

Watsalya VTC TIMES



News of the Month

- Workshop on Finance by Ms. Monali Gupta held on 18/05/2012. Around 55 students attended this workshop.

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May 24, 1844

Telegraph inventor Samuel Morse sent the first official telegraph message, "What hath God wrought?" from the Capital building in Washington, D.C., to Baltimore.

May 5, 1865

Decoration Day was first observed in the U.S., with the tradition of decorating soldiers' graves from the Civil War with flowers.

May 21, 1991

Former Indian Prime Minister Rajiv Gandhi was assassinated in the midst of a re-election campaign, killed by a bomb hidden in a bouquet of flowers.



Beauty Tips

1. If you have cracked heels, melt paraffin wax; mix it with little mustard oil and apply on the affected area. Leave it overnight. After 10 or 15 days, your heels will become smooth.
2. An easy way to get long eyelashes... just apply a thin coat of castor oil every night. It will strengthen your lashes and cools your eyes.
3. For to have an eye catching evening special-effects on your lips, just apply a sheer lip gloss in silver, gold or an iridescent shade over the lip color.
4. To get rid off dark circles and wanna to care your eyes just massage a few drops of coconut oil around the eyes.
5. For getting a delicious home made lip balm, mix one-tablespoon Cranberry sauce juice with two tablespoons Vaseline and then apply on your lips.
6. To get a pouty, sexy mouth, highlight your top lip by dabbing just a touch of gloss in the center.
7. If u wana to make your skin glowing in one day, boil a pan of water with herbs (for oily skin you can make use of thyme, peppermint or lemon; for sensitive and dry skin u can apply chamomile or lime; for ordinary skin can use rosemary or lavender) and steam your face for just about 10/ 15 minutes.
8. If u wana care your lips massage your lips with coriander leaf juice for to get a soft and rosy beautiful lips.
9. Crush a cucumber and take its juice and then add a little rose water and apply in the region of your eyes and wash it after 30 minutes.
10. To lessen puffiness of your eyes, grate a potato; tie in a cloth and place the cloth over your eyes for about 15 minutes.

Poem

Better

I hope that soon
you will be well.
You don't deserve
this bitter spell.
In the end you'll be
better when it's
quelled.
Fighting through
such rotten hells.
Makes you stronger
God tells.
To help you find the
depths of strength
filled wells.
How far you'll go, on
you depends.
Fighting through with
few demands.
Always offer helping
hands.
To those who share in
this great plan.
They'll help you too for
what you do.
Faithful freinds are
far and few.
They make you better
it is true.
Just keep the faith and
do not hate.
In Gods' time it's never
too late.
He makes you better when
you keep up pace.
So lift up your head and go
to him.
He'll make you better
when hope is slim.

Art Attack

Coconut Art

Material

Coconut Shells
Sharp Knife
Cardboard or Asbestos Sheet
M-Seal



Procedure :

- Take the required number of coconut shells as given in the picture, remove those hair like coir.
- After removing the coir completely, polish the coconut shells without any hair till the outer cover becomes smooth.
- Take a small polished coconut shell and cut the edge in a zig-zag fashion using sharp knife.
- Take a dry twig (dead dry) and a rectangular cardboard or asbestos sheet of size (20cm X 10cm) approx.
- Now paint the above said materials using brown oil paint or the color you wish and allow it to dry.
- Now using M-Seal fix the one end of the twig with the zig-zag coconut shell, so that it looks like a coconut tree.
- Finally fix all the coconut shells and the tree on the cardboard sheet as you see in the picture.
- Do some finishing and decorative works to make it catchy.
- You can drop your pens and other stuffs in the coconut stand.

Keep Laughing

Ek aadmi God se
Tune bachpana diya cheenliya,
jawani di cheenli,
paisa diya wapas le liya,
ab ye biwi di hai to de kar lena bhool gaya kya..!!

Ek aadmi pepsi saamne rakh ke udas betha tha.
Dost aaya pepsi Pee kar bola: kyun udaas hai?
Aadmi: Aaj to din hi kharab hai,

Subah Biwi se jhagda ho gaya,
Raste mein car kharab,
Office late, Boss ne nokri se nikal dia,

Ab suicide ke liye Pepsi mein zahar milaya tha.
Wo bhi tu pi gya..

Bahu: Maaji, yeh abhi tak nahi aaye,
kahi koi ladki ka chakkar toh nahi hai unke ?

Maaji: Are Kambakht tu toh hamesha galat hi sochti hai,
Ho sakta hai ke kisi truck ke niche aa gaya ho!

Importance of Beetroot

The beets belong to the same family as chard and spinach. Beet leaves have a bitter taste like chard, but is rich in chlorophyll. Although bitter, the greens have a higher nutritional value than its roots.

Beets are loaded with vitamins A, B1, B2, B6 and C. The greens have a higher content of iron compared to spinach. They are also an excellent source of calcium, magnesium, copper, phosphorus, sodium and iron. While the sweet beetroot has some of the minerals in its greens to a lesser degree, it is also a remarkable source of choline, folic acid, iodine, manganese, organic sodium, potassium, fiber and carbohydrates in the form of natural digestible sugars.

Blood pressure:

All its healing and medicinal values effectively normalizes blood pressure, lowering high blood pressure or elevating low blood pressure.

Dandruff

Mix a little vinegar to a small cup of beets juice. Massage it into the scalp with your fingertips and leave on for about an hour, then rinse. Do this daily till dandruff clears up. Warning: you will smell awful during this hour!

Cancer

Betaine, an amino acid in beetroot, has significant anti-cancer properties. Studies show that beets juice inhibits formation of cancer-causing compounds and is protective against colon or stomach cancer.



Healthy Platter

Ingredients

4 slices whole wheat bread
4 tsp grated cheese
½ cup finely chopped boiled vegetables (cabbage, cauliflower, green peas, french beans, capsicum)
1/4 cup potatoes , boiled and mashed lightly
2 tbsp finely chopped onions
1 tsp finely chopped green chillies
1/2 tsp chilli powder
2 pinches garam masala
2 tbsp chopped coriander (dhania)
2 tsp oil
salt to taste

PREPARATION

Heat the oil in a non-stick pan, add the onions and cook till the onions turn translucent.

Add the vegetables, potatoes, green chillies, chilli powder, garam masala, coriander and salt and cook for 1 or 2 minutes.

Remove and cool.

Toast the bread slices till they are slightly crisp.

Pour 2 tablespoons of the mixture on each toast.

Top with a teaspoon of grated cheese.

Grill in a pre-heated oven approx. 200°C (400°F) till brown spots appear on the cheese.

Serve hot.

From the Desk of Editor Choose a Career Path

Whether you're just leaving school, finding opportunities limited in your current position or, like many in this economy, facing unemployment, it may be time to consider your career path. By learning how to research options, realize your strengths, and acquire new skills, you can discover the best career for you.

The first step in considering a career change is to think carefully about what really drives you. You might find it hard to get past thinking about "what pays the most" or "what is most secure," especially in today's economy. However, it's important to first discover your primary interests and passions. This can open doors to careers that you might not have considered. Once you have that foundation, you can start fine tuning your search for the right career. You may be surprised at how you can fit your passions into a new career.

Exploring your career opportunities

Focus on the things you love to do. What have you dreamed of doing in the past? What do you naturally enjoy doing? Jot down what comes to mind, no matter how improbable it seems.

Look for clues everywhere. Take note of projects or topics that stir your compassion or excite your imagination. Reflect on stories of people you admire. Ask yourself why certain activities make you happy, and pay attention to times when you are really enjoying yourself.

Be patient. Remember that your search may take some time and you might have to go down a few different roads before finding the right career path. Time and introspection will help you identify the activities you most enjoy and that bring you true satisfaction.

Quotes

Nature magically suits a man to his fortunes, by making them the fruit of his character.

*Reach high, for stars lie hidden in your soul.
Dream deep, for every dream precedes the goal.*

The only way of finding the limits of the possible is by going beyond them into the impossible.

First say to yourself what you would be; and then do what you have to do.

Poverty is the mother of crime.

We must not promise what we ought not, lest we be called on to perform what we cannot.