

#HAIR-CARE

Gloss Goals: Unlock Radiant Hair with Grapeseed Oil

Lightweight, nutrient-rich, and all-natural, discover why grapeseed oil is becoming the ultimate secret for shinier, healthier hair.



In the ever-growing world of haircare, where the shelves are lined with fancy serums and exotic elixirs, one humble oil is quietly gaining traction, grapeseed oil. Extracted from the tiny seeds of grapes (often a by-product of the wine industry), this lightweight, nutrient-rich oil is being hailed as a natural solution for dull, lifeless locks. So, what's behind the buzz, and why is grapeseed oil suddenly the go-to potion for shinier hair?

The Shine Secret in a Seed

Grapeseed oil is rich in vitamins C, D, and E, as well as fatty acids like linoleic acid. These nutrients don't just sit on the surface, they penetrate the hair shaft, helping to nourish, strengthen, and protect strands from within. The oil's light texture makes it an excellent alternative to heavier oils like coconut or castor, especially for people with fine or oily hair types who want moisture without the greasy after-effect.

Nature's Hair Tonic

Grapeseed oil isn't just about shine, it's a multitasker. Its high antioxidant content helps protect hair from environmental stressors like pollution and UV rays. It also helps in sealing split ends, taming frizz, and restoring the scalp's natural balance. For those dealing with dandruff or an itchy scalp, its anti-inflammatory properties offer soothing relief. Regular massage with warm grapeseed oil boosts blood circulation in the scalp, promoting hair growth and reducing hair fall. It also helps lock in moisture, making hair feel softer and appear glossier with time.

How to Use It Right

- There are multiple ways to incorporate grapeseed oil into your routine:
- As a Hot Oil Treatment: Warm a few tablespoons of the oil, massage into the scalp, and cover with a warm towel for 30 minutes before rinsing.
- As a Leave-in Serum: Just a few drops on damp or dry hair can help tame flyaways and add instant shine.
- In DIY Hair Masks: Mix with honey, aloe vera, or essential oils like rosemary or lavender for a deep-conditioning treat. For best results, look for cold-pressed, pure grapeseed oil with no additives or fragrances.

Backed by Beauty Experts

Dermatologists and hair-care professionals are increasingly recommending grapeseed oil for its non-comedogenic nature, which means it won't clog pores or irritate sensitive scalps. Celebrities and influencers alike are jumping on the bandwagon, with many swearing by grapeseed oil for that 'just-glossed' hair look without salon visits.

Ready To Glow?

In a market flooded with chemical-laden products, grapeseed oil is a natural, affordable, and effective alternative. Whether you're battling frizz, dryness, or simply craving that healthy shine, this green-gold liquid might just be the ingredient that your hair-care routine has been missing.



The Key To Success And Meaning Of Your Life Is With You

Buddha said in one of the many stories of his previous life (Bodh Kathas) that in his previous life, he was an elephant in a forest. The forest caught fire and all the animals and birds started running here and there for safety. That elephant also stood under a tree to protect. Then, as soon as the elephant lifted his leg to move away from there, a rabbit came running and considering the place, which was vacant due to lifting of elephant's leg as safe, sat there. Buddha has said that I (elephant) felt in my mind that this rabbit will be dead as soon as my foot falls over it. And Buddha thought that I will stand there until this rabbit does not move away because as soon as I put my foot down, it will die instantly. Since the rabbit did not go away, the elephant also did not put his foot down. The fire became fierce and the elephant was burnt to death. Buddha has said that the moment I felt compassion for the rabbit and I stood with my leg up, I acquired the ability, possibility and right to be a human being in my next life. Due to the manifestation of compassion at that moment, that elephant attained human birth in this birth as Buddha. This parable of his life underlines the importance of compassion towards other living beings.



Sardar Jasbir Singh
(Former Chairman, Rajasthan Minorities Commission)

Only one polestar shines in the sky of nature but many polestars have shone on the spiritual sky of India, each one of which is unique, incomparable, unmatched, attractive and spinning in its own way. Whether it is Maryada Purushottam Ram, Trilokinath Krishna, Patanjali, Gorakh, Buddha, Mahavira, Guru Nanak or Kabir. All of them are shining beads of India's spiritual rosary. Among them, Buddha's place is also very high. If the wish of Buddha's earthly father Shushodhana to make his son the king had been fulfilled, then this earth would have been deprived of a great spiritual wealth. It is believed that Buddha's birth (2565 years ago), his Attainment of knowledge and his Mahaparinirvana, all these three events happened on the full moon day of Vaishakh, therefore Buddha Purnima is also celebrated as a Trigun Paavan Parv. He was born in Lumbini (present-day Nepal), he attained Enlightenment in Bodhgaya (Bihar) and his Parinirvana was in Kushinagar (Uttar Pradesh).

It is said that the glory that initiation saw during the time of Buddha could never be experienced again on earth. The golden age of sannyas that Bihar saw during the time of Buddha and



First, yoga, knowledge and meditation will fill our minds and bodies with aura

It is said that after attaining enlightenment, such a golden aura descended on Buddha's forehead that once he was passing through a village and seeing him, a villager asked, are you God? He said no. He then asked, are you an angel? He said no. So, he asked, are you a saint? He said no. So, he asked, then who are you? Then, he said, I am just a consciousness and nothing else. He humbly said that if you see something in me, then, it is only and only the result of my being conscious.

Mahavira was amazing. It is said that when Buddha used to walk, thousands of sannyasis used to walk with him. The winds of the area, in whichever village or town Buddha stayed, used to change. Stories say that wherever Buddha used to go, thefts used to stop, murders used to decrease. In today's era, this may sound like a story, but perhaps, it really happened. Thousands of monks and hermits used to walk with Mahavira. And both were almost contemporaries. The whole of Bihar was filled with hermits. That is why it got the name Bihar. 'Bihar' means 'the path of hermits,' a Vihar, a place where hermits go, pass, wander, and touch its soil. Although Buddha's entire life and conduct is full of inspiration, yet his seven messages can fill our lives with meaning, glory and freedom from sorrow.

#BUDDHA



Second, sensitivity makes human life meaningful

Buddha was so sensitive and compassionate towards all living beings and even all the vegetation of the world that it is said that once after staying overnight in a village, when he left in the morning, the villagers gave a water pot full of water with him for the journey. His group had just walked fifty steps when Buddha saw a plant growing on the trail and took the water pot from the monk walking with him and poured all the water in that plant. Seeing this, his favorite disciple, Anand asked him in anger, what have you done? The journey is long, the sun is scorching and anyone of us can get thirsty and you poured all the water in this plant. Then, Buddha said, "Anand, anyone of us could have got thirsty but this plant was dying of thirst just now and it required water right now." Buddha was full of such sensitivity and compassion.

Perhaps inspired by the height of such sensitivity, 15th century Saurashtra saint Narsingh Mehta sang the hymn (which was also very dear to revered Gandhi) that 'Vaishnav Jan To Tene Kahiye Je Peed Parayi Jane Re'. He once told Anand that "Everyone knows that everyone's blood is red but I tell you one more thing that everybody's tears are also salty." We can understand how relevant his words are in today's society

Third, protection and conservation of the environment is our religious duty

Every tree and plant is useful for our life, so, he made us understand the usefulness of every particle of nature and every plant of vegetation. It is said that when a royal physician was to be appointed for Buddha, then to test the qualification of the physicians, many physicians were asked to go to the forest and bring useless plants. Some uprooted two, some four, some six and some eight plants and brought them. A physician named Jeevak returned empty-handed and said that he could not find a



single plant in the entire forest which had no use. Jeevak was appointed Buddha's physician. It has been said in our scriptures too that "Amantram aksharamnaasti, naasti moolamanoshadhaam, ayo-gyah purushonaasti, voyakastatra durlabhaha," meaning there is not a single word which cannot become a mantra, not a single plant from which medicine cannot be made, not a single person who does not have any ability but it is difficult to find a discerning eye to use them all.

Fourth, keep practicing humility in life

He always advised to adopt humility and give up ego. It is said that once a great emperor of that time, Prasannajit, came to his satsang with a very precious diamond in one hand and a flower in the other to present it. Seeing this, Buddha told the emperor to drop it and Prasannajit dropped the flower. Then, Buddha said again 'drop it' and the emperor dropped the diamond too. For the third time, Buddha said again 'drop it.' Prasannajit thought that I have already dropped both the things kept in both hands, now my

Raise a Glass: World Cocktail Day with an Indian Twist

May 13 marks World Cocktail Day, a celebration of mixology, creativity, and global drinking culture. While the day commemorates the first recorded definition of a cocktail in 1806, India is adding its own flavour to the mix, literally. From the tangy Aam Panna Margarita to the bold Masala Whiskey Sour, Indian bartenders are fusing desi ingredients with global techniques. Cities like Mumbai, Delhi, and Goa are becoming cocktail hubs, where turmeric, kokum, and curry leaves find a place in the shaker. So, whether you sip a mocktail or a masala-laced drink, it's time to toast to taste!



Fifth, whatever you know and get in life, share it with humanity

Buddha gave another important message that even while doing all the efforts and work, while fulfilling the aspirations, keep a sense of satisfaction and keep moving ahead by setting goals without any confusion. 'Charaiveti Charaiveti.' It is said that once he took a handful of leaves in his palm and asked his monks, "Tell me whether there are more leaves in my hand or in the forest?" The obvious answer was that there are more leaves in the forest. Buddha said that of course, there are more leaves in the forest but the number of leaves in my hand represent the knowledge required to end suffering and to end one's suffering, getting little knowledge is also enough. In life, neither can we know everything nor get everything. Knowing a little and getting a little is enough. And he further said, "Whatever you know and get, do not limit it to yourself, keep sharing it. This is also the goal of this ultimate journey of life."

Sixth, compassion towards other living beings is the best quality of humanity

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until this rabbit does not move away because as soon as I put my foot down, it will die instantly. Since the rabbit did not go away, the elephant also did not put his foot down. The fire became fierce and the elephant was burnt to death. Buddha has said that the moment I felt compassion for the rabbit and I stood with my leg up, I acquired the ability, possibility and right to be a human being in my next life. Due to the manifestation of compassion at that moment, that elephant attained human birth in this birth as Buddha. This parable of his life underlines the importance of compassion towards other living beings.

Seventh, the key to success and meaning of your life is with you

When a young man once asked him who is our biggest friend in life, he said that our faith in ourselves is our biggest friend. The person asked then who is our biggest enemy, Buddha replied that our lack of faith in ourselves is our biggest enemy.

When the final time of Buddha's death i.e. 'Parinirvana' came, his beloved disciple Anand started lamenting a lot and asked Buddha that what will happen to me now, who will guide me? Then, Buddha said his ultimate words, which later became the basic and eternal principle of the Buddhist tradition, that Ananda

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#TRENDS & GADGETS

Crystal Clear Future

Meet the All-Glass iPhone That's Turning Heads!

Imagine holding a phone so sleek, so seamless, that it feels more like a prop from a sci-fi movie than something you'd text from. Now, imagine that phone is real, and it's Apple's next big leap. Rumors are buzzing louder than ever: Apple might just be working on a futuristic all-glass iPhone, and the tech world is gleaming with anticipation. Here's everything we know, and everything we can dream about, regarding the glass gadget that could change the face (and back) of smartphones forever.



The Vision: One Slab of Innovation

The concept of an all-glass iPhone isn't new. Apple filed patents years ago for a 'glass enclosure' device, but only now is the idea catching real traction with whispers from supply chains, tech analysts, and concept designers. The idea? A phone that's made almost entirely of glass, front, back, sides, and maybe even buttons, all fused into

one seamless unit. Gone are the metal frames, camera bumps, and visible seams. Instead, think of a device where the display wraps around all sides, possibly giving users control panels or notification bars on the edges, and maybe even a rear display for quick selfies or messages. It's not just minimal, it's magical.

What's So Special About Glass?

Why glass? It's more than just aesthetics. Glass is sleek, recyclable, and has become stronger and more scratch-resistant with time, thanks to technologies like Ceramic Shield and Gorilla Glass Victus. An all-glass design could allow for advanced touch sensitivity, pressure recognition, and augmented reality (AR) integration. Imagine tapping

your phone from the side to scroll, or seeing glowing icons appear when you hover your hand nearby.

And let's not forget the futuristic potential of transparent screens. While full transparency is still a way off, layered OLED or microLED displays could give the illusion of depth and light play like never before.

The Tech Behind the Shine

To make an all-glass iPhone work, Apple would need to reimagine some core hardware components:

- In-display cameras and Face ID: No more notches, just sensors invisibly tucked under the screen.
- Under-display haptics: Buttons that aren't really buttons, yet give a satisfying click response.
- Wireless everything: Charging, data transfer, and

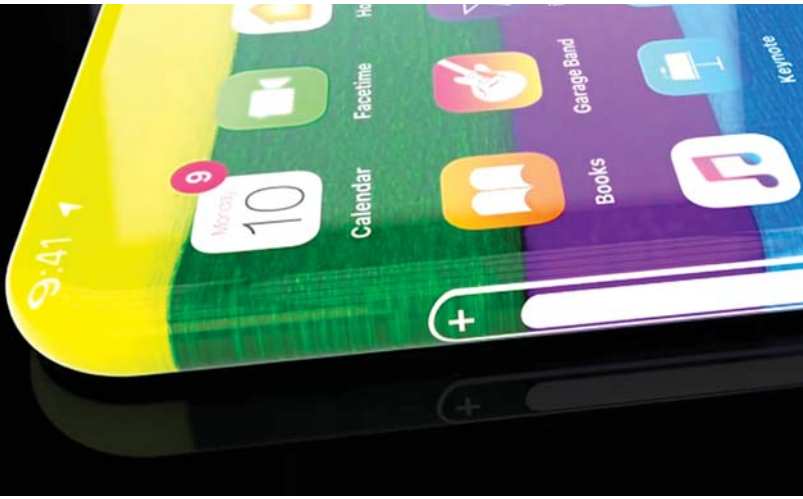
even accessories, since ports don't exactly vibrate with a seamless glass shell.

- Durability redefined: Glass reinforced by nano-coating, scratch-proof layers, and smart self-healing tech might be in the mix. Apple's penchant for pushing the envelope means this isn't just a sci-fi fantasy. These pieces are already in play across the industry! Apple just has to polish it into perfection.

Style Meets Sustainability

One exciting angle? Eco-friendliness. Glass is easier to recycle than metal, and with Apple's ongoing mission to reduce carbon footprint, a recyclable, repairable, and modular design could win both design awards and environ-

mental applause. Also, let's face it: the all-glass look would be a fashion statement. Sleek, reflective, and possibly even color-shifting depending on how the light hits, this iPhone would feel more like jewelry than a gadget.



The Wow Factor, and the Worries

Of course, glass raises eyebrows for durability. What happens when you drop it? Will it shatter? Will you have to treat your phone like a Fabergé egg?

Apple would need to combine form with function, likely using ultra-hardened glass composites and making cases obsolete by reinforcing the device from the inside out. Or maybe, Apple has a trick up its sleeve, like built-in drop detection and micro-air cushioning. Still, there's something poetic about a phone this beautiful, demanding a bit more care. After all, not all luxury is meant to be rugged.

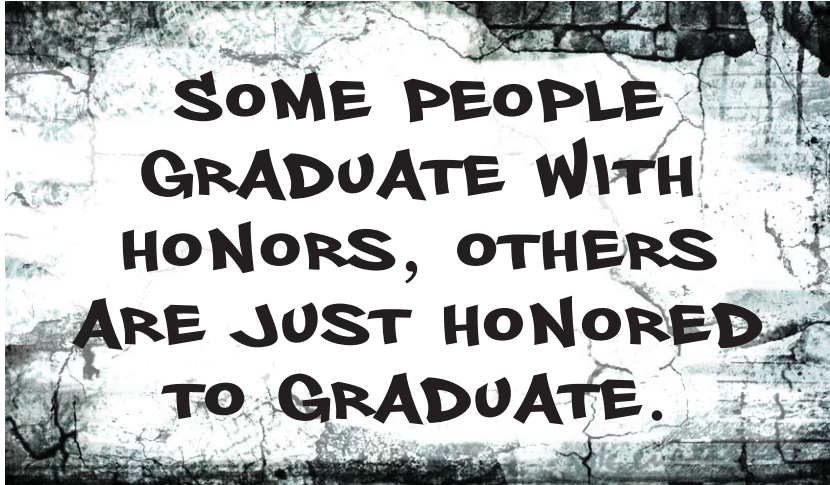
When Can We Expect It?

While there's no official date, industry watchers predict 2026 or later for a full all-glass iPhone. Apple tends to play the long game, perfecting features like under-display cameras or wrap-around screens before releasing them to the world. In the meantime, concept designers and Apple fans continue to imagine what this futuristic iPhone could look like, borderless, buttonless, and breath-taking.

A Glimpse Through the Glass

The idea of a fully glass iPhone feels like a fusion of art and engineering, a minimalist masterpiece in your palm. Whether it's a few years away or already in prototype form at Apple HQ, one thing is clear: the future of phones might just be see-through. So, are you ready to hold the future? Or at least look right through it?

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman