

Kolkata edition of National Cookery Contest



Sonal's Cubo" by Vajayanti Pugalia, in association with "Back to Roots" and "Lets Give Back" initiative by Babetta Sakxena, a Delhi-based social organization had presented the Kolkata edition of the National Cookery Contest 2018 "Kahin Gum Na Ho Jayein" at The Spring Club on 22nd September 2018.

The Contest purpose is to revive the food heritage of the Indian society, as the contestants prepared and brought old traditional cuisines which is fast disappearing from our plates, remarked Vajayanti Pugalia, Organizing Spokesperson. Over 40 contestants participated in the contest. All of them came in traditional ethnic wear and presented their cuisine to a panel of renowned personalities, who judged their preparations. The judges included Chef

Clement D'Cruze, Executive Chef- Hyatt Regency Kolkata, Chef Shaun Kenworthy, Shahanshan Mirza, Kolkata's popular Food Connoisseur and the great grandson of Nawab Wajid Ali Shah, Rahul Mohata, Co-Founder of ALT and the Executive Director for BNI Kolkata, Babetta Sakxena, Founder of "Lets Give Back" initiative & Bhavika Surana, Chief of Operations of Cafe 4/1. Parno Mitra, the very popular access also came to motivate the contestants and felicitated the top three winners. "Sonal's Cubo" is an initiative of Vajayanti Pugalia, a well known social entrepreneur based in Kolkata. The event sponsors were Big Boss Elevators, Neptune Tours and Travels, Bhiman Das, Nephare and Cookpad. The venue partner was The Spring Club.

Bharat Gaurab Ananya Samman 2018

The 4th Bharat Gaurab Ananya Samman Utsav 2018 was held recently at the Kolkata Press Club. The inauguration was done by Mayor-in-Council Swapan Samaddar by the traditional lighting of the lamp. Present on the occasion were Secretary of the Dakshineswar Trust: Bramhachari Mural Bhai, president of the association Anil Kumar Das, Secretary Anup Kumar Bardhan, Soumen Dutta and Debasish Mukherjee. The award presentation ceremony was organized by the Reporters and Photographer Association and Indian Institute of Journalists. Awardees of

this year were the gold medal was presented to astrophysicist Debasish Mukherjee, silver medals to social activist Mural Bhai, astrologer and litterateur Anubh Chakraborty, social activist and cultural personality Saradindu Tikadar, Director of Manarat: S.Wubhabrata Bhattacharya and poet Shyamal Talukdar. Apart from them, also present were Dr Gopal Chandra Sinha, Mousumi Bardhan, Archana Bardhan, Sandip Bag, Dr Suryakanti Chatterjee, Amit Banerjee, Arbab Das, Chittaranjan Mandal, Debabrata Roy Choudhury. The show was compered by Anup Kumar Bardhan.



Performances on queue from Hari Haran

The onset of Mahalaya heralds the countdown to one of Kolkata's most iconic and looked forward to cultural events. In one of the longest associations of the millennium, the Vodafone Aagomoni will bring another LIVE nighting grand musical extravaganza to dazzle and delight the privileged few invitees, on the eve of Mahalaya. Vodafone Aagomoni 2018 will take place on Sunday, October 7, 2018 at Science City Auditorium, Kolkata from 7:00 PM onwards. This year too Vodafone brings together an eclectic mix of music and dance legends Hari Haran, Rituparna Sengupta & troupe, Debajyoti Mishra, Rupankar Bagchi & Konineca Banerjee, Lopamudra & Subhamita, Band Advaita, Bickram Ghosh and team, to name a few. The curtains to Vodafone Aagomoni 2018 will go up with the traditional lamp lighting by Shivan Bhargava, Business Head - Kolkata and Rest of Bengal, Vodafone Idea and Rituparna Sengupta. This will be followed by a conventional welcome performance with the rhythm of the dhaks. The beat of the dhaks accompanied by the chanting of slokas will set the tone for the rest of the evening. Bhargava said, "Vodafone Idea is delighted to present the 18th edition of Vodafone Aagomoni, an event that is as young as this millennium... Hosting Kolkata's signature pre Durgotsav event has been a matter of pride and enforces our credo to connect with Bengal. The stature, talent and soul uplifting performances of artists at Vodafone Aagomoni is the most befitting call to welcome Bengal's beloved Ma Durga and formally usher in 'Durgotsav'. Looking forward to another memorable evening of art, music and dance."

18TH VODAFONE AAGOMONI

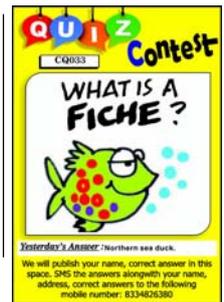
The annual Biryani Festival is back

The celebrated Biryani treat for the city gourmands is back again with a bang. Shiraz Golden Restaurant, in keeping with its tradition, has launched 'The Great Annual Biryani Festival' which starts from 21st September to 8th October, 2018. Biryani, a royal treat, is a perfect one-dish meal that combines ingredients typical to the Mughlai style of cooking. The Great Annual Biryani Festival menu includes the traditional Chicken Murshidabadi Biryani & Gosht Hyderabadi Biryani among the new additions. Chicken Masala Biryani, Gosht Masala Biryani and Gosht Tur Pulao. "Shiraz has always been the priority amongst Biryani lovers for its delectable array of superb palates. We are pleased to see our patrons eagerly waiting for this Festival every year. As serving flavoursome Biryani has been our forte, we have explored the options in the varieties of Biryani keeping the true flavour unchanged", said Ishiaque Ahmed, Partner, Shiraz Golden Restaurant.



Zever: The Premium Jewellery Show organized by GlamBox Experience & Expositions is a high quality show that every Jewellery enthusiast should look forward to attend. The exhibition is a well-known one owing to the number of visitors who get attracted towards the event and is an ideal platform for both buyers and sellers. The event was inaugurated by actress Sanjana Banerjee. This event exhibits products like Gold & Diamond Jewellery, Gem Stones, Silver Ornaments, Pearl & CZ Jewellery, Platinum, Traditional Jewellery, Antique, and Jadu Jewellery. The three-day premium jewellery show was held to promote and trigger the trade for the jew-

ellery industry in India. The exhibition is suitably timed, just prior to the seasonal festivities such as Durga Puja, and the auspicious occasion of Diwali, as well as the wedding season. The exhibition is one of the most popular trade fairs amongst the gem and jewellery industry of Kolkata and witnesses the largest showcasing of traditional Bengal gold and diamond jewellery. The premium exhibition showcased a rich agglomeration of exquisite and handcrafted jewellery that the state is renowned for. These splendid and intricately designed jewellery include statement sets in diamonds, golds, silvers and pearls along with gemstones and related products.



BEAUTY CARE WITH NATURAL INGREDIENTS

SHAHNAZ HUSAIN

Women all over the world have been using commercially-produced beauty products containing harmful ingredients, toxins and chemicals that can cause more harm than good. The majority of usual drugstore beauty products come packed with artificial colors, fragrances and preservatives which is easily absorbed through the skin's pores, potentially causing breakouts, irritation, pigmentation, rashes etc. Most of women with hectic life style and extremely busy schedule either ignore beauty problems or rely on expensive market beauty products as a quick fix that have been linked to cancer, birth defects, genetic mutation and reproductive harm. Plant products and natural substances are ideal for beauty care and have been used as beauty aids since the ancient times. Not only are they a storehouse of valuable vitamins and minerals, but have definite curative and beauty enhancing properties. Natural ingredients can also be related to individual skin types and needs. A skin treatment usually comprises of specific actions, like cleansing, toning, nourishing, moisturizing and protection. By using natural ingredients, these treatments can be made even more effective. Just remember that natural beauty recipes need to be refrigerated and should not be kept in the fridge for more than 2 to 3 days. Use only fresh and clean ingredients and follow strict hygiene while chopping, grinding or blending.

■ Cleansing and Exfoliation

For cleansing normal to dry skin, add olive oil to warm milk. Apply on the face and wipe off with moist cotton wool. It removes impu-

rities without disturbing the moisture balance of the skin. To cleanse normal to oily skin, mix rose water and lemon juice in equal quantities. Apply it on the face and wipe off with moist cotton wool. Scrub for all skin types for exfoliation: Take one teaspoon ground dry orange and lemon peels, one teaspoon oatmeal and one teaspoon ground almonds. Add one teaspoon rose water. Apply on the face and rub gently with circular movements. Then wash off with water. For oily skins, scrubs can be used more frequently. Orange and lemon peels should be dried thoroughly in the sun and kept in a tightly closed container. You can use the oats which are available for making porridge. Oats works wonders on oily, blackhead prone skin. Mix oats with egg white and apply on the skin. When it is dry, dampen with water and gently scrub it off the skin. The face should be rinsed off, or soak cotton wool pads in rose water and wipe the skin with it. For dry skin you can mix oats, honey, milk and a few drops of almond oil. The paste should be applied, left on for 15 minutes and then rinsed off with water.

■ Toning

You can also make your own skin tonic, with rosewater and witch-hazel. For normal skin, mix together three-fourth cup rose water with one-fourth cup witch-hazel. For oily skin or oily areas on combination skin, mix rose water and witch-hazel in equal quantities. For dry skin, mix three-fourth cup rose water with one-fourth cup witch-hazel and half teaspoon honey. Keep the lotion in a tightly closed glass jar in the refrigerator. For pim-

ple-prone skin, make a skin toner with cucumber and mint. Take half a cucumber and 3 tablespoons washed mint leaves. You can get the best results by putting them through a liquidizer and then strain. Add one tablespoon witch hazel. Keep the lotion in a glass jar. The cucumber and mint pulp can be used as a face mask.

■ Mask

Clay masks can be made with Fuller's Earth or Multani Mitti and are useful for oily skins, as they absorb excess oil. They also tighten the skin and stimulate blood circulation of the surface. One tablespoon Fuller's Earth can be mixed with rose water and used on oily skin. For oily skin, one teaspoon honey can be mixed with egg white and lemon juice and enough Fuller's Earth to mix into a paste. Apply for 20 minutes and wash off with water.

For dry skin mix Kaolin with aloe vera gel and rose water. Add a teaspoon of honey or almond oil. The paste should be applied on the face and rinsed off after 20 to 30 minutes. Fruit and vegetable masks can be ideal skin-pampering treatments. Most fruits and vegetables can be made into a pulp and applied on the face like a mask. Fruits like banana, apple, papaya and orange can be mixed together and applied on the face. They should be mashed or made into a pulp. Keep it on for 20 to 30 minutes. Papaya is rich in enzymes and helps to cleanse dead skin cells. Banana tightens the skin. Apple contains pectin and helps to cleanse the skin. Orange is rich in Vitamin C. It restores the normal acid-alkaline balance. For ageing skin, take cream of milk (malai), one banana and 1 Vitamin E capsule. Mash the banana and mix with



the other ingredients. Apply on the face and wash it off after 10 minutes. While applying masks, avoid the lips and area around the eyes. After applying the mask, apply a little pure almond oil around eyes. Then dip cotton wool pads in rose water and use as eye pads. Rose water not only brightens the eyes and removes fatigue, but the aroma of rose helps to calm the nerves and induce relaxation. Beauty care with natural ingredients can be most renewing and refreshing, apart from enhancing beauty.

The author is international fame beauty expert and is popularly called Herbal Queen of India