
THE PAKUBUWONO HOUSE

INSIDE



RSM NOTE

Dear Residents,

Warmest Greetings from The Pakubuwono House!

We would like to extend our highest appreciation to all Residents, who had been with us from the beginning and through this time together. Your continuous support and cooperation make The Pakubuwono House as the most convenient home.

In this opportunities, we would like to say **"HAPPY FASTING"** to all who celebrate. May the spirit of Ramadan illuminate the world and show us the way to peace and harmony.

Last but not least, please feel free to contact myself or any of my colleagues if you have any requests or concerns. We will be happy to assist you with my best personal wishes.

Sincerely,

Birgitta Adisty
Resident Service Manager

3. PARKING AND WASHING AREA

3.1 Parking Area

3.1.1 The vehicles of Residents shall be parked only at the slots assigned to them. Resident must provide photocopy of their vehicle registration (STNK) to the Building Management. The Building Management shall not be responsible for damages caused arising from clamping of the construed improper parking.

3.1.2 The Building Management shall not allow any special parking arrangement between Residents whereby a vehicle is allowed to park in a parking slot designated for another apartment Unit.

3.1.3 Any authorized vehicle found in a parking slot or valet parking area will be wheel-clamped without prior notice subject to a penalty as determined by the Building Management prior to release of the clamp.

3.1.4 All vehicles must be registered with the Building Management for the issuance of parking stickers which shall be renewable yearly at the beginning of each year. Re-registration of vehicles and drivers will be required prior to issuance of new parking stickers. The sticker must be placed on the bottom right hand corner of the windshield of the vehicle.

3.1.5 The vehicle number should be the same number as the sticker on the bottom right hand corner of the windshield.

3.1.6 Please contact Tenant Relations for any changes in vehicle registration or replacement of any lost sticker.

3.1.7 Residents are not allowed to park along the entrance ramp and/or the driveways. Unauthorized parking of vehicle at the above Common Area shall be wheel-clamped without prior notice subject to a penalty prior to release of the clamp.

3.1.8 The Building Management has full authority to refuse any vehicle to enter The Pakubuwono House.

3.1.9 Residents are not allowed to use the parking slots for any other purpose except to park.

3.1.10 Residents are not allowed to park or leave their vehicles in such a way that blocks another vehicle.

3.1.11 Loading and unloading zones are provided at the designated area at basement level adjacent to the service lift.

3.1.12 Residents must observe and comply with all traffic regulations as indicated.

3.1.13 Visitors can only park in the designated Visitor's car park or through valet parking.

3.1.14 Testing of the car alarm systems is strictly prohibited.

3.1.15 The Building Management is not liable for any loss of your vehicle and/or valuables.

3.1.16 The parking slot should be kept clean at all times, free from mud, debris, oil drips, etc. The vehicle Owners should at their own expense, furnish a pan to collect dripping oil.

3.1.17 Any repair work on vehicles at parking slot is not allowed unless approved by the Building Management.

3.1.18 No cycling, skateboarding, rollerblading in the driveways and parking lot.

3.1.19 Parked cars are not allowed to leave the engine idle while at the parking area to avoid air pollution.

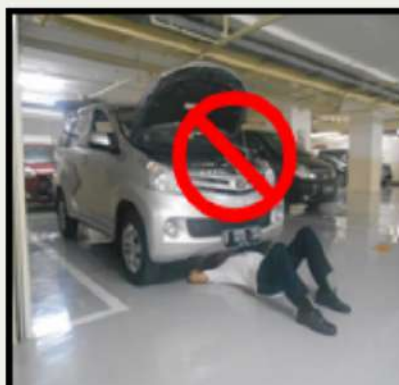
3.1.20 The vehicles must be parked backwards into the parking slot.

3.1.21 Taxis shall not be allowed to access the car park area except during medical or other form of emergencies as authorized by the Building Management.

3.1.22 Parking area in general is a "Non Smoking Area". Smoking is only allowed at designated places with the appropriate "Smoking Area" regulation signs.

NOTE:

The height of the car, including any devices installed, such as TV/radio antenna, allowed to enter the parking area cannot be higher than 2.1 meters. If Owners/Residents/drivers cause damages to any building devices/signs, the cost of repairing/replacement will be charges to the Owners/Resident concerned.

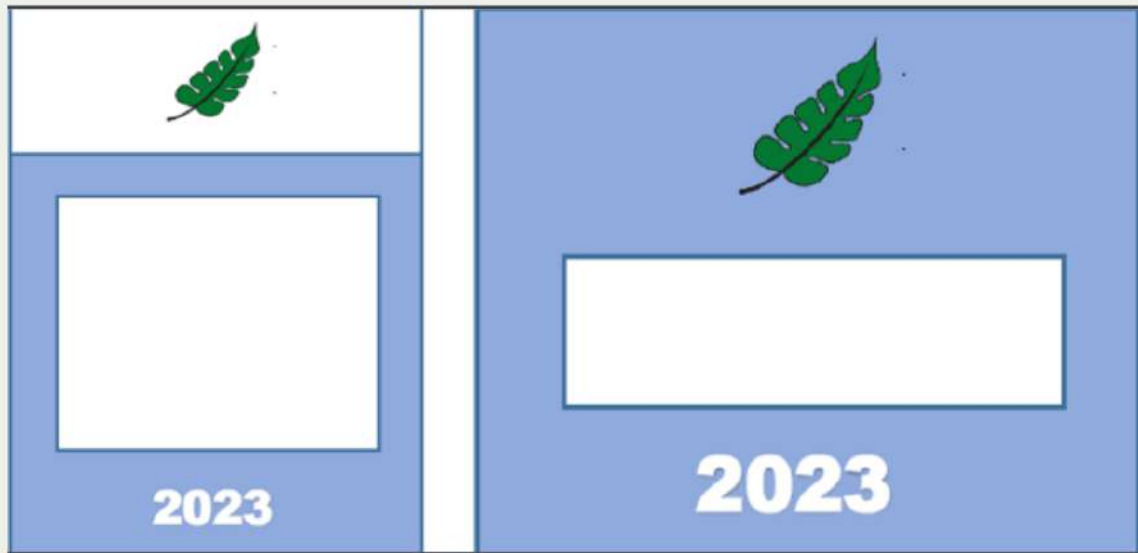


3.2 Car Washing Area

3.2.1 Car washing can only be carried out in the areas designated by the Building Management. Residents or drivers are responsible to keep the car washing area free from dripping oil, debris, and mud at all times.

3.2.2 Acces to car washing area is on a first come first served basis.

3.2.3 If Residents or drivers fail to keep the car washing area clean, the cost of cleaning up will be charged by the Building Management to the Resident concerned.



PARKING STICKERS 2023

We would like to send our gratitude to all Residents who already updated the parking sticker 2023. Please be remind to Resident who are not updating the parking sticker 2023 that we will be replacing all parking stickers with one-year validity starting January 2023. We kindly inform you that 2022 parking stickers is already invalid. These changes are part of the security and safety system enhancements. Valid access to the parking area is only given to current Tenants and Owners of The Pakubuwono House.

In this regards, we will carry out an annual registration process of all vehicles of the Residents/Owners currently reside at The Pakubuwono House. All you need to do is fill in the registration form that is available at TRO Ground Floor Lobby, and give us the copy of vehicle licenses of those that have not been registered on 2022 parking list.

Please submit the completed registration form including the required documents at TRO. We will only issue new parking stickers, if all submitted application forms have met the requirements. The number of maximum free stickers issued will be based on the number of entitlement parking slots per each type of Unit. Extra sticker for additional vehicles will be chargeable at IDR 30,000 (thirty thousand rupiah) each.

We thank you for your support and cooperation. Please do not hesitate to contact TRO for further assistance.

GOLF SIMULATOR IS OFFICIALLY OPEN



We are glad to inform you that Golf Simulator is officially open since January 28, 2023.

We invite all Residents to enjoy the Facilities located at Upper Ground Floor area. Golf Simulator is open from 06:00 – 23:00. Meanwhile prior booking is needed for this Facilities.

Please contact Tenant Relation for further information.
Thank you for your kind attention and cooperation.



FUNCTION ROOM PRICE

Please be informed the Function Room price. For any further question and reservation please contact Tenant Relation Officer.

Thank you for your kind attention and cooperation.

Price List Function Room 2023

Function Room	Duration	Price	Promo*
Room Only	Per 4 hour	1,000,000	
Additional hour	Per 1 hour	100,000	
Room include facilities	Per 4 hour	2,000,000	1,000,000
Additional hour	Per 1 hour	200,000	
Chef Room			
Room Only	Per 5 hour	2,000,000	
Additional hour	Per 1 hour	100,000	
Room include facilities	Per 5 hour	2,500,000	1,500,000
Additional hour	Per 1 hour	200,000	
BBQ Area			
Bbq area include facilities	Per 4 hour	1,500,000	1,000,000
Additional hour	Per 1 hour	200,000	
Deposit Event Fee		1,000,000	

PCR HOME SERVICE (VISIT TO UNIT)

1 X 24 Hours	IDR 275.000
1 X 12 Hours	IDR 400.000
EXPRESS	IDR 775.000

CUT OFF SAMPLE

SWAB PCR 24 HOURS	16:00 pm
SWAB PCR 12 HOURS	11:00 am
SWAB PCR EXPRESS	10:00 am

DATE AND TIME OF RESULT SWAB EXPRESS

SWAB PCR EXPRESS	Max. 16:00 pm
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RAPID ANTIGEN

RAPID ANTIGEN	IDR 70.000
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MORE INFO

0813-9925-7503



THE PAKUBUWONO HOUSE X HAMERA LAB

As part of our effort to maximize the service and facilities, we, in collaboration with Hamera Laboratories, are providing the Home Service Covid-19 Testing only for Tenant at Pakubuwono Group. These service will be available for everyday (Monday - Sunday) from 08:00 - 16:00. For registration please directly contact our Tenant Relation Officer at Ground Floor Lobby. Please find the price list below for your references:

LOJIN ORGANIC STORE X THE PAKUBUWONO HOUSE

We would like to inform you that in a collaboration with LOJIN Organic Store, there will be a special 10% discount for all product only for all residents of The Pakubuwono House.

This is link for the detail menu <https://www.lojin.co.id/menu/> . For purchase order please contact directly to 0822-3777-2800 in everyday at 08.00-16.00 and for the delivery order 3 times in a week on Monday, Wednesday and Friday.

Thank you for always supporting us, should you have any questions please do not hesitate to contact our Tenant Relation Officer at Ground Floor Lobby.

Sincerely,
Building Management



ESPECIALLY FOR YOU

THE PAKUBUWONO HOUSE





FREE HOME DELIVERY



Broccoli
Rp. 29.000
Rp. 26.100



Asparagus
Rp. 42.000
Rp. 37.800



Mushrooms
Rp. 14.000
Rp. 12.600



Mushrooms
Rp. 14.000
Rp. 12.600

STAY HOME & WHATSAPP
US FOR DELIVERY

0822-3777-2800

WWW.LOJIN.CO.ID

DISCOUNT

10%

ALL PRODUCT



ORDER & PRODUCT LIST
SCAN THE QR CODE
直接注文

WWW.LOJIN.CO.ID

WWW.LOJIN.CO.ID

LOJIN ORGANIC STORE



*Only For Guest & Members of
The Pakubuwono Apartment Group
(show your access card)

*DISC 20% MIN. ORDER 125K++
Order 0813 24248500/0811 1916 8222
(free delivery for takeaway)

Operational Hours

9 AM - 11 PM

VIP
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DOOR

LUNCH &
DINNER

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A SOPHISTICATED, ELEGANT & CLASSY DINING VENUE



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Rw.2, Gunung, Kec. Kby. Baru, Kota Jakarta Selatan 12120

@melaspakubuwono

www.melasdining.com

021-2751-7722 / 0811-1916-8222

"MELAS DINING & LOUNGE X THE PAKUBUWONO HOUSE"

We would like to inform you that in a collaboration with Melas Dining & Lounge, there will be a special 20% discount for minimum purchases 125K++ only for all residents of The Pakubuwono House (by showing the access card).

Thank you for always supporting us, should you have any questions please do not hesitate to contact our Tenant Relation Officer at Ground Floor Lobby.

Sincerely,
Building Management

Internet Provider



INTERNET ULTRA SPEED, EXTRA GREGET LENGKAPNYA!

	STAR VALUE	STAR PRO	STAR PREMIUM
	IDEAL UNTUK 15 PERANGKAT	IDEAL UNTUK 20 PERANGKAT	IDEAL UNTUK 20 PERANGKAT
REZEPA FTA INTERNET	UP TO 250 Mbps	UP TO 300 Mbps	UP TO 500 Mbps
TV CHANNEL	207 1080P 1080P 14K	207 1080P 1080P 14K	228 1080P 1080P 4K
BERKAS LAMPU	BONUS X CATCHUP+ HBO GO Viu LIVEGATE	BONUS X CATCHUP+ HBO GO Viu LIVEGATE	BONUS X CATCHUP+ HBO GO Viu LIVEGATE
	Rp 975.000* /Bulan	Rp 1.798.500* /Bulan	Rp 3.106.500* /Bulan
	HARGA SETAHUN Rp 8.775.000 Harga Normal Rp 9.225.000	HARGA SETAHUN Rp 15.975.000 Harga Normal Rp 21.475.000	—
	CASHBACK Rp 50.000**	CASHBACK Rp 100.000**	CASHBACK Rp 200.000**
	UPGRADE ROUTER DUAL BAND	UPGRADE ROUTER DUAL BAND	UPGRADE ROUTER SUPER WIFI

BONUS

CASHBACK HINGGA
Rp 2.4 JUTA

UPGRADE
PERANGKAT
ROUTER DUAL BAND SUPER WIFI

BEBAS AKSES
SEMUA
TV CHANNEL
SELAMA 1 BULAN

CLOUD
STORAGE
20 GB
SELAMA 12 BULAN



INTERNET SUPER SATSET, SUPER LENGKAP TAYANGANNYA

	JOY VALUE	JOY PRO	JOY PREMIUM
	IDEAL UNTUK 1 - 5 PERANGKAT	IDEAL UNTUK 1 - 8 PERANGKAT	IDEAL UNTUK 9 - 15 PERANGKAT
UP TO	50 Mbps	100 Mbps	175 Mbps
84 4K HD 4K HD	84 4K HD 4K HD	184 4K HD 4K HD 14K	
X	X	X	
Rp 340.000* /Bulan	Rp 415.000* /Bulan	Rp 665.000* /Bulan	
HARGA SETAHUN Rp 3.075.000 Harga Normal Rp 3.665.000	HARGA SETAHUN Rp 3.775.000 Harga Normal Rp 5.585.000	HARGA SETAHUN Rp 5.975.000 Harga Normal Rp 8.202.000	
CASHBACK Rp 15.000**	CASHBACK Rp 25.000**	CASHBACK Rp 35.000**	
SET TOP BOX HIGH DEFINITION	SET TOP BOX HIGH DEFINITION	SMARTBOX 3D 4K	

BONUS

CASHBACK HINGGA
Rp 420 RIBU

BEBAS AKSES
SEMUA
TV CHANNEL
SELAMA 1 BULAN

CLOUD
STORAGE
20 GB
SELAMA 12 BULAN

INTERNET PROVIDER

XPERIENCE GIGA FIBER

Spesifikasi online dengan internet tercepat dan paling terjangkau, dengan koneksi fiber langsung terhubung ke rumah, koneksi ini akan lebih cepat dan stabil.

100% fiber optic

With 1 Gbps



ENJOY RELIABLE & FASTER WIFI

Dengan koneksi internet super cepat, aktivitas digital sehari-hari seperti bekerja dapat dilakukan dengan sangat cepat yang optimal dan stabil.

Dapatkan penawaran WiFi terbaik dengan harga khusus untuk kebutuhan koneksi internet yang cepat dan stabil bagi rumah keluarga.

ENTERTAINMENT, ANYWHERE

Siapa bilang dari belakang layar yang dipegang dengan remote bisa TV Channel dan Video OnDemand secara gratis.



Kini, Anda TV di rumah. Anda TV di Mobile

Available on the App Store

Get it on Google Play

GAMING YOUR WAY

DIRECT GAME SERVER CONNECTION

Dengan koneksi langsung ke game server Garena dan Microsoft, sekarang bisa main online lebih lag untuk game AOW, PUBG, LoL, League of Legends, Mobile Legends dan masih banyak lagi.

Download lebih game dan update game lebih cepat.

SYMMETRIC UPLOAD & DOWNLOAD

Kesempatan upload dan download dengan koneksi fiber optik memberikan internet dengan lebih mudah dan koneksi yang stabil sehingga pengalaman bermain game semakin lancar.

LIVE STREAMING E-SPORT

Tingkatkan nilai dan skill bermain game dengan kesempatan langsung pertandingan para pemain profesional AOW dan Dota dari KSL Indonesia.



INTERNET TERCEPAT

Nikmati pengalaman digital terbaik dengan internet cepat tanpa batas CBN Fiber!



mulai dari **Rp 399**

DAPAT SEKARANG

1500 780

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UMK bekerjasama, hubungi: **021-25111111**

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FIBER PACKAGE

LEAST 1 Mbps

Speed & Download available

On Fiber Optik

Value Combo

Top up Rp. 40.000 & registration
start Family Time TV (All Channels)

Dens.TV BOX
Dens.TV App

BER 50

399 Ribu

Internet speed up to 50 Mbps (Download)

BER 100

799 Ribu

Internet speed up to 100 Mbps (Download)

BER 300

1.399 Ribu

Internet speed up to 300 Mbps (Download)

BER 1G

3.999 Ribu

Internet speed up to 1 Gbps (Download)

FAMILY TIME TV PACK

Channel list yang dapat diunduh di Dens TV BOX dan Dens.TV App

ONDEMAND PREMIUM

Movie Digital On Demand melalui Dens.TV

The Great Escape
Rp. 25.000/bulan

The Great Escape
Rp. 25.000/bulan

The Great Escape
Rp. 25.000/bulan

The Great Escape
Rp. 25.000/bulan

IT'S DENS.TV

Sekarang kamu bisa menikmati tayangan TV dan film berbudaya HD dengan TV Interaktif yang dapat diunduh di Dens.TV App.

DENS.TV

Manfaat pengalamannya meningkat dengan berbagai fitur terbaru yang dengan Dolby Digital Plus dan 4K Ultra HD.

ENJOY EXTRA BENEFITS!

200 FREE SPEED UPGRADE

PACKAGE 50%

DISCOUNT

Yoga Class

YOGA FOR BEGINNERS
[REGULAR CLASSES]

"Learn to feel and listen to body and mind
reborn the inner balance"

THE PAKUBUWONO HOUSE

REFRESH BODY

**RELAX MIND AND
ENJOY THE INNER PEACE**

**EVERY
SUNDAY**

07.30 - 09.00
At Sky Lounge, 35th Floor

For Reservation
Please Contact Tenant Relation Officer
*Limited Participants



Healing and relaxing yoga!

Please join our Yoga Class (for FREE) on every Sunday at 07:30 - 09:00. It will be held on Outdoor Lounge at 35th Floor.

Should you have any questions please do not hesitate to contact our

Tenant Relation Officer at Ground Floor Lobby.

Sincerely,
Building Management



Bazaar at Pakubuwono House

The annual Bazaar was happened on 24-25 February 2023. The muse and enthusiasm was shown!





DRIVING RANGE TIPS TO IMPROVE SHOT CONSISTENCY

Trying to sharpen your skills during practice sessions can be infuriating without the right driving range tips. We've all been there. You spend over an hour hitting ball after ball, slowly adjusting your stance to build your power. You've made progress by the end of the session and head home, only to find you're reverted to old habits on your next visit. If this sounds familiar, don't worry. Here you'll find everything you need to develop consistency in your training, including how to connect your practice to your performance on the green.

1. Master your grip

Even experienced golfers can pick up bad habits, so it's important to get your grip right as an amateur. If you golf regularly and have issues with shot consistency out on the green, there's no shame in going back to basics to polish your technique. Your grip is likely the culprit behind slicing or poor ball striking and altering it will improve your game. Gripping a golf club correctly will:

- Give your left hand more control over the club
- Improve the position of the club's face at impact
- Give you a deeper wrist hinge when needed
- Give your swing more power
- Make it easier to hit a draw
- Massively improve your shot consistency

2. Work on your stance when using a driver

Stance is everything when it comes to driving distance. You could miss out on reaching your full potential if you don't nail this early on or adjust it when it's affecting your game. Your power is determined by how far your turn your shoulders on the backswing. Keeping your straight will boost your driving distance and allow you to hit more consistently. For the best results, you should follow these steps:

- Grip – keep it relaxed to allow the club to turn over in your hands
- Feet – place them shoulder-width apart, the ball in line with the inside of your left heel
- Alignment – pick a target, and make sure you're aligned square to it
- Posture – ensure the balls of your feet, knees and upper spine are lined up with each other

3. Check your ball distance during set-up

Standing too far from or close to the ball will harm your shot consistency. If your ball distance is off, you'll have to sacrifice your stance and adapt your movements to accommodate this, leading to more issues in your technique. Standing too far from the ball can cause:

- Hook shots
- Toe shots
- An altered swing path to stay balanced
- A poor posture that places additional pressure on your back and shoulders.

Standing too close can cause:

- Slices
- Shanks
- Heel shots
- Swings that place additional pressure on your arms

4. Give every shot a purpose

Progression is the main goal of practising, so one of our top driving range tips is to know the purpose of every shot you take. Decide on the elements you want to practice during your session and then in each shot during your pre-shot routine. It would help if you determined your target before each shot. Select a yard marker or specific target area and commit to it. Take time to think about what parts your technique you'll need to adjust to hit it, as this what you'll be doing in an actual round.

You should then align yourself properly with the target. Don't be afraid to use alignment sticks, as the driving range is the perfect environment to practice with them. Finally, you need to decide the elements of your swing and the ball flight you wish to practice.

5. Use training aids

There's no shame in using golf training aids to improve your game. This is one of our top driving range practice tips, especially since PGA professionals frequently use them. Using an orange whip swing trainer to warm up or an impact ball to perfect your stance could prove more useful than you expect. Training aids are a great way of getting settled into your driving range session, especially if you've had a week off. At the very least, we'd recommend always having a set of alignment sticks to hand.

Ideally, you'll have:

- one signalling your target
- one aligning your feet, knees, and upper spine
- one on your target line

6. Diversify your training

Once you've mastered the basics and a few block sessions under your belt, moving on to randomised practice can work wonders for your performance on the green. Not only does it emulate the experience of playing an actual game, but it trains your body and mind to switch into the position and pre-shot routine required for different shots. Think of it this way: if you were training for a marathon, would you practice by jogging around your garden and then expect the skills you gain to transfer into a 42km race over a route with endless variables? Instead, you'd use practice routes of a similar distance or even jog along the exact route used on race day. It works the same way with golf. You may get great results during training sessions if you only utilise blocked practice, but this won't necessarily transfer onto the course.

Here's an example of a randomised drill, 'The Nine Shots,' to sharpen your skills:

- High Fade
- Regular Fade
- Low Fade
- High Straight
- Regular Straight
- Low Straight
- High Draw
- Regular Draw
- Low Draw

7. Hit the putting green before you leave

Following our last point, why not get the most out of your practice sessions by sharpening your skills in every area? Hitting the putting green at the end of your training sessions means that you'll be prepared for the shots that occur here during an actual game. After all, there's no use in mastering your drives to find your putting skills are seriously lacking. Getting a feel for tricky short chips is crucial if you want to become a better golfer, and the putting green can help you in this department. One of our biggest driving range tips is to focus on connecting the gaps in your skillset and learning transferable skills that can be taken onto the green.

Best Food to Break a Fast

Fasting is a pillar of Islam, a prospect that comes around every year during the month of Ramadan. Every Moslem of the right age and is adequately healthy must fast in month of Ramadan. We will take a look at the best foods to break a fast to give you some ideas for what to eat after fasting to feel your best.

Before we get to the best foods to break a fast, it is worth mentioning that the worst foods to eat after fasting are those that are particularly difficult to digest, namely processed foods and fatty foods like meat, fried food, and sweets, along with some dairy products like cheese, ice cream, and full-fat milk. Here are some tips to choose the best foods to break a fast :

- Bone Broth

Bone broth may not seem like the most satisfying way to break a fast, but it is actually one of the best foods to eat after fasting because it is very easy to digest while still being quite nutritious. Bone broth is rich in electrolytes like potassium, sodium, magnesium, and calcium, which makes it very hydrating and can help restore low electrolyte levels after fasting, particularly something prolonged like a 24-hour water fast. There is also protein in bone broth, but unlike the protein in animal flesh, the proteins in bone broth are already partially degraded into much more absorbable forms.

- Fish

If you are looking for what to eat fasting that will be filling yet not too difficult to digest, fish can be a great choice. Unlike most other animal proteins, fish is fairly easy to digest, especially if you choose lean white fish like cod, flounder or haddock. Fish is also rich in other nutrients, such as potassium, vitamin D, and omega-3 fatty acids.



- Eggs

Eggs are generally considered to be a healthy food, if not "nature's perfect food," since they are natural, high in protein, and contain numerous vitamins and minerals. Eggs also contain a decent amount of vitamin A, vitamin D, folate, and the antioxidants choline, lutein, and zeaxanthin, which support eye health.



- Bananas

Fruits are among the best foods to break a fast because fruit is high in water and carbohydrates to restore blood sugar. Most fruits also contain some fiber, vitamins, and minerals. Bananas are one of the best fruits to eat after fasting because they are also rich in electrolytes like potassium and magnesium and are high in carbohydrates while being gentle on the stomach, no fruits is quite like it, banana substitutes are hard to find.

- Quinoa and Oats

Whole grains like quinoa and oats can be good to eat after fasting. Quinoa is a complete source of protein, rich in fiber, and naturally gluten-free. Oats and oatmeal can also be nourishing, filling, and not particularly hard to digest. Oats are also high in beta-glucan, a type of prebiotic fiber that feeds the beneficial bacteria in your gut.

- Watermelon

Watermelon is high in potassium and vitamin C. It's also 95% water, so it is easy to digest, and the sugars are readily absorbable.

- Fermented Foods

Fermented foods like yoghurt, kimchi, miso, tempeh and pickled vegetables are among the best foods to eat to break a fast. Fermented foods are a natural source of probiotics, which are the beneficial bacteria that inhabit your gut microbiome and help you digest food and decrease gut and systemic inflammation.



- Cooked Green Vegetables

Raw, fibrous veggies can be tough on the stomach after fasting, but cooking vegetables breaks down some of the cellulose and makes it much easier to digest. Cooked green vegetables are among the best foods to eat after fasting because they are very high in essential vitamins and minerals and contain antioxidants to support cellular health and decrease inflammation.



- Berries

Berries such as raspberries, blueberries, strawberries, and blackberries are high in fiber, water, and antioxidants. They also contain natural sugar to help restore blood sugar levels and energy after fasting.



SECLUSION DAY



Nyepi is a Balinese "Day of Silence" that is commemorated every Isakawarsa (Saka New Year) according to the Balinese calendar (it falls on March 22). It is a Hindu celebration mainly celebrated in Bali, Indonesia. Nyepi, a public holiday in Indonesia, is a day of silence, fasting and meditation for the Balinese. The day following Nyepi is also celebrated as New Year's Day. On this day, the youth of Bali in the village of Sesetan in South Bali practice the ceremony of Omed-omedan or 'The Kissing Ritual' to celebrate the new year. The same day is celebrated in India as Ugadi.

Observed from 6 am until 6 am the next morning, Nyepi is a day reserved for self-reflection, and as such, anything that might interfere with that purpose restricted. The main restrictions are no lighting fires (and lights must be kept low); no working; no entertainment or pleasure; no traveling; and for some, no talking or eating at all. The effect of these prohibitions is that Bali's usually bustling streets and roads are empty, there is little or no noise from TVs and radios, limited access to internet and few signs of activity are seen even inside homes. The only people to be seen outdoors are the Pecalang, traditional security men who patrol the streets to ensure the prohibitions are being followed.



Although Nyepi is primarily a Hindu holiday, non-Hindu residents and tourists are not exempt from the restrictions. Although they are free to do as they wish inside their hotels, no one is allowed onto the beaches or streets, and the only airport in Bali remains closed for the entire day. The only exceptions granted are for emergency vehicles responding to life-threatening conditions and women about to give birth.

On the day after Nyepi, known as Ngembak Geni (Relighting the Fire), social activity picks up again quickly, as families and friends gather to ask forgiveness from one another, and to perform certain religious rituals together. Fires and electricity are allowed again, and cooking of food resumes.

Rituals

First, the Melasti Ritual is performed 3-4 days beforehand. It is dedicated to Sanghyang Widhi Wasa. The ritual is performed in Pura (Balinese temple) near the sea (Pura Segara) and ment to purify Arca, Pratima, and Pralingga (sacred objects) belonging to several temples, also to acquire sacred water from the sea.

Second, the Bhuta Yajna Ritual is performed in order to vanquish the negative elements and create a balance with God, Mankind, and Nature. The ritual is also meant to appease Batara Kala by Pecaruan offering of live animal sacrifice. Around sunset the "Pengrupukan" ceremony begins in the house compounds with the noisy banging of pots and pans and bamboos tubes along with burning of dried coconut leaf torches to drive out the demons.

Most Hindu Balinese villages make Ogoh-ogoh, demonic statues made of richly painted bamboo, cloth, tinsel and styrofoam symbolising negative elements or malevolent spirits or even characters from Hindu mythology. After the Ogoh-ogoh have been paraded around the village, they are burned in the cemeteries although many are displayed in front of community halls for another month or more and sometimes even purchased by museums and collectors.

Third, the Nyepi Rituals are performed as follows:

- Amati Geni : No fire or light, including no electricity
- Amati Karya : No working
- Amati Lelunganan : No travelling
- Amati Lelungan : No revelry/self-entertainment

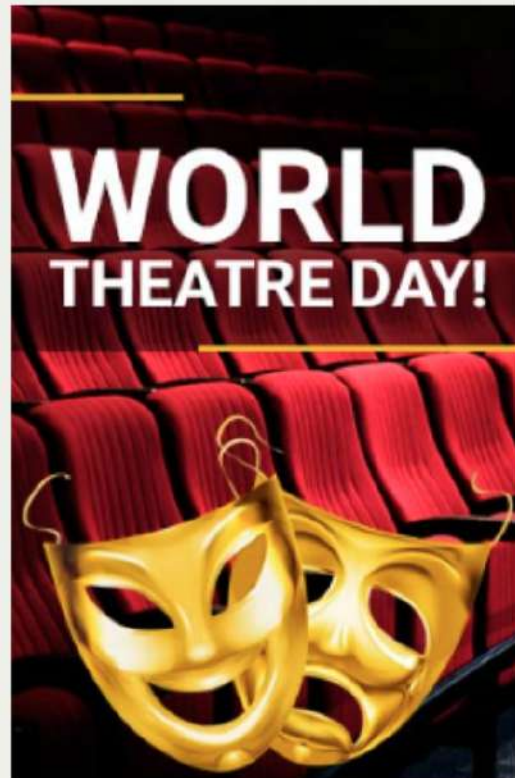
Fourth, the Yoga/Brata Ritual starts at 06.00 am and continues to 06.00 am the next day. Fifth, the Ngembak Agni/Labuh Brata Ritual is performed for all Hindus to forgive each other and to welcome the new days to come. Sixth and finally, the Dharma Shanti Rituals are performed after all the Nyepi rituals are finished.

WORLD THEATRE DAY

World Theatre Day is celebrated every year on 27 March to highlight the importance of theatre as nowadays it is losing its importance. Let us have a look at the history of World Theatre Day.

World Theatre Day raises the importance of theatre arts, how they played an important role in the field of entertainment and the changes that theatre brings in life. Message from renowned Theatre artist is given to reflect the theme of Theatre and a Culture of Peace. As we know that the theatre is a combination of various forms of fine arts that uses live performers, actors or actresses to present before a live audience about the real experience in a specific place or maybe on a stage. Nowadays the importance of theatre is declining so this day is a wake-up call for governments, politicians, institutions, and people to recognize the value of theatre to the individual, people for economic growth as well.

International Theatre Institute (ITI) initiated in 1961 to celebrate World Theatre Day across the world to value and importance of theatre. On this day, ITI host a yearly message, spoken by a chosen famous theatre performer, to share their views about the art of theatre and its future. In 1962, the first message was spoken by Jean Cocteau. Through several institutions, this message was broadcast to all corners of the world. ITI has more than 85 centres throughout the world; it also encourages colleges, schools, theatre professionals to celebrate this day.



The goals of World Theatre Day, as with International Dance Day are: to highlight the importance of art from around the world, to make people aware of the importance of the value of art form, to enable the dance and theatre communities to promote their work on a broad scale, to make aware opinion leaders about the value of these forms and support them. To enjoy the art form for its own sake.

On this day, several national and international theatre events are organized. Annually celebrated by the ITI centers and the International theatre community. A celebrated figure of the theatre is also invited by ITI who speaks and motivates people about theme of Theatre, a culture of peace and circulate the message in the whole world. The author of the Message of the World Theatre Day 2020 is Shahid Nadeem, Pakistan. He is a Pakistan's leading playwright and head of the renowned Ajoka Theatre.