



**Queen Mary's college, Chennai**

**Department of Home Science**



# REJUVENATE, REPLENISH AND RADIATE FOR THE GLOWING SKIN AND LUSCIOUS HAIR

MARCH - APRIL 2025 VOL3

Nourish

Flourish

Glow

Radiance

Wellness

Beauty

Shine

Hydration

Lustre

Vitality

Elegance

Freshness

**STUDENTS INITIATIVE MAGAZINE**

By the students, for the students



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# From the editor's desk



Dear students,

Welcome to Nourish and Flourish, your ultimate guide to achieving radiant, glowing skin and hair. In this issue, we've focused on the latest expert advice, trends, homemade nutritious products and healthcare products to help you unlock your natural beauty. From nutrition and wellness to skincare routines and hair care tips, our pages are filled with inspiration and insights to nourish your body and flourish in your own unique glow.

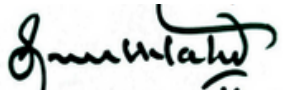
However, in a World where physical appearance often takes center stage, it's easy to forget that true beauty begins from within. Inner beauty is the spark that illuminates your entire being, making you shine with confidence, compassion and kindness. It's the gentle glow of self-love and self-acceptance, the quiet strength of resilience and determination, and the warm light of empathy and understanding.

When you nurture your inner beauty, you'll find that it radiates outward, touching every aspect of your life. Your relationships deepen, your passions ignite, and your overall well-being flourishes. To cultivate inner beauty, remember to:

- Practice self-care and self-compassion
- Cultivate gratitude and positivity
- Embrace your uniqueness and individuality
- Nurture meaningful relationships and connections
- Pursue your passions and interests

As you flip through the pages of Nourish and Flourish, we invite you to join us on a journey of discovering and celebrating the beauty that comes from within! I would like to thank our **Principal ,Dr. B. Uma Maheswari**, for her enthusiasm in sharing the Avacado smoothie recipe in this issue.

I would like to extend my gratitude to **J.Nazeera Thabasum** of **I PG FSM&D** for her stunning cover page design. Additionally, I appreciate **Dr.S.Vijayapriya, Associate Professor** and **Tutor of III Bsc CN&D**, for her support in facilitating the write-ups from her students for this issue.

  
**Dr.A.Ananthalakshmi**





## BEYOND BEAUTY

Beauty standards in our society dictate how people 'should' look. This pressure often affects mental health, leading to low self-esteem, negative body image, depression, eating disorders, and social anxiety. The internet is ablaze with news of Indian celebrities battling emotional turmoil as they strive to fit into an image curated by social media and their fan following. History is filled with icons who faced similar struggles. Sophia Loren, the legendary Italian actress, openly confessed that she was pressured to undergo plastic surgery as cameramen often commented on her 'short' face, 'long' nose, 'wide' mouth, and 'irregular' teeth. Yet, she chose to embrace her uniqueness, famously stating, *"I knew perfectly well that my beauty was the result of a lot of irregularities all blended together in one face... my face. Whether I won or lost, it was going to be in the original version."* And indeed, she won.

Similarly, Princess Diana was the epitome of beauty and charm, but beneath that poised image, she struggled with bulimia and feelings of worthlessness (Jane Mendle, 2017). Closer to home, Mother Teresa—frail, wrinkled, and clad in a simple saree—stunned the world with her love, simplicity, grace, and selfless actions. Some features, like dimples, are often linked to youth and beauty. Interestingly, dimples result from a variation in the zygomaticus major muscle—a natural irregularity that many find attractive. Bollywood actress Preity Zinta, often referred to as "the Dimple Queen", is adored for her dimples. Unfortunately, some were inspired by her to undergo dimpleplasty to achieve the same look.

*Does altering features define beauty, is beauty a physical criterion that can be seen and judged or is it the way in which we love and treat one another, exhibiting kindness, warmth and compassion? – It is indeed a point to ponder upon.*

Science also weighs in on this discussion. Claire Berticat, an evolutionary biologist at the University of Montpellier, states that dietary choices have a rapid impact on appearance. David Perrett, a Professor of psychology, reinforces this, explaining that fruits and vegetables improve attractiveness by increasing antioxidants in the blood, which slows down the aging process. Antioxidants act as 'superheroes,' defending the body against oxidative stress from harmful free radicals. A diet rich in antioxidants can help delay, or even prevent, cell damage.

Some of the best antioxidant-rich foods are brightly coloured fruits, vegetables, tubers, green leafy vegetables, garlic, green tea, red wine, dark chocolate, seeds, nuts, herbs and spices. On the other hand, the market is flooded with supplements and cosmetics containing antioxidants such as glutathione, vitamin C, vitamin E, retinoids, synthetic urea, zinc, selenium, coenzyme Q10, and polyphenols. However, these products can interact with prescribed medications, so it is always advisable to choose natural food sources or to consult a dermatologist before taking these supplements.

At the end of the day, no beauty treatment can give you Korean glass skin because, my dear friend, you are an amazingly beautiful Indian—inside and out! Embrace yourself and bloom where you are planted.

*"Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised." – Proverbs 31:30*

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# Department of Home Science

## NOURISH & FLOURISH FOR GLOWING SKIN AND HAIR

### *Glowing Inside Out: A Healthy Outside Comes From a Healthy Inside*

When it comes to glowing skin, we often focus on external products such as creams, serums, and masks, but the true secret to radiant, healthy skin may lie much deeper—inside our bodies. What we put into our bodies has a direct impact on the health of our skin. A balanced, nutrient-rich diet can work wonders for your complexion, turning that dull, tired skin into a radiant glow. Let's dive into how healthy food impacts your skin, bust some myths, and learn tips backed by Indian research for glowing skin from within.



### *Nutritional Tips for Glowing Skin*

- **Hydrate Adequately:** Drink plenty of water throughout the day to keep your skin hydrated and plump..
- **Include Fresh Fruits and Vegetables:** Aim to include a variety of fruits and vegetables in your diet to provide your skin with essential vitamins, minerals, and antioxidants
- **Eat Healthy Fats:** Add omega-3 rich foods like fatty fish, walnuts, chia seeds, and flaxseeds to your diet. These will keep your skin moisturized and free from inflammation.
- **Limit Processed Foods and Sugar:** Excess sugar and processed foods contribute to inflammation and can worsen skin conditions like acne.
- **Incorporate Lean Proteins:** Proteins help with skin repair and regeneration.
- **Boost Gut Health:** A healthy gut is directly related to healthy skin.



### *Achieving a Timelessly Glowing Skin*

A glowing complexion doesn't come from just topical treatments; it starts with the food you consume. By focusing on a nutrient-dense diet, rich in antioxidants, vitamins, healthy fats, and minerals, you can nourish your skin from the inside out. The results may not be instant, but over time, a balanced diet will promote smoother, clearer and more youthful-looking skin.



# The Link Between Diet and Glowing Skin

**"A healthy gut is directly related to healthy skin."**

## ***HOW YOUR GUT HEALTH GIVES YOU GLOWING SKIN, THE INSIDE-OUT CONNECTION?***

Your skin is your largest organ and just like any other part of the body, it requires proper nourishment. Various studies have shown that a balanced diet rich in specific nutrients can drastically improve the quality and appearance of your skin.

### ***THE GUT-SKIN CONNECTION***

- **Antioxidants for Skin Protection**

Antioxidants like Vitamin C, Vitamin E and beta-carotene shield skin from free radicals caused by UV radiation, pollution, and stress. These nutrients prevent aging, pigmentation, and wrinkles while supporting collagen synthesis. Foods such as guavas, oranges, and amlas (Indian gooseberries) can brighten the skin and reduce fine lines.

- **Omega-3 Fatty Acids for Hydration**

Omega-3 fatty acids help maintain the skin's lipid barrier, ensuring moisture retention and hydration. They also reduce inflammation, preventing skin issues like eczema and psoriasis. Walnuts, flaxseeds, and fatty fish like mackerel and sardines are excellent sources.

- **Zinc for Acne Management**

Zinc's anti-inflammatory properties help regulate oil production, reduce acne-causing bacteria, and speed up wound healing. Foods such as pumpkin seeds, chickpeas, lentils and spinach can promote clear skin and combat acne effectively.

- **Vitamin A & D for Skin Repair**

Vitamin A is essential for collagen production and skin cell regeneration, while Vitamin D supports immunity and reduces skin conditions like eczema. Carrots, sweet potatoes, dairy products, fortified milk and sunlight are key sources of these vitamins.

## Myth 1 : Dairy Causes Acne

**Fact :** While some people may have sensitivities to dairy, it is not a one-size-fits-all cause of acne. In fact, dairy products like milk and yogurt are rich in Vitamins A and D, both of which are essential for maintaining healthy skin. However, it's important to focus on quality dairy, such as organic or unprocessed options.



## Myth 2 :Eating Fatty Foods Will Make Your Skin Greasy

**Fact :** Many people avoid healthy fats, fearing they will contribute to oily skin. However, omega-3 fatty acids, found in foods like walnuts, flaxseeds, and fatty fish, actually help to regulate the skin's oil production, preventing it from becoming too greasy or dry. These fats support the skin's barrier, locking in moisture and promoting elasticity.



- Reviewed by **Brundha.M**( III- UG - CN&D)

## UNSCRAMBLE THE NUTRIENTS

- Hair Growth-Promoting Vitamin Food

**R C R A O T**

\_\_\_\_\_ is rich in vitamin A, which promotes a healthy scalp and encourages hair growth.

(CARROT)

- Fruit Rich in Vitamin C

**R A O N E G**

\_\_\_\_\_ is loaded with vitamin C, which boosts collagen production and strengthens hair strands.

(ORANGE)

- Vitamin for Hair Growth

**I T I B O N**

\_\_\_\_\_ is a B-vitamin that prevents hair thinning and supports keratin production for hair strength.

(BIOTIN)

- Omega-3 Rich Food

**M A O S N L**

\_\_\_\_\_ is a powerhouse of omega-3 fatty acids, which nourish hair follicles and add shine to your locks.

(SALMON)



# Sun and Skin: The Complex Relationship Between Light and Health



The sun is essential for life, providing warmth and enabling the production of vitamin D in our bodies. However, prolonged or unprotected exposure to sunlight can harm the skin, leading to premature aging, pigmentation and even skin cancer. Understanding the effects of the sun on our skin is crucial for maintaining a healthy balance between benefits and risks.



## ***NEGATIVE EFFECTS OF SUN EXPOSURE***

- **Sunburn** : Excessive exposure causes redness, pain and peeling of the skin.
- **Photoaging** : UV rays break down collagen and elastin, leading to fine lines, wrinkles and sagging skin.
- **Pigmentation** : Overexposure can cause hyperpigmentation, sunspots, and uneven skin tone.
- **Skin Cancer** : Prolonged UV exposure is a major risk factor for melanoma and other skin cancers.

## ***PROTECTING THE SKIN FROM SUN DAMAGE***

- **Use Sunscreen** : Apply a broad-spectrum sunscreen with **SPF 30 or higher** daily, even on cloudy days.
- **Wear Protective Clothing** : Use hats, sunglasses and long-sleeved clothing to shield the skin.
- **Seek Shade** : Avoid direct sun exposure, especially between 10 am and 4 pm.
- **Stay Hydrated** : Drinking water keeps the skin hydrated and resilient against sun damage.

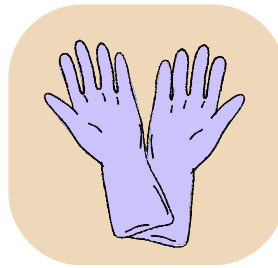
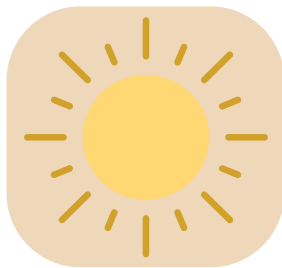
# WHY DO SKIN ALLERGIES HAPPEN?



## *What's Triggering Your Skin?*

Your skin is your body's shield, but sometimes, it overreacts to harmless substances, leading to itching, rashes and irritation. These allergens—found in **food, pollen, latex, and even sunlight**—can send your immune system into overdrive!

## **Surprising Triggers You Never Expected!**



- 🌻 Pollen & Plants – Nature's beauty can be an allergy bomb!
- ☀️ Sunlight & Weather – Too hot, too cold? Your skin feels it first.
- 🧤 Latex & Fabrics – Even your gloves could be the culprit!
- 🍤 Food & Insects – Allergens lurk in bites & bites!

## ***“Rashes, Redness & Reactions: What's Really Happening?”***

### **Common Skin Allergies & Their Symptoms!**

- ◆ Eczema – Dry, itchy patches that just won't quit
- ◆ Contact Dermatitis – Skin flares up after touching irritants
- ◆ Hives (Urticaria) – Sudden, raised welts on the skin
- ◆ Swelling (Angioedema) – Puffy skin, especially around the eyes and lips

# The Ultimate Acne Guide!

## What Causes Acne? 🤔

- **Hormonal fluctuations:** Androgens, estrogen and progesterone lead to increased sebum production.
- **Clogged pores:** Dead skin cells, oil and bacteria clog pores causing inflammation.
- **Bacterial growth:** Propionibacterium acnes (P. acnes) bacteria thrive in clogged pores, leading to acne.



✓ Wash your face twice a day with a gentle cleanser.

✓ Hydrate! Water helps flush toxins.

✓ Eat fresh—fruits, veggies & whole grains to keep skin happy.

✓ Sleep well! 7-8 hours help balance hormones.



✗ Overwashing strips skin's natural oils.

✗ Popping pimples = scars & infection!

✗ Harsh chemicals? No thanks!

✗ Stress less—hormonal balance is key.



# NATURAL REMEDIES FOR TAN REMOVAL

ACHIEVING HEALTHY, BEAUTIFUL SKIN

## Face Packs

### **Turmeric and Yogurt:**

Mix 1 teaspoon of turmeric powder with 2 tablespoons of yogurt. Apply for 20 minutes and rinse.



### **Cucumber and Mint:**

Grind cucumber and mint leaves, mix with yogurt, and apply for 15- 20 minutes



**"Maintaining a skin care routine can help you relax, and boost your self-esteem."**



## Scrubs

### **Sugar and Lemon:**

Mix 2 tablespoons of sugar with 1 tablespoon of lemon juice. Scrub gently and rinse.



### **Oatmeal and Honey:**

Mix 2 tablespoons of oatmeal with 1 tablespoon of honey. Scrub gently and rinse.

## Masks

### **Aloe Vera and Cucumber:**

Mix aloe vera gel with cucumber juice. Apply and leave it for 20 minutes

### **Papaya and Honey:**

Mash ripe papaya and mix with honey. Apply and leave it for 20 minutes



## Other remedies

### **Coconut Water:**

Drink coconut water regularly to help reduce tan.

### **Cumin Seeds:**

Soak cumin seeds in water overnight and drink the water in the morning to help reduce tan.



# NATURAL REMEDIES FOR HAIR FALL

ACHIEVING HEALTHY, THICK AND LONG HAIR



## *Egg Hair Mask*

Mix 1 egg with a teaspoon of honey and olive oil. Use a brush to apply the paste from roots to the tips. Rinse after 25 minutes with a mild shampoo and cold water - once a week.

- Eggs strengthen hair strands, promotes hair growth and prevents split ends.

## *Alovera Hair Mask*

Squeeze some aloe vera gel on your fingers and massage it on the scalp directly. Rinse off the hair mask after an hour - 2 to 3 times / week.

- This cooling plant stops hair fall, soothes the scalp, and frees the hair follicles.



## *Fenugreek Hair Mask*

Soak two teaspoons of the Fenugreek seeds overnight. Grind them into a paste in the following morning and apply it to your scalp. Rinse off with cold water after an hour - once a week.

- The high protein content provides natural nourishment to the hair, freeing them from dandruff and helping them achieve a voluminous bounce.





# YOGA POSES FOR GLOWING SKIN

## COBRA POSE (BHUJANGASANA):

Opens up the chest and improves circulation, which helps to nourish the skin.



## TRIANGLE POSE (TRIKONASANA):

Stimulates digestion and detoxification, which can lead to clear and bright skin.

## SEATED FORWARD FOLD (PASCHIMOTTANASANA):

Increases blood flow to the face and helps to reduce stress, which can contribute to skin issues.



-Yoga poses done by

**Meera.S.Pillai** ( III - UG. CN&D)

-Reviewed by **Muthulakshmi.M** ( III - UG. CN&D)



# YOGA POSES FOR HEALTHY HAIR

## HALF PLOW POSE (ARDHA HALASANA):

Stimulates the scalp and promotes blood flow, which can help to nourish the hair follicles.



## CHILD'S POSE (BALASANA):

Reduces stress and promotes relaxation, which can help to reduce hair loss and promote healthy hair growth.

## SEATED FORWARD FOLD (PASCHIMOTTANASANA):

Stimulates the scalp and promotes blood flow, which can help to promote hair growth.



-Yoga poses done by

**Meera.S.Pillai** ( III - UG. CN&D)

-Reviewed by **Gopika.K** ( III - UG. CN&D)

# Recipe 1

## Pineapple Juice



### INGREDIENTS :

- 1 cup pineapple chunks
- 1 cup water
- 1 tablespoon honey (optional)
- Ice cubes (optional)
- Fresh mint leaves for garnish (optional)

### PROCEDURE:

1. In a blender, combine pineapple chunks and water.
2. Blend until smooth and creamy.
3. Strain the mixture through a fine-mesh sieve or cheesecloth to remove any pulp or fibers.
4. If desired, add honey to taste and stir well.
5. Chill the drink in the refrigerator for at least 30 minutes.
6. Serve the pineapple drink cold with or without ice cubes.
7. Garnish with fresh mint leaves, if desired.

### BENEFITS:

#### FOR SKIN :

- Provide Vitamin C,
- Promote collagen production
- Reduce inflammation

#### FOR HAIR :

- Nourishes hair
- Prevents hair loss
- Strengthens strands with its vitamin C, antioxidants and enzymes.

## Recipe 2

# ABC Juice (Apple, Beetroot, Carrot Juice)



### INGREDIENTS :

- 1 medium beetroot, peeled and chopped
- 1 large apple, chopped
- 1 medium carrot, peeled and chopped
- ½ cup water
- 1 tablespoon honey (optional)
- Ice cubes (optional)

### PROCEDURE:

1. In a juicer or blender, combine beetroot, apple, carrot and water.
2. Juice or blend until smooth.
3. Strain the mixture through a fine-mesh sieve or cheesecloth to remove any pulp or fibers.
4. Add honey to taste, if desired.
5. Chill the drink in the refrigerator for at least 30 minutes.
6. Serve the ABC juice cold, with or without ice cubes.

### BENEFITS:

#### FOR SKIN :

- Enhances skin health by purifying the blood
- Reduces acne
- Promotes a natural glow

#### FOR HAIR:

- Improves hair health by boosting blood circulation to the scalp
- Encourages hair growth
- Prevents hair loss with its rich vitamins and minerals



## Recipe 3

# Karuveppilai Thuvaiyal (Curry Leaf Chutney)



### INGREDIENTS :

- 1 cup fresh curry leaves
- 2 tablespoons urad dal
- 2 dry red chilies
- 4 garlic cloves
- 1 small piece of tamarind / 1 amla (Indian gooseberry) / small piece of raw mango
- 2 tablespoons grated coconut
- ½ teaspoon salt (adjust to taste)
- 1 teaspoon oil
- Water (as needed)

### PROCEDURE:

1. Heat oil in a pan and roast urad dal, red chilies and garlic until golden brown.
2. Add curry leaves and sauté until they turn crisp.
3. Add coconut and the choice of tamarind/amla/raw mango, then turn off the heat.
4. Let the mixture cool, then blend it with salt and a little water to form a thick paste.
5. Serve with hot rice, dosa or idli.

### BENEFITS:

#### FOR SKIN :

- Detoxifies the body, promoting clear and healthy skin
- Reduces acne and blemishes
- Protects against premature aging with antioxidants

#### FOR HAIR:

- Strengthens hair follicles and reduces hair fall
- Promotes hair growth and prevents premature greying
- Nourishes the scalp, reducing dandruff and dryness

## Recipe 4

### Amla juice



#### INGREDIENTS :

- 4–5 fresh amla (Indian gooseberries)
- 1–2 cups water
- 1 tablespoon honey (optional)
- ½ teaspoon black salt (optional)
- ½ teaspoon ginger juice (optional)
- Few mint leaves (optional)

#### PROCEDURE:

1. Wash and chop amla into small pieces, removing the seeds.
2. Blend the chopped amla with water until smooth.
3. Strain the juice using a fine mesh strainer or cheesecloth.
4. Add optional ingredients like honey, black salt or ginger juice for better taste.
5. Serve fresh or refrigerate for later use.

#### BENEFITS:

##### FOR SKIN:

- Enhances skin health and complexion.
- Reduces acne and hyperpigmentation.
- Improves skin elasticity and radiance.
- Soothes and calms irritated skin.

##### FOR HAIR:

- Promotes healthy hair growth and strength.
- Improves hair texture and shine.
- Reduces dandruff and scalp irritations.
- Helps to prevent premature graying.

## Recipe 5

# Avacado Smoothie



### INGREDIENTS :

- 1 large avocado
- 1 cup milk
- 3 tbsp of honey

### PROCEDURE:

1. Add all ingredients to a blender and blend on high speed until smooth
2. Taste and adjust as needed. If you prefer a thinner consistency, you can add more milk.
3. If you prefer a sweeter drink, you can add more sweetener. Serve immediately.

### BENEFITS:

- Natural detoxification.
- Healthy for the heart.
- Good for vision.
- Helps to prevent osteoporosis.
- Enhances digestion.

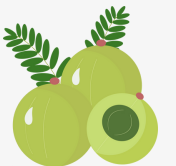
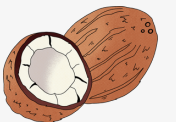
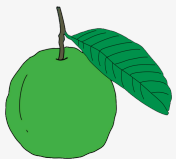
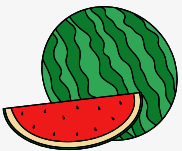


# Word search puzzle

## CLUES

- A leafy green vegetable rich in iron and zinc, known as Palak in India.
- A tropical fruit rich in Vitamin C, often used to reduce pigmentation.
- A tiny seed rich in omega-3 fatty acids, popular in smoothies.
- A spice with anti-inflammatory properties, commonly used in Indian cooking.
- A hydrating fruit with high water content, often eaten in summer.
- A fatty fish rich in omega-3 fatty acids.
- A fruit known as the "Indian gooseberry," a powerhouse of Vitamin C.
- A mineral that helps regulate oil production and prevent acne.
- A drink rich in electrolytes, often consumed for hydration in India.
- A yellow-orange root vegetable rich in beta-carotene.

A	Z	F	R	F	C	Y	G	E	G	N	W
Z	V	A	A	C	S	D	U	X	L	F	A
M	R	J	I	R	Q	J	A	C	O	U	T
A	V	C	Z	A	M	Q	V	E	Q	E	E
C	H	I	A	C	S	S	A	A	Q	V	R
K	Z	F	W	A	O	P	U	D	U	B	M
E	I	M	F	R	W	C	I	G	O	Z	E
R	N	A	B	R	T	W	O	N	L	L	L
E	C	M	H	O	K	Z	E	N	A	Z	O
L	R	L	W	T	D	V	R	M	U	C	N
N	Z	A	L	Z	G	W	T	K	Z	T	H
T	U	R	M	E	R	I	C	D	E	J	S



ANSWER  
Spinach, Guava, Chia, Turmeric, Watermelon,  
Mackerel, Amla, Zinc, Coconut, Carrot

Word search puzzle by

Sangeetha.S and Divya.D (III- UG - CN&D)

## Natural Lipstick Recipe

### Beetroot and rose lipstick



#### INGREDIENTS :

1. Beetroot slices(2-3)
2. Coconut oil (1 tablespoon)
3. Beeswax (1 tablespoon)
4. Vitamin E oil (1 teaspoon)
5. Paneer rose essence(optional)  
(for fragrance)

#### Procedure:

##### Step 1: Make thin slices of beetroot

Choose fresh, organic beetroot. Wash them thoroughly and pat dry with a clean cloth and cut into thin slices.

##### Step 2: Extract Beetroot Juice

Boil the beetroot slices in 1-2 tablespoons of water until the water turns pink. Strain the mixture and discard the solids. Let the juice cool.

##### Step 3: Melt Coconut Oil and Beeswax

In a double boiler or a heat-proof bowl

set over a pot of simmering water, melt the coconut oil and beeswax. Stir occasionally until smooth.

##### Step 4: Add Vitamin E Oil

Once the coconut oil and beeswax mixture is melted, add the vitamin E oil. Stir well.

##### Step 5: Add Beetroot Juice

Add the cooled beetroot juice to the mixture. Stir until well combined.

##### Step 6: Add Fragrance (Optional)

If desired, add a few drops of paneer rose essence to the mixture. Stir well.

##### Step 7: Pour into Molds

Pour the mixture into lipstick molds or empty lipstick tubes.

##### Step 8: Let it Set

Let the mixture cool and set at room temperature. This may take about 10-15 minutes, depending on the size of your molds.

##### Step 9: Unmold and Enjoy

Once set, remove the lipstick from the molds or tubes. Your beetroot lipstick is now ready to use!

#### Benefits:

- Natural color.
- Moisturizes lips.
- Locks in moisture.
- Protects lips.

-Recipe reviewed by

**Priyadharshini.R** (III- UG - CN&D)

## Natural Hair Dye Recipe

### Indigo and Henna hair dye



#### INGREDIENTS :

- 1 tablespoon Indigo powder (அவ்ரி பொடி)
- 1 tablespoon Marudhani powder
- 1 tablespoon lemon juice
- 1 tablespoon cornflour
- A pinch of salt

#### Procedure:

##### Step 1: Prepare Henna Paste

Take Marudhani (henna) powder in a clean bowl. Add lemon juice and gradually mix in water to form a thick paste. Transfer the mixture to a glass bowl, cover it, and let it soak overnight for proper dye release.

##### Step 2: Prepare Indigo Mixture

The next day, take Indigo powder in another bowl. Add cornflour and a pinch of salt to enhance color absorption.

Slowly mix in water until you achieve a smooth, thick consistency. Let this mixture rest for 10-15 minutes.

##### Step 3: Combine the Pastes

Once both pastes are ready, mix them together thoroughly until a uniform, spreadable consistency is achieved.

##### Step 4: Apply the Mixture

Ensure your hair is clean and dry before application. Section your hair and apply the mixture evenly from roots to tips using a brush or hands (wear gloves to avoid staining).

##### Step 5: Let It Set

After applying, cover your hair with a shower cap and leave it on for 3 hours to allow the color to develop fully.

##### Step 6: Rinse Your Hair

Rinse your hair thoroughly with plain water until the water runs clear. Do not use shampoo immediately.

##### Step 7: Post-Treatment Care

Use a mild, sulfate-free shampoo only after 2-3 days to maintain the color. Repeat this process every 2-3 weeks for best results.

#### Benefits:

- Natural black color – No chemicals.
- Strengthens hair – Promotes growth.
- Soft & smooth – Conditions naturally.



## Natural Hair Straightening Mask

### Rice Flour & Coconut Milk Hair Mask



#### INGREDIENTS :

- Rice flour – 2 teaspoons
- Coconut milk – 1 cup
- Coconut oil – 1 teaspoon

#### Procedure:

##### Step 1: Mix the Ingredients

Mix rice flour and coconut milk well. There should not be any lumps.

##### Step 2: Cook the Mixture

Heat a pan. Add the slurry and cook until it becomes a smooth paste. Keep stirring to avoid lump formation.

##### Step 3: Cool & Add Coconut Oil

Cool the paste, add coconut oil, and mix well.

##### Step 4: Apply the Mask

Your mask is ready. Apply it on your hair, covering the length of your hair.

##### Step 5: Detangle Hair

Use a wide-mouth comb and brush your hair gently to remove hair tangles.

##### Step 6: Let It Dry

Let it dry well.

##### Step 7: Wash Your Hair

Wash your hair with a gentle shampoo.

##### Step 8: Flaunt Your Hair

You are ready to flaunt your silky and shiny hair now!

#### Benefits:

- Naturally straightens hair
- Moisturizes & nourishes
- Reduces frizz
- Adds shine & smoothness
- Strengthens hair and reduces breakage
- Prevents split ends and hair damage
- Promotes hair growth

## Homemade Shampoo Recipe Amla, Seekakai and Reetha based Homemade Shampoo



### INGREDIENTS :

- Reetha (Soapnut) - 100 grams
- Amla (Indian Gooseberry) - 100 grams
- Shikakai (Acacia Concinna) - 100 grams
- Water - 1 litre

### Procedure:

#### Step 1: Wash the Ingredients

Begin by washing the reetha, amla and shikakai thoroughly to remove any dirt or impurities.

#### Step 2: Soak Overnight

Place the cleaned ingredients in a bowl and add 1 liter of water. Allow them to soak overnight. This soaking process helps to soften the herbs and makes it easier to extract their beneficial properties.

#### Step 3: Boil the Mixture

The next morning, transfer the soaked mixture along with the water into a large pot. Bring it to a boil, then reduce the heat and let it simmer for about 30-45 minutes. Stir occasionally to ensure the ingredients are fully immersed and cooked evenly.

SCAN FOR  
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#### Step 4: Let It Cool

After simmering, remove the pot from the heat and let the mixture cool completely. This step is crucial as it allows all the natural goodness of the ingredients to infuse into the water.

#### Step 5: Strain the Liquid

Once cooled, strain the liquid using a fine sieve or muslin cloth into a clean container. Squeeze out as much liquid as possible from the soaked ingredients.

#### Step 6: Store and Use

Pour the strained liquid into a bottle. Your homemade reetha, amla, and shikakai shampoo is now ready for use. For longer shelf life, store it in the refrigerator.

### How to Use

**Application:** Wet your hair thoroughly. Take a sufficient amount of the homemade shampoo and apply it to your scalp. Massage gently for a few minutes, ensuring that it covers your entire scalp and hair length.

**Rinsing:** Rinse thoroughly with water. You may not get as much lather as commercial shampoos, but the cleaning effect is just as effective.

**Frequency:** Use this natural shampoo 2-3 times a week for best results.

### Benefits

- Natural Cleanser
- Promotes Hair Growth
- Prevents Dandruff
- Conditions and Detangles

-Recipe prepared by  
**Abinaya.A** (III- UG - CN&D)

## Homemade Hair Oil Recipe Hibiscus ,Neem and Onion based Hair Oil



### INGREDIENTS :

- Hibiscus flowers and it's leaves
- Curry leaves
- Henna leaves
- Neem
- Small onion
- Fenugreek seed

### Procedure:

#### Step 1: Wash the Ingredients

Thoroughly wash the hibiscus flowers, leaves, neem leaves, curry leaves, and henna leaves to remove dirt or impurities.

#### Step 2: Soak the Fenugreek Seeds

Soak fenugreek seeds in water for 2 hours.

#### Step 3: Blend into a Paste

In a blender, add the washed hibiscus flowers, leaves, neem leaves, curry leaves, henna leaves, small onions, and soaked fenugreek seeds. Add a small amount of water and blend into a smooth paste.

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#### Step 4: Heat with Coconut Oil

Transfer the paste into a pan and add ½ liter of coconut oil. Mix thoroughly for even consistency.

#### Step 5: Boil the Mixture

Heat the mixture on a low flame and let it boil for 15-20 minutes, stirring occasionally.

#### Step 6: Cool & Strain

Turn off the heat and let the mixture cool for 5-10 minutes. Strain the oil using a fine sieve or muslin cloth.

#### Step 7: Store and use

Transfer the strained oil to a clean, dry, airtight container. Store in a cool, dry place to retain its freshness.

### How to Use:

#### Application:

Massage the oil into your scalp and hair. Leave it on for a few hours or overnight before washing.

#### Frequency:

Use this oil 2-3 times a week for best results.

### Benefits

- Promotes Hair Growth – Strengthens roots.
- Reduces Hair Fall – Prevents breakage.
- Nourishes Scalp – Improves hair texture.
- Delays Premature Graying – Keeps hair healthy.





**Queen Mary's College Won First Prize consecutively for the nineth time at the 76th Republic Day Celebrations! Honorable Chief Minster of Tamil Nadu honouring the I prize winners of 76th Republic Day celebrations!**



Adding to this joyous occasion, two students from the **Department of Home Science, Meera.S.Pillai and Rohini.B**, participated in this proud event, making it even more special!!!



**SCAN FOR THE DANCE PERFORMANCE**



The **Breakthrough Science Society**, a Voluntary Organization (Chennai chapter) committed to the cause of science culture and a scientific outlook, organized the State Science Conference on "**The Tasks of Science in Social Progress.**" As part of the event, a debate competition was conducted by the **Department of Physics.**

**Hritika Swamy.M** and **Sudha.E** ,from **III UG (CN&D), Department of Home Science** participated in this debate and received the **second prize.**



The **Department of Zoology** at **Queen Mary's College (Autonomous)** organized the **Wildlife Week** Celebration 2024 on

October 9, 2024, as part of which various competitions were conducted. The certification for this achievement was issued on March 3, 2025.

**Gopika. K** and **Priyadarshini. R** from **III UG (CN&D), Department of Home Science, Queen Mary's College**, participated and secured the **Second Prize** in the "**Art Out of Waste**" competition.





The **Department of Zoology** at **Queen Mary's College** (Autonomous) organized an **Inter-Department Science Club Quiz Competition** on December 11, 2024. **Hritika Swamy.M** from **III B.Sc. Home Science (CN&D)**, along with her team, secured the **First Prize** with a score of 145. The prizes were distributed on March 5, 2025, during the General assembly by **Dr. B. Uma Maheswari, Principal of Queen Mary's College**, honoring the winners for their outstanding performance.



**B. Rohini**, student of **III B.Sc. Home Science (CN&D)**, showcased her exceptional skills in Chess by participating in multiple tournaments. She was a part of the **Queen Mary's College Chess team**, which secured the **third place** in the **University of Madras A-Zone (Women) Tournament 2024-2025**.