

Happy Diwali to Advertisers and Readers

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Health secret

Garlic is good for Health



Garlic is a herb that is most commonly used as a flavoring has also been used as a medicine. It has been used by humans for thousands of years and was first used in Ancient Egypt for both culinary purposes and its health and therapeutic benefits. From Ancient Egypt garlic spread to the advanced ancient civilizations of the Indus Valley. From there it made its way to China. The French, Spanish and Portuguese introduced garlic to the New World. It is extremely easy to source in most countries and can be consumed cooked or fresh.

It is most easily included in your food or can be eaten on its own. You don't need to limit yourself to fresh garlic either. Garlic powder or dried garlic flakes are just as effective and super easy to keep in the kitchen for everyday use. Indian kitchen is incomplete without this herb. The strong aroma of this herb really gives good taste to every Indian dish.

It is recommended that adults consume no more than one clove two or three times a day and that children have one quarter to one half a clove, once or twice a day.

Winter is coming and garlic is really helpful to prevent us from cold and flu in this season. Garlic contains good amount of vitamin C and everyone knows the value of vitamin C in cold and flu. LDL cholesterol is no friend of garlic and the aortic plaque deposits that gather on the walls of your body's veins can be reduced with the use of garlic too.

Studies have shown the amazing benefits of taking garlic in relation to heart disease. Regular use of garlic can reduce blood sugar level and cancer cells. Some studies have shown that garlic is good for weight loss but one should always consult a doctor before taking pills made from garlic to reduce weight.

Governor lauds Ryan Group



**Udaipur:** The evening of 20th October witnessed the much awaited 8th Iceplex Ad Film Awards (IAFA) organized by Ryan TV, part of the Ryan International Group of Institutions. Students from across the country make short socially relevant ads, which are judged by an eminent Jury. This year saw over 30,000 entries from across 60 cities in India. Chief Guest, Shri. CH. Vidyasagar Rao, Hon'ble Governor of Maharashtra presented the awards to the winners from all across the country. He said, "I congratulate the Ryan Group for conceiving the Online Ad film making contest for school children and for nurturing and sustaining the event successfully for all these years. Amazing is only one word, that comes to my mind after watching the ad films made by the students. I am very happy that topics like Women Empowerment, Health, Safety, Water Conservation, Environment and Child Nutrition were given to the students for making Ad Films. I will appeal to Managing Director Mrs. Grace Pinto to make IAFA a national and international event." Mrs. Grace Pinto, MD, Ryan Group said, "Ryan's IAFA is one amongst many platforms that we provide to our students to showcase their talents. I thank my Lord Jesus Christ for his blessings and for making this event a big success."

Tata Sky Music+ launched with curators Shankar-Ehsaan-Loy

Tata Sky, the fastest-growing brand in the DTH industry, has launched the nation's first service with four music genres on a Pay TV platform, named 'Music+' in partnership with digital entertainment company Hungama. Segregated into four segments - Mehfil, Indie Rootz, Jazz & more and International, the service will be co-curated by the legendary singer, songwriter, composer trio Shankar-Ehsaan-Loy. 'Music+', will give Tata Sky subscribers exclusive access to a rich trove of music content (ranging from classics to latest launches) including music videos, concerts and artist interviews spanning a breadth of genres from international pop, country, rock and Indie music to jazz and blues, sufi, folk, nazms and ghazals. Subscribers of Tata Sky Music+ will also be able to watch some of the biggest on-ground music events and festivals in the country from the comfort of their homes. Tata Sky Music+ will be available on Channel no. 817. It will be available to all Tata Sky subscribers free for the first five days and subsequently priced at just Rs. 3 per day, making it accessible to subscribers across age-groups, geographical and socio-economic boundaries.

Tata Sky Music+ was launched with music maestros Shankar-Ehsaan-Loy, at a press conference in Mumbai. The trio ended the proceedings with a captivating musical performance. Tata Sky Chief Commercial Officer, Pallavi Puri was present at the launch along with Siddhartha Roy, CEO - Hungama.com.

Extending Celebrations

Diwali is over now and its time to wrap up all the stuff. And here you will find plenty of things that you got more than you needed or you couldn't use due to the festive rush. Now some of these things can be stored for next season of Diwali while some others can be used in next festival easily. But then still there are few things that can neither be stored for next season nor are totally useless to be thrown out. It's time to collect all such stuff and make good use of it all.

This entire idea is basically not aimed at only cleaning up your house but it also spreads smiles across many underprivileged faces. When you give away left overs to the needy ones who could not afford those luxuries at the main time will still cherish your gifts and will celebrate



the festival in their own way in their own space. Generally, before or at the time of celebration, we do not notice that there are many kids and people who look at us desirably. And amid all the celebration and ecstasy, we fail to see that feel that those people or kids go through. For us, as soon as Diwali is over, stuff like decorative col-

ors, earthen lamps, crackers, and some sweets also become stale. We cannot preserve crackers and sweets and even decorative stuff for next season. We generally store them with feel that we will save money on those next year but if we peek into the recent past, we will realize that most of the things we used this year were

anew and freshly purchased. So, it is evident that retaining things won't be useful and eventually most will be thrown out during the passage of time of one year. Hitherto, you must have got idea that why should you look at give away such stuff to those who could not afford. Now, a genuine question is that once the Diwali is over, why would anyone take crackers or decorative stuff? And the answer is that when someone could not have things when all had it, they would have a desire to have them at any point of time. The feeling associated with such stuff and the happiness after having them does not reduce at any time. Take your own example. Recall that shine of your eyes and raised heartbeat when you first

noticed that urban SUV in auto expo last season. At that moment, you could only dream of it while many others booked it right away. But then, after a few months, you got a handsome appraisal and now you could afford it. Did the happiness of getting it later reduce? No, in fact now you can enjoy it with a new fervour. ] You are having it when most other cars have been outdated. You were not among masses and this is why you appear standout in the crowd. Things that we desire never go outdated. Rather, our love for those get manifold. Same happens with those underprivileged kids who failed to have crackers, clothes, and sweets at the main occasion. But now when you let them have today

after two days of Diwali, you still make them as happy as you got when you got all that stuff a few days ago. There is nothing like giving. And when you start giving, you start getting. This may sound a bit philosophical but it is true. When you open your heart for giving, God open a channel for you to receive things that you desire. There is a constant flow of everything. It starts from God and ends at God. You are a link. And the link works smoothly only when it is open at both sides. When you try and block the giving end, God has to block to receiving end to avoid flood. So, by all means, giving is good. You get your house cleaned up, you enjoy the joy of giving, and you also open a channel for your own wellness.

Aptech forays into preschool segment

**Mumbai:** Aptech Ltd, a global education and training company today announced its foray into preschool education, through a strategic alliance with Montana International Preschool. Branded Montana International Preschool powered by Aptech (MIPA), the alliance intends to set up 1000 preschools in India over the next two years. MIPA aims to stimulate young children's curiosity and provide positive learning experiences through active learning. In addition to world-class pedagogy, internationally recognized curriculum, MIPA will offer first of its kind App enabling child safety monitoring, live view of child's activity in class, on-demand child video conferencing, along with host of other features. The course curriculum has been developed by a team of experts from Aptech and Montana International Preschool, based on Multiple Intelligence Theory, Reggio Emilia Approach, Montessori and Playway. The pedagogy

is, therefore, oriented towards fostering self-discovery, encouraging active thinking and bringing out the creativity in children under their care. According to UNICEF India report, despite the recognition of the importance of Early Childhood Education (ECE) by the Government of India, the challenges in implementation still remain. There are still substantial numbers of children not enrolled in preschools. Through this initiative, we aim to build awareness amongst parents about the preschool being an equally important phase in a child's cognitive and personality development. Growth of mental and physical abilities progress at an astounding rate and a very high proportion of learning occurs from birth to age six. Therefore, it is necessary to facilitate a positive early learning experience and environment to children for a holistic intellectual, social and emotional development.

Lohia Presents Jashn-E-Tashan



**New Delhi :** Lohia Auto Industries (LIA), an automobile division of 600 crore worth Lohia Conglomerate is making a lot of noise with its Jashn-e-Tashn offer this festive season. With luring offers LIA is certainly going to make it a true Diwali Dhamaka experience for all its customers and families who look forward to this time of the year.

The festival of lights rings in the festival of offers too. The Jashn-e-Tashan offer by Lohia Auto Industries makes it even more exciting for the customers to shop this Diwali!

On the purchase of Electric Rickshaw the customers will get sunflame mixer grinder & 10 LED bulbs set as free gifts. And on the buying Electric 2 wheelers the customers get free smart watch with Bluetooth device.

While on the purchase of Diesel 3 wheelers the customers get sunflame iron, smart watch with Bluetooth & Intex speaker.

"Lohia Auto Industries is

offering Jashn-e-Tashan offer with enticing gifts to make Diwali joyful for its buyers, on the purchase of Electric Richshaw, Electric 2 wheeler, Diesel 3 wheelers. While updating products is one way of attracting customers, LIA has come up with the Diwali offer to make things even more interesting.

This year has been extremely fruitful and been an exciting journey for Lohia group with the launch and success of e-rickshaws and diesel three wheelers.

This vibrant festival is a perfect time to share this joy with the customers and double their happiness, therefore we have introduced exciting gifts on the purchase of Lohia vehicles!" says Mr. Ayush Lohia, CEO of Lohia Auto Industries.

So, don't just hold on to your money contemplating whether you should wait a little more. Get out there and grab the Jashn-e-Tashan offer that feels like it's been made just for you.



As Prime Minister Mr. Narendra Modi urged the people of India to send Diwali greetings to Indian army religious leaders of different religions celebrate Deepawali with soldiers of Indian Army on Wagah border. President of Parmarth Niketan Rishikesh Swami Chidanand Saraswati ji, Founder President of Ahimsa

Vishwa Bharti Jainacharya Dr. Lokesh Muni ji, President of All India Imam Organisation Imam Umer Ahmed Ilyasi Sahib and representatives from Sikh religion embarked a march with national flag in their hands in the presence of soldiers who are famous for their valor and duty. Then they performed prayer for the unity and peace

of the nation and blessed the soldiers. Swami Chidanand Saraswati join the occasion said that Indian army has remarkable contribution towards establishing unity of the country, they dedicatedly work for this. Soldiers guard our borders so that citizens of the country can live peacefully. We are happy that on the appeal of Prime Minister Mr. Modi people of the country are sending Diwali wishes to Indian soldiers. Jainacharya Dr. Lokesh Muni giving Diwali wishes to soldiers and their family members said that when the whole country is celebrating Diwali soldiers on the borders should not feel they are alone. People of whole country will light diyas in their houses in honor of our soldiers. Today leaders of different religion have proved that religion teaches us patriotism by

marching together with national flag in their hands. Nation comes before religion. He said that continuous firing is going on at the borders of the country. At such moment religious leaders came to Wagah border to celebrate Deepawali with Indian army shows that religious gurus care for every citizen of the country whether they are soldiers guarding the borders or common men celebrating Diwali in their homes. Imam Umer Ahmed Ilyasi Sahib on the occasion said that Diwali festival is not confined to one religion or community. Like soldiers of Indian army who irrespective of their religion, caste or region together guard the safety of the country similarly every citizen of India celebrate Diwali together. Representatives from Sikh religion were also present on the occasion.

National Jail Coordinator Fr. Sebastian tells to help Jail inmates to give them hope

**Udaipur :** National Prison Coordinator of Catholic Bishops Conference of India Fr. Sebastian Vadakumpadan Spoke to the Udaipur People to help Jail inmates to give them hope. He said that people in the Jail have no name and they are only known through their number. He said that we believe in a God who forgives us and so we must help them to change their lives. He also said that there are many innocent who for no reason are imprisoned. We must help in

rehabilitating their families and help them to live with hope in the society. Rev. Bishop Devprasad Ganawa chaired the session. Mr. Anil Masih, All India Christian Front, Vice-President, Mr. Leo from CNI Church along with the youth, Mr. AKhata Siddaqui Jag Nagrik Seva Samiti, and many sisters from St. Teresa School, St. Mary School were present to rededicate to cause of the poor and needy of the Society. Brother Naveen from Delhi also



addressed the gathering. Fr. Norbert Director Sarv Dharm

Maitri Sangh thanked all the participants of the Program.

Ways to Make Money Online

Making money is what everyone craves for. You can earn money, either by working under others or you can be your own boss and earn money. This probably was a challenging task prior to the advent of internet. But now that internet has assumed a dominating role in every aspect of life, it is littered with numerous opportunities to earn money, even sitting at home. If it appears to you something fantastic, you will be convinced about its veracity after going through the following 20 ways to make money online.

Affiliate Marketing :

You can enroll yourself with affiliate program or marketing network for selling products of others, thus making money, sitting at home. For this you can join any of the companies such as Click Bank or Commission Junction, Amazon Associates, E-junkie, DigiResults, Linkshare, ShareAsale, eBay Partner Network, Google Affiliate Network, or Linkshare.

Advertising :

If you have a website or blog of your own, you can sell space for advertisement on the same without any fees or charge for the advertiser. When these ads are clicked by potential client to your site, you earn money on the basis of Pay per Click (PPC). Your earning is dependent upon the extent of traffic to your website, the rate of click through and the cost per click. You can avail such opportunity from, Google Ad Sense, Text Link Ads and Blogads, Bid Vertiriser, RSS, Direct Banner, Clicksot., Chitika and Yahoo Publisher Network.

Online Marketing :

You can start Search Engine Marketing (SEM) after creating your own website and optimizing the same for Search Engines (SEO). If you have expertise in SEO/SEM, you can take up online marketing of articles, forum posting, press releases, blog posting, and social bookmarking.

Selling Your Own Brand :

If you are capable of designing cool images, without building up your own inventory, your design could be printed on products such as hats, bags, t-shirts, posters, books greeting cards calendars etc.

For uploading any design, you can visit website of CafePress or Zazzle or Lulu, Big Cartel, Etsy, Unbound, Societyo, ArtWeb, Threadless, Gela Skins, E-Shirt, SpreadShirt, etc.