

#NUTRITION

Apple Cider Vinegar's Health Benefits

Apple Cider Vinegar is a powerful liquid that can benefit your health and help you clean your home.



For thousands of years, vinegar has been used for everything from pickling and preservation to medicine. However, in recent years, apple cider vinegar has been given a spotlight. Thanks to the li-

quid's antimicrobial and antioxidant properties. These features can benefit health and (bonus) help with cleaning around the house. However, in addition to apple cider vinegar's benefits, there are also some risks you should be aware of, along with the proper daily dosage.

What is Apple Cider Vinegar or ACV?

When you combine apples, sugar and yeast and allow it to ferment, it creates apple cider vinegar. Over several weeks, the yeast will digest the sugar to make alcohol. Once this happens, natural bacteria will turn the alcohol into acetic acid, which is where the pungent odor and taste of apple cider vinegar comes from.

You have two options when you buy apple cider vinegar, filtered and pasteurized, or raw and unfiltered. The cloudy sediment that collects in the bottom of the bottle is the 'mother,' which is a combination of bacteria and yeast. Some speculate that the mother is what provides health benefits, as it contains trace amounts of healthy bacteria and probiotics. Apple cider vinegar can be used in the kitchen, around the home and for your health as a,

- Deodorizer
- Preservative
- Dressing or vinaigrette
- Cleaner
- Facial toner
- Marinade
- Fruit and vegetable wash
- Denture cleaner
- Hair rinse
- Dandruff treatment
- Weed killer
- Mouthwash

4 Apple Cider Vinegar health benefits you should know

Although more research is needed, several small and medium-sized studies show the benefits of apple cider vinegar for some health issues and as a potential weight loss aid.

1. May help control blood sugar and diabetes

Studies have shown that apple cider vinegar can improve insulin response and lower blood sugar levels after meals. Consuming apple cider vinegar before going to sleep has also been shown to

reduce fasting blood sugar after waking. Make sure to talk with your doctor before consuming ACV if you have diabetes, especially if you're on medication, due to potential side effects.

2. Kills harmful bacteria

Those looking to preserve food naturally may want to consider using apple cider vinegar. It is a known pathogen killer, which includes microbes like staph and candida. Vinegar is a popular preservative since it

can prevent E. coli and norovirus from growing in food. E. coli can cause food poisoning when consumed, but the bactericidal effects of the acetic acid in apple cider vinegar can prevent it from occurring.

3. Could lead to weight loss

Another benefit of apple cider vinegar that may be useful, is its ability to help with weight loss. When taken before or during a meal, ACV has been shown to help with satiety (the feeling of fullness). In one study, participants ate approxi-

mately 200 to 275 fewer calories, when apple cider vinegar was combined with a meal. Over three months, participants taking one to two tablespoons of ACV per day saw up to 3.7 pounds in weight loss and a reduction in body fat.

4. Might improve cholesterol levels

High cholesterol and triglyceride levels can increase your risk of heart disease. Incorporating up to an ounce of apple cider vinegar into your day along with a lower-calorie diet, may reduce total cholesterol and

triglycerides while also increasing HDL 'good' cholesterol. Those with type 2 diabetes may also see positive results on their total cholesterol and triglyceride levels, when adding a half ounce of ACV to their diet.



Did You Not Make Your Trip!

It is believed that Nobel laureate Rudyard Kipling penned part of his famous novel *Kim* in Bundi, and this is what he had to say about the Bundi palace, "Jaipur Palace may be called the 'Versailles of India.' Jodhpur's House of strife, gray towers on red rock, is the work of giants, but the Palace of Bundi, even in broad daylight, is such a palace as men build for themselves in uneasy dreams, the work of goblins rather than of men."



Anjali Sharma
Senior Journalist &
Wildlife Enthusiast
Gunjan Upreti

Do you regret not having made any travel and holiday plans? I agree that it's the pits to think of it now and all places are booked up by foreigners. But all is not lost. You can see those sights that others don't get their eyes on. There is more for the discerning holidayer. Home to hundreds of years of fascinating traditions, the state of Rajasthan is like a ride on the sands of time. While Jaipur, Udaipur and Jodhpur are often the most sought out places in Rajasthan, but the land of *maharajas* has so much more to offer than just those three cities.

Mehranagar

First takeaway
The mighty *Mehranagar*, the shimmering Lake Pichola, and the lustrous Amber Fort are worth all the hype, but if you get off the tourist circuit in Rajasthan, you'll discover quite a few unexpected getaways in India's most flamboyant state.

Do you want to escape the horde? Then, head to one of these lesser-known gems in Rajasthan.



Bundi Second takeaway

Bundi is a town that you might have a picture of in your head, but often struggle to place in the real world. Dotted with blue houses, lakes, hills, *bazaars* and a temple at every turn, Bundi is straight out of a fairy tale.

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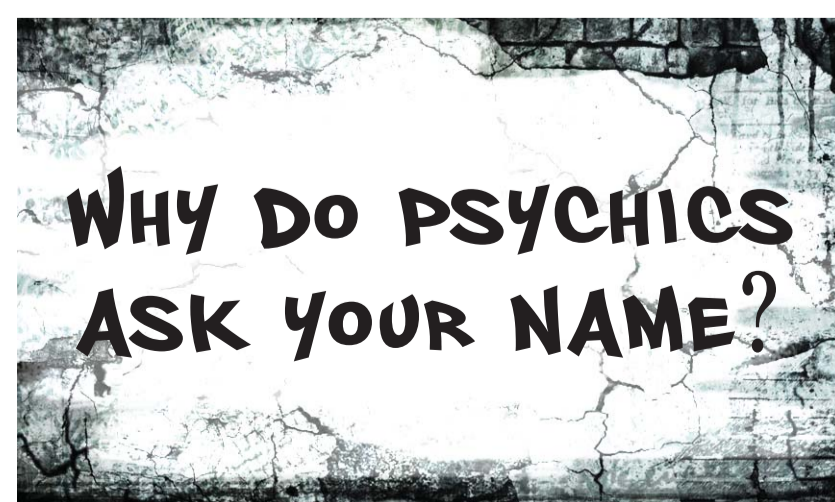


Jhalawar Sixth takeaway

The quaint town of *Jhalawar* is relatively a greenhorn when it comes to the travel circuit and unlike other cities of Rajasthan, *Jhalawar* has a rocky but water-laden grassy landscape. Named after its founder, Jhala Zalim Singh, *Jhalawar* has a diverse cultural heritage that includes many forts and palaces from the Rajput and Mughal periods.

Places to visit in Jhalawar: Buddhist Caves and Stupas in Kolvi village, Jhalawar Fort, Bhawani Natyashala, Gageron Fort, Chandrabhaga Temple, Sun Temple, Shantimath Jain Temple.

THE WALL



BABY BLUES



ZITS



World Coati Day

dedicated to the survival and conservation of this fascinating and unique animal, the hope for World Coati Day is not just to raise awareness but also to provide protection for this underappreciated species. Not only is the coati (munt) simply a cute little animal, but it is an invaluable asset to its surrounding habitat. In fact, these little creatures act as 'landscapers' and also control pests while fertilizing and promoting new plant growth. The World Coati Day organization is committed to making environmental changes not only to support this one animal, but also to make a positive impact on their habitats.

#WONDERLUSTING

Dungarpur Third takeaway

Bounded on the east by the state of Gujarat and situated at the foothills of the Aravalli Hills, *Dungarpur* is as eye-catching as the green marble found here. The exceptional architecture of *Dungarpur's* palaces and royal residences offers a sight that you'll struggle to find elsewhere. The stone structures are adorned with *jarokhas* and built in a style that emerged during the times of Maharawal Shiv Singh (1730-1785 AD).

Places to visit in Dungarpur: Deo Somnath, Galiakot, Nagfanji, Vijay Raj Rajeshwer Temple, Badal Mahal.

HOW TO REACH DUNGARPPUR
By Air: At 120 kilometres, Udaipur is the nearest airport followed by Ahmedabad at 175 kilometres.

By Road: National Highway No. 8, which runs between Delhi and Mumbai and the State Highway (Sirohi-Ratlam highway) passes through the district.

By Train: The railway station is 3 kilometres from the city. An important train route is Himatnagar-Dungarpur-Udaipur to reach Dungarpur from Gujarat.



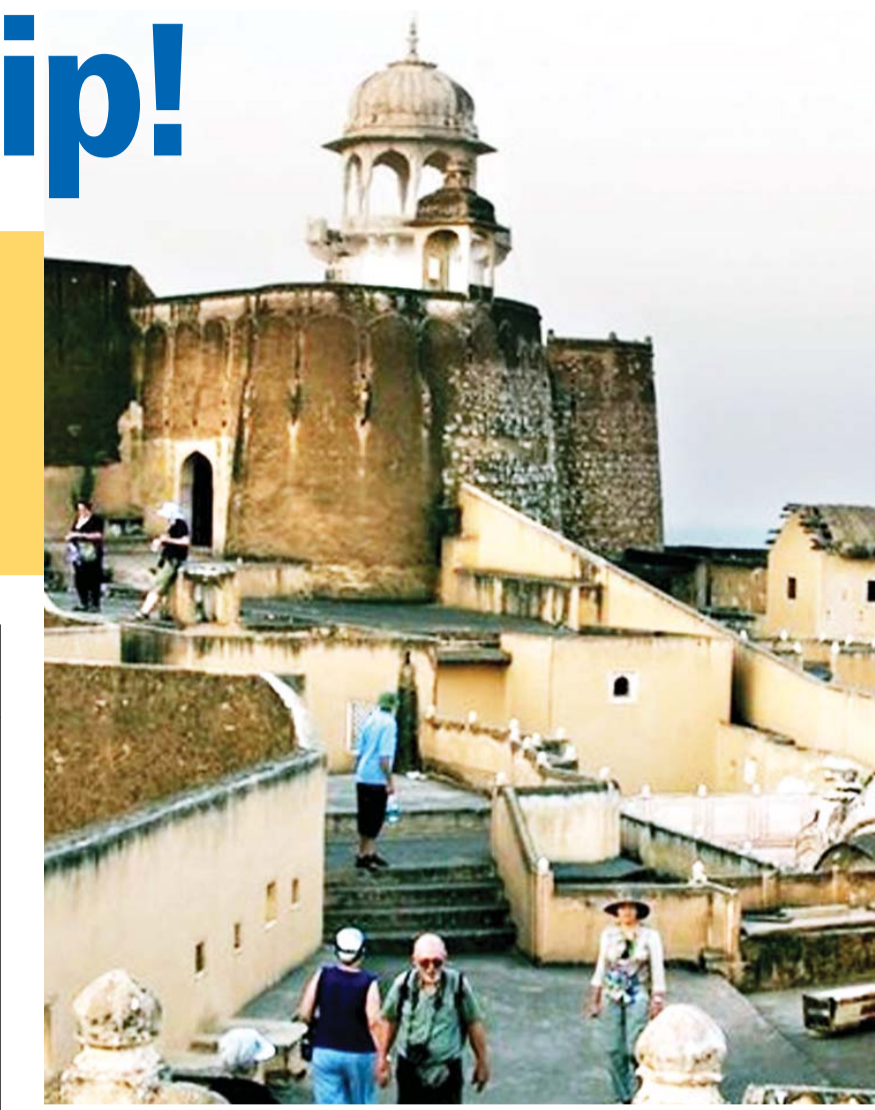
Nagaur Fifth takeaway

The state of Rajasthan is no secret, but it is full of quiet corners and unsung attractions, if you know where to look. *Nagaur* is one such corner. Home to India's largest salt lake, Sambhar Lake, the city of *Nagaur* also finds a mention in the epic *Mahabharata*. The city was known as 'Jangladesh' in that era, and till date, retains a lot of its rich cultural heritage, values and traditions. The *dargah* of famous Sufi saint, Hamiduddin Chisti Faruqi *Nagauri*, one of the chief disciples of Khwaja Moinuddin, is also located here. Places to visit in *Nagaur* are *Nagaur*

Fort, Ladmun, Jhorda, Khattu. **HOW TO REACH NAGAUER**
By Air: The closest airport is Jodhpur Airport which is 137 kms away.
By Road: Buses are available from Jodhpur, Jaipur and Bikaner to *Nagaur*.
By Train: *Nagaur* is connected via rail from Indore, Mumbai, Coimbatore, Surat, Bikaner, Jodhpur, Jaipur. Happy holidaying to all, who'll be knowing more than the average man about Rajasthan. Every reason to say that this is a land studied with gems underneath the sand.

Barmer Seventh takeaway

Known for its ultra rich crafts that include wood carving, pottery, embroidery work and *ajrak* prints, the town of *Barmer* in western Rajasthan is located 133 kms from Jaipur. Formerly known as Mallani, the present name of *Barmer* was given by its founder, Bahada Rao, popularly known as Bar Rao, who was a Parmar ruler. *Barmer* captures the imagination of everyone who visits it, and has successfully stood the test of time and circumstances. Places to visit in *Barmer* are Kiradu Temple, Barmer Fort and Garh Temple, Shri Nakoda Jain Temple, Chintamani Parasnath Jain Temple, Juma Fort and Temple.



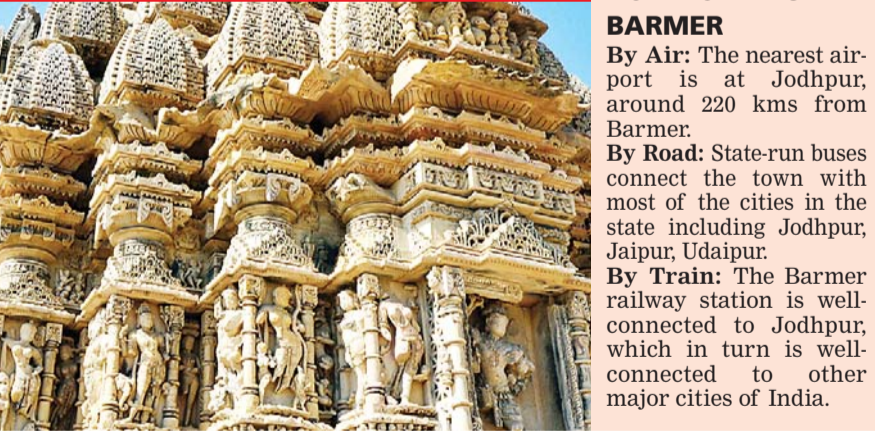
Kuchaman Fourth takeaway

An important chapter in the book called *Rajasthan, Kuchaman* is 100 kilometres from Pushkar. The historical city of *Kuchaman* houses an impressive looking fort which is currently a heritage hotel. The scenic surrounding of the fort is alluring and the sky is radiant blue, unlike in the cities where pollution has taken its toll and a clear sky is often like a mirage. The fort also has a rich collection of original inlay work in semi-precious stones, glass, and gold paint. Even the Sheesh Mahal at *Kuchaman* fort is a sight to marvel at. Meera Mahal is another beautiful palace in *Kuchaman* city, representing the life of the poet saint *Meerabai*. The folklore is displayed on the palace walls with exquisite paintings and murals that illustrate her life.

HOW TO REACH KUCHAMAN
By Air: The Jaipur airport is the closest airport to reach *Kuchaman* city. Flights to/from all major cities of the country fly from Jaipur. Located at a distance of 145 kms, only travellers from Jaipur can easily hire taxi to *Kuchaman*.
By Road: A well-connected network of roads makes *Kuchaman* accessible from various places in Rajasthan such as Bikaner (115 kms), Jaipur (145 kms), Jodhpur (250 kms), Ajmer (90 kms) and Delhi (440 kms). Also, daily buses are available from these cities to *Kuchaman*.
By Train: *Kuchaman* city has a railway station. There are about 6 direct trains from Jaipur to *Kuchaman*.



Barmer



#ART EXHIBITION

Timeless Tales Reimagined at 'Bhor'

Blending Indian mythology with modern societal themes, Shuvankar Biswas's solo art exhibition 'Bhor' showcased striking paintings and installations. Through vivid depictions of deities like Kali, Durga, and Narasimha, his art confronts societal evils while exploring timeless tales with a contemporary lens.



Tusharika Singh
Freelancer Writer and City Blogger

Jaipur recently witnessed 'Bhor', a captivating solo exhibition of paintings and installations by acclaimed artist, Shuvankar Biswas. Held at Alankar Art Gallery, Jawahar Kala Kendra, the exhibition showcased a deeply evocative exploration of Indian mythology reimagined for contemporary times. Shuvankar Biswas, an artist of immense repute from West Bengal and an Assistant Professor at Indian Institute of Crafts and Design (IICD), Jaipur, has long been celebrated for his mastery in oil painting, particularly through the *Alla Prima* technique. Trained at the prestigious Government College of Art and Craft, his work blends classical styles with themes of resistance, power, and societal commentary. Inspired by the cultural ethos of Bengal and the worship of the goddess *Shakti*, Shuvankar's works transcend traditional storytelling, addressing present-day realities with a mythological lens.

The centerpiece of *Bhor* was its striking collection of paintings, each telling a story of defiance, transformation, and cosmic balance. One of the standout pieces featured a feminine anthropomorphic figure leading a buffalo against a dramatic red backdrop. The buffalo's intense gaze reflected the defiance of *Mahishasura*, the demon-king, while the dark grey sky amplified the scene's tension. The interplay of light and shadow brought *Durga's* victory and the cosmic balance that she represents to life.

Reflecting on his creative process, Shuvankar shared, "The inequities in society, coupled with my fears and self-imposed limits, shook my inner being so deeply that I sought liberation for myself and the world through my art. Indian mythology inspires me. The intense anger of deities, like Shiva and Kali against societal evils, is central to



breath-taking visual force. *Kali*, the fierce goddess of destruction, dominated another canvas. Her fiery tongue flamed outward in a circular motion, piercing through the mystic darkness with her luminous white eyes. The surrounding tones of black and blue heightened the sense of cosmic mystery, emphasizing her otherworldly power and commanding presence.

In a dynamic portrayal of the eternal battle between good and evil, Shuvankar painted *Durga* riding a buffalo against a dramatic red backdrop. The buffalo's intense gaze reflected the defiance of *Mahishasura*, the demon-king, while the dark grey sky amplified the scene's tension. The interplay of light and shadow brought *Durga's* victory and the cosmic balance that she represents to life.

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my creations. Through the medium of oil, I represent these themes, intertwining mythology with present-day reality."

Bhor was not just a showcase of artistic mastery but an invitation to reflect on contemporary issues through the lens of mythology. Shuvankar's works brought to life themes of power, justice, and resistance, blending traditional symbolism with modern relevance. His ability to depict mythological deities like Shiva, Kali, and *Durga* with such visceral intensity left viewers awestruck and contemplative.

The exhibition offered art enthusiasts and cultural connoisseurs a profound experience, bridging the ancient and the modern. Shuvankar Biswas once again demonstrated the power of art to question, provoke, and inspire.

The exhibition was organized with the support of The Indian Institute of Crafts & Design (IICD), Jaipur, in collaboration with the Delphic Council of Rajasthan.

By Jerry Scott & Jim Borgman