

Tiny Himachal hamlet is a perfect getaway from city life

Jibhi (Himachal Pradesh), Sep 12: If you are looking for an escape from the cacophony of maddening city life, head to this tiny village located in the lap of Banjar Valley in Kullu district. Pristine and undisturbed, serenity and calmness linger in the air of Jibhi, a lesser known destination in Himachal Pradesh.

Ever wondered how serene and soothing mornings can be? Imagine waking up to a misty morning and watching a bunch of clouds trapped between high and erect mountain ranges with sudden drizzles! There can certainly be no better way to start a day in this tiny Himalayan hamlet.

This village is not exactly a tourist destination, which is perhaps the best aspect about this place that may appeal to travellers. What this village offers is peace -- no sign of commercialisation -- it has ability to propel the raw appeal of nature's beauty and will never fail to offer the solace you are probably seeking. The virgin village, which stands an hour away from the Great Himalayan National Park, is an abode of mother nature's blessings, a sheer token of beauty, that will hypnotize the very moment you touch down the valley.

Just walk down a few extra miles along the curvy roads where maple leaves pave a carpet and sudden showers frequently lash down. Surrounded by hills on all sides, the tall deodar and pine trees towering on the hills dwarf the tiny surrounding huts. As I proceeded along the path -- full of promise and excitement -- there was a symphonic harmony in the silence that the valley offered. The constant crackling sound as the Beas river rushes along, as also the rapturous call of the cuckoos and sweet



melodies of other little birds, left me enchanted.

As the sun settles down behind the hills and the tops blush in a reddish hue, warm yourself over a cup of tea or set up bonfire. With the night's arrival, the entire valley adorns a different look, especially if it's full moon time. There is nothing more blissful than watching it shine bright, casting a shimmering silver shadow over the hillsides.

Praising Jibhi only for its scenic charm will be injustice as the place has more in store for travellers. Take a day and trek to the Jalori Pass. And a slightly tedious trek of around five-six kilometres will take you to the Serolsar Lake. What will also enchant you is the walk amidst the path wrapped in a thick blanket of mist and fog while the pine and deodar trees rustle with the passage of chilly winds through them.

Himachal Pradesh is also home to rich architectural structures, most of which usually go unnoticed. The peculiar identity of Himachali monuments lies in their unique craft and woodworks. Go for a stroll across the Chai village, some four kilometres from Jibhi, and you will encounter a slightly tilted Chai tower. Opposite to it stands a

Krishna temple which has been converted from an almost ruined Chai Fort.

Trout fishing is another attraction for the travellers over here. Although you need permission, the guest-house authorities will easily be able to help you in procuring it. One can also get the permit from the Fisheries Office near Banjar.

Accommodation in the village is pretty affordable; from luxurious cottages to cheap homestays, there are a lot of options for travellers. You can even set up your tent (you'll have to take your own) near the river bank.

However, don't hope for a good restaurant. If one is looking for fancy meals then Jibhi is perhaps not the place to be. JD's Cafe in upper Jibhi and Dolli's Guest House in lower Jibhi are some exceptions that serve delicacies to the visitors.

Extremely stiff and too many sharp turns make the road from Aut quite an adventurous ride. Although the road is smooth, it is advised to have an experienced local driver at the wheel.

FAQs:
Reaching there: Take the Mandi-Manali route and divert from Aut. If travelling by bus, take any which is till Kullu or Manali and get

down at Aut, and take another bus till Jibhi. Time taken: From Delhi, it takes around 14 hours.

Best time to visit: Avoid winter as road remains mostly closed owing to snowfall. Summer is pleasant otherwise and the monsoon keeps the place cool.

Just 11 minutes of mindfulness training may cut alcoholism

London, Sep 12: Are you addicted to alcohol? Just 11 minutes of mindfulness strategies, which includes a combination of meditation, body awareness and yoga may help you start reducing alcohol consumption, researchers led by one of Indian-origin has showed.

"We found that a very brief, simple exercise in mindfulness can help drinkers cut back, and the benefits can be seen quite quickly," said lead author Sunjeev Kamboj, from University College, London.

Mindfulness teaches a heightened awareness of one's feelings and bodily sensations, so that they pay attention to cravings instead of suppressing them. By these strategies the participants were able to tolerate the cravings to drink as temporary events without needing to act on them.

"Practising mindfulness can make a person more aware of their tendency to respond reflexively to urges. By being more aware of their cravings, we think, the study participants were able to bring intention

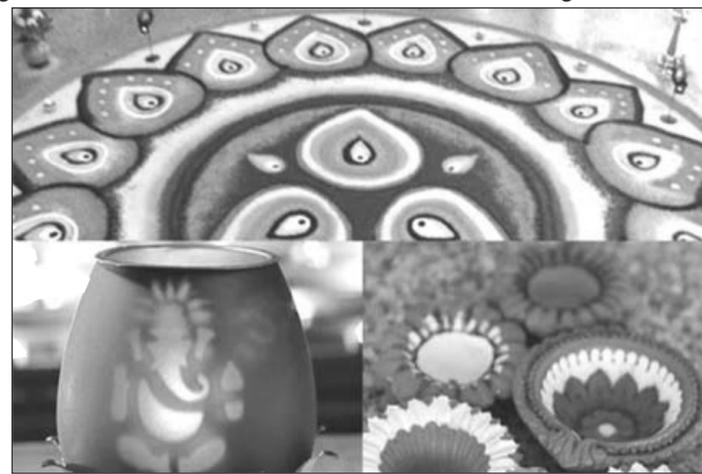
New Delhi, Sep 12: With Dussehra and Diwali round the corner, get your home festive ready with thorough cleaning, cushions in silk, chanderi or zari embroidered fabrics, fresh flowers and scented candles, suggest experts.

Dipti Das, Design Head at interior design and décor online platform HomeLane and interior designer Pramitha Roche, have shared ideas on how you can decorate your home tastefully:

* Use traditional hand-crafted fabrics and prints. Silks, chanderi, fabrics with batik or block prints and zari embroidery are all the rage. You can also add some traditional carpets.

* Use copper and brass crockery when guests come calling.

* Add mirrors with embellished or copper-toned frames to add a little bling to



your interiors. * Instead of painting the whole house, use one prominent wall and paint it with a pretty motif or adorn it with a decal or wall hanging to add to the festive spirit.

* Good lighting can easily set the right mood. Light up your home in layers with some ornate lighting

fixtures and lamps. * Highlight a wall by painting it in cheerful earthy warm hues like solar yellow, rustic red and emerald green.

* Fresh flowers and scented candles are ideal for those who want to keep the decor understated.

* Ensure your towels, napkins, table

runner and door mats are in the same vibrant shade to keep symmetry going.

* Bring out the prized centrepieces for your coffee table and dining table.

So, how would you like to spruce up your home for the festive season? Share your thoughts in the comments below.

6 ways to beat period cramps



New Delhi, Sep 12: Yoga can help solve the suffering that women with severe menstrual pain go through. Known as dysmenorrhea, it includes sharp, throbbing, burning, or nauseating cramps in the lower abdomen and back. Experts have suggested few yoga asanas or poses that could be your best friend during the hour of need.

Yoga expert Deepak Jha, Medanta Hospital and Archana Dhawan Bajaj, Gynecologist and Obstetrician at Nurture IVF Centre, have listed a few suggestions:

* **Half bound squat:** If the hips are stretched out properly, it helps the cramp a great deal.

Bring your right hand up toward your lower back, hugging your armpit around that right knee. Lower your left arm around the lower back, trying to touch the fingers together. If they are close enough, hold your left wrist with your right hand, with the left palm facing behind you. Stay here for five deep breaths.

* **Arching pigeon:** Pigeon pose also opens your hips, but sometimes it feels better to work one side at a time. This variation will also stretch out the lower belly.

Sit on the floor with your right knee bent and your left leg extended behind you. Place your hands on your hips, and gently arch your back. You should feel a nice stretch in the front of your left hip, but if this variation is painful, then lean forward, placing your hands on the floor in front of you.

If you want more of a stretch, raise your arms in the air. Hold for five or more breaths, and then repeat this pose on the other side.

* **One armed camel:** Stretching out your abs and the front of the hips can also relieve cramps.

Stand on your shins so your knees are underneath your hips. Reach your right hand back, placing it on your right heel or on the mat behind your right toes. Extend your left arm in the air. Shift weight forward onto your knees to increase the stretch in your quads, belly, and chest. Lower your head behind you, and stay here for five breaths. Switch sides, holding for another five breaths, and then lift the torso up to release.

* **Wide child's pose:** If you feel cramps in your lower back, then this pose is sure to offer relaxation and relief.

Place your knees on the floor, widen them to a comfortable distance, and then fold forward, extending your arms in front of you. Rest your forehead on the mat or turn your head to one side, holding for five breaths. Turn your head to the other side for another five relaxing breaths.

* **Reclining twist:** This helps in relaxing way to increase side-to-side spinal flexibility, which can also help relieve pain in the lower belly and lower back.

Lie on your back, and cross your left knee over to the right side. Extend your arms out wide, gazing to the left. Hold here for at least five breaths, feeling your spine lengthen and twist. You may even hear some cracks. Use your abs to lift your knees back to center and repeat on the other side.

* **Menstrual cramps:** It can also be prevented by massaging with essential oils, curling up with a heating pad, taking rest and if medication is required it must be under expert recommendation. However yoga can help in healing the pain and keeping you away from the emotional and physical stress.

Ace the art of redefining small eyes

New Delhi, Sep 12: Large eyes add to the beauty of a face -- but what of those who have been gifted by nature with small eyes? Makeup artist Aashmeen Munjaal and Aakriti Kochar, Beauty and Makeup Expert at Oriflame India, share some steps to redefine small eyes without any hassle.

Eyeliner on Top. Well, first and foremost, put eyeliner on the top lid. Make sure the eyeliner is thin and crisp and use a well defined eye liner brush to ensure it.

Groomed Eyebrows. It is all about groomed eyebrows. Keep your eyebrows up and groom it beautifully to make sure that your eyes stand out and look larger.

Play it Pale. Pale eye shadow can actually enhance the size and shape of your eyes. This tip for small eyes is all about putting pale eye shadow along your lid. It can really be any colour that you want, but make sure that it is pale.

Light Colours. Use light colours to brighten



the eyes. This makeup tip makes your eyes appear super awake and alert without you having to try too hard.

Eye Shadow. If you are looking for a way to make your eyes really stand out, just swipe a bit of a dark coloured eye shadow along the outer corners of your eyes. That will really make them pop and you can even draw out the colour of your eyes.

Smudge it up. Another great tip for small

eyes is to smudge your liner a little bit. This can be done on the upper and lower lids. Now, don't make it look too smudgy, but just enough.

The Highlighter Trick. Use a highlighter in pearl white (soft sheen) on the arch of your eye brows and on the inner corner of the eyes (tear drop area) using a small brush. This brightens up the eyes and make them appear stronger and bigger.

Use the Curler. Curl your lashes using an eye lash curler, this will open up the eyes even more making them look bigger. Add lots of mascara, a thin top coat for volume and several coats from the bottom to add length which in return create the illusion of big eyes. Do not forget to mascara the lower lashline as well as this will add to the shape of the eyes even more.

Highlight those Cheekbones. Using liquid highlighter along your cheekbones is a great way to highlight your eyes and your cheekbones.

HAPPY RETURNS OF THE DAY

BIRTHDAY GREETINGS

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Sushma

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Beauty benefits of coconut oil

New Delhi, Sep 12: Coconut oil is most popular for its hydrating properties. It is suitable for all skin types and good for dry skin, dry patches and wounds, say experts.

Swati Kapoor, Co-Founder, SoulTree, Ragini Mehra, Founder, Beauty Source, and Aakriti Kochar, Beauty and Make-up Expert, Oriflame India, tell different ways to use coconut oil for beauty regime.

Make up remover: Coconut oil can be used as make-up remover as it is mild and gently removes all kind of make-up including waterproof make-up as well.

Body massage: It can be used on body as well for massage and relaxation. As massage oil, its most important property is hydration and glow.

Skin: Most of the moisturisers available in the market are water or petroleum based, coconut oil, on the other hand, is com-



pletely natural and a much better moisturiser for the skin. Coconut oil fights redness and irritation so it reduces acne while leaving your skin conditioned from within.

Prevent wrinkles: Using coconut oil regularly underneath and around your eye area can prevent wrinkles and reduce puffiness and under-eye circles.

Face mask: Mix honey and coconut oil in equal parts and apply it as a face mask. The mask will help to clear acne and keep skin soft and glow-

ing. **Moisturise:** You can mix coarse sugar with coconut oil and use it to exfoliate skin, the grainy sugar will slough off dead skin and the oil will leave the skin moisturised. Instead of bubble baths and bath salts, try using coconut oil. The hot water melts the oil, and you can literally soak into its moisturising benefits.

Fights bacteria: Rub coconut oil on minor cuts, scrapes, and bruises. The oil calms the area and creates a barrier against dirt and bacteria.