











## #LIVING-HEALTHY

## Daily Skincare Routine



Most people believe that life in the Armed Forces Medical College is all about studies, discipline and responsibility.

Though it is all that but it is also about fun, bonding and crazy memories of a life time. Maj. General Ashok Kumar Singh, an 'I' batch alumnus reminisces about his days and experiences in AFMC.

**Hydrate yourself well**

Do not miss out on your water intake. You might not feel as thirsty because you are not sweating. But to not forget, the 8 glasses of water rule applies in winter too! Lack of water intake immediately reflects on your skin. It can make your skin look dull and dehydrated.

**Eat Right**

Your skin reflects what you eat. Winters tend to make you hungry. Reach out for dried fruit and nuts when you feel like snacking. Do not forget to

**On Reaching Pune & Not Poona**

After I came to know about my result, I impatiently waited for my call letter. My father was even more impatient and insisted that I visit the GPO every day. The postmaster at the GPO got so used to my inquiry about my call letter that he used to tell me from a distance and shout out 'tharо letter kooñ aayo Bhanwar sa'. (Sir, we haven't received your letter). Finally, the letter came. I met Karni (Lt. Gen. Dr. Kunwar Karm Singh (Retd)) my classmate from St. Xavier's School on the train and we soon reached Pune.

**Prawn Trap**

When we joined AFMC, Bhim (Wing Commander Bhim Singh Rathore (Retd.)) who was a batch senior to me told everyone that Karni Singh

and I were university level basketball players. In those days, the court in AFMC was red in colour and we were five people (Dr. Khalid Moide, Karmi, Bhim, me and Late Dr. Karmi). Since we had been one of the best teams of AFMC, Moide was a batch senior to me. We went to buy a basketball to Main Street on Moide's bike. He then took me to Kimling restaurant where he ordered prawns and rice as a special treat. At that time, I was a mere boy from Rajasthan who had never tasted prawns in his entire young life. I didn't like the fishy smell of prawns and just ate rice with some chutney. Moide got so cheesed off with me that he refused to give me a ride and asked me to run the entire distance of four kilometres from Kimling to AFMC while he rode on his bike.

**'I' Batch**

My batch, T batch was a sports team. Brigadier Mahadevan who was the dean at that time wanted sportsmen in his team because he believed that anyone who is a sportsman will always be honest and courageous person. So, our

get good sleep, who doesn't love to sleep swaddled in a blanket? Make the most of it and you will avoid dark circles and a hoard of other stress related skin disorders.

Winter is a great time to pamper your skin. Let your skin be its dewy best by following the right skin care and making the right lifestyle choices.

**Moisturize at Least Twice a Day**

Your skin loses moisture very easily in winter. Use a good moisturizer immediately after a warm shower to seal the moisture in. Apply a hydrating mask once or twice a week to save your parched skin. Swap your light moisturizer for something that is richer in texture and deeply nourishing. Maybe you can try that skin oil that you have been eyeing!

**Get Your Beauty Sleep**

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**Wear a Sunscreen Every Day**

You will be surprised to know that the winter sun is actually more harmful for your skin.

In summer you feel hot and take cover, limiting your UV exposure. But in winter you

your skin. Just grind some dry oat meal and add milk and honey. Et voilà! Your winter face and body scrub is ready.

**Sweat it Out**

Exercise is the key to a radiant skin. Sweating removes toxins from your body. The more you work out and sweat, the more you can see your skin gain a natural glow. You naturally sweat less in winters, so get in action to bring the glow!

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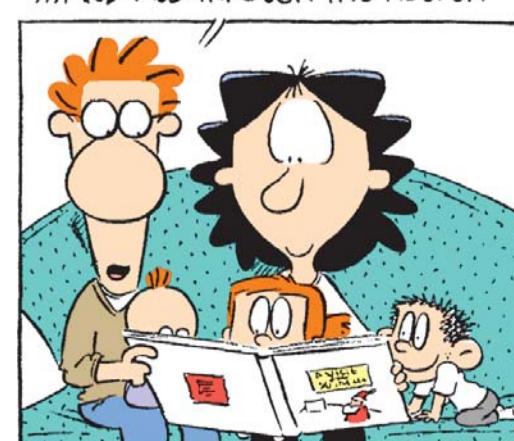
lifestyle choices.

**THE WALL**

OF ALL THE THINGS  
I'VE LOST, I MISS  
MY MIND THE MOST

**BABY BLUES**

...AND ALL THROUGH THE HOUSE...



...NOT A CREATURE WAS STIRRING...



By Rick Kirkman & Jerry Scott



ZITS



By Jerry Scott & Jim Borgman



## Footprints on Moon

The Apollo astronauts' footprints on the moon will probably stay there for at least 100 million years. Since the moon doesn't have an atmosphere, there's no wind or water to erode or wash away the Apollo astronauts' mark on the moon. That means their footprints, overprints, spaceship tracks, and discarded materials will stay preserved on the moon for a very long time. They won't stay on there forever, though. The moon still a dynamic environment.

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## #WEDDING-WIRE

Kukas once a slumbering industrial town set up by RILCO today is a hub of upscale lux hotels that have become centres of destination weddings. There are around 22 Hotels in this quaint township with a scenic ambience. 10 miles from Amber one can find a hotel for any segment, be it ultra-luxury, luxury or even mid-segment.

## Band Baja Baraat &amp; Jaipur



Sadhana Garg  
Journalist &  
social entrepreneur

The maximum number of wedding held in Jaipur are from NCR points out Arshad Hussain past President of Federation of Rajasthan Event Managers. Kukas has earned many brownie points-firstly it's located on the Delhi-Jaipur Highway making it easy to commute.

hospitality it is with the Taj group making it one of the premier palace hotels in the world.

Much smaller to Rambagh in number of rooms and size is Rambagh Hotel. Fabled to have been built in 1729 for a Sisodia princess who wished to distance herself from the intrigues of the Zenana at the City palace it later became the residence of the British Residents and later of their royal Highnesses of Jaipur. It is said that it earned the sole distinction of having hosted Queen Elizabeth and Prince Philip and Jacqueline Kennedy on another occasion as private guests.

Both the hotels and Jai Mahal Palace are popular choices for any wedding extravaganza. The laid out Mughal gardens lending themselves to a picture perfect recreation of the old world charm-a USP of city hotels that as Arshad said "Delhi might be the capital of India but Jaipur has become the destination wedding capital of the world."

The big fat Indian wedding market is of about 300 lakh couples of which Rajasthan bags 50 percent and of that only half is accounted for as 'organised sector' or 'baraat' as we know it is a case in point.

In the city, Rambagh Hotel built in Indo Saracenic style and once the residence of Mahaniraj Sawai Man Singh and his world famous third wife Maharanji Gayatri Devi is now a sprawling luxury hotel. An ultimate in luxury and experiential

"Mementos". Hitherto ITC Rajputana in the midst of a busy city zone without a large garden layout had been missing out on big ticket weddings. No wonder Anil Chaddha, Chief Executive, ITC Hotels termed the move as growth story driven by an asset right strategy. "After Mementos Udaipur" earlier this month to Mementos Jaipur, this is the second addition to the ITC inventory. It is hoped it too will figure as a venue for a big fat Indian wedding. Shiv Vilas and Le Meridien are some of the other hotels -though somewhat

influxes consider on conditions of anonymity.

Post Covid as the New Normal becomes a thing of the past and the "shaadi economy" reboots, cash registers ring with the band, baha and baraat back in the Pink city.

By Katy Perry-Russell Brand wedding to be part of the procession or "baraat" as we know it is a case in point.

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