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JANUARY 2024

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# PILGRIMAGE TO SRI SIDDHI VINAYAKA TEMPLE AT HATTIANGADI



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FOUNDER & EDITOR-IN-CHIEF

SUMATHI SRINIVAS

COLUMNISTS

GEETHA GANGADARAN

RAJEE MANI

WRITERS

V. GOMATHY

MONISHA RAVI

DR. K. R. ANANTHI

DESIGNER A JD Sharwin Shaswin

**Marketing Team** RAYES PUBLICATIONS (P) LTD.



**Rayes Publications (P) Ltd.,**  
No.8/3, 13th Street, Nandanam Extension,  
(Behind Venkateshwara Hospital), Chennai - 600035

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TO SEND ARTICLES:  
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# J E W E L L E R Y

**SHELL**  
Summer Jewellery is never without those shells that give it that Hawaiian vibe. It can be paired with casual looks.



**HAIR CLIPS PEARL :**  
Pearl hair clips give that elegant style to the outfit. Pairs well with formal dresses.



**LONG EARRINGS :**  
The earrings that touch the shoulders are beautiful, stylish and elegant for traditional and western wear.

# WHAT'S TRENDING



**BOWS**

It is a trending casual look , for a night out.  
Can be paired with jeans for that casual looks



**ROSETTE**

This is a beautiful trend with floral , just in time for the summer . This dress has huge roses giving it a 3D effect . Can be worn for formal events and as a casual dress.

**3 LAVENDER**

NOTHING SAYS SUMMER AS A FLORAL COLOURED DRESS AND THIS SEASON THE IN COLOUR IS LAVENDER.



# FASHION TRENDS



Over the centuries, luggage has been through many forms and has seen many different iterations. Today we are familiar with rolling luggage, trunk luggage, suitcases, duffel bags and all the other types of luggage you can dream of. People living just a couple of hundred years ago, would have a very different idea of luggage and what it constituted. While Phileas Fogg decided to circle the globe in 'Around the world in 80 days' in 1873 novel by Jules Verne, he doesn't take a suitcase, only a carpet bag with two shirts and three pairs of stockings. Back in those days, a hefty trunk built of wood, leather and often a heavy iron case was used.

Throughout their design iteration trunks have boasted an aesthetic that screamed security. They have been made of wood primarily. Still they are usually coated with varnish, wax or leather strips as a way to not only protect the exterior from normal wear and tear. It also ensures its interior contents wouldn't be damaged. Trunks were protected with wax and varnish as a weather proofing agent, which is virtually required, when you are making long trips across the ocean on a sailing voyage. Back in the days, even luxury ships would leak and considering a ship's cargo hold was usually near the bottom, it wasn't uncommon for a combination of sea water and sometimes even stow away rats to eat away at a Cargo's outside and eventually the inside.

While many inventions have changes over the centuries, trunk luggage is one example of the classical design are fine the way they are. It kept its square shape for years. Trunks were generally constructed with pine, while some trunks were covered with hide. Later covering included paper, canvas embossed tin. Sometimes they were made with a small brass handle on top.

While wooden trunks still exist, most luggage providers focus more on light weight metals like aluminum or thin steel placed around wooden frame or composed of tough polymers that can withstand the impact. Insulation technology has also improved drastically, further protecting whatever cargo is being hauled around and allowing the trunk to withstand more extreme temperature. The suit case that first appeared in the markets came equipped with an inner sleeve for storing shirts and sometime a little hot box inside.



GEETHA  
GANGADARAN

# THE EVOLUTION OF THE TRUNK LUGGAGE



Another significant technological change is the addition of wheels' extendable handle, foldability and the addition of various compartment and storage additions and more.

When the wheels were first introduced in 1970, wheeled luggage didn't sell incredibly well.

From Locking your luggage with a lock and key and sometimes securing the luggage

with a chains, the security of the luggage has come a long way. New locks are made with digital key pads with the advancement of GPS technology one can trace the movement of the luggage.

On a sentimental note we can say that the Indian Jawan is always associated with the iconic steel trunk. For many Jawans the trunk with their name on them carry a deep emotional significance.



One Jawan says "We carry our uniforms, bedding, family photos, battalion memories gifts and almost our whole life in it wherever we go".

But soon the trunk that carries their memories would become a memory itself as the Government plans to replace the steel trunk with a trolley suitcase.

In the unfortunate event of a Jawan attaining martyrdom, was the handing over

the trunk to the family. It's like handing over the Jawans memories to the family. It has historical as well as emotional value.

Homes in the Northern India still believe in storing their woollens and rasais (quilts) after winter in the trunks.

Trunks may have become obsolete for global trollers and frequent travellers but they will be in the memories of at least a few who still believe in the usefulness





V. GOMATHY  
Dietitian

# POHA (OR) AVAL UPMA

## INGREDIENTS

Poha - 1 1/2 cup

Onion - 1 medium (finely chopped)

Green chillies - 3 nos (finely chopped)

Fried peanuts - 3 tbsp

Mustard seeds - 1/2 tsp

Cumin seeds - 1/2 tsp

Turmeric powder - 1/4 tsp

Oil - 3 tsp

Curry leaves - as required

Coriander leaves - for garnish

Salt - to taste

Lemon juice - 1/2 tsp

## METHOD

Gently rinse poha in a sieve under running water until they soften.

Keep a kadai, add oil, once heated add mustard seeds and cumin seeds.

Let them splutter.

Then add green chillies, onion and curry leaves.

Saute until onion turns soft.

Now add rinsed poha, turmeric powder and salt.

Mix all together.

Turn off heat. Add peanuts and lemon juice.

Mix well and garnish with coriander leaves.

Serve hot.

# GLUTEN-FREE RECIPES





# VEGETABLE PANIYARAM

## INGREDIENTS

Idly batter - 3 cups

Chopped carrot, capsicum and beans - 1 cup

Onion - 1 medium (finely chopped)

Grated ginger - 1 tsp

Curry leaves - as required

Green chillies - 2 nos

Coriander leaves - 2 tbsp (finely chopped)

Salt - as required

Oil - as required

Mustard seeds - 1/2 tsp

Urad dhal - 1 tsp



## METHOD

1. Heat a pan with oil and temper with mustard, urad dhal, and jeera.

2. Now add onion, green chillies, ginger and curry leaves. Saute well.

3. Then add chopped vegetables, salt and little water.

4. Cook for 4-5 mins.

5. Once vegetables are cooked, allow them to cool.

6. Transfer the veggies to the batter and mix well.

7. Heat kuzhi paniyaram pan and pour oil. Once heated, pour batter in each hole.

8. Cook both the sides gently and serve hot.



# PANEER BURJI

## INGREDIENTS

**Home made paneer** - 250 gms

**Butter** - 2 tbsp

**Oil** - 1 tsp

**Besan flour** - 1 tsp

**Onion** - 2 medium (finely chopped)

**Tomato** - 1 big (finely chopped)

**Green chillies** - 3 nos

**Ginger** - 1 tsp (grated)

**Turmeric powder** - 1/2 tsp

**Kashmir red chilli powder** - 1 tsp

**Garam masala powder** - 1 tsp

**Salt** - to taste

**Coriander leaves** - 2 tbsp



## METHOD

Keep a pan. Add butter and oil.

Once butter melts, add besan flour and mix in low flame.

Once besan flour is roasted, add chopped onions, tomatoes and green chillies.

Stir well. Now add chilli powder, turmeric powder, garam masala powder, grated ginger and salt.

Mix and stir for 3-4 minutes until onions and tomatoes are cooked well.

Add little water and cover it for 2 minutes.

Now add crumbled paneer and mix well.

Garnish with coriander leaves.

Serve hot with gluten-free dosa, roti, or bread.



# THE BUBBLY FRUIT : GRAPEFRUIT



**T**angy and juicy, grapefruit may be one of the best fruits that you can eat for better health. The fruit may not be very popular in India, but is an excellent source of Vitamin C.

Outwardly, the grapefruit looks like a big orange. The inside pulp is however bright red orange in colour and it has a tangy taste. It can be added to salads, used in desserts for that sour taste. The fruit is full of fibre that helps with heart health and gut health. It is said that fibrous food also helps keep the levels of cholesterol in check.

Like any other citrus fruits, the grapefruit is rich in Vitamin C. Being water soluble, Vitamin C must be replenished everyday. Adding this fruit to your diet, will provide the daily required levels of



vitamin c. The grapefruit also helps maintain and strengthen the immunity level in the body.

The studies into the benefits of grapefruit are on going. Some research has been done on the benefits of this fruit for diabetes, and cancer are taking place.

Grapefruit also contains beta carotene, that helps with eye health. A full fruit provides almost 50% of the required beta carotene.

It is also a very popular ingredient of skin care. It acts as a mild skin exfoliating agent. It is all very beneficial for those struggling with acne as it helps remove the bacteria. It also helps increase the collagen levels in the skin, thereby reducing the signs of ageing on the skin.





**RAJEE MANI**  
Journalist and  
Columnist in  
Tamil and English

# PILGRIMAGE TO SRI SIDDHI VINAYAKA TEMPLE AT HATTIANGADI





## The pilgrimage

**W**ell, the popular quote in Tamil, "avan arulaal avan thal vanangi..." [One needs divine Grace to have the mind & opportunity to worship the Divine ']

is so very true when it comes to pilgrimage. Our planned Kshethradana to Sringeri Sri Sarada & Sri Mookambika in North Kanara ended in a very pleasant surprise of a quick but amazing darshan of Sri Siddhi Vinayaka at the charming village of Hattiangadi.

I would call it a miracle for we were rushing down the magnificent ghats from Sringeri to Kollur & from there to catch the train at Mangalore. A very friendly Cab driver of Sabari travels, told us about this powerful temple of Lord Ganesh at the small scenic hamlet on the way to Kundapura.

We quickly decided to explore & the car took a small deviation from the road to Kundapur in North Kanara. The chill mountain breeze of September sent a new bout of energy even at the fag end of our pilgrimage. After traversing for about 20 minutes we found ourselves in front of a small, clean temple.



Two little kids came running to the car confronting us with beautiful garlands woven together with little sparkling ivory flowers.

Guessing our perplexity in identifying the rare flowers, the adorable village kids went off in the native tulu nadu kannada, "Buy these coconut flower garlands for Siddhi vinayak ji...thokkolri amma....." The mind melted with their pleadings & each one of us bought one & were guided by the urchins to the mahadwaram of the temple. Just as the huge melodic bells started announcing in their majestic tone, the beginning of the noon poojas [signifying the end of the morning session.]

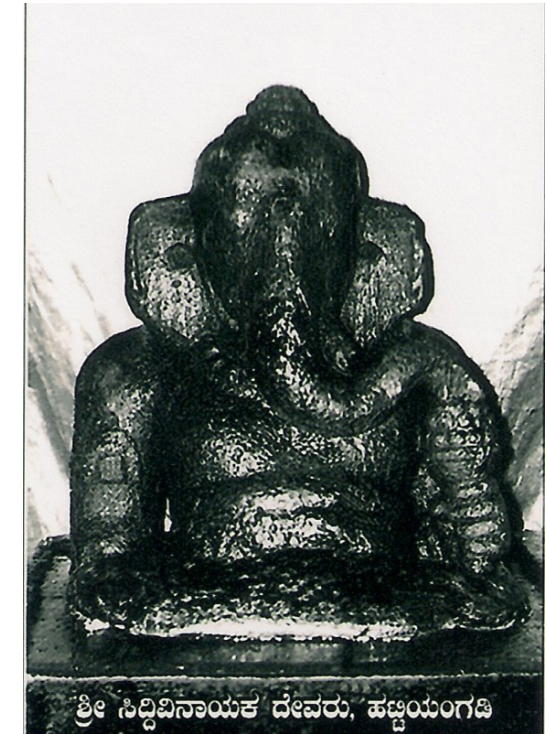




A small little crowd consisting of mostly locals were immersed in the soulful vedic chants of the priest attired in the most respectful traditional dhoti .The poojas culminated with the maha aarti ,& distribution of theertha prasadam & other mangala prasadams .The hospitable locals took us to the venue where free lunch [ annadhanam] is served to everyone who visits the temple. We were really hungry & thoroughly enjoyed the heart touching hospitality of the villagers & the tasty sathvic food of the world famous North Kannada cuisine more popularly called Udupi cuisine.

### The temple & location

About 8 kms from Kundapura in Udupi district ,Hattiangadi houses this cute little temple for Lord Ganesh. For the modern mind this name should ring a bell in the mind for one cannot forget the wonderful actress rohini Hattiangadi who immortalised the role of Mahatma Gandhi's wife Kasturba in the film "Gandhi" by Richard Attenborough.It is indeed a matter of great pride that she hails from this place.



ಶ್ರೀ ಸಿದ್ದಿವಿನಾಯಕ ದೇವರು, ಪಟ್ಟಯಂಗಡಿ

The not so big temple with a broad mukha mandapa has the main sanctum sanctorum of a big Sri Siddhi vinayaka with a golden kavacham & majestically seated on a pedestal. The temple is said to have existed from the 8th century when the Alupa kings were ruling this part of the country.Poojas are conducted through the year . The temple is reachable only by road ,the nearest railway stations are Kundapura and Udupi and Mangalore if you need a junction. Flights to Mangalore are available .This remote but powerful Ganesh temple is certainly worth including when you plan a pilgrimage to Sringeri and Kollur .



# CORRECTIVE JAW SURGERY



**DR. K R ANANTHI**  
Dentist and  
cosmetologist.  
Ananthi's dental &  
cosmetic solution  
Adyar

## WHAT IS JAW SURGERY

Jaw surgery, also known as orthognathic surgery or corrective jaw surgery. It corrects misalignment of the jaw bones. It also helps with activities like chewing and swallowing. Orthognathic surgery can even improve your profile and facial appearance and change your jawline.

Jaw surgery is usually done in combination with braces, Invisalign, or some other orthodontic procedure. Jaw surgery and braces is a great option for patients who have significant bite problems that may not be able to be fixed with orthodontics alone.

But you don't have to worry about making this decision on your own. Orthodontists will work with an oral surgeon to best determine the treatment plan that is right for each patient. The orthodontist generally handles the braces or Invisalign portion, while the oral surgeon performs the operation.

Why Does Someone Need Corrective Jaw Surgery or Orthognathic Surgery?

## ORTHOGNATHIC JAW SURGERY MAY HELP TO:

- Correct functional bite problems that make biting and chewing difficult or painful.
- Improve swallowing and speech problems due to jaw misalignment.
- Improve the bite to avoid excessive erosion on the teeth due to an unbalanced bite.
- Correct facial imbalances, including a retrusive lower jaw, retrusive upper jaw, or a protrusive lower jaw.
- Help improve breathing and symptoms related to sleep apnea.

Before



After



## WHAT ARE THE DIFFERENT TYPES OF CORRECTIVE JAW SURGERIES OR ORTHOGNATHIC SURGERIES?

We will describe three common types of jaw surgeries:

Underbite Jaw Surgery

Overbite Jaw Surgery

Open Bite Jaw Surgery

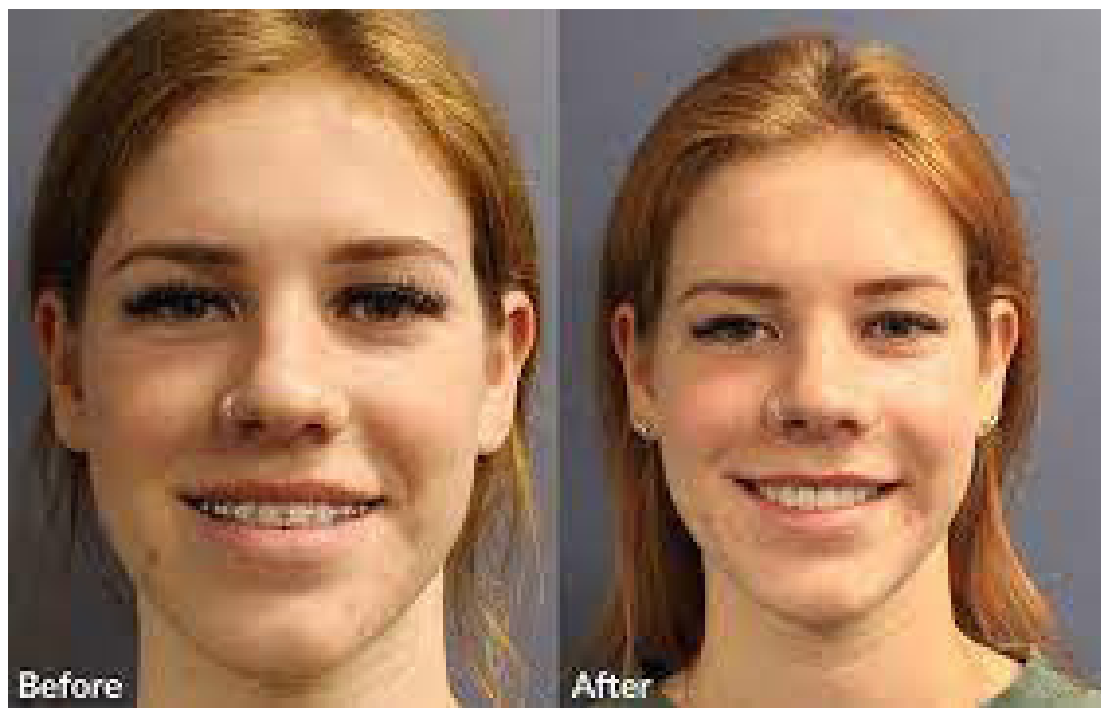
## UNDERBITE JAW SURGERIES

Maxillary Advancement

If a patient has an underbite with a retrusive upper jaw (meaning too far back), but the lower jaw is well positioned, a maxillary advancement may be the best treatment option. A maxillary advancement involves moving the upper jaw forward to correct the underbite and improve the patient's profile.

Once the jaw is set in its new position, it is fixed in place with titanium screws and metal plates.





## MANDIBULAR SETBACK

If a patient has an underbite with a protrusive lower jaw (meaning too far forward) but the upper jaw is well positioned, a mandibular setback may be the best treatment option. A mandibular setback involves moving the lower jaw back to correct the underbite and improve the patient's profile.

Once the jaw is set in its new position, it is fixed in place with titanium screws and metal plates.

### Maxillary Advancement With Mandibular Setback

If a patient has a severe underbite and a combination of retrusion of the upper jaw and a protrusive lower jaw, a "double jaw" surgery may be needed, meaning that surgery will be done on both the upper and lower jaws.

A double jaw surgery includes moving the upper jaw forward and the lower jaw back; the technical term for this is a maxillary advancement with mandibular setback.

### Overbite Jaw Surgery

#### Mandibular Advancement

If a patient has a severe overbite and a retrusive lower jaw, then a mandibular advancement may be the best treatment option.

A mandibular advancement involves surgical movement of the lower jaw forward and to correct the overbite and improve the patient's profile.

Once the jaw is set in its new position, it is fixed in place with titanium screws and metal plates.

## RECOVERY

You will probably be advised to recover at home for the first week, and may experience symptoms such as swelling, soreness, sinus congestion and general discomfort related to the surgery. We will provide detailed post-operative instructions to help with your recovery, and recommend a liquid diet for a short period of time. Once your mouth has completed the initial healing process, orthodontic treatment will be used to complete the final positioning of your teeth.

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# A HOTBED OF CULTURE



MONISHA  
RAVI





Beautiful houses, the rich tradition and culture describes Dakshinachitra. Located in Muthukadu, this is a beautiful setting to see the different cultures that are present in our country,

I was very excited for this trip, my second visit to Dakshinachitra. The first time I had gone with my school and I had enjoyed every second of it. From the different types of houses to small artefacts this was a fun place for a history geek like me. This time however, I was waiting very early for the puppet show and it didn't disappoint. Back to my trip, I thought this will be a fun tour for my cousin (a fellow history buff) to see. So here we were oooing and ahhhing our way inside.

The first thing we saw was the traditional South Indian house, followed by the stone work of the Karnataka house. It then went on to the Chettinadu house, where there was an old woman telling fortunes. That was a fun, we got our palms read. Next we went on to find out how Dakshinachitra was started. As a part of Madras Craft Foundation, the founder Deborah Thiagarajan, wanted a space to showcase the culture and traditions of South India.

We also got to see the working of the handloom, which was really interesting. I really enjoyed looking at the various cultures and traditions that have been in practice and have become redundant over the years. For my generation I would say, even the manual way to grind flour is considered archaic and was very fascinating.

The one thing that we were most excited for was the puppet show. It was so fascinating. The traditional stories from our culture were portrayed by professional puppet masters. This was so interesting that my cousin and I decided to take up puppetry as a hobby.

This is a place everyone must visit at some point. Our beautiful culture and tradition is flourishing within these walls. Youngsters must visit to gain the knowledge of our culture and traditions.





# LOOKING FORWARD JAN 2024



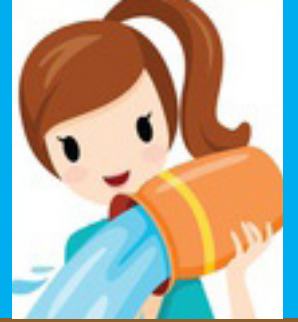
## LIBRA

There may be some stress in the workplace this month due to increased workload this month. Be careful before investing, as there may be some unexpected losses. You will see yourself spending time with your spouse. Relationship wise this will be a good month, you will spend some quality time with your family.



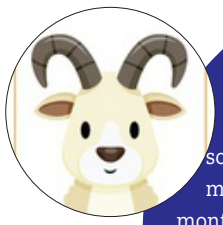
## SCORPIO

the first week may not be the best month professionally. However by the second week, there may be an advancement as the long awaited promotions may happen. It is a good day to renew old acquaintances and make new relationships.



## AQUARIUS

This will be a good time to concentrate on your career. Your superior will listen to your ideas and you will be rewarded. Take extra care of your health this month. Financially this will be a very good month, however budget properly as there may be some unexpected expenses.



## ARIES

This month might see you gaining some experience professionally. There may be some chances of promotion this month. For entrepreneurs, this month may see some major growth business wise. There may be mostly ups relationship wise. There may be some communication issues however this will be sorted out by the end of the month. You will spend some significant time with your partner.



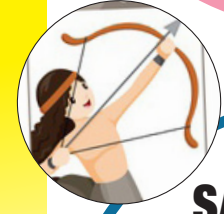
## GEMINI

Relationship wise and professionally this is ideal month. You will be more creative this month. You will spend quite a bit so take care to stick to the budget. Take the time to spend some quality time with your significant other.



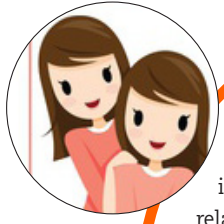
## LEO

This will be a good month professionally, there are chances of promotions this month. So work hard and you will see the results. Health wise this will be a good month so keep track of your diet as well. Relationship wise this will be a normal month, so take some time off for friends and family. There is a possibility of outside travel as a family as well.



## SAGITTARIUS

This will be the perfect month relationship wise. There may be some internal doubts, however your family and friends will support you through your difficult periods. This month will see you improve your finances, however invest it carefully. Those who are looking for a job, will find your dream job. Those who are single, will spend some quality time with your friends.



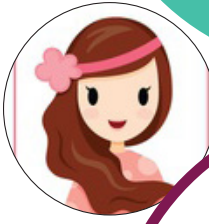
## TAURUS

There may be some unexpected stress in the workplace, so take some time off to relax and rejuvenate. Those looking for a job, This may not be the ideal month. Take some time off to spend time with your loved ones. There may be some misunderstandings with your partner so be clear while communicating with them. There may be some ups and Downs, however the problems will be sorted by the end of the month. This is not an ideal month for those looking for a new relationship.



## CANCER

Financially this will be a good month. You may find your ideal job this month. Take care before making any investments, read all the required documents before investing. There will be some ups and downs relationship wise, so take the time to spend some quality time with your family.



## VIRGO

This month will see you proving yourself in work this month. This will be a good month for investing however research it before taking any decisions. This will not be a good month for a new relationship for those who are single.



## CAPRICORN

You are likely to focus on self-improvement. Self-employed people may expect huge profits in their businesses. You may end up spending more time at work and less time with family. You need to strike a balance between work and family.



## PISCES

Those in a relationship may be a good month, those single will find their loved ones this month. There may be some ups and downs in the professional front this month. There may be some arguments with your co-workers this month.