

Beauty secretes

Radiant and Glowing skin



Everyone has a dream to have radiant and glowing skin. Its not a difficult task to achieve this.

Following a good routine throughout your life can give you excellent results. It hardly takes few minutes to understand your skin.

Take a tissue paper in the morning and wipe your face. If it comes out clean then you have dry skin. If you notice oil patches on this paper then you have oily skin. Normal skin is good but after a certain age all types of skin need good care

Sometimes if you are having pimples and acne in teen age, you have to start doing skin care at an early age to get rid off open pores and scars.

Dry skin needs moisturising in regular intervals. Oily skin needs cleansing.

Oily skin care: wash your face several times a day. Do not towel dry your skin because it increases bacteria. Clean your face with rose water or tea tree oil. Drink plenty of water including lime water, buttermilk, cold milk and plain water.

Take a tsp of red wine, mix in a glass of water. Fill it in a spray bottle and chill in refrigerator. Sprinkle all over your face in summers to get freshness anytime.

Don't throw green tea bags. Keep them in a bowl filled with water in your fridge and keep on your eyes. This small treatment can give you relaxation in summers and can remove your dark circles.

Eat dark chocolate pieces. Melt them in microwave, add yogurt and orange juice in it. Apply all over and wash your face after 20 minutes with normal water. See the amazing results.

Take mint and basil leaves. Crush them and add a tsp rum in it. Add 1 tsp sandalwood powder, 1 tsp clove powder, 1 tsp Quinoa powder. Make fine paste and apply all over your face twice a week.

Its a wonderful home made face pack for oily skin. Eat healthy and think positive.

Meditate in fresh air in the morning. Always wash your face before going to bed at night and apply night mask according to your skin.

Feel the difference and get compliments.

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Union Budget - 2016 Buzz

The budget of the year 2016-17 is now out and all speculations are over. The Finance Minister Arun Jaitley has presented his third budget in the present NDA rein and he has tried best to prepare a balanced budget but you cannot please all. Here are some reactions from various veterans:

Says former deputy Jila Pramukh Lakshmi Narayan Pandya, "There is nothing new in the budget rather it will just burn hole in the pocket of a common man but the way government has paid attention towards facilitating resources for rural areas is a matter of satisfaction.

Praising the FM, city's BJP president Dinesh Bhatt has termed the budget as revolutionary. while another BJP veteran and former State Assembly speaker Shanti Lal Chaplot has said that the tradition of providing instnat relief does not work anymore. The budget is visionarya nd aims at long term benefits. He also said that the gauge conversion between Udaipur-Ahmedabad line is now taking shape and hopefully the Prime Minister himself will inaugurate the line soon.

Former minister Dr. Girija Vyas has expressed disappointment from the budget. She blamed that the people who promised for gold-



en days and got the power are getting failed at each step. The raise in service tax and is a setback for people.

Kiran Maheshwari praised the budget as she opined that the budget is dedicated to farmers, villages, youth, women, education, employment, health, economy, and all sections of the country.

Mr. Arvind Badala react on budget as impact of budget on Builders as under :

1. 100% deduction for profits to an undertaking from a housing project for flats up to 30 sq. meters in four metro cities and 60 sq. meters in other cities, approved during June 2016 to March 2019, and is completed within three years of the approval. Minimum Alternate Tax will however apply to these undertakings.

2. Excise duty exemption, presently available to Concrete Mix manufactured at site for use in construction work at such site has been extended to Ready Mix Concrete.

He further says that the impact of Budget on consumers is not good as desired however he add that :

1. For the 'first - home buyers', an additional interest of Rs. 50,000 per annum for loans up to Rs 35 lakh sanctioned during the next financial year, provided the value of the house does not exceed Rs 50 lakh has been proposed.
2. The budget has also increased the limit of deduction of rent paid under section 80GG from Rs 24,000 per annum to Rs 60,000, to provide relief to those who live in rented houses.

3. The addition of 0.5% Krishi Kalyan Cess on all services would cause additional burden on home buyers who are already burdened with increase in local stamp duties and sector rate increases in addition to cost escalation.

4. Service tax on construction has been exempted on affordable houses up to 60 sq. meters under any scheme of the Central or State Government including PPP Schemes.

So overall it will encourage buyers to invest in real estate more and more. It is a favorable budget for real estate investors and builders. Senior vice president of golchha group Bacha Prasad says that budget for the financial year 2016-17 is largely in line with expectation expect a few confusing decisions on pf front. It is encouraging to see that fiscal discipline (sticking to 3.5% fiscal deficit target) as priority of the government. Focus on rural / social as well as road/infra spending will prove to be very good decision on long term. Though, capitalization proposal of psu banks might not be adequate. The amnesty scheme for black money is aberration of the nda government's hitherto declared policy of acting tough on black money.

Is this our destiny???

Dr. Gaytri Tiwari

There are two main pillars of human life-man and woman. Both share equal responsibility in the making of society and hence both are supplement to each other. But from the very beginning, there has been a big question mark on the status of women in our society. Everyone talk of their roles and responsibilities but no one cares for their rights. They have been exploited and ill-treated right from the beginning of their creation. Women have been treated as 'objects' by the male-dominated society in India and elsewhere. However, there is no uniform pattern of social, cultural and economic distinctions between men and women. Patriarchy is very strong in India despite several movements for the upliftment of women. No doubt in the days of the epic age, women enjoyed great respect among people. They got education which provided them opportunities to develop themselves at all levels and in due course they surpassed the men.



Today we see women in every field. They are marching shoulder to shoulder in every walk of life. The previous condition was due to the lack of education but now the

spread of education among women has completely changed the scenario. They are occupying key positions in almost every field of society. Our country is progressing in this way no doubt. But sometimes it appears that overexposure of women is a suicidal attack for our future. On the one hand we are not still ready to forget the image of Sita and Savitri and on the other our modern progressive women are imitating the fashion very fast which is still not acceptable in our society. As a result it creates a lot of problems within and without which ultimately results in

increasing number of broken homes.

This is high time to rethink and reanalyze the situation by redefining the role of women in family because family is the basic unit of society and women is the crux of social wellbeing. The socio-cultural scenario is changing very fast and responsible for decaying Indian culture to some extent. We have to solve the question that what we are getting and what we are losing. May be we are collecting stones and paying diamonds for them. Most of the people are accepting the foreign culture and forgetting that our culture is much better than other culture. Wearing western outfits is not modernization. We have to broaden our mental horizon to deal with day to day challenges. As an Indian we have to respect our culture as our culture is our wealth. So please think all the aspects before make up our minds towards the unseen future.

Wish you all a satisfactory and Successful life!!!

Be Organic with Kashish: Tandoori Aloo



Hi everyone.. Summers are in and everyone is bored from winter vegetables. I have decided a very easy and quick recipe which you can enjoy as a snack or with paranthas at night.

Ingredients:

500gm small potatoes, vegetable oil 2 tbsp, red chilli powder 1 tsp, chilli flakes 2 tsp, oregano 2 tsp, vinegar 1tsp, honey 2 tsp, garlic powder 1 tsp, salt to taste.

Method:

wash potatoes and don't cut them. Take a glass bowl and put all potatoes in it. Add vegetable oil, red chilli powder, half chilli flakes, garlic powder, salt. Keep aside for half an hour.

Preheat oven. Cook over 180 degree c for about 20 minutes or use non stick tawa n roast on low heat till potatoes are golden brown. Take a small bowl, add vinegar and honey. Mix well. Add rest of the chilli flakes and oregano. Sprinkle all over tandoori potatoes. Its really a yummy snack. Enjoy with family and guests.



विश्व महिला दिवस के उपलक्ष्य में गीतांजली हॉस्पिटल द्वारा आयोजित महिलाओं हेतु विशेष शिविर

दिनांक - 8 मार्च से 15 मार्च 2016 तक | समय - सुबह 9.00 बजे से दोपहर 2.00 बजे तक

स्थान - गीतांजली हॉस्पिटल, उदयपुर

चर्म रोग विभाग

शिविर में मिलने वाले निःशुल्क लाभ

- बालों की सभी प्रकार की समस्याओं की जांच एवं परामर्श
- त्वचा संबंधी रोगों व अन्य समस्याओं की जांच व परामर्श

शिविर में मिलने वाले रियायती लाभ 50% की दर से

- अनचाहे बाल हटाना (अपर लिप, चिन, गाल, एक्जिला)
- झुर्रियों का ईलाज
- मुहासों के निशान व कालापन
- अनचाहे टैटू हटाना
- मस्सों का तुरन्त निदान
- फोटोथेरेपी एवं केमिकल पीलिंग

लेजर व फोटोथेरेपी जैसी अत्याधुनिक तकनीक द्वारा चर्म समस्याओं का सफलतापूर्वक उपचार

चर्म रोग विभाग संबंधी परामर्श शाम 5.00 बजे से 7.00 बजे तक
स्थान - गीतांजली सिटी सेंटर, बिग बाजार के पास, सुखाडिया सर्किल पर भी उपलब्ध ।

निःसंतानता विभाग

शिविर में मिलने वाले निःशुल्क लाभ

- परामर्श
- यू.एस.जी. स्क्रीनिंग (सोनोग्राफी)

शिविर में मिलने वाले रियायती लाभ 50% की दर से

- IVF Cycle
- IUI Cycle
- लेप्रोस्कोपी
- हिस्टेरोस्कोपी

शून्य शुक्राणु वाले पुरुष भी अपने ही शुक्राणुओं से पिता बन सकते हैं।

कम शुक्राणु वाले पुरुष बिना IVF के सफलता प्राप्त कर सकते हैं।

जिन महिलाओं में अंडा बनने की क्षमता कम है वे भी अपने ही अण्डे से प्रेगनेंट हो सकती हैं।

जिन महिलाओं की नलियां बंद हो चुकी हैं। बिना IVF के मां बन सकती हैं।

मार्च

विश्व महिला दिवस

शिविर में मिलने वाले अन्य रियायती लाभ 50% की दर से

- पेप स्मीयर
- मेमोग्राफी

संपर्क सुत्र : 946 0733 324, 707 3999 722

रविवार अवकाश रहेगा।

गीतांजली की निःशुल्क बस सेवा सुबह 8:30 बजे से चेतक सर्कल से नियमित अंतराल पर उपलब्ध है।

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