



Follow us on just a single click
<https://twitter.com/RudraBuildwell>



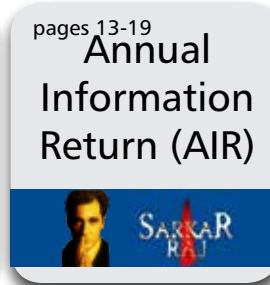
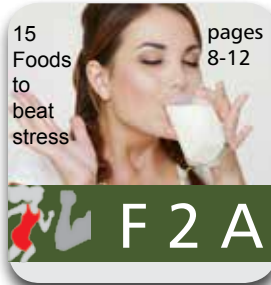
Like us on just a single click
<https://www.facebook.com/rudralifestylestatements>

25 November 2013

19

RUDRA

Weekly Realty Digital Magazine



*Zindagi Milegi Na Dohara:
 Maze Lijiye Page 23-26*



Thank you for choosing us as
"The Majestic Landmark of the Year"



OUR TEAM

SECTION	EDITOR	PAGE
 BUZZ-R	Vibhor/Danish	3-7
 F 2 A	Priyanka/Neena	8-12
 SAKKAR RAJ	Manish/Neeru	13-17
 RUDRA Pariwar	Ruchi/Trapti	18-22
 Zindagi Na Milegi Dobara	Ravi/Ankita	23-26
 MUSAFIR	Rags to Riches	28-29

Designing & Composing by Sunil Bidaliya

Rudra Buildwell Projects Pvt. Ltd.
A-66, Sector 63, Noida 201301, T 0120-4769999 |
rbd@rudrabuildwell.com, www.rudrabuildwell.com

15% OFF

First Time Visit


20% OFF

Second Time Visit

25% OFF

Third Time Visit onwards

**Unbelievable
DISCOUNT for
RUDRA
CUSTOMERS!!**


Reda
LUXURY SPA & SALON
Reda Spa & Salon Pvt. Ltd.
137/114A, Safdarjung Enclave, New Delhi-29



IndianOil



THANK YOU!
IOC Employees

For your overwhelming response!

Yamuna e-way Area Deadlock may End Soon

NOIDA: In order to break the deadlock between farmers, Yamuna Expressway Authority and developers, a meeting was held by the UP jail minister to settle land dispute cases that have been hampering development in the region. The Authority needs to arrange for Rs 8,000 crore to settle farmers' issues.

The meeting held in UP Bhawan in Delhi between the minister, Authority officials and developers discussed aspects of sharing the financial burden. Reacting to TOI reports on large-scale irregularities and scams relating to land allotment in Noida, UP government had formed a committee under the chairmanship of cabinet minister and national spokesperson of Samajwadi Party, Rajender Chowdhary. As general elections are round the corner, the Samajwadi Party wants to woo the farmers and is pressuring the Authority to release compensation soon.

The Yamuna Expressway Authority has planned to follow in the footsteps of Greater Noida Authority. During the Noida Extension (now known as Greater Noida West) row, Greater Noida Authority had asked developers to share the burden of additional compensation which was paid to

farmers following the Allahabad high court order. "Since the Authority does not have sufficient funds to pay 64% additional compensation, we are seeking the help of developers to raise funds so that to the farmers eligible for the compensation can be paid," said a senior Authority official.

Developers said they have been reeling under losses due to land disputes and

homes with world-class infrastructure. It is a welcome decision that the state government is paying heed to land issues of Yamuna Expressway area because this has not just been hampering real estate projects but also the pace of development and infrastructure work," said Amit Gupta, MD, Orris Infrastructure.



agitations by farmers. "Now the state government and the Authority are planning to put additional burden on us. We are ready to share the burden to a certain extent, but in return we also need some relaxation in norms from the Authority," said RK Arora, CREDAI (west UP) vice president and CMD of Supertech.

"The Yamuna Expressway region has good options for home aspirants. If compared to other parts of NCR, this is the only region which is offering cheap

Farmers have been agitating for the last two years demanding additional compensation and re-settlement schemes. On several occasions, farmers have halted construction work of realty projects and even locked the office of Yamuna Expressway Authority. "Our demands have not been met and for the last two years only empty assurances have been given by authorities. We hope that our issues are addressed soon," said farmer leader Manvir Bhati.



Chosen Apartment at Wholesale Price.

Would you want to
buy your Dream Home
at the best discounted
price....
'the wholesale price'?



Propertree Real Estate Solutions Pvt.Ltd.
1008, 10th Floor, Wave Silver Tower,
Sector 18, NOIDA (U.P.) 201 301, INDIA
Mobile :+91 - 9212411999

Exclusive Partners

**RUDRA
PALACE HEIGHTS**

**RUDRA
AQUACASA**
The First Lake City
2, 3 & 4 BHK LIFESTYLE APARTMENTS
GK DSA, SECTOR 18A, GREATER NOIDA (WEST)

**RUDRA
SKYTRACKS**
Art of Superior Living
Yamuna Expressway

SERABELLA
2, 3, 4 BHK RESIDENTIAL FLATS
INDRAPURAM



7

15 Foods to Beat Stress

Did you know that what you eat can greatly affect the way you think and feel? Here are the top 15 foods that help you develop a calmer mind and deal with stress better:

Nuts contain selenium, a mineral whose deficiency causes crankiness, anxiety and fatigue. Therefore, a handful of nuts help you stay calmer.

Chocolate: Give in to your darkest chocolates. Their anandamine dopamine levels of the brain ensuring the mind stays relaxed

Spinach: Popeye's favourite in magnesium, which keeps overreacting. The correct dosage and C as well as iron ensures intake as well

Pasta made from whole magnesium, the deficiency stress levels.

Bread made from whole has the same effect as pasta, that is, the reduction magnesium deficiency. So, make sure you include

desire by indulging in content keeps the in check, thereby and free of stress.

food is also rich the mind from of vitamins A a healthy diet

grain is rich in of which increases

grain o f



toasts or sandwiches in breakfast to lead a stress-free day.

Blueberries: A delicious fruit, blueberries are also packed with antioxidants, which are known to be highly effective in relieving stress.

Almonds: The zinc and vitamin B12 content of almonds makes them super-eligible to make it to this list. These nutrients help maintain a balanced mood and keep anxiety at bay.

Green tea: Nothing can have a calmer effect on the human mind than a cup of green tea to kickstart the day. In fact, it is known to have an immediate relieving effect on many.

Fish types such as salmon and mackerel are rich in Omega-3 fatty acids, which provide selenium and tryptophan to the brain, thereby helping it stay calm.

Oats: Greatly beneficial in enhancing the levels of serotonin required by the body, oats are a great way to lower cholesterol levels as well as spend a calm-minded day.

Milk: Surprised again? Well, milk contains tryptophan, which helps in the build-up of serotonin, thereby helping the mind stay relaxed.

Broccoli: Go green! With broccoli, you get your required dose of potassium, the low levels of which can cause tiredness and stress.

Kiwis are also known to convert



tryptophan into serotonin, thereby inducing anxiety-relieving experience for the brain.

Bananas: Low in fibre, bananas reduce the risk of gas, thereby increasing chances of staying calm and stress-free through the day.

Rice: A carbohydrate that has an immensely calming effect, rice is also easy to digest and low in fat.

The above is a list of some of the foods you can include in your daily diet to ensure your levels of anxiety stay low. In addition, remember to drink plenty of water to keep flushing out those toxins and stay healthier and happier.



Know Your Cooking Salts

Deconstructing the world of salt, and how knowing your Kosher salt from the Fleur de Sel can not only improve your cooking, but the flavours in your dish too.

Nothing proves the potency of an ingredient like the salt -- a little less can leave the dish dull and a wee bit more can make it unpalatable and bitter. And while getting the perfect 'pinch' comes with experience, knowing what salt you are using goes a long way in giving your dish a different flavour – and character. All this with a pinch!

Says Chef Nachiket Shetye, owner 36 Oak and Barley, its characteristic of the place it is milled from, and can one hand makes it a delight to work with, and the other to deal with. So knowing kosher from flaked upping a dish both in terms of flavours, and

"The thing about salt is that it draws easily take on new flavours – which on the other, a rather whimsical ingredient sea salt goes a long way in experience."

Here he helps deconstruct the salt to use each salt to its best.

world, and how

ROCK SALT

Characteristics:

Often referred to as the workhorse of a kitchen, Rock Salt is recognized by its rock-kind appearance, albeit much smaller. A versatile salt, it is made of by compacting granular salt collected from mines and deposits. It has irregularly shaped flakes that dissolve easily and relatively evenly. Also called Kosher Salt in other parts of the world, rock salt is often free from any kind of additive – like iodine.

Best for: Drawing blood out of meat.

Cooking tip: A good, medium-coarse grind table salt can be used in pretty much every cooking endeavor. Sprinkle it in sauces, use it to cure meat & seafood, fold it into soups.

Fun fact: To make your coloured rock salt, get the crystallised rock of salt, grind the salt, boil it with water, add the

colour, let the water evaporate, crush it and keep it in a jar.

SEA SALT

Characteristics: Originating from the coastal part of the country, sea salt is identified by its uneven, but smooth sizes. Made by evaporating sea water in large pans, it is the 'simple process' that gives the salt its true nature, and the irregular crystals determine how fast the salt dissolves. Much in demand for its subtly briny, sometime bitter/sweet taste, the salt, in its

unprocessed stage, has a hue that ranges from iron-rich red to slightly greyish. It is rich in minerals like magnesium, potassium, calcium and other nutrients. A chef's delight because of its coarse, crunchy texture and stronger flavour.

Best for: Garnishing on snacks like potato chips, salads.

Cooking tip: While preparing a salad, skip adding salt to the dressing, instead sprinkle it in

the end on the lettuce. Sea salt, the flaky quality, is known to explode on lettuce, giving the dish a 'pop-rock' quality.

Fun fact: Flaked sea salt though a bit expensive contains minimal moisture and dissolves instantly, so you can use it on more delicate items like ice creams.

INFUSED SEA SALT/ FLAVOURED SALT

Characteristics: Same as sea salt, but with the added aroma of herbs, flowers, paprika, tomatoes and even dark truffle.

Best for: Finishing a salad, over steamed vegetable and mashed potatoes. The saffron salt works best with charcoal-grilled veggies and pot rice.

Cooking tip: Flavoured/Infused salt work best as finishing salt. The best use of this kind of salt is as a garnishing. For hot dishes, sprinkle it after you have made the dish, leave it with the lid on for the aroma to settle in and serve.

Fun Fact: The cheaper and faster way to make smoked salt is to coat salt crystals with liquid smoke oil and some maltodextrin to prevent clumping. Though they are less tasty, buying a good brand should be a good option. Smoked salt goes great with BBQ meats.

SEL GRIS

Characteristics: Also known as gray or Celtic sea salt, Sel Gris

is the proverbial unsung hero of the salt world. During harvest, it is raked from the bottom of the saltpan, giving it that rather elegant gray color and naturally crystalline shape. It is coarser than standard-bearer Fleur de Sel, but similarly mineral- and moisture-rich. It is available in both crystals and fine-ground form. It brings a strong, mineral rich flavor to the dish.

Best for: With almost 13 percent moisture content, it is a great hydrating ingredient and is ideal for roasts and steaks.

Cooking tip: Usually used for pickling, Sel Gris is best to preserve citrusy fruits and ingredients. But on the table it works wonders with heartier foods like root vegetables, bread with unsalted butter and garlic naan with salsa.

Fun fact: While the most famous Sel Gris are produced in France, this type of salt is produced by artisans from around the world. The taste, texture and moisture of Sel Gris from the Atlantic coast of France (i.e., Normandy, Guerande, Ile de Re.) is said to be far superior than those harvested from the Mediterranean.

KALA NAMAK (INDIAN BLACK SALT)

Characteristics: Also called Sanchal, the Indian black salt is a form of volcanic stone salt

and is pinkish-grey in colour due to the presence of iron and other minerals. The salt includes a special sulfurous style, often compared to hard-boiled egg cell yolks. One of the healthier salts according to Ayurveda, it is used generously in chaats and Ayurvedic medicines. It's a great sodium restorer in the body. Usually recognised by its colour and coarseness.

Best for: Chutneys, salads, curd, pickles and in cooling drinks.

Cooking tip: Thanks to hydrogen



sulfide, which gives the salt an egg yolk like taste, it is best used by people who love yolk, but cannot have it. If using in hot dishes, it's better to use it in dissolved consistency to masque the eggy flavour.

Fun Fact: Indian Black Salt was originally harvested from either healthy volcanic mines in North India and Pakistan or the encompassing salt waters of Sambhar or Didwana.



Compiled by
Priyanka Jadon

<http://www.sibubehuty.com/blog/wp-content/uploads/Woman-Eating-Apple1.jpg>

JOURNEY OF SENSES

Since times immemorial, people have yearned for a place where they could find solace from the complexities for their daily lives. They seek a retreat where the mind, body and spirit can be brought into a balance and emerge revitalized. We believe that true beauty is more than skin deep and comes from deep within, so at WAVES REDA we bring you the wondrous secret of rejuvenation. The Spa offers you a luxurious, spacious and professionally equipped retreat that allows you to rejuvenate your senses. The Spa's holistic approach is inspired by traditional Asian healing philosophies and all treatments take into consideration your individual needs and desires. A steam or a relaxing soak in our Jacuzzi precedes all treatments for maximum relaxation. Understanding the philosophy that all treatments should be therapeutic but with indulgence in mind, we have designed a host of services with personalized packages. Our philosophy emphasises on the harmony between physical, mental & spiritual realms and here we make you undertake the journey within, through an array of rejuvenating holistic treatments, meaningful rituals and ceremonies for a truly calming experience.

BODY RITUAL



HAND & FOOT RITUAL



HAIR CARE



HOT STONE MASSAGE



FOOT REFLEXOLOGY



MAKE-UP



KÉRASTASE
PARIS



REDA ROYALTY PROGRAMME

15% OFF

First Time Visit

20% OFF

Second Time Visit

25% OFF

Third Time Visit onwards

Unbelievable
DISCOUNT for
RUDRA
CUSTOMERS!!



Reda Spa & Salon Pvt. Ltd.
B7/114A Safdarjung Enclave, New Delhi-29

Paid Advertisement



Awaken your senses, Revitalise your body and Mind with the Luxurious Spa Package.
At unbelievable discount for Rudra Customers!!

Annual Information Return (AIR)

The Finance Act, 2003 inserted a new provision namely Section 285BA in the Income Tax Act, 1961 which was later on substituted by the Finance (No.2) Act, 2004 w.e.f. 01st April 2005. As per this provision, certain specified persons (hereinafter referred to as filers) are required to file AIR in respect of specified financial transactions registered or recorded by them during a financial year (beginning on or after 01st April, 2004).

2.1 Specified Class of Persons required to file AIR and financial transactions to be reported in AIR

According to the amended provisions of Rule 114E of the Income Tax Rules, 1962 the nature of transactions and the threshold limit above which information has to be reported in the AIR by certain class of persons are as follows:

Sr. No.	Class of Persons	Nature and Value of transactions	Clarifications by Central Board of Direct Taxes vide Circular No.07/2005 dated 24th Aug, 2005
1.	A Banking Company to which the Banking Regulation Act, 1949(10 of 1949), applies (including any bank or banking institution referred to in section 51 of that Act).	Cash deposits aggregating to ten lakh rupees or more in a year in any savings account of a person maintained in that bank	Only the aggregate of all the cash deposits in the savings account of a person to be reported as one transaction and the date of the transaction is to be the last date of the financial year i.e. 31.03.2005 in respect of FY 2004-2005.
2.	A Banking Company to which the Banking Regulation Act, 1949 (10 of 1949), applies (including any bank or banking institution referred to in section 51 of that Act) or any other Company or institution issuing credit card.	Payments made by any person against bills raised in respect of a credit card issued to that person, aggregating to two lakh rupees or more in the year.	Only the aggregate of all the payments by a person to the credit card company is required to be reported as one transaction and date of transaction is to be the last date of the financial year i.e. 31.03.2005 in respect of FY 2004-05.
3.	A trustee of a Mutual Fund or such other person managing the affairs of the Mutual Fund as may be duly authorized by the trustee in this behalf.	Receipt from any person of an amount of two lakh rupees or more for acquiring units of that fund.	The amount actually received from the transacting party and not the amount relating to allotment is to be reported

4.	A Company or institution issuing bonds or debentures.	Receipt from any person of an amount of five lakh rupees or more for acquiring bonds or debentures issued by the Company or institution.	The amount actually received from the transacting party and not the amount relating to allotment is to be reported.
5.	A Company issuing shares through public or rights issue.	Receipt from any person of an amount of one lakh rupees or more for acquiring shares issued by the Company.	The amount actually received from the transacting party and not the amount relating to allotment is to be reported.
6.	Registrar or Sub Registrar appointed under section 6 of the Registration Act, 1908	Purchase or sale by any person of immoveable property valued at thirty lakh rupees or more.	There may be certain situations where the transaction in respect of property valued at thirty lakh rupees involves joint parties and value for one or more parties is less than rupees thirty lakh. In such situations, all such transactions are to be reported in respect of all the joint parties even though the value of transaction in the hands of one or more of the joint parties is less than the threshold limit.
7.	A person being an officer of the Reserve Bank of India constituted under section 3 of the Reserve Bank of India Act, 1934 who is duly authorized by the Reserve Bank of India in this behalf.	Receipt from any person of an amount or amounts aggregating to five lakh rupees or more in a year for bonds issued by the Reserve Bank of India.	The aggregate of all the receipts from a person is required to be reported as one transaction and the date of the transaction is to be mentioned as the last date of the financial year i.e. 31.03.2005 in respect of FY 2004-05.

Notes:

1. The Central Board of Direct Taxes has vide Circular No. 07/2005 dated August 24, 2005 clarified that the persons filing the AIR should furnish only one return even if they have more than one branch. For example, a bank must file a single AIR covering all its branches.
 2. Transactions related to Kisan credit card should also be reported in AIR (refer Sr. No. 2 in above table). Clarifications by Central Board of Direct Taxes vide Circular No. 07/2005 dated 24thAug, 2005 are given as Appendix 1.
- 2.2 AIR-Form and Periodicity

Penalty u/s. 271FA for non-filing of Annual Information Return

Section 285BA mandates furnishing of annual information return by the specified persons in respect of specified transactions within the time prescribed under sub-section (2) thereof. Sub-section (5) of the section empowers the Assessing Officer to issue notice if the annual information return has not been furnished by the due date.

The existing provisions contained in section 271 FA of the Income-tax Act provide that if a person who is required to furnish an annual information return, as required under sub-section (1) of section 285BA, fails to furnish such return within the time prescribed under that sub-section, the income-tax authority prescribed under the said sub-section may direct that such person shall pay, by way of penalty, a sum of one hundred rupees for every day during which the failure continues.

It is proposed to amend the aforesaid section so as to provide that if a person who is required to furnish an annual information return, as required under sub-section (1) of section 285BA, fails to furnish such return within the time prescribed under sub-section (2) thereof, the income-tax authority prescribed under sub-section (1) of the said section may direct that such person shall pay, by way of penalty, a sum of one hundred rupees for every day during which the failure continues.

It is further proposed to provide that where such person fails to furnish the return within the period specified in the notice under sub-section (5) of section 285BA, he shall pay, by way of penalty, a sum of five hundred rupees for every day during which the failure continues, beginning from the day immediately following the day on which the time specified in such notice for furnishing the return expires.

This amendment will take effect from 1st April, 2014.

*Compiled by
Neeru Bajaj*



CAWA UNIT ALLO

Radisson **BLU**
HOTELS & RESORTS

RADISSON B



ALLOTMENT EVENT IN BLU, NOIDA

Date- 10 Nov,2013

Venue- Radisson Blu, Noida

Guests- CA Families

Strength- More than 100 Families

Rudra in Association with CAWA(Chartered Accountant Welfare Association) entertained and awarded the flat owners of Rudra's Palace Heights with a day of fun and entertainment through Luncheon"CAWA UNIT ALLOTMENT EVENT"

The Chief Guest, Mr. Mukesh Khushwa(Member Council ICAI) inaugurated the event with a motivational and thanksgiving speech to all the CA Guests.

Mr. Sanjeev Arrora and Mr. Nitin Mathur from Rudra Palace Heights and enlightened the guests with"The Majestic Landmark of The Year 2013", Indian Realty Awards 2013

Furthermore,Mr Mukesh Khushwa announced the first name and awarded the Unit no to the flat owner. Post this , CAWA members were called on stage to announce and allot the other units to all flat owners. All the guests were gratified with a gift and the afternoon progressed with interactive games through the Anchor.

Thought behind the Concept-

Transparency builds trust and demonstrates meticulous planning



DEBUNKING HIRING MYTHS

In the pursuit of hiring the 'right candidate', which also happens to be the biggest paradox for employers across the globe, HR organizations unknowingly surround themselves with a host of myths...

Some researches challenging popular hiring perceptions

No one is a passive job seeker:

The 2012 Candidate Behaviour Study by Career Builder unveiled that as many as 74 percent of respondents claimed to be looking for jobs actively.

For the hiring managers, active or passive job seekers are no longer relevant terms. As 69 per cent of the candidates claimed that looking for new opportunities is a part of their 'regular routine', it would be only an excuse for hiring teams to lose out on perfect candidates, if they try to put the potential employees in either category.

How your resume should look like:

As revealed through the 2012 Global Hiring Survey from the global professional association, Career Directors International (CDI), there are several ways in which candidates can make their resumes more relevant for the hiring managers. Contrary to

what many may like to believe, the hiring managers like to have a detailed resume. The report

executive resumes need not have charts and graphs, as only 20 per cent of respondents found



asserts that 'one page' is not enough for any resume, and one third of the respondents stressed that information was more important than the lengths. Another third opined that two page was the optimum length.

The survey also underlined that

such graphic representations helpful. Further, often these representations go unnoticed by Applicant Tracking System (ATS) of the companies.

Additionally, even the executive resumes need to have detailed summary, as insisted in the report.

Finding the right fit can be baffling!

MYTH

Only hire candidates hailing from premium educational institutes

Revelation

Every top notch organization and even start-ups these days try to lure candidates from premium B-schools and technical institutions. Shailesh Singh, Director & Chief People Officer, Max Life Insurance, elaborates on how essential is this criteria for a candidate's selection, "Academic qualifications and pedigree are helpful during the initial filtering, but may not necessarily help you hit the bulls eye. You are able to get to a fair process.

However, you have to look at the job specifications and personality traits. The more you rise to the senior roles, the leadership and value addition to the role become more important than functional and domain expertise.

After some years of experience, it almost becomes inconsequential where you have graduated from." The 'premium college' myth is so prevalent in the industry because employers get resumes from agencies that use software to handle job application to theoretically search for the perfect candidate, he shares.

MYTH

Hire for culture, train for skills

Revelation

Competency can be developed through trainings is what is popularly believed, so organizations are bound to look for a cultural fit. However, Salve begs to differ, "Mere hiring on the basis of the assessment of an employee's ability to connect with the organization's culture, values, vision, norms, without the requisite skill set or considering them as secondary doesn't work. It's essential that the employee should be able to contribute since day one with his core competencies and congruency with the culture in the right proportions."

Explaining through examples, Salve talks of how most of the times, for the start-ups, hiring of the people with value systems and the ones who would mesh with the vision of the organization is of utmost importance since that is the nascent stage for them to build their culture. As the



organizations move towards being more established, the balance between cultural and competence fit begins to vary. The relevance given to cultural fit also varies with the industry domain.

MYTH

Hire a candidate with greater work experience


Revelation

This seems to be an invisible rule being followed by many in the HR fraternity. Albeit, not always can professionals with many years of work experience on their resume can do wonders in a given role.

"Experience and seasoning certainly has a relevance to the roles for which we hire and in a lot of cases A ten by ten candidate serves a longer stint Employers often try to source the perfect candidate for a role, but as many benefits the option may seem to offer, it may have its own set of repercussions as well. Ajoy Salve, Director - HR (India and Singapore) at Steria India Ltd, opines, "The definition of a ten on ten candidate may vary from one organization to other, and even

from one industry domain to another. The employees may be assessed on behavioural and functional aspects, and of course, whether they are a cultural fit and what are their career aspirations.

To be Continued...

 Compiled by
Priyanka Jadon



MAA Yashu Garg

KYA LIKHU TUMHARE BARE MAIN MAA.....
 KOI SHABD BYAN NA KR PAYE TUMHE....
 MAMTA KI MURAT HO TUM, BHAGWAN KI SURAT HO TUM.....
 JB KHOLI ANKHEN YE DUNIYA NAYI, TUNE BAHON ME MUJHE CHIPAYA MAA.....
 DEKHI YE DUNIYA TERI ANKHO SE, ACCHA BURA SAMJHAYE MAA....
 THAM HATH ME HATH MERA, PAG PAG CHALNA SIKHLAYA MAA.....
 JAB CHOT LAGI JAB DARD HUA, TERA NAAM JUBAN PE AYA MAA.....
 JAB DAR LGTA NA NEEND ATI, TUM GOD ME MUJHE SULATI MAA....
 MUJHE BHUKH LAGE TERE PASS ATA, TUM HATH SE KHANA KHILATI MAA.....
 JAB DANT PDI M RO DETA, TUM PYAR SE CHUP KRWATI MAA.....
 ANKHON ME LEKE SAPNE BAHUT, MUJHE SCHOOL CHOD KAATI MAA....
 SOYE YASHU BHAR PET RAT KO, KHUD BHOOKHI SO JATI MAA.....
 HAR KHUSHI MILE NA DARD MILE, HAR DUKH KO KHUD SAH LETI MAA...
 MERE HAR ANSUN LE APNI ANKHON ME, EK HANSI MUJHE DE DETI MAA.....
 GAR JAUN TUJHSE DURAJRA, NA KHUSHI CHAIN MILTA MUJHE MAA...
 JAB KARU YAAD TERE PYAR KO TO NAINA CHALAK JATE H MAA....
 DUR H TUMSE BETA TERA, EK BAR TO PASS BULA LO MAA....
 JAGA NA JANE KITNI RATEN, GOD ME APNI SULA LO MAA.....
 NA KARNA KHUD SE DUR KABHI KAHAI TADAP TADAP MAR JAUN MAA....
 MERI DUNIYA TU BHAGWAN BHI TUM, SB KUCH TUMSE HI PAUN MAA....
 YE JAAN BHI DE DUN TERE LIYE, YE KARZ CHUKA NA PAUN MAA....
 YE SAPNA H BS EK MERA, YE FARZ ATA KR PAUN MAIN.....
I LOVE U MAA.....

RUDRA

Lifestyle Statements

Deep Utsav, Noida Stadium



Palace Height Site Construction Updates Images





*Ready to
MOVE in
Flats!*

Dhar Realtors is a professional realty consulting service and real estate broking business company. It is based on a philosophy of service to its customers offered with CUSTOMER FIRST Philosophy and TRUST.

Dhar Realtors is expanding its wings very fast. Starting from a network of offices across the globe it wishes to consolidate its position in India. The array of services provided by Dhar Realtors



like
property
search , sell , purchase,
corporate leasing , etc provide
solution to the clients for all their



Contact person:
Mr Shekhar Kr Dhar
Plot No 49, Gyan Khand 1, Indirapuram, Ghaziabad (U.P)
Telephone: +91 989 941 8949 | +91 837 680 3020
E-mail: shekhar@DharRealtors.com | dharshekhar@yahoo.com

Come Out And Play!

Rudra Sport Ventures, on its path to engaging and entertaining the youth, share the importance of Youth Involvement in Sports!

Team sports provide children and youth with many opportunities to grow physically and socially, as well as emotionally. Moreover, physical activities with other children allow them to build social skills through peer interaction.

Competition

Team sports are useful for teaching youth many important skills. The first of these skills is competition. In today's world, we are surrounded by competition. Adults face competition when they are applying for and keeping jobs, whereas children face competition in academics and sports. Participating in competitive team sports at an early age gives children an opportunity to understand the healthy aspects of competition in a friendly environment. Students of all ages who participate in sports have been found to cope better with competition in other areas of their life.

Physical Benefits

Team sports also help a child's physical wellbeing. Children who are actively involved in a sport are more likely to describe themselves as being in good physical health than students who do not participate in sports. Also, athletically active youth are more likely to be nutrition-conscious in their food choices than children who are not actively involved in a sport.

Social Benefits

While the physical health ben-



efits that sports provide youth are undoubtedly important, the social benefits may be what draw children to sports. Being able to spend time with their friends outside of school is more important to children than knowing they are physically active. Life skill gains through social interaction can be tremendous. Social interaction in team sports teaches youth to: 1) Associate with

their peers; 2) Solve conflict; and 3) Communicate effectively with their peers.

Emotional Benefits

Emotional growth is also important for youth. Sometimes, the emotional development of youth is hindered because of the physical and/or emotional absence of parents. Sports provide youth with opportunities to interact with a caring and supportive adult. Adult support outside the family is a major protective factor for high-risk youth. The interaction a child has with his or her coach helps to improve self-esteem as well as lower the chance of depression.

Sports team membership can also help increase a child's self-worth, especially when the emphasis is on group or team success, rather than individual achievement. Youth of all ages, including those in high school, are likely to receive an end-of-the-season trophy for participating in the team sport. Receiving a trophy with their teammates is intended to help youth feel a sense of accomplishment, teamwork, and recognition.

So come out and play!



Get Ready For New Years Bash!



December 2013!
100 Cricket Academies!
One Ultimate Winner!

Register Today: +91-9810317799



Magestic Landmark Project of the Year
is Awarded to
Palace Height, Rudra Buildwell Projects Pvt. Ltd

Date: 25 October, 2013

Place: Radisson Blu, Noida, UP

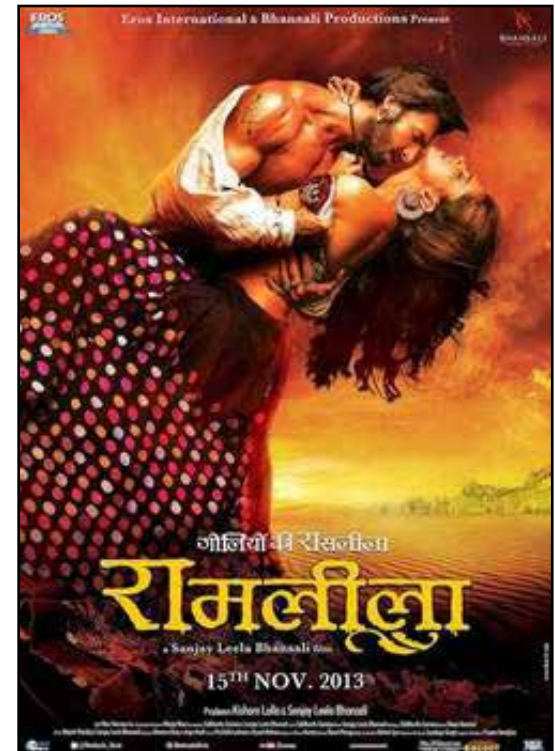

Hari Om Tyagi
(Chairman)


Rakesh Purohit
(President)


Achyut Nath Jha
(Director)



Directed by	Sanjay Leela Bhansali
Produced by	Kishore Lulla
Sanjay Leela Bhansali	
Screenplay by	Siddharth-Garima
Sanjay Leela Bhansali	
Rutvik Oza	
Based on	Romeo and Juliet
by Shakespeare	
Starring	Ranveer Singh
Deepika Padukone	
Music by	Sanjay Leela Bhansali
Cinematography	Ravi ashok
Editing by	Rajesh G. Pandey
Sanjay Leela Bhansali	
Studio	SLB Films
Eros International	
Distributed by	Eros International
Release date(s)	
15 November 2013	
Country	India
Language	Hindi
Budget	INR350 million



Bollywood Hungama Rating:



Ram-Leela is an upcoming 2013 movie Hindi romantic-drama film directed and produced by Sanjay Leela Bhansali. It stars Ranveer Singh and Deepika Padukone as the eponymous leads. The film is said to be an adaptation of Shakespeare's epic love story Romeo and Juliet, set in violent times.[1][3][4] The film will be released on 15 November 2013.

Initially shot in Gujarat some sequences of Ram-Leela were shot in Udaipur particularly at Udaipur palace and Gangaur Ghat where a song sequence was made.[6][7] The story of the film is set in Gujarat.[8] In Udaipur, Singh shot a song sequence in freezing cold water for about 45 minutes.[4] Padukone was injured on set, however had to continue shooting as an expensive set was put up at Film City for a song.[9] It was confirmed that Sanjay Leela Bhansali, Director of the movie had set up a gym on the sets in Filmcity Mumbai for the lead actor Ranveer Singh to not be late for the shooting and to avoid any delays could cause for the movie.[10] Attempts by Kareena Kapoor to work with Bhansali had failed, after she was initially signed on for Ram-Leela. However, she was later ousted from the movie by Bhansali.[11] Reported-ly, as a replacement, however Priyanka Chopra was cast she was also replaced due to unknown reasons.[12][13] Deepika Padukone was finally signed on for the film in August 2012, as confirmed by Ranveer Singh.[3] [14] Singh, who is playing a Gujarati boy, had to learn some Gujarati abuses as well as gain muscle for his character in the film.[15] The first look of the film shows Padukone sporting a 30 kg ghaghra with a 50 metre 'ghera'. [16] Richa Chadda of Gangs of Wasseypur fame is also signed on to play a significant role, casting by Shruti Mahajan in the film[17] whereas Barkha Bisht plays a supporting role opposite Abhimanyu Shekhar Singh (of Gulaal fame).[18] Designer Sabyasachi Mukherjee, who previously worked with Bhansali in Black, was hired initially for the costumes of the leading lady, but was later replaced by Anju Modi.[19] Maxima Basu is the costume designer for Ranveer Singh and rest of the principal cast. Maxima Basu has previously designed costumes for Peepli [Live]. Priyanka Chopra was confirmed for a special song in the film.[20] choreographers; Ganesh Acharya, Samir Tanna & Arsh Tanna



Rags to Riches By Musafir, Invocation

Aum, may brahman protect us both. May he nourish us both. May we both Achieve energy. May this study make us both illumined. May we never hate Each other.

Aum, peace, peace, peace.

Aum, may my limbs become strong. Also, let my speech, prana – vital air – Sight, hearing, and all the sense organs, be vigorous. The entire existence is the brahman of the upanishads. May i never deny brahman; may brahman Not deny me. Let there be no denial at all. Let there be no denial at least on My part. Whatever virtues are in the upanishads, may they abide in i who am Devoted to the atman – self. May they abide in me.

Aum, peace, peace, peace.

I do not know where to begin or where to end, because life itself is beginningless and endless. Like These hills around you or the clouds wandering above you, or like the sky, you are also beginningless And endless. Nothing ever begins or ends, and that which can have a beginning or an end is bound To be artificial. Nature remains, abides; it is always there.

So whenever a question arises of talking about the ultimate, the supreme, the innermost, the very Ground of being, it becomes difficult to know where to begin and where to end because it is always There, it has always been so and it will always be so. There has never been a beginning to it and Never will there be an end. So i will begin just in the middle because that is the only possible place

To begin, and i will end just in the middle because there is no other way to end it.

The first thing i would like to say to you is that i have chosen this upanishad not to comment upon it. Commentaries are already too many and they have not helped anyone. They may have harmed Many, they may have become hindrances to many, but they have not helped anyone. Commentaries Cannot help because commentaries are second rate. I am not going to comment on this upanishad,

Rather, on the contrary, i am going to respond to it. I will just echo and re-echo. Really, whatsoever i say will belong basically to me. The upanishad is just an excuse. Through it i Will explain myself – remember this. Whatsoever i have felt, whatsoever i have known and lived, i Would like to talk about it. I feel the same has been the case with the seers of the upanishads. They Have known, they have lived, they have experienced the same truth. Their ways of expression may Be different – their language is very ancient; it has to be decoded again so that it becomes available To you, to the contemporary mind. But whatsoever they have said, they have said the basic thing.

Whenever someone comes to be a void, whenever someone comes to be a nobody, this happens – That which has happened to the seers of the upanishads. Whenever you are not, the divine becomes Present; whenever you are, the divine is absent.

Your presence is the problem, your absence is the door. These rishis have become total Nobodies. We do not even know their names; we do not know who wrote these upanishads, who Communicated them. They have not signed them. No photograph of them exists, no knowledge About their lives. They have simply become absent. They have said whatsoever is true but just as A vehicle. They have not been in any way involved in the expression. They have made themselves Completely absent so the message becomes totally present.

These upanishads are eternal. They do not belong to this country, they do not belong to any religion. They do not belong, they cannot belong, to anybody. They belong only to those who are ready to take a jump into nothingness.

I have chosen to talk about the upanishads because to me they represent one of the purest Expressions of the ultimate that is possible, if it is possible at all. Really, it is difficult, in a sense Impossible, to convey through the mind that which is known beyond mind. In a sense, it is absolutely Impossible to say something about that which is felt when you are in the deepest of silences. When Words do not exist within you, when verbalization ceases completely, when intellect is no more Functioning, when the mind is not there at all to memorize, then it happens: then you experience.

Whenever someone comes to be a void, whenever someone comes to be a nobody, this happens – That which has happened to the seers of the upanishads. Whenever you are not, the divine becomes Present; whenever you are, the divine is absent.



iches a Traveller ation

And when the mind comes back, when the memory starts functioning, when the intellect takes Possession of you again, the experience has already passed.

The experience is not there now: only echoes of it, only vibrations of it are left. Only they can be captured, and through the mind only they can be expressed. That is why it has always been Impossible, very very difficult, for those who have known to say something. Those who do not know Anything, they can say much. But for those who know it becomes more and more difficult to say Something because whatsoever they say appears false. They can compare the experience with its Expressions because they have a living experience. Now they can feel what language is doing to it: It is falsifying it.

When a lived experience comes into words, it looks dead, pale. A lived experience which is total, in Which your whole being dances and celebrates, when it is expressed through the intellect looks just Dull, of no significance.

Those who do not know, they can talk much because they have nothing with which to compare. They have no original experience; they cannot know what they are doing. Once someone knows, He knows what a problem it is to express it.

Many have remained totally silent and many have remained completely unknown because of that – Because we can only know about someone who speaks. The moment someone speaks he enters Society. When someone stops speaking he leaves society, he is no more part of it. Language is the Milieu in which society exists. It is just like blood: blood circulates in you and you exist. Language Circulates within society and the society exists. Without language there is no society. So those who Have remained silent, they have fallen out of it. We have forgotten them. Really, we have never Known them.

Somewhere vivekananda has said – and it is very very true – that the buddhas, krishnas and Christs that we have known are not really the representatives. They are not really central, they are on the periphery. The centralmost happenings have been lost to history. Those who became so silent that they couldn't communicate with us are not known. They cannot be known: there is no way to know them. In a way vivekananda is right but those who have become so silent that they Have not uttered anything about their experience have not helped us. They have not been really compassionate enough. In a sense they have been totally selfish.

It is true that to say anything about truth is difficult, but even then it has to be tried. It must be tried Because even a diluted truth will be helpful for those who live in total illusion. Even something which Carries a very very far echo will help them to change.

It is not that buddha is very happy with what he says. Whatsoever he says, he feels is not true. He Feels the same way as lao tzu felt. Lao tzu says, "that which can be said cannot be true. The Moment it is said it is falsified." But still, those who live in worlds of many many illusions, those who are deeply asleep, fast asleep, for them even a false alarm may be helpful. If they can come out of their sleep, if they can be brought to a new consciousness, to a new being, even a false alarm Is good. of course, when they awaken themselves they will know that it was false – but it will have Helped.

In a sense, wherever we are and whatsoever we are, we are so false that, really, absolutely pure truth is not needed at all. It cannot penetrate you. It will not have any contact; you will not be able to understand it. Only a very diluted truth, modified – in a sense, falsified – can have any appeal for you, because then you can understand the language; it has been translated for you.

These upanishads are very simple; they speak in a very heart to heart way. They are not Philosophical, they are religious. They are not concerned with concepts, with theories, with Doctrines, they are concerned with a lived truth – what it is and how it can be lived. You cannot think about it, you cannot philosophize about it. You can only move into it and allow it to move into You. You can only be pregnant with it, you can only be totally absorbed in it. You can melt in it.

Somewhere Vivekananda has said – and it is very very true – that the Buddhas, Krishnas and Christs that we have known are not really the representatives. They are not really central, they are on the periphery. The centralmost happenings have been lost to history. Those who became so silent that they couldn't communicate with us are not known. They cannot be known: there is no way to know them. In a way Vivekananda is right but those who have become so silent that they have not uttered anything about their experience have not helped us. They have not been really compassionate enough. In a sense they have been totally selfish.



मोक्ष

मैं शांति, आनंद और मुक्ति की बातें कर रहा हूं. जीवन की वही केंद्रीय खोज है. वह पूरी न हो तो जीवन व्यर्थ हो जाता है. कल यही कह रहा था कि एक युवक ने पूछा, “क्या सभी को मोक्ष मिल सकता है? और यदि मिल सकता है, तो फिर मिल क्यों नहीं जाता?”

एक कहानी मैंने उससे कही: गौतम बुद्ध के पास एक सुबह किसी व्यक्ति ने भी यही पूछा था. बुद्ध ने कहा कि जाओ और नगर में पूछकर आओ कि जीवन में कौन क्या चाहता है? वह व्यक्ति घर-घर गया और संध्या को थका-मांदा एक फेहरिस्त लेकर लौटा. कोई यश चाहता था, कोई पद चाहता था, कोई धन, वैभव, समृद्धि... पर मुक्ति का आकांक्षी तो कोई भी नहीं था! बुद्ध बोले कि अब बोलो, अब पूछो; मोक्ष तो प्रत्येक को मिल सकता है. वह तो है ही, पर तुम एक बार उस ओर देखो भी तो! हम तो उस ओर पीठ किये खड़े हैं.

यही उत्तर मेरा भी है. मोक्ष प्रत्येक को मिल सकता है, जैसे कि प्रत्येक बीज पौधा हो सकता है. वह हमारी संभावना है, पर संभावना को वास्तविकता में बदलना है. इतना मैं जानता हूं कि बीज को वृक्ष बनाने का यह काम कठिन नहीं है. यह बहुत ही सरल है. बीज मिटने को राजी हो जाए, तो अंकुर उसी क्षण आ जाता है. मैं मिटने को राजी हो जाऊं, तो मुक्ति उसी क्षण आ जाती है. ‘मैं’ बंधन है. वह गया कि मोक्ष है.

‘मैं’ के साथ मैं संसार में हूं, ‘मैं’ नहीं कि मैं ही मोक्ष हूं.



मनुष्यता से दिव्यता की ओर

तुम्हारी आत्मा, चेतना, और जीवन दिव्यता का अंश है। यह ईश्वर का ही विस्तार है। तुम स्वयं को ईश्वर तो नहीं कह सकते पर ईश्वर से एकात्म्य तुम्हारा जन्मसिद्ध अधिकार है। पानी की एक बूँद सागर नहीं हो सकती लेकिन यह सागर से ही निकली है और इसमें सागर के सारे गुण हैं। ~ एकहार्ट टोल

“कोई भी तुम्हें यह नहीं बता सकता कि तुम कौन हो, क्या हो। वह जो कुछ भी कहेगा वह एक नयी अवधारणा होगी, इसलिए वह तुम्हें बदल न सकेगी। तुम जो भी हो इसका संबंध किसी मान्यता से नहीं है। वास्तव में, हर मान्यता, हर विश्वास एक अवरोध ही है। तुम्हें इसके लिए बोधिसंपन्न होने की आवश्यकता भी नहीं है क्योंकि तुम उसके साथ ही जन्मे हो। लेकिन जब तक तुम्हें इस तथ्य का ज्ञान नहीं होता तब तक तुम इस जगत में अपनी आभा नहीं बिखेर सकते। तुम्हारा बोध, तुम्हारी जागृति वही कहीं छुपी रहती है जो तुम्हारा वास्तविक आश्रय है। यह ऐसा ही है जैसे कोई दरिद्र व्यक्ति सड़कों पर ठोकर खाने के लिए बाध्य हो और उसे इस बात का पता ही न हो कि उसके नाम कहीं एक खाता भी खुला है जिसमें लाखों करोड़ों रुपये उसकी राह देख रहे हैं।”

“जीवन के प्रति किसी भी प्रतिरोध का न होना ही ईश्वरीय कृपा, आत्मिक शांति और सहजता की दशा है। जब यह दशा उपलब्ध हो तो आसपास बिखरे हुए संसार के शुभ-अशुभ का द्वंद्व मायने नहीं रखता। यह विरोधाभास प्रतीत होता है पर जब नाम-रूप आदि पर हमारी आंतरिक निर्भरता समाप्त हो जाती है तब जीवन की बाहरी-भीतरी स्वाभाविक अवस्था अपने शुद्ध रूप में प्रकट होती है। जिन वस्तुओं, व्यक्तियों, और परिस्थितियों को हम अपनी प्रसन्नता के लिए अनिवार्य मानते हैं वे हमारी ओर निष्प्रयास ही आने लगती हैं और हम उनका आनंद मुक्त रूप से उठा सकते हैं... और जब तक वे टिके रहें तब तक के लिए उनके महत्व को आंक सकते हैं। सृष्टि के नियमों के अंतर्गत वे सभी वस्तुएं और व्यक्ति कभी-न-कभी हमारा साथ छोड़ ही देंगीं, आने-जाने का चक्र चलता रहेगा, लेकिन उनपर निर्भरता की शर्त टूट जाने पर उनके खोने का भय नहीं सताएगा। जीवन की सरिता स्वाभाविक गति से बहती रहेगी।”

Compiled by
Shwetha Sharma



SPECIAL OFFER

RUDRA
Lifestyle Statements

RUDRA BUILDWELL

Proudly Presents

+ DOCTOR'S RESIDENCY +

Exclusively for Doctors



**COMING
SOON**

Commercial Complex with 20 Dedicated
Doctors' Clinics with all Ultra Modern
Clinical Support Facilities.

RUDRA
PALACE HEIGHTS

For Details & Bookings

proPERTree
professionals helping you grow your 'Property-Tree'

9212411999

www.noidaprojects.com