

# RH & Much More

## Beauty Secretes

### Get Rid of pimples over night



Pimples and acne are every girl's problem." will I ever be able to get rid of all these ugly spots on my face." College going girls ask this question daily when they look into the mirror.

There are few home tips which I am sharing with my readers today.

Apply a Cinnamon and Honey Mask to Get Rid Of Pimples Cinnamon and honey have natural antimicrobial properties. Together, they make a killer combination to destroy pimples. You need just one teaspoon of cinnamon and two tablespoons of natural honey. Mix the cinnamon into a paste then blend in the honey. Rinse your face and pat it dry. Then apply the paste to the blemishes and leave it there overnight.

**Whip Egg Whites to Get Rid Of Pimples**  
Egg whites provide a cheap, easy and quick way to remove pimples. They also eliminate scars. Egg whites contain vitamins and amino acids that help to kill pimples and re-build your skin's cells. Separate 3 egg whites from their yolks. Whisk them properly and allow them to settle for 3 minutes. Apply the whisked egg whites to the pimples using your fingers. Wait for it to dry then repeat this 4 times. Then leave the final mask for 20 minutes, rinse off and apply a suitable skin moisturizer.

**Apply Orange Peels and Juice to Get Rid Of Pimples**  
The ascorbic acid and vitamin C in oranges make them a potent cure for pimples. And they are very easy to use. Simply rub the peels on the pimples and dab them with the orange juice. Before you do any of these, make sure you wash your hands thoroughly to prevent the transfer of bacteria to your skin. You may also wash your face with warm water to open up the pores. Use different pieces of orange peels for each spot you want to treat. You may apply the orange juice with cotton buds. Leave the juice on your face for at least 1 hour before you wash it off.

**Blend Strawberries and Honey to Get Rid Of Pimples**  
Strawberries contain a very important ingredient called salicylic acid. This is the primary active ingredient in several commercial formulations used to treat pimples. Salicylic acid stimulates the epidermis (the upper layer of the skin) to shed its cells faster. So the clogged pores open up and the bacteria get neutralized. This substance also encourages the development of fresh skin cells and the subsequent closing of the pores to prevent fresh infection.

Rinse your face with warm water. Then wash at least 3 strawberries thoroughly to remove all the dirt on them. Mash them carefully without allowing them to become watery. Add two teaspoons of honey and blend them. Add the mixture to your skin and allow it to stay for 30 minutes before you rinse it off.

I hope these quick tips can save your money and give you 100% results.



## Sing with the wind

I sing with the wind all day  
Remembering beautiful moments each day,  
Wind chimes on my window are singing with me  
It's musical sound reminds me of  
every precious moment, I spend with you  
Every breeze which touches my cheeks  
Say that you are not far  
Singing with the wind makes me alive  
Music is my life  
My eyes can't see you but I feel music in your touch  
Coz I sing all day with the wind  
Remembering you in me.

- Neha Rose, California

## Be organic with Kashish Italian spaghetti salad



Hi guys I am back after a break. This time I will share some dishes from various parts of the world...yes you guessed it right... International cuisine..

### Let's begin with Italy

Ingredients: spaghetti 1 packet, broken into fourths, cooked, and drained, 1/2 cup chopped spring onion, 1/4 cup chopped cucumber, (2 ounce) McCormick Salad Supreme dry seasoning, (16 ounce) Italian dressing.

### Directions

Mix together all ingredients in a large bowl. Cover and marinate overnight in the refrigerator. Serve cold.

# After the Dalits, Adivasis will rise up against Modi government: Brinda Karat

**Hemendra Chandalia**

Udaipur: "After the Dalits' historic protest in Gujarat, it will be the Adivasis of the whole country who will rise up in rebellion against the Modi government." This was stated by Brinda Karat, former MP and the member of the polit bureau of CPIM. She was here in Udaipur for the National workshop of Adivasi Adhikar Rashtriya Manch which began on 31st July, 2016 at the CPM office, Machla Magra Udaipur. In an interview Brinda Karat said that the policies of the BJP government are forcibly displacing lakhs of Adivasis from their homeland. It is not displacement from their habitat alone but also from every sphere of their lives including land, forests, language, culture and sources of livelihood. The "Gourakshaks" have become "Deshbhakshaks" and Forest Protection Service has become Forest Eviction Service". People have realized the worth of empty slogans of Modi government and are now not willing to be fooled again. The Communist Party of India (Marxist) will fight against this repressive policy of the central government and the state



governments

The three day workshop ended on Tuesday. More than one hundred Adivasi leaders from fourteen states gathered for this workshop. In all five formal sessions were held in which the Forest Rights Act, Right to Information Act, PESA Act etc. were discussed and the leaders were trained to understand ideological issues, issues of youth and women.

Brinda Karat felt that awareness building among Adivasis, developing initiative and widespread organizational work needs to be undertaken. She said that the ruling BJP and its subsidiary organizations talk of nationalism. What they talk about is fake nationalism. The real struggle against the colo-

rial powers was carried on by the Adivasis and their leaders like Birsa Munda. Unfortunately, the history of Adivasis and their role in national struggle for freedom has not been written. Their contribution has never been recorded. Ms. Karat said that there is a need to write the history of the Adivasis.

Talking of the central issues before the Adivasis today, Ms. Brinda Karat said that the central issue is the violent and coercive displacement from every area of their lives including land, forest, livelihood, language and culture. Displacement is all inclusive and though the Adivasis are fighting a defensive battle, soon like the Dalits in Gujarat they will also rise in

rebellion all over the country. The crisis has deepened in the regime of Narendra Modi, she added, because under his rule every constitutional and legal protection which they attained after a long struggle, is being diluted and systematically destroyed. Once again the Adivasis are being ousted from the forest lands in the name of new laws made by the state governments flouting the provisions of the Forest Rights Act 2006. The Ministry of Environment, Government of India is hell bent upon de facto subversion of all the provisions of the laws and the constitution that were made to safeguard the interest of the Adivasis. The state has waged a full - fledged political war

against the Adivasis in the name of corporate development. Adivasi heroes like Birsa Munda fought the Company Raj and the Adivasis today have to fight against not only the Foreign and Indian Corporate companies but also the Indian state which is playing the role of the agent of these companies in usurping the land and other resources of the Adivasis. The state governments have come with unjust tenancy acts like Santhal Pargana Tenancy Act, Chhota Nagpur Tenancy Act and similar acts promulgated by Gujarat and Rajasthan government which subvert the provisions of Forest Rights Act and PESA Act.

Ms. Brinda Karat said that in the eastern states of Odisha, Jharkhand and Chhattisgarh the governments are butchering Adivasis in the name of fighting Maoism. In fact, the Adivasis of these states are caught between the Maoist and state violence. Adivasi youth are being jailed for no reason. On the question of the role of Varvasi Kalyan Parishad and Vishwa Hindu Parishad in Adivasi areas Brinda Karat said that these organizations

are converting Adivasis into Hindus through Brahminical practices. Their one aim is to Hinduise Adivasi communities.

Attacking the self styled cow vigilante groups Ms. Brinda Karat said that they are "Goubhakshaks" parading themselves as "Gourakshaks". They are using their state power and subverting the judicial processes and are hitting Dalits and the minorities. She emphatically said that India is not a Hindu Rashtra and those who are trying to make it one, it will backfire on them.

She criticized the filing of criminal case against the family of Akhlaque who was murdered by cow vigilante groups in Uttar Pradesh. She said that the family has not yet been able to get over the trauma and the criminal case against them has been filed. This is totally uncalled for.

Ms. Brinda Karat said that the Adivasi Adhikar Rashtriya Manch will organize a number of workshops and training camps to galvanize the cadre and equip them with necessary information and skills to rise up for their rights.

## Friendship Isn't A Big Thing, It's A Million Little Things



Udaipur: Since friends play valuable role in our life, the Friendship Day is celebrated on the first Sunday of August every year. This noble tradition in honour of friends first began in the US in 1935, but it gained popularity and the day is now observed across the world including India.

It is marked by generosity, sacrifice and desire to give without expecting any return. To showcase friendship Witiations of Grade VI-VIII participated in an activity of making a Friendship Wreath enthusiastically. A wonder wreath was created by the whole class.

## 4 Yr Old Cured Of Complex Intestinal Problem

Udaipur: A 4 year old who was suffering from a complex intestinal problem since birth is recovering well after extremely complicated operation done by doctors at Geetanjali Hospital. The child had twisted intestines in the opposite direction since birth.

Parents of child informed that the kid had complaints of stomach ached, swollen belly and green vomits since the last few days. On investigation, it was revealed that the child had intestines twisted in the opposite direction and this is what was causing the complication. Child Surgeon, Dr Atul Mishra carried out the complex procedure.

Dr Mishra informed that this disease is called malrotation of intestine. It is a very rare form and only 1 in about 5000 kids suffer from the same. He said that if the complication is not cured on time, it may result in blackening of intestines followed by poisoning of the entire body.

**Hritu Sodhi:** Friendship day comes every year and we celebrate this day with zeal and vigour with dearest friends. In my opinion we should celebrate this day whole year with same feelings. But many of us face betrayal in friendship and the scars always remain deep inside our hearts. Sometimes we meet people who are evil from inside. They destroy our inner peace with their devilish acts. Wrong choices can lead us to a difficult path. Our elders always preach to make good friends with whom you can learn the art of living life. But I have seen many friends who change with time and situation. Who is the real culprit in making your relationship bitter?

Today I am sharing a real story with you to make you realise the importance of maturity in friendship. Friendship is the only relation which all of us make by choice. I am a very straight forward

and honest person and because of this habit I have faced difficulties in handling my relationships with friends.

Suhani was my dear friend. I have always treated her as my little sister. I pampered her and tried to solve every problem of her life. One fine day I called her and she did not pick my phone. This happened for about one week. I was disturbed. I asked another friend Sonia who lives in the same society about Suhani's health. She promised me to convey my message to Suhani. Sonia was my best friend from many years. I completely trust her.

After few days suspense was revealed. I came to know that Suhani is angry and hurt with my behaviour. I tried to recall everything and remembered that I had discussed some problems of Suhani in a positive way with Sonia. No body else know anything about this. Meanwhile Suhani stopped talking to me and

removed me from social media sites. Her behaviour hurt me because I know that whatever I had said in past was my concern about her. But she never tried to understand my love for her. In her opinion I destroyed her inner peace by sharing her problems with Sonia. Days passed and I came to know that Suhani is talking ill about me to some common friends. Sonia did not reveal this truth to me. I discussed the whole episode to another friend Prakriti. After much chaos I understood and learnt the lesson to not to discuss personal matters with any of my friends. I am nobody to guide any of them. All are mature enough to take decisions of their lives. I got hurt after knowing the bitter fact that Sonia was behind the scene who wrongly interpreted Suhani about my behaviour. Prakriti handed over recordings to Suhani in which I was angrily talking about her changed

behaviour. Friendship broke after this mess and all of us are compelled to live life with heavy hearts.

Question remains the same. Who is the culprit? I was over concerned, Suhani over trusted me, Sonia could not keep the secret and in an emotional discussion revealed everything, Prakriti was misguided by Suhani to save their relationship. Suhani talked ill because she was feeling hurt by my behaviour. It's up to you to decide the villain of the story. My motive was to make you understand life's truth. No matter how good friends we are, never interfere in personal matters. Do not break your friend's trust. If Sonia would have played a mature role in this story many relationships could have been saved. I should not open my mouth in anger state. I was hurt by Suhani's nature and talked about her with Prakriti. All females do this in some way

or the other. We keep on talking about others but don't want to change our bad behaviour. Suhani is not innocent too. She was provoked by others to think bad about me. She misjudged me and my love for her. She has a habit of judging others by their expensive gifts. I completely dislike this habit. I wanted to correct her wisdom. But in a stupid manner I talked to Prakriti and spoiled my relationship. Suhani and Prakriti were friends. Suhani disliked Prakriti's nature and discussed her weak points with us. We always gave her good advice. But when everything came out Prakriti was misguided by Suhani to save their relationship or to make my relationship sour with her. Discussions and dialogues can never make your relationship strong. Most important thing is trust in any relationship. Never judge any person by the opinion of others. May be I am wrong but Suhani should remember my good deeds. She did not understand my emotions. Prakriti should always see the truth with

## Top 5 Reasons to Watch

# Movie "Hai Apna Dil Toh Awara"

(S.K.De) There are various Bollywood releases every Friday and from the audience point of view it becomes imperative to decide which is that one film that they should watch to get paisa vasool entertainment for an individual, couple, friends or the entire family when they go to a theatre to watch a movie! Now, the film that we are discussing about here is Monjoy Joy Mukerji's Directorial Debut Hai Apna Dil Toh Awara Produced by him along with Neha. D. Gupta and Deepakk. R. Gupta. So Friends, why should you watch this film released on 5th the Friday?

Here are some reasons what makes this movie special:

1) Hai Apna Dil Toh Awara will provide Wholesome Entertainment for entire family in terms of Story Telling, beautiful songs, Kashmiri way it has never been seen before on the silver screen. Thus it has the perfect concoction for anyone from a 15 Year old to a 70 Year old to enjoy this movie!

2) The beautiful songs of this movie have been shot in Kashmir in the most remote areas at very high altitudes and will appear like a canvas when you finally watch the scenes,

songs like Meheram Mere, Chhu Liya, Bhool Saari Baat and Dil Ke Rahi. It will make you feel as if you are really in Kashmir as the mesmerizing songs in Dolby Digital 5.1 Surround Sound will make you visualize as if you are in Kashmir itself and thus realize why Kashmir is called the Heaven on earth! The D.O.P Anil Singh deserves mention here for his incredible work. So, history repeats itself as Kashmir was an integral part in Joy Mukerji's movies too.

3) This film also marks the rebirth of Joy Mukerji's banner as his son Monjoy Joy Mukerji is making his Directorial debut with this musical rom com. Monjoy is the son of the romantic legendary hero Joy Mukerji and the grandson of one of the greatest filmmakers and Producers ever, Sashadhar Mukerji. There have been various films like Bandhan, Anarkali, Nagin, Tumsa Nahin Dekha, Munimji, Paying Guest, Nagin, Kismet, Dil Deke Dekho, Love In Simla, Ek Musafir Ek Hasina, Shagird, Phir Wohi Dil Laya Hoon, Jagriti, Sambandh, Love In Tokyo, Ziddi to name a few which display the greatness of his father and grandfather. The musical romantic comedy legacy continues as Monjoy has made Hai



Apna Dil Toh Awara by drawing inspiration and motivation from them for this youth based film.

4) It's a strange thing but when it comes to a relationship between a man and a woman, a man finds it impossible to believe that he can actually spend the rest of his life with just one female companion as wife or lover. The female on the other hand wants a committed lover or husband who should give her undivided attention for the entire life. This movie is a reflection of life from a female's point of view.

5) Hai Apna Dil Toh Awara is a movie which has spotted the best talents of the new generation and they will make you laugh as well as cry. Vikram Kochhar of Sumit Sambhal Lega fame is a NSD Passout who with his role of Rikki

Dalwani will usher in a new wave of pathbreaking comedy. The comedy here is not slapstick but is realistic and Monjoy has endeavoured to bring out the best abilities of the actors with emotions. One gets the feeling with these actors that they are reliving the Jaane Bhi Do Yaaro era as there were theatre actors like Naseeruddin Shah, Om Puri, Satish Shah, Satish Kaushik, Pankaj Kapoor in that film and this film too has theatre actors. Vikram Kochhar, Nilesh Lalwani, Herry Tangiri, Divvyva Chouksey, Jayka Yagnik et al who have also excelled in theatre. Thus they have tried to reach pinnacle heights in this movie from entertainment point of view as it has comedy which is very subtle and relevant in today's times.

## By the way: Friends are Forever

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