

Wellness Grooming

# For healthy SKIN & MANE IN MONSOON...

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The onset of monsoon is synonymous with crispy edibles, warm beverages and yes skin that doesn't always behave its best. To keep your skin sane and happy in this temperamental weather that is cool one minute and humid another minute, follow a proper skincare regimen. Ditto for hair. It's all the more possible to do that now that people's movement is restricted to few outings in the wake of the ongoing pandemic. Here is a monsoon guidebook of sorts to keep your complexion and hair in good condition.

## Cleanse skin with gentle face wash morning/night

It's important to keep your skin clean and free of dirt and grime as monsoon's humidity leads to more clogged pores than usual, which can result in acne and blackheads. "Pick face wash with gentle ingredients like white tea, chamomile, aloe vera,"



**Eat fresh foods for good skin**

Enjoy your pakodas and samosas in the rainy season but don't go overboard and also have your share of fresh seasonal fruits such as mangoes, jamun, peach and cherries to detoxify your skin internally. And stay hydrated with lots of water, coconut water and nimbu paani.

suggests skincare expert and author Blossom Kochhar. Wash your face once in the morning, using just a very small quantity of face wash. If you want to avoid face wash, you can also cleanse your skin with your own DIY cleanser: add one tea-spoon milk to 1.5 tea-spoon gramflour with a pinch of turmeric, and clean your face (and body too) with this paste. Before your bedtime at night, clean thoroughly with a face wash or the DIY gramflour paste to wash away all traces of surface impurities and excess oil.

## Exfoliate once a week

Exfoliation is the process of removing dead cells from the skin and opening blocked pores. This helps the skin to breathe and stay clean and fresh. "Use a face scrub made with coffee beans for best results as coffee deep cleanses and improves circulation," advises Kochhar. You could make your own face scrub too, like the actress Alaya F did recently. She also shared the skincare recipe on her Instagram: To reduce puffiness on her face, Alaya mixed ground coffee with some sugar, milk, honey and olive oil. She recommends exfoliat-

ing the face with this refreshing coffee scrub by applying on the face and neck for 10 minutes and washing it off with cool water by gently scrubbing it off. Try it out once a week.

## Heal acne with neem

The neem tree has fresh and tender neem leaves in the monsoon. These bitter leaves are great to fight many skin and hair conditions like acne, dandruff and itchy scalp. For those suffering from acne, make a paste of tender neem leaves and apply on affected areas to let the zits dry out naturally with the potent ingredients found in neem. The neem leaves paste can also be used as a hair mask to tackle dandruff and itchy scalp issues.

## SHAHNAZ HUSAIN'S NEEM RECIPE FOR HAIR

"Heat 250 ml pure coconut oil. Take a handful of neem leaves and add it to the oil. Keep in the sun during the day for 4 or 5 days. Strain the leaves and keep the oil for use to relieve itching and scalp eruptions." Neem is an antiseptic that helps in healing stubborn skin issues.

## Keep your feet happy

Monsoon is the time of water, mud, bacteria, fungus and infections too. So it's imperative to keep your feet clean and dry. Kochhar gives 2 great tips for happy and healthy feet: "Dip your feet in warm water with a gentle soap solution and 2-3 drops of tea tree essential oil. Secondly, wear covered waterproof shoes to protect your feet from muddy water on the road that may be carrying harmful bacteria." You could also use a foot powder to keep your feet dry and free of odour.

GUEST COLUMN



## Varsities start rolling out plans for international students

Dhiman Chattopadhyay

Higher education globally is in a state of flux. COVID-19 has upset the best laid plans of universities. Most American colleges, for instance, are still not sure what their campuses would look like when they reopen in August. As of today, 67% have promised resumption of face-to-face classes, but I am willing to bet that this number will change. For most institutions, 'Fall 2020' may entirely be online, or at best, hybrid. This uncertainty is particularly problematic for 1.1 million international students, including 250,000-plus Indians, currently enrolled in US varsities.

But there is hope! I can tell you that most of the highly ranked universities are going all out to ensure their international students feel welcome and safe.

What about those who may be unable to physically join classes this August due to travel restrictions? The University of California System (UC) System, SUNY, University of Pennsylvania, Tufts, Drexel, and Emory have already announced that international students will be allowed to take all courses remotely for Fall 2020. Others are following suit.

It is still wise to check your chosen university's website to see specific plans. There are several other plans underway to ensure international students are not inconvenienced. So, keep your spirits up!

(Dhiman Chattopadhyay, Ph.D. is Assistant Professor at Shippensburg University of Pennsylvania, US. A former editor with the Times of India, he spent two decades as a journalist in India before moving to academia)

## SKILL BUILDER PHONICS ACTIVITIES

### JUMBLLED WORDS

Unscramble the letters to form the word that describes each picture the best.



u  
m  
g

1



r  
n  
u

2



s  
n  
u

3



g  
u  
p

4

### MATCH THEM UP

Match each double consonant word to the correct picture.



hill mess puzzle bell earmuff pizza dress

## SIMPLY FRACTIONS ZOMBIE BOARD GAME

<b>START</b>	1. 10/5	2. 33/11	3. 10/100	4. 6/12	5. 21/7
11. 7/70	10. Trade Places	9. 7/6	8. 11/22	7. 12/36	6. Go forward 2 spaces
12. 45/90	13. 5/4	14. 3/9	15.	16. 30/120	17. 60/30
23. 50/100	22. Go back 3 spaces	21. 23/46	20. 6/10	19. 7/28	18. Trade Places
24. 64/80	25. 70/100	26. 13/4	27. 11/7	28. 15/6	29. 9/12
<b>END</b>	34. 7/3	33.	32. 33/55	31. 6/66	30. Lose a Turn

### RULES OF THE GAME

The zombie board game is a fun game for educators. There are traps, pitfalls and escapes in this game. It is called **Zombie Board Game** because the zombie represents the biggest single threat to the players. Landing on a zombie space sends a player back to start.

- Roll the dice and count ahead according to the number that shows up.
- When a player lands on a space, he simplifies the fraction on the space within a determined time and says the answer.
- The instructions on the other spaces are pretty straightforward.
- Lose a turn:** the player loses a turn to play.
- Go forward** →
- Go backward** ←
- The zombie is the space no one wants to land on. It is a killer. **Landing on the zombie sends the player back to start.** Restarting is no fun when your opponent is advancing.
- Trade Places:** This can be good or bad. The player who lands on this space swaps with the opponent. Trading places with an opponent who is ahead in the game is good. Trading places with an opponent who is behind is no fun.
- Finally the last pitfall is towards the end of the game. To finish the game, the player must get the exact number on the dice to **END**. If the player has more, the player has to count forward and backwards. For example if a player is at space 31, the player needs to roll and get 4 to finish. If the player has 6 for example, the player counts forward to 4 and 2 backwards to space 33.
- To customise this game, change text in the space boxes by putting in your own words. Equally you can add small clip arts for lower levels.

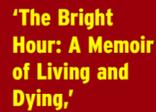
Designed by Math Games 4 Children

## Hope in the form of words

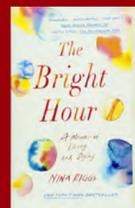
These books will give you the extra motivation you didn't even know you needed. Now that most of us are staying indoors as a way to practice social distancing, you have the time to read some of these books on life, hope, and positivity...



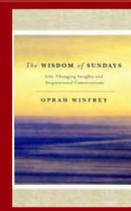
**'Girl, Wash Your Face,'**  
by Rachel Hollis  
In this bestseller, Hollis dispels the lies that stop us from becoming who we're meant to be.



**'The Bright Hour: A Memoir of Living and Dying,'**  
by Nina Riggs  
This is about the journey of a woman who challenges death and destiny.



**'The Wisdom of Sundays,'**  
by Oprah Winfrey  
This will give you a daily dose of Oprah Winfrey's life-changing wisdom and inspiration. Learn as you read.



**'THE FIVE-MINUTE JOURNAL.....'**  
by Intelligent Change  
A classic since 2013, this is popular with students who want to express!

