

Beauty secretes

Home Remedies For Silky Smooth Hair



Good quality hair plays a deciding role in styling your look. Hair fall, damage, split ends, and dandruff are some of the common hair problems faced by all. Earlier hair loss used to be a sign of ageing. In today's hectic lifestyles and work-related stress, hair fall is becoming a big problem these days.

So how to grow new hair naturally?

There are many advantages of going natural with hair care. The most important being the fact that it works and it is inexpensive. It's like having the cake and the cherry at the same time!

Peel the onions or shallots and chop them into pieces. Blend the pieces and squeeze out their juice. Apply the juice on your scalp carefully and keep it on for 15 minutes. Finally, rinse off with a mild shampoo.

You can apply onion juice on your scalp once in a week to obtain the desired results. Onion juice is rich in sulphur that boosts collagen production in the tissues and helps in regrowth of hair. It is one of the oldest and the most efficient home remedy for hair growth. Other home remedy is also very effective.

Wash your hair thoroughly with shampoo. Mix 75ml of apple cider vinegar with one liter of water. You can store it for further use or make smaller batches. After washing your hair, use a cup of this solution as the final rinse.

Apple cider vinegar gently cleanses the scalp, maintains the pH balance of the hair, and accelerates hair growth.

You can use egg mask to treat your hair.

Take the egg white in a bowl and add a teaspoon of olive oil and honey to it. Mix it all well to form a smooth paste. Apply it to your hair and scalp carefully. Leave it on for 20 minutes. Rinse with cool water and shampoo it off. Egg is rich in proteins, sulphur, zinc, iron, selenium, phosphorus and iodine. The high protein content makes eggs one of the best ingredients that promote hair growth.

Repeat these steps once or twice per week for silky, smooth, glossy, irresistible hair.



Voices

I hear them everywhere
From the Bay of Bengal
Do they rise
A high pitched resonant
Series of soaring claims
And reach the snow clad
Peaks of Uttaranchal
Gradually melting away in
The low ebbs and flow
Of the Ganges.
Like every evening
The bells ring and sing



At Dashashwamegh.

Regions settle down every morn
To have their pick at the Gateway.

I hear them at Gaza
And the Swath valley

Fighting the callous calculations
Of a totalitarian ambition.

I hear them -

Voices of silent drums

In the hills of Mewar

As if coming from another world

Echoing melodious beats

In spite of recurrent

Droughts and hunger.

I hear them in my dreams

Of warm companionship at St. Vincent's

Watching the world

From atop the lighthouse.

They come to me mysteriously

Not like the ones from

St. Catherine or Margret

But they too tell me the truth

The changing contours of the world.

- Hemendra chandalia

Khwaishein

Bekhauff.....beparvah....madmast...khwaishein

Badtameez....belihaaz....zabardast...khwaishein

Sapno ka jahaan banati h akho me

Hazaar dhadkanein badhati....khwaishein.

Muhobbat ka pura jahaan khwaishein

Kisiko chhoone ki hasrat.... beimaan.... Khwaishein

Aasmano ke paar.....dariyaon SE gehri

Kabhi sannata....to kabhi toofaan.... khwaishein

Mehboob SE milne ka armaan.. khwaishein

Kisike ishk me Marne ka farmaan...khwaishein

Chaaahat....ummeed....ishhk....deewangi

Junoon....pagalpan....fitoor....khwaishein

Jab na ho puri....to majboor khwaishein

Beawaaz....bechaari....lachaar khwaishein

Tanhai....aasu....mayoosi ke darmaiyan

Dum totdi khamosh....masoom... khwaishein....!!!

- Prerna Pujari

The beginning of world's unity with the power of Yoga

Udaipur: (Ritu Sodhi)

International Yoga day has been successfully celebrated all over the world. From China to UK and USA this day was peacefully celebrated without much ado. Our PM Shri Narendra modi has been spearheading the benefits of it which is a commendable step. He is the brand ambassador of Incredible India, and who else could be the more befitting mascot for this step.

Almost all the countries have practiced this with equal frenzied mood. Yoga has nothing to do with a particular religion. Yoga is for every human being who wants to live a healthy life. Indeed YOGA is the gift of India but it is the philosophy of Sanatan Dharma, a way of living, an art, a culture, a practice of the ancient civilization, which we all are part of, irrespective of the fragmentation in terms of religion.

What is the sound of Om? Om is very well understood by the universe or we can say that it's universe's own language, some kind of code which our universe easily understands. In science Om is nothing but the sound which gets emitted when the globe spins in its axis in the ether medium, the friction of the earth with the ether which causes the sound OM.

So by chanting OM at the beginning of any ASANA, it is just for the sake of custom to invoke nature that, we are initiating a practice in its presence and there by making it a testimony....nothing is there beyond this.

World Yoga Day in Udaipur

Udaipurites celebrated this day with zeal and vigour. Main attraction was Gandhi Ground where 2500 people gathered in the morning. Home Minister Shri Gulab Chand Katariya with MLA Phool Singh meena, Mayor, Chandra Singh Kothari, Deputy Mayor Lokesh Dwivedi, DM Rohit Gupta and SP Rajendra prasad Goyal were present there and enthusiastically did yoga with other officers from various departments. This minute to minute yoga program was held with the efforts of District administration. Everyone was spellbound and did yoga asanas for 45 minutes.

Home Minister Shri Katariya praised PM Shri Narendra Modi to unite the world with the magical powers of Yoga. He said that every citizen must do



yoga to become healthy and smart because smart citizens can be the representatives of smart city.

DM Shri Rohit Gupta said that yoga camps will be held

in coming month in different places like Gangaur ghat, Saheliyon ki Badi, Vibhuti park, Khelgaon and community centres of UJT everyday from 6 to 7 AM.

Udaipur's Gopal Dangi did Sheershasana for 121 minutes and build a new record. He was praised and felicitated by Home Minister and other guests.

By the way : Hell is on Earth

You must be surprised to see this heading but its really true that hell exists on earth. We live in this world which is full of greed, anger and stupidity. Everything seems to be selfish. People are indulged in bad activities. Crime and terrorism has snatched away the peace of almost every country.

Is there any reason not to believe that hell exists somewhere else?

Some people dont give space to other people. In their opinion earth is created for them only. They spread hatred everywhere and can not digest other people's success. Kamal works in an office where many other female staff works with him. He always create misunderstandings among them. His purpose is clear. Arguments, fights over simple issues, creating bad environment for females are his

favorite hobbies. He often steals the idea from colleagues and presents to his boss before anybody knows about it. He creates nuisance in daily activities. Everyone undergoes pain and stress because of his stupid behaviour.

What do you call this situation? Its easily comparable to living in hell. Kamal does not know what seeds he has been sowing so far. Creating trouble in other person's life is easy but some day he has to face the consequences too. Prachi lives in a joint family. Her mother in law is very strict and uses abusive words for her parents. She demands money and other expensive items from Prachi's parents. Prachi



is living under fear and depression. Her husband beats her for no fault of hers. We may call it another hell like situation.

What I am trying to say through my article is that there is no need to find hell outside us. Evil is inside us. No matter how many good deeds you do, how many times you worship God, but if you lack goodness and honesty in your behaviour, you cant change hell into heaven.

To create heaven on earth, you have to do good causes which can generate good fortune for all of us. I have seen many peo-

ple who constantly gossip about others. I dont understand what do they get from it. May be they are mentally sick and dont understand the purpose of life. God do not like such persons and give them equal results of their bad deeds on proper time. But until it happens with them, these people dont give up their bad habits. If hell really exists in our lives, we must create heaven for our young generation. For a peaceful future one should always chuck the negatives and hold on to the positives. Positivity will lead to a happier future but negativity won't. It would rather write your own Karma which you have to pay in the rest of your lifetime and maybe in the next too.

Gift of air travel to those who secured 80% marks

Udaipur: Rural Legislator Phool Singh announced a reward of air travel to Jaipur to students studying in Schedul Tribe Hostels and securing 80 percent marks in the board exams. Legislator

Meenaon Wednesday at Kasturba Ashram hostel Madhuban entered and Management Advisory Committee (Girwa block) was addressing the meeting. Meena said the former legis-

lator Goshnanusar 2 students on scores by more than 75 percent of state secondary school development Umrda amount of Rs1 lakh is sanctioned. He entered the hostel transparently directed to the rules. For

best results at the meeting of the principal Snigdhaa Bhanat and principal of GSS Bhupalpura, Sunita Dhankar. At the meeting, Deputy District Education Officer Maganalaal Joshi, Bachhar Sarpanch.

IIHMR Delhi Holds its Seventh Convocation



New Delhi: The International Institute of Health Management Research (IIHMR) Delhi today organised its seventh convocation marking the beginning of a new life for 69 students. Dr. MC Mishra, Director, AIIMS, New Delhi was the Chief Guest at the event and conferred Postgraduate diploma degrees to the students of Hospital and Health management programmes.

Dr. A.K. Khokhar, Director, IIHMR, Delhi presented the Director's report. Speaking at the occasion, Dr. Ashok K Agarwal, Dean, IIHMR Delhi said, "IIHMR has constantly added value by incorporating the best practices and philosophies to bridge the gap between education and practical realities of the outside world so that the students are fully equipped to excel in their field. We are confident that our students will continue to contribute to the cause of healthcare services in the country."

The ceremony was inaugurated at IIHMR Delhi premises in Dwarka with an address by Dr. SD Gupta, Honorary Trustee Secretary, IIHMR Society. Addressing the students he said, "We at IIHMR are confident that our students will be able to meet all the challenges faced by them. IIHMR reflects the efforts in creating future professionals who will strive to bring about a positive change around them."

Continuing with the trend of 100 per cent placement record of IIHMR Delhi, all the graduating students have been successfully placed in reputed health organisations, hospitals, State Government health bodies and Information technology companies.

Health : Young age hypertension

(Prerna Pujari) A young girl, age 25, married since one year, diagnosed hypertensive.

No heredity, no emotional stress, no history of any disorder, no running medication and no organ damage. No abnormal cholesterol and all body hormonal levels in range.

Blood pressure count is 210/180. This is a shocking case. More shocking are the studies which says that 20% of youngsters, in a small city like Udaipur, between the age of 24-35 possess hypertension.

In metro cities, the count is up to 35%.

What are the causes? New lifestyle or unhealthy food habits or both?

I would like to pen down all major points of my research over this issue. Research says that people addicted to alcohol and smoking are more prone to heart diseases. Today youngsters are very much indulged in these two unhealthy practices. Moreover, youth is more attracted towards high salt level and high glycemic

index food items like fast food which increase the sodium levels and bad cholesterol of body, resulting in hypertension. Career focused young generation is unable to lure out time for physical exercise. And one more very familiar reason in youngsters is the increment in disturbed marital relations mounting stress.

Hypertension is only a disorder which can be prevented. It is a silent killer and its existence in youth is not a good sign.

A slight change in your lifestyle can help you fight this problem. Take out some time for yourself. Listen light music, it has proved that light music calms your mind and helps fight stress. Handle your relationships with huge maturity, so that a happy atmosphere in your house can keep your mind and your heart happy. Try to reduce fast food intake, to the minimum levels you can. I agree, sometimes it is rude with your

taste buds to completely quit the food they love. But, to keep your heart healthy, reducing your frequency of fast food intake is fine. Eat healthy, and eat on time. Never skip a breakfast, have a huge lunch but try to take a light dinner. Never eat after 9 PM, as your digestive juices dies not secrete after approximately 8.40 PM.

Most importantly, increase physical workout. Workout not necessarily means hitting the

gym. A 30 minute walk, 30 min yoga or any activity like dancing, cycling, swimming, etc can help you significantly.

Medication is although very important if you are hypertensive, but a healthy lifestyle can help to reduce the amount of medicines needed to control your blood pressure.

Love your heart and take its care. I promise it will love you back.

Integrated watershed development boon to farmers - NABARD CGM



Udaipur: Appreciating NABARD's Indo-German Watershed Development Programme, Chief General Manager Mrs. Sarita Arora emphasised on sustainable livelihoods. Udaipur, Dungarpur, Banswara, Pratapgarh and Chittorgarh operate in 31 watershed projects under NABARD ongoing two-day workshop Gayatri service insti-

tution for farmers during the agricultural calendar, and put light on the techniques of 'meadow farming' of flowering plants. On this occasion, she also put banking plans to operate in all watershed areas.

14 NGOs shared their experiences on water-soil conservation, pasture development, agriculture, animal husbandry, women's empowerment and other such activities in the program. NABARD General Manager Dr. Ajay Kumar Sood insisted on using "maintenance fund" collected by the community for self-help debt, water harvesting structures maintenance, etc. Assistant General Manager PMU in-charge Sukant Kumar Sahu and district development

Kids Corner : Avocado Lettuce Sandwich

Ingredients : Brown bread 8 slices, lettuce leaves, tomato one, avocado one, cucumber one, feta cheese one slice, salt and pepper.
Method : Spread mayonnaise on the 8 slices of bread. Layer 4 slices with 1 lettuce leaf, 1 slice tomato, 1 slice avocado, 3 slices cucumber, and 1 slice cheese; top with remaining bread slices. Cut sandwiches in half diagonally. Serve with mayonnaise dip.