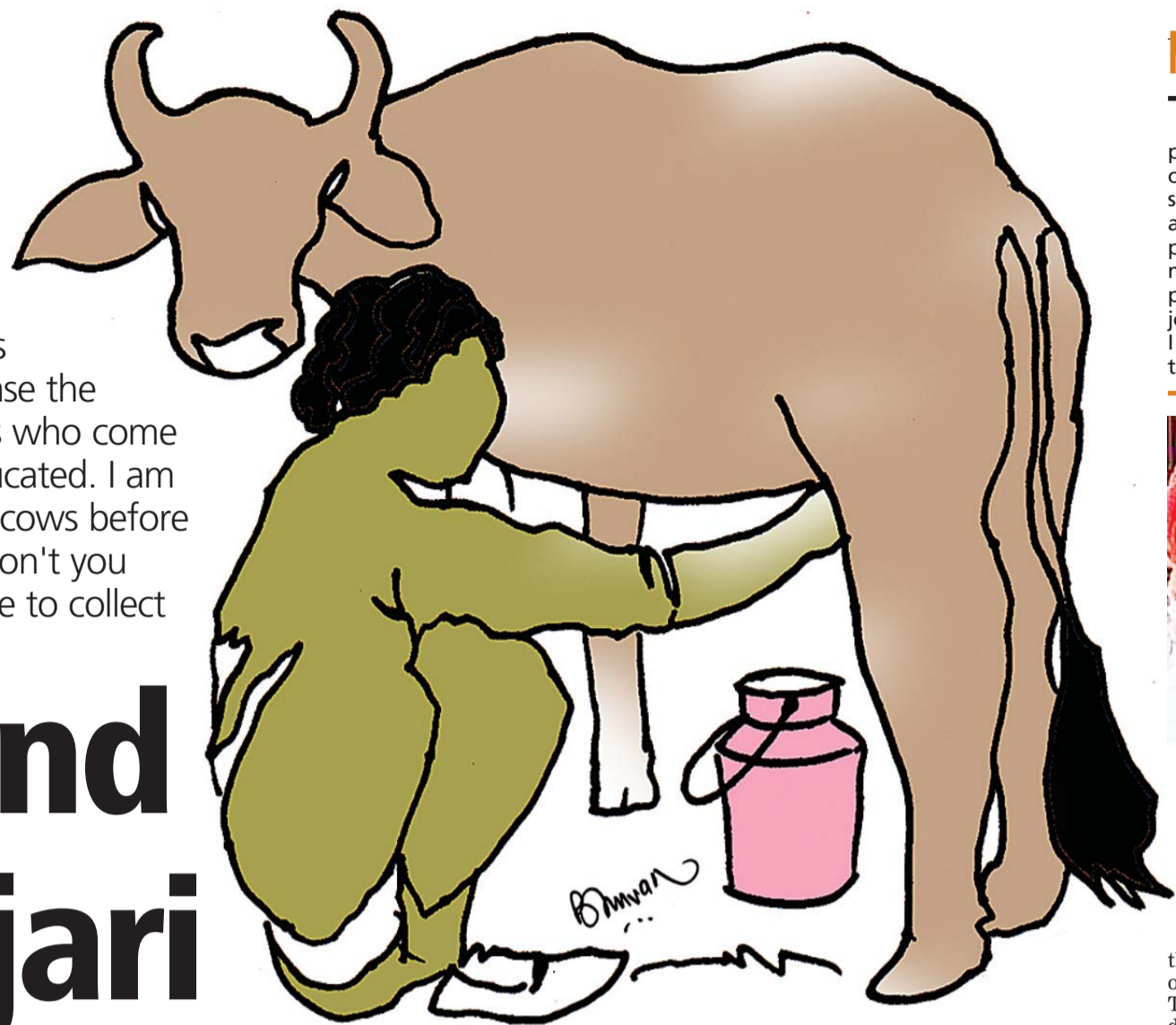


For a long time, Vijaya was hesitant to mention anything about diluted milk to Gulku. One day, while gossiping with her over a cup of tea, she finally broached the subject. Gulku put down her cup, folded her hands, raised them above her head and said, "Bhagwan thane banaya rakhe! (God bless you)" and continued, "Bahuji, we earn enough and more for our needs. God is merciful. Why would I stoop to cheat? In any case the milking is done in the presence of the customers who come to collect the milk personally. You are highly educated. I am sure you don't think we feed extra water to the cows before milking them simply to get a better yield. Why don't you satisfy yourself of our honesty and send someone to collect the milk? We will milk the animal before him."

Chhogaji and Gulku Goojari



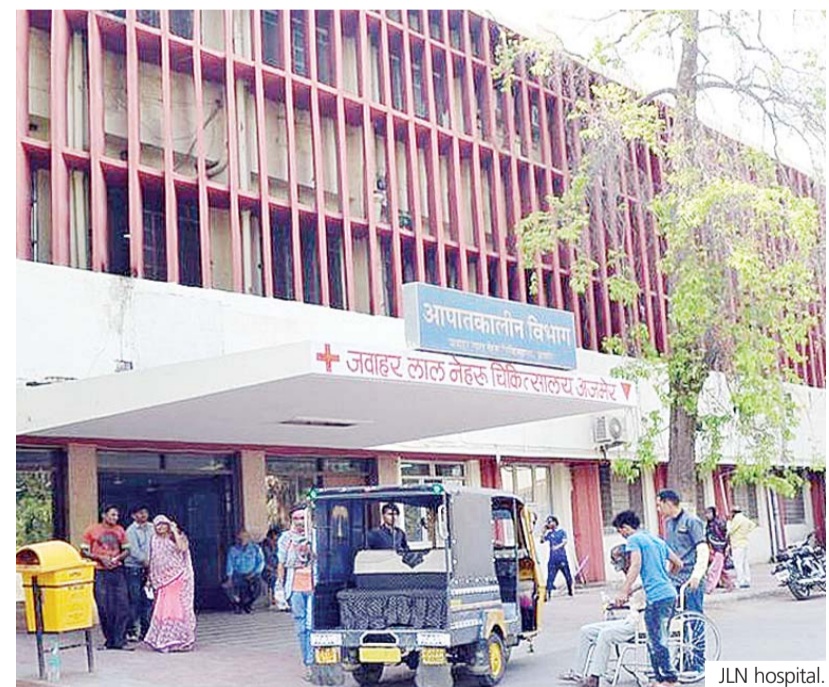
Dr. Shri Gopal Kabra
Veteran Doctor & Voracious writer on medical affairs

#GIVE-N-TAKE

In 1967 I was posted at JLN Medical College, Ajmer. Fortunately, I secured a modest accommodation - a mere 5-minute walk from the college. This was in a haveli or traditional mansion jointly owned by four patriarchs of a well-known family of Ajmer. One of the owners had shifted to a new bungalow adjacent to the haveli and the portion so vacated was rented to me. The families of the other three patriarchs constituted a traditional joint family. I was a bachelor when I joined but got married shortly thereafter. My wife Vijaya and I were welcomed into the joint family who's four grand-ladies and especially our landlady initiated and assisted my young bride into her new role.

Feel at Home

Our landlady arranged for a cook, a maid, a washer man and a milkman for us. Our adopted grandmothers went out of their way to make my wife feel at home. She participated in all the vrats and tyonhars (tradi-



JLN hospital.



ff

My wife was from western UP and Gulku was a Rajasthani Goojari. The equation between the two surprised many friends of ours who had to deal with Gulku. The passing years did nothing to diminish their mutual affection and respect, despite the arguments that went back and forth which like shadow boxing did no harm whatsoever but may have, on the contrary it served to cement a unique and inexplicable relationship.



BABY BLUES



By Rick Kirkman & Jerry Scott



Most Important Yoga Pose

An interesting fact about yoga is that Savasana, also known as the Corpse Pose, is a pose of ultimate relaxation of mind and body, which is why it is so difficult for many of us to release into the pose. You allow your body to de-stress, rejuvenate, heal and return to its natural state as a human being and not a human doing. If you are learning how to do a yoga pose for complete relaxation, make it Savasana.

#ASANAS

Tips To Do A Perfect Headstand

Referred to as the 'king' of asanas, headstand is an advanced yoga inversion. For beginners, it might seem that a headstand turns the world upside down. It looks intimidating, but once you build up to it, it becomes so easy. If you have never done one before, please make sure you practice with a certified teacher first.

Benefits

The pose boosts happy and balanced hormones, calms your mind, strengthens your muscles, especially the core, enhances lung capacity and boosts digestion.

Steps

- Start with Vajrasana (diamond pose) and grab opposite elbows.
- Interlock your fingers and reduce the space between your elbows.
- Make sure your shoulders are nice and protracted and raise your knees.
- Activate your core, walk in and raise one knee to your chest, then the other and hold this position.
- Stay for a few seconds and build your strength.
- Extend one leg all the way to the top.
- When you feel more confident, extend the other leg.
- Make sure you are protracted, your core is active, legs are tight, you feel strong and enjoy your headstand. To come down, slowly bend one knee and



stay there, gently drop both the toes, come back down and don't forget the child's pose or Balasana.

Safety measures

In addition to their benefits, headstands also pose the threat of injuries on the neck, shoulder and back pain if not performed with the correct form. Here are some safety recommendations:

Work with a yoga expert

When you're upside down, it's difficult to track or pay attention to your alignment. Take the help of a spotter or yoga expert who may help you to align your body correctly and support your body.

Use a wall

Using a wall shouldn't be made a habit. But you can use it if you're nervous in the initial stages as a support.

Place cushions around you

To restrain yourself from using the support of a wall, place some folded blankets or cushions around you so that you can do the pose in the centre of the room. In this case, even if you fall, you'll have a soft landing.

#WORLD MUSIC DAY

Where Words Fail, Music Speaks

On the occasion of World Music Day, music artists from Jaipur shed light on what music means to them, their experience in the industry, how the internet has transformed the sphere of music and much more.



Tusharika Singh
Freelancer writer and city blogger



World Music Day is celebrated every year in the month of June and this

year it is being celebrated on June 21. To celebrate the magic that music brings in our lives, Arbit caught up with some music artists from Jaipur. From the need to preserve and promote folk music, there are challenges in the music industry to their tips for aspiring musicians. Read some interesting insights from these artists.



Stop Treating Music As Content: Divyansh Kacholia

Thanks to the onslaught of social media 'content' has become the singular focus of people and that should change, opines Divyansh Kacholia. India's first folk beat boxer and winner of India's Got Talent. "One should focus on creating art and not content," he says. Giving a word of advice to those who aspire to make it big in the performing arts or any other unconventional career, he further adds: "Focus on your art and do it with utmost passion, honesty and sincerity."

For Divyansh, his biggest achievement so far is not winning the popular reality music show but being able to work and perform with stalwarts of the industry like Sunidhi Chauhan and Shaan. "Winning India's Got Talent is definitely path-breaking for my career but learning from such big names and performing in front of people like Shaan, Khan and Ar Rahman is definitely the biggest achievement of my life," adds Divyansh.

Just Being Good At Singing Is Not Enough To Make Your Mark: Rajnigandha Shekhawat

The first Rajput girl from Rajasthan to become a professional singer, Rajnigandha Shekhawat is credited with creating a new genre of Rajasthani and English mash-ups that are a global internet sensation. Recounting her journey after a whopping 500 concerts and making her mark in Bollywood as well as in international shows, she says: "Initially my family was absolutely against the idea of a Rajput girl from a Thikana to take up music as a career. Our families are historically the patrons of musicians we don't actually do what the musicians do. Going to Mumbai to become a singer was a scary decision but it turned out to be the right one. However, today my father feels extremely proud when he sees me and my songs on TV."

My Greatest Achievement Is To See Tears In The Eyes Of My Audience: Arjan Singh

An architect turned singer-songwriter, Arjan Singh has been writing songs since he was 15 years old. For him, lyrics are the soul of a song and the melody gives the words an aesthetic structure. While Arjan gets the inspiration to write from people around him, it is producing a track that poses a challenge for him. Talking about the impact of internet on the music industry, he adds: "The internet is a double

edged sword for musicians. On the one hand, you can connect to thousands of people but at the same time you can get lost in that mountain of content. Also owing to internet and social media, the retention power of people has come down. There was a time when people used to listen to a 6-minute long song but now it is difficult to keep people engaged for that long. But at the same time there is no denying that it has helped artists like us to release songs without the need of a music label."



Folk Music Keeps You Grounded And Connected To Your Culture: Praveen Singh Dangli

For Praveen Singh Dangli, music lets you express what words never can. Even though Dangli has worked with some eminent personalities like Bappi Lahiri, Jatin-Latin and Ismail Darbar among others, folk music has a special corner in his heart. "Folk music tells you stories that are almost on the verge of disappearing. It also keeps you grounded and connected to your culture." Sharing his views on how folk music can be preserved and promoted in the state, Dangli says: "There is a need to respect and promote the folk genre from within."

People are unaware of the essence of history connected to folk music. The government should take more steps to encouraging folk music in the state, especially among the youth. More open mics and open floors that provide live performance opportunities should be considered." Sharing a word of advice for aspiring musicians, he adds: "Practice, patience, determination and smart work are some virtues that aspiring musicians need to possess. To be honest, I think destiny also plays a role in this industry. Internet is offering a plethora of opportunities to newcomers."

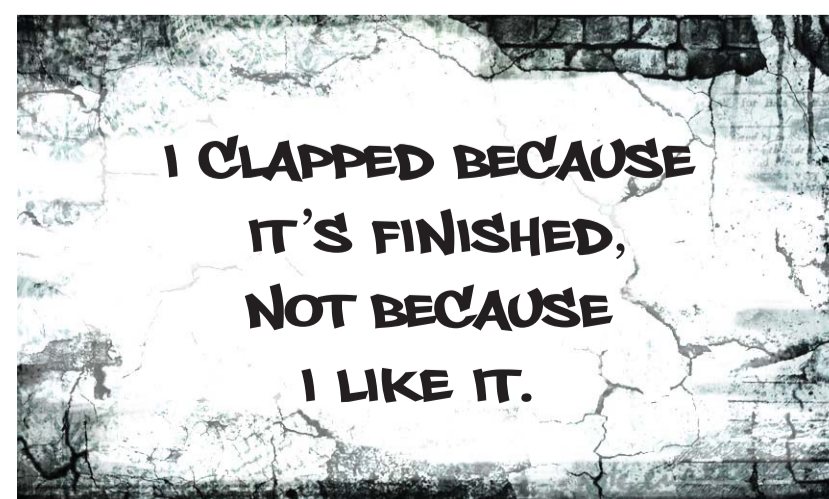
Choosing Music As A Career Is A Bold Choice: Satvik Sakar



For Satvik Sakar, who is a singer, songwriter and producer and has experience of working in web series, ads and films. The biggest challenge that music artists face is that of delayed payments. "Choosing music as a primary source of income is a bold choice. With no regular projects, the delay in payments and sometimes not even receiving the payment is a big downside of this industry. Begging for money after putting your heart and soul into a project is really disappointing and takes a toll on the mental health of the artist," explains Satvik.

An audio engineering graduate, another challenge that he faces is that of creative block. "Art cannot be forced. However, owing to the internet often meme-like songs go viral with a million of hits and views; and as a result, sensible music gets overshadowed," adds Satvik.

THE WALL



ZITS



By Jerry Scott & Jim Borgman