



& Much More

Health Secretes

Benefits of Garlic

One potential health benefit from garlic might be obtained by chopping or crushing it and letting it sit before heating it along with other recipe ingredients. Chopping will activate allinase enzymes in some of the cells, and sitting will allow those enzymes to convert some of the garlic's allin into alliin. Both alliin and alliinase are sulfur-compounds and while both provide health benefits, the health benefits of alliin are especially well-documented in research studies. Garlic may help improve your iron metabolism.

In addition to being a good source of selenium, garlic may be a more reliable source as well. Garlic is what scientists call a "seleniferous" plant: it can uptake selenium from the soil even when soil concentrations do not favor this uptake. While still in its very early stages, research suggests that garlic consumption may actually help to regulate the number of fat cells that get formed in our body. But only recently have researchers discovered that some of our fibroblastic cells only evolve into full-fledged fat cells under certain metabolic circumstances involving inflammatory system activity. You can cure obesity by adding garlic into your daily meal.

WHFoods Recommendations

With their unique combination of flavonoids and sulfur-containing nutrients, allium vegetables-such as garlic-belong in your diet on a regular basis. There's research evidence for including at least one serving of an allium vegetable-such as garlic-in your meal plan every day. If you're choosing garlic as your allium family vegetable, try to include at least 1/2 clove in your individual food portion. If you're preparing a recipe, we recommend at least 1-2 cloves.

Garlic is a wonderful seasoning to add aroma, taste, and added nutrition to your dishes. common ingredient for sautéing, garlic is an amazingly healthful and popular spice relative of onion, leek, chive and shallots. While a cooking favorite thanks to great taste, the health benefits of garlic have also been recognized and taken advantage of since the ancient times, showing countless individuals the compelling reasons to increase garlic consumption.

And of course, garlic is great for boosting the immune system, containing high levels of vitamin C and being identified as a serious anti-cancer food. Because of its high potassium content, it can aid in absorption of essential nutrients, and help avoid digestive problems and fatigue as well. Garlic can also help in lung and throat problems due to its pungent smell. Since consuming garlic can irritate the digestive tract because of its pungent smell, a signal travels to the brain to release watery fluid in the lungs to counter the pungent property, thereby helping clear the lungs out of cough and colds.

Garlic for Detoxification

Another one of the many health benefits of garlic, this food may also be used to detoxify - an extremely important method everyone should be doing to cleanse the body of toxins. Cough - Boiling cloves of garlic and drinking it like tea will not only make it easier to breathe, but it will also help to alleviate itchiness which could cause you to cough continuously.

A Little Information On Cooking

It's important that you're preparing garlic the right way, as improper preparation and consumption could negate the positive effects. Oftentimes, home chefs will cook garlic immediately after crushing or chopping it, which is not allowing optimal time for enzyme reactions that boost the healthy compounds in garlic. Instead, crush the garlic at room temperature and allow it to sit for about 15 minutes. In addition, never cook garlic at high heat - try consuming it raw or cooked lightly. Raw garlic can be used to kill bacteria, but cooked garlic has more potency in lowering blood pressure and cholesterol levels. If you are worried about garlic causing bad breathe, you can counter this by consuming garlic prepared as pills or capsules. If you want to experience the health benefits of garlic and stave off the odor a different way, consume garlic with parsley, as the herb counters garlic's bad smell.

Lastly, much of the research on garlic as an antibiotic has involved fresh garlic extracts or powdered garlic products and not garlic in its whole food form. You will, however, experience garlic benefits simply from ingesting the powerful health food.



Kal main bahut thak gaya tha

Kal main bahut thak gaya tha,
yaadon ke jungle mein bhatak gaya tha,
chalte chalte bahut dur nikal gaya tha,
phir yaadon ke jungle se nikal ker
jab hakeekat se takraya
tab jana ki kitna khoobsurat tha
wo zamana jab tu thi aur sirf main tha.
Aaj sab kuch hai bas na tu hai,
na vaqt raha, ek unukaha fasana.
Kash phir kahin mil jate
aur shuru ker pate phir wahi kahani,
Tu, Main aur Vaqt kabhi ek ho pate.

- Ritu Sodhi

Be Organic with Kashish Keto Cream Coffee



Ingredients : Amul cream 2 tbsp, chilled water 1 cup, sugar free natura 1 tsp, coffee 1 tsp, cocoa powder 1/2 tsp, 12 almonds.
Method: Churn this in a mixer for 2 to 3 minutes.
Serve chilled in a long glass. Garnish with cocoa powder or almonds.

Past Life Regression: Journey Of A Soul



This true story belong to me. I am a buddhist philosopher who strongly believe in Past life karma. To check this I went to Dr. Trupti Jayin in Mumbai. What I saw just amazed me and made me able to understand my connection with other people with whom I had suffered in this life time.

Past lives sometimes keep rolling out, especially when the person intends it. Mostly people can go through a single lifetime from the point of trauma backwards to the important events that led to the point of death, or forwards to the

death scene to bury the emotions which led to it. Sometimes, people jump to multiple lifetimes, scanning through scenes of trauma which need to be released. This true incident was inscribed by my Doctor and I am sharing this in her words only.

Ritu has had a difficult lifetime with her husband leaving her suddenly and saddling her with legal cases involving insurance on credit cards. Their marriage was difficult with physical abuse and lack of communication. A day later Ritu lost her father due to a cardiac arrest. She has raised her two sons all alone. She is single and does not need any male in her life. She said, " Since I was young, men have seemed comfortable to me. I have never been comfortable with them. Ritu told her doctor that she can not tolerate male ego. She visited a past life as a queen living near Ranakpur in Rajasthan. She

insisted that there were temples in the fort too. This is true. The landscape she described fits the hill fort. She saw her husband leaving for war and later his dead body on the funeral pyre. As a widow she is banished to live in a small dark room behind the fort. She has to cook for herself and has no help. She dies at the age of 78 feeling rejected and angry at the turn of events since her husband's death. The sadness made her cry and release her anger against men, her husband who died and her brother-in-law who drove her out of the fortress.

Ritu also needed to work through her fear of spiders and this happened spontaneously, when she suddenly saw herself as a tribal woman who traps snakes. She felt herself near a tree and while she was catching a snake, a large spider crawled up her arm and bit her. As she saw the spider, she had

nausea and shivering. At this time, the therapist encouraged her to release all the fear from her past life body so that it is not carried ahead. The spider is found in the hills of Uttar Pradesh which she identified. Her consciousness was in a hurry and jumped from this trauma to another memory which came up. In present life Ritu loves snakes. She is suffering from arachnophobia and sometimes faints to see a spider.

The next memory was of a pandit Deen anath Shastri. He was a brahmin who teaches Brahmin students. He was living in Kashi who while bathing in the Ganges, drowns. In this life time Ritu is a spiritual leader and she hesitates to learn from others. She gets comfortable in teaching others.

The next memory was of a man, James, a major riding on a horseback in Britain in 1716, who goes to a field of crops and trapped by forest fire and

gets charred to death. This is where she experienced suffocation and difficulty in breathing. His soul moves up to his house to see his wife Maria and two sons Henry and Oliver mourning. James was strong and deeply in love with his wife. But she got married soon after his death. The soul recognizes the wife as a friend of Ritu in this life time. As the memory was about to lapse, the soul pushed forward to make peace with all the bodies, the energy of which had to release. Ritu loves horses and has a birth mark on her right leg. Both his sons are same in this lifetime. She recognized Oliver as her younger son of present life time. In this life time he is more attached to Ritu and can't live without her. Henry, her elder son was mature and in this life time he has been born with maturity and sincerity. Maria is born as a male in this life time and Ritu recognized him

through eyes at the time of regression.

Ritu understood her need to learn things by herself. Four lifetimes and she didn't learn any survival strategies. She didn't use her intellect to deal with situations, instead she succumbed to the fear and loneliness. In three lifetimes she saw herself child less or unable to enjoy with children. With the insight that she needs to let go of the fears that she is carrying and to say goodbye to her husband with love. It's important to release energies of the past to live in present moment with more understanding and affection. Ritu is now trying to forgive males who made her live and die alone.

Readers, this is my true story, a journey of my soul who is taking birth again and again to expand and evolve. Thank you Doctor Trupti for taking me into past and making my life meaningful.

Why Hardik is in house arrest ask High Court

Udaipur: Rajasthan High Court has issued a notice to Rajasthan government, DGP and Udaipur Inspector General of Police following a Habeas Corpus writ petition filed by lawyers of Hardik Patel.

The petition accused Rajasthan Police of illegally confining the Patidar stir leader, Hardik Patel and placing him under house arrest in his temporary residence in Udaipur.

It may be noted that Hardik has been living in Udaipur after being released on bail in July by Gujarat High Court.

The petition stated that

heavy police force with over 20 personnel has been deployed outside Hardik's residence, CCTV cameras installed and a temporary police chowki has also been set up.

It argued that though the Gujarat High Court granted him freedom and liberty, Rajasthan Police has illegally blocked his freedom and restrained his movement.

A division bench headed by Justice G K Vyasa has issued a notice to the concerned seeking reply on the petition by September 2.

Prof. H.S.Chandalia to receive the prestigious Prof. Nandkumar Lavande Academic Excellence Award 2016



Udaipur: Prof. H.S.Chandalia, senior most Professor at Janardan Rai Nagar Rajasthan Vidyapeeth University, Udaipur has been nominated for the prestigious Nandkumar Lavande Academic Excellence Award 2016. This award was instituted by Higher Education and Research Society, Mumbai

in 2014. This award is annually conferred upon an eminent Professor and distinguished academician who has made significant contribution in academics and administration at national and international level.

Prof. Jaydip Singh Dodia, Dean, Faculty of Arts, Saurashtra University, Rajkot

and Dr. Oman Antony, Professor and Head, Department of English, Lingaya's University were recipients of the 2014 and 2015 awards respectively. The Award will be given in the valedictory function of the International Conference on Literature, Culture and World Peace to be held on 23-24 Sept. 2016 at Pune. An eminent professor of English Prof. H.S.Chandalia has published twelve books out of which three are collections of poetry, two translations and other research based books.

He has served as two years as a Professor in Central University of Haryana and also worked there as officiating Vice

Chancellor. He was awarded UGC Visiting Fellowship three times and is on the editorial board of more than six academic research journals of English Language and Literature.

He is also a recipient of Chandra De Sharma Award given by Rajasthan Sahitya Akademi, Maharana Raj Singh Award given by Maharana Mewar Foundation, Poetry Society (India) award, Katharang state level award for Hindi Story writing, Dr. Rajendra Prakash Bhatnagar Award for literature and delivered several lectures across the country including Poet Rajendra Shah Memorial Lecture in Gujarat this year.

Forever remembered, forever missed



Late Prof. Kanipoth Venugopalan

(21-11-1956 to 23rd August 2016)

- Dean, University College of Science, Mohanlal Sukhadia University, Udaipur
- Chairman, Faculty of Science, Mohanlal Sukhadia University, Udaipur
- Dean, Post Graduate Studies, Mohanlal Sukhadia University, Udaipur from 2010 to 2013
- Member of Court of Central University of Rajasthan
- Nominated Member, Board of Management, MLS University, Udaipur from 2011-2012, 2015, 2016
- Director, Informatics and Computational Sciences, Mohanlal Sukhadia University, Udaipur from 2002
- Co-ordinator, Pre-Admission Test, BSTC-2012 (Rajasthan), Govt of Rajasthan 2012, 2013
- Co-ordinator (Results), Third Grade Teachers Direct Recruitment Test -2012, 2013 (Rajasthan)M
- Co-ordinator, Recruitment Examination for Staff in Department of Mines and Geology, (Rajasthan), 2013
- Co-ordinator, Recruitment Examination for Staff in RICCO LTD, Jaipur, Govt of Rajasthan, 2014, 2015
- Co-ordinator, Recruitment Examination for Staff in RSMM LTD, Jaipur, Govt of Rajasthan, 2015
- Member Academic Council, Mohanlal Sukhadia University, Udaipur from 2003
- Convenor, Committee of Courses in Physics, Mohanlal Sukhadia University, Udaipur from 2007-2014
- Convenor, Committee of Courses in Informatics & Computational Sciences, MLS University from 2007- 2016
- Coordinator, UGC SAP-DSA Programme, Department of Physics from 2009 to 2014
- Coordinator, Internet Centre, Mohanlal Sukhadia University, Udaipur from 1998
- Officer Incharge, Computer Facilities, Mohanlal Sukhadia University, Udaipur from 1993
- Officer Incharge, Telecommunication Facilities Mohanlal Sukhadia University, Udaipur from 1992
- Coordinator, Internal Quality Assurance Cell, ML Sukhadia University, Udaipur from 2009 to 2011, 2013-2014
- Director, University Computer Centre, Mohanlal Sukhadia University, Udaipur from 2006 to 2010, 2013-14
- Member, Board of Studies in Physics, University of Rajasthan (2008), University of Jodhpur (2008), University of Kota (2007, 08), Bansthal Vidyapeeth (2011)
- Head, Department of Physics, Mohanlal Sukhadia University, Udaipur from 2004-2007
- Coordinator, UGC SAP -DRS Programme Phase-IV from 2007-2008
- Coordinator, DST-FIST Programme from 2004-2009
- Officer Incharge, Examination results, Mohanlal Sukhadia University, Udaipur from 2001 to 2010
- Member in various Committees of UGC, New Delhi including Subject Expert Member of Major Research Project evaluation committee
- Member, Governing Council, UGC Inter University Accelerator Centre, New Delhi, 2008-11, Member, UGC SAP Advisory Committee, Department of Physics, Gujarat University, Ahmedabad 2010-2015, UGC Project Evaluation Committee 2012
- Member of Committee of Courses in Physics/Board of Studies in Physics of University of Rajasthan, JNV university, Jodhpur, Bansthal Vidyapeeth etc.
- Was a Technical committee member in the Committee for E-governance (Gram Darpan), State Govt. of Rajasthan
- Member/Deputy Co-ordinator Rajasthan Pre-Medical Test (Private) 2005, 2006, 2007, 2010
- Co-Ordinator, Rajasthan Pre-Medical Test (Private) 2011
- Deputy Co-ordinator, Rajasthan Management Aptitude Test 2006

Avid Web Solutions Family

Nishant Shrivastava (CEO), Anuradha Shrivastava (Director), Prashant Shrivastava (Director), Dinesh Purbia, Rahul Jain, Ms. Priyanka Goplani, Aditi Upadhyay, M.K. Jain, Aarti Kumari, Kishan, Jai Joshi, Jamna Shankar Mali and entire Avid Web solutions Family.

Mohanlal Sukhadia University Family

Sh. B.S. Detha (Honorable VC), Sh. H.S. Bhati (Registrar), Sh. D.N. Purohit (Compt.), Sh. Mukesh Barber (AR GAD), Dr. G. Vasita, Dr. R.C. Kumawat (COE), Sh. H.K. Meena (DR Exam), Sh. Dinesh Harkawat, Sh. S.L. Jain, Jitendra Bhatnagar, Virendra Singh.

Prof. Vijay Shrivastava, Prof. G.Soral, Prof. Anand Paliwal, Prof. Vinod Agarwal, Prof. Seema Malik, Prof. Farida Shah, Prof. B.L. Ahuja, Dr. Harsh Bhu, Prof. Kanish Sharma, Prof. Karunesh Saxena, Prof. Sanjay Lodha, Prof. Pradeep Tripathi, Prof. Anil Kothari, Dr. Kunjan Acharya, Sh. S.K. Gandhi, Sh. Bharat Vyas, Sh. T.S. Bohra.

&

Prof. I.V. Trivedi (Former Vice Chancellor), Sh. Shankar Lal Choudhary, Sh. Ashwin Parmar, Sh. Hamendra Parmar, Sh. Hansraj Choudhary, Sh. Vivek (ITI Ltd.), Ms. Priyanka Paliwal.