

# HOW TO REMAIN HEALTHY AND BEAUTIFUL

*Sanjay Bond*

A little change in your daily routine can make you feel mentally and physically beautiful. Though beauty is said to be God's gift, it can be acquired by following few tips. Initially our food should contain all the essential nutrients. Only then we will be able to keep ourselves healthy and this in turn enhances our beauty. Make up is only external beauty but internal beauty comes through the food we take. Carbohydrates, minerals, proteins and vitamins enhance our beauty. The beauty products can never enhance our beauty permanently. A change in the daily routine can bring positive result.

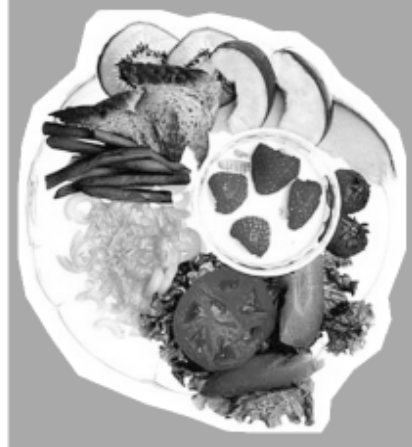
The main source of energy for the body is carbohydrates. The required quantity of energy to work is obtained from mineral rich food. Avoid taking food made refined flour, and junk food. The digestion process slows down when refined flour is consumed and sometimes it results in constipation. Such food intake results in pimples and acne. To enhance beauty and to keep the skin healthy one should take whole grains, cereals, food grains and fruits daily. Such food items contain fiber, which is good for health.

Proteins play an important role in man's life. Proteins are necessary for the proper growth of nails, hair, and skin. Deficiency of proteins results in hair fall and delicate nails and the skin becomes dry. To avoid these problems milk and milk products, egg, fish, food grains and dry fruits should be taken. Vitamins play major role in our body, vitamin K, B Complex, vitamin C, D and E gives positive energy to the body.

**Vitamin A** keeps our eyes and hair healthy. Vitamin A protects from skin diseases and oil in the pores keeps the skin healthy, smooth and wrinkle free. It also prevents dandruff. Lack of Vitamin A affects eyesight, makes the skin dry and wrinkles appear on the skin. It is necessary to consume carrot, milk, milk products, papaya, tomato, and green leafy vegetables in order to prevent these diseases.

**Vitamin C** produces collagen, which acts like skin tightening element to keep the skin firm. This vitamin keeps the skin healthy and prevents aging.

Vitamin C will be helpful and keep the gum strong, avoid bad



breath and bleeding of the gums. Sweat glands also can be controlled by Vitamin C and it also helps in controlling hair fall. One should eat leafy vegetables, sprouted grains, myrobalan, lemon and orange to avoid these problems.

**Vitamin B** Complex also plays an important role in our body and gives glowing skin.

Lack of these vitamins result in cracked bleeding lips. Graying of the hair, red pigments occur on the skin. To avoid these one should consume whole cereals, wheat, dry fruits, and green leafy vegetables.

**Vitamin E** is available in olive oil, milk, butter, whole cereals, green vegetables, and soybeans. It also helps prevents aging and prevents wrinkles.

Vitamin E protects from hair fall, delicate nails and dry skin. **Vitamin D** also plays a vital role in our life. Our bones, teeth and nails can be maintained with vitamin D. Vitamin

D is helpful in formation of phosphorus and calcium. Lack of Vitamin D results in weak nails and dental problems. Vitamin D can be obtained through the sunlight, butter, sprouted grains, and milk.

Phosphorus, calcium, magnesium, iron also play an important role in our daily life. These should be included in our food. They can be made available by consuming cere-

als, food grains, green leafy vegetables, milk and milk products, fresh fruits and dry fruits.

One should always remember that phosphorus and calcium helps in keeping the hair, nails, teeth and bones healthy.

Water also plays an important role in our life. It excretes waste materials from our body. Adequate quantity of water helps in indiges-

tion and also purifies the blood. Consumption of less water results in wrinkles, dryness of the skin, constipation, hair fall and pimples.

To conclude we can say that pranayam, Yog, meditation can bring noticeable change in the daily routine. It keeps the body trim and fit, helps in circulation of blood and reduces fats. The body is filled with divine energy with meditation.



## DEEPAWALI

**Ved Prakash Arya**

In this modern age or Kalyug, the inherent meaning of Deepavali is lost and the actual importance of this festival is not realized. Deepavali is a festival, which is being celebrated since the Vedic period and its importance has increased the significance of the holy month – Kartik corresponding with September and October months of the English calendar.

These days people give more importance to material gains, gifts etc. Cleaning the house, lighting the lamps, distributing sweets and playing cards have become the main attraction of this festival. As Vijayadashmi, Deepavali too has a historic story related to it and has an intense meaning in its celebrations. It is said that when Lord Rama returned to Ayodhya from exile, people were very happy and celebrated Deepavali joyfully. This festival is being celebrated for the several ages and since then Deepavali festival is celebrated every year in the Hindu month

Kartik.

As our history conveys human beings were categorized into four groups – Brahmins, Kshatriyas, Vaishyas and Shudras. Holy cow and Banyan tree are considered to be in the Brahmin category. There are many festivals associated to each category, which have their own importance. Like Chaturvarsh system is found in Aryan's festival, Sravani Upakarma is known as Kshatriyas festival. Deepawali festival is related to the Vaishyas and it is known as the Vaishyas festival because agriculture, commerce and Lakshmi - goddess of wealth, are worshipped in this festival. People celebrate by offering all agricultural products reaped after the harvest and perform Yagna. At the time of Deepavali people perform Yagna, by offering the new harvest to the fire god. Sweets are distributed. New ac-

count books are maintained and it is the beginning of the New Year as well as financial year. This clearly exhibits its commercial aspect.

There are some differences and similarities between the four classes or Varnas. Though every human inherits all qualities from birth but it is believed that a particular category has certain prominent characteristics. For example Brahmins are known for their wealth, Kshatriyas for their bravery, Vaishyas for their prosperity and Sudras are known for their ability to work. All the four categories live united in one society.

*"Tamaso ma Jyothir gamaya"* (Lead us from dark to light) is the actual concept of Deepavali and this should be practiced. The bad deeds should be rooted out from this world. People should enlighten their society with the lamps of knowledge to terminate the evil and destroy the darkness of ignorance.