

Winter foods for glowing skin

Shahnas Hussain

Winter brings with it a host of challenges of maintaining healthy, hydrated, and glowing skin. This can be especially a task for those dealing with dry skin. During winter, our skin needs extra care to stay hydrated and healthy, eating foods that will nourish and protect your skin in this weather is important. While creams and serums act on the outside, what you eat has a direct impact on what your skin looks like.



SPINACH

Spinach and other leafy greens are packed with nutrients that help improve the appearance of your skin. Drinking spinach juice is a popular way to get a concentrated dose of the health benefits of spinach, which include radiant, supple and glowing skin. Vitamin C protects your skin against oxidative stress, inflammation, and skin damage, all of which can accelerate signs of aging.

Fresh spinach juice made with apple is known for its cleansing abilities as it purifies the blood and



BLUEBERRIES

Blueberries contain antioxidants which help in the formation of collagen, promote younger-looking skin and keep the skin moisturised. Blueberries consumption, both internally and externally, can give you better skin, and can help reverse and prevent these signs of aging. They help to neutralize the free radicals that can cause so much cell damage, and this cell damage leads to saggy skin, wrinkles and early signs of aging.

Blueberry face mask is a match made in heaven for your skin. Take 3/4 strawberries, 5-6 blueberries, 1/2 avocado and a few drops of lemon juice. Mash all ingredients together until you get a smooth paste. Apply liberally on the face avoiding your eye area. Leave for up to 30 minutes then rinse off with lukewarm water.

For youthful skin, take 6-7 blueberries, half a teaspoon olive oil, 1 tablespoon multani mitti and 1 teaspoon honey. Blend all these ingredients together to form a thick paste. Apply this paste on your face smoothly. Leave it for 20 minutes. Rinse with lukewarm water. Repeat once a week for best results.



CARROT

In addition to their sweet flavor and satisfying crunch, carrots are packed with beta carotene, vitamins, minerals and antioxidants. The vitamins and antioxidants present in carrots promote cell regeneration, which can help to improve your skin's tone and texture. The beta carotene in carrots brighten your skin texture and make it glow. Regularly

consuming carrots leads to a healthier complexion as they hydrate and may reduce the visibility of wrinkles. Carrot juice benefits skin by reducing the appearance of hyperpigmentation in the skin and promoting antioxidant activity while providing added UV protection.

Add baby carrots in your salads for improving skin health effectively.

eliminates accumulated toxins from the cells. When your foods contain the right amount of iron, it can reduce the look of pale, dull skin. For each cup of spinach, you'll consume five ounces of water. Spinach can help combat acne when used as a spinach face mask. Just soak spinach in water, then apply it on your face for about 30 minutes and wash with clean, fresh water. By doing this, your skin's dirt, oil, and inflammation will be removed.

Beetroot, also known as beets, are extensively used for beauty properties. Packed with essential vitamins, minerals, and antioxidants is gaining popularity in the skincare spectrum. Beetroot offers fabulous benefits for your skin by tackling everything from wrinkles and pimples to dark spots and dullness. Rich in hydrating and nourishing properties, beetroots are the natural solution to achieving the radiant and flawless complexion.



For beetroot and aloe vera gel, take a beetroot thick paste. Add some aloe vera gel and mix it gently. Apply this paste for 30 minutes and rinse it off with cold water to see the fresh change. It is beneficial for dry skin.

If you have oily skin than you may apply beetroot face mask. Take 2 tablespoons of beetroot powder, 1 tablespoon of Multani mitti, and 2 tablespoons of rose water and make a paste. Apply this paste and leave it until it gets dried up completely and then simply wash it off with fresh cold water. Beetroot juice is rich in iron, folate, and vitamin C which can give skin a rosy, radiant glow. It helps purify blood and eliminate toxins, resulting in brighter, more even-toned skin with fewer blemishes.

Beetroot

For beetroot and aloe vera gel, take a

Saligao Market

Enjoy a trip down memory lane at the Made in Saligao Community Market as traditional games will take over the weekly market. Traditional games like cycle tyre & stick, marbles, stones,

7 tiles, gilli danda, dog and the bone, tug of war, biyani and hopscotch will be played.
Venue: Saligao Institute, Saligao
Date: February 18
Time: 5 pm to 8 pm

Spiritual Concert 'Bhorvanxeachim Yatrekaram'

St Thomas Parish Catechetical Association, Aldona is all set to stage the much awaited spiritual concert 'Bhorvanxeachim Yatrekaram' (Pilgrims of Hope). The concert is centered around the Jubilee theme 2025 'Pilgrims of Hope' - a theme given by Pope Francis. The presentation involves spiritual songs, dances enactments and performances unfolding into many spiritual scenes and artistically performed by

the Sunday school children and the children's choir 'Sweet Voices of St Thomas', under the leadership of the parish vicar Fr Tomas Lobo and with the support of the assistant parish priest Fr Agnel Simoes, catechists, parents and parishioners. The spiritual programme will be presided over by His Eminence Filipe Neri Cardinal Ferrao, Archbishop Goa and Daman. A souvenir will be released at the hands of the chief guest.

Venue: Kala Academy, Panjim
Date: February 18
Time: 6.30 pm

Fr Saturnino Almeida awarded at Sakaal Sanman 2025

Fr Saturnino Almeida, a member of the Society of Pilar, was felicitated with a prestigious Sakaal Sanman 2025 award, for his exceptional and dedicated service in the field of education, at a glittering awards ceremony held at Bandra, Mumbai. The honour was bestowed upon him by the Information and Broadcasting Minister, Ashish Shelar, in the presence of the Maharashtra Chief Minister.

The Sakaal Sanman 2025 awards recognized Fr Saturnino's remarkable journey, from being a key

member of the Agnel Ashram community that established Fr Agnel School in Vashi in 1982, to developing a premier educational Complex. In 1968, Fr Saturnino came to Mumbai and made a foray into the field of Education and Community service. In 1982, when Fr Agnel Multipurpose School was established in Vashi, by Fr C Rodrigues, Fr Saturnino came to Vashi, Navi Mumbai with his mentor Fr Orlando Rodrigues.

Fr Saturnino over the past 43 years has been a pillar of

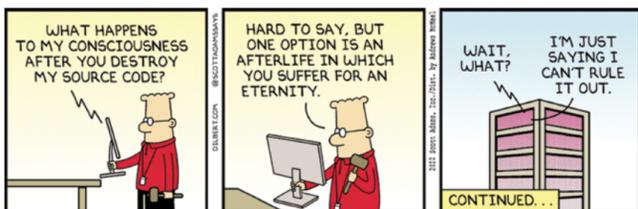
strength and an iconic mentor. From the principal of the school to the managing director of the Agnel Education Complex and the Regional Head of the Agnel Region, has played his role to perfection as an inspirational leader. Today, he is one of the Councillors to the Superior General of the Society of Pilar.

Fr Saturnino has always fostered innovation and growth. For the past 30 years, he has also been the President of Navi Mumbai Area Schools Association and has undertaken path breaking initiatives and collaborative ventures bringing all schools of Navi Mumbai on one platform. He also served as the vice president of the Maharashtra Basketball Association. The saga of his contributions continues even today.



Herald Gaming Console

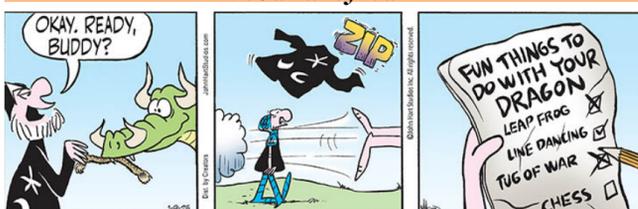
Dilbert



Garfield



Wizard of id



crossword 4771



ACROSS
1- Gillette razor; 5- Flying start?; 9- Actress Charlotte; 12- James of 'The Godfather'; 13- Crystal ball users; 15- In a minute; 16- 'Born Free' lion; 17- Slowpoke; 18- Desire; 19- Shrimp dish; 21- Vagrant; 23- Simplicity; 25-Final Four org.; 26- Angel dust; 29- Former Fords; 31- One or the other; 35- Musical aptitude; 36- George of 'Just Shoot Me'; 38- Depart; 39- Large cat; 41- Strong blue cotton fabric; 43- Regrets; 44- Scout unit; 46- Postpone; 48- Explosive letters; 49- Cushion, as a blow; 51- Steak order; 52- Little green men; 53- Type of song, to be sung solo; 55- Pessimist's word; 57- To disconnect; 61- African fly; 65- Persia, today; 66- God of Islam; 68- ___ go brag; 69- Achy; 70- Capital of Japan; 71- Social misfit; 72- 1860s insignia; 73- 'Pure Guava' band; 74- Canonized Fr. women;

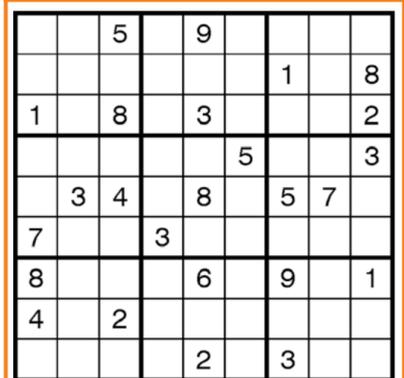
DOWN
1- Breezes through; 2- Apply powder to oneself; 3- Tabula ___; 4- Make ___ for oneself; 5- Aided; 6- Bard's nightfall; 7- Authentic; 8- Betelgeuse's constellation; 9- Laugh heartily; 10- Top-of-the-line; 11- ___-acte; 14- Pizzeria order; 15- Knitted jacket; 20- Buddies;

22- Follow; 24- Created a border; 26- Raw hides; 27- City on the Nile; 28- Evidence; 30- Less bananas; 32- Terre ___; IN; 33- Incident; 34- Takes five; 37- Pale purple; 40- Zero; 42- Long-distance race; 45- Lima's land; 47- Itches; 50- Try to bite; 54- Permit; 56- Mall frequenters; 57- Frisbee, e.g.; 58- Greek love god; 59- Irene of 'Fame'; 60- Actress Sommer; 62- Waste allowance; 63- Father; 64- Breaks off; 67- Answer to a sea captain;

solution 4770

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

sudoku 4771



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 4770

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