

The magic of warm ghee water



Beginning your day with a small amount of ghee in warm water is considered a healthy and beneficial practice, recommended by both Ayurveda and modern medicine. Most of us love ghee as a food ingredient, but it is more than just that. It has many hidden qualities that can help our overall health. It is highly nutritious, containing fat-soluble vitamins like A, D, E, and K, along with essential fatty acids. This article explores the many such benefits of ghee with warm water for our body. Add this to your diet to achieve these remarkable health benefits.

IMPROVES DIGESTION

Ghee has butyric acid, the fatty acid that helps improve metabolism and the process of breaking down food. Being a rich fat source, ghee triggers the release of bile from the gallbladder, which aids in the emulsification and digestion of fats, making overall digestion smoother. It also acts as a natural grease, making the digestion process smoother.

AIDS IN WEIGHT LOSS

Struggles with weight loss can be a little eased with warm ghee water. While the general perception of ghee is that it is a fattening food, if taken in the right amounts and not more or less, it can reduce body fat to a great extent, especially abdominal or belly fat that is difficult to lose. Ghee has conjugated linoleic acid (CLA), which aids in the elimination of stubborn fat.



AIDS IN HORMONAL BALANCE AND REPRODUCTION

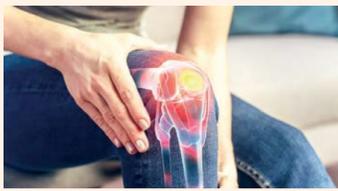
The anti-inflammatory nature of ghee helps in reducing menstrual cramps, bloating, and fatigue during periods. Regular ovulation and hormonal balance are also aided by regularly consuming ghee in moderate amounts. Ghee helps in the production of reproductive hormones like estrogen and progesterone, helping in regulating menstrual cycles and PMS.

GOOD FOR MEMORY

As per Ayurveda, ghee is good for memory. It improves the cognitive functions of the brain, like memory, concentration, mental alertness, learning abilities, and more. Butyric acid in ghee has neuroprotective benefits, which help in reducing brain inflammation. Drinking it with warm water can help in proper absorption, providing more mental clarity and energy.

IMPROVES JOINT HEALTH

Vitamin K2, which helps in the absorption of calcium into the bones, is abundant in ghee. This helps in keeping the bones strong and healthy. In Ayurveda, ghee is believed to aid in the removal of Ama, the toxic buildup that can accumulate in the joints and lead to inflammation or discomfort. Additionally, ghee supports the production of synovial fluid, the body's natural joint lubricant that helps maintain smooth and pain-free movement.



GREAT FOR SKIN

Ghee helps nourish the skin and naturally provides moisturization for the skin. Essential fatty acids, antioxidants, and Vitamin E present in ghee make it an ideal option for skin health. It enhances skin elasticity as well. Having ghee water regularly can help reduce dryness of the skin and improve the overall texture of the skin.

Top 5 summer snacks to stay cool

Beat the heat with more than just full-course meals—snacks are here to chill you out! Relish these delightful and healthy snacks this summer to make the season refreshing, flavourful, and full of guilt-free indulgence.

FRUIT POPSICLES

These icy snacks can be made from water-rich fruits like watermelon, berries, mangoes, or oranges, which help keep you hydrated in the extreme heat. They are packed with vitamins, antioxidants, and fiber, especially if a whole blended fruit is used. This offers the option of customisation as well; one can mix and match fruits, add yogurt for creaminess, or even herbs like mint or basil for a gourmet twist. Unlike store-bought ones, homemade popsicles let you skip refined sugars and use natural sweetness from fruits or a touch of honey.



TRAIL MIX WITH DRIED FRUIT & NUTS

Trail Mix with Dried Fruits and Nuts is a classic, nutrient-packed snack that's ideal for summer adventures and quick bites. It is loved for its portability, long shelf life, and the perfect blend of energy-boosting ingredients. Often, extras like dark chocolate, coconut flakes, or whole-grain cereal are added. There are many different flavours of this. A tropical mix can be made from dried mango, coconut flakes, macadamia nuts, and banana chips. A savory mix can be made from roasted chickpeas, spiced almonds, pepitas, smoked paprika, and more.



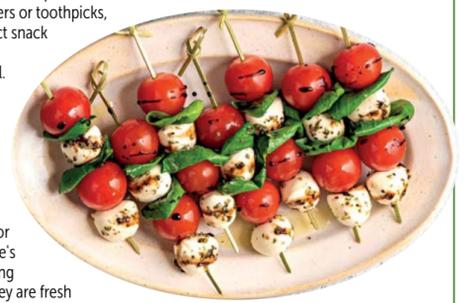
GREEK YOGURT PARFAITS

Greek Yogurt Parfaits are a versatile summer snack that combines layers of creamy Greek yogurt, fresh fruits, and crunchy toppings. They're easy to prepare, visually appealing, and packed with nutrients, making them both indulgent and healthy. Numerous flavor variations can be tried, such as Tropical Delight, which includes Greek yogurt, pineapple, coconut flakes, and mango, or Berry Bliss, which includes mixed berries, almond granola, vanilla yogurt, and more.

CAPRESE SKEWERS

Caprese Skewers are a simple, elegant, and refreshing summer snack inspired by the classic Italian Caprese salad. Served on skewers or toothpicks, they are a perfect snack option or a light appetizer as well. Typically, they include cherry or grape tomatoes, fresh basil leaves, mozzarella balls, and more. They are great for summer, as there's not much cooking required, and they are fresh

and light. Swap mozzarella for vegan cheese if you're dairy-free. You can try heirloom cherry tomatoes for a colour variety as well.



SMOOTHIE BOWLS

For a fun twist on traditional smoothies, you can make them thicker than usual, allowing for toppings like fruits, nuts, seeds, granola, and even nut butters, giving them texture and making them perfect summer snack options. The key to achieving a thick, spoonable texture is using frozen

fruits. Bananas, berries, and mangoes work well. Smoothie bowls are not just a healthy snack or breakfast; they are a full sensory experience, offering not only health benefits but also a fun way to play with ingredients and create something visually beautiful. They're versatile, easy to make, and incredibly satisfying.

International conference on 'Innovations in Social Sciences: Interventions, Challenges & Future Trends'



M.E.S. Vasant Joshi College of Arts & Commerce organized an International Conference on "Innovations in Social Sciences: Interventions, Challenges & Future Trends" in association with IQAC and the RDI Cell of the College, on 16th April 2025.

The conference commenced with an inaugural ceremony. Dr. Yasser Hussain compered the function. Principal Dr. Manasvi M. Kamat extended a warm welcome to the dignitaries and participants. Organising Secretary Dr. S. Susan Deborah presented the concept note. Professor M. K. Janarthanam was the Chief Guest. The Keynote Address was by Professor Lakshmi Subramanian. The President of the Inaugural Function was Lalita Joshi. Mementos were presented to



the guests, and the vote of thanks was delivered by Dr. Freda Cota e Pereira, Convenor of the conference.

A panel discussion on "The Future of Social Sciences in the Contemporary World" was held next, moderated by Professor Divya Singhal. The panel featured Professor Solano Jose Savio Da Silva, Professor Pranab Mukhopadhyay, Professor

R. P. Pradhan, and Keynote Speaker Professor Lakshmi Subramanian. Dr. Vipul Mathur spoke on Artificial Intelligence in research.

Post-lunch, the conference featured parallel paper presentation sessions across three tracks: Psychology & Sociology, Economics & Commerce, and Tourism & Environment. A total of 55 papers were presented.

Each session was chaired by subject experts Professor Janet Fernandes, Professor Seema Rath, and Professor Nandkumar N. Sawant.

The event concluded with a valedictory session, graced by Professor Nandkumar N. Sawant, Professor Seema Rath, and Professor Janet Fernandes. Organising Secretary Dr. S. Susan Deborah delivered the final vote of thanks.

Repeat show of 'Crescendo'

On the evening of February 27th, at Ravindra Bhavan, Margao, "Crescendo," a music and dance fusion, a live concert headlined by the acclaimed music maestro Rev. Fr. Peter Cardoso, SFX, was held. The event attracted a diverse audience of music lovers. Their repertoire included original compositions as well as creative arrangements of popular tracks and a hauntingly beautiful rendition of English, Italian, Portuguese, Hindi, and Konkani songs.

A Catholic priest, renowned composer, and skilled musician, Father Peter Cardoso was instrumental in blending Western classical music with Goan traditions. The "Crescendo" concert was a triumph in musical collaboration and expression. The evening left a lasting impression on everyone present and highlighted the power of live music to unite and inspire. A repeat show of "Crescendo" will be held.

Venue: Kala Academy
Date: May 9th
Time: 7 pm.

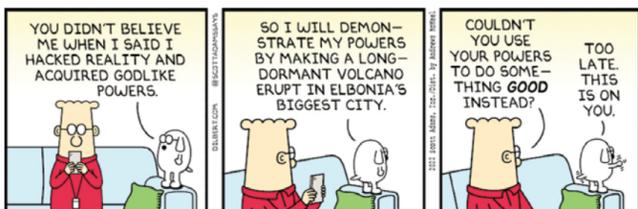
Cinephile Film Club will host the screening of the Italian film Umberto D., directed by the legendary Vittorio De Sica. The film is a must-watch for those who love dogs, those who don't, and those who are indifferent to them.

This neorealism film features a non-professional actor, who was a real-life professor, in the lead role of Umberto—a pensioner facing hard times. His best friend is his dog, as the two face the complexities of life.

Venue: Maquinez Palace Theatre, Old GMC Complex
Date: May 8th
Time: 6.30 pm.

Herald Gaming Console

Dilbert



Garfield



Wizard of id



crossword 4837



DOWN

1- Tabula; 2- Old oath; 3- Low plant with many branches; 4- Derides; 5- Oohed and; 6- Mob scenes; 7- expert, but...; 8- In a funk; 9- JFK listing; 10- Remember; 11- Baseballer Slaughter; 12- Pleasant; 13- Stench; 21- Ceremony; 22- One telling tales; 24- Legal wrongs; 25- Great serves; 26- Contaminator; 27- Stan's partner in comedy; 28- Representative;

ACROSS

1- C.S.A. soldiers; 5- Crop up; 10- "All The Way To"; song by REM; 14- Son of; 15- Shoot for; 16- Novelist Bagnold; 17- Manuscript enc.; 18- Accord maker; 19- Designer Chanel; 20- Follow; 22- Coherent light beam; 23- Frees (of); 24- Follow; 26- Raise a glass to; 29- Argot; 33- Aquarium buildup; 34- Electrician, at times; 35- Opposite of paleo-; 36- Belinda Carlisle's "Should You In?"; 37- Talks wildly; 38- Blunt; 39- Diarist Anais; 40- Wise ones; 41- Brides walk down it; 42- Tied up; 44- Sanctify; 45- Is in the red; 46- saw Elba; 48- First American to orbit Earth; 51- Baseball; 55- Top-notch; 56- Red cosmetic; 58- Pianist Gilels; 59- Cpls. superiors; 60- Some nobles; 61- Cairo's river; 62- Chipper; 63- Eye sores; 64- Swarm;

solution 4836



sudoku 4837



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 4836

