



# Journal of Applicable Chemistry

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## Notes

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### ➤ **Drishiti Centre for Excellence Presents Workshops at Mumbai**

#### ***'ENHANCED COMMUNICATION AND INTERPERSONAL SKILLS'***

Thursday, 13 June 2013 – At Residency Hotel, 213/1, Suren Road, Andheri – Kurla Rd, Opp. Cinemax Theatre,  
Andheri (East), Mumbai – 400 093

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#### ***'HIGH IMPACT PRESENTATION SKILLS'***

Friday, 14 June 2013 – At Residency Hotel, 213/1, Suren Road, Andheri – Kurla Rd, Opp. Cinemax Theatre,  
Andheri (East), Mumbai – 400 093

#### **CONTACT:**

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### ➤ **THE 27<sup>th</sup> REGIONAL CONFERENCE ON SOLID STATE SCIENCE & TECHNOLOGY (RCSST27) 2013**

The RCSST27 will be held on **20<sup>th</sup> – 22<sup>nd</sup> December 2013**. RCSST27 is organized by School of Science and Technology, Universiti Malaysia Sabah (UMS) in collaboration with the Malaysian Solid State Science & Technology Society (MASS). The objectives of this conference are to provide opportunities for scientists and engineers to interact and exchanging new or recent results or knowledge in the field of solid state science and technology.

#### **CONTACT:**

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➤ **3rd International Science Congress (ISC-2013)**

International Science Congress Association announces 3<sup>rd</sup> International Science Congress (ISC-2013) on 8-9<sup>th</sup> December 2013 at Karunya University, Coimbatore, Tamilnadu, India with Focal Theme “Innovation with Global Responsibility”

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➤ **TOP ANTIOXIDANT RICH FOODS**

Antioxidants are highly essential today, considering the worldwide spread of different cancers and other life-threatening health conditions. Be it a short trip to the supermarket, or a visit to the local vegetable market, here is a list of foods that are packed with antioxidants, and you should definitely be getting them home.

**TOMATOES:**

Probably the most versatile fruit, loaded with lycopene (a phytochemical) is known to lower Cholesterol, cut risk of cholesterol cancer, heart disease and also an amazing antioxidant that you can put to use. Also, tomatoes give you that extra boost of vitamins A and C, which help keep the body functioning to its optimum level. Best of all, the tomato ketchup that you use so liberally, also contains a huge amount of lycopene.



**CORN:**

A favorite in the monsoons, corn is packed full of antioxidants lutein, zeaxanthin and vitamin C. Plus, it helps protect eyes, so be sure to load up on these on your next trip to the supermarket.

**SPINACH:**

You may hate it for all the reasons, but the fact is, Popeye got the girl (and his muscles too) thanks to this one single greenie. Loaded with iron, and an amazing blood purifier, spinach is one of the best foods to add to your diet. It also contains the antioxidant lutein, and the essentials beta carotene and zeaxanthin which help protect your body against the various ill-effects of free radical damage.

**BERRIES:**

Blueberries, strawberries and raspberries are not just meant to be in ice creams, make it a point to eat these fruits raw, or as juices. Loaded with vitamin C, anthocyanins and quercetin, these berries can be added to your morning cereal, or whip up a handful of berries with a cup of yogurt, for freshly prepared fruit yogurt.

**BELL PEPPERS:**

They come in three colors and make salads and pizzas colorful, but that's just food for the eye. It may seem to be untrue, but bell peppers have more vitamin C than an orange; all the more reason to add them to your pizza toppings. Also, the threesome is known for their abundance in vitamins A, C and E.

**GARLIC:**

It adds flavor to your dishes, and keeps heart healthy, but there's much more to this teeny tiny herb than just this. Garlic helps lower blood pressure and cholesterol and acts as a natural antibiotic. Just a clove of garlic contains vitamins A, C, E and the essential minerals selenium, sodium, iodine, iron, zinc, calcium, magnesium and potassium.