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THAT THE
TEACHER
BUILT

Dr.Sarvepalli
Radhakrishnan

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FOUNDER & EDITOR-IN-CHIEF

SUMATHI SRINIVAS

COLUMNISTS

K R ANANTHI

GEETHA GANGADARAN

RAJEE MANI

WRITERS

SUMITRA KUMAR

V. GOMATHY

MONISHA RAVI

DESIGNER A JD Sharwin Shaswin

Marketing Team RAYES PUBLICATIONS (P) LTD.

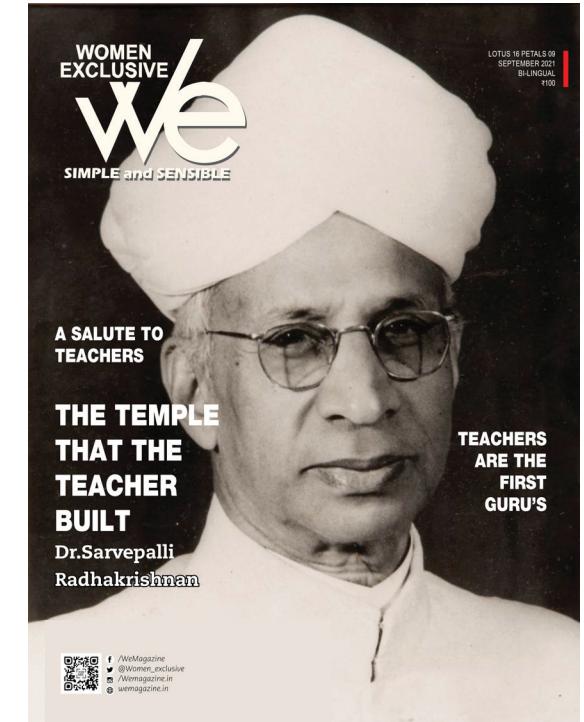
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ON THE COVER: DR.SARVEPALLI RADHAKRISHNAN

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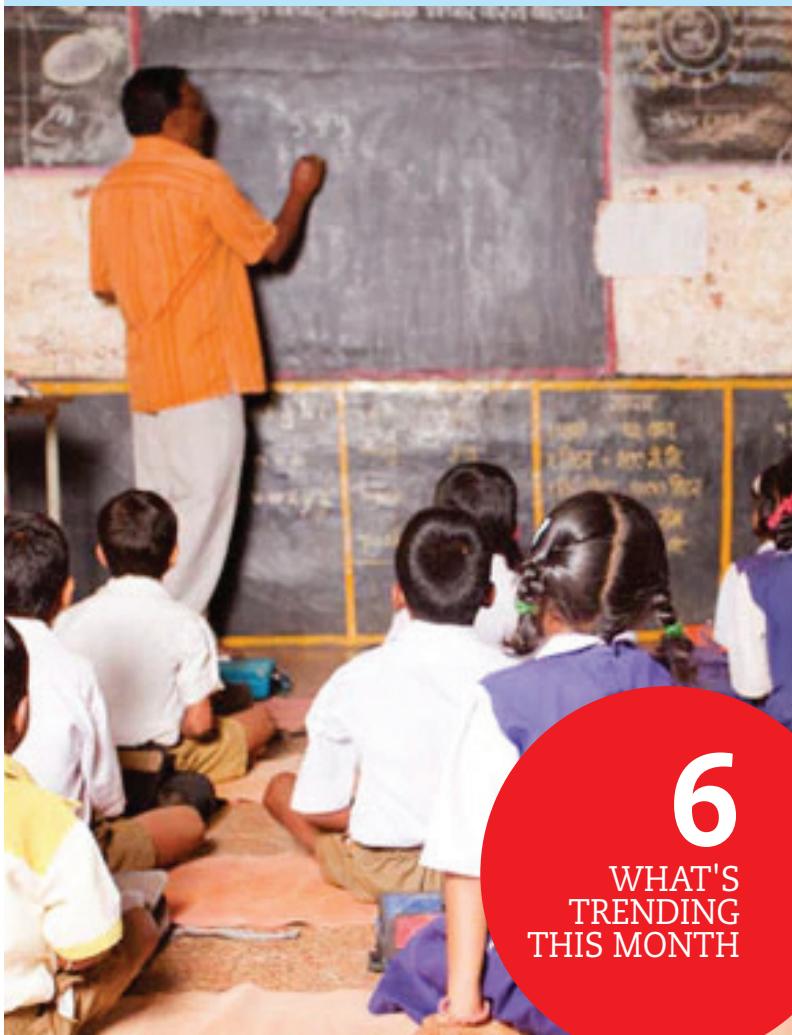


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WHAT'S TRENDING THIS MONTH

LOOK BOOK

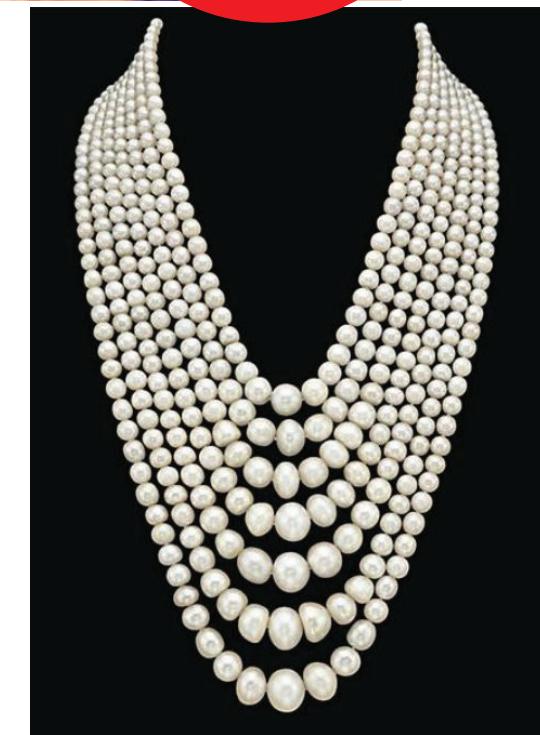
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WHAT'S TRENDING IN JEWELLERY

EVERYDAY WEAR:

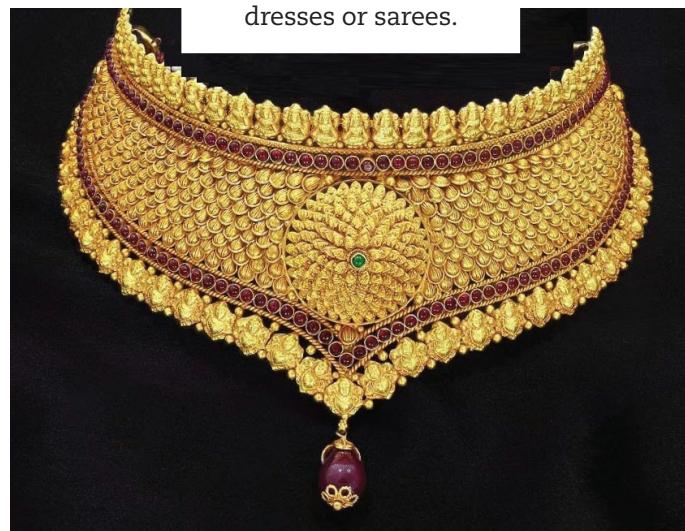
aimed at the youngsters, this new trend involves intricate chains, earrings or bracelets, that can be used everyday. It goes well with both casual, ethnic and office wear. The chains are usually really delicate, with a small diamond or gold pendant.

JEWELLERY



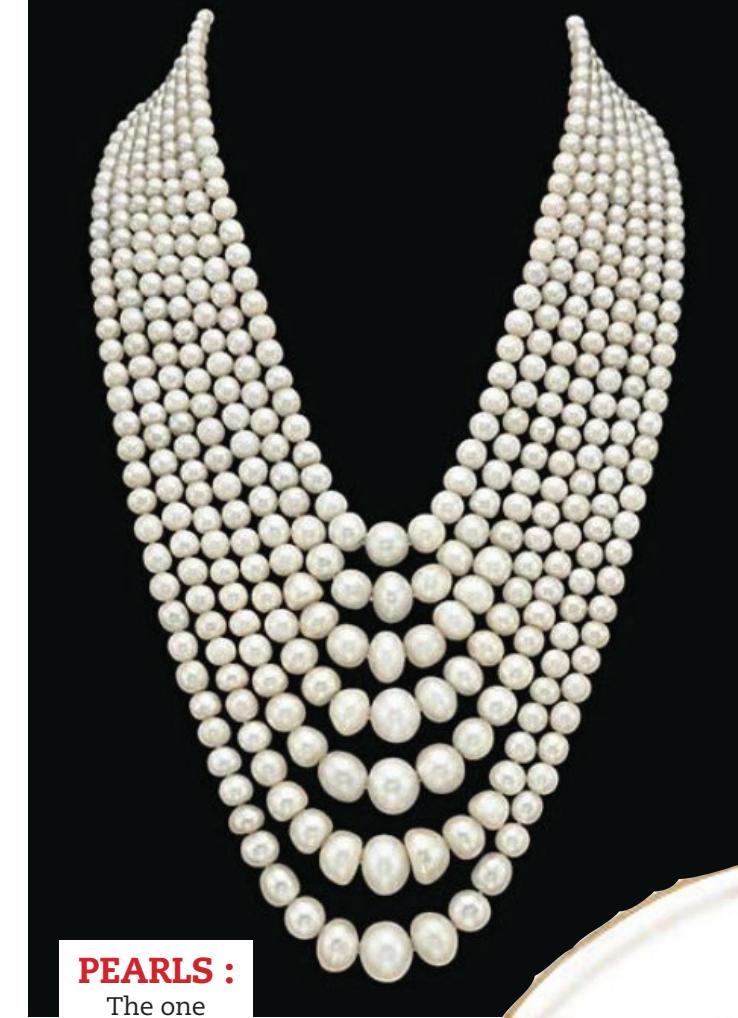
JUST EARRINGS :

This elegant look entails just wearing a long and heavy gold earring. This pairs well with Indian ethnic looks. The neck is left empty, as the focus is sorely on the earrings.



CHOKERS :

This trend never really left where the focus is mainly on the grand necklace be it gold or stones. This gives a royal look and elegant look at those weddings . It can be paired with ethnic dresses or sarees.



PEARLS :

The one piece of Jewellery loved all over the year is pearls. Be it multiple strings or just a small pearl earring, this is well known for that quiet elegance that it gives. It can be paired used while

wearing western , ethnic and for everyday use.



MULTI COLOUR :

The biggest question , what jewellery goes with everything. Here is the answer, the multi coloured jewellery made with semi precious gems , are the one thing that suits every dress!!

MODEL DRESSES

DRAMATIC SLEEVES :

This 1970's look is making a dramatic entrance back into fashion., Bell sleeves, and ruffles in the sleeves make even a plain solid top stand out. This top can be used for casual wear paired with either pants or jeans



KAFTAN

The Kaftan look is back in trend this season. The kaftan top is very ideal for the night out with friends. The look is both amazing to look at and extremely comfortable to wear as well.



FLOWER

From the small daisies to large flowers, the trend of flower print in clothes has never died out. Flowers combined with pastel shades are still preferred by many.



PASTELS

The elegance of the soft pastel shades like pink , green and blue are making a comeback in both dresses and sarees. This look gives a quiet elegance and can be worn for all occasions both casual and at the workplace.



CROP TOPS :

Be it in Indian or western wear crop tops are dominating the clothes scene this whole year. Be it a night out with friends or a wedding reception, this can be a fashion trend to follow.



NEON :

The hot blinding flash of the neon pink or green is back. The neon rage was very popular a few years ago. Now it is back!! This style give a unique look. You can pair this with a solid coloured jeans, pants or skirts.



SWEATS

With the pandemic raging in the city, and with the people still working from home, the sweatpants the ideal go to dress this year. Considered the most comfortable, you can just lie back , relax and binge some Netflix !!

RECIPES FOR WEIGHT GAIN

TIPS FOR WEIGHT GAIN

Sleep well for a minimum of 7 hrs.

Drink minimum of 3 lit of water and avoid water before eating.

Avoid low calorie diet.

Take juices in between meals.

Take frequent meals.

Take high protein diet.

Avoid deep fried items.

Add peanut butter,cheese and panner to your diet.



V. GOMATHY

Dietitian, Frontier Lifeline Hospital

ALMOND BANANA MILKSHAKE

INGREDIENTS

Banana: **2 nos**

Almond: **6 nos**

Milk: **200 ml**

Honey: **2tbsp**

METHOD

- Boil and cool the milk.
- Soak badam overnight.
- In a mixer jar add soaked almond and banana and grind it into smooth paste.
- Now add chill milk and honey.
- Mix all together and serve chill.

NOTE :

ANY FRUIT CAN
BE ADDED INSTEAD OF
BANANA.

INSTEAD OF MILK,CAN
REPLACE WITH SOYA
MILK.

VEGETABLE STUFFED PARATHA

INGREDIENTS

Whole wheat flour: **2cups**

Onion: **1 small chopped and boiled**

Carrot: **1 small chopped and boiled**

Beans : **25 gms chopped**

Panner: **50 gms (grated)**

Green chilli: **2 nos**

Ginger garlic : **½ tsp (paste)**

Coriander leaves

Jeera powder: **½ tsp**

Garam masala powder : **½ tsp**

Ghee: as required

Salt: to taste

METHOD

- Keep a deep bottom pan pour 1 tsp oil.
- Add onion and cooked vegetables.
- Sauté for 1 min add ginger garlic paste ,green chilli,garam masala and jeera powder.
- Mix well and allow it to cool.
- In a basin add whole wheat flour and mix vegetables.
- Add grated panner and salt.
- Mix well and knead the dough well.
- Roll it into soft chappati.
- In a tawa roast on both sides with ghee.
- Serve with cucumber raita.





MUTTON KEEMA WITH GREEN GRAVY

INGREDIENTS

Mutton keema: 150 gms
Greens: $\frac{1}{2}$ bunch cleaned and copped
Onion: 1 chopped
Tomato: 1 chopped
Ginger garlic paste: 1 tsp
Chilli powder: $1\frac{1}{2}$ tsp
Dhaniya powder: 2 tsp
Garam masala powder: $\frac{1}{2}$ tsp
Turmeric powder: $\frac{1}{2}$ tsp
Oil: as required
Salt to taste
Curry and coriander leaves
Pepper powder: $\frac{1}{2}$ tsp

METHOD

Keep a pressure pan and pour oil and heat it in medium flame.
Add chopped onion and tomato
Fry till smooth consistency.
Now add all the ingredients with greens together.
Mix well.
Pressure cook until 2 to 3 whistle.
Then keep in low flame for 3 to 5 mins.
Garnish with coriander and curry leaves

NOTE :

CAN USE AS SIDE DISH FOR POORI, DOSA AND IDLI.
WILL TASTE GOOD WITH RICE AS WELL

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MODAK OR KOZHAKATAI - WITH A TWIST

Lord Ganesha is always portrayed with a sweet in the hand. Of all the sweets that are prepared on that day, the most favourite is of course Modak or Kozhakattai as it is called in the south. One interpretation is that 'moda' means bliss and 'ka' means a small part.

Therefore, modak is a small part of bliss. Belief goes that the food at the feet of Lord Ganesha symbolizes material wealth and power.

By Geetha Gangadharan





Kozhakatai or Modak is a sweet flour dumpling stuffed with coconut jaggery nutmeg and saffron. Being a favourite of Lord Ganesha, this mouth-watering delicacy is an inseparable part of Ganesh Chaturthi celebrations, one can try and make it more often as it is a tasty treat for the whole family, especially the young ones.

FOR THE STUFFING :

1 bowl grated coconut

½ bowl sugar

½ bowl jaggery

Dry fruits [almonds, raisin, pistachio, cashew]

2-3 tsp of pure ghee

A pinch of kesar, cardamom and nutmeg powder

1 tsp poppy seed

2 tsp mava [optional]

FOR COVER :

2 bowls rice flour

A pinch of salt

2 tsp of oil or ghee

Hot water as per requirement

METHOD FOR THE STUFFING :

Pour ghee in a pan and heat it. Add poppy seed and sauté for a minute. Add grated coconut, sugar, jaggery, cardamom, nutmeg power and all dry fruits. Mix it thoroughly, cook till all moisture from the sugar and jaggery begin to dry. It takes about 10-15 minutes for the mixture to dry on low flame. Do not over cook as it will harden up and loose its taste. You can add more ghee if the stuffing becomes dry.

FOR THE COVER :

Boil water [approximately 3 ½ cup], add a pinch of salt and 1 tsp of ghee to the flour, mix it thoroughly. Add 1 tsp of ghee to the boiling water. Add the rice flour to the boiling water at lower heat. Mix well. Cover the vessel, kept it for 5 minutes on low flame to let the rice cook. Knead the dough into a smooth paste without lumps.

Make the dough into small shapes to look like a cup. Fill them with the stuffings. Steam for 5 to 6 minutes.

SOME INTERESTING ALTERNATE FILLING FOR MODAK :

Traditional filling will be coconut, jaggery, nutmeg and saffron. Baklava modak combination of almonds, cashews, walnuts, pistachios, sugar, cinnamon, vanilla essence, zest orange honey and sugar.

Chocolates and walnuts [combine cake crumbs, chocolate chips, walnuts].

Gulkand and mava modak [combine mava, sugar and gulkands]

Sesame seeds modak [Combine powdered black sesame seeds and jaggery]

Fried modak. You can make a simple chappati using rava, maida, atta, little ghee and water. Stuff them with any of the fillings. Shape them into modaks and fry them in medium heat oil. This will stay fresh for 2-3 days



THE FORT ST. GEORGE



GEETHA
GANGADARAN

The British Trading Company began licensed trading at Surat in 1600. To secure its trade lines and commercial interest in spice trade, a need was felt for a port closer to the Malaccan Straits which resulted in the successful purchase of Channapatnam (Madras) originally known as Madraspatinam. It soon became the hub of commercial activities of the British Trading Company. The Madraspatinam gave birth to the new settlement of George Town and finally led to the creation of Madras city which assisted the Britishers to establish influence over Carnatic region, Arcot and Srirangapatnam, as well as to keep at bay the French forces based at Pondicherry.

By the mid-17th century trade in the coromandel coast was already prospering with the British East India Company, vying for monopoly over its French and Dutch counterparts. To protect English trade interests in the area, it was decided that an English Fort was needed in the region. And so in the year 1639, Francis Day and Andrew Cogan, representatives of the British East India Company purchased the strip of land along and inward from the Marina beach from then Nayak rulers of the region for the construction of a new Fort that was dedicated to St. George, the Patron Saint of England. The Fort was completed on April 23- 1644 and had cost the crown £3000. The Fort St. George

was the first Fortress in India.

This gave birth to a new settlement area called George Town (Historically referred to as Black town)

The Fort is a strong hold with 6 metres (20ft) high walls that with stood a number of assaults in the 18th century. In the beginning the fort had a simple plan. At the centre was the Governors house or the castle. There was an outer fortification. A large grey structure with numerous block columns located in the centre of the enclosure, towards the east was in fact the first Fort house of the British.

Hectic reconstruction and new construction followed for two decades.

In 1825 wings appeared on either side of the Western port and in 1910 a second floor over the wings and the magnificent Assembly Hall to the east with magnificent black column were added to the façade.

The fort has the distinction of being home to a number of "first" for the British in India. Among there are the Clive house (constructed in 1609) said to be the first British settlement in India, St.Marry's church India first Anglican Church and the fort Museum which was initially the first office of the Madras Bank.

While the fort complex was initially meant to support a small trade post it soon burgeoned into a bustling city that was divided into white Town where the English and Europeans stayed the Black town where the dock workers and locals stayed with its 20ft walls. The British constructed several iconic structures such as Wellesley House (named after Richard Wellesley a former Governor General of India), St Marry's church a 150 ft high Flag staff and a Fort Museum. The church records and registers dates back to its consecration in 1680.

The first marriage entry is that of Elihu Yale after whom Yale university is named to Catherine Himmers on Nov 4th 1680. Another noteworthy marriage is of Robert Clive with Margaret Maskelyne on Feb 18th 1753.

There were many residences within the Fort for the staff of the company and other foreigners such as, Armenians and Portuguese, composed of several blocks of houses built shoulder to shoulder. On the northern side, were generally private ownership, while those in the south belonged to the company. The oldest houses are those located on St.Thomas street nicknamed as Snob's Alley to the south of Secretarial in which the colonels, major lived.

Clive house also known as the Admiralty house was occupied by Robert Clive in 1753. This was later used for celebration of state functions. Now it is used by the Archaeological survey of India.

The Grand Arsenal was constructed in 1772 to store ammunition. This was built by John Sullivan designated by Co. Patrick Ross.

The king's Barrack in the north west corner is the single largest building with the Fort enclosing 10,255 Sq. m built in 1756 . It was extended in 1762, it was used to accommodate the kings regiment and remained as the home for the British Battalion for nearly two centuries. Currently the army canteen and cafeteria occupy the building.

The Fort Museum was built in 1790. It was called the Exchange House. It housed ship captains and numerous other employees, engaged in exporting merchandise. From February 1948 this was the seat of the Fort Museum. One of the distinctive features of Fort St.George is its Flag staff. With an immense height of 148 feet, it towered over the of the most low topography. It is one of the tallest flag staffs in the country

Although the usual day at the Fort is now dominated by politicians of Tamilnadu, from a complex called Namakkal Kavingar building the remnant of the glorious history can be witnessed at the Fort Museum which houses some of the rarest artefacts from the British era. Coins, weaponry and uniforms dating back to the colonial period, original letters from Robert Clive and Lord Cornwallis are also found. The Fort complex is even now a garrison, that once served as a source of British power in the region.





THE TEMPLE THAT THE TEACHER BUILT

September 5th, the birthday of Late Dr.Sarvepalli Radhakrishnan, scholar, statesman, teacher and former President of India is celebrated in our country as Teachers' Day, to honour and salute the noble community of teachers. On this occasion we present a soul stirring poem of unknown origin which highlights the unparalleled place a Teacher holds in every human heart .

SRI MANGALADEVI TEMPLE AT MANGALORE



RAJEE MANI

Journalist and Columnist in Tamil and English



"Sarva Mangala Mangalye, Shive,
Sarvarha Sadhike;
Sharanyye Thrayambike Devi,
Narayani Namosthuthe."

She is the most auspicious one and the one who bestows blessings upon the world. She is pure and holy. She protects those who surrender to her. She is also called the three eyed one and Gauri (daughter of mountain king). I bow down to Mother Durga, who is the sister of Sri Narayana."

Yes! The Dussehra or the Navratri festival is just round the corner. The divine celebrations echo all over the country in the various flavours & colours of the different states. Maa Parashakthi is worshipped in her various forms of Durga, Lakshmi & Saraswathi during the 9 days. On the 10th day [Vijaya Dasami day] devotees eulogise the victory of Maa Durga as Chandika & Chamunda - the destroyer of the demons Chanda & Munda.

All Shakti temples celebrate this Dussehra on a very grand note with special abhisheka, alankara, archana & homam, where thousands participate with great religious fervour.

The Temple

One such antique temple, is the Sri Mangala Devi temple at Mangalore in South Karnataka. The name of the city itself is attributed to the Deity, Sri

worshipped as Chandika: the goddess is worshipped as Maha Saraswathi on the 8th day. On that day, also known as Mahanavami ,the goddess is worshipped as the Devatha for all fine arts & speech. Aayuda puja is performed. All weapons, tools are worshipped, as the day marks the slaying of the cruel demons by the goddess Durga. Chandika yagas are also performed which is said to cure all diseases. A large number of devotees participate in the Rathothsava on the tenth day. The decorated goddess is mounted on the grand chariot which is pulled in a procession through the streets. Yes it is a sight for the Gods and this is the best time for planning a pilgrimage to Mangala Devi Temple at Mangalore.



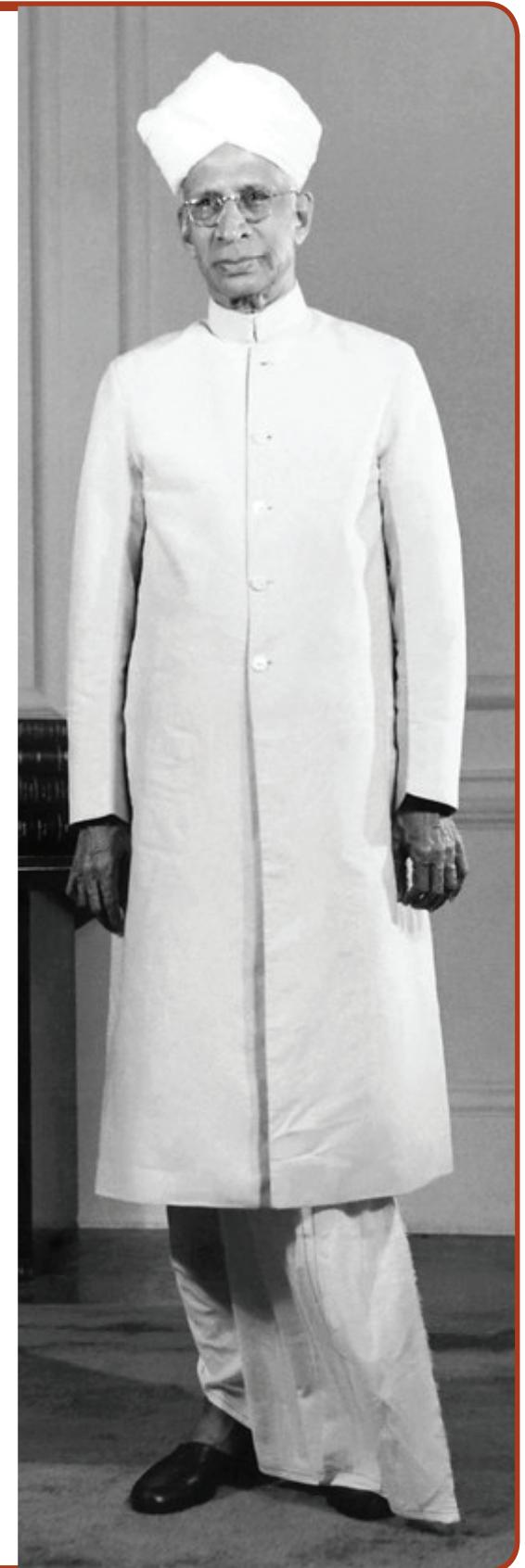
The Deity

After we enter through the 2 tiered temple tower, we are confronted by the Dwajastambham which leads to the main sanctum sanctorum of Devi Mangala. With an effulgence of gold, She is seen seated on a Peeta which is led by 5 steps; this is the exclusive entrance for the priests alone. Devi Mangala is seen as the majestic destroyer of all evil elements.

Around this Moolasthanam, there are sannidhis for other deities. The antiquity & auspiciousness of Sri Mangala Devi Gudi draws heavy crowds on Tuesdays [mangalavara], full moon days & other festival days, the most important being Dussehra.

Dussehra celebrations

Dussehra is the time for special poojas performed on all nine days. On the seventh day, Goddess Mangala Devi is



Rajee Mani

Former Teacher, Vidyodaya Matriculation, Chennai



MAN AND WOMAN

What's life without these light-hearted banters? Laugh out Loud with Sumitra Kumar.

Some days in our lives are wholesome fun with supplemental motivation. Vaccinate against Covid. But never vaccinate yourselves against humour, knowledge and kindness.

"Do we have a thread and a needle?" My husband asks me.

"I guess we do; let me think where it is." "Forget it. I think I have it in my travel kit." He finds it immediately.

"Ah ... good ... smart! But my eyes are weak. I can't thread a needle." I announce with regret.

"Mine too are weak. But I will manage." He sits down to thread the needle and succeeds after ten minutes.

I call him to the balcony; a lovely bird on the mango tree chirps and calls its mate perched on some other tree nearby. They are having a perfect jugalbandi/musical conversation.

"I am at work," he continued stitching, "can't get up now."

"You can't afford to miss this beauty," enamoured by it, I persist, "and it might just fly away soon." He comes to watch the bird and marvels its fire-like red eyes. A good observation, I thought.

I took a lovely short video of the bird singing gaily with its mouth wide open, revealing its tender throat all the way to wherever the music came. Consequently, it relieved itself with a few droppings by slightly lifting its wings after the



strainful singing. Plenty of action in a 30-second video!. I was happy with the shot and even contemplated using Google to learn more about the bird later. After all, it's my neighbour and it entertains me every day hiding somewhere, mostly undetected inside the tree. After months, today, I spotted it. Those rare occasions!

my laziness, especially in light of my being the owner of a customised clothing boutique in the past ,for a good twelve years. It wrapped up years ago as I had moved on to other interests.

"But I am not able to mend my own clothes now and have kept the ones for repair aside, waiting for a suitable day to be addressed. And besides my not-so-sharp eyes, my creative interests have moved in other directions in recent years, you quite see, and you know." I found myself unnecessarily explaining.

"You are a prodigious writer." He



SUMITRA KUMAR

doesn't miss a chance to slip that in, indirectly hinting at my preoccupations with writing. Men often get away with exaggerations. (The chief among them being addressing their wives as their boss in friendly gatherings. No wife will disagree with that!). Acclamations from my better half were pouring in, as my first book still waits to be published, and I have to call myself as a soon-to-be author for the time being!

"I do what I enjoy," I smiled and tried to justify, "But I have a suggestion. Why don't you mend at least one piece of my clothing for me? I would love to take a picture of you in action and show the world what a loving husband I have, for I love you immensely, watching you mend your shorts. Everyone will agree and vouch for this; you will become the perfect husband. History has shown many 'perfect wives' but a few 'perfect husbands'. Give me a fair chance to glorify my husband." I tried to convince him that he will be a rare, desirable breed!

"Ah ... yes, I need it. It is the need of the hour. As you have already been telling the world that I conned you into marrying me." Now he was outshining me with his imagination. He should be a Writer, I mused.

"Oh ... yeah. Haven't I," I played along, "let's prove it wrong now." I supported his sentiments, hoping to get that one garment of mine repaired, especially during the lockdown, when people continuously discover a brand new side to themselves and their family members! It will be a testimonial to your husband-worthiness."

Amid our raillery, he finished mending his shorts. The doorbell rang—it was the same friendly and caring guy from the Corporation checking on our health. He asked me, "all is well?" I responded with a thankful smile and thumbs up. I hope other cities too get the same care from their governments. In the meantime, I had forgotten to click the rarest picture of my life—my husband mending his shorts; what an opportunity had lost.

"Oh, the melodious bird outside, why did you distract me?!" He (certain it was a 'he'—as the male and female spout out different tunes, I learnt eventually) had flown away, perhaps after finding his consenting date to make his day. But I had to blame someone



for the opportunity lost in my day!!!

Later, I learnt that the beautiful bird is the Asian Koel/Cuckoo. I should have done my research long before, but let's agree that it's always better late than never to learn and find a brighter new side to ourselves!

Here are some facts sourced from Wikipedia on the Asian Koel:

The Asian koel (*Eudynamys scolopaceus*)^{[3][4]} is a member of the cuckoo order of birds, the Cuculiformes. It is found in the Indian Subcontinent, China, and Southeast Asia. It forms a superspecies with the closely related black-billed koels and Pacific koels, sometimes treated as subspecies. The Asian koel, like many of its related cuckoo kin, is a brood parasite that lays its eggs in the nests of crows and other hosts, who raise its young. They are unusual among the cuckoos in being largely frugivorous as adults.^[5] The name koel is echoic in origin with several language variants. The bird is a widely used symbol in Indian and Nepali poetry.^[6]^[additional citation(s) needed]

The Asian koel is a large and long-tailed cuckoo measuring 39–46 cm (15–18 in) and weighing 190–327 g (6.7–11.5 oz).^{[7][8]} The male of the nominate race is glossy bluish-black, with a pale greenish grey bill; the iris is crimson and has grey legs and feet. The female of the nominate race is brownish on the crown and has rufous streaks on the head. The back, rump and wing coverts are dark brown with white and buff spots. The underparts are whitish but are heavily striped. The other subspecies differ in colouration and size.^[9] The upper plumage of young birds is more like that of the male, and they have a black beak.^[10] They are very vocal during the breeding season (March to August in the Indian Subcontinent), with a range of different calls. The familiar song of the male is a repeated koo-Ooo. The female makes a shrill kik-kik-kik... call. Calls vary across populations.^[9]

MONISHA
RAVI

AMLA

THE WONDER FRUIT

When we think of Vitamin C the first thing that comes to mind is the Amla or Indian Gooseberry. The berry is rich in vitamin C, which makes it one of the most sought after fruit by many , be it for immunity boosting or for skin health.

It has been proven that Amla can be used by those suffering from diabetes. It helps to control the spikes in the level blood sugar. It also aids in the absorption of nutrients into the various cells in the body.

Vitamin C is crucial for the immunity to develop

in the body. Lack of immunity leads to viral or bacterial infections. Keeping immunity levels high is very important especially now , during a viral pandemic. Continuous lack of Vitamin C may lead to other complications like scurvy. Amla is known for its high levels of Vitamin C, and helps to keep any infections away. Amla also contains vitamin A, which is crucial for eye health, Iron and calcium.

Amla is a valuable component in the Indian Ayurvedic system. Amla has been used in Indian medicine for more than 1000 years. Apart from

health, Amla is used in skin and hair care as well. Externally, Amla can be used to lighten the skin tone and remove tan from the face. It is also used in anti ageing products, as it boosts the collagen levels in the skin. It is also an excellent source of anti oxidants, so it helps improve any impurities in the skin. It also increases the immunity of the skin.

Amla stimulates the scalp , thereby increasing the growth of hair. It contains calcium, which helps to strengthen hair. Amla also has anti fungal properties, which make it a good remedy for dandruff. Further , due to its nourishing properties, it can be used to revive dull hair. One common hair condition is premature greying. Regularly eating this wondrous fruit will help nourish the hair with iron and vitamins.



BAD BREATH MAY BE A THREAT!

Bad breath medically known as “Halitosis”, is a term used to describe the type of odor emanating from the oral cavity.

Bad breath is not uncommon and affects almost 65% of the world population.

There are many reasons why you may get bad breath, some of which are listed below.



DR. K R ANANTHI

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

CAUSES

ORAL FACTORS

- Food lodged between your teeth or on your tongue
- Dry mouth
- Unclean dentures
- Faulty fillings where food gets stuck
- Food such as garlic, onion and cheese/ strongly flavoured or heavily - spiced foods
- Dental infections such as gum boil

SYSTEMIC FACTORS

- Respiratory tract infections such as Bronchitis, Pneumonia and Sinusitis
- Systemic Diseases like Diabetes, kidney Failure or Liver Diseases and GERD

HOW DO YOU GET BAD BREATH

When any food particles gets stuck between your teeth, gums, your tongue or even on dentures and if you do not brush or floss them off, the food particles begins to rot and invite bacteria to feed on them. This results in the release of odoriferous substances known as “Volatile Sulphur Compounds (VSCs)” and thus give you a smelly breath.

WAYS TO FIND YOUR BAD BREATH BY OWN-SELF

A better way to manually assess your breath is to lick the inside of your wrist and smell it. The scent of breath on the skin will be easier for your nose to pick up. Even so, this technique is not completely fool-proof.

OTHER WAYS TO FIND OUT.

AT HOME

- Ask someone you trust to let you know if your breath smells good or bad.
- Using a tongue scraper may also be beneficial, for both assessing and eliminating bad breath.

AT THE DENTIST

- You can also ask your dentist for a bad breath test.

HALIMETER TEST

- This test measures volatile sulphur compound (VSC) level. VSCs are caused by an overgrowth of bacteria, either in the bowel or mouth.

ORGANOLEPTIC METHOD

- This method relies on a dentist's personal assessment of the way your breath smells through a plastic straw. Often, the dentist will compare exhalations from the nose to those of the mouth in order to make a determination.

TEN GOLDEN WAYS TO FIGHT BAD BREATH

- Brush your teeth twice a day, make sure you do it along the gum line and on all teeth surfaces.
- Use a tongue scraper to get rid of the lurking odour-causing bacteria on the surface of your tongue
- “Floss the Moss” off your teeth regularly using an Interdental aid
- Avoid foods which tend to cause bad



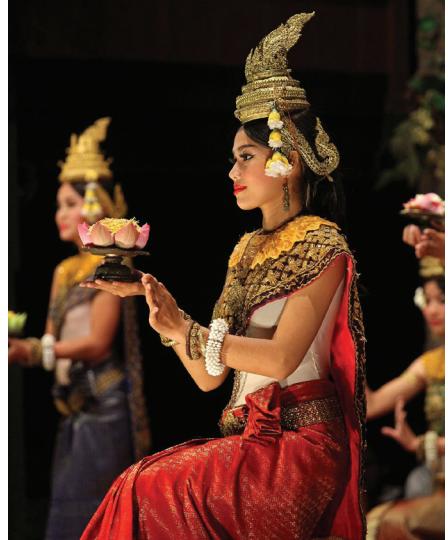
breath. Try avoiding regular intake of alcoholic beverages , which cause bad breath.

- Tobacco products are also cause bad odour
- Eat more fruits and vegetables
- Rinse your mouth with a mouth wash containing Chloride and Zinc
- If dry mouth is the culprit, drink plenty of water or chew sugar free gum to stimulate the salivary flow.
- Clean your dentures regularly using a disinfecting solution and treat existing tooth decay
- Last but not least , periodic visits to your dentist twice annually will help keep bad breath at bay.
- Bad breath is a result of poor health and may also be a sign of other health problems or an unhealthy life style. Therefore, the maintenance of a good level of general and oral health is the only mantra in combating it.





CAMBODIA - WHERE HISTORY COMES ALIVE



This mystical country in south-east Asia enveloped by Vietnam, Laos and Thailand on its 3 sides has never failed to leave visitors spellbound with its natural and historical treasures.

TEMPLES OF ANGKOR

Undoubtedly the most sought after destination in Cambodia, Angkor is the world's largest religious complex. Angkor was the administrative centre of the Khmer empire for several centuries and today The Angkor archaeological park- which is spread over 400 square kilometres-contains the ancient ruins of the different regimes from 9th - 15th century. Some of the famous temples here are the Angkor Wat, Angkor Thom and The Bayon temple which

are replete with intricate sculptures.

All these temples are built as a symbolic representation of Mount Meru which is considered as the divine abode of the gods in Hinduism. While the earlier temples are dedicated to Hindu gods, there a gradual shift towards Buddhism can be noticed in the later temples such as Bayon and Angkor Thom.

ANGKOR WAT

Built by Surya Varman II, this is one of the most iconic structures in all of Angkor. Angkor Wat is known for its architectural brilliance and intricate sculptures and may require more than one day/ visit savour its cultural significance and beautiful craftsmanship in the bas-reliefs. There is a long standing debate if the Angkor Wat was built to be a temple or a tomb since it is built facing the west and all the sculptures are also positioned to be viewed in the anti-clockwise direction, both of which are practised only in funeral rites. But the magnificent fortress like structure surrounded by a vast moat certainly has grown to become one of the must-visit places for history aficionados.

The Indian Influence

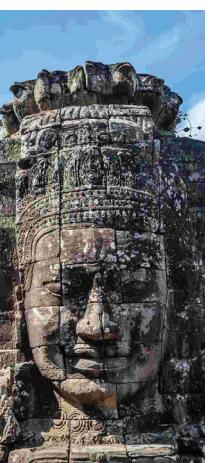
The influence of south Indian temple architecture in the temples of Angkor and usage of the name "Varman" - which is a signature of the Pallava kings - tells us more about the strong roots both the countries share. Indian epics such as Mahabharata and Ramayana are beautifully depicted in the inscriptions and sculptures that adorn the temples. There has also been a flourishing maritime trade between Cambodia and India since times ancient.

Siem Reap

The name of the city literally means Siamese defeated, referring to the victory of the Khmer Empire over the army of the Thai kingdom in the 17th century. The gateway to the UNESCO World Heritage Site of Angkor, Siem Reap is usually the most visited city by tourists. Since Angkor maintains its pristine environment unpolluted by commercial tourism ventures, visitors have to look for accommodation only here. Proximity to the Angkor has transformed this silent little town into a flourishing city sprawling with luxury hotels, restaurants and commercial streets catering to the huge crowds that throng Angkor.

Phnom Penh

The capital of Cambodia was once referred to as the Gem of Indochina and the Pearl of Asia. Reeling from the aftermath of mass violence and genocide in the late 1900's, the city is slowly turning in to the



epicentre of all cultural and culinary activities in the country. Tuk-tuks and motorcycles are constantly speeding by in this bustling city which has plethora of sights including palaces, Buddhist temples and other monuments. Located on the confluence of three rivers, the river side promenade is dotted by quaint cafes and restaurants to kick start your gastronomic journey too. The other important sights in Phnom Penh are the Royal Palace, the Silver Pagoda, the National Museum, the Toul Sleng Genocide Museum, the Choeng Ek Killing Fields and Wat Phnom. It also has a vibrant marketplace selling carvings, paintings, silk, silver, gems and antiques.

The Southern Islands

Located on the southern coast of Cambodia, this island is the picture perfect natural retreat which has still managed to remain hidden from the eyes of the world. Fishing villages, serendipitous sandy beaches marked by hammocks as far as the eye can see and an abundance of nature is what this island promises to anyone who dares to explore Cambodia beyond the ancient temples of Angkor.

APSARA DANCE PERFORMANCE

The mesmerising Apsara performance is something that should be on every traveller's bucket list. This traditional dance performance of the Khmer regime was almost completely wiped way during the devastating genocide, but dancers and enthusiasts have been reviving this art and taking it to tourists through special performances in many places but an Apsara belongs in the Angkor temple. Even today dancers who learn the Apsara dance dream of performing in the temples that once housed their ancestors. The temple has sculptures of several hundreds of Apsaras, each handcrafted with a unique style that is a testimony to their craftsmanship.

THE BATTAMBANG CIRCUS

The Phare Ponleu Selpak circus which is one of the main attractions in Battambang is a beautiful mix of traditional and modern theatre, music, dance, acrobatics, juggling and contortion performed by the famous artists of Phare Ponleu Selpak Artistic and Social Center.

CULINARY TREATS

While Thai and Vietnamese food have had their fair share of spotlight in the culinary world, Cambodian cuisine certainly has its own range of delightful food such as Fish Amok, Lap Khmer, Red Tree Ants with Beef, Nom Banh Chok, Khmer Red Curry, Bai Sach Chrrouk, Lok lak and a lot more. The primary protein used is beef, pork and lamb and the unique red ants which are used in a variety of dishes here. The tropical pungent fruit of Durian is a local specialty in Cambodia, with the Kampot region being a major producer of the fruit. One of the world's best pepper also comes from this region.

NIGHT MARKETS

The best night markets in Siem Reap offer a wide range of products from handicrafts to tasty street food. One can purchase





authentic Cambodian crafts such as stone carvings, silverware, lacquer figurines, ceramics, and silks here. These outdoor shopping venues often host live music performances, and interesting workshops to enthrall the visitors but like all local markets in Asia, bargaining is a must-have skill before you enter them.

With a history so enchanting and the growing promise of a modern tourist destination that doesn't compromise on its culture, Cambodia has definitely captivated everyone as the place as the culmination of culture and modernity with an eclectic fusion of arts, dance, food and entertainment.



CATCH 'EM YOUNG !!!

A person is never too young to be successful. Andrea Wellington, who at a tender age of 8, is climbing her way to the top as one of the best skaters in the city.

Andrea began her skating journey at the age of six, when her parents decided that she needed a physical activity. What began as a form of exercise for this young athlete, grew into a serious sport. From the beginning, she showed immense talent for it. Over the last couple years, this young athlete has won 25 gold medals, 6 silver and 3 bronze medals.

Recently, she also took part in the 58th National Roller Skating competition in Mohali Punjab, where despite severe weather conditions, the young athlete was able to win 3 golds, in the under 9 category. She took part in 1000 meters, 500 meters and 500 meters street skating. Talking about the competition, Andrea said that she found the weather very difficult, as it alternated between extreme cold and heat. She added that this affected her performance initially, however with perseverance, she was able to win. The competition saw many youngsters from all over the country. Andrea's trainer Shathyamurthy is all praise for the young athlete.

In an interview, the trainer pointed out that Andrea's talents



were unique. He added that unlike others, she retained her energy levels till the very end of the race.

Behind Andrea, are proud parents Pravin Sam Wellington and Misba Wellington who, are ready to support the young athlete's dreams as much as possible.



'GANAPATHI BAPPA MORIYA'

Ganesh Chaturthi is one of the most popular Hindu festivals. This is the birthday of Lord Ganesha. The following story is narrated about his birth and how he came to have the head of an elephant.

'Mushika vaahana modaka hasta, Chaamara karna vilambitha sutra, Vamana rupa maheswara Putra, Vigna vinayaka paada', which means, 'O! Lord Vinayaka! the remover of all obstacles, the son of Lord Shiva, with a form which is very

short, with mouse as thy vehicle, with sweet modaka in hand, with wide ears and long hanging trunk, I prostrate at thy Lotus like feet'.

Once upon a time, the Goddess Gowri (consort of Lord Shiva), while bathing, created Ganesha as a pure white being out of the turmeric paste and placed him at the entrance of the house. She advised him not to allow anyone to enter while she went inside for a bath. Lord Shiva was returning home quite thirsty and was stopped by Ganesha at the gate. Shiva became angry and cut off Ganesha's head as he thought Ganesha was an outsider.

When Gowri came to know of this, she was sorely grieved. To console her grief, Shiva ordered his servants to cut off and bring to him the head of any creature that might be sleeping with its head facing north. The servants went on their mission and found only

Then the festival ends with an immersion ceremony, where the idol is immersed in the sea, river or well. The ceremony called Ganesha Visarjan (Immersion of Ganesha) is as popular as the actual festival.

an elephant in that position. The sacrifice was thus made and the elephant's head was brought before Shiva. The Lord joined the elephant's head onto the body of Ganesha.

Lord Shiva made his son worthy of worship at the beginning of all undertakings, marriages, expeditions, studies, etc. He ordained that the annual worship of Ganesha should take place on the 4th day of the bright half of Bhadrapada.

He is the Lord who removes all obstacles on the path of the spiritual aspirant, and bestows upon him worldly as well as spiritual success. Hence, he is called Vigna Vinayaka.

Lord Ganesha represents Om or the Pranava, which is the chief Mantra among the Hindus. His two feet represent power of knowledge and power of action. The elephant head is significant since it is the only figure in nature that has the form of the symbol for Om. The significance of riding on a mouse is the complete conquest over egoism. The holding of the ankusha represents his ruler-ship of the world.

Many weeks or months before Ganesh Chaturthi, sculptors start making life-sized clay models of the idol. Many idols of varying sizes and colours adorn the streets. The simple clay models of Lord Ganesha are also available in the markets. Even to this day, traditional orthodox families make these clay statues at home.

Flowers and durva grass or arukampal are used during the pooja along with chanting mantras.

Modak, a steamed preparation made using rice flour dumpling stuffed with jaggery, grated coconut and dry fruits is offered to Lord Ganesha on this special day.

During the festival, clay idols of Ganesha are specifically prepared, and most families install a Ganesh Murthy for two to eleven days. During this time, prayers [aarti] are performed and hymns are sung at morning and evening. Sweets like modak and kheer, sundal are prepared for the puja. Then the festival ends with an immersion ceremony, where the idol is immersed in the sea, river or well. The ceremony called Ganesha Visarjan (Immersion of Ganesha) is as popular as the actual festival.

Apart from the small idols of Ganesha installed in various houses, there are also many public celebrations called Sarvajanik Ganeshotsava. The immersion of idol in water symbolizes Ganesha washing away all your troubles.

There is a belief that one can worship Ganesha made of different materials to gain different boons. Worshipping a silver 'Ganesha' grants us a long life and worshipping a green jade fulfils our noble wishes and grant us inner peace and moksha. Worshipping a crystal [spatika] Ganesha is for harmony between husband and wife.

By Geetha Gangadharan

LOOKING FORWARD - SEPTEMBER 2021

**ARIES**

This will be the month that you will see a significant boost career wise. You will be career driven and will start new projects. Financially this will be a rewarding month. On the relationship front, September will have some hurdles, but you will be able to overcome them. September will be a time for friends as well. So take the time to spend some time to relax

**TAURUS**

On the professional front you will have some creative ideas. This month will see Taureans keeping their nose to the grindstone at work. Remember to take some time off to relax as well. This will be the best month for love. For those who are single, this will be your month to find true love. Relationships will thrive this month.

**GEMINI**

For those job holders, this will be an amazing month. You will get the promotion that you have been patiently waiting for. Financially, this month expect a lot of ups and downs. Make sure that you research any investments before investing your money. There will be unexpected expenses so remember to budget. Take great care to avoid any confrontations with your significant other.

**CANCER**

This month will see a dip in terms of career. There will be some hurdles in the professional and relationship front which will take a turn for the better towards the second week of the month. Make sure to keep your calm during any arguments at work and home. There will be a positive windfall on the economic front. Take precautions while considering investments.

**LEO**

This month will see a tremendous gain on the professional front. Those looking for a job, will get their dream jobs this month. Try to remain less aggressive on the professional front. The economic front will remain the same this month, with no big changes. On the relationship front, there will be some up and downs. Take care to avoid any clashes with your significant other.

**VIRGO**

This month will see you working very hard, so try to take some time off. There will be a few ups and downs in the professional life, but ultimately your hard work will pay off. Financially however you will see an unexpected gain. You will be earning from multiple sources. There will be no big changes in on the relationship front

**LIBRA**

The professional front, it will be extremely favourable. There will be many creative ideas that will prove positive this month. There is a possibility of an additional income this month, so things are looking up in the economic front as well. Avoid unnecessary spending and stick to your budget. On the relationship front, things will remain pleasant with the significant other. New relationships will also be formed this month.

**SCORPIO**

This will definitely be the best month professionally. Long awaited promotions or jobs will unexpectedly come up. Financially too, this will be the right time to invest as you will see amazing returns. However caution is required before investing. You will also have an unexpected windfall towards the end of the month. Relationships will also be good between couples and singles may find their significant other.

Take care to avoid any arguments.

**SAGITTARIUS**

Professionally and financially this will be the best month as you will see a significant increase in income. There will be additional responsibilities, however they will all go on smoothly. This month will also see you donate money to charitable organisations. Keep track of your expenses this month. The relationship front will see no disruptions and arguments, you will have a smooth sailing with your significant other.

**CAPRICORN**

There will be some hurdles on the professional front in the first half of the month. Celebrate the successes on the professional front this month. However it may recover at the second half of the month. Keep working hard and you will see the benefits. Financially, this month will bring in income through previous investments. Make sure that you don't over spend this month. Relationships will flourish this month and for those who are single, this month may bring in some unexpected surprises.

**AQUARIUS**

The month will be normal, there will be no major gains or losses and everything will remain the same. Continue to work hard to see good results professionally. Financially, be extremely vigilant with some losses. Do not invest during this month. Keep a sharp eye on the expenses as you may tend to spend more than you have. Stick to your budget. Relationship

front will be extremely favourable, however there will be some unexpected expenses. For those who are planning weddings, this will be the best month. Keep track of your health and the health of your partner this month.

**PISCES**

Only hard work will payoff this month professionally. There will be more responsibilities this month on the work front. It will entail longer hours at work. The hard work will payoff in the second half of the month with higher profits. Financially, it will be a normal month.

Relationships may experience some highs and lows. Make sure that you think rationally and avoid any confrontations with your significant other.