

RH & Much More

Health secrets

Charcoal Face Mask



The possible benefits you can get from using a charcoal facial mask in your skin care routine is positive effects on chronic skin issues, dry skin, oily skin, breakouts, blackheads, whiteheads, acne, hives, rashes, boils, skin abscesses, scars and even bites and stings and more.

Making a charcoal facial mask for skin care might not be something you have ever thought of doing, but the results can be so worth it. You do not have to stay to only using it on your face, you can use this mask on any of your skin.

Method: 1 1/2 tsp of activated charcoal powder 1/2 tsp of water (more or less)

1: Add the charcoal to a bowl or cup & slowly add the water to mix it properly.

2: Apply a thin layer of oil on your face (like coconut oil), then using fingers apply the mask evenly, You can use water to wet face first instead of oil if you prefer and if you do not want to use your fingers you can use a cotton ball or cotton round.

3: Let it set for 10 minutes to 30 minutes, some prefer to leave it on over an hour misting mask with water to keep it from drying and cracking.

4: When you are ready wash face with warm water getting as much of the charcoal mask off as you can. Next use a baking soda and warm water paste to wash skin to remove excess charcoal and black color.

5: Wash hands while mask is drying with baking soda and warm water, you will find baking soda gets the charcoal off skin rather well.

This charcoal mask works wonderfully on your skin and results are amazing.

Cook with Hritu

Cheese Puffs



Ingredients: cheese grated 1 cup, refined flour 1 cup, 1 cup milk, chillie flakes and salt according to taste, a pinch of baking powder, refined oil for frying.

Method: Mix cheese and flour with baking powder. Add milk slowly and make soft dough. Add salt and chillie flakes. Heat oil and deep fry cheese puffs.

Dip: mix mayonnaise, mustard sauce 1-1/2 tsp, chilli flakes, 2 tsp hung curd. Mix well and serve with hot cheese puffs.

Poetry Corner

Glittering stars in the sky

looking like sparkling diamonds
making a beautiful milky way
Stars are precious gifts of God
Plushy stars give me hope
to shine like them in this world
They are far from my world
giving me way to live each day
Swanky stars dance in the sky whole night
I see them move and budge around
Dawn flinches the shiny stars from my eyes
With a promise to come back
with more blaze n sheen.

-Neha Rose, California

National Seminar, 7 women will be honoured

Udaipur: A 2-day National Seminar is being held on 18th and 19th November by Aishwarya College of Education Institute at Aishwarya College premises situated in Vishwavidyalaya Marg. The seminar is about the growth of stability in working women.

Founder of the institute Dr Seema Singh said that in the seminar, women-related subjects like self-help in financial developments, role of NGOs, career opportunities, challenges of issues, organized and non-organized regions, entrepreneurship, science, technology & research, education & sports, talent in women, equality in work spaces, gen-

der-based attitude in work spaces, physio-social well-being, gender budgeting, confronting crime and violence, safety, government schemes on women empowerment and politics, etc. subjects will be discussed by subject experts coming in from Pune, Chennai and other states as they will share their experiences.

Conference secretary Dr Archana Golwalkar said that in this seminar, more than 100 participants and more than 65 research papers have been registered. Inauguration ceremony will be held on 18th November at 10:30 AM in which the chief speaker will be CSR head of Hindustan Zinc, Neelima Khaitan.

Hritu Sodhi

Vipul and Priya have two kids, Shreyas and Shreya. Both Vipul and Priya are working. Their kids usually stay alone after school. Maid is there to help these kids. Shreyas is 8 and Shreya is 5 years old. Priya mostly comes late in the evening. She is earning good and it's pointless to discuss over this issue that only women should sacrifice jobs to look after their children. One fine day Priya returned from office little early and what she saw was really horrifying. Her sweet home's front door was open. Her maid's boy friend was lying on the bed with maid. Shreyas was not inside. Shreya was crying and there were marks on her cheeks. I won't disclose the climax of the story here. I will leave this upto you to understand the whole situation. This is an era of science & tech-

nology. Emotions are being replaced by money and gadgets. Parents are paying high school fees of their children. Every other family travels by air. Children force their parents to take them abroad to spend quality time.

Luxuries have taken place of relationships. Kids don't like interference of their relatives not even their close ones. Everyone is in the race of earning money. We find it most difficult to give time to our loved ones.

I want to clear one thing before you jump into any conclusions. I am not against working women. I am a single mother of two young boys. I could not do touring jobs and business due to circumstances. I have my own story to tell but it's clear that what I had chosen was best and in favor of my kids. It's not easy till now to manage a home without mother. I think that if some one has enough

money to support family then at least one parent should choose to stay with kids.

Females often sacrifice their jobs after giving birth to their children. Actually nature has given us special features to do multiple jobs in one time. Mothers can stay at homes and do creative work till their babies grow up. Males can equally take part in making their kids lives easier. Safety and security of children are your biggest responsibilities. You have chosen to give them birth.

It's not important to give them money but it's really important to give them time, values and proper care at tender age. Have you ever thought of the crime rate which is getting high day by day?

This is not merely Vipul and Priya's story.

Every other couple is facing the same situation in metro cities. Nuclear families are growing

and in spite of all safety precautions being taken, we hear stories of crime with children quite often.

Creches are lifelines of young couples

where they drop their children in the morning and pick in the evening. They spend huge amounts to these creches with no guarantee of safety. Suman's 2 year's daughter was raped by a teacher in a creche.

What was her fault? There is no one who can look after of your children like you. My neighbour is very rich. Her

children have almost have every latest toy and gadgets. But I found her son Vaibhav lonely from inside.

He told me that he spends hours on his laptop but he really misses his mother's lap and stories. His loneliness has made him rigid, sometimes he avoids to sit with his family on Sundays too. My friend's daughter is 20 and my friend often goes to village to take care of her ancestral property. Her only daughter loves to spend time with friends of her age.

It's a crucial time for her and she needs her mother's love and guidances in every part of her life. My point of view may differ from many young couples but we must do something to solve this problem. After all kids are the future of our Nation. It's really important to give them secure future and safe society. Give your valuable time to your children and make them centre of your life instead of

money. Extra income can be generated by your skills at any stage but life of a kid will be destroyed completely without proper care. Time and tide never comes back. Luxurious homes can make your neighbours envy but home is not built with stones and furniture only. Living beings make it lively with their presence.

Most importantly we can live without luxuries in a simple home but we can't live without relationships. This is our Indian culture and let our kids should proudly show it to the whole world. If we give them time on right time, they will give us time in our old age. If we give them money, they won't be able to understand the value of love and the result will end in any old age home. After all we have to face old age where money can not give us happiness. The cycle of love and affection must goes on to create wonderful society.

By the way

Bal Diwas : Make kids the Centre of Your Life



Important to work for the country's future : DM



Udaipur: District Collector Rohit Gupta said that the young officers of Udaipur Round Table 234 definitely deserve to be congratulated who in the field of social works are doing a great job. An upper floor has been made in the government

school building to arrange for the seating of students and has addressed the problems of the staff. Everyone is willing to work in the city but a few come to a village so far from the city to work which is highly commendable.

In the Government Higher Secondary School situated in Badi, Rohit Gupta was addressing as the chief guest at a program organized by Udaipur Round Table 234. He said that under 'Swachhha Bharat' campaign, India must be made open defecation-free. All students must encourage villagers towards this.

On this occasion, he also asked the students about vocational tourism being made by the government in the government schools. He also asked the principal about the inconveniences in the school and asked him to bring reform in the related field.

Ambalal Gameti, Sarpanch of Badi, said that the time to time visits and works by officers of

Round Table India is praiseworthy. No compromise has been made regarding quality of works. Former sarpanch Hemlata Meghwal said that these works also encourage others to work for their country's future.

Chapter Vice President Husain Mustafa said that after adopting the school, they are committed to its complete development. Two classrooms have been readied on an expense of 12 lacs rupees.

Prior to this, District Collector Gupta inaugurated the newly-built building by cutting the ribbon. NCC Cadets also gave him the Guard of Honour. Kapil Surana welcomed the district collector.

"Montessori Ryanites Celebrated Grand-Parent's Day"

Udaipur: "The loveliest gift that God has given me is your love, dear Grandpa & Grandma"

A child's best friend is his/her grandparents. The Ryanites had a fulfilled day as they had their grandparents with them to celebrate a few moments of joy to express their love & gratitude towards them. The tiny tots gave a very warm welcome to their dances, sang melodious songs, had grabbed their attention with energetic rhymes & presented galvanizing skates show followed by puppet show along with story enactment. The grandparents equally enjoyed the event by energetically par-



ticipating in fun games, Antakshri & Rampwalk. The Ramp walk was a fantastic show that was enjoyed, performed & participated by all.

Lecture on computer technology

Udaipur: Mohanlal Sukadya University chemistry department on Saturday conducted lectures on computer technology in the medical field, Dr. Raghuranga swamy, Dr. Srodinga. Ravikumar shared their views on the computer program for cancer they were of view that computer technology reduces expenditure this therapy is very useful for researchers working in the field.

4 students selected

Udaipur: 4 students are placed in a Pool Campus Drive organized at AITS Campus. Mr. Sunil Sharma, Training and Placement Officer, AITS, Informed.

Farmers showed keen interest in technologies by MPUAT

Udaipur: Global Rajasthan Agritech Meet (village) was organized by the joint collaboration of Rajasthan Government and FICCI in the State capital Jaipur where aware farmers, various ministers of the State Government, politicians, academicians, etc. showed exceptional interest in various stalls by Maharana Pratap University of Agriculture and Technology (MPUAT). Governor Shri Kalyan Singh, Baba Ramdev and Agriculture and Farmers' Welfare Minister Shri Purushottam Rupala inaugurated the event in the presence of Chief Minister Vasundhara Raje along with a number of cabinet ministers. On this occasion, central minister of state Shri Rajyavardhan Singh, Shri Arjun Meghwal, Shri P P Chaudhary, Shri C R

Chaudhary, Home Minister Shri Gulab Chand Kataria, Agriculture Minister Shri Prabhulal Saini and other ministers, Israel's ambassador in India Daniel Carmen, FICCI, Mahindra, Jain Irrigation along with representatives from various corporate organizations, special guest, vice chancellors of Sate University of Agriculture and Animal Husbandry, scientists, officers, farmers, ranchers, etc. were present. Vice Chancellor, MPUAT, Prof Uma Shankar said that in this global convention and grand exhibition, various research of MPUAT, education and extension units played an important part where successful techniques of the university were displayed and the issues of the farmers were addressed.

Foundation Brick Of A Public Park



Udaipur: "Ryanite laid the foundation brick of a Public Park" Under the vision, 'Environment' of our mentor, the Ryanites adopted a garden in sector - 4.

The Ryanites felicitated the Chief Guest Mayor Chandra Singh Ji Kothari by offering an Uparna & batch pinning. They also sang the plantation song & welcomed the guests with

Tasty dish center "Chokhi Pet Puja" launched in Udaipur



Udaipur: New center "Chokhi Pet Puja" Fast Food Center was launched near Maya Mishthann in Ashok Nagar on Monday.

Udaipur Chamber of Commerce Udaipur Division's president Paras Singhvi and Ashok Nagar councillor Smt. Namita Tank inaugurated the center but cutting the ribbon. On this occasion, director of Chokhi Pet Puja, Ajay Jain along with Surendra Shrimali, Ashok Shah, Rajmal Jain, Rajendra Singh Hiran, Manish

Shrimali, B L Chittoda and many distinguished citizens were present.

Director of Chokhi Pet Puja, Ajay Jain said that it is the first such center in Udaipur where the residents of the city and tourists from various parts of the country and the world will be able to enjoy their favourite fast food at all times.

The menu includes vada pao, dabeli, sandwich, pizza, burger, samosa, kachori, pocha, 5-6 varieties of paani puri, tea of different flavours, etc.

Admission Open

Class:- Play Group, Nursery To VIII

The Gurukul School

(English Medium, Residential School)

Village Budhal, Udaipur, Mob. 9414168050

St. Jyoti Ba Phule Public School

(English Medium)

Facilities:- Bus, Play Ground, Indore & Outdoor games

Free Tuition fee & Stationary in R.T.E. Act

Add:- Purohiton Ki Madri, Highway Bypass, Udaipur, Mob. 9667206277

