

#LIVING-HEALTHY

Daily Skincare Routine



Winter always brings dry skin that lacks lustre and glow. You must make necessary changes in your skincare routine to fight the harsh weather.

While the cold wind and windy back-drops seems extremely fascinating to you, seldom realise the implications it can have on your hair and skin. Winter always brings dry skin that lacks lustre and glow. You must make necessary changes in your skincare routine to fight the harsh weather.

Nourish While Cleansing

Winter is a time to switch to creamy cleansers. Choose an oil-based foaming cleanser or try cleansing oil. A DIY ground oat meal scrub with honey is an amazing way to naturally clean and exfoliate



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

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!

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

love to sit out all day in the sun. Not only can this aggravate pigmentation, but also prematurely age your skin. Did you know that there is no difference in the amount of UV rays that are present in summer and winter?

Replenishing Care at Night
Night time is when your skin repairs itself. Invest in a good nourishing night cream according to your skin concern. Whether it is pigment reduction or anti-aging benefit that you are looking for. Ask your dermatologist to pick out a night cream that has good research backing and proven results. Also, don't forget to slather on some hand and foot butter before you hit the sheets.

Hydrate yourself well
Do not miss out on your water intake. You might not feel as thirsty because you are not sweating. But not to 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

include the green leafy vegetables, fruits and millets which will keep your body warm and healthy through winter.

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!

Get Your Beauty Sleep

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.



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.



Shailaza Singh
Published author, poet and a YouTuber

I had always idolized my grandfather Brigadier Thakur Khem Singh, OBI who served as the Commander of Jaipur State Forces. Hence, my dream was to join the army and follow his footsteps. I was ecstatic when I found that I had cleared the entrance exam of AFMC (Armed Forces Medical College).

On Reaching Pune & Not Pooana

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 inquiring about my call letter that he used to see me from a distance and shout out 'tharo letter kooni aayo Bhanwar sa.' (Sir, we haven't received your letter). Finally, the letter came. I met Karni (Lt. Gen. Dr. Kunwar Karni Singh (Retd.)) my classmate from St. Xavier's School on the train and we soon reached Pune. But I refused to get down because according to me AFMC was in Pooana and not Pune. Karni had to really convince me that this AFMC

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Goofy Leaves From A General's Diary (...1)



#THOSE WERE THE DAYS

batch had top notch players from all games, whether cricket or football or basketball.

Beat the Game

Moidu had told me to deny knowing any football because he wanted us to concentrate on building a basketball team. I was a fresher and I could not refuse anything that a senior said. So, when some people from the football team asked me to come for trials, I purposely didn't play well so that they don't select me. But after five months in the college when the ragging was over, we first years played a football match against the same people, we defeated them 6-0. I cannot forget the look on their faces when they discovered that I was a good football player too.

High on Bikes

When we were in the third term, on April 1st, we decided to play a prank on everyone. So, we picked up the bikes of all students and placed them on different floors. We parked bikes in front of student's rooms, on the top of the water tank, on the terrace and anywhere we could think

of. Imagine we were so crazy at the time that we could pick up the bikes and carry them up the stairs to different floors without making a noise! We parked a student's bike on the third floor in front of his room. The cherry on the fun cake was that the student was quite unperturbed when he saw his bike in front of his room. He got on it, started it and drove to the bathroom to brush his teeth! We laughed our guts out!

Cock-a-doodle Doo

At one time I was a block monitor. I was quite strict. I would check all the floors and in case any new student faced any ragging, they would tell the ragging senior that I had called them. One day, Pawan Kapoor (Air Marshal (Dr.) Pawan Kapoor

Wherever we would go in Pune, everybody would point to us and say, 'Dekho naye ganje aa gaye!' (Look the new baldies have come!). But soon we got used to it!

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 Moidu, Karni, Bhim, me and Late Dr. Ravinder Sharma) and we became one of the best teams of AFMC. Moidu was a batch senior to me. We went to buy a basketball to Main Street on Moidu's bike. He then took me to lunch 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. Moidu got so chesed 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, 'I' 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



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 prints, 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.

After college, girls used to go on cycle and we boys used to walk. Karni used to whistle in a particular way. But whenever he whistled, the girls used to tell me to shut up.

(Retd.) who was from 'M' batch, was going up the stairs and a senior was coming down. The senior asked him the whereabouts of Pawan Kapoor. So Pawan told him that 'Pawan Kapoor' was in his room. The senior later on got to know that he had been tricked by a junior. Then he promptly ragged him by asking him to pose like a 'murga' or a 'medical chair'.

I was in the ninth term and I had assigned Pawan Kapoor the duty to wake me up without uttering a word. He couldn't come into the room. So, he used to climb on the glass pane above the door and pretend to be a cock and say 'cock a doodle doo' to wake me up.

Bromance

I had instructed another junior named Chandola to sing a specific romantic song the moment he saw me anywhere. So, regardless of who he was talking to, the moment he saw me he would sing 'lag ja gale' and other people would wonder if he had lost his mind.

Why Singh?

There was a senior B.K. Singh who used my name tag A.K. Singh to rag people. When people complained about the ragging, to the authorities, no one could find any A.K. Singh in that batch!

After college, girls used to go on cycle and we boys used to walk. Karni used to whistle in a particular way. But whenever he whistled, the girls used to tell me to shut up because they thought I was whistling! And the fact that I was a good basketball and football player also helped!

English Vinglish

We had a warden named Mr. Purohit. He was also from Rajasthan and his English was crying out loud for improvement but he insisted on speaking English no matter what! So, he used to say things like 'my car is understanding the tree'. Normally during lectures, the girls used to sit in the front and the boys sat at the back. The seats at the back were higher than the seats in the front as it happens with most classrooms in the medical college. One day, the boys decided to sit in the front. Naturally, the girls went and sat at the back. That day, Mr. Purohit came and saw the change. In his customary English, he said, 'Hey! You the boys and girls! How come the skirts have gone up and the pants have come down? We didn't know whether to laugh or hide our faces!' (To be continued...)

(As told to Shailaza Singh)



#WEDDING-WIRE

Kukas once a slumbering Industrial town set up by RIICO today is a hub of upscale luxury 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 & Jaipur



Sadhana Garg
Journalist & social entrepreneur

Beside finding the right life partner, these days choosing the right venue for the wedding is the most vital decision that impacts a couple's life. A venue for a wedding has become the single largest expense and yet most variable. Gone are the days when dowry given to the bride was a major item on a wedding spreadsheet. That expense has been replaced by the choice of a venue. If it is a 'destination wedding' then so much better. Best summed up by a popular saying in the event management jargon- 'the sizzle costs more than the steak.'

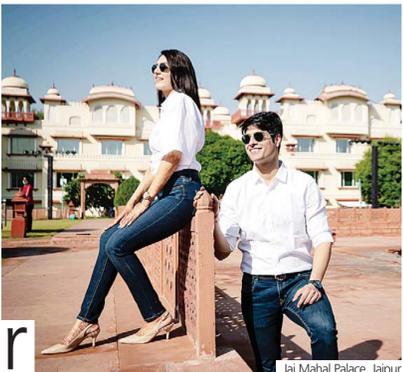
As first planned city of the country, Jaipur celebrates its 29th foundation day every year



In 18th November. With time it has also earned for itself the reputation of the most favoured wedding destination not only in the country but globally as far as the NRI's go. In fact says an event manager 'It's not only the Desi Indians from abroad who have made Jaipur their venue for the wedding in the family but from time to time even the foreigners have come to Rajasthan to tie the knot. Hollywood actress Liz Hurley and Arun Navar the textile tycoon and later Priyanka Chopra and Nick Jonas settled for Mehrauli Fort in Jodhpur. Katy Perry and Russell Brand were in Amani-Khas a resort near Ranthambore Tiger Reserve. The seriously rich celebrities in setting for a fit for a princess kind of a wedding were following a trend that had long been kick-started by the Indian money bags. According to a conservative estimate in Jaipur alone around 300 weddings with a kitty of 2 crores and above are held in a wedding season.

flagship brand is preferred due to its ultra-luxurious hospitality and interiors that transport a client to the days of fairy tale fort living. JW Marriott is second to none in its bookings for destination weddings. The most recent addition to the Kukas hospitality bandwidth is ITC's B30 rooms luxury proposed property spread over 30 acres, under its brand 'Momentos'.

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 Chadha, 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



Jai Mahal Palace, Jaipur



Le Meridien, Jaipur.

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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 number of rooms and size is Rajmahal 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 also of their royal Highnesses of Jaipur. It was then that it earned the sole distinction of having hosted Queen Elizabeth and Prince Philip and Jacqueline Kennedy on another occasion as private guests.

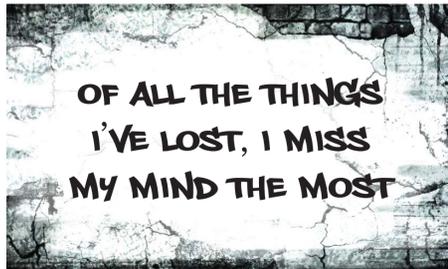
Both the hotels and Jai Mahal Palace Hotel are popular choices for any wedding extravaganza. The laid out Mughal gardens lending themselves to a picture perfect recreation of the old world charm- a USP of city hotels that as Arshad said 'Delhi might be the capital of India but Jaipur has become the destination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

The big fat Indian wedding market is of about 300 lakh corners of which Rajasthan bags 50 percent and of that only half is accounted for as 'organised sector' or simply put pays taxes to the government' divulges an industry insider 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, baja and baraat back in the Pink city.



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman