्रशिक्षण दिया जाएगा। मुख्यमंत्री ने दिल्ली में परे मेंछलक की छात्रा के साथ हुए सामूहिक दुकान की घटना पर चिंता व्यक्त की। उन्होंने कहा कि वह हेवीमैन को हट कर देने वाली घटना है। ऐसी घटनाओं पर पुराना प्रकट करना स्वाभाविक है। महिलाओं पर अत्याचार के विरुद्ध सख्त कानून कानूनी करवाई करना और अत्याचारों को कठोर सजा दिलाना जरूरी है।

उन्होंने कहा कि फास्ट ट्रेक कोर्ट के माध्यम से अपराधियों को कम समय में सजा मिल सकती है। मुख्यमंत्री ने कहा कि यह जगह भागवान बुद्ध की है। आज नारी सशक्तिकरण को बना हो रही है। भागवान बुद्ध ने वैशाली की एक महिला को पहली महिला बनकर महिला सशक्तिकरण का प्रोत्साहित किया था। मुख्यमंत्री ने कहा एवं संस्कृति विभाग के अधिकारियों को विभिन्न प्रांतों से आने वाली महिलाओं को योगा, योग्य और वैशाली का परिदृश्य बनाने का मिशन दिया और कहा कि उन्हें विहार के तैयार प्रशिक्षण को जानकारी दें। इसका अंतिम परिणाम रही है। मुख्यमंत्री ने तमाम अर्थीयों, शिक्षाजुगए एवं राजस्वसिंतों को किसिम और नवतर्ष की बधाई दी। समग्रता की अग्रगण्यता एक एवं संस्कृति मंत्री सुखद पाठ्य ने को।

उन्होंने कहा कि पहली बार विहार में राष्ट्रीय स्तरीय ताछक्रोडो चैम्पियनशिप का आयोजन हो रहा है। विहार में सभी तरह के खेलों का बालवयस्क बने और यह पर उभरे हुए अपरसीडेंट खेल प्रशिक्षणाला। आयोजित हो और उनमें बने समस्त प्रेरणा ले। इसका प्रयास है। उन्होंने कहा कि खेल में विकास नहीं हो सकता है जब खेल समं और संस्कार के बीच अन्ध अन्ध संस्कार बने। संस्कार हर स्तर पर खेल को प्रोत्साहित करने के लिए तैयार है। स्वागत भाग ताछक्रोडो फेडरेशन ऑफइंडिया के अध्यक्ष हरिष कुमार ने किया। उन्होंने कहा कि 31वीं स्तरीय नेशनल ताछक्रोडो चैम्पियनशिप में भाग लेने के लिए देश के विभिन्न राज्यों से कुल 38 टीम आई हैं। लगभग 750 खिलाड़ी भाग ले रहे हैं। यह प्रायोजित 27 दिवस तक चलने। इसमें प्रथम, द्वितीय एवं तृतीय स्थान प्राप्त करने वाले खिलाड़ी भारतीय ताछक्रोडो टीम का हिस्सा बनेंगे। उन्होंने कहा कि फेडरेशन को लक्ष्य भारत को हर लड़को को मास्तर आर्ट को ट्रेनिंग देना है। इस मौके पर मुख्यमंत्री ने विभिन्न रूप से चैम्पियनशिप शुरू करने की घोषणा की। ताछक्रोडो फेडरेशन ऑफइंडिया के अध्यक्ष ने मुख्यमंत्री एवं कला संस्कृति मंत्री को प्रतीक प्वाह भेटकर सम्मानित किया।



कांस्टेबल के परिजनों को ढाई लाख रु. देंगे अमिताभ

मुंबई - बालिवुड सुपरस्टार अमिताभ बच्चन ने 'दंडिण भागीनी शिक्षा समाज' (एएआरएमसी) द्वारा पुरस्कार में मिले ढाई लाख रुपये को ढाई प्रतिशत के दरिक्त कांस्टेबल सुभाष चंद तिवार के परिजनों को दान में देने का फैसला किया है। एक छात्र से सामाजिक बहालकार के विरोध में इंडिया गेट पर हुए प्रदर्शन के बाद कांस्टेबल शाशेल हो गए थे और उनकी मॉलसकार को मौत हो गई। उनलें ने इस घटना पर दुख जताया और उम्मीद जताई कि संस्कार महिलाओं के खिलाफ अपराध करने वालों से निवृत्त पाते कानून में बदलाव करेगा।

कश्मीर 2012 में आम तौर पर रहा शांत

जम्मू कश्मीर में वर्ष 2012 में लगभग शांति की स्थिति रही लेकिन समस्त श्रद्धा चक्र राज्य में 17,000 से अधिक पनों और संपनों की रही। जिन्होंने उखाड़ियों की धमकियों को दरकिनार कर विधान परिषद के लिए अपने प्रतिनिधियों का निर्वाचन किया। हाल के सप्ताह में ही सुविधा एजेंसियों ने फिनलैंडवर्षा के दूसरे और से घुसपैठ बढ़ने की अशंका जताई थी। उखाड़ियों ने नौ फरवरी को कुलनाम जिले में एक पंचायत सदस्य को हत्या कर अपने इलाकों का संकेत दे दिया। जमीनी स्तर के इन प्रतिनिधियों का उखाड़ियों ने कई हलके किए। सीनियर स्तर के बादकूट 30 साल के अंतराल के बाद पंचायत चुनाव हुए। उखाड़ियों ने उन्हें इस्तीफा देने या परिणाम भुगतने की धमकी दी। कुछ पंचायत सदस्यों ने इस्तीफे दिए और कुछ ने स्थानीय अखबारों में विज्ञापनों के जरूरी इस्तीफे की घोषणा की। परिषदकार्यों ने उनके इस्तीफे स्वीकार नहीं किए। दरिक्त में एक पक्षबांड में ही बामुसम में दो पंचायत सदस्यों की मौतों मार कर हत्या की गई। एक बार फिर इस्तीफों की बाढ़ आ गई जिससे निपटने के लिए संस्कार और सख्त एजेंसियों ने जमीनी स्तर रणनीति बनाई। रणनीति का नतीजा का नतीजा ही नजर आया। इस्तीफे कोर्टिस के कट्टरसपी गूट के नेता सैयद अली शाह गिलानी के चुनाव के बलिहार के आठून तथा उखाड़ियों की धमकियों के बाबकूट पंचायत कोर्ट के तालत तीन दिवसभर को दो विधान परिषद सीटों के लिए 17912 पंचायत सदस्यों में से 97 कीसने ने मतदान किया।



राज्य में सशक्तिकरण के 73 वें और 74 वें संशोधन के कार्यान्वयन को लेकर सलाहकूट गण्डधन के घटकको नेतारत कोर्टिस और कोरिस के बीच टकराव होता रहा। जम्मू कश्मीर में कोरिस के प्रभावी सैफुद्दीन खान ने मुख्यमंत्री उमर अब्दुल्ला को पत्र लिख कर पंचायतों को अधिकार दिए जाने की मांग की। यह पत्र मॉडिया को भी जारी कर दिया गया। मौके का फायदा उठाते हुए उमर ने कहा कि गण्डधन समन्वय समिति के अध्यक्ष को चाहिए कि इस मामले को राजनीतिक करने के बजाए समूहिक मंच पर इसकी चर्चा करें। बाद में नेतारत कोर्टिस और कोरिस राज पंचायती गज कानून में संशोधन के लिए सलाह ले गए ताकि उनमें 73वें और 74वें संशोधन के अग्रगण्य शामिल कर दिए जाएं। उमरने न्यायवय ने इस सलाह बढ़ी संख्या में अग्रगण्य वाकिफ को मौत के बारे में मॉडिया में अंश खबरो पर संज्ञान लिया और राज्य संस्कार ताल अन्व बंधकूट एजेंसियों को समर्पित उपाय करने के आदेश दिए। न्यायवयन के आदेशों ने मार्ग चौडू को इस दो पार्शों में बंटाना शामिल था ताकि सकारियों को जतने जाले और पैदात जाले खाले गावियों के लिए मार्ग अंतरा अंतरा हो जाया। गिलानी ने इस दो पार्शों पर यह दिया कि संस्कार न्यायवयनकार को उपाय कर पवित्र अमराध गृपण के असायस रेर कश्मीरियों को बसने का प्रयास कर रही है ताकि राज्य की आबादी का संख्या बल रहसं। राज्य में इस साल लगभग शांति रही और वर्ष 1990 में उखाड़ों की सुलुअत के बाद से शांति और ऐसी घटनाओं में मौत के मामले समस्त कम रहे बहने 22 खत में सुशील कानून निर्देश दिए ताकि कोर्टिस मंत्रों में जो विचार किसी सख्त तालकथान के तालकथान से गुजरे, तोते से बचावनी में ता कोरिस के अग्रसेवी का अग्रधन किया था, जहां उनलें सुबुर्दा से कई एसे पब्लर निकाले, विान पर कूड न कूड खुद था। उनलें 56 खुदे हुए पब्लरों का अग्रधन किया और राजनीतिक सौहार्द के 200 साल को समझने का उपाय किया। सुअर्ट के अन्तार, 21 दिवसभर को लेकर तालत अग्रधनकारों के बाबकूट यह समस्त खाल हो जाने को भविष्यवाणी नहीं करता है। उनलेंने कहा, 'पब्लरों पर खुदे हुए सख्त सारनी प्रताडनी के इतिहास तथा राजनीति पर बल देते हैं।'

21 दिसम्बर को क्यों खत्म नहीं हुई दुनिया?

मया कैलेंडर के मुताबिक इस साल 21 दिसम्बर को दुनिया खत्म हो जानी थी लेकिन ऐसा हुआ नहीं। इस बारे में जानकारी का कहना है कि वास्तव में इस दिन का एक खास महत्व था। लेकिन उस तरह नहीं, जैसा कि प्रचारित किया गया। मया कैलेंडर के जानकार और यूनिवर्सिटी ऑफ टेक्सास में प्रोफेसर डेविड स्ट्रुअटका कहना है, 'मया कैलेंडर ने वास्तव में दुनिया खत्म हो जाने की कभी भविष्यवाणी नहीं की। मया कैलेंडर के अनुसार, यह विशिष्ट एक महत्वपूर्ण चक्र पूरा होने को बताता है।' स्ट्रुअट ने इस साल की सुरुआत में सुरुआत के माध्यम में ता कोरिस के अग्रसेवी का अग्रधन किया था, जहां उनलें सुबुर्दा से कई एसे पब्लर निकाले, विान पर कूड न कूड खुद था। उनलें 56 खुदे हुए पब्लरों का अग्रधन किया और राजनीतिक सौहार्द के 200 साल को समझने का उपाय किया। सुअर्ट के अन्तार, 21 दिवसभर को लेकर तालत अग्रधनकारों के बाबकूट यह समस्त खाल हो जाने को भविष्यवाणी नहीं करता है। उनलेंने कहा, 'पब्लरों पर खुदे हुए सख्त सारनी प्रताडनी के इतिहास तथा राजनीति पर बल देते हैं।'



रूको, गूगल सर्च और फेसबुक के लिए भी देने पड़ेंगे पैसे



आने वाले समय में इंटरनेट इस्तेमाल के लिए भुगतान करने का तरीका बदल सकता है। दुर्घट में दुनिया के कई देश मिलकर तय कर रहे कि टैक्सिकॉम कॉर्पोरेशन गूगल या फेसबुक से कंटेंट को यूजर तक पहुंचाने के लिए फीस वसूल करेगा या नहीं। अगर टैक्सिकॉम कॉर्पोरेशन को नहीं तो मुक्ति प्राप्त करे और फेसबुक परसेंस के लिए भी यही क्वेसटन वसूल ले। इंटरनेट-बलन टैक्सिकॉम कॉर्पोरेशन पर दुबई में शुरू हुई बहर्त कानून में दुनिया के 193 देश मिलकर तय करे कि टैक्सिकॉम कॉर्पोरेशन गूगल या फेसबुक से परसेंस चार्जस ले सकती है या नहीं। प्रस्ताव को मुताबिक ये चार्ज डिजिटल कंटेंट को टैक्सिकॉम नेटवर्क के जरिए इंटरनेट यूजर तक पहुंचाने के लिए लगाना है। टैक्सिकॉम कॉर्पोरेशन का तर्क है कि इंटरनेट टैक्सिकॉम को ले जाने में बकरी स्पेसबुक इस्तेमाल होता है। जाहिर है कि टैक्सिकॉम कॉर्पोरेशन गूगल या फेसबुक से मुकामला तो नहीं कर सकती लेकिन उनको कमाई का कुछ हिस्सा जरूर चाहती है। दरअसल इंटरनेट क्रांति का जरूरत टैक्सिकॉम कॉर्पोरेशन भी भुगतान चाहती है। इंटरनेट को क्रांति से इंटरनेट कॉर्पोरेशन को तो खूब कमाई हुई है, लेकिन टैक्सिकॉम कॉर्पोरेशन को लगाना है कि उन्होंने कमाई का बड़ा मीका खो दिया है। यही वजह है कि वो चार्ज वसूलने के पक्ष में है। लेकिन ओपन इंटरनेट के फायदा गूगल, फेसबुक जैसे कॉर्पोरेशन इसके खिलाफ है। उनका कहना है कि इससे आम आदमी के लिए इंटरनेट को कीमत बढ़ जाएगी। इससे पहले ये कानूनिय कदम 24 साल पहले हुई थी। उस वक इंटरनेट का इस्तेमाल आम नहीं हुआ था। और टैक्सिकॉम दुनिया भर में सरकारों के हाथ में था।

बच्चों के लिए होगी चलती-फिरती स्कूल

मेहनत साल के राजा कुमार ने अपने में भी नहीं सोचा था कि वह कभी स्कूल जाएगा। यह जगहों के लिए कचरा बीमार है और दूसरी जगहों के बच्चों के साथ खेलता है। उसने आज एक सकारात्मक स्कूल में दाखिला लिया, जिसका चलता-फिरता शिक्षण केंद्र है। राजा दिल्ली के ओझला इलाके की एक दुर्गम बस्ती में रहता है। उसने चलते-फिरते शिक्षण केंद्र में बुनियादी प्राथमिक शिक्षा लेनी शुरू की है। दुर्गम बस्ती के बच्चों को शिक्षित करने के लिए 'बचान बचाओ' योजना के तहत इस शिक्षण केंद्र को शुरूआत फिजने महिने हो गई है। लक्ष्मी दिल्ली में ओझला के पास बने न्यू संजय केम्प में राजा कुमार ने बताया, मेरे घर में सिर्फ मेरे पांच कम्पार्स हैं। मेरे पांच भाई-बहन हैं, किंतु तब तो मैं ही मुझे परिवार की मदद के लिए काम करना पड़ता है। उसने कहा, मैं भागलपुरी हूँ कि मुझे पढ़ने का एक मीमा मिले। मेरे सपने नहीं था कि मैं कभी परस भी ले सकता हूँ।



राजा ने कहा, मुझे आगे की पढ़ाई और कमाई के बारे में बताया जा रहा है। उसको चमकीली आंखों में अब बेहतर और सुस्थित जीवन की उम्मीद नजर आ रही थी। राजा की तरह वैसे ही प्रारम्भिक काले कई अन्य बच्चों को चलते-फिरते शिक्षण केंद्र से जुड़कर बेहतर भविष्य की ओर बढ़ रहे हैं। यह शिक्षण केंद्र एक चमकसाली, लक्ष्मी-भक्त जलती पीली बस है जो स्कूल से चलकर उन बच्चियों में जाती है जहां के बच्चे आमतौर पर कचरा बीनते हुए या भीख मांगते देखे जाते हैं। यह स्कूल भले ही पहियों पर चलता है, लेकिन कक्षा में पूरी औपचारिक व्यवस्था है। बालकाना तैल नंबर पकाना जाता है, ब्रायोटी तैयार है और शिक्षक-निरीक्षण है। रिजल्ट को इम्पॉसिबल में इस शिक्षण केंद्र में बच्चों को उपस्थिति बढ़कर 38 से 53 हो गई है। यह चलता-फिरता शिक्षण केंद्र न्यू संजय केम्प, कबाली केम्प और सोनिया गांधी केम्प की दुर्गम बस्तियों के बच्चों को पढ़ना-लिखना सिखाते के बाद अब बालकाना मीटर, नेकल प्लेस और तुलसिकावद रेवले स्टेशन के अलग-थलग की दुर्गम बस्तियों में जाएगा। एक सप्ताहिक सेशन का अनुमान है कि यहाँवै राजधानी की दुर्गम बस्तियों में 50,000 से अधिक बच्चे हैं जो बुनियादी शिक्षा से वंचित हैं।

मुंबई की कीमत सिर्फ 537 रुपए!

विश्व के सबसे महंगे महानगरों में से एक मुंबई का मूल्य आज से 433 वर्ष पूर्व सिर्फ 537 रुपए आंका गया था। 1549 ई. में सत महर्षीपों से बनी मुंबई महानगरी का वह क्षेत्र, जो उस समय पुर्तगालियों के कब्जे में था। महर्षी पुर्तगाली वसूधैव कुटुम्बक्यै वैश्वीयिक च्च। गारिया एवं बी. अर्दे को सदा- सदा के लिए एक दाम पर बेना दिया गया था। इस घटने के 122 वर्ष बाद 1661 में यह महानगरी पुनः इस्लामीत हुई। इस वक यह पुर्तगाल के राजा की बहन के 'दहेज के रूप' में उनके दामाद इंग्लैंड के राजा को दी गई। सत वर्ष बाद इंग्लैंड के राजा ने 10 पौंड प्रतियुक्त किराए पर यह महानगर इस्टॉडिया कंपनी को दे दिया गया।



नए साल में बढ़ेंगे नौकरियों के मौके

भारत में नौकरियों के अवसर से जुड़े एक सर्वे में कहा गया है नए साल में देश में रोजगार के मौके बढ़ेंगे हालांकि वर्ष 2013 को घटती भूमि में इसकी संभावना थी। टैमनी-वी-डीएन इंस्टीट्यूट ऑफ जॉब ट्रेनिंग ने अपनी एमप्लॉयमेंट आउटलुक रिपोर्ट में यह बात कही है। रिपोर्ट में कहा गया है कि अर्थव्यवस्था की यह सुस्ती पहले वाली स्थिति तक ही रहेगी, क्योंकि निरंतर के मध्य में खुदरा और वैशिय क्षेत्र अंश में सुधार के लिए हुई सरकारी कोशिशों से बाजार में जोरा भरने की संभावना है। इससे रोजगार के अवसर बढ़ने के आसार हैं। वर्ष 2013 के जनवरी-मार्च की तिमाही में कुल रोजगार और व्यापार में कमी की बात कही गई है। रिपोर्ट में इसको वजह धीमे चलते विकास और आर्थिक अनिश्चलता को बताया गया है।

उम्मीद की किरण

शेकर देखें तो रिपोर्ट में टिकाऊ उपभोक्ता बहुरंग, इंजीनियरिंग, रिजल एस्टेट, फिनान्स एवं खुदरा क्षेत्र में नौकरियों के अवसर में 20 से 25 फीसदी का इजाफा होने की संभावना जताई गई है। हर हाथ को काम मिलने से तत्पर बदल सकती है हालांकि घेतन के नजरिए से देखें तो रिपोर्ट में कहा गया है कि अभावद स्वरूप बढ़िया प्रदर्शन करने वाले कर्मचारियों को उम्मीद रखा सकता है। पर ज्यादातर उद्योग अपने कर्मचारियों को एकल अंश में ही यह बुद्धि देते। विकास दर में होने वाली कमी का खामिबाना आईटी और इंजीनियरिंग सेक्टर को उठाना पड़ सकता है। आगामी तिमाही में खारिज अंश करने वाले कर्मचारियों को मांग सर्वाधिक होगी।

बाजार पर असर

बाल्सेर में अंतिम तिमाही का अंकगण 75 से घटकर मौजूदा तिमाही में 72 हो गया है। हालांकि विश्वीय क्षेत्र में हाल ही में सुधार किए सुधारों की वजह से बाजार में उछाल आ सकता है और इससे भविष्य में नौकरियों के ज्यादा अवसर हो सकते हैं। रिपोर्ट में इस बात पर भी ध्यान जताया गया है कि आगामी तिमाही का असर 2013-14 के पूरे वित्त वर्ष पर नहीं होगा। अनुमान में 640 कॉर्पोरेशनों को शामिल किया गया था। रिपोर्ट में रोजगार के अवसरों में वृद्धि की संभावना और व्यापार के माहौल को संभ्रं को बढ़ा गया है। कंपनी की प्रोफिटल और उनके काम की जगह के संदर्भ में भविष्य को पूर्वानुमान लगाया गया है।



कुम्भ- विश्व का सबसे विशालतम मेला...

पृथ्वी पर सबसे बड़ा महाकुम्भ मेला 14 जनवरी, 2013 को गंगा और यमुना के तट पर शुरू होने जा रहे इस महाकुम्भ में 10 करोड़ लोगों के आगमन का संभावना है। ब्रिटिश और भारतीय शोधकर्ताओं ने बार साल के अध्ययन के बाद कहा है कि आगे चलते इलाहाबाद में गंगा, यमुना और अरुण नदियों के संगम पर होने जा रहा महाकुम्भ विश्व के सबसे विशालतम धार्मिक उत्सवों में से एक है और यह पृथ्वी पर सबसे बड़ा मेला है। बार साल तक हुए इस अध्ययन में ब्रिटिश और भारतीय शोधकर्ताओं के दल ने देखा कि लोग एक-दूसरे के साथ बिना तहस से व्यवहार करते हैं, भीड़ का उनका क्या अनुभव है और इस भीड़ का उनके रोजमर्रा के जीवन पर क्या प्रभाव पड़ता है। ये शोधकर्ता 24 जनवरी, 2013 को इलाहाबाद विश्वविद्यालय में एक विशेष कार्यक्रम में अपने निष्कर्षों को पेश करेंगे। इस अध्ययन में कुम्भ मेला को एक अधिभारपूर्ण कार्यक्रम और पृथ्वी पर सबसे बड़ा मेला बताया गया है। महाकुम्भ मेले में पूरी दुनिया के लोग आते हैं और लाखों श्रद्धालु गंगा नदी में स्नान करते हैं। महाकुम्भ के दौरान धर्मगुरुओं का जुलूस तथा राज ललटे नृगा सचु सभी के आकर्षण का केंद्र होते हैं। यह अध्ययन पूर्वी विश्वविद्यालय के निक इंडियन और सेंट एडवर्ड विश्वविद्यालय के प्रोफेसर स्टफन-रेडर तथा इलाहाबाद विश्वविद्यालय के प्रोफेसर नाथ श्रीनिवासन के नेतृत्व में किया गया है।

इलाहाबाद कुम्भ मेला 2013 : मुख्य खान तिथियाँ

मुख्य खान तिथियों पर सुबह के समय रव और हल्दी पर संतों के रंगारंग जुलूस का भव्य आयोजन होता है। पवित्र गंगा नदी में संतों द्वारा डुबकी लगाई जाती है। संवत् 2069 में प्रवाराज (इलाहाबाद) में पढ़ने वाले महारव में निम्न राहती खान और सामान्य खान को तिथियाँ यहाँ प्रस्तुत हैं -

खान सूची	नाम	दिनांक	वार	पर्व
प्रथम खान	मकर संक्रांति	14 जनवरी 2013	सोमवार	शाही खान
द्वितीय खान	पौष पूर्णिमा	27 जनवरी 2013	रविवार	सामान्य खान
तृतीय खान	मौनी अमावस्या	10 फरवरी 2013	रविवार	शाही खान
चतुर्थ खान	बसंत पंचमी	15 फरवरी 2013	शुक्रवार	शाही खान
पंचम खान	माघी पूर्णिमा	25 फरवरी 2013	सोमवार	सामान्य खान
छठवां खान	महर्षिनवरात्रि	10 मार्च 2013	रविवार	सामान्य खान



घरेलू नुस्खे

बर्फ़ीले आराम साधारण सी बीमारी में भी चबवा जाते हैं लेकिन आराम हमें थोड़ा भी घरेलू नुस्खों के बारे में पता हो तो आसानी से तुरंत इलाज किया जा सकता है। दाढ़ी-नानी के खजाने से हम लेकर आएं हैं ऐसे ही कुछ खास लाजवाब सरल-सहल नुस्खे, जिन्हें अपना कर आप भी पा सकते हैं।



नींबू-गुण में मीठा, स्वाद में खट्टा

एक गिलास पानी में एक नींबू निचोड़कर सिंघा नमक मिलाकर सुबह-शाम दो बार निलय एक महौला पीने से पसरी फिफल्वर निकल जाती है। नींबू को तले पर रखकर रेंकर लें (दो भाग करके)। उस पर सिंघा नमक छलकर चूसें। इससे फिट को दिक्रत खल्व होती है।



हेल्थ टिप्स - उफ़ यह पर्सानी

एक बार पहले हल्ले वरखों को बिना धोर अलमारी में न रखें। बिना धुले वरखों को अलमारी में रखने पर टुर्निक पीदा करने वाले बैक्टीरिया खल्व होकर वरखों में टुर्निक पीदा कर देते हैं। शरीर को समर-सकई का बिरोध खल्व रखना खल्वि।

नकसीर के घरेलू उपचार

निचोड़नाली धूप में अक्कर कुछ लोणों को नकस से खुल बढोने को शिकारत होती है। इसे नकसीर भी कहा जाता है। यह मोमक के अन्तर शरीर में अधिक गर्मी बढने से भी हो सकता है और कुछ लोणों को अधिक गर्म पदार्थ का सेवन करने से भी। पेस है नकसीर से निपटने के घरेलू उपचार,



जिफला-आयुर्वेद का अनमोल उपहार

एक अध्ययन से पता चलत है कि जिफला का सेवन रेशुबेवैरस से भी बचल करता है। प्रयोगों में देखा गया है कि जिफला को खुरदरी से गला निरुणों के रेशुबेवैरस के प्रभाव से होने वाली असरथता के लक्षण भी नहीं पाए जाते हैं। इस्तीफिरत जिफला चूनी आयुर्वेद का अनमोल उपहार कहा जाता है।



प्याज का राज, नुस्खे लाजवाब

कान बढाने हैं, उरमें उरें या खनन हो तो प्याज तथा अरुनी के रस को पककर दो-दो घूँटें कई बार कान में छलने से आराम मिलता है। यदि कोई अंग आग से उल गया हो तो तुरंत प्याज कुटकर प्रभावित स्थान पर लगाना खल्वि। बिकले कोड़े, बरं, कनखजुरा और बिक्यू कटने पर प्याज को कुचकर उरका लेण लगाना खल्वि। बिल्वी या कुत्ते के कटने पर रोगी को डीबटर के पास जात तक प्याज और पुदिने के रस को ताँवे के धरन पर खल्वकर प्रभावित स्थान पर लगाए इससे बिष उतर जाता है।



मीठी शकर के गुणकारी नुस्खे

बदाम को खराब होने से बचाने के लिए कंटेनर में रखने से पहले उसमें तीन-चार चम्मच शकर छल दें, इससे साली-सालत बढत खल्व नहीं होत।

आलू के असरकारी नुस्खे

रकॉरि सिंघारी में कचखी आलू बहुत फायदा करता है। कभी-कभी चोट लगने पर नील पडी जात है। नील पडी जहा पर कचखा आलू पीसकर लगाए। शरीर पर कहीं जल गया हो, तेज धूप से लखा जुलस गई हो, लखा पर हुरिया हो या कोई लखा रोग हो तो कचखे आलू का रस निकल कर लगाने से फायदा होता है।



पान के औषधीय गुण

भारतीय संस्कृति में पान को हर तरह से शुभ माना जात है। धर्म, संस्कार, आध्यात्मिक एवं ताकिक क्रियाओं में भी पान का इस्तेमाल सदियों से किया जाता रहा है।



अंड. अखिलेश चौबे सरचिटणीस-विधी/ जनहित कक्ष (मनसे) के शुभ हाथों द्वारा मीरा -भाईंदर शहर का कलेन्डर लान्च.



By Lakhan Chhadiwal

प्रवीण राँव विधान सभा-अध्यक्ष मिरा -भाईंदर शहर

द्वारा एडवोकेट अखिलेश चौबे सर चिटनिश महाराष्ट्र राज्य के जन्म दिन के अवसर पर 2013 नव वर्ष का मनसे का कलेन्डर का अनावरण किया गया। अनावरण के समय काफी गणमान्य व्यक्ति उपस्थित थे। जिनमें प्रमुख डॉ. रमाकांत पाण्डेय (वरीष्ठ संचालक चौबे रियलटी) एवं डॉ. रमेश व्यास और मनसे के मिरा -भाईंदर शहर के सभी पदाधिकारी उपस्थित थे। इस कार्यक्रम के दौरान मुफ्त में हेल्थ चेकप एवं ब्लेड डोनेशन कैंप का आयोजन किया गया था।

Lalani Associate

Mira Road-Thane Wishes Everyone ...



Sultan Lalani
Director



इंडिया अनबाउंड टीम और सभी पाठको के तरफ हमारे चहिते सितारों को जन्मदिन और नव वर्ष की हार्दिक शुभकामनाएं



अशीश चौधरी 1 जनवरी

मेष

आप के लिए यह माह अनुकूल होगा। कार्यक्षमताओं में वृद्धि होगी। मान-सम्मान, पद-प्रतिष्ठा में वृद्धि होगी। किये गए प्रयास सार्थक होंगे। मित्रों का सहयोग मिलेगा। पूर्ण-भवन वाहन की प्राप्ति होगी। विद्यार्थियों के लिए समय ठीक रहेगा, व्यापारी वर्ग कोई भी निर्णय सोच समझ कर लें।



अशुतोष राणा 1 जनवरी

वृष

आपके लिए यह माह सामान्य रहेगा। व्यावलयी कार्यों में धन आपलवी से मन अशान्त रहेगा। नवीन योजनाओं में सफलता मिलेगी। विद्यार्थियों के लिए समय कुछ मध्यम रहेगा। विदेशी जाने वाले इच्छुक विद्यार्थियों की मनोकामना पूर्ण होगी।



असुरानी 1 जनवरी



सुधीर यादव 1 जनवरी



सुभाष चडई 24 जनवरी

मिथुन

आपके लिए यह माह सामान्य और शुभदायक रहेगा। पूर्व की अपेक्षा व्यर्थ की भाग-दौड़ कम होगी। मान-सम्मान, पद-प्रतिष्ठा की वृद्धि होगी। वाहन प्राप्ति का योग बनेगा। कोई प्रेम सम्बन्ध अथवा अंतरसम्बन्धित रिश्ता आप पर लगभग पूरी तरह प्रभावित होगा। विद्यार्थियों के लिए समय सामान्य रहेगा। नौकरी पेशा वाले व्यक्तियों के लिए कार्यालयी कार्यों की व्यस्तता अधिक बढ़ेगी।

कर्क

आपके लिए यह माह कार्य क्षमताओं में ह्रास करने वाला होगा। आर्थिक कठिनाईयों का सामना करना पड़ेगा। चोट-चोट की सम्भावना बढ़ेगी। मान- सम्मान, पद-प्रतिष्ठा में अतिरिक्त कमी आयेगी। विद्यार्थियों के लिए अध्ययन के श्रेत में मिलने वाले परिणामों से संतुष्टी नहीं मिलेगी। मित्रों से मन-मोटाव की सम्भावना बढ़ेगी। व्यापार से लाभ होगा। किसी नये योजनाओं में सफलता मिलेगी।

सिंह

आपके लिए यह माह मिश्रित फल देने वाला होगा। न्यायालयी कार्यों में असफलता की सम्भावना बढ़ेगी। भूमि सम्बन्धी विवाह के मामले सामने आयेगे। आपके जीवन में कुछ ऐसे परिवर्तन होंगे। जिससे आपको उन्मत्त नजर आएगी। अकस्मात धन लाभ होगा। स्वास्थ्य के प्रति सतर्क रहें। मित्रों से सावधान रहें। विद्यार्थियों के लिए यह माह सामान्य रहेगा। निर्णय लेने की क्षमता बढ़ेगी। नौकरी पेशा वाले व्यक्तियों के लिए समय मिश्रित रहेगा। भूमि-भवन, वाहन की प्राप्ति होगी।

कन्या

आपके लिए यह माह कार्य क्षमताओं में ह्रास करने वाला होगा। अल्पधिक मेहनत से कम सफलता मिलेगी। मान-सम्मान, पद-प्रतिष्ठा में कमी महसूस करेगे। पहले की अपेक्षा व्यर्थ की अधिकता रहेगी। पारिवारिक विवाद सामने आयेगे। आप लगभग सभी समस्याओं से निपटने हुए दिखाई पड़ेंगे। आपको मिलने वाली प्रसिद्धि से प्रतिष्ठ में वृद्धि होगे। विद्यार्थियों के लिए यह समय मध्यम फल देने वाला होगा।

तुला

आपके लिए यह माह परिवार के गमलित और सन्तुष्टि पूर्ण रहेगा। आपके लिए यह माह अनुकूल नहीं होगा। न्यायव्ययी कार्यों में धन अपव्यय होगा। मित्रों का सहयोग मिलेगा। कर्ण रोग की सम्भावना बढ़ेगी। विद्यार्थियों के लिए समय सामान्य रहेगा। अध्ययन, अध्यापन में रुचि बढ़ेगी। व्यापारी वर्ग के लिए यह माह वित्तीय सौदे या साझेदारी करने का अतिशय संरम नहीं है। इस समय आप को शांति दिमागी स्थिरता और सन्तुलन की आवश्यकता पड़ेगी।



फरहान अख्तर 9 जनवरी



प्रीती चिंटा 31 जनवरी



सुम्रिया पाठक 7 जनवरी



वाँवी देवूल 27 जनवरी



रितीक रोशन 10 जनवरी



सोनाली बन्द्रे 1 जनवरी



विद्या बालन 1 जनवरी



उदय चोपड़ा 5 जनवरी



ए आर रहमान 6 जनवरी



मिनीरता लांबा 18 जनवरी



अमृता अरोड़ा 31 जनवरी



ज्योतिषाचार्य
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मोबाइल नं. 09598729991

वृश्चिक

आपके लिए यह माह मध्यम रहेगा। कार्य के प्रति भाग-दौड़ बनी रहेगी मान-सम्मान पद प्रतिष्ठा में कमी आयेगी। धन सम्बन्धी विषय व भविष्य को लक्षित करने वाली योजनाएं आप पर हावी होगी पारिवारिक सहयोग नहीं रहेगा। आपके किये हुए कार्यों की प्रसंशा होगी। व्यापारी वर्ग के लिए इलेक्ट्रॉनिक, दवा, से सम्बन्धित व्यवसाय में निवेश करने पर लाभ होगा।

धनु

आपके लिए माह मान-सम्मान, पद-प्रतिष्ठा में वृद्धि करने वाला होगा। रुके हुए कार्यों में सफल होंगे, आर्थिक लाभ होगा। परिवार में सहयोग की स्थिति बनेगी। प्रेम-प्रसंग परस्परता पर होंगे, भाग्य आपका साथ देगा। शक्ति प्रबल होगी, माता-पिता के स्वास्थ्य के प्रति सतर्क रहें। लड़ाई-झगड़े से सावधान रहें। विद्यार्थियों के लिए समय अनुकूल रहेगा।

मकर

आपके लिए यह माह शुभदायक रहेगा। आर्थिक लाभ होगा। मान सम्मान पद-प्रतिष्ठा में वृद्धि होगी। शारीरिक परसर्तानियां बढ़ेगी। छोटी-मोटी यात्राओं का योग बनेगा। भूमि-भवन-वाहन की प्राप्ति होगी, रुके हुए कार्य सम्पन्न होंगे शुभ समाचारों की प्राप्ति होगी। विद्यार्थियों के लिए अध्ययन-अध्यापन में किए गये प्रयास सार्थक होंगे। अधिकारियों से सम्बन्ध मधुर होंगे। व्यापारी वर्ग के लिए सुवहारा समय है।

कुम्भ

आप के लिए यह माह सामान्य रहेगा। कार्य क्षमताओं में वृद्धि होगी। आर्थिक लाभ होगा। जीवन साथी का सहयोग मिलेगा। मान-सम्मान, पद-प्रतिष्ठा की वृद्धि होगी। छोटी-मोटी यात्राएं करनी पड़ेंगी। न्यायालयी कार्यों में किए गये प्रयास सार्थक होंगे। विद्यार्थियों के लिए यह माह उत्तम रहेगा। सन्तान को कष्ट होगा, भूमि-भवन, वाहन के प्राप्ति का योग बनेगा। व्यापारी के लिए अच्छा समय है, निवेश कर अच्छा लाभ कमा सकते हैं।

मीन

आपके लिए यह माह मध्यम फल देने वाला होगा। बाहरी काम-काज प्रभावित होगा। आप के स्वास्थ्य में सुधार आएगा। मान- सम्मान, पद- प्रतिष्ठा में पूर्व की अपेक्षा वृद्धि होगी। परिवार में कलह की स्थिति बनी रहेगी व्यर्थ के भाग दौड़ से मन अशांत रहेगा। चोरी की सम्भावना हो सकती है। नवीन योजनाएं बनेंगे विद्यार्थियों के लिए समय मध्यम है। समय का सदुपयोग करें। मानसिक एकता बनाये। नौकरी पेशा वाले व्यक्तियों के लिए यह माह धोड़ा परेशानीयों से भरा हो सकता है।



वजेश हिरजी 1 जनवरी



उमरान खान 13 जनवरी



नील नितिन मुकेश 15 जनवरी



गुल पनाग 3 जनवरी

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