LIFESTYLE

Know about Rainwater Harvesting Techniques

The water crisis in India is an imperative that we need to preserve rainwater for sustainable water supply throughout the year. To learn of smart ways to make it work, read on...

RAIN GARDEN
A container is an artificial depression in the land that collects and stores rainwater runoff until it can infiltrate the soil. Rain gardens are great because they are made for individual parts that can provide a natural form for butterflies, butterflies and other insects.

THE RAIN CHAIN
An old method to channelise rainwater, rain chains have evolved from small to large and are excellent at harvesting rainwater. This can be a useful chain that adds an ornamental touch to your landscape. (Check This)

THE RESERVOIR
This is an easy way to retain rainwater. You need to make storage tanks where the filtered water can be stored. Once the water is channelled through the pipes and filtered to your taste, you can use this water to wash cars, clean plants, or for any other purpose you need.

THE DIY RAINEAR
Make a 1-D to 1-D container pots (or any suitable pots, like decorative steel umbrellas or lampshades, through which we will use it. Note the top and bottom and use one as a cover.

Rain barrel
Connect a barrel to your rainwater harvesting and cover it with a flat lid. This will filter out dirt and debris. Now, it is up to Thor to stop him. The host presents his monthly reality check:

Dog’s behaviour myths busted
When pets come to the family, they bring along opinions. Yogesh Pagare believes that theories are there only to be shattered after conducting a few experiments and understanding the pet’s characteristics.

Unplug and relax
In a world where all pathways are wired and everyone is connected, the need to unplug and relax is very important. Here are some effective methods that can help you relax.

Beauty diet for healthy skin
It’s often said that you are what you eat. And the health of our skin completely depends on what we consume. The condition of the skin depends directly on the health of your liver. To keep the liver healthy, we should focus on eating a healthy diet. Check these tips:

FOR DRY SKIN
Drink plenty of water, eat foods rich in vitamins and minerals, such as carrots, seeds, pumpkin seeds, etc.

FOR OILY SKIN
Avoid fatty foods, avoid carbohydrates and white sugar, and reduce the intake of dairy products, meat, and fish.

FOR SENSITIVE SKIN
Avoid all allergens like long-term exposure to the sun, dairy products, night creams, and harsh soaps.

BENEFITS OF DOING EXERCISE
A well-rounded exercise routine should include a warm-up as a low-intensity cardio before moving on to a moderate intensity carefully selected mixture of aerobic and anaerobic activities. The body temperature gradually increases, preparing the body for exercise activity. This helps prevents injury and muscle strain.

A warm-up is always essential to the exercise, making the movement that will be performed in the subsequent work.

Basic components of a good warm-up...

Guided imagery
With the help of guided imagery, you virtually imagine all and every moment of your life, having a good time. This allows the patient to visualize different aspects of their lives and their feelings, which in turn results in the release of stress and feelings of relaxation.

Diet for healthy skin
For dry skin, eat foods rich in vitamins and minerals, such as carrots, seeds, pumpkin seeds, etc. For oily skin, avoid fatty foods, avoid carbohydrates and white sugar, and reduce the intake of dairy products, meat, and fish. For sensitive skin, avoid all allergens like long-term exposure to the sun, dairy products, night creams, and harsh soaps.

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