

Skin And Diet



Every one wants to have flaming skin and shining hair. No doubt this depends on make-up, but it depends on caring. By keeping themselves fit, women and men can become attractive, because the direct effect of catering falls on our skin.

Foods rich in nutrition may benefit our skin as well as our health.

It is commonly seen that people do not consume a balanced diet, which results in their skin not getting enough moisture and keeps the face softness and glow away. For this, using the following such diet tips, you can improve your personality.

Antioxidant Food: An antioxidant diet is essential to get rid of wrinkles. It prevents damage

caused by free radicals.

Antioxidants are found in omega-3 foods such as soybean, flax seeds, fish oil, walnut strawberries, bluberry, cranberries, seasonal fruits and green leafy vegetables, in your food.

Do plenty of fluid intake: There is nothing better than water to get rid of facial scars, it helps to remove the body's substances. Herbal tea, juice, soup, vegetable juice can be consumed. As well as regular use of buttermilk, lemonade, coconut water, rab, etc. comes to the skin and glaze on the skin. Drink two and half a liter of water throughout the day.

Proteins are also important: Proteins are also very important for skin. So take regular protein in your diet. Add milk, egg, white meat, fish, curd, cottage cheese, soybeans and pulses in the food. Consumption of protein in adequate amounts results in the formation of skin cells.

Vitamin C containing food: Vitamin C is found in lemon, ova, orange, sprouted lentils, guava and green chillies. Make this as a part of your diet because vitamin C is helpful in improving skin flexibility and collagen.

Deepti Jain
Dietician
Fortis JK Hospital

World is full of different minds and characters. Mostly women nag with their husbands on any particular situation. I don't know why only women do this but it can be irritating to watch them doing this all the time. Pranshu is married to a simple boy, Ravish. His simplicity irritates Pranshu so much that she starts insulting him anywhere and almost everywhere. She can't see him taking care of his parents. Ravish is careless and forgets his wet towel on bed. This

irritates Pranshu to the extent that she not only shouts at Ravish but also starts counting his mistakes which he had done in past. Their married life has become hell. Both are not satisfied and want to quit. I think its not good to nag on simple issues. Women are taught to be more patient and loving but in past few years women are losing their qualities. Some women nag only when they feel unappreciated. But some women develop this tendency

to nag on any situation without thinking over the consequences. I have seen many homes which are full of luxuries but peace and love are missing. Our environment is the mirror of our own thoughts and deeds. We can easily avoid bad situations by controlling our reactions. Males are born and brought up in a different way in which sense of superiority devel-

ops in their nature.

Females can easily mould them but it needs lot of time, energy and patience.

Nagging can only lead to frustration and unnecessary fights. Males call it nagging and females call it motivational speaking.

We can't change any particular habit by shouting or nagging in my opinion. Its simple. Its not a target to be achieved in a particular time. Relationships are like mirror, a simple scratch can destroy it forever. Nagging and complaining can damage your relationship and you can never be able to regain the softness of heart. Stop this habit at once and start developing healthy habits. Join any yoga or meditation classes to develop patience. Peace of mind is more

important than any other thing. Cleaning of your house can be done by cleansers but cleansing of soul can not be done merely by over thinking. Turn your habit of nagging into a healthy motivational speech but that too, should be done carefully. If something hurts you badly, it can hurt your loved ones too. Speak less and work on your problems one by one. Focus on the solutions and not on the problems. Results will definitely come.

By the way

You Call It Nagging!



LOST FOOD

CHRISTMAS CAKE

Fish Fillets, Cut into Pieces- 1 kg
Hung Curd-250 Gm
Ginger Garlic Paste-3 Tsp
Mustard Oil-50 MI
Salt-2 1/2
Kasundi Mustard- 3 Tbsp
Garam Masala (Indian Spice Mix)- 3 Tsp
Hot Chili Powder-1/2 Tsp
Amchur Masala - 2 Gms
Lemon Juice-1 Tbsp
Turmeric Powder - 1tsp

METHOD:

- Marinade fish with salt, ginger garlic paste, lemon juice and 1 Tbsp mustard oil.
- By creaming method cream hung curd.
- Add mustard oil, kasundi mustard and all other ingredients except chaat masala and prepare a marinade.
- Marinade the fish with the mixture and keeps it for resting for 4 hours.
- Put the fish on the skewers and put it in preheated tandoor and cook for approximately 10 minutes or till well done.
- Place fish tikkas in a plate and sprinkle with chat masala, lemon juice and kasoondi mustard
- Serve on a warm plate, garnished with fresh coriander.

Chef Satish Comments

Chicken can be used exactly the same way.



Shooting of Mujhae milae ho Tum completed

Udaipur: Under the banner of M Square Productions, a new Gazal album picturized on ghazal singer Bhupendra Panwar. Is ready to release Bhupendra Panwar and Mukesh Madhvani told that the shooting of the album was done at Jagdish Mandir, Gangaur Ghat, Badi Lake, Pichola Lake and Dudh Talae Deendayal Garden etc.. This gazal album will be released on various social media platforms in the coming December so that the dream of filmmaking in the city can be realized by keeping Gazal singing alive.

Paridhi Bhastnager is new Mrs India Queen

Udaipur: The Miss and Misses Beauty of Rajasthan organized by Apex AML in Udaipur, Paridhi Bhatnagar of Chittorgarh, won the title of Miss India India-2007 in Delhi and illuminated the name of Rajasthan.

JOURNEY OF INDIA'S PHILATELY



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The department of post of government of India issued four postal stamp in the year 1959. The first stamp was issued on 15 April on famous philanthropist Jamsheerjee Jeebhoy's centenary of 15 paise. Second stamp was issued on the occasion of anniversary of International Labour Organisation with price of 15 Paise on 15 June. After this issue a stamp on National children's day was issued on 14 November. The last issue of this year was on First world agriculture fair on 30 December.

All these stamps were printed at India security press Nasik.

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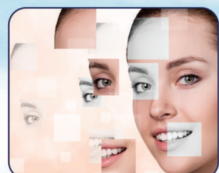
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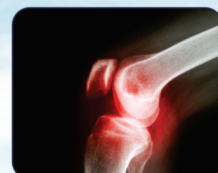
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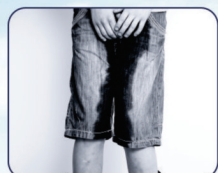
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