

#SKINCARE

LED Light Therapy

LED light therapy is a non-invasive treatment that enters the skin's layers to improve the skin



LED (light-emitting diode) light therapy treats various skin conditions and concerns, such as acne, fine lines and psoriasis. It comes in different types, including red light LED therapy and blue light LED therapy, which are sometimes used in combination.



What is LED light therapy?

LED (light-emitting diode) light therapy is a non-invasive treatment that enters the skin's layers to improve the skin. In the 1990s, NASA began studying LED's effects in promoting wound healing in astronauts by helping cells and tissues grow.

Today, dermatologists and estheticians commonly use LED light therapy to treat a range of skin issues. Skin specialists often use LED light therapy, together with other treatments, such as creams, ointments and facials, to give you the best results.

What does LED light therapy do?

LED light therapy helps treat a variety of skin concerns and conditions, including,

- Eczema.
- Hair loss.
- Mild to moderate acne.
- Psoriasis.
- Rough, scaly precancerous spots on the skin (actinic keratosis).
- Rosacea.
- Sun damage.
- Wounds.
- Wrinkles.

In some cases, LED light therapy may treat small and superficial basal cell carcinoma (BCC), BCC, a skin cancer. Is the most common type of cancer affecting about 3.6 million Americans each year.

Are there different kinds of LED light therapy?

LED light therapy uses various wavelengths that correspond to different visible colours. Each colour penetrates the skin at different depths.

- **Blue** light affects the uppermost layer of your skin.
- **Yellow** light penetrates deeper.
- **Red** light travels further into your skin.
- **Near-infrared** light penetrates deepest.

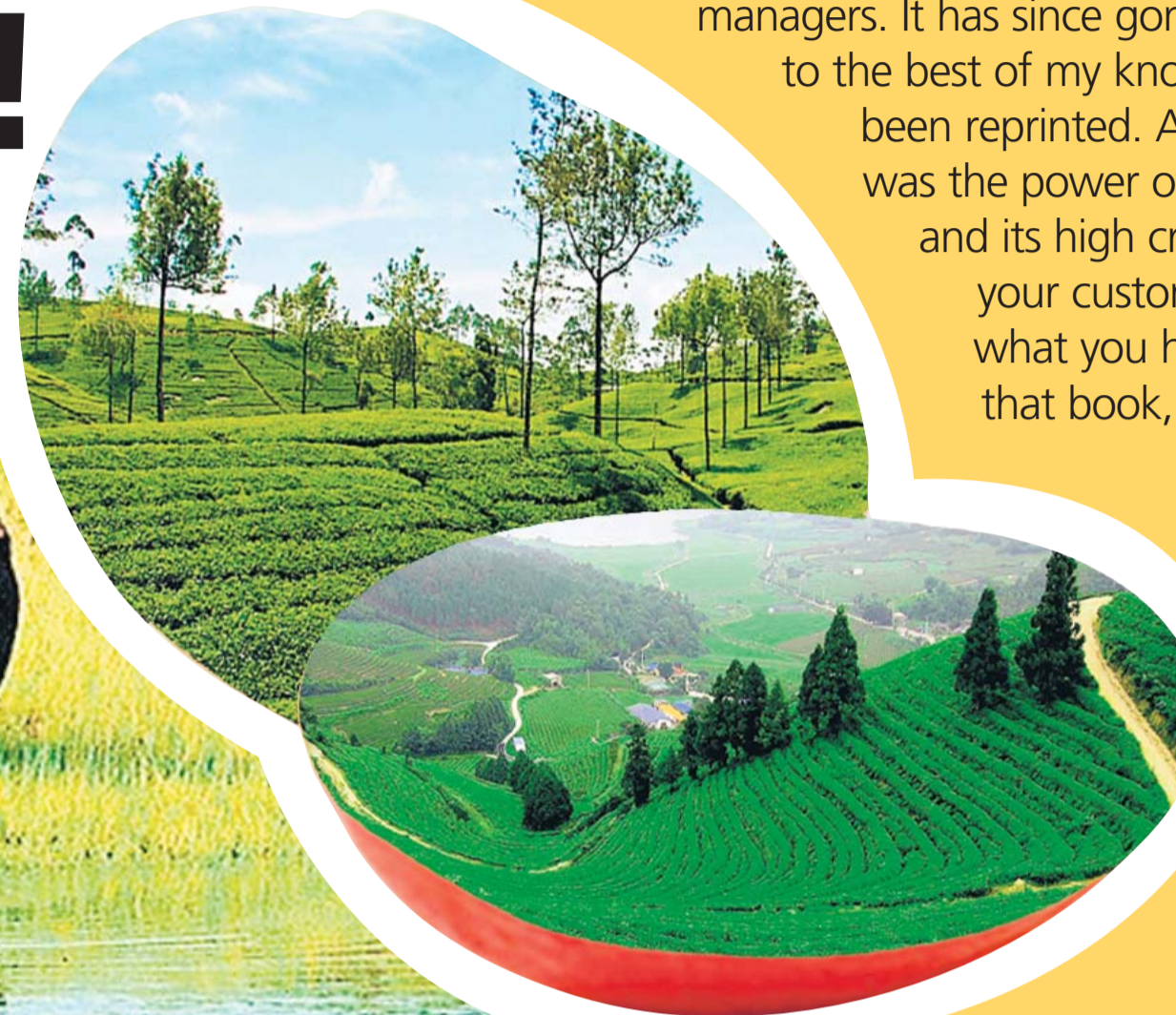
Different LED colours do different things. For example, experts believe,

- **Red LED light therapy** may reduce inflammation and stimulate the produc-

Mango Range! But No Mangoes?!!



Thekkady.



My company published it as an internal training book and though, it was never a commercial publication, it did get fairly wide publicity and was used by many new managers. It has since gone out of print and to the best of my knowledge, it has not been reprinted. A big lesson for me was the power of the written word and its high credibility in making your customer base aware of what you have to offer. After that book, there was no way that I could be ignored, not that I feared that. I had a lot of people, who I had dealt with over the years, rooting for me in the company.



Mirza Yawar Baig
Naturalist and wildlife conservationist

In 1989, I was promoted and transferred from the Anamalais to Assam. I was in two minds about this as the idea of being next door (so to speak) to Kaziranga and Manas National Parks, with their rhinos was very attractive. However, after reflection and some very good advice, I declined the posting. I figured that if I went off to Assam, which was about as far as you could get from our corporate office in Chennai, I would be forgotten, and this would have a negative impact on my career.

In the corporate world, it is important to be physically visible, not only visible through reports. Paradoxically, if you are doing well and all your reports have nothing to make anyone concerned, you are not rewarded but forgotten. It is indeed the squeaky wheel that gets the grease, and this is nowhere truer than the corporate world. This was a trying period because suddenly I had no specific job. I couldn't complain as it was my own doing. I had to leave



Eravikulam.

After putting on your goggles, lie on your back as your healthcare provider places the LED light therapy device above your face. Lie still during the entire treatment as the device works. The treatment usually lasts about 20 minutes.

LED light therapy is a non-invasive, painless treatment. During treatment, you might feel some warmth but no discomfort.

my job as the Manager on Lower Sheikalmudi Estate because that job had already been assigned to another colleague. That left me literally homeless as there were no bungalows in the Anamalais where I could live. I was sent off to the Mango Range until the management could decide what to do with me.

I was assigned a bungalow on Caroline Estate, located in a forest thicket, which was in a dilapidated condition. The location of the bungalow was lovely, and it was a joy to wake up to bird calls every morning. However, the house itself looked like it would collapse on our heads at any time. Of particular concern were the walls, which were so waterlogged that they had fungus growing on them in huge patches. My wife is an amazing homemaker and all her talents were put to test in this place. Out of this dilapidated house, she created a lovely home, which we enjoyed living in.

ff The system in the plantations, at that time, was that a new assistant would be put under a manager and, what he learnt or didn't, depended on the capability, interest, and energy of his manager and field or factory officers.

Since I had no regular job, I decided on doing two things. For a long time, I had been talking about the need for systematic training of new managers.



Eravikulam.

#NO WORK



Sinna Dorai's bungalow.



Nilgiris.

PART: I

During my stay in Mango Range, I decided to write this book and in six months, I produced a 200-page *Manual of Tea Plantation Management*. At the time of its publication, there was no such book on the market, and it was a source of great satisfaction for me. My company published it as an internal training book and though, it was never a commercial publication, it did get fairly wide publicity and was used by many new managers. It has since gone out of print and to the best of my knowledge, it has not been reprinted. A big lesson for me was the power of the written word and its high credibility in making your customer base aware of what you have to offer. After that book, there was no way that I could be ignored, not that I feared that. I had a lot of people, whom I had dealt with over the years, rooting for me in the company.

The second thing I did was to spend a lot of time in Mango Range factory and hone my expertise in CTC manufacture of

Europe Day



The celebration of *Europe Day* is a powerful reminder of Europe's journey towards peace, unity, and cooperation. On May 9, the European Union honours peace and unity across the continent. This date was chosen to commemorate the *Schuman Declaration of 1950*, a speech laying down the foundational idea for what would eventually become the European Union. The declaration aimed to create a new form of political cooperation in Europe, making wars between European nations a thing of the past.

#TRIED & TASTED

Refreshing & Healthy

It would be great right if refreshing summer drinks promise you health along with freshness? So, here is a list of cool drinks to make at home, which you can add to your meals or just have it during afternoon to beat the scorching heat.

Summer is already here and during this season, we always crave for some cool drinks to hydrate our body and quench our thirst. Nothing says sum-

mer better than an afternoon spent with a delicious *Indian Summer Drink* that helps us cool down. India is rich with different spices and herbs and each region has its unique fruits. Most Indian Drinks

mix and match these fresh produce and spices together, to make delicious refreshing drinks. These homemade summer drinks are delicious, easy to make and require very few ingredients.

Rose Lassi



- Ingredients**
- 2 cups Curd (*Dahi* / Yogurt)
 - 1 cup Chilled water
 - 3 tablespoons Sugar
 - 2 tablespoons Rose syrup
 - Ice cubes, a few
 - Pistachios, a few, chopped

- Preparation**
1. To begin making the *Rose Lassi* recipe, add the yogurt, chilled water, rose syrup, sugar and a few ice cubes in a blender. Turn on the puree mode and blend to make a smooth *lassi*.
 2. Check sugar and add more, if required.
 3. Transfer the *Rose Lassi* into serving glass and sprinkle chopped pistachios on the top and serve chilled.
 4. Serve it with *Mirchi Bajji* and *Matar Samosa Chaat* to your friends and family.

Cucumber Honey Limeade



- Ingredients**
- 1 Cucumber, juiced and strained
 - 2 tablespoons Honey (adjust)
 - 1 teaspoon Salt, (adjust)
 - 2 tablespoons Lemon juice
 - 1/4 cup Aerated water (Soda Water)
 - 2 tablespoons Water
 - Ice cubes, to serve

- Preparation**
1. To begin making *Cucumber Honey Limeade* recipe, peel a cucumber and cut into small pieces.
 2. In a blender, blend cucumber, strain in a strainer and extract the juice.
 3. In a mixing jar, add honey, lemon juice, salt, cucumber juice and water. Mix it well.
 4. Pour in a serving glass, leaving 1/4 space for club soda.

Fill with chill club soda and add ice cube. *Cucumber Honey Limeade* is ready to serve and enjoy.

Wheat Grass Shikanji



- Ingredients**
- 50 grams Wheat Grass Powder
 - 1/2 teaspoon Black pepper powder
 - Black Salt (*Kala Namak*), to taste
 - 1 teaspoon Cumin powder (*Jeera*)
 - 1 Lemon, juiced

- Preparation**
1. To make the *Wheat Grass Shikanji*, soak the cut wheat grass in water for a few minutes to remove the dirt.
 2. Wash it well again, drain the water and then, cut it into small pieces.
 3. Add boiled water to it and grind in a blender along with ginger to make a fresh green juice and strain.
 4. Drink the *Wheat Grass Shikanji* early morning in an

empty stomach to get the best results.

Pineapple Jal Jeera



- Ingredients**
- 4 teaspoons Mint powder (*Pudina*)
 - 4 teaspoons Cumin seeds (*Jeera*), roasted
 - 1 teaspoon Black pepper powder
 - 2 teaspoons Citric acid crystals
 - 1 pinch Asafoetida (*Hing*)
 - 1 teaspoon Dry ginger powder
 - 2 teaspoons Black Salt (*Kala Namak*)
 - 1 teaspoon Amchur (Dry Mango Powder)
 - 2 Cardamom (*Elaichi*) Pods/Seeds, black
 - 2 teaspoons Salt
 - 1 teaspoon Sugar
 - 1/4 teaspoon Fennel seeds (*Saunf*), roasted

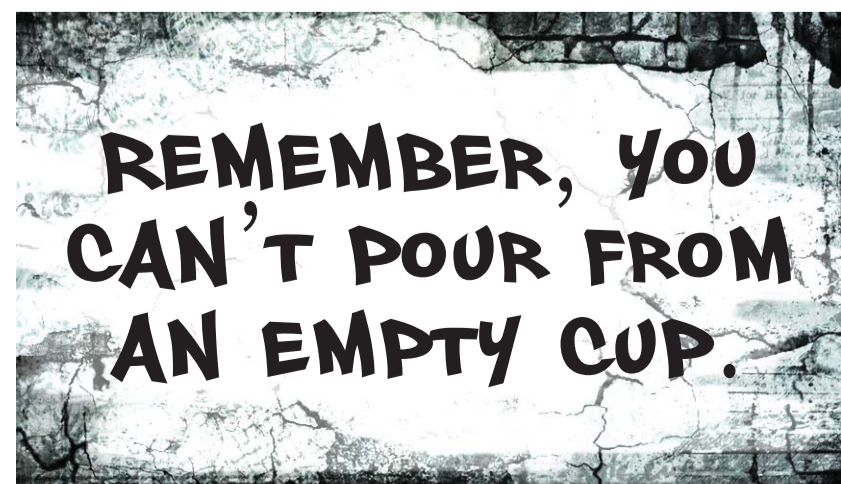
For making pineapple jal jeera

- 2 cups Pineapple juice, fresh, strained twice
- 1 cup Chilled water
- 2 teaspoons *Jal Jeera* Powder, or as needed
- 2 tablespoons Lemon juice

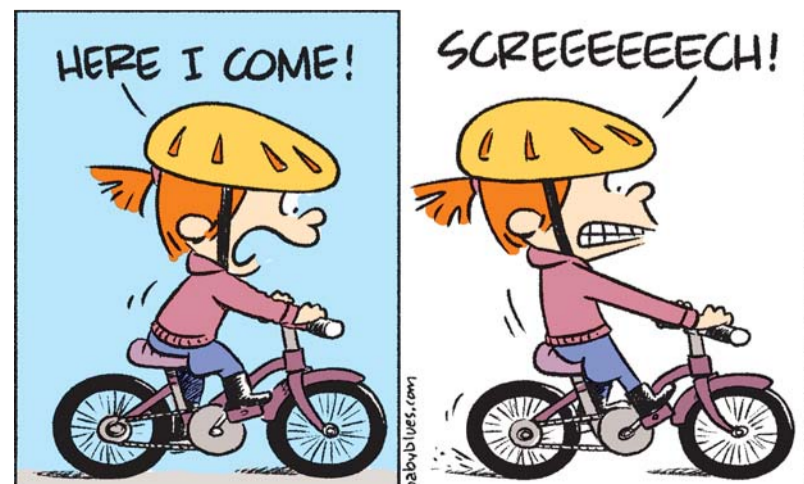
- Preparation**
1. To begin making the *Pineapple Jal Jeera* recipe, in a spice grinder jar, add all the ingredients given under "*For Jal Jeera Powder*" and grind them to a fine powder.
 2. Use a dry sieve/strainer and sieve the powder once. You can store this powder for later use and use as and when required.
 3. In a pitcher, add fresh pineapple juice, cold water, lemon juice with *Jal Jeera* powder as needed and stir to combine. Garnish with some mint leaves and serve. Adjust the consistency and taste, by adding more water, if required.
 4. Serve *Pineapple Jal Jeera* during hot summer afternoons as a delicious refreshing evening drink, along with snacks like *Boti Masala Chaat* or *Banarasi Tamatar Chaat*.



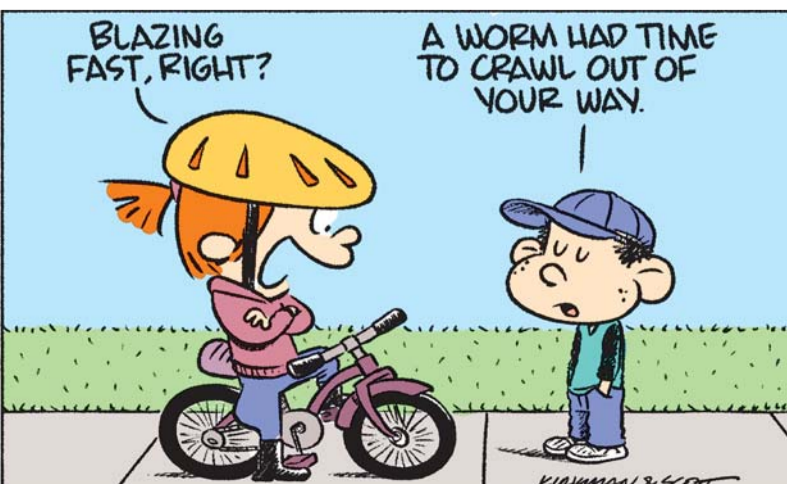
THE WALL



BABY BLUES



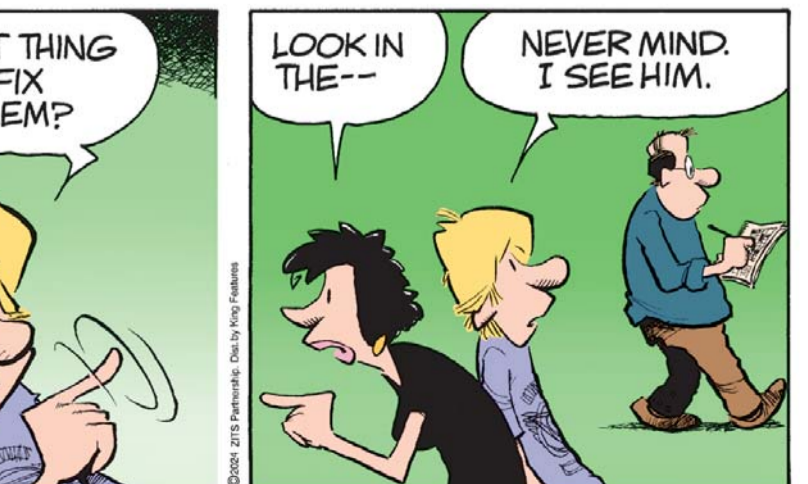
ZITS



By Rick Kirkman & Jerry Scott



By Jerry Scott & Jim Borgman



आसान ड्राइविंग के लिए ऑटोमैटिक कार्स.



CREEP FUNCTION
(Ease to drive in bumper-to-bumper traffic)



UNBEATABLE MILEAGE OF 26.68 KMPL**



KICK-DOWN FUNCTION
(Easy overtaking)



HILL HOLD ASSIST



महा बचत

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Black glass on the vehicle is due to lighting effect

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