

અગ્નિશમન સેવા દિનની ઉજવણી



અગ્નિશમન સેવા દિને અગ્નિશમન વડીવાડી મથકના પ્રાંગણમાં યોજાયેલ કાર્યક્રમમાં પ્રથમ ફાયર બ્રિગેડ ઓફીસર સ્વ. શ્રી અરવિંદરાય કે. યેષ્ઠાવની ગણવેશઘારી અર્ધપ્રતિભાનું અનાવરણ કરવામાં આવ્યું હતું. ફાયર બ્રિગેડનો વિકાસ, શહેરના વ્યાપ અને ઔદ્યોગિક વિકાસને અનુરૂપ કરવાની અને નાગરીક સંરક્ષણ સહિતની વિવિધ દળો સાથે મળીને કામ કરે છે. આ કાર્યક્રમમાં મેયર જ્યોતિબેન પંડ્યા દ્વારા અગ્નિશમન દળના વિવિધ અત્યાધુનિક સાધનોનું નિરિક્ષણ કરવામાં આવ્યું હતું.

મેયર જ્યોતિબેન પંડ્યાએ જણાવ્યું હતું કે, શહેરનું હિત હેઠળે રાખનારાઓને નાગરીકોને સહયોગ મળે જ છે, આપત્તિનો સફળ સામનો સંગઠન, સંપ અને સંકલનથી કરી શકાય તેની પ્રતીતિ સ્વ. અરવિંદરાય યેષ્ઠાવે ૧૯૭૧ના યુદ્ધ સહિત વિવિધ આપદાઓ સમયે કરાવી હતી. આ કાર્યક્રમમાં અતિથિ વિશેષ તરીકે નયબ મેયર હરજીવન પરબડીયા, સ્થાયી સમીતી અધ્યક્ષ ડો. વિજય શાહ સહિત સેવાસદન અને અગ્નિશમનદળના અધિકારીઓ ઉપસ્થિત રહ્યા હતા.

Beat Your Sugar Craving



Keep healthier snack options as gur chana, sesame balls, peanut balls, honey roasted almonds/cashews, apple, whenever you have sugar cravings. Avoid chocolates, ice-cream, etc. Even with healthier snacks, make sure you restrict the quantities

Drink Nimbu Pani/ artificially sweetened

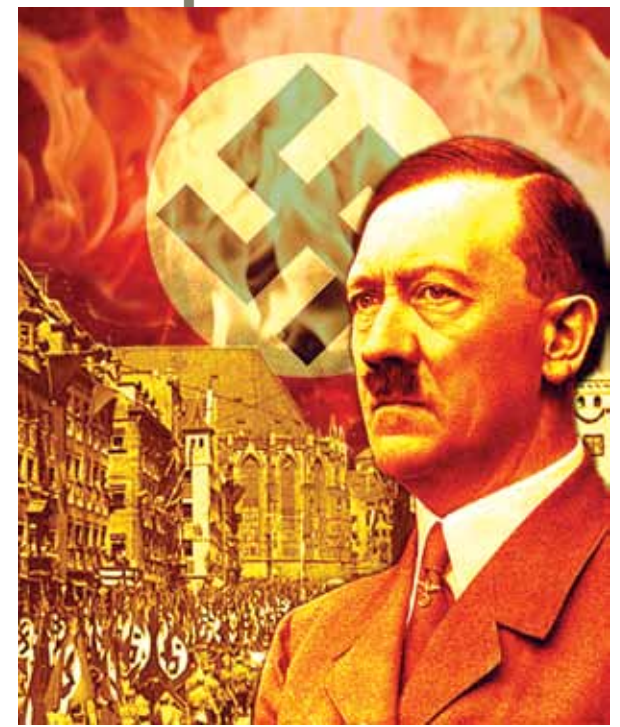
coffee/water/hot chocolate to tide the sugar craving. If you are prone to sugar lows make sure you eat something at frequent intervals. Try and assess how often you have sugar cravings during a day. If you do give in to them; set yourself a target that you will fight it more than giving in to it.

Gradually, by not giving in, you will be able to successfully fight the cravings.

Be conscious and aware whenever you have these cravings. Instead of saying "I need to eat something sweet" tell yourself "I will try and fight the craving. If I don't give in, I will move closer to my goal."

Adolf Hitler

April 20 1889



Adolf Hitler (1889-1945) was the founder and leader of the Nazi Party and the most influential voice in the organization, implementation and execution of the Holocaust, the systematic extermination and ethnic cleansing of six million European Jews and millions of other non-aryans. Hitler was the Head of State, Supreme Commander of the Armed Forces and guiding spirit, or fuhrer, of Germany's Third Reich from 1933 to 1945.

Mind your breakfast for stress-free life



People skipping breakfast had better mend their ways, as a new study shows how the morning meal reduces stress and improves mental and physical performance throughout the day. Volunteers who ate after waking up benefited from an 89 per cent reduction in anxiety when faced with a challenging situation, the Daily Mail reported. They were typically able to deal with the dilemma seven percent quicker than on days when they went without it, the mental and physical

tests have revealed. Participants in the study performed a series of tests on two days -- one when they had their breakfast and one when they hadn't. According to The Cognitive Effects of Breakfast study, in total 61 per cent showed an improvement in English and arithmetic tests after eating. Hand-eye coordination also improved significantly, with the number of mistakes made by participants falling by 75 per cent, the poll and research by baker Warburtons found.

Conversely, some participants found they were unable to concentrate long enough to complete the series of 25 tests properly if they had not eaten. In Britain, 48 percent of adults admit to skipping breakfast at least once during the working week, the poll of 2,000 people found. It leaves over half of them feeling "stressed", "lethargic", "unproductive" and "grumpy". Those aged 25 to 34 are particularly affected if they do not eat, the research showed.

Get Off the Couch and Get Outside! Here's How

Getting outside can be the key to losing the pounds for good. Here are eight ways to bring fresh air back into your life.

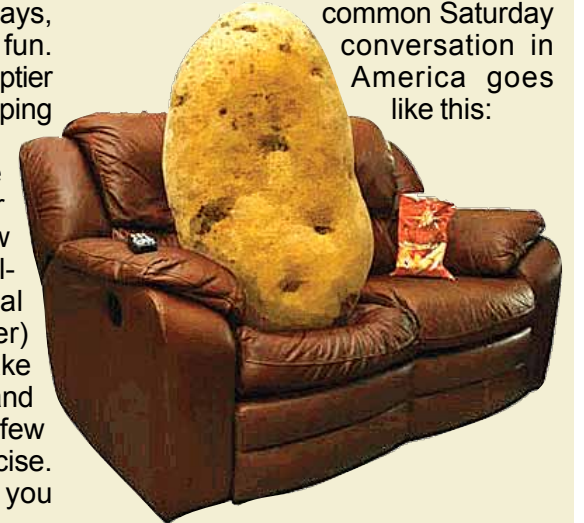
1. Put on outdoor clothes the moment you come home from work. For most of us, work clothes are indoor clothes — you wouldn't want to garden or play in a tie or skirt or dress shoes. Make it a ritual: arrive home, immediately switch into a T-shirt and shorts, and start the second part of your day afresh.
2. Keep essential gear by the door. Outdoor shoes, sunglasses, a brimmed hat, sunscreen, and bug repellent all are essential summertime outdoor gear. Have them all ready in the same place by your back door.
3. Match eating time with outdoor time. Lunch took 20 minutes? Then walk for 20 minutes outdoors immediately after eating. Dinner took 30 minutes? Balance it with 30 minutes outside. Make every meal a two-part affair: eating time and then outdoor time.
4. Garden in small batches. Most of us save up gardening chores for the weekend. The result: several hours of hard work, the last few not very fun.

Instead, garden in 30-minute spurts all week long. This will get you outdoors more frequently, and you'll never get bored or tired because of the brevity of the task. Best of all, come Saturday, your yard and garden will need only a little work, leaving you more time for fun!

5. Use weekday evenings more effectively. In the same vein, why shop, clean, and cook so much on the weekends? Do your essential weekly errands from 8 to 9 p.m. weekdays, and clear the way for weekend fun. You'll find that stores are much emptier weekday evenings, making shopping that much less stressful.
6. Take more nature walks. If you've embraced walking as part of your weight-loss regimen, terrific! Now take it up a notch — put on trail-walking shoes, go to a regional park (the more rugged the better) with a friend or loved one, and take a wilderness hike. Bring water and a granola bar, and wander for a few hours of natural, soul-lifting exercise.
7. Assemble a toy box. What do you

love doing outdoors? Whether it's hitting wiffle golf balls, practicing your fishing fly casting, doing watercolor paintings, shooting basketballs, playing badminton, tossing tennis balls or a Frisbee with your dog, weeding the flower beds or exercising with a hula hoop, have your gear in a waterproof bin near your backdoor, ready for instant usage.

8. Schedule like crazy. Life's dirty little secret: The most common Saturday conversation in America goes like this:



Children's Programmes

Drama & Yoga Workshop For Children:

Course includes: voice and speech, body language, mono acting, role play, skit-mime-improvisation, theatre games, basics

of yoga, pranayam and meditation. Faculty: Mr. Kalapi Dholakia (B.A. Performing Arts, MSU). The workshop lasts for one week. New batch every week. This is a unique summer camp for children and helps to develop their overall personality. Such workshops have been organised for

15 years. One of the plays ('Panjre Puraya Pappa-Mummy') was selected by National School of Drama in 2009. Till now four plays have been performed in various places in Gujarat - 'Ghanchakkar Ghaniyo', 'Chinimi Chinimi Dhum Dhadaka', 'Dhan Dhatudi Patudi' and 'P.P.P.M.'. The language for the course will be Hindi and Gujarati. Fees: Rs. 500 per child. Age groups: 4 to 6 years, 7 to 16 years, over 17 years. Also, Healthy Parenting Workshop is conducted for adults every Sunday. 7 - 16. 4 - 6. Over 17 years. Date: 01-04-2012 To 31-05-2012 Timings: 7 p.m. to 8.30 p.m. Venue: Thakkar Classes, 2nd Floor, Anjana Park Complex, Above Bharucha Hospital, Subhanpura Main Road Ph: 9998010613, 0265-2265682 Organised By: Jahanvee Kala Vrund

Workshops For Children: Bal Bhavan will

organize Workshops in Canvas painting, jewellery making, mehendi, Tatto making, clay modelling and coaching in sports like Tennis, Table Tennis, Cricket, Badminton, Basketball for the 10th and 12th Std children, from 2nd to 29th April 2012. Registrations commence from 22nd March 2012 between 11am to 6 pm. Date: 02-04-2012 To 29-04-2012 Venue: Balbhavan Society, Behind Sayajibaug, Karelibaugh Ph: 2792718 Organised By: Balbhavan Society

Date: 02-04-2012 To 31-05-2012 Timings: 9 a.m. to 10 a.m. Venue: Neeta Holistic Yog & Reiki Centre, H-8, Kalindi Apts., Pashabhai Park, Race Course Ph: 9727067585 Organised By: Neeta Holistic Yog & Reiki Centre

Storytelling & Drama Workshop For Children: By Aura in collaboration with paper live project.

Workshops For Children: Raj Activity Center will organize Workshops in Art n Craft, Dance and coaching in sports like Skating for children, from 16/4/12 to 2/5/12 & 10/5/12 to 28/5/12. Registrations commence between 9 am to 11 am. Venue: 317, Pramukh preet park, Nr. Panchsheel complex, Harni Varasia Road, Vadodara, P.H:0265-2481401, M: 9376727333

Don't let anything stop you

When life pushes you down, push back! That's what you're here for. You're capable, you're creative and you're full of life and energy. You have what it takes to move yourself forward around any obstacle. Don't let anything stop you. Take strength from meeting the challenges, and move ahead. The struggles you face are just what you need to fulfill your potential for greatness. A year from now, when you look back at today, you'll see that the problem you're so concerned with right now, Was another valuable lesson waiting to be learned.