

महा
दिवाली

धन बढ़ेगा, घर बसेगा
15 लाख का
लाभ मिलेगा
दिवाली पर 15 लाख रेट बढ़ेगी !



दिवाली बाद करोड़ों में मिलेगी कोठी !

गिनती की कुछ ही कोठी बची हैं।

FIXED PRICE & RENTAL

PRODUCT TYPE	UNIT TYPE	SIZE	FIXED PRICE	PROPOSED RENTAL (AFTER POSSESSION)
WALK-UP APARTMENT	2 BHK (GF)	1350 Sq Ft	63.45 LACS	22,000
	3 BHK (SF)	1900 Sq Ft	70.50 LACS	25,000
	3 BHK (FF)	1900 Sq Ft	77.55 LACS	28,000
KOTHI	3 BHK BIG	2000 Sq Ft	84.60 LACS	30,000
	4 BHK BIGGER	2325 Sq Ft	98.70 LACS	40,000
	4 BHK BIGGEST	3200 Sq Ft	1.41 CRORE	50,000



KEDIA
सेजस्थान
KOTHI & WALK-UP APARTMENT
अजमेर रोड, जयपुर

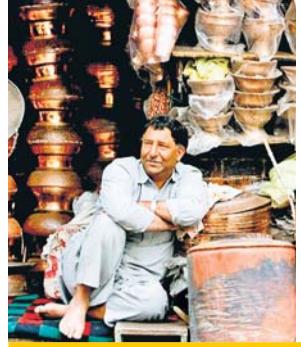


POSSESSION: DEC. 2025



बड़ी-बड़ी कोठी, बड़े-बड़े फ्लैट





**Dongmo, Charoti, Saikala
India's little-known Cookware**

जयपुर • कोटा • बीकानेर • उदयपुर • अजमेर • जालोर • हिण्डौनसिटी • चूरू

राष्ट्रदूत

Rashtradoot

Metro

Discover how
to Relax and
Recharge

क्या आर.बी.आई. के गवर्नर शक्तिकांत दास को एक और एक्सटैशन मिलेगा

अंतर्राष्ट्रीय वित्तीय पत्रिका ग्लोबल फाइनेंस द्वारा भारतीय मॉनिटरी पॉलिसी के लिए शक्तिकांत दास को “ए प्लस” रेटिंग दिए जाने से उनका दावा और मजबूत हुआ है

- दिसम्बर 2018 में तत्कालीन आर.बी.आई. गवर्नर उर्जित पटेल के अधीनकार इस्तीफा देने के बाद, पूर्व वित्त सचिव शक्तिकांत दास को तीन साल के लिए आर.बी.आई. गवर्नर बनाया गया था, सरकार के साथ उनका कार्यकाल एकदम निर्विवादित रहा, इसलिए उन्हें 2021 में 3 साल का एक्सटैशन दिया गया और इसी आधार पर एक और एक्सटैशन मिलने की संभावना है।
- उनसे पहले जो दो गवर्नर थे, उर्जित पटेल और रघुराम राजन, उनके सरकार के साथ सबधू विवादों से भरे रहे थे।
- इसी बीच सरकार को तीन और महत्वपूर्ण नियुक्तियां करनी हैं। इनमें से एक है सी.ए.जी., जी.एस. मुर्म, जिनका कार्यकाल नवम्बर में खत्म हो रहा है। उन्हें एक्सटैशन नहीं मिल सकता, क्योंकि उनकी नियुक्ति की शर्तों में साफ लिखा है कि रिटायर होने के बाद वे ना एक्सटैशन ले सकते हैं ना ही कोई नया पद।
- मुख्य आर्थिक सलाहकार वी.अनंता और सेबी चीफ माधवी पुरी बुच का कार्यकाल भी खत्म हो रहा है पर उन्हें दोबारा मौका मिल सकता है। हालांकि, सेबी चीफ के मुद्दे को लेकर सरकार और विषय, खासकर कांग्रेस आमने-सामने हैं।

को, उर्जित पटेल के सरकार के साथ इस्तीफे के बाद, दिसम्बर 2018 में तीन साल का एक्सटैशन मिलने की संभावना थी—साथ-साथ आर.बी.आई. गवर्नर द्वारा दो विवादों को एक समाप्त करने की ओर आधार पर दिया गया है। यह पुरस्कार वार्षिक ट्रीके के लिए एक्स्ट्रोट को “ग्लोबल फाइनेंस” पत्रिका के, 2024 सेंट्रल बैंक रिपोर्ट कार्ड ने लगातार दूसरे वर्ष भाग्यी ही है। आर.बी.आई. गवर्नर को, जिल आर्थिक चुनौतियों के बीच भारत की मॉनिटरी पॉलिसी के अधिकारी ने उनका कार्यकाल संभालने के लिए एक्स्ट्रोट को “ए प्लस” रेटिंग दिए जाने से उनका दावा और मजबूत हुआ है।

पूर्व वित्त सचिव शक्तिकांत दास

‘अडानी और सेबी चीफ प्र.मंत्री को ब्लैकमेल कर रहे हैं’

नई दिल्ली, 28 अक्टूबर। सोमवार को कांग्रेस ने आरोप लगाया कि अडानी और सेबी चीफ माधवी पुरी बुच मोदी सरकार को ब्लैकमेल कर रहे हैं कि यदि उनपर या उनका सहयोग कर रहे किसी भी व्यक्ति पर हमला हुआ तो सरकार को भारी नुकसान उठाना पड़े।

राहुल गांधी ने सोमवार को अपने

सोशल मीडिया हैंडल पर 4 मिनट 39 सेकंड का एक वीडियो किलप (टीजर) पोस्ट किया। राहुल ने कहा, संस्थागत पतन में अब बाई-भाईजावाद के अधिक खतरनाक स्वरूप अडानी

■ राहुल गांधी ने यह भी कहा कि बुच अडानी के हितों की रक्षा के लिए सिस्टम में हेर-फेर कर रही है और केन्द्र सरकार चुप है।

बचाओ स्प्रिंडिकेट को जन्म दिया है। प्राप्त रिपोर्टों के अनुसार, दास के बारे में बीच दिए गए अप्राप्यता एक और एक्सटैशन मिलने की संभावना थी—साथ-साथ आर.बी.आई. गवर्नर द्वारा दो विवादों को बढ़ा जाते हैं। उनके पूर्ववर्ती, दो आमने-सामने विवादों को बढ़ा जाते हैं। यह विवादों को उत्तराधिकारी नियुक्त करना होगा, जिसके बाद वे ना एक्सटैशन ले सकते हैं ना ही कोई नया पद।

उन्होंने एक्स्ट्रोट को जन्म दिया है।



World Stroke Day

Statistics have shown that 1 in 6 deaths, due to cardiovascular issues, are related to stroke. And stroke is a leading cause of serious, long-term disability. Since stroke is a preventable and treatable disease, this does not have to be grim news, but should act as an encouragement for people to pay more attention to their health. And that's what World Stroke Day is all about. Established in 2006 by the World Stroke Organization, World Stroke Day is an annual event that emphasizes testing, education, and initiatives to improve and mitigate the damaging impact that stroke can have, on people's lives, worldwide.

#SLEEP ROUTINE

Discover how to Relax and Recharge

By adopting relaxing techniques, creating a conducive sleep environment, and choosing ideal sleep positions, you can rest better and wake up feeling refreshed and pain-free.



Somedays, we wake up cocooned in a soft fuzzy blanket, and other days, it feels like the devil took over us while sleeping! With hands and feet spread wide apart, one can only hope that you're sharing the bed with no one other than a bunch of pillows to accompany you. But on days when you can, the position, that you sleep in, provide deeper insight into your body's cortisol level. Are there particular poses, that you sleep in, when your body is stressed beyond repair? Let's find out.

Dr. Satish Rathy, Consultant Pulmonologist at CARE Hospitals, Hitech City said that when the body is 'stuck' in sleep mode, it often means that the muscles are not properly relaxed or aligned, potentially leading to discomfort or disturbed sleep.

According to him, the most common sleep positions that may indicate that the body is stuck in this mode include:

Fetal Position: Sleeping curled up on one side with knees drawn towards the chest can restrict breathing and cause tension in the neck and back.

Prone Position: Lying face

What could be the Potential Causes behind this?

Dr. Reddy shared that prolonged stress or lack of physical activity can lead to muscle tension, making it difficult for the body to relax during sleep. "A mattress that is too firm or too soft, inadequate pillows, or an uncomfortable room temperature can contribute to poor sleep posture. Conditions such as arthritis, fibromyalgia, or chronic pain can cause dis-

How can you Relax your Body for Better Sleep?

poses, especially those that focus on the back, neck, and shoulders, can help release muscle tension and improve flexibility.

- Ensure that the mattress and pillows provide proper support and maintain a comfortable room temperature to promote relaxation.

- Practice mindfulness or deep breathing exercises before bed can help calm the mind and relax the body, reducing muscle tension and preparing for sleep.

- Gentle stretching or yoga



Dongmo, Charoti, Saikala

India's little-known Cookware

Dham is cooked in massive rotund pots called *charoti* or *baltoi*. These are made of brass and have a short, narrow neck and thick walls. "Used to cook for large crowds, on an open fire, built in a deep trench, *charoti* is designed to withstand high heat and allow the curry to cook slowly so that its flavours can bloom," explained culinary writer, Divya Sud Qureshi, a champion of Himachali's culinary culture. "The design also ensures that the food remains hot for a long period of time."

Priyadarshini Chatterjee, Food and Culture writer based in Kolkata

It's *Dhanteras* and the bazaars are teeming with people buying utensils, *bartan* in local parlance. This is a tradition from forever in our country. The God of good health and medicine appeared on this day with a pot in hand. The frenzy to get the best of锅 designs and need is palpable, as all day women buy and shopkeepers sell. *Bartan* do make a practical difference in the kitchen, to how tasty well-cooked meals we will get, bringing good health, happiness and energy to go on in life. After all, food is central to happy life.

Last year, on a trip to Palampur, a quaint town at the foot of the *Dhauladhar* range in Himachal Pradesh, I was determined to eat a *Himachali dham*, a celebratory feast cooked on special occasions such as weddings and served on *pattals* or leaf plates. Having not been invited to a wedding, the wish seemed fanciful. Luckily, it turned out that in and around Palampur, there are a few *dhabas* that offer a *dham-style* meal, *madra* (chickpeas in yogurt sauce), spiced lentils, luscious *kadhi* and much more. The question then is, how do you tell apart the *right dhaba* from the wrong one? "Keep an eye out for big fat pots," our hotel caretaker told us, helpfully. He was right.

Yeарner Position: Lying on the side with both arms stretched out in front can cause tension in the shoulders and neck, especially if the mattress does not provide adequate support.

Koranne Khandekar notes in *Pangat*, a pure *yantra* is preferable to a mixer or blender because, unlike them, it doesn't generate the high heat that affects the flavours and textures of a dish.

Regi Mathew is familiar with such unique cookware. The chef and co-owner of the restaurant Kappa Chakka Kandhari in Chennai, Mathew has travelled extensively through his home state, Kerala, to document its culinary culture. In the north of the state, he points out a few *Mudaliar* families, who originally migrated from Tamil Nadu, and have been making the famous *Ramassery idlis* in special curve-necked earthen pots. Each pot is filled with water and its mouth is covered with a woven nylon threads. On this is placed a white muslin cloth. Next, idli batter is poured onto the cloth and covered by another pot. "This ensures that the steam runs through the idlis but cannot escape, making the idlis melt-in-the-mouth soft," explained Mathew. To pour the batter, the

cylinder with decorative brass motifs, that is used to prepare the region's beloved salty butter tea. The cylinder is fitted with a lid, which has a hole for a long wooden plunger or dasher, to go through.

Once the boiling tea is poured into the cylinder, along with butter, salt and yak milk, the dasher is employed to churn the concoction.

Kerala Story

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Regi Mathew is familiar with such unique cookware. The chef and co-owner of the restaurant Kappa Chakka Kandhari in Chennai, Mathew has travelled extensively through his home state, Kerala, to document its culinary culture. In the north of the state, he points out a few *Mudaliar* families, who originally migrated from Tamil Nadu, and have been making the famous *Ramassery idlis* in special curve-necked earthen pots. Each pot is filled with water and its mouth is covered with a woven nylon threads. On this is placed a white muslin cloth. Next, idli batter is poured onto the cloth and covered by another pot. "This ensures that the steam runs through the idlis but cannot escape, making the idlis melt-in-the-mouth soft," explained Mathew. To pour the batter, the

cylinder with decorative brass motifs, that is used to prepare the region's beloved salty butter tea. The cylinder is fitted with a lid, which has a hole for a long wooden plunger or dasher, to go through.

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