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WHAT'S TRENDING

FOOTWEAR

The boot trend is back this season. So, make heads turn with Bella Donna red booties. These booties are defined by its combination of the comfort of a chunkier boot with classic and elegant lines creating a slender look.

Daniella Shevel, Belladonna red boots, INR 36,660 onwards

Handcrafted in Italy, the square toe shape allows your toes to lay flat and not get pinched together, with a thicker heel for a sturdier feel.



SHOULDER BAG

A modern take on traditional shoulder bags from Michael Kors. Renewed for the season in a pyramid quilt, the Sloan shoulder bag is a luxe, ladylike essential. The Polished hardware accents the tactile leather exterior, while the adjustable chain strap allows you to carry it under your arm or wear it as a cross body. This little bag can hold all of your best secrets.

LIPSTICK:

You cannot carry a bold makeover with dark hues and bright colours all the time. So, a little or no makeup look is more than enough to put the required glamour on your face. No wonder The Satin Lipstick from Burt's Bees is topping the October list. The lipstick features naturally moisturizing ingredients such as Beeswax, Moringa Oil, Raspberry Seed Oil, and Vitamin E to soften and condition our lips all day long.

Burt's Bees, The Satin Lipstick, INR 667 onwards



Michael Kors, Sloan Large Quilted-Leather Shoulder Bag, INR 29,510 onwards



SUNGLASSES:

Bring statement glamour to your everyday ensemble with these striking sunglasses from Gucci. Coming from the Italian fashion house, the glossy golden frames are enhanced by signature stripes in red and green as well as the label's engraved GG logo, while the blue-to-pink gradient lenses add a retro pop of colour. These super cool sunglasses come along with a beautiful GUCCI pouch.



EARRINGS:

Add a dose of glamour to everyday looks with these drop-down earrings which are crafted from high-shine silver-plated brass and form architectural baskets that swing as you move. The shape is inspired by the aftermath of a dinner party where fortune cookies and starfruit adorned the table.

Anissa Kermiche, Paniers D'Argent silver-plated earrings, INR 23,584

NAIL POLISH

When you can't decide on what colour polish to paint your nails, you can't go wrong with a classic red. OPI's worldwide best-selling shade gets its flattering richness from the hint of blue added to its formula. The big apple red colour enhances your nails and provides you with an amazing confidence which are too good to be ignored.



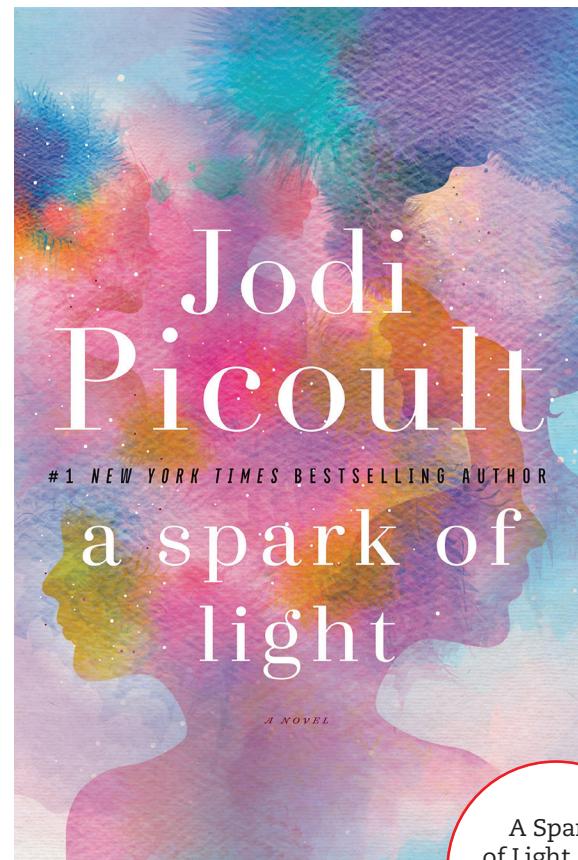
OPI,
Big Apple
Red Nail
Polish, INR
812



A.Lange
and Sohne
Saxonia, Mother-
Of-Pearl and
Diamond Watch,
INR 24,78,833

WATCH:

You expect two things from an A. Lange and Sohne timepiece: technical perfection and pure elegance. Their Saxonia line delivers both. The 18-karat white gold case on the women's Saxonia is wonderful, but what truly stands out is the impeccably-cut mother-of-pearl dial, with a smaller mother-of-pearl second-hand dial at the bottom. It's not just a watch – it's a work of art. Small, sparkling diamonds mounted on the bezel surrounding the face, and a white alligator strap completes the understated yet breathtaking look.



BOOK:

The #1 New York Times bestselling author returns with a powerful and provocative new novel about ordinary lives that intersect during a heart-stopping crisis. One of the most fearless writers of our time, Jodi Picoult tackles a complicated issue in this gripping and nuanced novel. How do we balance the rights of pregnant women with the rights of the unborn they carry? What does it mean to be a good parent? *A Spark of Light* will inspire debate, conversation and, hopefully, understanding.



Givenchy,
Very
Irresistible,
INR 4439

Very
Irresistible
Eau de parfum

A Spark
of Light, Jodi
Picoult, INR
2,500

PERFUMES

The name of this perfume speaks for itself. It is a perfume that is perfect for a woman who loves the strong and soothing fragrance. The perfume is seductive and long-lasting as well. It comes in a long pink glass bottle that will easily get your attention. The perfume has a blend of cedar, peony, green accord, jasmine, brown sugar, pink pepper, and mint leaves. You can wear it on your regular days to work, or if you are on a weekend getaway.

START WITH ZUMBA

Zumba an aerobic workout that mixes in dance moves is fast catching up in the society. Combining high energy and motivational music with unique moves and stretches, this dance-cum-exercise allows participants to dance away their stress and worries.



Origin

Zumba has its origin from Colombia in the 1980's. In 1999, it was first introduced at Miami in United States . Dubbed a "dance party," it grew from an improvised dance class in a Colombian aerobics studio in the early 1980s, now it is spread to around with more than 20 million participants around the world.

Although the history starts in the late 1980s, Zumba is a combination of various latin dance varieties like salsa, samba, merengue, cumbia, flamenco. Flamenco originated in Spain in the 18th century. Cumbia, which has influence from both Latin and African, come to stage in the early 19 th century. Latin rhythm and dance styles comes to define this dance form.

What are the features ?

Zumba classes gives importance to cardiovascular movements. This exercises might last around 50-60 minutes. Over the period of time, Zumba has also evolved to include several toning and water aerobics apart from traditional Latin dance. So most of the instructors are given intense training in toning, water based exercise. With such exercises gaining more importance, several Zumba Academy, give certification options in toning, water-based exercise, including basic and customized options for older adults and young one.

TYPES OF ZUMBA

Basic Zumba

Steps included in these sessions are not only good for burning calories but also cover most aspects of exercise including cardio, muscle conditioning, balance and flexibility. People from all age group can participate in this form.

Zumba Step

This form aims to enhance tone and muscular strength, particularly the legs. The sessions are very helpful in burning calories in quick session.

Zumba Toning

This workout give importance to abs, thigh, arm and other muscles including cardio muscular and other muscles throughout the body. This is achieved by utilizing toning sticks (light weights) during dance sessions.

Aqua Zumba

Dance floor moves and exercises that are followed in floor are carried out in a shallow swimming pool. People who love water, then it perfectly suit them. The resistance of water towards the body gives this immense joy and fun throughout the workout.

Zumba Sentao

Though several tools and props like toning sticks or weights are used, Zumba Sentao is slightly different. The effective dancing method incorporates workouts using a chair which improves cardiovascular health and burns calories at the same time.



Zumba Gold

Exercises for elders and senior citizens are basic modules in Zumba gold. But the system still incorporates the same types of music as fitness party class. It involves simplified moves and pacing for older adults which helps to improve coordination, balance and overall fitness.

Zumba Gold- Toning

Though it is quiet similar to the traditional Gold program, gold toning give added training to improve muscle strength and good posture. The Gold-toning class place emphasis on using light weights and achieves its results by using toning sticks in particular.

Zumba Kids

Specifically designed for children aged 7-11 years old, this workout aims to give a healthier and more active lifestyle. It also provides scope for developing confidence, awareness, mental strength, stability, coordination. This is done by teaching similar choreography to the original Step but by adding games and activities too.

Zumba Kids Jr

Rules of this programme are framed for children in the age group 4-6. This fun filled session will include game and easily to do exercises.

Zumbini

Designed for babies aged 0-3, this session provides the fun way for parents or guardians to bond with baby. Upbeat setting and positive ambience adds value to the module.

Zumba- In the circuit

Open for all ages group, circuit training combined with the well known fast paced zumba moves sounds will be fun for anyone who is interested. This module provides a great way of naturally boosting metabolism whilst performing this dance workout.



Plate by Zumba

This is an educational course all about healthy eating habits as opposed to an energetic dance class. The licensed zumba instructor will host adventurous lessons on how to eat healthy, making every session a fun and intuitive, always focusing on the best food to eat for a balanced healthy diet.

Step by step, Zumba Salsa

Focus on your hip movement in this step.

-Step right foot out to your side.

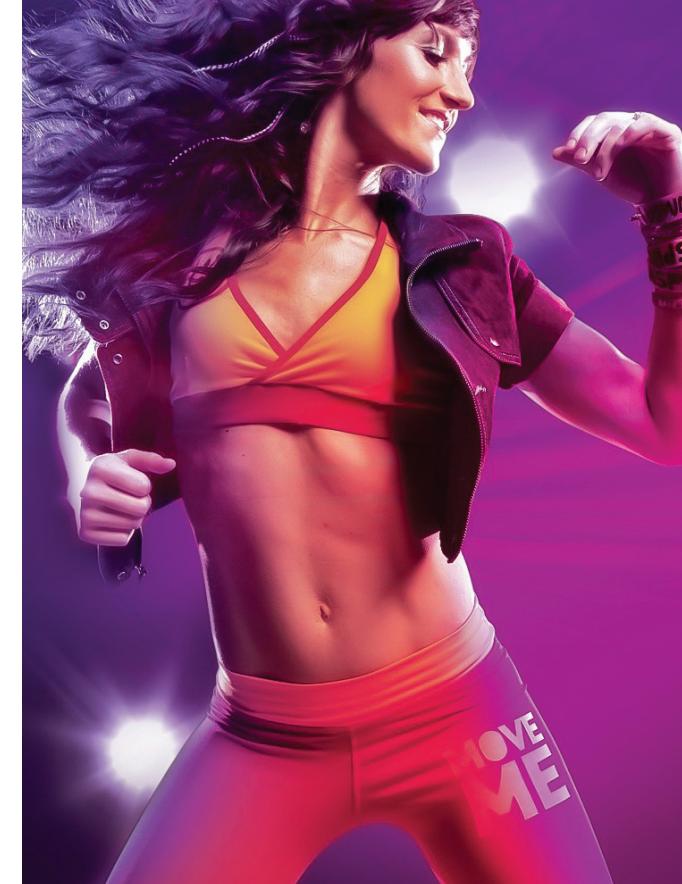
-Bring your foot back to the center (where you began the stepping).

-Repeat same step on alternate leg/foot.

-Each time you move your leg and foot, rock your hips too.

-Outstretch arms on each step that you place on the side.

-Then sweep arms across your face (as if you're sweeping hair off your face) when stepping back to the center.



Side Salsa

This step requires wider and deeper squat position which will give you stronger legs.

-Step out your right foot to one side.

-Reverse your right foot by bringing it back to its starting position.

-Repeat this step on left foot.

-Every time you take a side step, rock your hips too.

-Continue doing the basic Salsa step and then shift your stepping with squats.

-Each side step that you take should have your knees bent in a squat position.

-When you are at the optimal squat position, clasp your hands, and extend your arms in front.

the sky.

-Take four steps to your right and also move your hips.

-Return to the starting position and perform the same step on alternate leg and arms.

Samba

Wiggling hips is the key to this step as it will torch the calories faster.

-Start by standing in a lunge position.

-Now throw your left foot to one side and simultaneously swing your arms in the opposite direction.

-Repeat this step on the other foot.

-On each step sway your arms too.

Destroza

To stimulate energy within yourself in this step, clench your buttocks when you move.

-Stand with feet a little wider than hip distance apart.

-Keep both your knees bent.

-Wave your hips in a U shape from one side to the other.

-Position your arms in a bicep-showing pose and rock them as you move your hips.

Travel Salsa

Up your tempo once you can perform the above two steps with ease.

-Step out your right leg to one side.

-Bend your right knee while the left remains straight.

-Bend your arms pointing them toward

Flamenco Arms

Benefit shoulders by loosening them up from day long stress at the desk.

-Stand with legs open slightly wider than hip-width apart.

-Extend one arm above your head and the other across your body.

-Now roll your wrists as if you are holding wood sticks and clicking them together



Merengue

Tones and tighten abs as you march around.

-Begin by marching steps.

-Cross your arms over your chest from one side to the other.

-Keeping arms crossed over your chest, and move by taking single steps at a time.

-Your marching position should have your legs crossed as if you're holding on to go to the loo.

Cumbia

Whisper your favorite fast beat track in your head as you do this step to maintain pace and rhythm.

-Stand with legs open slightly wider than hip-width apart.

-Swing your arm down (pretend you're cutting sugarcane).

-Now get ready and step to one side and while you do this raise your palm

upward.

-Take a step back simultaneously raising your arm above your head (the twist here is to imagine as if you're holding magic wand to cast a spell when raising your arm).

Caipirinha

The first step required is like you're doing a side salsa step, the last drinking a cocktail.

-Ever saw a robot dance move with arms in front of your chest and belly? Similar steps are required for this dance move.

-Position one hand to your side while pulling the opposite elbow away.

-Do two repetitions, from one side to the other.

-Then do a heel dig by stepping forward, and perform four steps.

-Now make a fist of your right hand. Place it at the side of your hips while manoeuvring the opposite arm in a coctail drinking style.

Beto Shuffle

Hips should be twisted in this step when rotating your torso. This will flex your arms as well as your obliques.

-Stand with your legs wide open.

-Now in a hitch-hiking position swerve your arms from one side to the

other.

-Arms, however, will be curled inwards instead of outstretched.

-When you do this shake your hips too.

Belly Dance

Tone your wings by moving arms in a freestyle position.

-Slightly twist your left leg, and place your right leg in front.

-The ball of your right foot should be in contact with the floor.

-Flex your hips and move them up and then forward.

-The pace of your hip movement is entirely up to you.

Tango

Your arms play an important part in this step.

-Step either foot to your side.

-Place one hand on your belly and the other elbow away from your body in vertical position.

-Bring your feet back together.

-Step aside again only this time widening the distance of stepping and then dragging the other foot across to connect with it.

-Perform the same step on the other leg.





Foods for Aadi

Aadi, the fourth month in the Tamil Calendar, begins on 17 July and ends on 16 August. The Sun traverses in Kataka Rasi during this time and hence, Aadi month is also known as Kataka or Karkataka – the month of cancer in the zodiac sign.

The sun begins its journey southwards from north and religiously known as Dakshinayana Punyakala. Aadi marks the twilight zone and beginning of the night time for Devas. The Lord goes to the house of Shakti to be in union with the Goddess in Aadi. Thus, Goddess Shakti predominantly rules in this month of Aadi.

SPECIAL FOOD FOR THE MONTH:-

AMMAN KUZH [KEZHVARAGU KUZH / RAGI KOOZH / FINGER MILLET PORRIDGE]

INGREDIENTS :

- Ragi flour : 1 cup
- Raw rice or Noi [broken rice]: $\frac{1}{4}$ cup
- Yogurt [curd]: 1 cup
- Salt: as needed
- Onions: 1 finely chopped
- Green chillies: Optional

METHOD :

Take a bowl; add ragi flour, salt and enough water to form a batter [dosa batter consistency]. Ferment this batter overnight in a warm place and keep it aside. Blend the washed raw rice in blender until it is broken. If you have 'noi', you can use that, it is available in shops or you can use broken raw rice. In a heavy bottomed vessel, add 2 cups of water and boil broken rice and until it becomes soft. Add the fermented ragi batter, a cup of water to the rice to cook the porridge in medium flame by stirring continuously. You can check if the koozh is cooking by touching the koozh with wet finger. If it does not stick in the finger, then switch off the stove and cool it. Add curd to it and dilute. Serve with onion and green chillies. Using sambar onion when you serve, gives it additional taste.

Maa Vilakku

Maa Vilakku [Rice Flour Lamp] is made during special occasions such as Fridays on the month of Aadi. This lamp is prepared with freshly ground rice flour and jaggery kneaded together as dough. This mixture is placed on a banana leaf or brass plate with a hole in the middle where we pour ghee, place the wick and light the lamp. We also apply kumkum on all four sides of maavilakku and place flowers when we offer to God.



INGREDIENTS :

- Raw rice: 1 cup
- Jaggery / Naatu sugar : $\frac{3}{4}$ kg
- Cardamom : 2
- Ghee: 2 tsp

METHOD :

Rinse the raw rice twice and soak in water for one hour. Drain water completely and dry it for $\frac{1}{2}$ an hour. Grind to a fine powder and add the jaggery and cardamom powder and knead it and make into dough. Create a small hole, large enough to ghee and place a wick inside s and light the lamp.

AADI KUMMAYAM

AADI KUMMAYAM IS A FAMOUS SWEET
PREPARED IN CHETTINAD REGION.



INGREDIENTS

Urudh Dhal: 1 kg

Moong Dhal: 1 cup

FOR THE DISH :

Aadi Kummayam flour:
1 cup

Karupatti: 1 cup

Water: 3 cup

Oil: 5 tbsp

Ghee: 2 tbsp

METHOD :

To make the flour :

Dry and roast both the dhal varieties separately and powder it. Store it in an air tight container when it becomes cool.

TO MAKE AADI KUMMAYAM :

Heat the Palm Jaggery (karuppati) with $\frac{1}{4}$ cup of water and boil. Take 1 cup of flour in a hard bottomed vessel. Heat oil add the flour, and keep stirring with a wooden spatula well. Do not let lumps to be formed.

Meanwhile heat 3 cups of water. When bubbles starts to form in the flour, add the Palm Jaggery after filtering it from sand and dust. Keep stirring continuously and add hot water. Stir well, though small lumps may form but when you stir, it breaks and gets dissolve. Add the ghee at the end. Serve it hot or you can spread in a plate and cut to pieces.



Kozzukattai [Modhakam]

INGREDIENTS :

$\frac{1}{2}$ cup raw rice

1 cup water [$\frac{1}{2}$ cup + $\frac{1}{2}$ cup]

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ teaspoon oil

FOR THE STUFFING [POORNAM]

$\frac{1}{2}$ cup fresh shredded coconut

$\frac{1}{2}$ cup powdered jaggery

$\frac{1}{2}$ tsp cardamom powder

1 pinch of salt

2 tsp ghee

INSTRUCTIONS :

For the dumpling:

1) Soaked rice in $\frac{1}{2}$ cup of water for a minimum of 1 hour. Grind rice in a mixie along with water used in soaking rice to make smooth paste.

2) Heat remaining $\frac{1}{2}$ cup of water in a pan, until boiling. Add oil and salt, later add the rice paste and mix continuously until it forms a thicker. Remove off heat. Cover with pan and set aside.

TO MAKE STUFFING [POORNAM] :

Pour ghee in a pan and heat. Add the freshly shredded coconut, powdered jaggery and cardamom. Allow to cook till it forms a thick stuffing. Make the dough into a cup shaped outer shell, fill in with coconut mix and shape it into modakhs. Steam them in a vessel for 7-8 minutes. Remove off heat and serve.

This is a prasadam made for Varalakshmi Vritham.

Enjoy the blessings of God with these festive recipes.

By GEETHA GANGADARAN

SILK SAREES



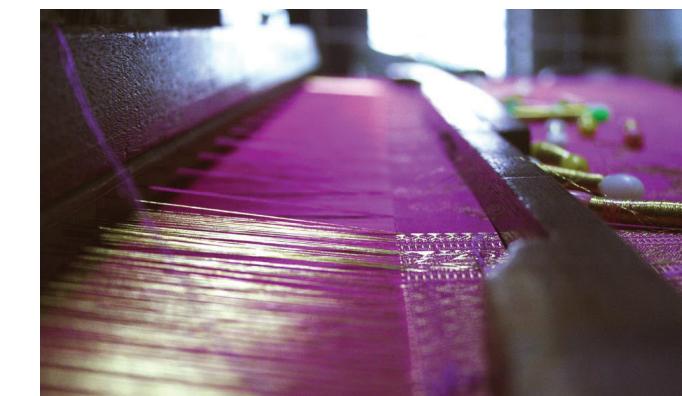
**GEETHA
GANGADARAN**

Borrowing its name from the village of its origin, Kanchipuram aka Kanjeevaram is essentially a silk saree that can well be considered the South Indian answer, to the more popular Banarasi saree.

Owing to the thick fabric and deep colours mixed with hints of gold, this saree is preferred for festive occasions and celebrations.

The story of the Kanjeevaram Silk saree begins in Hindu mythology. Legend has it that the Kanchi silk weavers are descendants of Sage Markanda, who was considered to be the master weaver for the Gods themselves. Settled in the small town of Kanchipuram [Tamilnadu], the famous Kanjeevaram saree weaves goes back 400 years. It was during the reign of Krishna Devaraya [of the Vijayanagar Empire], that the art really took off. Two major weaving communities of Andhra Pradesh, Devangars and Saligars migrated to the town of Kanchipuram.

Kanchipuram silk sarees are woven from pure mulberry silk. While the silk belongs to South



India, the pure gold and silver zari comes from Gujarat. The silk thread that is used to weave is dipped in rice water and sun dried before it is used in order to increase both its thickness and stiffness. The silk thread is then interlocked with a thin silver wire and woven through after which a golden thread is used to complete the procedure.

The warp frame used to weave this fabric has about 60 holes, in which there are 240 threads in the warp and 250-3000 threads in the weft giving it a sturdy feel. The pattern, the border and the body of the saree are generally woven separately and then interlocked with much precision and neatness.

The most distinguishing feature of the Kanjeevaram saree is the mainly contrasted border and pallu. If we delve into the history of Kanjeevaram saree, it becomes apparent that the motifs and designs are closely interrelated to the temples of Kanchipuram. The lions, yalis, mango motif, the rudraksham, the hamsam chishted on the walls of temples come alive into the weave.

Only in the Kanjeevaram, one can find local names for colours used - Vadamalli, kathiripoo, elumichai, aanatha [bliss], elaikai [cardmom], kesari [saffron], naval pazham, pon vandu, srichurnam, manthulir.

Mallimoggu or the jasmine bud design, coin button are popular motifs, the stripes, checks, the veldhari [the spear of murugan], neli [a ring variety], aathivazhai, kottadi, vaira oosi and muthu kattam are special designs.

The USP of kanchi handloom is the korvai technique. It involves the joining of two different colours, the body [udal] meets two borders. The body is joined with the pallu which carries a contrast colour with a technique called petni.

Kanchipuram silk started with weaving of 9 yards sarees, featuring design and pattern of temple stories. Over a period of time, these were converted into 6 yards of gold zari weaving. It takes atleast 10 to 15 days to weave a silk saree. There are more than 5000 families involved in the weaving industry. The GI tag for Kanjeevaram sarees aids selling of original silk sarees in the global market.

A SALUTE TO THE FLAG!

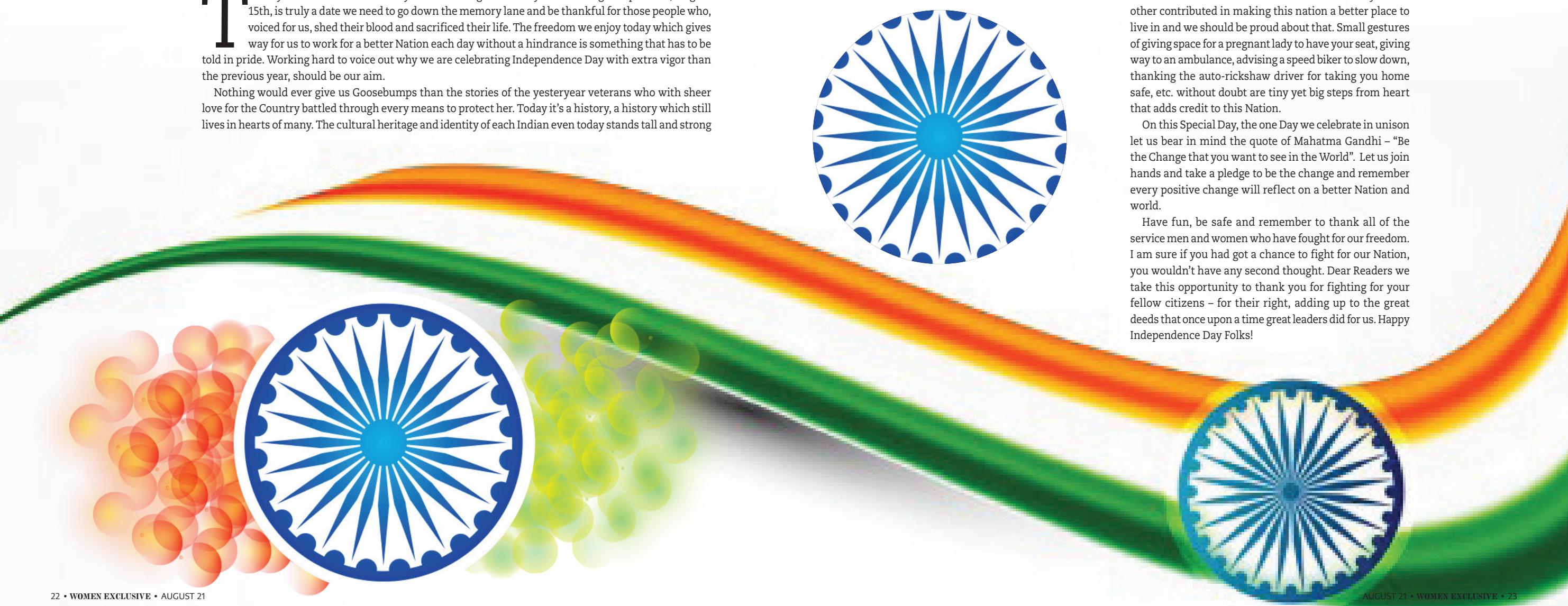
The Day which is remembered by all for those glorious 75 years of being independent, August 15th, is truly a date we need to go down the memory lane and be thankful for those people who, voiced for us, shed their blood and sacrificed their life. The freedom we enjoy today which gives way for us to work for a better Nation each day without a hindrance is something that has to be told in pride. Working hard to voice out why we are celebrating Independence Day with extra vigor than the previous year, should be our aim.

Nothing would ever give us Goosebumps than the stories of the yesteryear veterans who with sheer love for the Country battled through every means to protect her. Today it's a history, a history which still lives in hearts of many. The cultural heritage and identity of each Indian even today stands tall and strong

because of that Independence we fought and obtained in the year 1947. Today, dear citizens of India shout out and say in pride you are an Indian, an Indian who loves his country beyond anything. Today, almost 75 years later, celebrating Independence Day evokes a similar sense of patriotism. The tri color was raised by the leaders of a nation who were bursting with eagerness to lead a life of complete freedom from their colonial masters took place long ago, but the partisanship runs through our blood every time we hear a school singing National Anthem from distance and the tri color fluttering in air ruling the Sky. Does it mean we are patriotic only when we near this day and celebrate it? Absolutely not. We have stood for our friend, a complete stranger, for our family, for our enemy at times, which is just a way of showing we are one no matter where he is from or what he is, we are Indians as one. You don't have to necessarily shed blood for the Nation, but staying quiet when something goes wrong would be a crime. Each one of us have someday or the other contributed in making this nation a better place to live in and we should be proud about that. Small gestures of giving space for a pregnant lady to have your seat, giving way to an ambulance, advising a speed biker to slow down, thanking the auto-rickshaw driver for taking you home safe, etc. without doubt are tiny yet big steps from heart that adds credit to this Nation.

On this Special Day, the one Day we celebrate in unison let us bear in mind the quote of Mahatma Gandhi – "Be the Change that you want to see in the World". Let us join hands and take a pledge to be the change and remember every positive change will reflect on a better Nation and world.

Have fun, be safe and remember to thank all of the service men and women who have fought for our freedom. I am sure if you had got a chance to fight for our Nation, you wouldn't have any second thought. Dear Readers we take this opportunity to thank you for fighting for your fellow citizens – for their right, adding up to the great deeds that once upon a time great leaders did for us. Happy Independence Day Folks!



SRI KANTHIMATHI SAMETHA NELLAIAPPAR TEMPLE AT TIRUNELVELI

"Shri Kanthimathim Shankara yuvathi ;

Shri Guruguha janani vandeham"

A krithi by Sri Muthuswamy Dikshadar in raga Hemavathy]

The parabrahmam who exists in this bhoomandala in archa swaroopa [ie idol form] for the salvation of mankind , addressed in a thousand names and more is fondly called Sri Kanthimathi Amman in Shakti swaroopa and Sri Nellaippar in Shiva swaroopa in the antique hugambus temple at Tirunelveli in the south of India .

Location and the temple

Situated at about 240 kms south of Madurai at Tirunelveli town ,it is well connected by train and road . On the banks of the prestigious river of this district Thaamirabarani



[also called Porunai " in chaste Tamizh], this very ancient temple is built in a sprawling 14 acres of land . The temple for Shiva known as Sri Nellaippar and that of His consort Sri Kanthimathi Amman co exist side by side as 2 different entities . They are internally connected by a Chain[mani] mandapam in between . A gift of the popular good kings of the famous Pandiya dynasty, it was built and extended by many pandya kings who are remembered and respected for their philanthropy , love of religion and the Tamizh language . It is said to have been built in the 7th century A.D . Expanded , modified and perfected to today's glory, the temple is a solid example of the breathtaking beauty of Dravidian art and architecture which has no parallel in the world . A set of musical pillars in the mani mandapam attracts the attention of tourists and pilgrims of all ages . A vasantha mandapam , a nandavanam with a 1000 pillared mandapam , the regular dwajastambham , a beautiful statue of Shiva's parama bhakta Lord Nandikeshwara, besides a mind boggling gopuram of rare width and length... all these go to make this Siva Sthalam " a must see " kshetra for every devotee .

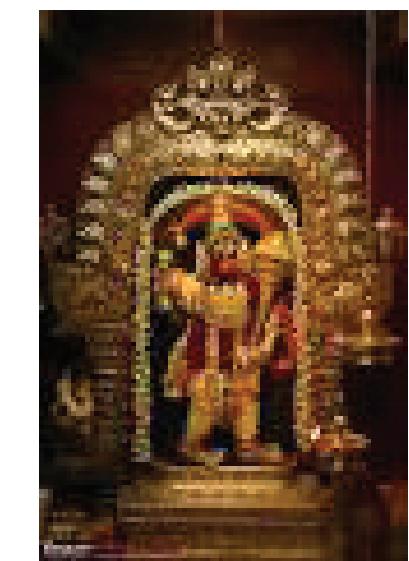
The Sthala vishesham

A very sacred Siva kshetra ,this is one amongst the 5 sabhas or ambalams dedicated to Lord Siva in the form of Nataraja , the God of cosmic dance . This is classified as the Thamira Sabha [thamiram in Tamizh is copper], the other four being Chidambaram [Pon ambalam ,]Madurai[velli ambalam],Thiru Aalangaadu[Rathna sabha]. and Thirukutralam [Chitra. Sabha]This classification by our ancestors is very interesting since the water contents of river Thamirabarani is said to be dominated by copper ! Said to have been a thick bamboo forest [quite hard to imagine when the area is a thickly populated concrete jungle in this 21st century], this was called Venuvanam and the Siva peruman is said to have been installed and worshipped by sage Agasthya who is also praised as Tamil Muni .

In the recent centuries one of the Pandiya kings did a very commendable kainkarya of installing a huge moorthy of Lord Vishnu with the name Govindaraja , in the reclining posture, in the sannidhi adjacent to the main Siva Sannidhi . This was a magnanimous move done with the intention of settling Saiva -Vaishnava incompatibility,very common in those days .

The Legend

Thiru Nelveli " has the legend attached to its name itself . Once upon atime , there lived a bhakta deeply devoted to Lord Siva and he used to cook the rice grain [Nel in Tamil] from his paddy field and take it to offer it as Neivedyam to the Lord who feeds each and every creature created by Him. Yes ! He has been eulogized in Tamizh as "[The Lord who makes it mandatory to feed even the small little creature Therai belonging to the frog family which lives hidden inside the rock ; not only this ; He is the annadhaatha who feeds and keeps alive the Jeeva , the life that lives in the mother's womb !!! Yet it is the duty of every human soul to rededicate and offer Prasadam to the God who is installed in the sannidhis of our temples and homes . So it was that this bhakta made it his daily duty to offer the food prepared from the rice grains in his field as neivedyam to Sri Nellaippar . It was providential that ran into troubled waters on one not so fine rainy day when all the rice grains spread on the ground for drying started getting wet due to a heavy downpour . The bhakta was in tears and anxiety because if these fresh rice grains did not get dry , he will not be able to offer the Lord His daily neivedyam But Siva the all merciful at once decided to save His devotee from this mental agony ; He quickly spread a shield in the sky in that space alone and prevented the rainwater from dampening the rice grains spread by the poor bhakta for Swamy's neivedyam !!! Jumping with ecstasy, the man collects all the dried rice grains and prepares the Neivedyam and rushes to the Siva sannidhi and heaves a deep breath of joy and relief ..



Since the Lord weaved a veli[a shield] for the Nel [rice], the Siva here came to be called Sri Nellaippar "[Sri Challvadeeswarar in Sanskrit]and the sthalam "Nelveli" ;later with the prefix it acquired the name Tirunelveli .

Festivals

All the major festivals for Siva and Parvati are celebrated on a grand scale here ,other than the annual brahmotsavam and rathotsavam . Being a major Siva stala in this part of Tamizh nadu noted for its patriotism and deep rooted love for their soil and people , the hospitable natives and citizens of the Tirunelveli district deem it a pleasant duty to participate in lakhs in all these festivals and be blessed by the karunamoorthy Sri Nellaippar and His beautiful radiant consort Sri kanthimathi Amman . Why don't you too plan a pilgrimage to this ancient ,sprawling , magnificent Kshetra in the heart of Tirunelveli town ?

By Rajee Mani

PAMPER YOUR SKIN THE ANCIENT WAY

The beauty of Indian women is world known, particularly for their beautiful miscellany in their skin tone and type, hair, structure and features! Although every country has its exceptional beauty secrets, there is a deep seated curiosity about Indian beauty practices, which have been practiced for decades now! In fact, these form the base for most of the commercial beauty products companies

Honey

Honey is a great staple to have in your beauty cabinet. Thanks to its anti-inflammatory and antibacterial properties, Indian women have used honey to reduce blemishes and break outs, clarify skin and hydrate the face, for ages. The trick is to use raw honey, which is loaded with enzymes that not only draw moisture into the skin, but also helps repair irritated skin.

Try it: For a quick acne treatment, apply a dab of raw honey to the affected area and let it sit for 10-15 minutes. Rinse with lukewarm water and pat dry.

Turmeric

Indian food is incomplete without this gorgeous yellow culinary spice. Turmeric is hailed for its anti-inflammatory and immunity booster goodness. The healing properties of this spice include, reducing

inflammation and redness, moisturizing and brightening the skin.

Try it: For a bright and glowing skin, mix $\frac{1}{2}$ tsp of turmeric, 2 tsp of gram flour, 1 tsp of coconut oil, pinch of sandalwood powder and rose water. Apply this paste to face and neck, and leave on for 15 minutes. Rinse with lukewarm water.

Saffron

Saffron is not only an excellent culinary spice that adds taste, colour (from the substance called carotene) and life to food, but also a great ingredient used in several skin care recipes and products.

Try it: Soak saffron in milk for half an hour. Add a teaspoon of sandalwood powder and apply this on your face. Keep it for 15-20 minutes before washing it off.

Regular use of this pack will help to improve and brighten skin tone.

Soak saffron in milk cream or water in the night. Apply this mixture on the tanned area.

Saffron blended with tulsi leaves helps to reduce infection because of antibacterial properties.

Yogurt

Yogurt is not only delicious to eat, but also useful when applied topically. During summer, yogurt is a skin life saver. It hydrates the skin tremendously and its cooling properties are anti-inflammatory. It reduces acne and is rich in protein. The lactic acid, zinc and vitamin B help to remove dead skin cells and smooth lines. All these benefits are achieved when applied directly to the face in homemade masks. Yogurt could be mixed with henna, turmeric and honey for super beauty boosting masks.

Try it: For a hydrating summer facial, apply unsweetened yogurt all over your face and neck. Leave it for 10-12 minutes and rinse off with cold water.

Neem

Neem infused tea does wonders for acne prone skins



and dead skin. Multani mitti is good for getting rid of tan and pigmentation.

Try it: Mix mutani mitti with water/rose water/milk and apply on your face. Leave it until it dries. Wash with cold water and pat your skin.

Sandalwood

Sandalwood has antiseptic properties that softens skin and also increases blood circulation.

Try it: Mix sandalwood powder and raw milk, apply on the face and leave it for 20 minutes. Wash it with lukewarm water to get a shining glow. It also tones your skin and locks the moisturizer in it. Sandalwood powder mixed with finely powdered almond and raw milk makes a good face pack.



and neem oil is a fantastic moisturizer. Neem fights pimples and keeps skin supple. When used regularly, neem works as an excellent agent to prevent wrinkles and fine lines. It works effectively on skin pigmentation. Neem pack also takes care of excessively dry skin.

Try it: Make a paste of neem leaves by using water and two-three pinches of turmeric. Apply the paste on your face and let it sit on for 10-15 minutes. Rinse with cold water.

Multani Mitti

Otherwise called as the fuller's earth, multani mitti has been used by Indian women for centuries to take care of their skin problems such as acne, blackheads, etc. Multani mitti has a rich content of magnesium chloride, which reduces acne and blemishes. Applying a multani mitti pack cleanses the skin and frees it from dirt, oil



Besan/Gram Flour

Generally found in all Indian kitchens, besan is a typical grandmother's recipe for skin care, loaded with exfoliating properties.

Try it: Mix gram flour with lime water, honey and milk or yogurt to make a face pack and use it regularly to see the difference.

With beauty and anti-ageing products flooding the cosmetic world, not only is it difficult to make a choice, but also risky to expose skin to pungent chemicals. If you are hesitant about using cosmetic products or have sensitive skin or prefer going the natural, easier and safer way, getting back to basics is the simple mantra to attain radiant skin.

by Geetha Gangadharan

HOW TO GROOM YOUR PET



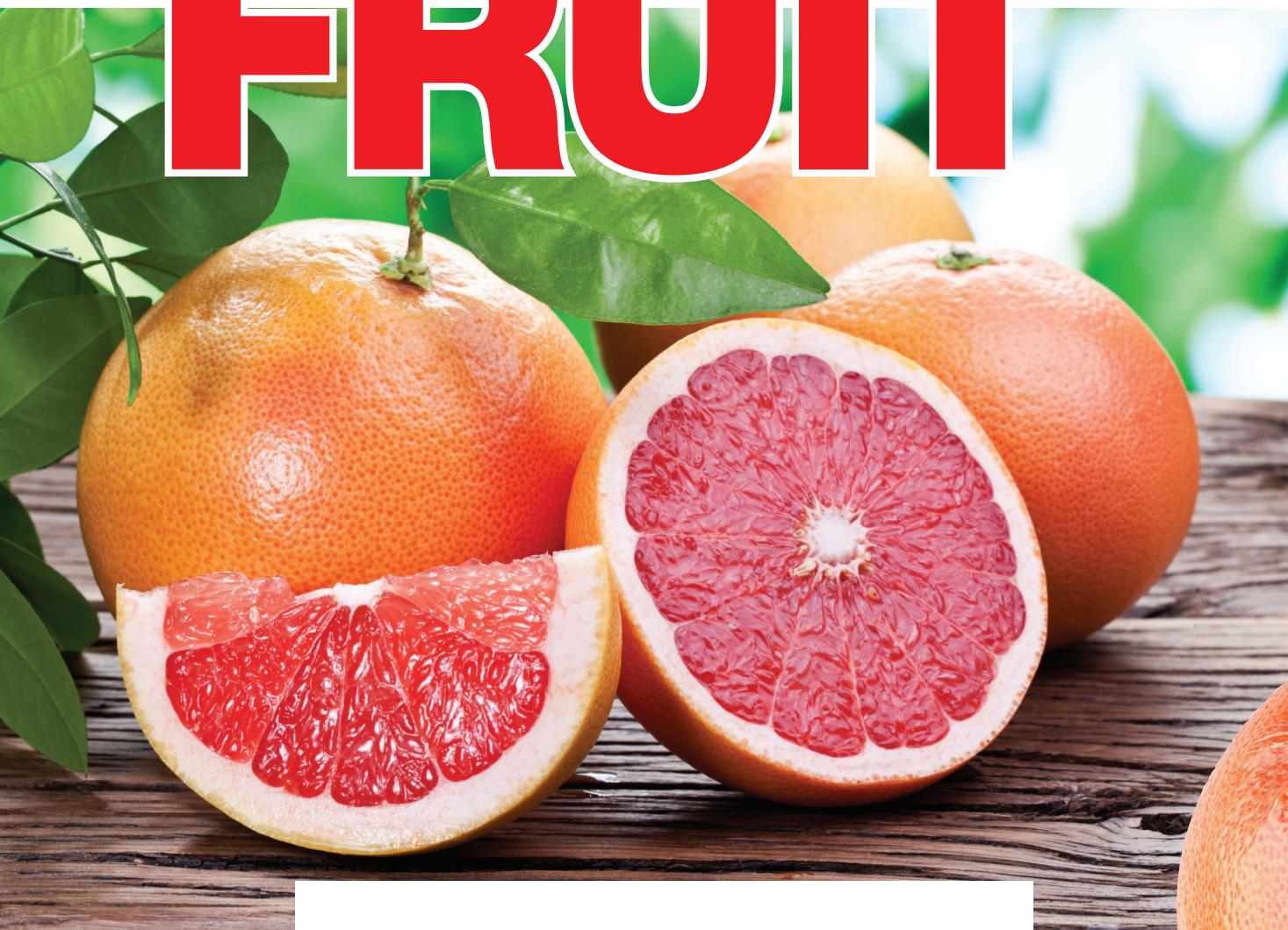
Pets are the most lovable creature of god in this world, they delight and they defend. They de-stress us, makes us laugh and filled our lives with love and loyalty. They can't speak, but have the power to speak their hearts through their eyes. A pet understands very well when his master is happy and when he is stressed. These days it becomes a fashion to have a pet at home because they fascinate kids the most. People who are living alone in different states keep pets just to get the company of this lovely creature. As far as a pet is concerned, hygiene is the prior thing which should be kept in mind while adopting a pet. Are you among the one who is fond of keeping cats and dogs at home and enjoy the time you spend with them? Are they your stress buster? But sometime their hygiene and health left you in worries for hours. Then we have a solution for all your problems and for which you don't have to go very far. Now you will get every solution for your pet hygiene and grooming at one click. Yes, you heard it right; "Heads up for tails" is the one stop to get all solutions online for your pets instantly. India's exclusive luxury brands are pawsh and fun doggie couture. There are numerous ranges of products available in the market through which you can groom your pets in a decent way without troubling them like customized dog beds, chic collars and leashes, fashionable dog apparels. These days as people are becoming more aware of the pet needs, they spend lavishly just to pamper them in regard to show their love for them. Somehow pets are the reflection of the master's personality. If the person wants his house to be diseases free then he has to take more care about their cleanliness, the food they intake and hygiene. One should be very much aware of the day to day activity of their pets to keep them healthy and fit for years.

As summer is heading, in this season access sweating is the common problem for every pet which later leads to emergence of ticks and flea. These insects are very dangerous for the survival of the human being so certain precautions should be taken in advance to control them. In this regard various ticks' solutions are available with natural fragrances which make your pet feel alive and happy. If your doggie is a foodie then you can avail the type of food according to the age of the dog.

In hot summers dogs love to be in the pool to feel the cool breeze and to pamper them more you can also use shampoos with good fragrances which not only make them feel fresh but also make their hairs shiny and healthy. You can also buy trendy dog appeals, toys, bowls, winter wear and many more that you and your pets can enjoy. Heads Up For tails believes in deep understanding of the dogs and their likes and dislikes. It is a comprehensive online shopping portal offering dog food, dog accessories, apparel, grooming products, toys, bedding solutions and much more! We help you keep your pet healthy, happy and pampered with a wide selection of products from reputed global brands.



GRAPE FRUIT



Half a grapefruit provides more than half of the adult daily requirement for vitamin C. The grapefruit in India can be either pink or white inside and is usually known locally as batawi nimbu in Hindi, pambalimasu in Tamil and as pamparamasan in Malayalam.

The grape fruit is a rich source of vitamin C. It also contains pectin, which can help to lower blood cholesterol levels. Try to eat not just the juicy flesh but also some of the pulpy membrane that separates the fruit's segments and a little of the white pith too. Both contain a useful amount of pectin,



a form of soluble fiber that may help to lower our levels of blood cholesterol. Pink or red grapefruit are slightly higher in vitamin C than the yellow varieties.

Experts believe that all citrus fruits have a role to play in protecting against cancer because the pulp and pith contain compounds known as bioflavonoids which are thought to neutralize cancer causing substances.

There is even a popular myth that eating grapefruit helps you to slim because it has the ability to 'burn' fat. Some short term diet regimes are based on eating grapefruit and little else, since we all need to eat a variety of foods to obtain a full range of nutrients. Grapefruit are low in fat and calories and eating them as part of a low fat diet is fine, but no food has the ability to burn fat. Here is an interesting and easy to make recipe using this unique citrus fruit.



GRAPE FRUIT MARMALADE

INGREDIENTS

750 gm of grapefruit

100 gm lemons

One and a half liters of water

1 and a half kg sugar

Half a teaspoon of butter

METHOD

- Squeeze out the juice of the grapefruit and lemons.

- Cook the juice along with water over a moderate flame. Remove the membrane, pips and pith from the fruit and tie it securely inside a muslin bag.

- Shred the peel into strips and add to the juice, along with the muslin bag. Again cook the juice until the liquid has evaporated by one third.

- Add sugar and stir to dissolve. Now boil the mixture. Drop in butter and skim out any impurities from the surface.

- Allow to cool and store in a dry jar.

- Scoop out a spoonful and spread it on a slice of toast. Makes for a healthy and tasty snack.



THE REASON IS DENTAL FEAR AND ANXIETY?

This is a common condition called dental Anxiety or Fear. According to statistics around 60% of the population have anxiety associated with dental visits. And 5 to 10 % of people have complete aversion towards the dentist.



DR. K R ANANTHI

Clinical Director
Ananthi's Dental Clinic & Implant Centre, Adyar

Dental fear and Anxiety

Who doesn't want a perfect smile?
Who doesn't want a good oral hygiene?
Suffering from tooth ache or discomfort???
But still do you avoid your dental visits?

What are the causes for dental fear?

FEAR OF UNKNOWN

There is a feeling of uneasiness when it is time for a dental visit. There are unfounded worries towards a new atmosphere. This fear is because, you do not know what kind of a treatment or procedure you are going to undergo. You expect some painful or uncomfortable procedures. This is largely due to ignorance.

PAST BAD EXPERIENCES

Past negative experiences will drastically affect your dental visit. This need not only be a bad experience

with a dentist; this could also be a bad experience with other doctors or any other treatment. Any past associated pain can trigger dental fear.

EXPERIENCES HEARD FROM OTHERS

Having heard somebody else's experience about a dental treatment or you reading about it somewhere can influence your fears. You assume your dental treatment to be painful, whereas your dental condition and theirs would be different.

FEAR ABOUT GENERAL HEALTH

Fearing that dental treatment would create untoward health issues. Fearing complications because of predisposed conditions like diabetes, high blood pressure, cardiac problems, thyroid complications etc.

DENTAL TREATMENT COST

Believing even a simple consultation and cleaning procedure could cost a fortune; most of the people tend to avoid dental visits. This again is a misconception. Neglecting a dental visit can only worsen your oral hygiene resulting in increased expenditure. Remember dentistry isn't expensive but neglect is.

HOW TO OVERCOME FEAR

Find a dentist close to you or ask your friend or family to recommend a dentist

Visit a dentist and talk with him /her about your fear

Get your teeth examined and remember your first visit can just be a dental counselling session and not a treatment visit.

Get educated about your dental condition and your dental treatment options.

Talk about the procedures, the time and cost included. Know what to expect at each dental visit. So there is no fear of the unknown.

Don't relate others experience with yours. They may share a bad experience or may give an exaggerated version and their tolerance would have been low. They pass their anxiety to you. Dental condition may vary from person to person, so does the treatment. Therefore take a decision based

Get your teeth examined and remember your first visit can just be a dental counselling session and not a treatment visit.

on your first-hand experience.

Do not use doctors or hospitals or injections to scare to children; thus leaving a permanent scar in their little minds which makes every hospital visit, a dreadful experience. Talk to kids about doctors and dental visits in a pleasant manner and tell them that doctors will take good care of them.

Dentist or doctors will never judge a patient. We are here to treat you. So it is really okay if you have a bad odour, decayed teeth, or bleeding gums. Do not feel embarrassed with your dentist. This only amplifies your dental condition.

Your dentist will give the right treatment based on your general health. So disclose your health condition such as diabetes, heart conditions, and thyroid disorders to your doctors. All patients with systemic disorders can undergo dental treatment with certain precautions in a totally pain free and incident free manner.

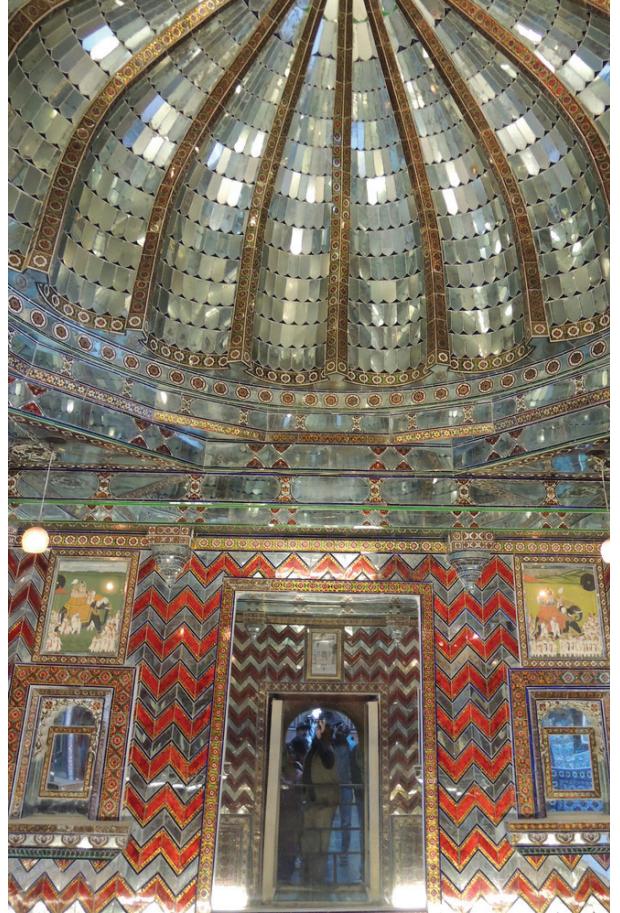
Simplified dental treatment procedures have made dental visits more comfortable. We nowadays have superior anaesthetics and medications to make your dental visit completely pain free. Other advanced procedures include lasers and it increases the precision and performs blood free procedures.

All dental treatment need not be expensive. Maintaining good oral hygiene is not costly. Neglecting your oral health only can lead to extensive and expensive dental procedures.

Prevention is better than cure. Do visit your dentist regularly.



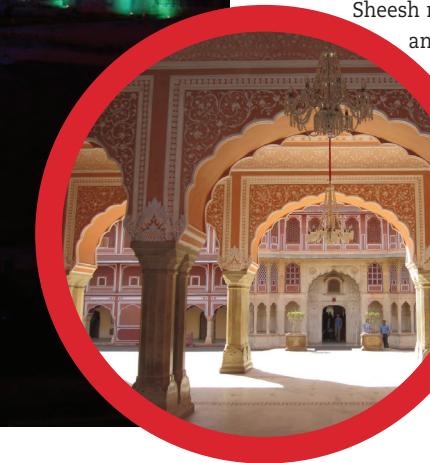
Back to RAJPUT TIMES



Immersed in rich history and tradition, dotted with impressive structures and boasting of a delectable cuisine, Jaipur, the Pink city is undoubtedly a travel destination that features in the bucket list of many travelers. Located in the eastern part of Rajasthan, it was once home to the Kachwaha Rajputs for many centuries, whose footprints and tales of valour can be traced back in the fortresses and architectural marvels the city is renowned for. Even though it is now a bustling metropolis with the chaos and hustle-bustle typical of any Indian city, it is the medley of the new with the old that makes Jaipur a unique travel destination.

Amer fort

If history, art and architecture interest you, Amer fort will captivate you in every way. Covering a massive distance of 12 kilometers across the majestic Aravali range, this was the base of the royals before Maharaja Jai Singh II envisioned and built the city palace, around which Jaipur was formed. You can reach the



entrance of the fort in true royal style, riding on the back of an elephant.

Built in sandstone and marble, the architecture is a beautiful blend of Muslim Mughal style and Hindu Rajput style, which reflects the religious tolerance expressed by the Maharajas. Do take time to admire the beautiful paintings adorning the Ganesh Pol, Sheesh mahal (hall of mirrors), the arches and the domes of the Diwan-e-Aam and Sukh Niwas.

City palace

Located in the heart of the city, this is also the residence of the Royal descendants. The complex has several beautiful structures and the easiest way to navigate around is by using an audio guide, which is available for rent at the entrance. With narrations in Hindi and English, you can take your own time to appreciate each part of the huge complex. There are two museums, one displaying the royal's personal items and another with armoury. Do not miss the colourful peacock motifs on the four doorways of the "Pritam Niwas Chowk".



Hawa mahal

Built in pink sandstone, Hawa mahal has become the symbol of Jaipur. The outer façade facing the busy main road has 900 odd windows in a lattice like pattern. If you are not happy just clicking photographs from the outside, you could enter the palace and peep out through the many windows, which were designed for the royal ladies to do the same when there were processions or gatherings on the street. Near the city palace and Hawa mahal, look out for photographers who will click instant photos in traditional Rajasthani attire. It is fun and will make precious souvenirs.

Jal mahal

This is a beautiful palace in the middle of the Man Sagar lake.

FACT FILE

How to get there?

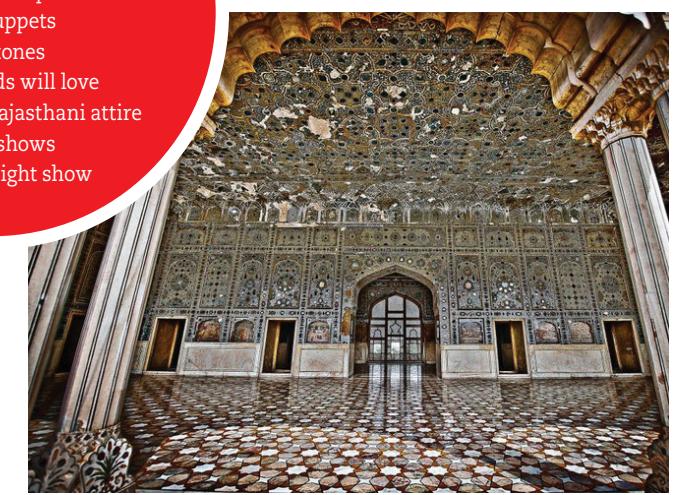
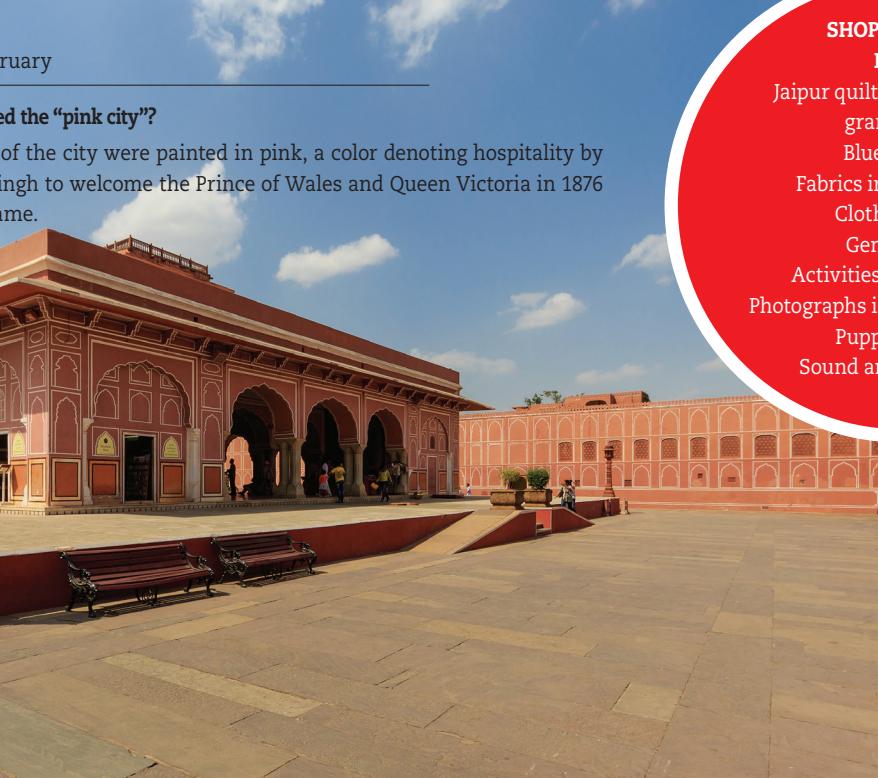
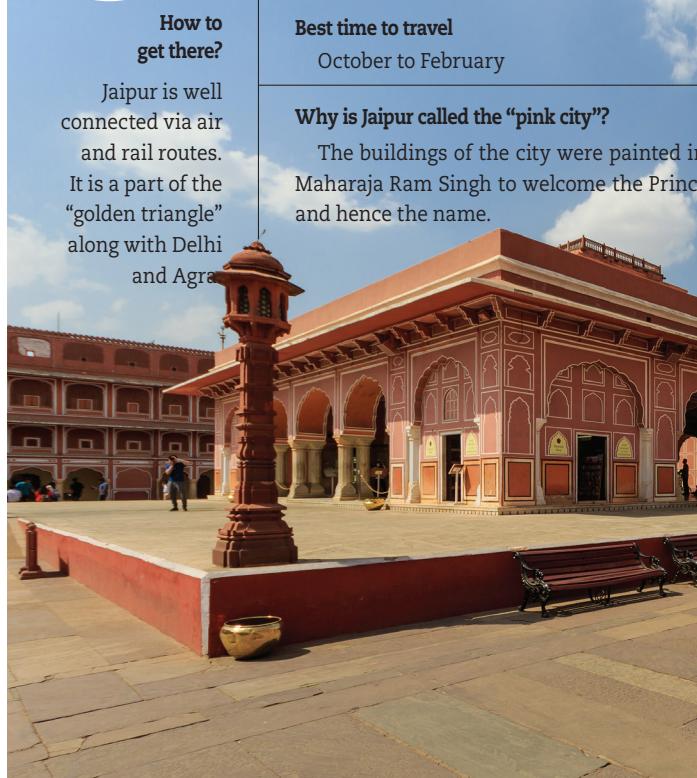
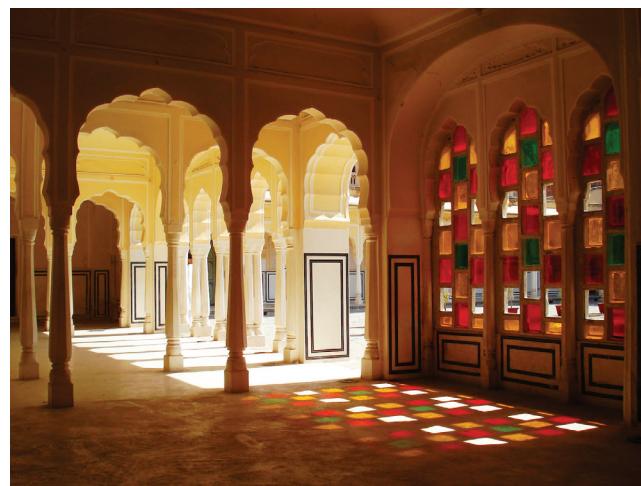
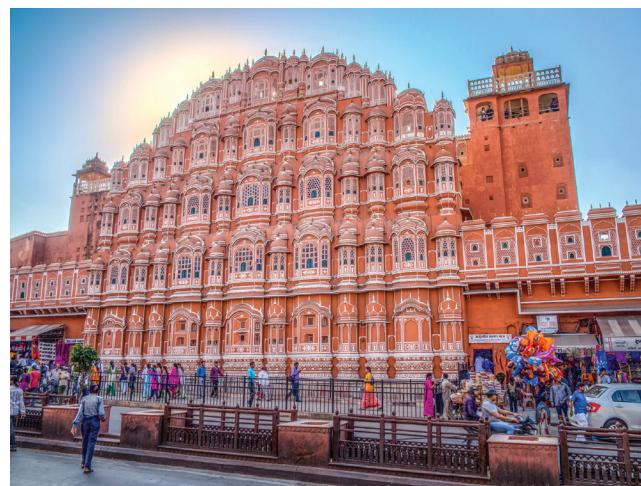
Jaipur is well connected via air and rail routes. It is a part of the "golden triangle" along with Delhi and Agra.

Best time to travel

October to February

Why is Jaipur called the "pink city"?

The buildings of the city were painted in pink, a color denoting hospitality by Maharaja Ram Singh to welcome the Prince of Wales and Queen Victoria in 1876 and hence the name.



journey of the Rajput Kings, their valour, battles and alliances.

Tickle your taste buds

Rich, tangy and flavorsome, with the right amount of sweet and spice, Rajasthani cuisine looks and tastes like, it is made for the royal people. But among the popular dishes here is the Rajasthani Thali, with Dal, Bati and Churma being the quintessential dish. It also has different varieties of rotis like missi roti accompanied by tangy curries like gatte ki kadhi which could fill you to the brim. But keep some space for the rich desserts, malpua and moong dal halwa being the most relished ones. Do try the onion kachoris and different varieties of chaats. Wash it all down with some sweet lassi or chaach (buttermilk) which is apt to beat the heat.

SHOP TILL YOU DROP

Jaipur quilts (known as 100 gram Razai)
Blue pottery
Fabrics in block prints
Cloth puppets
Gem stones
Activities kids will love
Photographs in Rajasthani attire
Puppet shows
Sound and light show



LOOKING FORWARD - AUGUST 2021

**ARIES**

Allow your heart chakra to expand by celebrating and having fun with friends and family – especially those whom you haven't met in the longest time (make sure you're all fully vaccinated tho). This is a time for joy and merriment, and allow yourself to let loose and have fun.

This is also a beautiful time to form new bonds of love and friendship while strengthening old existing ones as well. Remember, your heart has an infinite amount of space for love – thus it can never really run out. Where needed, do forgive the past, and kiss and makeup when needed.

**TAURUS**

Stand your ground and stay strong, for this month will call upon you to protect and defend not just what is rightfully yours, but also your own self on a mind-body-spirit level. The key to remember is that not to take this personally. These are important lessons, so try to have fun while learning.

Yes, it is scary to do so, but it's so important to trust that 'The Universe' has your back and it will protect you. Instead of spending your energy obsessing over the pitfalls ahead and distractions around you – just breathe and calmly allow yourself to flow through life. You're cared for.

**GEMINI**

Life wants you to move forward, but your scattered energies will only pull you in opposing directions, causing you to remain stagnant where you currently are – leading to even pleasant situations becoming all the more toxic. Let go of the need to control and just surrender.

The best way to take charge of where your life is going is to stay true to your true authentic self. Rather than waste energy trying to control the world around you – only to be disappointed at the end – just be. Just allow yourself to be. Things will magically shape up accordingly.

**CANCER**

The more we allow ourselves to be, we become more secure within ourselves. When secure, we know that we can trust 'The Universe'. When we give that trust, we just have to calmly be – and life moves for us – taking us from one success to another. We'll just have to flow with life.

**LIBRA**

The temptation to live in the spiralling fantasies of 'what if?' may be incredibly strong. However, understand that there are greater forces in the Universe that have propelled you on the path you're currently on. Focusing on the 'what if' will only blind you to the blessings ahead.

Always remember that you are a powerful individual with the means to create miracles. Hence, please stop obsessing on past choices or dwelling on wistful hypotheticals of different outcomes. It won't get you anywhere. It might just delay success even more. Focus on the now. Appreciate it lovingly.

**SCORPIO**

Allow yourself to detach yourself from all things you're passionately pursuing. It's hard, but try doing it for a minute. Once done, carefully observe how is this pursuit affecting you on a mind, body, spirit level? Is it really worth pursuing if your physical, mental, and emotional health is being compromised?

Yes, sacrifices are important in order to reach goals – but are the goals really worth it? Are the sacrifices really worth it? This is why it's so important to detach – because doing so will enable you to clearly see the bigger picture. Gaining this clarity can perhaps be the thing that leads you to great success.

**SAGITTARIUS**

Fairness and equity are your mottos this month. This is the time to let go of all personal prejudices, as well as, all biases, and see things for what they really are. This is the time to find the courage to not only see the unfiltered truth – but also have the strength to accept it with love.

When important decisions are being made, make sure that beyond your own benefit, you see that the other party(s) involved benefit as well.

This is the time to make healthy compromises so that everyone's a winner at the end. Refusing to do so will only create more chaos. Choose wisely.

**CAPRICORN**

This is a powerful time for you to start working on healing the wounds that run deep within your heart. You've carried them long enough. They've helped you all that they could – but now they're becoming toxic – so it's time to heal them. Gently, and with love. This is not an easy journey – but it is one that'll lead you to greater heights of love and higher evolution levels. Parts of the healing journey will be painful. A lot of suppressed things can come up. Parts will be incredibly slow, while other parts may just create more chaos. Be patient. As long as you take the help and support of loved ones, (and in some cases – good professionals), you'll not only heal your heart – but will expand it lovingly and make it all the more.

**LEO**

Open yourself to the new. Allow yourself to be receptive to new thoughts, ideas, inspirations, and especially for those who are single – new love. There are so many new things waiting for you to experience them with an open mind and an open heart – allow yourself the freedom to do so.

To enjoy and appreciate all the new blessings we are about to receive, it's so important that we cleanse ourselves of all that's holding us back. All toxic and limiting thoughts, beliefs, habits, and perhaps even

relationships – they don't belong in our energy space. Let them go and accept the new.

**VIRGO**

It's so important that you understand that everything you need to be happy and fulfilled is all within you. Instead of looking for it outside and seeking external validation – look within – as deep as possible – and give yourself your own validation! How we see ourselves is more powerful than how others do so.

Remember that only you have the power to feel good about yourself, and only you have the power to harm yourself. Others will treat you only the way you've given them the permission

to do so. Take back your power, and value your worth. When you do so, the world will see it and love it.

**AQUARIUS**

Sometimes the best way to make sense of the world is to see it from a completely different point of view. Doing so will not only expand your personal horizons, but it'll also enable you to get a better understanding of yourself and those around you. You'll be surprised by what you learn. Compassion and empathy when felt deeply with your heart will shatter limiting and self-destructive beliefs within you – allowing you to evolve further along your path. This coupled with mindfulness will help unlock deep wisdom buried within. Use it to help those around you who need it.

**PISCES**

This is a beautiful time to not only take charge of your life and the various situations you're in, but to express your power and authority. When you do so with love as your underlying motivation – you'll notice that not only will others happily comply, but you'll achieve goals easily.

Remember, your success is everyone's success. Everyone's success is your success as well.

There's plenty of room for everyone to succeed – especially you. Thus it's better to be expansive and collaborative, while still holding onto a common vision. Take charge – but with love.