KIRTIKA KARMA KATIRA

100 ARTICLES

A COLLECTION OF WRITE-UPS BY

KKK
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After a year's hard work, I (Kirtika) reached the first milestone of my writing journey. On this day, I wanted to share free copies of my work through this E-book to all my readers. It will be available free-of-cost for everyone to download on my website. This E-book gives a glimpse of my journey till the 100th published article. Many of the top articles from each category have been complied together in this book to give the readers a recap of my write-ups. All the articles are available on my website kkkarmablogs.wordpress.com and the ones that are not, will be published soon. By far, I have worked with several news portals, magazines, websites, and news organizations where I have contributed these articles. You can access all of them on my Facebook page named 'Kirtika Karma Katira'. If you want a specific article from my archive, mail me and I will help you out. At last, I want to thank my readers who crossed 30k limit in this year and I am very excited to write more for you.
Beauty

DIY Homemade Tips And Remedies For Anti-Aging

Both men and women in their 30’s gets concerned about them looking older or more aged than what they really are. Women are usually more concerned as they want to maintain their youthful and beautiful look forever.

This may look impossible but this article will briefly describe you about how you can get a younger looking, flawless, and wrinkle-free face without spending a ton on beauty products. In the case of anti-aging process, this quote describes it well, "Prevention is better than cure".

There is no better way than going natural and using chemical-free, safe treatments to keep your skin youthful. In this article you will find many anti-aging proven remedies that you can use in the comfort of your home.

1) Egg White Pack - This pack is a very effective anti-aging remedy. It has Omega-3 fatty acids, zinc, calcium, zinc, etc. It tightens the skin and removes wrinkles. It has anti-aging agents.

   Ingredients:
   a) Egg white - 1
   b) Thick milk cream - 1 tablespoon
   c) Rose water - 2 teaspoon
   d) Lemon juice - 1 teaspoon

   Steps to follow:
   a) Mix the egg white with lemon, juice, rose water and milk cream.
   b) Make a smooth paste.
   c) Apply on your face and neck evenly.
   d) Wash with cold water after 15 mins.

2) Rose Water Pack - This home remedy will have a soothing effect on your skin and it promotes skin regeneration process. It reduces thread veins, blemishes and puffiness under the eyes.

   Ingredients:
   a) Rose water - 2 tablespoon
   b) Glycerine - 8-10 drops
   c) Aloe vera gel - 1 teaspoon
   d) Lemon juice - 1 teaspoon
Steps to follow:
a) Mix all the ingredients together.
b) Apply gently all over the face and neck.
c) Leave for 20 mins.
d) Wash with lukewarm water.

3) Banana Pack - This fruit is widely known for its anti-aging properties. It is used in many countries as a traditional method to remove wrinkles and dullness. It contains vitamins A, B, and E. It is rich in Zinc, iron, potassium which helps in maintaining a youthful skin.

Ingredients:
a) Mashed banana - 1 cup
b) Yoghurt - 1 teaspoon
c) Honey - 1 teaspoon
d) Coconut milk - 1 teaspoon

Steps to follow:
a) Mix all the things together.
b) Form a smooth paste.
c) Apply this pack and leave it for 20 mins.
**DIYs Homemade Remedies For Brides-To-Be and special skin care regimen**

A bridal glow is a must-have as it is your D-day. This day will probably be the most special day of your life which calls for a special glow. Extra care and pampering is required to get a perfect bridal glow.

The bride needs to give some extra attention to your skin and beauty routine. Replenish your skin from within naturally. You are going to be the center of attraction on your wedding day so you have to put your best foot forward and look your best.

Many women head straight to Salons and Parlors to book a long appointment. But, what these women do not know is that they can achieve a much better and natural glow at home with some natural DIY home remedies.

Brides-to-be across the globe wants a glowing, fair and acne-free skin. It is easy to achieve it too, if you follow the routine mentioned in this article.

**DIYs Homemade Remedies For Brides-To-Be**

1) Bridal Glow Ubtan Full Body - This ubtan is very popular among Indian brides. This is an ancient recipe of traditional uptan made for glowing skin for brides. This will give you a beautiful glowing skin in minutes.

**Ingredients:**
- i) Gram flour - 1/2 cup
- ii) Wheat Bran - 1/4 cup
- iii) Yoghurt - 4 tablespoon
- iv) Milk cream - 4 tablespoon
- v) Turmeric powder - a pinch.

**Steps to follow:**
- i) Mix all the ingredients together and make a paste.
- ii) Warm some mustard oil.
- iii) Apply the oil and massage your body.
- iv) Apply the ubtan on the oiled body and relax for 30 minutes.
- v) Massage the ubtan gently all over the body.
- vi) Wash with warm water.

2) Milk and Salt Bath or soak - This one is inspired by the kings and queens of Ancient India. They used to take milk baths before the wedding to lighten their skin and to get an instant glow.
You do not need a bath tub in it. Thus, it is super affordable and easy.

Ingredients:

i) Small tub - 1
ii) Rock salt - 4 gms
iii) Water - half tub
iv) Rose water - half cup
v) Milk - 1 litre

Steps to follow:

i) Warm the milk slightly. Do not over heat.
ii) In the tub, add all the ingredients.
iii) Soak your feet in it for 10-15 mins.
iv) Meanwhile, with a cotton ball dab the mixture on your body.
v) Wash with warm water.
Reasons Why Shenzhen Is The Hotbed For Startups

Shenzhen is a city in Guangdong province, China. It is a great city for startups, technology, hardware manufacturing, etc. Around 40 years ago, Shenzhen was called Bao'an County and it was just a small village where fishing was the main occupation. A major economic change came in this city in 1979 when this city was renamed as Shenzhen City.

The China's Communist Party leader Deng Xiaoping made the city of Shenzhen the first special economic zone (SEZ) of the country and the policy of "Reform and opening" started there. The country's reformist leader Deng made several moves to turn the economy of China from 'Conventional Communist Economy' to 'Global Powerhouse Economy'. Since then the development through foreign investment and capitalism started to fuel up in this city. It has developed at a bewildering rate in the last forty years. It is an electronics manufacturing kingdom today.

This city is one of the fastest growing cities in the world. Here electronic goods are manufactured at a very cheap cost. In 40 years, the population of this city has grown from 30,000 people to 12,000,000 people and many unregistered migrants are not included in this figure. This city is denoted as the 'Silicon Valley of China' due to the advancement in technology, manufacturing, business, and many other sectors.

The local government of Shenzhen is business driven and broad-minded. This city is built from scratch and due to many favorable factors, it has grown consistently. The fact that this city itself grew from rags to riches, makes it the best place for startups and entrepreneurs. In the past few years, it has proven itself of being the best hardware and tech city of China.

Factors Favorable for Startups in Shenzhen

This small city of China has become a hub of hardware manufacturing and tech startup. Since the past forty years, many factors have contributed to the development and growth of this city.

Let us take a look at these factors.

1) Government Support - The government here is business-minded and development-oriented. It has made several efforts to make this city a manufacturing ecosystem. There is a strong government support for the startups and other companies. The taxes are relatively lower than other countries. As compared to the corporate tax rate in USA i.e. 39%, the corporate tax rate here i.e. 25% is very low. There is also an incubator which is a government operated and sponsored institutions that serve startups companies. The district government also brings several policies from time to time that supports the growth of startups.
2) Crowdfunding Environment - There are almost 80 registered platforms for crowdfunding in Shenzhen city. Some of them are Angel club, Yunchou, etc. Entrepreneurs can frequently rely on crowdfunding at the innovation stage or a later stage. A constant feedback from investors or customers is received and recorded to make their services better and bigger. Crowdfunding has given opportunity and resources to the newcomers and entrepreneurs.

3) Adequate Workforce and Manpower - This city has many migrant workers that migrate from place to place according to the season. Most of the population here is indulged in the industrial sector. A company can easily find manpower for their company in Shenzhen. This place has a huge labor force that is perfect for manufactures. The city has over 4 million manufacturing manpower. There are many talented entrepreneurs here and many people migrate to this city due to its pro-business policies to establish startups.

4) Raw Material at Low Cost - This city has an array of manufacturers and suppliers for parts and raw material. All such material is available at a low cost in Shenzhen. A startup can source its raw material from its local market at a cheap price. There are expert shippers and packers also in the city. There are several factories here that can produce a large amount of product or hardware at a quick pace. There are many OEM manufacturers here that can provide raw material and other supplies at a cheap price.

5) Innovation and Technology - This city gives birth to new products, new business models, new technology, etc. This city has grown as an authority for innovation. The growing startups and their new ideas have added to the development of technology. Startups also use the new innovations of this place to produce better products.
Today, we are living in the Digital Era where technology has reached the common people of all walks of life. More and more people are switching to online platforms to buy, sell, rent, and search products and services. Consumers have made the online platform, their new favourite marketplace. Thus, every small or large business or company should rent a virtual space to establish an online presence by launching a website. Every business must have a website to gain credibility, consumers, and global recognition.

A website is a domain page of your business on the internet that has several web pages that showcase your business to the online audience. They make an online presence for your business which attracts more customers. Through a website, you can do online marketing of your product and business. It brings an amazing opportunity to meet and attract new customers from around the world. It has numerous benefits and there have been many success stories in the past where people have grown their businesses 10 times by just using a website.

In the world of business, information is a crucial part and a website can help your business impart the right information to a global community. The biggest challenge for any business is to acquire and retain customers. With a website, a business can not only acquire customers irrespective of the proximity boundaries but it can also retain customers by several features like email subscription, newsletter subscription, notifications, etc.

Benefits of a Website

A website has countless benefits for all kinds of businesses and companies. Let us take a look at why it is necessary for every business to own a professional website:

1) Increased Profits - With a website, you will get more visitors and customers which will result in increased sales that will give increased profits. You can attract more customers and clients through your website by consistently promoting and updating the contents of your website.

2) Build a Brand - A website can help you create a brand out of your business and it also increases credibility in the minds of your customers. With the help of several features that comes along with a website, a person can create a brand at very low cost.

3) Build Relationship with Consumers - Send instant messages and emails to your customers. Update them with your new products and offers regularly. Give 24/7 customer care service through your website. Stay in touch with your regular and potential customers. You can also use blogs to create a community and attract more visitors to your website.

4) Marketing at Low Cost - Digital and Online marketing is way cheaper than other kinds of marketing. It is cost-efficient and more effective in terms of results. Use SEO, SMM, SEM, etc to
market your products or services. A website is the best way to advertise and market your products and services.

5) Global Presence - With a website, a business can operate in several parts of the world from even a remote area. Customers can search your products online from anywhere in the world. Now, there are no proximity obligations with the advancement of technology.

The new developments in the online platform have created a new virtual marketplace which has been a major advantage for businesses and customers. Now, customers can access all the information about various products and services conveniently on several websites. They can compare products and choose the best suitable option for the ease of their home. That is the reason every business must have a website to impart the right information to the customers searching for it online.

A website is a virtual meeting place for buyers and sellers. Business displays their best products and offers on their website with HD pictures and saleable pitch. The websites have changed the way people market their products and it has definitely been a major factor in globalization as well. The internet has brought the world closer to each other. Customers can now buy the best green tea from the Himalayas or the best coffee from Ghana from the couch of their living room on the internet. Thus, it is time to change along with the changing consumer's buying habits which makes it extremely important for every business to be online through a website. What do you think about it? Comment below and share this article to spread the word.
Digital Marketing

How to Reap the Benefits of Digital Marketing

Digital Marketing is the art of acquiring customers for a business or company through online and digital platforms. A huge number of masses has turned to online platforms to socialize, research, shop, sell, etc. Today, everything can be done online in a fraction of seconds. Back in the days, people used to consume content through TV, Radio, Magazine or Newspapers but things have changed now.

People consume content through digital platforms like websites, blogs, e-paper, articles, web content, etc. Marketers go where the customers are spending their most of the time. That is the reason why digital marketing services has become the biggest marketing platform today. This kind of marketing uses platforms like social media, search engines, email marketing, content marketing, mobile marketing and so on.

Benefits of Digital Marketing:

1) Build a Brand - Through digital marketing your online presence increases. You can build a brand for your business through digital marketing. If your website or company ranks higher on the search engine, a trust factor is developed between the potential customer and the company. A legitimate website can be a huge contribution to your profile and it acts as a virtual profile.

2) Market your services or products to masses - The online platform is huge and it has a large number of users. Today, people turn up to Google for anything and everything. Basically, this platform is capable of connecting buyers to sellers. Anyone can buy a small virtual space for ads. There are several options for paid ads. That's not all, many marketing services are provided by digital marketer to increase your customer base.

3) Earn a hefty amount of money - Either you own a website or a business, digital marketing can increase the number of viewers on your site which in turn increases the activity on the site. Businesses get more customers and websites get more views. Websites can provide free content to users and there are usually paid ads in the article that pays for every view on the ad. Many startups have made a fortune by being just an online platform.

4) Virtual space is cheaper than physical space - Imagine buying or renting a shop or office to run a business can be expensive. That is not the case at all in digital marketing because the virtual space is comparatively extremely cheaper.

Ways to reap these benefits:
1) Content Marketing - This requires original and interesting content to attract viewers or audience to a certain webpage or website. It is basically where content is available. There are two types of content, one is for information and second is for entertainment. It could be in the form of poem, story, article, blog, pictures, data, etc. Content is the foundation as people are attracted to read only the things that interest them. On these sites, there are several paid ads along the content. The more users visit your site, the more you earn.

2) Search Engine Optimization - SEO is its short form and it is the process of acquiring traffic from organic search results on search engines. Web pages and other content is listed and ranked based on what search engines consider the most relevant to the keywords searched. These ads are free of cost. Keywords play an important role in it. Use most searched keywords in your content to be higher on the search results. There are several ways to use SEO to bring traffic to your website.

3) Search Engine Marketing - SEM includes forms of online marketing that involves promotion of websites by increasing its visibility in search engines through paid advertisements. They are paid form of marketing and it can derive a huge number of traffic on your website.

4) Social Media Marketing - SMM is the process of using social media platforms to advertise your products or services. It has built-in analytics tools and it is a growing industry. It allows business and individuals to interact and build relation with an online community to promote their website or product.

5) E-mail Marketing - People everyday get many mails regarding the new offers or a reminder of new article post. All this is a part of email-marketing. When emails are used to interact with a huge customer base to provide relevant information about your products or services is called email marketing.

All the components of Digital Marketing compliments each other and integrated digital marketing is the best form to utilize the full potential of online platform. You can also grow online by considering insight, analytics, technology, content and reach of your website. The digital marketing landscape is growing at a rapid pace and there are thousands of opportunities in this field.
Digital Content Marketing Is Rapidly Growing & Developing

With major advancements in technology, we have entered the Information Age. People can access information online in few minutes. The Internet has anything and everything that we may require. Today people have turned to the virtual marketplace to shop and they rely on the internet or google to get information. Similarly, Social Media has become our favorite pastime. Marketers understand the changing dynamics of the people's purchasing behavior and where people spend most of their time. Therefore, social media content marketing has gained popularity.

Good content leads to a better marketing campaign. From a marketing perspective, content marketing through social media platforms has been extremely rewarding. The trends in social media content marketing keep changing. Many such new trends will be seen in 2018.

Let's take a look at four of these upcoming trends to watch in the near future.

1) Advanced Form of Content
The content will shift from text to visual form. Videos will be used to convey information instead of long articles or essays. Informative videos with good content are gaining popularity. The audio-visual form of content attracts more viewers or readers on social media. The content must facilitate user interaction. In the popular videos, companies pay to advertise their products and it also features a direct link to the shopping site. It is informative and entertaining. Currently, people have not realized the humongous benefits of this kind of content which makes this field less-competitive. It is also a lucrative field of marketing.

2) Rise of Ephemeral Content
Earlier marketers focused on creating evergreen content that can be used for a long time but recently all major social media platforms has launched features based on ephemeral content. This kind of content is time sensitive. It creates a hype among users. Following their footsteps, many companies will switch to ephemeral content to attract more customers and viewers. Snapchat pioneered this idea and after analysing their success, many people joined too. Brands can ramp up stories on the 'Add story' section of social media to use this amazing feature to connect with the customers directly. Social media influencers use these stories to add links to websites where they can buy several products.

3) Mobile Friendly Content
With the increase in internet users over smartphones, many brands are starting to make content that is favorable for the small smartphone screens. Many websites have established mobile apps. The apps engage more users as they can be easily downloaded in smartphones.
Websites opt for mobile-friendly templates that can adapt the layout suitable for smartphones. Smartphones are the perfect and handy devices. More brands are realizing this fact and they are focusing on developing content for small screens. The content is formatted to suit the smartphone's layout. Apps, websites, social media, etc features advertisement section and marketers have inserted advertisement where ever there is traffic.

4) Augmented Reality
In the near future, the next big thing in social media content marketing is going to be 'Augmented Reality'. It's a new way to engage with the audience. Many social media platforms are trying to integrate features based on Augmented Reality in it. A new way to showcase products is coming soon. Through this feature, different brands can project their products in the real surrounding with the help of special filters over the camera. This feature shows the buyers how a product will look in their natural surroundings. It is a great way to market products. More such features will support the content. The format of content will be upgraded to suit this added feature.

Astonishingly, the tally of total users of social media across the world is over 2 billion which makes it a perfect place for a marketer to advertise their products or services. This is a growing industry. The numbers are increasing every day and companies know this fact. Stay updated with the rising trends to establish an effective marketing campaign on social media. Integrate it into your campaigns. Be ahead in the game.
Entertainment & Music

Top 6 Best Women-Centric Movies Of 2017

The year 2017 has been a strong year for women if we talk about strong lead roles in the movie industry. Many movies will be female-centric this year but some of them have taken the best spot in terms of their performance.

The time has changed, there was a time when female actresses were only considered supporting artists and the story revolved around the hero. This is not the case anymore, many directors and writers are making women-centric stories to highlight and celebrate the life of women. Now, even a women-centric movie can earn a lot at box office. More such movies are arising and not all of them were a big success.

We have listed the top six women-centric movies of 2017 in Bollywood to reduce your browsing time. Let us take a look at them:

1) Padmavati
Padmavati starring Deepika Padukone, Shahid Kapoor, and Ranveer Singh is all set to release on 1st December 2017. Sanjay Leela Bhansali is back with his larger than life movies. This movie is based on the life of Queen Padmavati from Chittor in 14th century. The courageous life of the women of that time is celebrated and highlighted in the movie. As the name suggests, the movie is about the beautiful queen of 14th century of Chittor. The trailer of the movie was released few days back and it looks very promising.

2) Haseena Parkar
Haseena Parkar starring Shraddha Kapoor is the story of Dawood Ibrahim's sister Haseena Parker who was famously known as 'Appa' in the underworld. Haseena was also known as the 'Godmother of Nagpada'. The movie highlights the life around don's sister and what she faced in her life. The movie is directed by Apoorva Lakhia and it was released on 22nd September 2017.

3) Lipstick Under My Burkha
Lipstick under my burkha is a movie about four women and their lives. Each one of the four women is trying to fight against the people who force social norms on them and they fight to gain control over their lives and destiny. The stories of all four women are loosely connected and it is extremely women-centric. The movie is starring Konkona Sen, Ratna Pathak, Aahana Kumra, and many more. It is directed by Alankrita Shrivastava and it was released on 21st July 2017.

4) Begum Jaan
Begum Jaan is based on the Rajkahini by Srijit Mukherji. The story is about a brothel in a village
in Bengal that is operated by Begum Jaan. During the partition of India and Pakistan in 1947-48, the radcliff line was passing by the brothel and Begum was ordered to leave the place but she opposed the government and authorities. The brothel had 11 prostitutes and the movie revolves around their lives. The movie is starring Vidya Balan, Gauhar Khan, Naseeruddin Shah, and many more talented actors.

5) Secret Superstar
Secret Superstar is a story about a girl named Insu who is a young muslim girl living in a conservative family. She aspires to become a singer but her father is against such professions. She meets a musician which unravels a journey of uncertainty and excitement. The movie is starring Aamir Khan, Zaira Wasim, and Meher Vij. It was released on 19th October 2017.

6) Naam Shabana
Naam Shabana is a prequel of the movie 'Baby'. Taapsee Pannu is playing the role of Shabana who is a spy. It talks about the making of her career and how she takes revenge of Jai’s death. The film revolves around her life and Akshay Kumar gives special appearance in the movie too. It was released on 31st March 2017 and it is directed by Shivam Nair.

If you are looking for the best movies based on women and womanhood then watch the movies listed about and share your views with us on the comments below. If you like any of the above movie then share your reviews with our community on the comment section below.
Asha Bhosle's Birthday Special: 5 Evergreen Songs, We Can Never Forget

Asha Bhosle was born on 8th September 1933. She will be turning 85 today. On this special occasion lets talk about the evergreen legendary singer of India. As a playback singer and vocalist, she made a lot of name and fame in Bollywood.

She has made film music, folk music, classical music, bhajans, ghazals, qawwals, Rabindra sangeets, pop, traditional music, etc in 20 different languages. Over 12,000 songs sung till date and still counting. She was awarded with Padma Vibhushan, Dadasaheb Phalke Award, etc.

Look at the top 5 evergreen songs of Asha Bhosle:
1) Chura Liya Hai Tumne Jo Dil Ko
   Even today when I hear this song, I get chills down my spine and goosebumps all over. This song was released in 1973 in the movie "Yadon Ki Barat".

2) Dil Cheez Kya Hai
   This song has been the 'Song of the century' as Rekha mesmerized the audience by her beautiful looks and moves while the sweet melodious voice of Asha Bhosle kept people enchanted in the movie 'Umrao Jaan'.

3) Aao Huzoor Tum ko, Sitaaro Pe Le Chalu
   This epic song was released in the movie 'Kismat' in 1968. Since then there have been many remakes of this song. She spread her magic in this song.

4) In Aankhon Ki Masti Ke Mastane Hazaroo
   Again, Asha Bhosle captured everyone's attention by giving another hit song in the film Umrao Jaan released in 1981. Rekha's performance along with Asha's melodious voice left all of us speechless.

5) Aao Na Gale Lagao Na
   This song was featured in a movie named as Mere Jeevan Sathi which released in 2001. Asha Bhosle sings beautifully in this song and her soulful voice is hard to forget in the many years to come.
How to Make Sushi at Home Like a Pro

Sushi is a Japanese cuisine which is savored around the world. These small bites of heaven are readily available in few restaurants but when we think of making a sushi at home, most of us take a step back as it looks pretty difficult for a non chef to cook it and pull it off in style. This article will help you make delicious sushi at home in restaurant style. Whether you have planned a special dinner at home for your family or you are planning to throw a get together of friends at home, this recipe is a must-have for sushi lovers.

PREP TIME: 15mins | COOK TIME: 30mins | TOTAL: 45mins

Ingredients

- A towel
- 1 cup sticky sushi rice
- 2 cups of water
- 4-6 nori sheets
- Pickles
- Soy sauce
- Wasabi
- Proteins like chicken, salmon, fish of your choice or veggies of your choice
- 4 tbsp rice wine vinegar
- Salt
- Sugar

Preparations

1) Start by washing the rice, cutting the vegetables or protein.

2) Acquire the raw materials required for the dish.

3) Add sugar and salt to vinegar and set aside.

Directions

1) Boil the rice then transfer the heat to medium flame and cook for 10-15 mins.

2) Mix the vinegar mixture with cooked rice gently. Prepare a mixture of sticky rice.
3) Meanwhile the rice is cooking, either boil or pan fry your proteins.

4) Now that the sticky rice is ready and the veggies or proteins are ready too. It is time to roll.

5) To roll the sushi, grab a thick towel of rectangular shape.

6) Place a plastic wrap above the towel and place a nori sheet on top of it.

7) With wet hands, place a thin layer of rice on top of the nori sheet.

8) Place the veggies or proteins horizontally on the bottom of the rice sheet.

9) Now simply hold the sides of the roll and start rolling from bottom to top. Compress it once rolled and remove the towel and the plastic wrap.

10) Cut it into pieces with a sharp knife and set aside.

11) Serve with wasabi, soy sauce and pickles.
Recipe: Creamy Mashed Potatoes at home in 30Mins

Delicious And Chessy Side Dish To Your Meal

Yummy mouth watering mashed potatoes can be made easily at home within 30 mins and the best part is you can make it ahead of time and you preserve it to eat it later. They can be eaten with pie, steak, curries etc.

Ingredients:

- 1/2 kg potatoes
- 50gms butter
- 2 tbsp milk
- Pepper
- Salt
- Cream cheese - 150gms

Preparation:

- Peel the potatoes with a vegetable peeler. After peeling rinse under cold water.

- In a pot, put butter and milk into it, heat for a min and keep aside to use later.

Directions to cook:

- Take a pot, put potatoes in it and fill it with water. Bring it to boil and transfer the heat to medium flame. Cook for 10-15 mins or until it becomes soft.

- Drain the potatoes and keep aside.

- Take a mixer grinder, put potatoes, butter and milk mixture and cream cheese in the container of grinder. Put salt and pepper in it. Grind it till it becomes a soft and silky mixture.

- Serve it hot or preserve in fridge to eat later.
Foods That Are Rich In Arginine Which Is The Best Alternative For Dietary Supplements

Arginine might have once languished in supplemental obscurity but now it is muscling its way up at the charts of amino-acid heap. It is also known as L-arginine. This nutrient speeds up protein synthesis and it also helps in building muscle. This long-ignored nutrient has many positive effects. It is also popularly known for its properties that lowers high blood pressure. It speeds up the process of wound healing. It also treats peripheral vascular disease, coronary artery disease and many other diseases. This nutrient is also considered as semi-essential amino acid. If you eat a well-balanced diet than you can get enough arginine from it. Your body requires arginine to synthesize nitric oxide which helps your blood vessels to relax. This nutrient is extremely essential for children's growth. There are endless skin, hair and health benefits of arginine. It has anti-aging properties.

A small change in your diet can fulfill the requirement of arginine in your body. Eating foods rich in arginine is a safe and easy way to stay healthy. Stop buying those expensive dietary supplements and eat these foods listed below to get adequate amount of arginine for proper functioning of the body.

Foods that are rich in Arginine

1) Pumpkin Seeds - For vegetarians, pumpkin seeds are a good source of arginine. It also has a lot of protein content. A cup of pumpkin seed has enough protein to get you through the day. It contains iron, minerals and zinc. It has arginine in abundance and you can eat it as a topping on salad or a part of your fruit salad. You should store the seeds of pumpkin for few days.

2) Peanuts - Peanuts have a lot of arginine and protein content in it. One cup of roasted peanuts have 4 grams of arginine which is goof for body. It also has vitamin E and B3 along with niacin. You can either eat peanuts as a snack or add them to your food. You can even spread some peanut butter on a bread to get a ton of nutrients. It is good for athletes and sportsmen.

3) Chickpeas - Chickpeas are an amazing source of arginine and protein along with fiber. If you are a vegetarian then you must eat chickpeas to get enough nutrients. They are high in dietary fibers. They also taste amazing. In India, many chickpea curries are eaten. In middle east, people make hummus from chickpeas which taste amazing. Thus, it is not only a great nutrient booster but it also tantalizes your taste buds.

4) Soybeans - This vegetable is rich in minerals, potassium and magnesium. It also has a good
amount of protein and arginine. It is a good alternative to dietary supplements. You can add this vegetable in your dinner meals. Make a salad or toss them in rice. Basically, be creative with this vegetable and create amazing dishes along. At the end of the meal, you will be satisfied as you ate a healthy and tasty meal.

5) Chicken - Chicken is such a popular choice in terms of protein content but it is also the third best source of arginine. Two hundred grams of chicken has 9-10 grams of arginine and a lot of protein. It is high in fiber too.
Yoga Asanas for Faster Hair Growth

The word Yoga means "Union" which addresses to the union of mind, body and soul. Yoga is a form of exercise which includes posture of body, control of breathing, cleansing the body and mind, visualization, chanting, meditation of various forms and many more. Yoga has many benefits. It improves muscle strength and flexibility of body. It improves balance. It removes tensions from muscle. It also helps us build focus and concentration. It has countless benefits. The most attracting thing about yoga is that it dates back to thousands of years and it is has been scientifically proven that it still works effectively on human body. Yoga's benefits for body and mind is widely known but one less known fact about yoga is that it has miraculous effects on Hair as well.

Yoga can facilitate hair growth and it can make your hair grow faster than its real pace. It can also decrease hair fall rapidly. Yoga helps in protecting your crown glory from hair loss. The reason why many of the people face major hair loss is due to stress, anxiety and depression. The condition of your hair is impacted directly by your general mental and physical health. To have healthy hair, you must be physically and mentally healthy. Hormonal imbalance, diseases, drugs intake, hair dyes, smoking and dandruff can also cause hair fall.

Yoga and meditation can restrict your hair-loss and it will also give you healthy hair, mind and body. It improves the circulation of blood in the scalp, improves digestion and relieves stress and anxiety. Yoga also fights depression and makes you more calm.

Now, let us look at the various asanas that help in hair growth.

Yoga Asanas' Guide

1) Vajrasana - This pose is also known as kneeling pose. The word 'Vajra' in sanskrit means thunder or diamond. It is believed that by doing this asana your body becomes as strong as a diamond. This asana is easy to do and pranayama, kapalbharti, etc are performed sitting in this position. To perform this asana, get down on your feet. Kneel down while puting your lower legs backwards and keep them together. Slowly rest your hips on your feet. Now, put your hands on your knees and look forward. Keep your attention at the way you are breathing and observe the way you inhale and exhale. Stay in this position for 5 mins and relax after that. This asana reduces mind related problems like stress and it also controls hormonal imbalance.

2) Sasankasana - Environmental issues like pollution can also cause hair fall. The moment you go out, you feel your hair becoming frizzy and rough. If its monsoon, then the hair have no chance of looking good. Try this asana to fight hair loss. This pose is also known as rabbit pose. Now to start this asana, sit in vajrasana. While keeping your knees together, rest the weight of your body on your heels. Inhale slowly while raising your hands straight above the head. Now lean backwards as much as possible. Now exhale while bending and lowering your levis forward. Now bend forward and bring your hands and head completely in a straight line in the
forward direction. Keep your palms and hands together while facing down. Keep this pose for few minutes. Come back to your former position and relax.

3) Ustrasana - It is also called Camel pose. It improves digestion and helps in hair growth too. This asana is an intermediate level back-bending asana so you must do it with proper care. To do this asana, kneel on the yoga mat and put your hands on your hips. As you inhale, push your shoulders back and draw your tail-bone towards the pubis. Arch your back and touch your feet from your hands. Keep a neutral pose and stay in this posture for a minute. Come back slowly to your initial position and relax. Repeat for 4-5 times. Keep breathing slowly and consciously while doing this asana. While doing this pose, do not put pressure on your back. Keep a neutral pose.

4) Uttanasana - This is an easy looking asana but it has many benefits. One of which is that it can help your hair grow faster. It is an intense forward bending pose. It gives an intense stretch to your spine, neck and body. To do this asana, stand straight on your mat and place your hands on your hips. Now slowly inhale and then exhale while gently bending forward. Fold your hips and touch your feet from your hands. Try to touch your forehead with your knees or try to reach as closer as possible. Hold the pose for few seconds. While inhaling come back to your former position. You must feel a stretch in your hamstrings. This exercise also facilitates blood circulation in the head.

5) Adho Mukha Svanasana - This pose is also known as downwards dog pose. It improves blood circulation in the scalp. It also aids depression, anxiety and stress which are the major reasons for hair fall. Now to perform this asana, you have to stand on your four limbs. Exhale while slowly lifting your hips and form an inverted ‘V’ shape from your body. Keep your hands in line with the shoulders and feet in line with your hips. Now lengthen your neck so that your ears touch your inner arm and gaze at your navel. Hold the asana for few seconds and then return to the former position. Repeat the asana for 5-6 times.

Try these yoga asanas at home and get the hair you always wished for. You can learn yoga from an ashram or you can watch several tutorials at home. You can follow a daily yoga routine in which you can mix-match several asanas as per your need. You will notice changes in your body within a week. A thirty minute yoga session is sufficient for good health. Be a regular yogi and make it a part of your routine.
Review

Top 5 Best Mini Laptops in 2017 With Review

Whether you are a college student or a working professional, we all require a mini laptop to do most of our work. Whether you have to make a presentation for class or a board meeting, these mini laptops can help you deliver the best content. In every phase of our lives, we need to communicate with colleagues or we might have to email some documents to someone. This is where mini laptops come handy as they are easy to carry, portable, compact and extremely useful.

Choosing the right mini laptop can be difficult as most of us do not understand the technical language of computers. Some people might buy a laptop with huge graphic card even when they just use it just for tying documents or someone might take a laptop with less storage but he works with huge data files. All this can be really annoying but this article will give you a list of options that are most suitable for you. These top ten best mini laptops in 2017 are our editor’s choice and every product is tested by our editor's personally.

5. Lenovo Thinkpad Yoga 11E 3rd Generation

About the product
Lenovo Thinkpad Yoga mini laptop is light-weight and versatile. The best part is that it has 12 hours battery life and it charges quickly as well. It can deliver great performance of a mobile, a tab or a laptop. All in one.

About the design and quality
The product has a rubber bumper that will reduce potential damage when it drops. The mini laptop has a 11.6” HD touch screen with IPS touch. The screen can be rotated at a 360 degree angle.

Pros
1) Best for students as it has pre-installed education softwares and integrated apps.
2) 12 hour long battery life.

Cons
1) It is comparatively heavier than other similar products.
2) It lacs bleeding edge performance as well.

4. Dell Inspiron i3179

About the product
Dell Inspiron i3179 have a stellar processor which is a 7th generation dual core intel core. It has 500GB storage. The product also has an integrated Intel HD Graphics 615 video card which makes it bet for gaming and graphic designing.

About the design and quality
The laptop is light-weight and it is a 2-in-1 notebook as well. It has a touch-display and a 11’6 inch screen. The design is modern and versatile.

Pros
1) It has a 360degrees hinges which can convert a laptop into a tablet in seconds.

Cons
1) It offers 8 hours of battery life which is certainly lesser than other similar products.

3. Kangaroo Notebook

About the product
Kangaroo Notebook have 1 notebook dock and 2 mini PCs. It has intel HD graphics, windows 10 installed and uses intel atom Quad-core processor. It features an Anti-glare LED-Backlit display.

About the design and quality
The product comes in a attractive black color. It has a keyboard, synaptic, clickpad, battery, webcam, ports, speakers and microphone.

Pros
1) It comes with 2 mini PCs which can separate your official and personal accounts.

Cons
1) It is missing a fingerprint reader.
2) It does not have a touch screen.

2. HP X2

About the product
HP X2 is a detachable laptop which has a touch screen. It can be rotated 360 degrees. It is a tiny laptop which makes it easier to carry. The product features a uniquely designed hinge. It has dual battery as well.

About the design and quality
This laptop has a 2-in-1 design. It has a plethora of ports too. The product comes with windows 10 home 64 operating system. Available in natural silver, blizzard white and cardinal red colors.
Pros
1) Easy to detach.
2) Amazing touch screen with edge-to-edge glass.

Cons
1) It is comparatively smaller in size which is 10.1 inch.

1. Dell Inspiron 11 3000

About the product
Dell inspiron 11 3000 is a attractive looking and light weight mini laptop. It comes in bali blue color. The product has sleek screen which is 3/4-inch in size. This laptop has a accurate touchpad. It comes with great battery life. This mini laptop has HDMI connection too.

About the design and quality
The laptop has waves MaxxAudio Pro which means clear and loud music. The product is designed in a way that it can stand extreme heat and still it wont warm up.

Pros
1) The laptop has a Cortana personal assistant which simplifies all your work and it can be operated just by voice. You can conduct voice-operated searches.

Cons
1) It has a dim display.
What is Amazon Mechanical Turk All About? Complete Review Of This Website

Website's Name: Amazon Mechanical Turk
Website's URL: https://www.mturk.com
Price: Free to signup, No registration cost
Owners: Amazon
Overall Rank: 85 out of 100

Do I Recommend Amazon Mechanical Turk?
Yes, I highly recommend this website to people looking to earn a minimum wage by spending some hours on this website. Amazon Mechanical Turk offers several features that allow the user to earn a decent amount of money by doing simple tasks. It is an easy and mobile-friendly website. Anyone who is above the age of 18 can register on this website to be an Amazon mturk worker. The payout is initially less and hits offers low cost but there is a review section that pays $2-$5. It is suitable for companies and businesses too. They can hire over 3 lakh workers by registering on this website.

General Overview Of Amazon Mechanical Turk
Amazon Mechanical Turk is created by Amazon based on the thought or idea that human beings do these tasks better than computers. This website is a marketplace where workers and companies meet to exchange human intelligence for a paycheck. There are several HITS (Human Intelligence Tasks) listed on the site which pays a certain amount from $0.01 - $2 for doing simple tasks of clicking on various sites. Companies that require some workers virtually to get their online tasks done can access this website as well. Expect a lakh hits in few minutes from this website.

Can You Really Make Money With Amazon Mechanical Turk?
Yes, anyone can make money here but the payout is equal to a minimum wage for simple tasks. A little hard work on this site can help an unemployed person earn for a month for all the basic necessities. Some tasks are extremely rewarding like reviews and some hits. The tasks take a few minutes and they pay few cents, so they add up to become a decent amount. The higher paying hits can be accessed by taking the usability test to become eligible. This website is a legitimate site to make easy money from home. It gives a job to the jobless. It is perfect for some extra pocket money every month.

What Products Does Amazon Mechanical Turk Promote or Sell?
Amazon Mechanical Turk offers companies and distributors an online platform to hire workers to get online tasks done at ease. They offer free registration and after that, the 'Requester' or the company can make hits offers by feeding some information and they decide the amount of payout to each worker. Amazon mturk charges 20% fee on the bonus or reward amount of
workers. Additional 5% is charged if you use Masters qualification option.

Cost/Price Of The Products
The price list varies from each category. The company pays according to the category of writer they choose. Few of them are below:
1) Blogger - $0.25
2) Other specific categories - $0.30 - $1
However, there are no separate products promoted or sold on this website.

Is Amazon Mechanical Turk A Good Business Opportunity?
This website is perfect for unemployed people looking for a freelance work. This is a simple and easy job to do from the ease of your home. It pays less but it is a good source of extra pocket money. Housewives, students, freelancers, and many more people can use this website to earn some extra dollars. In terms of a business opportunity, it is more beneficiary for companies and distributors who wish to hire a huge workforce to get simple tasks done. It is an open outsourcing marketplace but it is not an opportunity in terms of business.

How To Actually Make Money With Amazon Mechanical Turk?
You simply have to follow the instructions on the HIT that you click. Every HIT has a designated time in which you have to perform a small and easy task on that link or website. It could be surveys, clicks, tasks, etc. Register on the website and start making money by clicking on the HITs. It is easy and a simple way to make money without investment.

My Final Opinion Of Amazon Mechanical Turk
Amazon Mechanical Turk is a convenient and user-friendly website to make money by doing effortless tasks online. The HITs are updated every second and new HITs are added frequently. There is a huge scope for getting higher paying HITs too. Once you sign up, wait for 48 hours till they approve your request. You can do up to 100 HITs a day. After 10 days of registration, there are no obligations on withdrawal. All this and more other features makes this site a perfect part-time work site.
Spirituality

How to Follow the Spiritual Path?

All the spiritual teachers of humanity have told us the same thing, that the purpose of life on Earth is to achieve union with our fundamental, enlightened nature. The “task” for which the “King” has sent us into this strange, dark country is to realise and embody our true being. There is only one way to do this, and that is to undertake the spiritual journey, with all the ardour and intelligence, courage and resolve for transformation that we can muster.

But, How to follow the spiritual path?

I am gonna elaborate on how we can follow a spiritual path on the basis of Buddhist teachings.

We all have the karma to meet one spiritual path or another, and I would encourage you, from the bottom of my heart, to follow with complete sincerity the path that inspires you the most. It can be through any religion or belief. The core message of every religion is same, only the practise differs.

For the start, read the great spiritual books of all traditions, come to some understanding of what masters might mean by liberation and enlightenment, and find out which approach attracts and suits you the most. So when you have explored the mystical traditions, choose one master and follow him or her. It’s one thing to set out on the spiritual journey; it’s quite another to find the patience and endurance, the wisdom, courage and humility to follow it to the end.

As the Buddha said in his first teaching, the root of all suffering in samsara is our ignorance. Until we free ourselves from ignorance, our spiritual path can not begin. When we have prayed and aspired and hungered for the truth for a long time, for many lives and when our karma has become sufficiently purified, a miracle takes places- if we understand this miracle and use it, it can end ignorance forever.

With training and practise of 3 steps, we can follow the spiritual path with sincerity.
1) View
2) Meditation
3) Action

To see directly the absolute state, the ground of our being and existence – is the ‘view’. The way of stabilizing that view and making it an unbroken experience is – ‘Meditation’. Integrating the view into our entire reality and life is what is meant by – ‘Action’.
Meghalaya means 'the abode of clouds' in Sanskrit which is popularly known for its rain as it receives the largest amount of rainfall in the world in Mawsynram and Cherrapunji. It is a beautiful North-eastern state of India which offers a variety of scenic landscape. It is one amongst the seven sisters of North East.

This place has hills, lakes, caves, waterfalls, etc and a diverse view for sight-seeing is offered at every inch. Some most popular tourist destinations of Meghalaya are Shillong, Tura, Jowai, Nongpoh, etc. Some prominent tourist attractions of this state are Double decker living root bridge, elephant falls, Nohkalikai waterfall, Krem Mawsmai cave, Umiam lake and the list is long.

The rawness of local culture and the natural beauty of this place makes it unique and lively. The state is inhabited by three tribes namely Garo, Khasi and Jayantia. The society here follows matrilineal system in which the inheritance goes to the women of the house and the men are married into women's families and the kids also get the surnames of their mothers.

Some folk dance which are popular here are Lahoo dance, Doregata dance, Pomela dance, etc. Wangala is the most popular festival of this state. People of Meghalaya are known for its weaving skills, iron extracting skills, etc.

The official languages of this state are English, Khasi and Garo. The Britishers during the colonial period named it as "Scotland of the East." There are more than 325 variety of Orchids found here and it is also home to a large variety of fruits, vegetables, medicinal plants and spices.
Sikkim (Gangtok)

Sikkim is one of the seven sisters of North Eastern India. Sikkim is the least populous state. Sikkim is the second paradise of India. It is the perfect example of ecstatic nature and beautiful landscape. Kanchenjunga is the highest peak in India which is the third highest in the world.

The capital of this state is Gangtok. It has alpine and subtropical climates. Nepali and english is the official languages here. Sikkim has a flavor of modern culture in it. People enjoy western rock music and indian pop. Lepcha music is equally popular. Football and cricket are the two most loved sports of this state.

Sikkim has a good agricultural production. This state produces the largest amount of Cardamom in India. The state is home to many buddhist monasteries, hindu temples and churches as well. It is a clean state and "all organic' since 2016. This picturesque state is tucked away in the laps of the magical himalayas.

The prismatic beauty of this place will make your hear skip a beat. It is the gateway to the North-Eastern corridor of India. Some of the major cities of Sikkim are Jorethang, Rangpo, Namchi, etc. Visit some of the most spectacular places like Lake Tsomgo, Gurudongmar lake, Yumthang valley, Nathu la, Rumtek Monastery, and many more. It is the perfect destination for nature lovers, adventure enthusiasm or a weary traveller. Trekking in this region is one of the most exciting thing to do in India. One less known fact about Sikkim is home to red panda.
Technology

Bezel-less Phones: All About its History, Rise, and Problems

In today's world, the tech-savvy generation wants the latest digital technology. Smartphones come on the top of the leaderboard when it comes to frequent innovations. One such innovation is the 'Bezel-less Smartphones' which is recently gaining popularity across the globe. Some biggest names of the smartphone industry like Apple, Samsung, Xiaomi, etc are all set to introduce a range of bezel-less phones and some companies have already introduced near bezel-less phones in the global market.

What are Bezel-less phones?

To give a more futuristic look to smartphones, mobile companies have been reducing the dead space between the screen and the mobile frame that surrounds it. This dead space is called Bezel. Many manufacturers have been trying to make their bezels thinner and screen larger to give an edge-to-edge experience. These smartphones are undoubtedly more attractive and it will become a trend in the coming years.

What is the history of Bezel-less phones?

In the past ten years, cell phones and mobiles have evolved tremendously. One big innovation in the smartphone industry was the introduction of touchscreen mobiles and since then the manufacturers have been trying to reduce the size of bezels. The first bezel-less display smartphone was the Aquos Crystal by Sharp Electronics Corp. in Japan. It was launched in August 2014.

As the years passed, many major brands started reducing the bezel's size to match the latest innovations but it wasn't until 2016 that Xiaomi came out with the best bezel-less phone with a 91.3% screen-to-body ratio which no other phone has! This smartphone brought back the trend of bezel-less phones and now many companies are working to launch a complete bezel-less phone.

In 2016, Xiaomi which is a smartphone brand from China launched Mi Mix that bought the trend of bezel-less phones back to life. After Xiaomi, many other brands like LG and Samsung have introduced near bezel-less phones like Galaxy S8 and LG G6.

Pros of Bezel-less phones

1) Larger screen - The larger display and smaller body gives a dynamic and futuristic look to smartphones. The screen-to-body ratio is reduced to utilize the dead space in these kinds of
phones.

2) Lesser buttons - In the pursuit of making a complete bezel-less phone, the manufacturers have been moving other features like camera, speakers, sensors, etc around the phone. The fingerprint sensors in some phones have reached the backside and in some cases, the camera is placed on the bottom. This is creating scope for a lot of innovation in terms of design and features.

3) Affordable - Bezel-less screen is not limited to high-end expensive smartphones. Due to the rising competition, even the mid-range devices have incorporated it. They are affordable as well.

Cons of Bezel-less phones

1) Risk factor - Such phones are more prone to breakage and damage if it falls on the floor due to the edge-to-edge screen display. It requires extra care and attention.

2) Accidental triggering - Sometimes, there can be accidental touches on the screen if someone uses the phone one-handedly and it can be irritating for some people.

3) No space for the front-facing camera - In complete bezel-less phones, there is no space for the front-facing camera. Thus, companies will have a hard time selling a phone without a front camera in the selfie generation.

Top 3 Bezel-less phones and its specifications

1) Apple iPhone X

Price: $999 - $1050

This smartphone has an 80.93% screen-to-body ratio along with a 3D touchscreen and multi-touch feature. It has been recently launched across the globe. The screen size is 5.8 inches. It is water resistant and it has a face recognition screen lock called Face ID.

2) Xiaomi Mi Mix

Price: $250 - $300

Xiaomi is known as the 'Apple of China' and it offers high-end features at an affordable price. This product has a 6.4-inch bezel-less screen with 84.07% screen-to-body ratio. It has a 16MP back camera and 5MP selfie camera.

3) Ulefone MIX
Price: $200 - $250

This product has a 5.5 inch IPS LCD HD display with a bezel-less screen at a 77.57% screen-to-body ratio. It has a corning gorilla glass screen protector. It is affordable. The phone has dual primary cameras of 13 MP + 5MP and an 8MP front camera. It also has a fingerprint sensor.

People are bored of the thick bezels and thick borders around the screen. They want a slimmer, sleeker, and thinner phone with extra features. Thus, bezel-less phones are going to be the next biggest trend in smartphones. In 2017 and 2018, many brands will introduce the complete bezel-less phone with a 98% or 99% screen-to-body ratio which will be a revolution in the smartphone industry.
Google has launched a payment app called Tez which provides payment solutions in India. Google has invested its money and resources in this app. The 'Tez' app is built on the government supported Unified Payment Interface (UPI) platform which allows its users to make quick and secure financial transactions like receiving or sending money directly to bank accounts. The users can integrate their bank accounts with this application to make quick payments in just a few clicks.

Google has designed this app in a chat-like interface which can be used on both Apple iOS and Android devices. Four banks have partnered with Google to provide efficient payment solutions to Indians. These banks are ICICI, HDFC, Axis and State Bank of India. Other than that, Tez app accepts bank accounts of 55 banks that are on the UPI platform.

With this app, users can make payment without sharing bank account details or phone number through 'Cash Mode' feature. They can also sync their contact list from their phone to this app for an easier transaction. It has multiple security layers that ensure safety and security of one’s personal details.

Even if the user is not tech-savvy, he can utilize this app with convenience because the process is very simple and easy. Google will soon integrate credit and debit card payments too with this app in just few months. The best part about this app is that it supports many Indian native languages like Hindi, Bengali, Tamil, Marathi, Gujarati, and many more.

Tez has an amazing feature inbuilt called TezShield which protects you 24/7 from fraud and hacking. It also verifies the identity of the payer and payee. Every transaction is secured with the UPI Pin. Tez uses your mobile's security features like fingerprint sensor or PIN ID to secure this payment platform. With unique features, Tez has improved the way we make payments every day.
Travel

How to plan a getaway trip for weekends?

After spending days studying at college or working at office, we all feel the need to escape the city life. Weekends are the best time to ditch the hectic work and plan a refreshing getaway trip. Spend the two day-offs at a wonderful destination near your town or city. Vacations should be pre-planned because a poorly planned vacation can be a devastating experience. There are some basic key points which everyone should consider before planning a getaway vacation for weekends. Now, let's see what are they.

1) Choose an appropriate destination

Everyone has a long bucket list of places they want to visit. Take the list out and consider few destinations. There are few things that you should keep in mind. It is a getaway vacation is a short-duration trip which lasts a day or two. Even with time constraints, you can fully enjoy this vacation by planning it properly.

To choose an appropriate destination, quickly access google and find some places that are 4-6 hours away either by drive or flight. Choose the destination that you wish to visit. Now, research about the destination and find out details like weather, hot events in town, time duration, flight availability, hotels, etc. Look below for some perfect getaway destinations near the major metropolitan cities:
1) Delhi - Rishikesh, Dehradun, Mussoorie, Jim Corbett National Park, Agra, Sohna, Jaipur, Lansdowne, Haridwar, etc.
2) Mumbai - Kolad, Mandwa, Tarkali, Goa, Pune, Gokarna, Harihareshwar, Mahabaleshwar, etc.
3) Kolkata - Chandipur, Digha, Bakkhali, Rasikbil, Shankarpur, Duarisini, Mayapur, etc.
4) Chennai - Mahabalipuram, Kanchipuram, Tirupati, Pondicherry, Vellore, etc.

If you find a destination which is suitable then head on to the next step.

2) Make arrangements

If you are planning to drive to a nearby getaway destination then choose whether you want to drive yourself or you can hire a cab. If you are planning to take a flight to a neighboring state for the weekend, then check flight availability. Accordingly book tickets or cab. Make sure all your debit cards and credit cards are working. Keep some cash with you and do not rely completely on plastic money. You will not find ATMs in the forest, so be prepared at all times. If you are going for camping, trekking, or any other adventure then make sure to arrange all the necessary equipments or essentials. In short, arrange all the things you might require on the trip. Make a list and arrange all the things.
3) Plan your Itinerary

Choose a variety of activities which you want to do during your vacation. Think about it and look for activities that you can do at your destination. Indulge yourself in adventure activities like para-gliding, bunjee jumping, rafting, mountain climbing, parachute flying or any other activity. You can even look at the tourist attraction spots in your destination city and spend a day there. Be open to new experiences and explore the place. Sight-seeing is another option to spend your day in bliss. Make a list of things that you wish to do and plan your day's itinerary. Include details like arrival time, departure time, hours to spend, etc. Get relevant information about the places you want to visit and also book tickets for any activity in advance. Today, everything can be done on your mobile. Every city have a distinct essence and unique vibe. Dwell into it.

4) Packing the essentials for the getaway vacation

People sometimes over-pack or under-pack which can be really annoying during a vacation. So spending few hours perfecting the art of packing will be worth your time. The most important thing is to pack all the essential things. Watch a video or two on YouTube and learn how to pack in an organised way. According to your destination city and activities planned, choose the essentials that you might need. Keep a check on everything and do not forget anything at home.

Once all this is done, you are ready for the best getaway trip. Now that everything is pre-planned, you can sit back and relax. We all need a vacation away from the daily struggle and city life. This vacation can be a power-booster for the rest of the coming weeks. Make the most out of your time and have lot of fun. Be the careless kid and travel freely. Own it.
Travel: Haridwar - The Holi City

A complete travel guide to Haridwar

The Holy City - Haridwar is situated in North Indian region of Uttarakhand. Haridwar is popular among Hindus as it is one of the seven most holiest places of India. Pilgrims from across India come to Haridwar to get their souls purified by the holy river Ganga. This place has religious significance among hindus.

The word 'Haridwar' means 'Gateway to Lord Vishnu' and you will see many religious practices happening in every street and corner. The most important event of Haridwar is Kumbh Mela, which will be held in 2022 in Haridwar. There are several temples in the area, some of which are Maya Devi temple, Chanda Devi temple, Bhimgoda Tank, Bharat Mata Mandir, etc. Many hindu ceremonies and rituals are practised here. You will find many ashrams in the city where you can learn yoga as well.

One should not miss the 'Ganga Aarti' which is a spectacular view to watch. The aarti(prayer) takes places every evening at Har Ki Paudi. In the holi city, non-vegetarian food is not allowed. You will also not find any liquor shops in this region as the city has deep religious beliefs.

Now, let's look at the activities you can include in your itinerary.

1) Visit Markets - This city has a variety of handloom and souvenir shops. You can visit Moti bazar or Bara bazar. A walk in the market is the best way to enjoy street shopping. You will find many beautiful things at a cheap price.

2) Pray at Pilgrimages - This city shows every color of hindu religion and spirituality. You will find many temples and mandirs in the city. People come here from across the globe to wash their sins and to seek blessings of the divine.

3) Enjoy the Indian Cuisines - Plan a day to try the best cuisines of haridwar and tantalize your taste buds. Some popular eating joints of haridwar are Mohan Puri wala, Bhagwati's chjole bhature, Sindh Bhandar, Chotiwala restaurant, etc.

To experience the pure and pious hindu religion, Haridwar is the right choice. Tourists from different countries come to this city to know about the religion from ashrams and gurus. The place is truly fascinating and the blessed vibes gives you an happy feeling.
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