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Vatsalya VVC Times

News of the Month

On the auspicious day of 5th September i.e. Teacher's Day Students of the Institute greeted their teachers by celebrated it.

College collaborated with Times of India Group for Spoken English Course to under privileged students.

Q: What do you mean by sorrow or miseries?

A: It says that there are 5 kinds of Klesha or Sorrows:

- 1. Avidya (Ignorance):** Which has been described above. This is considered mother of all sorrows and foundation of all other sorrows.
- 2. Asmita (Ego):** To consider this mind, intellect, body to be the self and have false pride, superiority or inferiority complex. This must be destroyed through practice (Abhyas), intellect (Viveka) and renunciation (Vairagya).
- 3. Raga (Attachment):** To have sanskaars or tendencies of feeling bliss through sensory inputs and having greed for more of them.
- 4. Dwesha (Repulsion):** To have hatred against situations or things that caused us sensory grief in past.
- 5. Abhinivesh (Fear of Death):** To have a desire to never die and remain alive always. All living beings – from an ant to most intelligent scholar – fear death and prevent themselves from facing death to extent possible. This itself is greatest evidence of rebirth. When one understands that only body dies but soul remains protected forever under Ishwar's blessings, this is eradicated.



Importance of Pineapple

Pineapple is loaded with vitamin C, B1 and smaller amounts of B2, B3, B5 and B6. It is also an excellent source of manganese, copper, magnesium, potassium, beta-carotene, folic acid, and dietary fiber.

Perhaps, the most outstanding feature of pineapple is its amount of bromelain content. Bromelain is an enzyme that has many uses for our body.

Bromelain in pineapple has the special ability to help our body balance and neutralize fluids so that it's neither too alkaline nor too acidic. It also stimulates hormonal secretions in the pancreas that aids.

Health Benefits

Inflammatory conditions: As pineapple juice causes an anti-inflammatory effect, drinking this yellow juice can relief sufferers of much pain in the following inflammatory conditions: Carpal tunnel syndrome, Gout, Rheumatoid arthritis, Osteoarthritis, Injuries & Surgeries.

Respiratory conditions: Bromelain helps to break down and dissolve excessive mucus, providing much relief to sufferers of asthma, bronchitis, pneumonia and sinusitis. It would also help tremendously if you reduced your intake of harmful foods, as mucus are formed mostly from consumption of these foods.



Healthy Tips

For Healthy Teeth

- ★ Don't ignore gums that bleed when you brush or floss or changes in the way your teeth fit together when you bite.
- ★ Don't use tobacco products; they can increase your risk of gum disease and cancer of the mouth and throat.
- ★ Don't chew on hard objects that could crack a tooth.
- ★ Wear a mouth guard when playing active sports.
- ★ Eat a balanced diet for good overall health, selecting a variety of foods from the five main food groups (bread, cereals, and other grain products; fruits; vegetables; meat, poultry, fish and alternatives; milk, cheese, and yogurt), and limit snacks.
- ★ Eating sweetened cereals dry is bad for teeth, always add milk.
- ★ Clean your teeth after eating by toothbrush and dental floss. Use a correct toothbrush, and brush and floss correctly.
- ★ Chewable vitamin C tablets with or without sugar are acidic and are a hazard for not only children's teeth but also to adult's teeth. Do not use lemon juice for whitening because vitamin C will cause the teeth to lose calcium damaging teeth quicker than anything else.
- ★ Drinking frequent cups of tea or coffee with sugar added will increase the risk of teeth decay.
- ★ When less saliva is available on very hot days, one should not consume foods containing sugars that stick in the teeth.



Healthy Platter

Sweet Corn Mayo Sandwich

Ingredients:

- ★ 3 tbsp vegetarian mayonnaise
- ★ 1/2 tsp hot pepper sauce (Optional)
- ★ Some sliced onion
- ★ Some sliced lettuce
- ★ 8 pieces bread
- ★ 2 tbsp butter- softened



Preparation:

- ★ Cut corn kernels off the cob using sharp knife. Steam corn kernels for 5 minutes or until cooked. You can also cook them in boiling water for 3 minutes, then drain and keep aside.
- ★ Once the cooked corn kernels cool down, add some mayonnaise and hot pepper sauce to taste.
- ★ To assemble the sandwich, spread butter on each slice of bread, spread corn-mayo mixture in the middle, add a handful of lettuce and some onion, and then finish it with another slice of bread.

Poem

A Teacher

for

All Seasons

A teacher is like
Spring,
Who nurtures new
green sprouts,
Encourages and leads
them,
Whenever they have
doubts.

A teacher is like
Summer,
Whose sunny
temperament
Makes studying a
pleasure,
Preventing discontent.

A teacher is like
Fall,
With methods crisp
and clear,
Lessons of bright
colors
And a happy
atmosphere.

A teacher is like
Winter,
While it's snowing hard
outside,
Keeping students
comfortable,
As a warm and helpful
guide.

Teacher, you do all
these things,
With a pleasant
attitude;
You're a teacher for all
seasons,
And you have my
gratitude!



Happy TEACHER'S Day

Art Attack

Snow Puppet Gloves

Supplies

- ★ Goves
- ★ Scissors
- ★ Felt scraps
- ★ Hot glue gun and glue sticks
- ★ Sharpie marker



Instructions

- ★ Print out the snowman pattern or make your own snowman.
- ★ Cut out snowmen and glue to fingertips. Make sure the gloves are facing the right way before gluing.
- ★ Cut ends of scarfs to resemble fringe and create faces with sharpie marker.



Keep Laughing



Question: "How To Kill An Ant??"



Asked In An Exam For 10 Marks!!



Student:
Mix Chilli Powder With Sugar,
&
Keep It Outside The Ant's Hole..!

After Eating, Ant Will Search For Some Water Near A Water Tank.

Push Ant In To It.. =!!

Now Ant Will Go To Dry Itself Near Fire,
When It Reaches Fire, Put A Bomb Into D Fire..!!

Then Admit Wounded Ant In ICU..!! =O

And Then Remove Oxygen Mask From It's Mouth And Kill The Ant.. !! =|

MORAL:

Don't Play With Students.. !!
They Can Do Any Thing For 10 Marks..

From the desk of Editor

Pill=Sleep?

Seven Secrets of Sleeping Pills

Today, Many Patients come to doctors frequently with this question: "Do you have a pill that will let me sleep through the night, lose weight, get rid of my stress and depression and not have side effects?"



Some Doctors Said, "No, I don't have that pill, but something better - a way for you to accomplish these goals and create your own personal health insurance no one can take away from you." But before I tell you about that here are some secrets about sleeping pills, especially prescription ones:

- 1. *Can I get addicted to them?*** Yes - in two major ways - behaviorally and physically. Ugly movie style drug withdrawals are rare, but the behavioral conditioning of Pill=Sleep affects tens of millions, habituated to the belief that I need a pill to sleep. One Detroit study gave people hooked an average of ten years the choice of blue or orange sleeping pills - the pill they were on, or placebo. The result - they took equal amounts of the old pill and placebo, since what mattered to the brain was getting that pill, even if nothing was inside.
- 2. *Do they work?*** Yes, though not for as long as many think. Sleeping pills are particularly good at knocking out people so they don't wait around for sleep. The sleep they produce is different from natural sleep, with varying amounts of deep sleep and REM.
- 3. *How long does it take to become addicted?*** Physically it can take months of high doses of standard sleeping pills, the valium like drugs called benzodiazepines. Behaviorally, people can get hooked in days to weeks - but also unhooked very quickly.
- 4. *Can they kill you?*** If you're driving, using machinery, have any tendency to falls or suicide attempts, you bet. Several large scale population studies correlate sleeping pill use with higher death rates, especially in the elderly, and a recent Canadian Journal of Psychiatry paper declared sleeping pill and anti-anxiety pill users increased the overall death rate 36% - but the reasons may have to do with why those people were taking the pills.
- 5. *Do over-the-counter pills work?*** Somewhat, for short periods of time. Melatonin, antihistamines like Benadryl, and ancient drugs like valerian all have fans. However, they usually only work for a few days and can have mean side effects.
- 6. *Why do people want sleeping pills so much?*** Because they don't see rest as regeneration and have cut off so much bed time that they have to get sleep fast, every night. Sleeping pills promise the quick fix we crave. However, lots of folks on pills wake in the middle of the night, especially with newer pills like ambien (zolpidem,) which use their short action as a marketing pitch - nonsense if you wake early and can't sleep through the night. Details like bizarre sleepwalking and sleep eating generated by these drugs sometimes get left out of promotional materials.
- 7. *Are there good reasons to use sleeping pills?*** Absolutely, particularly in times of stress, like the death of a spouse or a cancer diagnosis, when trying to first treat mental illness or insomnia, or when willfully ignoring biological clocks, as in shift work and jet lag.