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THE OTHER SIDE OF AKSHAYA THRITHEEYAI



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FOUNDER & EDITOR-IN-CHIEF

SUMATHI SRINIVAS

COLUMNISTS

GEETHA GANGADARAN

RAJEE MANI

WRITERS

V. GOMATHY

SHINY SURENDRAN

DR. K R ANANTHI

ASHA JOHNSON

KAMALASH SURAMANIAN

DESIGNER A JD Sharwin Shaswin

Marketing Team RAYES PUBLICATIONS (P) LTD.



Rayes Publications (P) Ltd.,
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TO SEND ARTICLES:
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CALL US ON:
+ (91) 988 433 1103
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W
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TRENDING JEWELLERY



CRYSTAL

Beautiful crystal encased hanging earrings are elegant and is a must wear for parties. Can be paired with a elegant dress or anarkali dress.



DELICATE JEWELLERY

Dainty , thin or small earrings and chains are very popular for everyday wear. It goes well with both formal and casual looks.

DOUBLE RINGS

These double rings, look very elegant . It can be just a simple band or encased with crystals or diamonds.



FLOWER POWER

Beautiful roses or jasmine flowers earrings are perfect for this summer chic looks.

FASHION TRENDS

FLOWER POWER

Dresses, tops in floral are very common this summer season .It can be worn for the office or for a day out with friends.



OVERSIZED TOPS

With the heat on the rise, comfort has become the main priority. Over sized tops is the best look for relaxing at home or going out with friends. Can be paired with jeans for that casual look.



DRAMATIC SLEEVES

This is a very chic look for any party. Be it bell sleeves or trumpet sleeves, this trend has taken the fashion world by storm. It can be paired with jeans or formal pants.

KHADI

This is a very comfortable for the scorching sun. Tops, salwar suits in this material has become very popular this summer season.



Kofi Anan is a noble prize winner for rejuvenating United Nations and playing a key role during the Iraqi war is a known fact. The little-known fact is he was the tribal heir of Ghana.

He graduated from the Geneva's Institute for Advanced International Studies. He spent almost his career within the UN, beginning at the World Health Organization (1962). As an undersecretary-general for peacekeeping (from 1993), he transferred to peacekeeping operations in Bosnia from the UN to NATO.

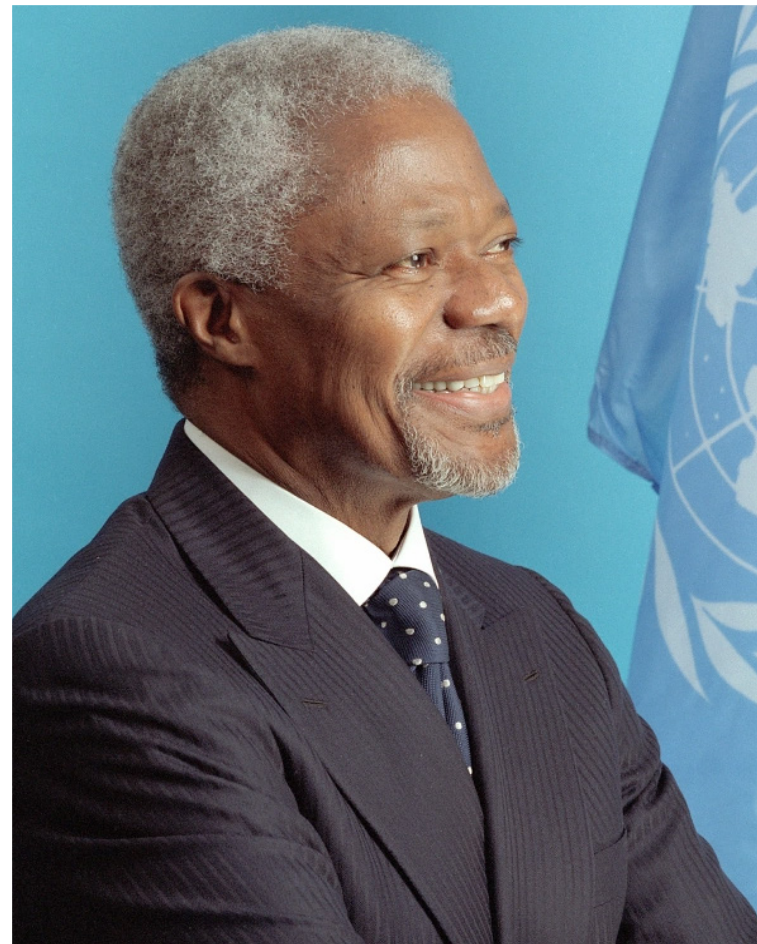
Elected in December 1996, he became the first UN secretary-general from the Sub-Saharan Africa, and he enjoyed a mandate to reform the UN. He criticized the UN's failure to prevent or minimize genocide in Rwanda (1994). He unsettled many by declaring that the UN should address human rights violations perpetrated by governments against their people.

His priorities included restoring public confidence in the United Nations and strengthening the UN's activities for peace and development. Annan was appointed for a second term in 2001. Terrorism and global security became a major concern following September 11, 2001, attacks in the U.S. He also oversaw the adoption of several reforms, including many institutional and administrative changes before he retired in 2006.

Like most world leaders,

**KAMALASH
SURAMANIAN**

COFFEE WITH KOFI



Kofi also had controversies against him . In December 2004, reports surfaced that his son Kojo Annan received payments from the Swiss company Cotecna Inspection SA, which had won a lucrative contract under the UN Oil-for-Food Programme. An investigation was ordered to look into these allegations . He was acquitted of any charges in this investigation.

Mr. Annan ,played a central role in the creation of the global fund to fight AIDS, Tuberculosis, and Malaria and the the adoption of the UN's first-ever counter-terrorism strategy. This involved the the acceptance by the Member States to be "responsibility and protect" people from genocide, war crimes, ethnic cleansing, and crimes against humanity.

Kofi Annan is indeed a pioneer to bring a multicultural leadership prominent in the global arena.



REFRESHING DRINKS (SUMMER SPECIAL) (RICH IN VITAMINS AND NUTRIENTS)



V. GOMATHY
Dietitian

CARROT PUNCH

INGREDIENTS

Carrot - 1/4 cup

Tomato - 1/4 cup

Ginger - 1/4 inch

Salt - 1 pinch

Honey - 1 tsp

METHOD

1. Cut carrot and tomatoes into cubes.
2. In a mixer jar add all the ingredients together and grind well.
3. Add 1 tumbler of water.
4. Filter it and add honey.
5. Drink without ice cubes. 6. Do not refrigerate.

BEETROOT PUNCH

INGREDIENTS

Beetroot - 1/4 cup

Ginger - 1/4 inch

Honey - 1 tsp

Lemon juice - 1 tsp

METHOD

1. Cut beetroot into cubes.
2. In a mixer jar add beetroot and ginger.
3. Add 1 tumbler of water and grind well.
4. Filter it. Add lemon juice and honey.
5. Drink without icecubes.
6. Do not refrigerate.



ORANGE AND POMEGRANATE PUNCH

INGREDIENTS

Orange - 1

Pomegranate - 1/4 cup

Ginger - 1/4 inch

Honey - 1 tsp

METHOD

Clean fruits and keep it in a bowl.

In a mixer jar, add fruits and ginger, and grind well.

Add required water, mix well and filter.

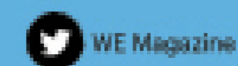
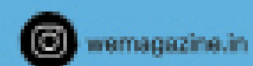
Add honey and drink.

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SRUTI BOX

The instrument that makes music sound good has now become an app.

The Sruti box is a musical instrument originating from the Indian subcontinent that traditionally works on a system of bellows. It is similar to a harmonium and is used to provide a drone in a practice session or concert of Indian classical music. It is used as an accompaniment to other instruments and notably the flute. The sruti box is also used in classical singing. The sruti box is used to help tune the voice. The use of the sruti box has widened with the cross cultural influences of world music and new age box to provide a drone for many other instruments as well as vocalists and mantra singing.

Before the arrival of the harmonium in the Indian subcontinent, musicians used either a tambura or a specific pitch reference instrument such as the nadaswaram, to produce the drone. Some forms of music such as Yakshgana used the pungli reed pipes as drone. After the western small pump harmonium, became popular, musicians would modify the harmonium to automatically produce the reference pitch. Typically one would open up the cover

and adjust the stop of the harmonium to produce a drone.

One would probably be reminded of the pictures of Ilayaraja the great musician who would sit in front of a Harmonium box and tune music for his films.

The sruti box is an instrument predominantly used in Indian classical music that follows the same concept as a harmonium; its design makes use of one or two bellows that push air through tuned metal reeds inside the box. The reeds, which replace keys, are effectively controlled by the performer by opening and closing small flaps to either mute a tone or let it resonate. While

it is possible to play the sruti box in a rhythmic style, it is mainly used to create drones as a back drop for soloists. There is a male sruti box and there is a female sruti box.

A male sruti box is tuned one octave lower than the female sruti box. It is played by using one hand to lightly move back bellows in and out to create the air flow use the other hand to steady the box, and every now and then open or close the note flaps to change the pitches. As long as the air continuously flows and at least one note

flap is opened a constant droning tone will come out. However, this type of sruti box is not very popular these days among the musicians.

Today the more advanced electronic tanpura, electronic sruti box is available. It is even available on the mobile phones. The electronic tanpura was created as a marketable practical solution for instrumentalists having their hands otherwise engaged who cannot readily avail themselves of able

tanpura players for their long hours of private produce.

The electronic tempura has one or more dials to control the drone and volume and many have other switches and buttons that allow a certain pitch and volume to be saved and used again at a later time. The range is usually one or two octaves.

The electronic tanpura was invented by Mr G Raj Narayan in 1979 an engineer flautist from Bangalore, and demonstrated it at the annual conference of the Music Academy Chennai in December that year.

The products were manufactured by the company he founded, Radel Electronics. The first versions were created with technology then available, using discrete components and transistors. In the late 1990's these gave way to models using sampled recordings of the traditional tanpura on a chip. In the 2000's tanpura mobile apps began to be produced. In 2016 a mathematical model of a tanpura was developed at the sonic arts research Centre of queen's university Belfast. In 2018 pocket sruti box as an android app that implemented this model was released.

For many musicians the electronic tanpura is a practical commodity, delivering a passable substitute for a

live tanpura.

It is easier and less expensive player than maintaining a tanpura player. However, some musicians consider the electronic tanpura a poor substitute when compared to a good tanpura in expert hands as the drone it creates lack the dynamics of a live musician, producing a mechanical repetitive sound.



GEETHA GANGADARAN





TEMPLE FOR LORD NARASIMHA AT SIMHACHALAM

Enologized by bhakthaas of all ages and categories - from a 5 year old bhaktha Prahladhaa to octogenarian azhvars and saints, Sri Narasimhaavatharaa has been one amongst the most talked about and sung about in literature ,poetry and bhakthi kavyaas. This avathara amongst the 10 incarnations of Lord Vishnu has been the most dramatic, the most terrifying, the most powerful, the most magnificent and the shortest.

The Indian subcontinent has to its glory innumerable temples for this avatharaa worshipped by seers, saints and bhakthas from time immemorial, Simhachalam is One of the most frequented and popular amongst the 18 Narasimha Kshethras. It is about 18 kms from Vizag in Andrapradesh. It is easily accessible by air , road and rail, Vizag being the nearest airport. It is also claimed to be the second richest temple in India next to Thirupathi. The Narasimha in this Kshethra which is has existed from the 11th century,

is said to have special powers to ward off deadly diseases and cure people inflicted with mental illness. The beautiful temple situated on top of a hill Simhaachalam (Simha -Lion, Achalam - Hill) amidst enticing natural settings, draws thousands of pilgrims through the year, who come here with conviction and return with all their anguish squashed due to the Parama karunya of Lord Narasimha here.

The Deity

The presiding deity here is Varaha Narasimha, combining the iconographic features of Varaha and Narasimha. The image resembles a Shivalingam and is always covered with sandal paste. It is only once a year in the month of May, on the Akshayaathrutheeyaa day - for just 12 hours - during the Chandana Visarjana that the sandal paste is removed, and the image is seen by devotees in its true form. The original shape of the deity in the tribhanga posture has two hands with the head of a lion on a human body.

The temple The architecture here has elements of similarity with that of Konark. The outer walls of the sanctum depict images of a royal personality (said to be King Narasimha) in various postures.. This temple boasts of a beautiful stone

chariot drawn by horses. The Kalyana Mandapa within the temple has 16 pillars with bas reliefs depicting the incarnations of Vishnu. Narasimha, the man lion incarnation of Vishnu is seen in several depictions throughout the temple.

An inscription dated as far back as 1098 AD of the Chola king Kuloththunga provides some clue as to its antiquity. Another inscription shows a Queen of the Eastern Ganga of Kalinga (ancient Orissa) (1137-56 AD) covering the image with gold while a third inscription says the eastern Ganga King of Orissa Narasimha Deva built the main/central shrine in 1267 A.D. With more than 252 inscriptions in priya and Telugu describing the antecedents of the temple, Simhachalam becomes a historically important monument.

Sri Krishna Deva Raya after defeating the Gajapati ruler of Orissa Gajapati Prataparudra Dev visited the shrine twice in 1516 AD and 1519 AD and offered numerous villages for maintenance of bhogam (worship) along with valuable



jewellery of which an emerald necklace is still in the temple. For the last three centuries the Royal family of Vizianagaram, "The Pusapati Gajapathi's" have been the temple's trustees.

The hilltop road, as well as the location of the eastern ghat ranges are beautiful and picturesque. The hills are densely populated with trees like cashew shrubs, mango groves, etc. The forestry is protected and well conserved. The greenery attracts tourists as well as nature lovers.

Simhachalam railway station is at Gopalapatnam.

Legend

All of us know the story from the epic Baghavatham of the Rakshasa King Hiranyakasipu who hated the very name of Lord Vishnu, his young son Prahladha who was an ardent devotee of Lord

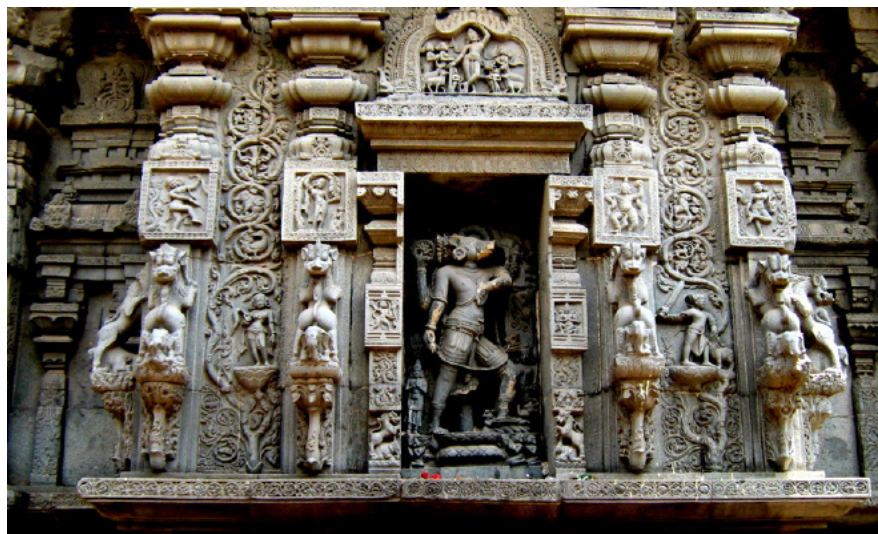
Vishnu, and the Narasimha Avatharaa that the Lord took to destroy the asura and protect His Bhaktha Prahladha . It is believed that this was the place where the Lord stood and took Prahladha by the hand when HiranyakasipL's men threw the 5 year old child from the top of the hill. Another interesting fact is that the feet of the Deity here are not seen at all. It is said that the feet are buried inside the earth. Lord Narayana came to rescue Prahlada on Garuda and when they threw Prahlada, Lord Nar-ayana jumped from Garuda to save him and in the process His Feet got buried in the ground.

It is believed that through Narasimhaavatharaa the Lord showed to the world that His anger is immense when He sees His Bhakthaas in trouble. Powraanikaas often emphasize on an interesting aspect of this avatharaa. They say that there was one Nara Simham hiding in each pillar of Hirantakasipu sabhamantap when he lifted his maze bombarding young Prahladha

"Are quaaasow Quaaasow Show me ! where is your Hari " So that whichever pillar was hit. He could come out to prove the truth of Prahladhas statement... that Hari, the Parabramhan is omnipresent. He be it an atom or a gigantic pillar exists in everything. Such is the benevolence of Lord Narasimha. He who took the avatharaa of the ManLion is out there to protect each one of us. Come lets surrender to the Lotus Feet of the Lord at Simhachalam because Mata Narasimha, Pita Narasimha Bratha Narasimha, Sakha Narasimha

Vidyaa Narasimha, Dravinam Narasimha Swami Narasimha, Sakalam Narasimha Itho Narasimha, Paratho Narasimha Yatho Yatho Yahihi, Tatho Narasimha Narasimha Devaath Paro Na Kaschit Tasmaan Narasimha Sharanam Prapadye Narasimha Thou art my Mother thou art my Father . Brother is Narasimha; Friend is Narasimha Knowledge is Narasimha; Wealth is Narasimha My Lord is Narasimha; Everything is Narasimha.

Narasimha is in this world, Narasimha is everywhere (Omnipresent) Wherever I go, there is Narasimha Narasimha is the Supreme Lord, there is none other than HIM So, I humbly seek refuge in you, Shri Narasimha...





AKSHAYA
TRITHIYA

THE OTHER SIDE OF AKSHAYA THRITHEEYAI

Akshaya Thirtheeyai, one of the most popular events in the Hindu calendar handed over to us by the rishis of our Sanathana Dharma almost 5000 years back is "Akshaya Thirtheeyai". Akshaya means that which has no termination - endless. Thirtheeyai is the third day of the waxing moon after Amavasai and the special subject of today's analyses in the Tamizh month of Chithirai (English month May).

The stories linked to Akshaya Thirtheeyai - There are many stories linked to this festival in the mind-boggling ocean of our puranaas. This is supposed to be the day when Goddess Annapoorni at Kasi gave to Lord Shiva Anna prasada in his bowl when he took the form of Bikshadana Moorthy - with the prayer Akshaya Akshaya and then it was never empty. It became an Akshaya Pathram. Another legend from the Baghavatham is that when the Pandavas were in exile in the forest. Krishna Lord then and Draupathi in all her bhakthi for Him gave him such a sumptuous feat that Krishna was so happy he gave her howl - an Akshaya Pathram, which was always



RAJEE MANI
Journalist and
Columnist in
Tamil and English

full of food whenever she wishes!! Yes! I can see that we, ladies of this era also feel we should be given an Akshaya Pathram by Gods so that huge burden of the kitchen is eliminated.

Also, it is said that this was the day Kuchela gave Lord Krishna just a hand full of hand pound rice flakes (aval) and in return was blessed with all the wealth he did not even dream of. Now to discuss how we celebrate this festival Well the modern minds immediately will answer The men folk accompany the ladies amidst high security to the bazaar gold shops and buy atleast 1 gram of gold or silver..... whatever the price is. If this is done and the gold is kept in the locket of your Godrej or bank, then this gold will grow and grow and grow.



Goddess Lakshmi will see to it that you will get so much money to buy this gold. Well, somehow through the last century may be this marketing of the precious metals has somehow got implanted in the mind of ladies who have made it a permanent practice to go into the jewel shops amidst tight security and buy gold closely taken care of by their husbands or fathers.

No, madam this is not what the rishis of the Sanathana Dharma taught. This Akshaya Thritheeyai day is the most auspicious time to do dhaana and dharma, the punya received will be multi-fold. Its like "Oru dharam sonna 100 dharam sonna madhiri". This is certainly an easy method to encourage and inspire people to learn the philosophy and art of giving... sharing. It's not just a gimmick, this adds to your punya karma which is meticulously entered in our life's

chart by the universe's best auditor – Chithra Gupta. So let us all be up and doing on this Akshaya Thritheeyai day, make it a day when you will perform all types of dhaana (charity) any type of dharma.... Give the poor and deserving – rice, sugar, money, clothes, etc. help the handicapped with gadgets of support. But it is said that “Dhaanathil sirandhadhu anna dhaanam”..... feed the poor and the needy. Food and water are amruthams for life. You can buy gold but donate it to the poor for their marriage managal suthra. Let this attitude of doing punya by dhaana and dharma grow like the Akshaya Pathram”.

Ladies and gentlemen, this is the other side of Akshaya Thritheeyai!



THE FRUIT KING: MANGO



The best part of the summer is undoubtedly the mango season. Be it eating it as a fruit or enjoying its sweet taste as an ice cream, this is undoubtedly everyone's favourite.

Mango is full of Vitamin K, which help to clot the blood. It also helps those suffering from anaemia. The fruit is rich in beta carotene, an anti oxidant , which helps fight free radicals in the body. The fruit also contains potassium and magnesium which help protect the heart.

It is high in Vitamin C, that helps form collagen, that helps keep the skin tight. Vitamin C also helps the body

forms blood vessels and speeds up healing in the body. The Vitamin C also helps build up the immunity in the body.

The polyphenols in the fruit are known for their anti inflammatory properties. It has been said that the fruits help to reduce pain as well.

Early research has proved that mangoes have helped reduce the risk of breast and colon cancer. However, research into this is ongoing and are presently at its early stage.

It has been seen that mangoes have helped those suffering from insomnia. Research has proved that mangoes produce serotonin, which regulates sleep.

Mangoes contain lutein and zeaxanthin as well as vitamin A, which help sharpen and improve eyesight. Studies have been conducted that have shown that it helps prevent Macular degeneration. Macular degeneration, or loss of eyesight is quite

common in the elderly.

With a high Vitamin C content, the mango fruit is very effective to treat pigmentation in the skin. The anti oxidants in the fruit helps prevent any sun damage.

The collagen helps to tighten the skin. It has also been said that mangoes, may help reduce the inflammation caused by acne. The fruit also acts as a natural moisturiser for the skin.

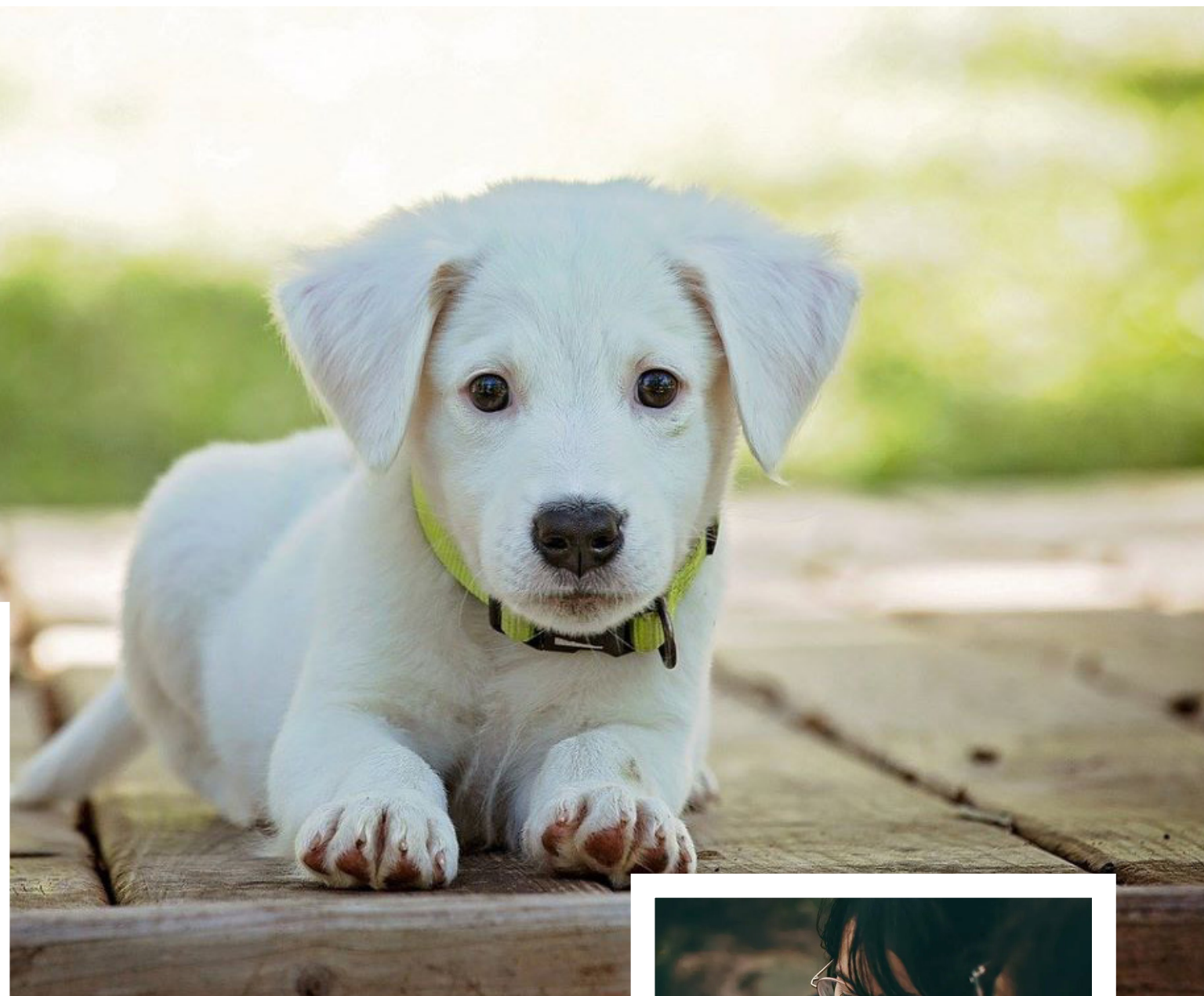


IT'S SUMMER TIME - BE KIND TO YOUR ANIMALS

Summers is here and this time that we dread the most. With the scorching heat catching up, it is important for us, pet parents to make sure that we take extra care of our pets. Whilst we understand that chopping the hair is the fastest and most easiest way to help our pets beat the heat, we are completely wrong.

Hair on the animals help them protect from the sun and heat stroke. Many times I have personally cut the hair of my pets to bare minimum thinking that would make my pets sail through this summer. I was wrong. The groomers never pay heed to the nuances and go with what we tell them. Please note that we should not trim the hair of our pets too much. Ensure that they are given a cool environment to stay with loads of water to drink.

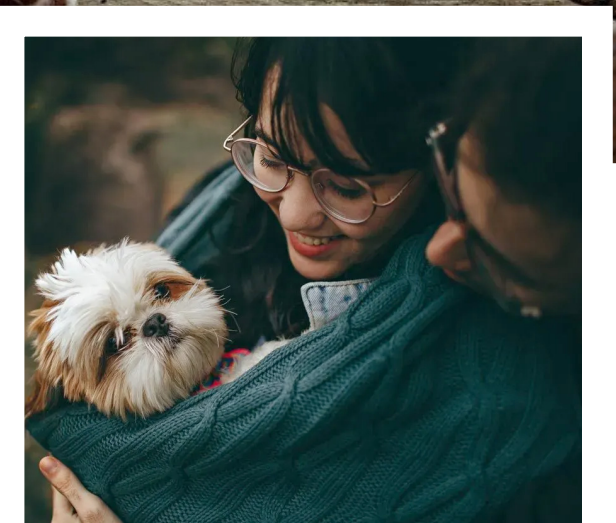
Liquid intake is going to be higher so try to make it interesting for your pets. You may want to add some ice cubes to the drinking water. Make the ice cubes with watermelon juice. This would tickle their taste buds and also help them



enjoy different varieties. It would also be a good idea to give the pets vanilla sugar free ice cream for a change.

Curd or Buttermilk is another option to beat the heat for our pooches. You will see most large breeds drooling because of the heat. If the drooling gets too much, please do visit a vet immediately. Never drag your pet for drives or shopping in this heat, assuming that they would enjoy the ride. Choose your timings wisely. Never leave your pooches in the car with the AC on and windows closed. Not at all healthy and advisable.

As a good samatarian, also please ensure we take care of our community animals. Clean water to drink and some food will really help. A little bit help from the community can come together to make this happen. Avoid food that adds to the heat



. Frequent cold water baths can help our furries to be at ease with the hot weather. Make sure that we make a warm place for our community animals to rest well too. Never step back from opportunities that makes you a kind and humane.



A MOUNTAIN PARADISE



Melbourne, Australia is home to one of the most breathtaking mountain ranges, namely the Falls Creek mountain.

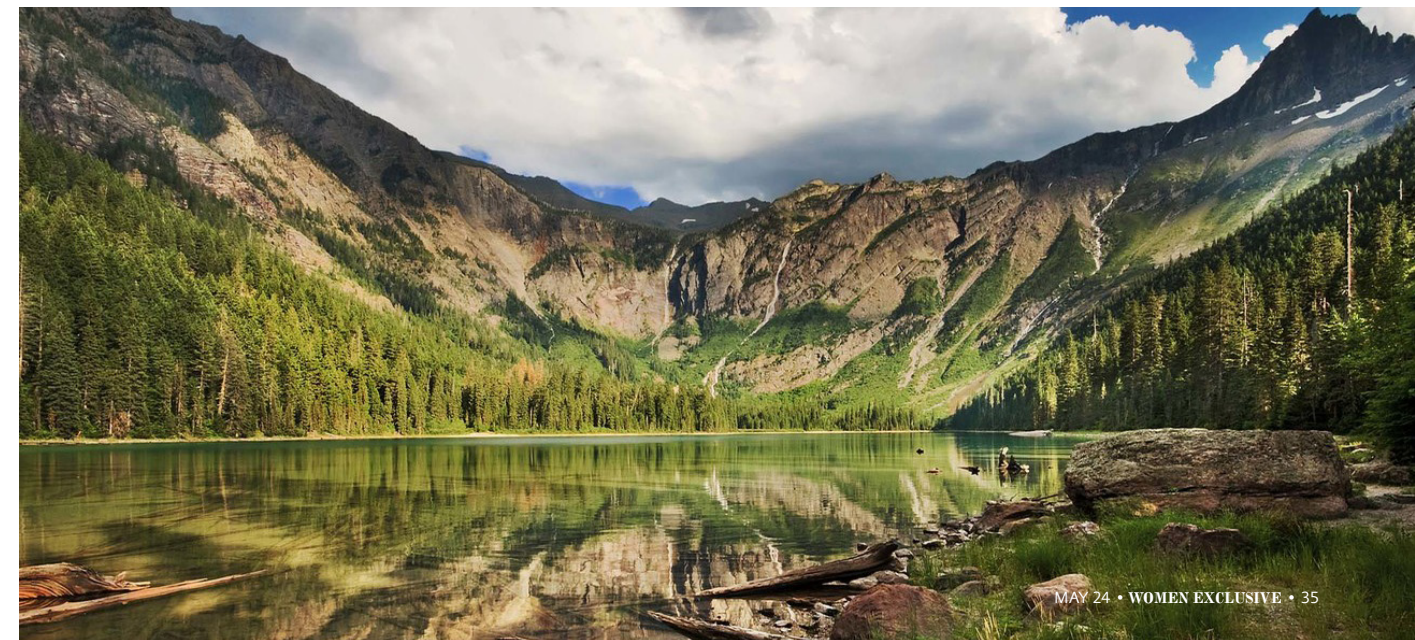
Falls Creek is situated in the Hume region, in Victoria. The mountain range is about 350 kilometres from Melbourne.

The trip to the mountain resort was a lot of fun. My friends and I, all bundled up in sweaters and jackets (It was the middle of winter and we were freezing), began this trip one early morning. Travel time was spent listening and singing along to our favourite

Illiyaraja and SPB songs.

My first view of Falls Creek, a few hours later, left me speechless. The breathtaking view is simply too difficult to articulate in words. As we climbed the twisting mountain, the brown and green vegetation gave way to slippery ice. Slowly as we reached the top, the only thing visible was the blanket of white ice on the ground, blue skies and the occasional fog.

To reach the peak of the mountain, one has to take a snow lift. I was completely apprehensive about this. This being my first





time, I was terrified. My friends somehow convinced me to get on this small seat, that will take you to the top. As the ski lift slowly moved to the top, I forgot to be scared.

The view was simply magical. The snow was sparkling in the dull sunlight, the people on the ground looking so small, like little dolls, moving around in the ground below.

As we reached the peak we saw many people skiing and playing in the snow. Falls creek is one of the best ski resorts in Melbourne. Small children, as young as two or three were zipping past us on skis. Small





trails were set up for children , whereas the adults used the professional and steeper ones. I tried my hand at skiing too ,where I kept tripping and falling down. It was a fun , albeit a little painful experience.

After a couple of hours throwing snowballs at each other ,like a bunch of three year olds, we got back to the resort, where a cup of hot chocolate was waiting for us.

The beautiful view , the fun we had trying to ski, the snowball fight and definitely that delicious hot chocolate at the end is something I will never forget.



FLUIDS FOR SUMMER

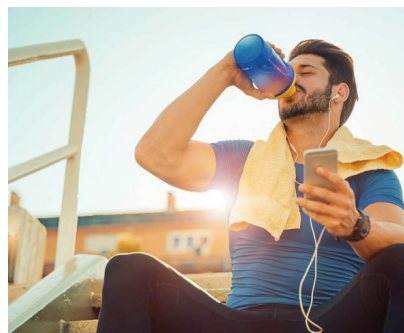
The blazing summer requires us to give our bodies some serious tender loving care due to its scorching heat. High temperatures and dry conditions can lead to various heat-related health issues, making it crucial for everyone to prioritize staying healthy during the summer season. The food and beverages you consume play a significant role in helping you endure the heat wave, as even fit individuals can be affected by heat-related ailments.

Dehydration can be unsparing with symptoms like tiredness, dizziness, confusion, diarrhoea and extreme thirst. In certain cases, hospitalization may also be required. Hydration has been the key to alleviate these symptoms and to protect ourselves from the ill effects of the sun. Do you know human body needs 3 litres of fluids a day to stay mentally and physically fit? Incorporating 3 litres of water can be a quite a task. Here are few tips to beat the heat through nourishing fluids.

Tender coconut water - The summer season has made us all sweat a lot and tender coconut water is the best way to beat the heat. Fresh coconut water is an excellent choice for hydration as it is free from added flavours or harmful substances. This

natural drink effectively hydrates your body without any artificial additives. Additionally tender coconut water is also packed with electrolytes like potassium, magnesium and calcium which can revamp your muscles during exercises and workouts. Instead of choosing sugary or flavoured beverages, consider tender coconut water as a healthier alternative.

Fermented rice kanji - Numerous studies and research recognize the benefits of this treasured recipe of fermented rice kanji. It



is adorned by different names like Panta bhat, Poita bhat, Pakhala, Pazhaiya sadham and Pazhan kanji across the nation. This delicious drink is traditionally prepared by mixing leftover rice, buttermilk, shallots, coriander and curry leaves, this soul soothing

concoction is left to ferment for about 8 to 12 hours in a mud pot. During fermentation, many beneficial bacteria is developed. These beneficial bacteria such as lactic acid bacteria, lactobacillus fermentum and lactobacillus delbrueckii enters our digestive system, boosts metabolism by increasing the gut bacteria in the intestine, aids in digestion and helps in the production of vitamins, minerals and good fat in the body (also known as short chain fatty acids) thereby improving the immunity.

The probiotic effects also come to the aid of removing the anti-nutrients in the drink. Having this drink regularly in Summers helps to cool down your body and gives sufficient refreshment.

Fresh fruit juices - Fresh fruits juices are the easiest way to gulp some nutrients. They are loaded with vitamins and minerals which helps you to recover from sun damage. Consider trying out homemade black grape juice, vitamin C-rich amla juice, pomegranate juice, and orange juice. Squeezing lemon juices to drinks or including the classic lemonade during summers will give you the super power to conquer the blazing heat. Other delicious yet refreshing drinks include aam ras, kokum drink, nannari sarbath and sugarcane juice. These refreshing drinks are



ideal for cooling down in warm weather. Fruit juices are like a healthy hug for your taste buds, giving you a boost of refreshment and a rainbow of nutrients.

Buttermilk - When it comes to fermented drinks buttermilk or lassi is a top pick for a sip by Indians. But what makes it endearing? It's sourness and tanginess gently soothe the system and offers a wide range of health advantages. Buttermilk's nutritional composition is rich in benefits, from aiding digestion to enhancing bone health. Here are some reasons why incorporating buttermilk into your diet can greatly benefit your overall health. The lactic acid in buttermilk serves as a natural exfoliant, delicately eliminating dead skin cells and enhancing a smoother



SHINY SURENDRAN

Sports dietitian, preventive health nutritionist
Chennai .
Instagram : @shinysurendran



complexion. It aids in diminishing acne, brightening blemishes, and giving the skin a radiant glow. The probiotics in buttermilk such as Lactobacillus promotes heart health by regulating the cholesterol health. The mineral content in it promotes bone health and fluid balance in the body. Its low-fat and low-calorie content provides a satisfying choice that can aid in curbing hunger cravings between meals.

Millet koozh - Koozh is a savoury drink with inclusion of buttermilk and shallots. Its popular among the down south of Tamil Nadu. Millets like finger millet and pearl millet are allowed to ferment with buttermilk and is made into a humble porridge that are not often appreciated by the urban population. This drink serves like a balm for the sweltering heat.

This light meal is the most affordable and nutritious drink with gut friendly ingredients. Ensuring you consume enough water is crucial for rejuvenating your body. Hydration plays a key role in metabolizing nutrients effectively. Neglecting foods with high water content can have a negative impact on our health. Therefore, it's important to include fruit juices, buttermilk, tender coconut water, and other nutritious beverages to beat the summer heat!



As summer approaches, the makeup palette shifts to adapt to the warmer temperatures and vibrant vibes of the season. This time of year calls for lightweight formulations, bright colors, and a glow that matches the summer sun. Here's a rundown of the top summer makeup trends that are both practical and stylish, ensuring you look effortlessly chic whether you're beach-bound or navigating urban heat.

1. Sunscreen as a Base

Before any makeup, sunscreen is the essential first step in your summer beauty routine. With advancements in skincare, many sunscreens now serve dual purposes, offering high SPF protection along with a tinted moisturizer or primer properties. This allows for a lightweight base that protects your skin while providing a smooth canvas for further makeup application.

2. Waterproof Formulas

Summer activities often involve water and sweat, which can challenge the staying power of your makeup. Waterproof or water-resistant products are key to maintaining your look throughout the day. From mascaras to eyeliners and even setting sprays, opt for formulations that promise to withstand moisture.

3. Bronzed, Glowing Skin

Embrace the sun-kissed look with bronzers that enhance your natural tan. Whether you prefer powder, cream, or liquid formulations, the right bronzer can add warmth and dimension to your face, simulating a golden glow that feels quintessentially summer. Apply on the high points of your face where the sun naturally hits, like your cheekbones, bridge of the nose, and forehead.

4. Vibrant Eye Shadows

Summer is the perfect time to play with color, especially on the eyes. Vibrant shades like turquoise, bright pink, and sunny yellow reflect the season's energy. These can be used as a pop of color along the lash line, or blended over the eyelids for a more dramatic effect. Paired with a flick of waterproof eyeliner, your eyes can become the focal point of your look.

5. Blushed Cheeks

A flush of color on the cheeks gives a healthy, youthful appearance that's perfect for summer. Cream blushes in particular blend seamlessly into the skin, offering a natural, dewy finish that complements light summer makeup. Coral, peach, and pink shades are particularly flattering and can be applied lightly for a day look or built up for evening glamour.

6. Bold and Bright Lips

Swap out the deep, moody lip colors of winter for bright oranges, radiant reds, or tropical pinks. A statement lip not only stands out but also enhances the liveliness of your summer makeup. For a more contemporary approach, opt for a matte finish, which tends to stay longer and feels seasonally appropriate.

7. Dewy Highlighters

To achieve that desirable summer glow, highlighters are a must. Instead of the more sparkly highlighters used during the winter, summer calls



ASHA JOHNSON

SUMMER GLOW: TOP MAKEUP

TRENDS FOR A SEASON OF SUN AND STYLE

for a subtler, dewy finish. Liquid highlighters are ideal for creating a radiant, natural-looking sheen that mimics healthy, hydrated skin.

8. Minimalist Chic

On the hottest days, less is often more. A minimalist makeup look—featuring tinted moisturizer, a swipe of mascara, a touch of blush, and a tinted lip balm—can be perfect for everyday wear. This not only feels lighter on the skin but also embraces the casual ease of summer.

9. Setting Sprays

To ensure your makeup lasts through the day and into the night, a good setting spray is crucial. Look for sprays that offer both hydration and staying power. They'll lock your makeup in place and prevent it from melting away in the summer heat. Summer makeup is about balancing style with simplicity. These trends focus on protection, endurance, and vibrant, playful colors, all of which ensure that your summer look is as functional as it is fabulous. Whether you're spending your days at a festival, a picnic, or just soaking up the sun, these makeup styles will keep you looking fresh and fabulous.



MOUTH GUARDS IN SPORTS INJURY

Dental injuries are the most common type of orofacial injury sustained during participation in sports with the increased popularity of contact sports and encouragement to participate at an early age, the role of the dental profession in relation to prevention of dental and other orofacial sporting injuries has become more important in view of this. Athletes, coaches, athletic directors, athletic trainers, parents, and members of the dental community should be aware of how individuals who participate in sporting activities are at risk for dental trauma. The common orofacial sports related injuries include soft tissue injury and hard tissue injury includes those to the teeth and facial bones, such as tooth intrusions, luxations, crown and/or root fractures, complete avulsions and dental-facial fractures.

Incidence and location

The face is the most vulnerable area of the body and is usually the least protected. Sports-related facial injuries account for 8% of all facial soft tissue injuries. Approximately 11-40% of all sports injuries involve the face. These injuries are most often due to direct hits with a ball or player-to-player contacts. Health care providers for athletes should be familiar with the anatomy of the facial region, the most common types of facial injuries, and the initial management of facial injuries. The most common types of sports-related facial trauma are the soft tissue injuries and the fractures of the "T-zone" bones (the nose, the zygoma, and the mandible). Three groups—children and adolescents, middle-aged athletes, and women—are particularly vulnerable. Biking topped the list of sports-related injuries, followed by basketball, playground activities, football and a few other sports. Some sports injuries result from accidents; others are due to poor training practices, improper equipment, and lack of conditioning, or insufficient warm up and stretching.

Mouthguard-Its role and necessity in sports dentistry

Any sport where the potential for dental trauma can exist (such as basketball, soccer, or wrestling) should consider utilizing mouthguards to protect the competitors. The establishments of mouthguard programs for athletes of all ages, genders, and sports may help to reduce the incidence of

dental trauma. Three basic types of mouth guards are available:

- Stock mouth guard
- Mouth-formed mouth guard
- Custom-made mouth guard

The types which are currently available, custom-made mouthguards fitted by a dentist, have been demonstrated to provide the greatest protection from dental injuries. Such mouthguards should therefore be recommended for use by those who participate in contact sports, and their provision should be actively encouraged by dental care workers, although some evidence exists to the contrary, the majority of studies have found the mouthguard to be the most effective way of preventing such injuries. It is also clear that the custom-fabricated mouthguard, in particular the pressure-laminated variety, is seen to afford most protection. According to the American Dental Association, the use of faceguards and mouth protectors prevent more than 200,000 orofacial injuries in football annually. Thus, mouthguards should be mandatory as an effective device for the prevention of dental and orofacial injuries, as well as reducing the incidence and severity of minor traumatic brain injury

- How to properly care for your mouth guard
- Rinse immediately after wearing
- Brush the night guard with your tooth brush
- Lay your nightguard on clean surface and allow it to dry
- Keep your case clean



DR. K R ANANTHI

Dentist and
cosmetologist.

Ananthi's dental &
cosmetic solution

Adyar



LOOKING FORWARD MAY 2024



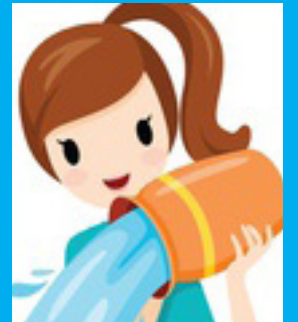
LIBRA

This month will see you getting into a new relationships. Those who are single will find their true love this month. This month will see you getting a new job through your friends. This may be your dream job. You may face some health issues this month.



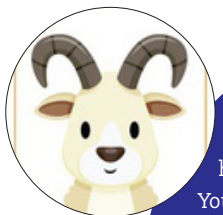
SCORPIO

You will meet some old friends this month. You will spend some quality time with your significant other. You will have opportunities to travel this month. You will see some unexpected money coming in. Invest them carefully.



AQUARIUS

You will see a marked improvement in your finance. You will see yourself working hard to achieve air goals. You will see some fresh challenges, however you will be easily be able to solve any problems. This will be a very rewarding month relationship wise. There are chances of your loved one proposing marriage this month.



ARIES

This month will see you having a good month professionally. You will find your dream job this month. This will be a good month to plan for a professional trip. Just make sure to keep your cool at work. Relationship wise this will be a good month. There may be some ups and downs in the beginning of the month, this will get sorted out by the middle of the month.



GEMINI

There may be some financial issues this month, so take care before investing. Professionally this will be a good month. You will see an increase in revenue at work and a long awaited promotion will be in the cards. Relationship wise, this month will see minor disagreements with family and friends, however you will spend some quality time with your significant other.

LEO

This month will see you buying property. This will be a good investment, however read the documents carefully before signing. This month will see you spending some quality time with your friends and family.



SAGITTARIUS

This is the best time for love. You will spend a romantic time with your love. This is a good time to go on a romantic getaway. This month will see you having some unexpected expenses, despite a good inflow of money. Keep to your budget this month.



TAURUS

This will be a good month professionally. However there may be some unexpected expenses, so stick to your budget this month. This month will see you having success relationship wise. Those who are single may find their one true love this week.



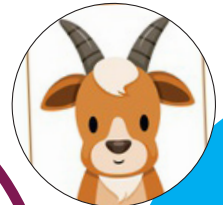
CANCER

Professionally, this month will see some advancements in your career. There will be some scope of a better paying jobs. This month will however see some minor health issues, so take care and get some rest. Relationship wise, this will be quite normal, so spend some quality time with your loved ones.



VIRGO

This month will see you working very hard. You will see the fruits of your labour in the upcoming months. The biggest problem you will face is remaining patient at work. Don't lose your cool and you will be rewarded for it. Relationship wise, this month will see some hot tempers on both sides, remain calm and this will be sorted out.



CAPRICORN:

This will be a good month for those who are single. This will be a good time with your family as well. There may be small disagreements. This will be a good month show off your talents at work. If you are an entrepreneur, don't take any major decisions. Look at the pros and cons before taking any decisions.



PISCES

You will get carried away with fun and party this month. So take the time to have a quiet day with the family as well. Stick to your budget this month. You will end up spending frivolously. This is a good month relationship wise, take care to be patient with your extended family.