

Unique & Trendy Rangoli Designs For Ganeshotsav



Lord Ganesha is worshiped all over India. From states to states, cities to cities, the love for Lord Ganesha is unmatched. Hindus celebrate their birthday with high notes and also worship them on every new occasion. Lord Ganesha is worshiped first before any other pooja or ritual. Especially in the middle region of India, the celebrations get started from weeks before. One of the major focuses in worshipping Lord Ganesha is their Rangoli. When it comes to this, the devotees spend a lot of them in finalizing the design, buying the colors and at the end executing it. To ease your search, we have curated a list of Ganesha rangoli Designs which you can use and also customize according to your preferences. We hope these prove useful to you.

Beautiful Lord Ganesha Rangoli Designs for your home 2025
Simplistic Lord Ganesha Rangoli design
 This is a bright and easy to realize rangoli design. You would require a white chalk to draw the details of the rangoli. Now take some rangoli color and start filling in the major shapes. Once you have prepared the major framework of the rangoli, you can move to the details inside the flowers, the Lord Ganesha's face, the crown, etc. Take some white rangoli powder and outline the whole rangoli. This will provide a definitive design and dimensions to our rangoli. You can try to make it more beautiful by shading the rangoli pattern in the right way. This bright rangoli will look great in front of your house.

Ganesha rangoli design. First of all draw the outer boundary of the design using a white chalk. The design is made up of Lord Ganesha's face, a circular mast on which a beautiful lotus rests. After drawing the design, start filling in the base areas. When you apply the rangoli color, pat it down so that it remains stable on the ground. You can try to shade the regions with lighter and darker shades of a color. Now use white and black rangoli powder to draw the details of the design.

Peacock and Lord Ganesha Rangoli design
 This is a beautiful culmination of peacock and Lord Ganesha Rangoli design. The Lord Ganesha's face is lined with a peacock in the front. First of all draw the outer design using a white chalk. Now using the required rangoli powder, start filling in the designs. Pat the powder down to make sure it sticks together. Make small colorful designs at the base of the whole design. Now using some white rangoli powder, define the outlines and boundaries of the rangoli design. Do make the crown of the peacock carefully and meticulously.

Ganesha Rangoli design with shankh
 is a beautiful and easy to make rangoli design for Ganesh Chaturthi. It beautifully shows Lord Ganesha in the lap of his father Lord Shiva. This beautiful rangoli can be easily made. First of all draw the basic structure of the rangoli using a white chalk. Now fill in the rangoli colors in the design. You should be careful about making the different symbols Lord Shiva carries along. The trishul, crescent moon, etc. After you fill in the areas, pat the rangoli color to the floor. This will ensure the color does not fly away easily. Now using a white or black rangoli color define the de-



Beautiful and easy Lord Ganesha Rangoli design
 This is a very easy rangoli design. The beautiful color combination of this rangoli design makes it stand out. You can make this rangoli design even if you are not very adept at making rangolis. First of all draw a rough sketch of lord Ganesha and a cock shell with a white chalk. Now fill in the desired rangoli colors in the made shapes. You can do it in any manner or any color. If you wish, you can choose to shade the coloring procedure. Now use a white or black rangoli color to define the details and boundary of the rangoli design.

Bal Ganesha Rangoli design
 Bal ganesha rangoli will be a great fit for Ganesh Chaturthi. This is really easy to make. You need to start with a reference.

Now using the reference start sketching your rangoli design using a white chalk. You can show bal Ganesha playing some game like football in the rangoli design. Once you have sketched the basic design on the floor, start filling in rangoli color in the shapes made. Once you have filled in the color, pat it down to avoid spill. Now using a black or white rangoli color, refine the details and boundaries of the rangoli design.

Lord Ganesha Rangoli design only 2 color
 This is a monochrome Lord Ganesha rangoli design. You can easily make this Rangoli design. You will require only two colors of rangoli powder. First of all draw a sketch of lord Ganesha using a white chalk piece. Once you have drawn the sketch, you can now fill in the regions with a yellow colored rangoli color. Using an orange color rangoli powder, make the outer boundaries for the rangoli design. You can define the boundaries doubly by using a white powder lines along with the orange ones. Refine the details with a black rangoli color. You can also make a diya in front of Lord Ganesha.

Minimalistic Lord Ganesha Rangoli design
 This is a very simple design for Rangoli. If you are running out of time but still want to make rangoli on the Ganesh Chaturthi, you can surely try this rangoli design. First of start with the basic sketching using a white chalk piece. Make the nose of Lord Ganesha and the flowers accompanying Lord Ganesha. in the color. Pat down the rangoli powder. Now use white rangoli color to define the boundaries and refine the details of the rangoli design. Make details inside the flowers using a contrasting rangoli color or white rangoli color.

Understanding Panic Attacks & Panic Disorder For Effective Management

Astonishingly, the global incidence of panic attacks has increased by 55% from 1990 to 2019. Today, approximately 4.05% of the global population suffers from some kind of anxiety disorder (Javaid et al., 2023). To add to these figures, panic attacks can occur out of the blue, affecting anyone, anywhere. Individuals mostly report feeling as if they are getting a cardiac attack and seek cardiological intervention, as the fear of dying and the thought of 'going crazy' go hand in hand with a panic attack.

What Is A Panic Attack?
 A panic attack is a sudden and overwhelming surge of intense fear or extreme discomfort that typically reaches its peak within a matter of minutes. During a panic attack, individuals may experience a range of distressing symptoms, such as palpitations, profuse sweating, shaking, feelings of being smothered, a choking sensation, discomfort in the chest, nausea, light-

headedness, chills or heat sensations, numbness or tingling in various parts of the body. The individual might also feel disconnected from reality (derealisation) or detached from oneself (depersonalisation), etc.

Panic Attacks Vs. Panic Disorder
 Panic Disorder (PD) is characterised by recurrent, unexpected panic attacks that occur without a clear trigger. Hence, not all panic attacks meet the criteria for a panic disorder nor do all lead to the condition.

It is possible for an individual to experience panic attacks when confronted with known triggers (Expected Panic Attacks), such as heights or closed spaces.

It can occur in isolation as a result of stressful events, situations, or overwhelming circumstances in their lives. For instance, an individual might experience a panic attack on hearing about the loss of a close friend. As they grieve

through the loss, they might not experience the condition again.

Panic attacks can frequently occur in the background of other mental health conditions such as Generalised Anxiety Disorder, OCD, depressive disorder, and even personality disorders.

When the recurrent attacks are caused as a bodily response to a substance consumed (like recreational drugs or medications) or another medical condition (hyperthyroidism), they won't be considered as Panic Disorder.

What Causes Panic Disorder?
 Neuroimaging studies show that the fear circuit of the brain, particularly the part called the amygdala, which processes emotions such as fear and anxiety, is overactive in people with panic disorder. Current understanding also suggests that abnormalities in the hypothalamic-pituitary-adrenal (HPA) axis, which controls the body's stress response, may be involved in the devel-



opment of panic disorder. However, further research is needed to fully understand the neurobiological mechanisms underlying panic attacks and panic disorder.

Treatment Options
 Therapeutic interventions offered by mental health professionals are crucial for managing panic attacks. Cogni-

tive Behavioral Therapy (CBT) and Psychodynamic Therapy have proven roles in helping patients deal with thoughts of intense fear. Relaxation techniques, which incorporate mindfulness practices, meditation, and emerging therapies such as Virtual Reality also demonstrate substantial evidence in reducing the symptoms of panic and aborting the attack early.

Oftentimes, these attacks can be so severe that an individual might feel too incapacitated to make use of a psychological intervention or relaxation techniques. In such instances, medications are effective in relieving these acute symptoms. Medications can also help in improving mood and reducing anxiety, when panic attacks occur in the background of other disorders like depression or other anxiety disorders.

Prevention
 According to mental health professionals, the frequent presentation of

those suffering from panic attacks does not meet the criteria for panic disorder. For recurring unexpected panic attacks to be diagnosed as a panic disorder, they must be associated with more than a month of persistent worry about: Having another attack, or going through the aftermath of an attack, like losing control, worrying about having a heart attack, or worrying about dying; and Significant changes in behaviour due to the attack. These might include, for instance, quitting a job or avoiding social events

Getting timely help and managing a panic attack effectively can prevent this disruptive mental state.

These strategies involve seeking regular treatment, identifying the underlying causes of these attacks, incorporating healthy lifestyle changes, and educating patients and their families about this condition.

National Nutrition Month: Understanding the Importance of the Role of Almonds in the Daily Diet!



A balanced and nutritious diet is vital for overall health. To emphasize the importance of proper nutrition and healthy eating habits, we celebrate National Nutrition Month from September 1 to 30. It provides a forum for addressing nutritional issues, educating, empowering, and involving people and communities in making better food choices. Thus, practicing a balanced diet with nutrient-dense foods such as almonds, whole grains, vegetables, fruits, legumes and more is crucial for attaining optimal health. Almonds are packed with 15 essential nutrients, including vitamin E, magnesium, protein, zinc, potassium, and dietary fiber, all of which help in maintaining overall well-being.

The Indian Council of Medical Research (ICMR)- National Institute of Nutrition (NIN) recently released Dietary Guidelines for Indians that recognize almonds as a nut to consume daily for good health. Eating almonds everyday aids in various health benefits, such as managing weight, enhancing heart health, and controlling blood sugar levels.

Bollywood actress Soha Ali Khan, known for her fitness regime and practices says, "I diligently follow healthy eating habits and I try to purposely keep a check on the nutrition intake as it is fundamental to maintaining good health. I like to plan my meals well in advance to include nutrient-rich foods in every meal. Even when I'm out for a shoot or an interview, I make sure to carry healthy snacks like a box of almonds because they keep me full for longer, and munching on a handful of almonds also helps me meet a part of my daily nutritional requirements. So, this National Nutrition Month, let's commit to adopting healthy eating practices and make an effort to include nutrient-rich foods like almonds in our diet." Commenting on National Nutrition Month, Regional Head of Dietetics at Max Healthcare, Delhi, Ritika

Samaddar, said, "Consuming junk and HFSS (high fat, sugar, salt) items due to the ease of availability and the fast-paced lifestyle is on the rise and consequently the incidences of lifestyle diseases such as diabetes, high blood pressure, heart problems, and obesity are also increasing. Therefore, I always recommend making careful food choices and switching to healthy options in a balanced diet to include the many nutrients we need on an everyday basis.

To ensure optimal health, it's important to include foods like almonds in your diet as they aid in various health benefits, such as managing weight, harmful cholesterol, and blood sugar levels, and can help in maintaining and improving overall health.

Nutrition and Wellness Consultant, Sheela Krishnaswamy, said, "In India, a lack of understanding about the importance of consuming essential nutrients has significantly contributed to the rise of various ailments. Hence, we must consume a variety of food items that are a natural source of nutrients, such as almonds. Even the recent guidelines by ICMR-NIN suggest regular consumption of nuts like almonds as a part of a healthy diet. Not only this, research studies suggest that almonds may also play a positive role in overall dietary patterns, benefiting those with type 2 diabetes and prediabetes. Therefore, it's good to include foods like almonds in your daily diet as a simple yet effective step towards achieving a healthier lifestyle." Fitness Master Pilates Instructor Yasmin Karachiwala, said, "A balanced, nutritious diet and regular physical activity are essential for holistic health. In addition to regular workouts, I strongly advise my clients to avoid packaged or ultra-processed foods and focus on natural options like almonds. I rely on almonds as a part of my daily diet due to their rich nutrient profile. They are an excellent source of protein and are a key part of my post-workout regime. Being versatile almonds can be consumed in various forms while retaining the nutritional benefits. Therefore, it's a great idea to carry a box of almonds wherever you go."

MBBS and Nutritionist, Dr. Rohini Patil, said, "This National Nutrition Month, I urge everyone to take their health seriously and be conscious of their food choices. With the present-day erratic lifestyle and subsequent health concerns, we cannot afford to ignore the importance of consuming nutrient-rich foods. Keeping the same in mind, I always suggest my patients include foods like almonds in their diet in some form or other.

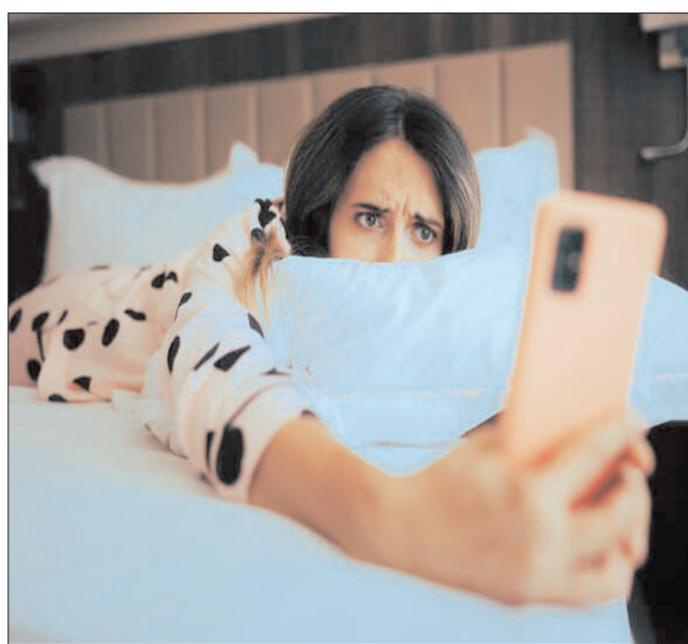
Indian Women, Don't Get Paper Clipped By Love Interests From Past

Remember that guy you matched with on a dating app, went out with for a few dates, and who, just when you thought you guys had a shot, ghosted you - only to keep popping back into your life time and again? Well, the Gen Z term for that is 'paper clipping', and here's everything you need to know about the trend.

What Is Paper Clipping?
 Remember Clippy, the infamous Microsoft Office assistant who would frequently pop up with unsolicited advice in Word? The paper clipping dating trend is named after Clippy, drawing inspiration from his intrusive nature. The trend refers to the phenomenon where potential love interests from the past resurface intermittently on your social media to ask frivolous questions without explaining why they ghosted you in the first place. Either way, the common thread is that it's always only small talk when you answer their questions, without the conversation going anywhere. Additionally, paper clipping also covers situations when someone keeps you on the back burner; when they feel you're about to go cold on them, they'll reach out in an attempt to see you, just to re-stoke the flame enough and ensure you're still an option for them. Both scenarios include your almost toxic ex giving you false hope and keeping you as an option for when things go south for them.

If this sounds familiar, here are ways to avoid being paper clipped: Watch Out For The Signs

Understanding the signs of paper clipping can help you avoid being a victim of it. While you might experience a thrill when your ex reacts



to a story or DMs his thoughts on your latest picture, you're likely to eventually be disappointed about the conversation not going anywhere. Recognise the pattern and don't engage in unnecessary conversation.

Set Clear Boundaries
 Let's be firm about this: it's best to block/unfriend anyone who ghosts you. If they still manage to reach out to you without a clear purpose, be upfront about your expectations. Be firm in communicating that you're not interested in casual interactions.

Focus On Yourself
 When you treat yourself the way you're supposed to and know your worth, you're less likely to be swayed by someone who isn't offering you anything genuine. Take up hobby classes, go out with your friends and family, and do what truly makes you happy.

Move On
 Unless your ex provides a valid explanation for their ghosting, it's best to remember how you felt during that time and avoid letting it happen again. Stay committed to moving on, and resist the temptation to dwell on what might have been.

