

Rice flour for glowing skin

Shahmas Husain

Chawal Ka Atta or rice flour is organic, healthy, and effective skincare ingredient that is affordable and suitable for all skin types. Rice flour has been used for centuries in traditional beauty rituals, to exfoliate and brightens the skin and protect against ultraviolet (UV) rays. It is packed with vitamins, minerals, and antioxidants that can work wonders for your skin. This humble ingredient, commonly used in Indian kitchens, reduces excess oil, soothes irritation and gives you clear and glowing skin.

It is a superstar beauty product that has the power to cleanse your skin and moisturise it thoroughly. The antioxidants present in rice flour nourish and repair your skin. Incorporating rice flour face packs into your skincare routine will act as anti-inflammatory and antioxidant agents that function to prevent skin ageing, reduce UV damage, promote skin lightening, and improve skin and hair regrowth. It is a magic ingredient that can make your skin soft, bright and supple, remove stubborn tan, get rid of discoloration or blemishes on the face.

In oily skins, it helps to deep cleanse the pores and keep them free of clogged oil, thus preventing problems like blackheads, pimples, and acne. It contains allantoin and antioxidants, which have many healing and soothing properties. For centuries, rice powder has been used as a natural exfoliating ingredient manufactured from rice seeds. The grains from rice powder have been used to achieve clearer, smoother skin. Due to its spherical shape and size, rice powder gently polishes the skin without causing irritations.

It is ideally suited to oily skin and is

effective as a facial scrub. It helps to deep cleanse the skin and unclog the pores, discouraging and dislodging blackheads. It removes dead skin cells, tightens the pores, and brightens the skin. Mix rice powder with curd and a pinch of turmeric and use it as a facial scrub. Apply on the face and rub gently on the skin with small circular movements. Wash off with water. Rice powder can also be added to 'Ubtan' or body scrubs, along with gram flour, curd, rose water, powdered lemon, orange peels, etc.

Mix three tablespoons milk powder with 5 tablespoons brown rice flour. Blend in one tablespoon olive oil (leave out if your skin is very oily). Stir in rose water gradually until you have a thick paste. Apply to the face, then allow to air dry for 10 to 15 minutes. Apply a bit of water to loosen up the mask, then gently rub it to exfoliate the skin. Rinse with fresh water and tone the skin.

Mix one tablespoon of rice flour, one teaspoon of oats, and one teaspoon of honey in a jar and add two teaspoons of milk to make of paste of smooth consistency. Apply this pack on your face and uncovered areas, allow it to dry naturally and wash off with lukewarm water.

Take two tablespoons of aloe vera and one tablespoon of rice flour. Mix to form a thick paste. Apply and let sit for 20 minutes. Rinse off and moisturize. This face pack works actively towards removing the dead skin cells and all the impurities that clog the pores and contribute to damaged and dull skin.



Exfoliating with rice powder may be used in many other ways for beauty care. You can mix one teaspoon of rice powder with a half teaspoon of coconut oil and massage it into your skin on the face and neck for an anti-ageing treatment. This would be suitable for normal to dry skin.

Skin type should be kept in mind during exfoliation. Dry skin may be exfoliated only once a week. If there is any sensitivity, like dry rough, and reddish patches, the skin should not be exfoliated. Exfoliation helps oily skin, as it refines the skin texture and helps to keep the pores free of clogged oil. For oily skin can use scrubs or cleansing grains two or three times a week. For blackheads, rice powder can be mixed with rose water and used. However, if there are pimples, acne or rash, scrubs should not be used on them.

Too much exfoliation, especially on dry skin, can lead to skin sensitivity. In such cases, avoid exfoliation for some time. A soothing cream may be applied. Sometimes cold milk may help to soothe the skin. If there is a rash, a little rose water can be mixed with sandalwood paste and applied. If there is any itching, it should be referred to a dermatologist.

After exfoliation, tone the skin with rose water or a rose-based skin tonic. A cold compress with chilled rose water or skin tonic may be given, using cotton wool. Then a protective cream should be applied. If the skin is dry, a moisturizer should be applied. If one is going out in the sun, apply sunscreen after exfoliation.

Mini's Food Fundas

Sweets Go Gourmet



Mini Ribeiro

An independent food critic and columnist, will be acquainting readers with the latest food and beverage trends based on personal insights and experiences

Traditional Indian sweets that flood the market during the festive season, reign supreme, yet, mithai is going gourmet with some innovative offerings

Sweets are an integral part of our festivities in India. No celebrations are complete without laddoos, barfis, pedas, jalebis, rosogullas. But nowadays, times are changing and people are careful about what they eat and the portion size too. Copious amounts of ghee and sugar, were the hallmark of Indian sweets, but sadly the takers are reducing and perhaps, rightly so.

Bite-sized, smaller portion sweets are thus, thankfully doing the rounds and have in fact become a norm. As a compulsive sweet eater, with an incorrigible sweet-tooth, I am relieved as well.

Sweets may have reduced in size, but the flavour quotient has been elevated with

interesting twists. Normal is considered boring now. A chocolate barfi or a rose Sandesh won't do any more. People seek interesting flavours. Yes, the sweet aroma of cardamom, the heady notes of rose, the rich essence of saffron, are still sought after, but integrated in an unconventional manner.

Ghevar stuffed with rasmalai, coffee-infused Mysore Park, Motichoor gateaux, Guland peda, sugar-free Anjeer barfi. The list of exotic sweets is endless.

Traditional sweets have a charm that is unmatched yet, a contemporary spin to some of these sweets is welcomed by gourmands. Unusual flavour combinations, unique techniques, or a new presentation or even an eclectic fusion, adds an oomph factor, which is irresistible. The visual appeal is enhanced and naturally, neatly packed in fancy boxes, these sweets look more enticing for a buyer, as well as apt for gifting.

The tribe of health-conscious people is fast increasing and many don't relish cloyingly sweet mithai anymore. They prefer these less sweet, substituted by natural sweeteners like dates, berries, figs, jaggery, honey. Even non-sweet lovers are ready to take a plunge and try these. The sizes too have consequently shrunk and people enjoy them guilt-free.



A dulce de leche peda, is what I ushered in my festive season with and it was an absolute delight for the taste buds. Rich, creamy yet, notched up in flavours and thus, much more appealing. What's more champagne has made it to laddoos too, apart from chocolates, am told.

The greater the innovation, the more uber luxury the sweet becomes and commands a higher price. And there are takers, believe me.

Halwais and mithai shops are keeping the tradition intact by adhering to the core recipe, but adding a modern twist to it which makes it relevant for Gen Z too. Yet, the first bite, must evoke nostalgia and emotions, as mithai on festivals is all about childhood memories.

Besan, saffron, khoya, milk, nuts – the ingredients primarily remain the same, but additions are made to enhance the flavours, sometimes, even western ingredients. A cranberry pista almond laddoo, sounds fancy and tastes even better. Jalebi Panna Cotta is equally a delight, as is a Motichoor rabdi parfait.

A Shrikhand Cannoli that I tasted recently, blew my mind. Quite traditional at heart, when it comes to sweets, I gave this a try and I was in for a surprise. Filled with shrikhand and ricotta cheese, the cannoli was perfect in texture and flavours and executed professionally.

The festive season is synonymous with indulgence, but today, given the options available, there is something for every palate. Millets have seeped into sweets as well, and Barnyard millet and Amaranth laddoos, Ragi laddoo with dates, Vegan ragi laddoo, are available for those, who want to indulge, but in a healthy way.

Adding a touch of modernity to Indian mithais, doesn't hurt, but instead makes them more alluring. Go gourmet this Diwali, enjoy an Apple crumble gujiya or a Gulab jamun Thandai mousse maybe?

VMSIHE honoured with the International Green College Award 2024



VMSIHE Institute of International Hospitality Education (VMSIHE) has been awarded the prestigious 'International Green College Award 2024' for its remarkable contributions to environmental sustainability and for instilling eco-conscious values among its students. The recognition was presented at the 8th NYC Green School Conference 2024, Cornell University New York and hosted by Green Mentors.

This award highlights VMSIHE's unwavering commitment to fostering a sustainable learning environment, promoting environmental awareness, and inspiring the next generation to become responsible stewards of the planet. The institute's

efforts align with the Greening Education Partnership of UNESCO, preparing every learner to be climate-ready.

The International Green University Award jury commended VMSIHE's holistic approach to sustainability, praising its integration of eco-friendly practices in both campus life and its curriculum. The institute has been at the forefront of green initiatives, focusing on energy efficiency, waste management, water conservation, and environmental education.

Prof Irfan Mirza, director and principal of VMSIHE, expressed his pride and gratitude, stating, "We are deeply honoured to receive this recognition. This award is a testament to the dedication of our faculty, staff, and students in championing sustainability. At VMSIHE, we believe that education is a powerful tool for shaping a sustainable future, and we are committed to continuing our efforts to promote environmental stewardship."

VMSIHE's environmental initiatives include sustainable food practices, eco-friendly campus infrastructure, and active participation in local and global environmental campaigns. The institute regularly engages students in hands-on projects that focus on sustainability, encouraging them to adopt green habits both on and off campus. This recognition highlights VMSIHE's commitment to sustainability, inspiring others to adopt sustainable practices in their educational frameworks.

Day of Mass Media Apostolate celebrated at Our Lady of Piety Chapel, Cuncolim

The annual Archdiocesan Communication Day or Day of Mass Media Apostolate was celebrated at Our Lady of Piety Chapel, Panzorcone, Cuncolim, along with the Media Mission currently going on in the Chapel. Fr Dominic Savio Rodrigues, the chaplain of Our Lady of Piety chapel, Panzorcone was the main celebrant for the occasion.

In his introductory message, Fr Dominic acknowledged the wonderful work the Diocesan Centre for Social Communications Media, Goa is doing in the Archdiocese and offered his best wishes and prayers for the success of this work and urged the people to make the best use of all the initiatives and opportunities offered by the Communication centre.

Fr Barry Cardozo, director of Diocesan centre for Social Communications Media, who along with a team of priests, is conducting the media mission in the chapel thanked Fr Dominic for inviting him and his team to conduct this media education program. Explaining the significance of this programme, Fr Barry placed the present scenario of technological advancement in the world and the importance of knowing the best ways to use these technologies safely. He envisaged that the Media Mission is organised to help us improve our interpersonal communication skills within family, society and also to educate ourselves in the safe and beneficial use of modern

communication technologies.

The novena day being dedicated to the youth Fr Barry gave some tips to the youth to enhance their interpersonal communication skills and highlighted how to safely use social media platforms. He empowered them with some practical suggestions to avoid being victims of cyber bullies, scams and other malpractices on social media. Finally after mass, Fr Dominic and the Confraria committee members thanked



PIC: INACIO NORONHA

the Diocesan Communication Centre for celebrating the Diocesan communication day in their chapel. Fr Barry expressed his gratitude to the Chaplain, the committee and especially to the Archbishop and Auxiliary Bishop of Goa and all the close collaborators of the Centre.

Family retreat

A family retreat will be held on the theme, 'Peace I leave with you; my peace I give to you...Do not let your hearts be troubled, and do not let them be afraid' John 14:27. The three-day retreat will be led by Fr Antony

Parankimalil, VC, Divine Retreat Centre, Rwanda, Fr Shinu Poulouse VC, Director, Divine, Nuvem and with melodious worship music by All For Jesus Band.

Venue: Divine Retreat Center, Nuvem

Date: October 25 to 27

Time: 10 am to 4 pm



Applications for Annual Dalgado and other awards

The prestigious yearly awards – Dalgado Puroskar 2024 will be conferred at a ceremonial function on eight individuals who have excelled in literary, cultural and other fields, and who have helped in preserving and promoting Konkani literature in Roman Script and preservation of culture and heritage of Goa.

The awards are in the following categories, Dalgado Sahityik Puroskar, Dalgado Sonskrutik Puroskar and Dalgado Romi Konknni Seva Puroskar are the main awards. The nominees for these three categories should be sixty years and above. For the Fr Freddy J Da Costa Potrkarita Puroskar, the nominee should have contributed for Romi Konkani at least for 15 years in the field of journalism.

For the Prabhakar Tendulkar Konknni Sonstha Puroskar, the nominee institution should have worked for Romi Konkani for at least 10 years. For the Joel D'Souza Daiz Puroskar, the nominee should have worked for the preservation of Goan heritage. For the Dalgado Tornatto Puroskar, the nominee should be below 35 years of age and have published at least one book. The nominee should have worked in different fields of Romi Konkani to qualify for the Berta Menezes Ostori Puroskar. Dalgado Konknni Akademi invites applications with bio-data along with the supporting documents.

Venue: Dalgado Konknni Akademi Office, Old Education Department, 18 June Road, Panjim
Date: Last date to submit application is October 23

Herald Gaming Console

Dilbert

WHY DO I NEED TO BE IN THE OFFICE WHEN I CAN DO MY WORK AT HOME?
WHEN YOU ARE HOME, I CAN'T GET MY HIT OF DOPAMINE FROM BOSSING YOU AROUND.
WHAT? GO RE-CONFIGURE SOMETHING.

Garfield

I LOVE THE LAZY DAYS OF SUMMER
AND FALL, AND WINTER AND SPRING

Wizard of id

ROUGH DAY AT THE LAB
I'LL NIX THE SALT IN THE MEATLOAF

crossword 4669

ACROSS
1- Video game pioneer; 6- Greek peak; 10- many words; 14- Bishop's headdress; 15- Mindy of 'The Facts of Life'; 16- Drinks (as a cat); 17- Unescorted; 18- Tortoise racer; 19- Foil alternative; 20- Macho types; 21- Performed surgery; 23- Itsy-bitsy; 25- Glob of gum; 26- Part of an eye or camera; 29- Female servant; 32- Leaves out; 37- Earth-friendly prefix; 38- The majority of; 39- Trifles; 40- In spite of; 43- Certifiable; 44- Untidy condition; 45- Compass point opposite WSW; 46- Gallows loop; 47- Warmth; 48- Ice cream brand; 49- ___ v. Wade; 51- May I help you?; 53- Large percussion instrument; 58- Stagnant; 62- Heap; 63- A Chaplin; 64- George of 'Just Shoot Me'; 65- Greek love god; 66- Bridle; 67- Weird; 68- Mid-month time; 69- Concordes; 70- Campfire treat;

DOWN
1- Eastern nanny; 2- Scrabble piece; 3- Elemental unit; 4- Continues a subscription; 5- 'Goodnight' girl; 6- Cuatro doubled; 7- Work up lather; 8- Astute; 9- The end of ___; 10- Belinda Carlisle's 'Should You In?'; 11- Back of the neck; 12- Put the pedal to the metal; 13- Sugar suffix; 22- Decorates; 24- Ham it up; 26- Bolshevik leader; 27- Low-budget prefix;

solution 4668

A	L	A	S	A	C	R	E	U	L	N	A
L	A	T	H	M	E	E	T	S	P	O	O
M	I	N	I	U	R	B	A	N	T	O	T
S	T	O	A	S	E	A	E	M	O	T	E
T	E	E	S	C	A	A	N				
T	E	S	T	T	A	K	E	O	V	E	R
A	R	G	U	E	S	E	R	E	W	I	R
T	E	R	A	N	E	A	R	S	I	T	
T	A	E	L	P	A	N	T	A	L	I	C
A	T	T	E	M	P	T	S	E	V	I	T
G	O	E	S	S	L	A	B				
P	A	N	A	M	A	R	E	D	R	I	N
E	D	E	L	R	E	E	V	E	A	L	E
R	I	E	L	S	I	N	E	S	R	E	A
T	I	T	T	I	S	O	R	T	Y	A	R

sudoku 4669

			2	3		4	5				
										8	
	9		4								
					8	7	2				
9	8							3	6		
	7	1	3								
						7			1		
5											
3	2		8		5						

Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4668

5	7	4	3	9	8	2	6	1
3	9	1	7	6	2	5	4	8
2	8	6	1	4	5	7	9	3
7	3	2	6	5	1	9	8	4
1	6	9	8	2	4	3	7	5
8	4	5	9	3	7	1	2	6
4	2	3	5	7	6	8	1	9
6	5	8	2	1	9	4	3	7
9	1	7	4	8	3	6	5	2