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OLD IS GOLD
A LOOK AT THE
INTERNATIONAL
OLDER PERSON DAY



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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

LATA PRAKASH

DESIGNER A JD Sharwin Shaswin

Marketing Team RAYES PUBLICATIONS (P) LTD.

Executive Manager T GOPINATH



Rayes Publications (P) Ltd.,

No.8/3, 13th Street, Nandanam Extension,
(Behind Venkateshwara Hospital), Chennai - 600035

TO ADVERTISE, REACH US AT
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TO SEND ARTICLES:
articles@wemagazine.in

CALL US ON:
+ (91) 988 433 1103
www.wemagazine.in

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WHAT'S TRENDING

JEWELLERY

NEON AND BLING

Neon and bling is back. With chains, necklaces and even bracelets in that flashy green or hot pink, adding a needed flair to an otherwise common outfit.



TIERED CHAINS

This has become a major trend. The tiered chains make a string fashion statement. Can be worn with business casual outfits and for a fun night out with friends.



INITIAL PENDANT

This as its name suggests, is a pendant with the wearers initial. The chain is simple and thin, with a unique pendant. This is for everyday wear. It is both modern and chic.

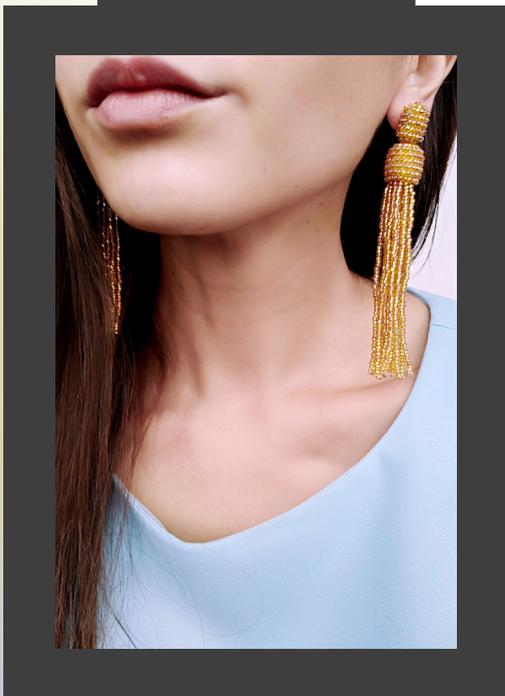


HAMMERED GOLD

This is something new that is trending. Hammered gold refers to the slight texture that is seen on the gold. A small hammer is used (hence the name) to achieve a small pattern, making it a unique design.

A MODERN TWIST

With the wedding season upon us, the search for something modern persists. Gold jewellery with a modern twist. Ruffle or spiral earrings, which were only in artificial is now seen in gold and silver as well.



MODEL DRESSES

TIER DRESSES

The ruffles of the three and four Tier dresses are trending now for any upcoming marriage reception or a fun party.



SHIMMER

Shimmer dresses is an interesting way to stand out in a crowd. Be it party wear or just a night out with friends, this is going to get you noticed wherever you go



FLORAL:

Floral patterns have been around for quite a while now. Sarees, dresses or even just everyday wear is sporting this trend. Floral dresses are ideal even as a party dress. Pinks, yellows and blues add that splash of colour making it an ideal choice.



PASTEL:

You can never go wrong with pastel, the beautiful beige or ivory gives that special elegance. Pair it with darker pants or skirts and you are ready for work or a fun party



RED AND GOLD :

This is an old and traditional look that is coming back into vogue this October. With the bridal season around the corner, this elegant look is a must have for all those beautiful brides. Pair it with gold jewellery.

NAVARATHRI

SPECIAL RECIPES



V. GOMATHY
Dietitian, Frontier
Lifeline Hospital

DATES FIG LADOO

INGREDIENTS

Dates: 200 grams |
Fig: 150 grams | **Almond:**
50 grams | **Cashews:**
50 grams | **Ghee:** 2
teaspoons.

METHOD :

- Chop the dates and figs into pieces.
- Transfer them into a jar and make it into a paste.
- In a pan pour one teaspoon ghee and add all chopped. Add the nuts and fry till golden brown.
- Transfer the nuts into a bowl.
- In same pan add ghee, the dates paste and roast it until it completely softens.
- Now add roasted nuts and mix them in well.
- Transfer the mixture into a butter paper.
- Allow it to cool completely.
- Take a small portion of mixture and make small ball sized laddoo..



PEANUT CHIKKI

INGREDIENTS

Roasted peanut : 1cup | **Jaggery :** 1cup | **Ghee** 2 tbsp.

METHOD

- In a mixer add peanuts and grind it coarsely.
- In a pan add the grated jaggery and ghee.
- Allow the jaggery to completely dissolve in the ghee
- mix the jaggery continuously in medium flame until golden brown.
- Now switch off flame and add peanuts into the jaggery and mix well.
- Grease a wooden tray and transfer the mixture to it
- Spread evenly with a greased spoon.
- Let it set for 5 minutes.
- Now cut into square shape chikki and allow it cool for ½ hour.



COW PEA SUNDAL

INGREDIENTS

Cow pea – 250 grams
Dhanya – 2 tsp | **Red chillies**- 3 no's | **Gram dhal** – 2tsp | **Mustard** – 1tsp | **Jeera** – 1 tsp | **Oil** 3 tsp
| Salt to taste.

METHOD

- Soak the cow pea for 5 hours.
- In a pressure pan add the soaked cow pea along with some salt.
- Pressure cook it upto 4whistles.
- In a pan dry roast the Dhandia, red chilli,gram dhal and grind it .
- In a pan pour oil add mustard and jeera .
- Add the powder and mix well and add cooked cowpea.
- * Mix well and serve.



CARROT PAYASAM

INGREDIENTS

Carrot – 150grams | **Sabudhana** – 50grams | **Full cream milk** – 1 litre | **Milkmaid** – 1 tin | **Cashewnut** – 25 grams | **Badam** – 25 grams | **Ghee** – 3 teaspoons | Cardamom powder

METHOD

- Clean the carrots and cut them into small cubes.
- Clean the badam skin and soak them along with cashews and 50ml of milk.
- In a frying pan pour ghee and add the carrots.Sauté them in small flame ,for two minutes which helps to avoid raw smell.
- In a jar add the carrots and soaked nuts and grind them into a coarse paste.
 - In a pan add ghee and fry sabhudana until it pops.
 - Add hot water to it and close it with a lid and keep aside.
 - In a thick bottom pan add milk and allow it to boil.
 - Now add cooked sabhudana and carrot paste to milk and stir slowly.
 - Now add the milkmaid.
- Stir well and finally add the cardamom powder and fried nuts and serve hot.



NAVARATHRI



Navarathri is a big Indian festival celebrated not only for happiness but also to glorify the spirit in us. Because, spirit alone can destroy negative qualities like inertia, pride, obsession, cravings, aversions, etc. According to Swami Tejomayananda, the theme of the entire Vedas is reflected in the Navarathri festival. So let us purify the mind, cultivate positive virtues, spiritual knowledge and transcend limitations through this occasion. **By Geetha Gangadharan**

'Nava' means 'nine', 'Ratri' means 'night'. The great universal power which is mother Goddess is worshipped in Her various forms as Durga, Lakshmi and Saraswathi. Though the Goddess is one, she is represented and worshipped in three different aspects. On the first three nights of the festival, Durga [to destroy all our vices, impurities and defects] is worshipped. On the following three nights, Lakshmi [the giver of spiritual and material wealth], and Saraswathi Devi

[Goddess of Wisdom] on the last three nights. The tenth day is called 'Vijayadasami'. 'Vijaya' means 'victory', the victory over our own minds.

In Tamilnadu and other southern States like Karnataka and Andhra Pradesh, golu is one of the main aspects of Navarathri. Golu is a display of Gods and Goddesses, celestial being, martyrs, saints, mortals and other such dolls are arranged on steps that are set up using wooden or metal planks.

There are a number of stories behind the Golu tradition. While some say, it is an invocation of the Gods into our homes, other say it is a way of reminding us of the hierarchy in life from the insects to the omnipresent God.

An important ritual in Navarathri is the exchanging of 'Thamboolam' (betel leaves and nuts, turmeric, bananas and coconuts). On each day of the Navarathri festival, 'sundal' or spiced pulses, lentils and legumes (one variety every day) are offered to the Gods and Goddesses as 'Neivedhyam' and then to guests as 'prasadam'.

According to some, offering of sundal during Navarathri is to appease the navagrahas or nine planets

(some attribute to the practice to nava shakthis). According to this tradition, devotees cook and offer only the 'nava dhaanyas' or lentils associated with nine planets namely rice, wheat, tuvar dhal, moong dhal (green gram), channa dhal, white field beans, sesame seeds, horse gram and urad dhal.

Another theory believes that it is purely for the nutritional value that during the dull days of September-October when the weather is not too peppery, people easily get tired and that the wise therefore prescribed that protein and vitamin rich sundals be served during Navarathri to rejuvenate people.



LANGUAGE VANGUAGE!



SUMITRA
KUMAR

Cross the borders and the language is different, but the emotions are the same. Then what's in a language? Learn as many as you possibly can—points to ponder, **by Sumitra Kumar.**

Language is a mode of expression for humans. Where animals only have their eyes and monosyllabic sounds to emote or express, humans have built a geographically unique and fascinating tool called language. Language unlocks volumes of the imagination, drawing them into a world of crisp and colourful expressions. These soft or hard-hitting expressions can be persuasive, emphatic, manipulative or aggressive. A widely spoken language keeps growing and evolving with time, and diehards of the old versions have to relent at some point to go with the trend.

It's evident those who are born in whichever part of the world speak that language. Migrants with a different mother tongues, are lucky to get bilingual from a very young age. For those born in their native place and continue living there, the local language becomes the same as their mother tongue. They develop a great fondness for it, being their sole language of communication, which is normal and beautiful. If they write poetry or stories, it comes from the heart, with a strong local flavour and fragrance that can reach far and wide through its translations, making the language more rich and famous. Furthermore, language preserves all good and bad events of history, and

mastery over it gives us comfort in any social situation.

When we read something in any language that is superlative, it gives us goosebumps. Certain writings are the best in the original language, because they influence us early on and stay with us throughout our life. Since we read and hear it first in our favourite language, it appeals to us more. It is like when the original version of a film often seems far superior to its remake. If free expression is well-deserved freedom for all, language or the medium used to express our thoughts should also undoubtedly enjoy the same freedom. The language's popularity and broad-based comprehension are the pertinent points we may consider to reach out to a larger audience.

A child is dying to speak at the earliest. Their babbling efforts are cute beyond words. The urge to learn, to talk is, high that their brain acts like a sponge. A child can learn more languages at a young age, it is not so easy for adults. Let's not deny that an inborn talent for many is finding an outlet for every child. That is why offering more languages in schools is essential. In our country, the native language and English (because of its history in the Indian context) are rightly made mandatory. In third and even fourth standard, if possible language should be offered as option. Those who want, can pick it up. We must give our children the freedom to pick a popular foreign language as it may hold significance in their future career, which will assist in commerce in their era of globalisation. A state and its people are like the children of the Nation, not the State alone. It is, therefore, all about an approach to an idea. In the Indian context, we must give our people the freedom to choose

word problems where the statements could challenge many bright kids.

With sufficient language power, great orators have influenced mindsets. To sell their thoughts and wares, one must hone their language skills to take them far. To captivate minds is the first step for many in any profession. The fact is, the best orators have become strong politicians or leaders and they have a particular following, irrespective of their chosen ideology. Even spiritual masters use the power of language. Their messages delivered with the right choice of words can move people. Whether you want to be moved or make a counter move is your choice but what is appreciated is the thought translated into the apt language!

Human minds are generally creative, but a refined expression brings recognition that encourages further creativity. Don't underestimate the power of languages. Love your Mother tongue and learn it with love; it is special beyond words and is the first and best tool for a creative mind. Always be enthusiastic to learn as many languages as you can, when given an opportunity. You will thank yourself and your State Government for it when the time comes.

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more languages apart from the common language English and their mother tongue.

Learning more languages during childhood. At that period, the brain expands and nurtures creative thinking. It also helps one understand and appreciate different cultures, the subtle differences in sentence structures and tunes the mind to express what one thinks correctly. It makes learning any other subject like science or mathematics easier too! Math involves many

HERITAGE HOTEL IN CHENNAI

THE CONNEMARA



GEETHA
GANGADARAN

About the Hotel Connemara
Historian S.Muthiah says “This is not a Nawabi or British or Taj Hotel. It is our hotel”



The story of Taj Connemara begins in the 1700's, when the great Nawab of the Carnatic orchestrated the construction of palaces across Madras, thirty-seven of them to be precise. The city was dotted with majestic architecture, each palace with soldiers, staff, British experts and a plethora of occasions to entertain his guests with lavish meals and gifts. Such was the extravagance of the Nawab's lifestyle.

A guesthouse of the palace 'Ameer Bagh' accommodated the Nawab's surgeon John Binny who eventually became the sheriff of Madras. When Binny bought the guesthouse, it was considered a separate entity and was publicly referred to as the 'Garden House'. Many of the Nawab's palaces were converted into hotels. The era of the transformation of the 'Garden House' to a hotel, gave birth to what we call today Taj Connemara. In truth, this

hotel was merely a guesthouse attached to a palace. Such was the beauty of the building on its own.

The hotel opened in 1854 known as the 'Imperial' and is South India's oldest. In 1891 it was named Connemara to honour Robert Bourke, the Baron of Connemara, a cultural district in Western Ireland known for its picturesque expanses of mountains and lakes as well as its traditional folk music. Lord Connemara was respected for his immense contribution to the city's development during his tenure as governor of Madras (1886-1890).

The garden house was bought by T. Somasundara Mudaly. It was turned into the Imperial Hotel in 1854 boasting "Bachelor's quarters and Wines" from the "Celebrated house of Messrs MCDOWELL & CO". By 1896 it had been rechristened again. This time it was called "The Albany". This is the hotel that Lady Connemara

moved into, when she unexpectedly returned from a holiday in Ootacamund and walked in on her husband's raucous house party. So when it was renamed the Connemara in 1890, rumour has it that it was named after her, not her husband Robert Bourke.

Since hotels were for long term stays then, most of Connemara's guests were young men who moved to India from England with their young families. To accommodate their staff, who used to sleep in corridors, the hotel was remodelled and individual bearers were introduced for each room. In 1891 the Albany hotel finally became the Connemara Hotel when it was sold to a major merchant house in Madras – the M/s. Spencer & Co. Eugene Oakshoff the owner of Spencer's bought the hotel and its nine acres to build a showroom. Oakshoff wanted to give Spencer's a face lift, so he decided to build one of Asia's biggest departmental store. In the 1830 James Stiven director of Spencers modernised the hotel, starting in 1934 and completing it in 1937. The cost of a single occupancy was Rs.10 with breakfast and a room with all meals was Rs.17.80. Subsequently the Taj group acquired the hotel for a hundred years as a lease in 1984. Renovations took place in 1990, 1995, 2016. The hotel is now called Vivanta by Taj – Connemara Chennai.

The land it stands on belonged to the Nawab of Arcot (Nawab of Carnatic). Lord Connemara and the Nawab had been good friends, and indeed a portrait of the two gentlemen together still hangs

today in the lobby of the Hotel.

The Hotel as it stands today is an Art Deco building which was completed and reopened in 1937. Geoffrey Bawa from Ceylon refurbished the premises.

The grand stairway and the wooden panel it leads up to were designed by Geoffrey Bawa who tried to infuse a tropical modernism into a colonial Art Deco Aesthetic.

The stone pillars in the hotel's Raintree pathway and wooden staircase wall both of which date back to 16th 17th centuries, are from the temples of Mahapalipuram. The lobby has a grand piano which dates back to 1922. This used to be played on weekdays.

The Nagavelli well here never dries up even during the peak of summer when, all the wells in the city dry up.

The Lady Connemara Bar & Lounge is the city's first licensed Bar. A red carpet just before you enter the lobby has the words "since 1891" woven out of fabric. The Hotel's bar has been renamed Lady Connemara as a tribute to the favourite guest Lady Susan Bourke. Vintage telephones, winding clocks, heritage art work, life size portraits add to the heritage value.

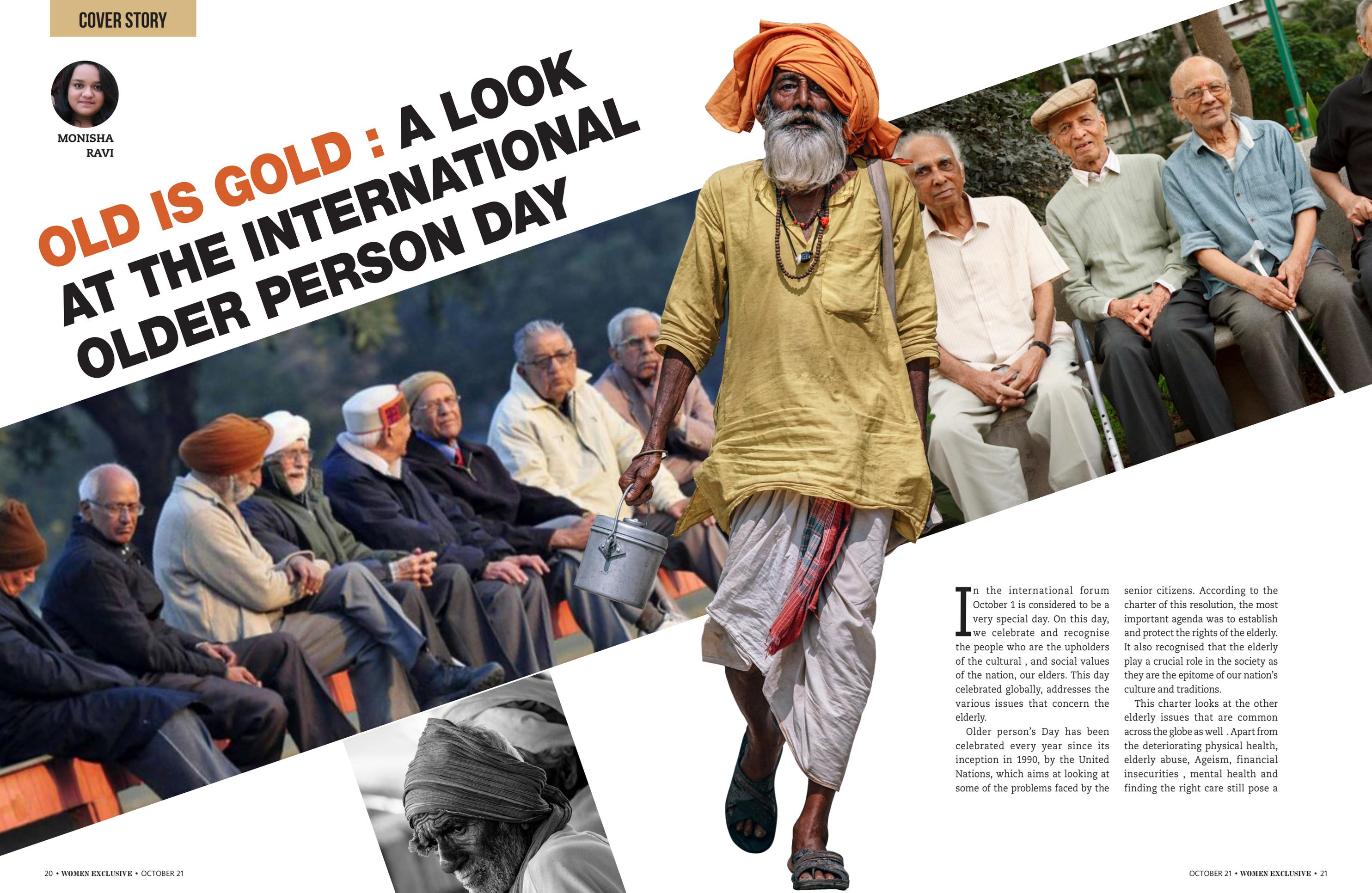
At the lounge, tea and cake is served in an English cake stand. Tiny maze like corridors whose walls are lined with black and white photos of the Connemara from eras gone by – give you a sense of nostalgia. A walk down the corridor makes for a heritage tour. The colonial wing was the location at the Bachelor's Block, which lodged scores of British soldiers during world war II.

About the Hotel Connemara

Historian S.Muthiah says “This is not a Nawabi or British or Taj Hotel. It is our hotel”

MONISHA
RAVI

OLD IS GOLD : A LOOK AT THE INTERNATIONAL OLDER PERSON DAY



In the international forum October 1 is considered to be a very special day. On this day, we celebrate and recognise the people who are the upholders of the cultural, and social values of the nation, our elders. This day celebrated globally, addresses the various issues that concern the elderly.

Older person's Day has been celebrated every year since its inception in 1990, by the United Nations, which aims at looking at some of the problems faced by the

senior citizens. According to the charter of this resolution, the most important agenda was to establish and protect the rights of the elderly. It also recognised that the elderly play a crucial role in the society as they are the epitome of our nation's culture and traditions.

This charter looks at the other elderly issues that are common across the globe as well. Apart from the deteriorating physical health, elderly abuse, Ageism, financial insecurities, mental health and finding the right care still pose a



major challenge to many.

Ageism, is one of the most crucial topics that has been the area of focus for the United Nations. It is defined as "The prejudice, discrimination, and stereotyping against someone based on his or her age." Ageism can be seen in many areas, namely the workplace or in healthcare. In many cases, Ageism can also lead to elder abuse and neglect. Many do not realise or utilise the experience that the older people bring to a business setting.

Financial insecurities are yet another area where the elderly suffer. Lack of income has pushed many to the throws of poverty. They spend their final days without three square meals a day and a roof over their heads. This is yet another area, where the United Nations is looking at closely.

Finally, the right and timely health care is also a priority. Health care is extremely expensive in most countries. With the elderly being very prone to serious ailments, the expense proves quite difficult



to maintain. Awareness has to be created among the health care workers on elderly care. Training health care workers and providing adequate infrastructure has become the need of the hour.

Elder health care has taken more important meaning especially now, with the present Covid 19 virus pandemic . The Virus has affected the elderly both physically and mentally as well. The isolation from their near and dear have caused high levels of anxiety. The virus has also been very active physically, due to compromised immunity in the elderly.

Each year, the United Nations takes an initiative to address and educate older persons on specific themes such as, elderly care, elder abuse and the contribution of the elders in the society to name a few. This year the UN `s theme for this special day was, 'Digital Equity for All Ages'. The aim of this theme was to help integrate the elderly into digital media. Globally, this was a huge success with many senior citizens joining in online classes and discussions.

With physical interactions being cut off due the pandemic, many have taken the initiative to learn digital media. From online cooking classes to sewing groups , the digital media has impacted all . The effects of this digitalisation have been seen even in remote villages. Guidelines have come into place to ensure, that the online forums are private and safe for those men and women using them.

India too celebrated these upstanding citizens on this day. Many governmental and non organisations have taken Elderly care as their primary goal. It is to be noted here that, within the Indian policy system, programmes have been instituted to care for the elderly. Policies such as National Programme of the Elderly, National Policy for Older Persons and Maintenance and Welfare of the Parents and Senior Citizens Acts , have created a framework for elder care in the country

NGO activities have also aided the government in providing adequate care and food to many elderly all over the country.

In accordance with the United Nations theme, this 2021, programmes have been conducted to educate and familiarise the senior citizens on social media. Classes have been conducted to educate them, proving once in for all that its never too late to learn. Free classes on cooking , languages, arts and crafts have been instituted by many organisations .The government has also provided its senior citizens with monetary assistance as a social welfare initiative. Some States have felicitated their senior members with free bus rides on this day as well.

Elderly care is something that has to be taken up in a bigger way by the younger generation. Spending time with them, imbibing their life experiences and ideas , will help the youngsters in a large way. It will also help the elders feel wanted and important despite their physical and emotional ailments.



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THE CORE OF GOODNESS - APPLES



Apple a day keeps the doctor away goes the famous saying. Apples have been part of mythological stories and at the root of major scientific discoveries. They are also considered to be a powerhouse of nutrients, making it the most sought after fruit in the market.

Apples are packed with fibre and the daily consumption of this wonder fruit, helps reduce cardiovascular diseases. The fibre in the fruit is said to help reduce cholesterol, thereby reducing any risk of heart diseases. Apples also contain Vitamin C, which helps increase the immunity in the body. So for those suffering from any form of flu, apples is a must have.

The fruit is also a boon for those with diabetes. It has been proved that apples help improve the triglyceride levels in the body. The fibre that is present in apple helps to regulate the sugar levels, thereby making it an ideal choice.

Apples also contain quercetin, a colour pigment that is found on peel of the fruit. Quercetin is a powerful antioxidant. It helps fight the free radicals in the body. It helps reduce any inflammation in the body.

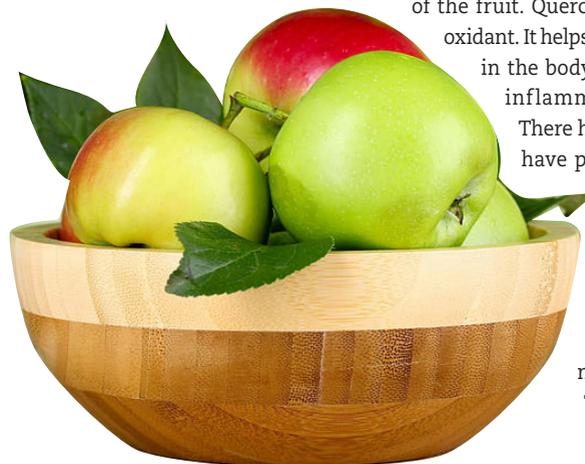
There have been studies that have proved that quercetin helps even with Alzheimer's. So the next time you eat an apple, don't peel away the skin that's where all the nutrients lie.

There have been



studies which also show that, regular consumption of Apple will help lower the risk of certain types of cancer as well.

Externally too apple can be used for that flawless skin. The fruit contains Malic acid that gives the skin that bright and smooth look. Unlike the other Alpha Hydroxy Acids, this is a mild one, which will soothe the skin. Malic acid acts like a mild exfoliant and it helps to remove the dead skin when applied. It also acts as a humectant, so it is very beneficial for those with dry and dehydrated skin, as it helps retain the moisture.



OBSTRUCTIVE SLEEP APNEA (OSA)



DR. K R ANANTHI
Clinical Director
Ananthi's Dental Clinic & Implant Centre, Adyar

Obststructive sleep apnea (OSA) is a potentially life-threatening sleep disorder, causing breathing to repeatedly stop and start during sleep. OSA is caused by partial or complete obstruction of the upper airway during sleep, as a result of narrowing of the respiratory passages.

COMMON SYMPTOMS OF

OSA

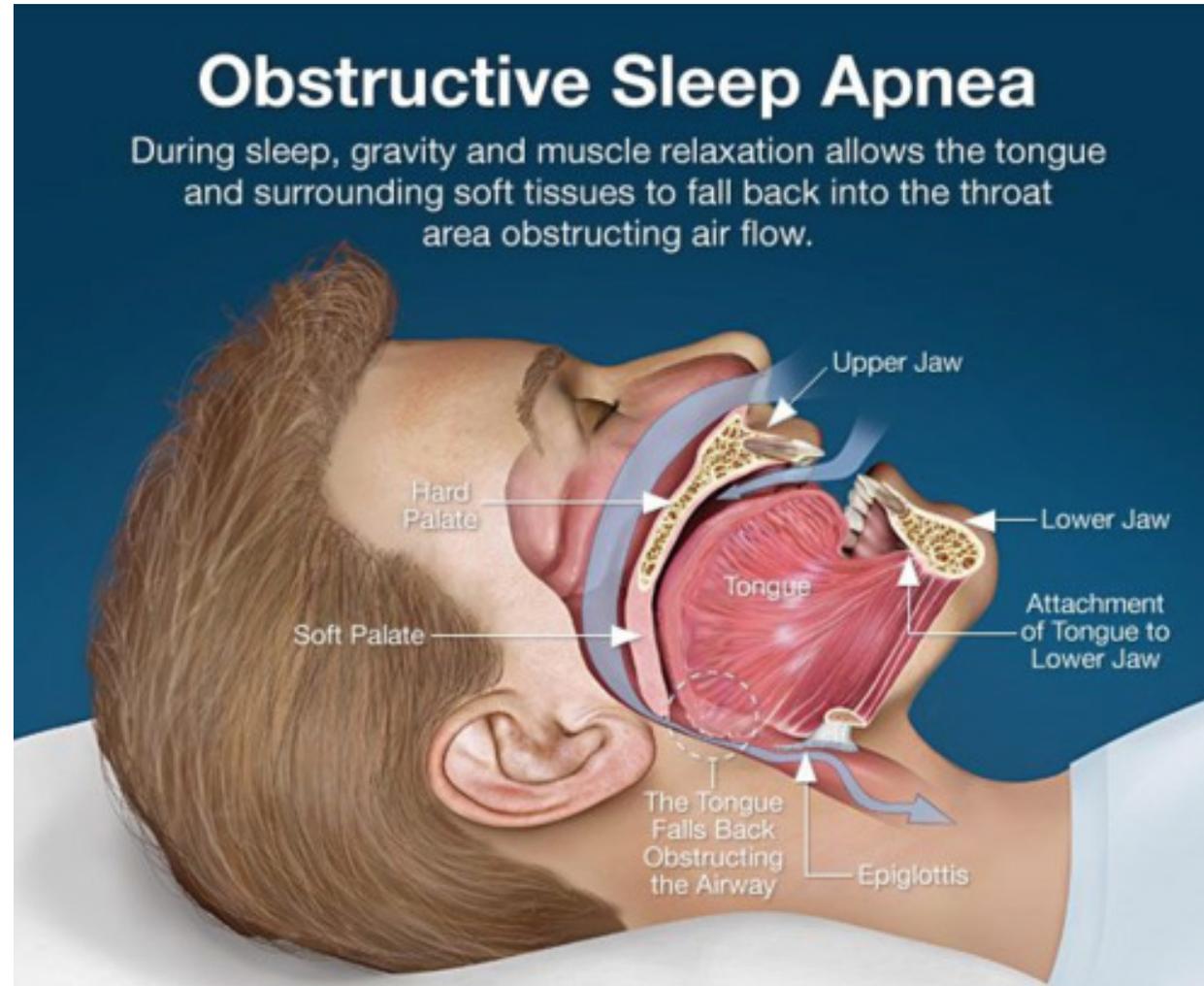
- Sleep apnea causes episodes of decreased oxygen supply to the brain and other parts of the body. When the sleep quality is poor, it leads to daytime drowsiness and lack of clarity in the morning. People with sleep apnea may also experience the following symptoms:
- headaches that are difficult to treat
- feeling disgruntled (grumpy)
- forgetfulness
- drowsiness
- worsening depression
- poor job and school performance
- loss of interest in sex
- leg swelling (called edema, which can occur when sleep apnea is severe)

Symptoms in children

may not be as clear. They

may include:

- Bed wetting & Choking or drooling
- sweating a lot at night
- Ribcage moves inward when they breathe out
- Learning and behaviour problems
- Sluggishness or sleepiness (often seen as laziness)



- Snoring & teeth grinding
- Restlessness in bed
- Breathing that pauses or stops
- Unusual sleeping positions

RISK FACTORS FOR OSA

- The factors that put you at an increased risk for OSA are
- Hypertension

- Stroke
- Ischemia (deficient blood supply to the tissues)
- Heart Disease
- Diabetes Mellitus
- Metabolic Syndrome
- Excess weight
- Larger neck size (when you have a neck size of more than 43 cm)

Craniofacial abnormalities
Hypertrophied Tonsils(the most Common cause of obstructive sleep Apnea in children

Obstructive Sleep Apnea Complications Complications of obstructive sleep apnea can include:

- Sleepiness during the day and trouble concentrating
- Cardiovascular problems
- Eye problems such as glaucoma and dry eye
- Metabolic disorders like type 2 diabetes
- Problems with pregnancy like gestational diabetes or low-birth-weight babies

Complications after surgery

- Obstructive Sleep Apnea Diagnosis:
- Polysomnography, also known as a sleep study, is the gold standard for diagnosing OSA. Sleep endoscopy, also known as sleep Nasendoscopy, is the most widely used technique to study the dynamic airway in a sleeping patient with OSA.
- Obstructive Sleep Apnea Treatment

Possible treatment options for obstructive sleep apnea include:

- Weight loss, if needed.

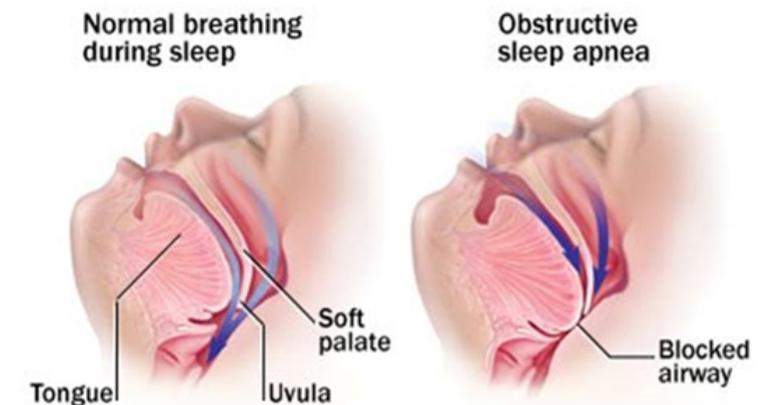
- Not drinking alcohol or taking sleeping pills.
- Sleeping on your side
- Nasal sprays: (If sinus problems or nasal congestion)
- CPAP machine: This device includes a mask that you wear over your nose, mouth or both. An air blower forces constant air through your nose or mouth. A similar device is the BPAP, which has two levels of air flow that change when you breathe in and out.
- Oral devices: If you have mild sleep apnea, you might get dental appliances or oral “mandibular advancement” devices that keep your tongue from blocking your throat or bring your lower jaw forward. That may help keep your airway open while you sleep.

Surgery:

It is advised for people with severe and antisocial snoring. This involves a procedure on the base of the tongue, soft palate, and lateral pharyngeal wall. Uvulopalatopharyngoplasty is a widely accepted procedure for obstructive sleep apnea. Other surgical treatment includes nasal surgery, somnoplasty & Mandibular / Maxillary advancement surgery.

CONCLUSION

Obstructive Sleep Apnea is a serious medical condition, which should be diagnosed and treated effectively or it can gradually lead to serious systemic conditions.



HEAVEN ON EARTH



SWITZERLAND



How, Switzerland, a small landlocked, mountainous country nestled away in central Europe has occupied the first place in every couple's bucket list is surely a mystery for tour operators to decode. But the scenic view, snowy mountains and exotic cuisine totally justify the hype and its apt nickname - 'Heaven on Earth'.

Though Switzerland is popularly known for its chocolates and cheese-filled delicacies, it has a

lot more to offer than just culinary pursuits. The country has breathtakingly beautiful natural sights such as snowy mountains and heritage cities, adventure sports for the adrenaline junkies, museums, and galleries for the artsy souls and a sublime weather that just draw everybody else in.

MATTERHORN - THE MOUNTAIN OF MOUNTAINS

This spectacular, single mountain is one of

the main attractions in Switzerland and in all of Europe. At a towering height of 4478 metres, this Swiss landmark has an unusual pyramid shape that makes it a breathtaking view and a daunting climb that is definitely not for the faint-hearted!

ZERMATT

A small, bustling resort village located at the foot of the Matterhorn, filled with luxury hotels, boutiques, restaurants, and health spas. Zermatt

encompasses 54 mountain railways, lifts and about 360 kilometres of paths for skiing called as pistes. 'Matterhorn Glacier Paradise' or Klein (little) Matterhorn, which can be reached by a cable car, is the largest and highest-lying summer skiing region in all of Europe. Apart from skiing, the place also has other activities such as hiking, cycling and climbing tours to offer. Zermatt has always been a car-free zone, to retain its pristine natural attractions. Hence, the only transport available is

electric buses, e-taxi or horse-drawn carriages. Other attractions include the Matterhorn Museum, Gornergrat - a mountain train, Gornergorge - an adventurous foot path and Findeln - a quaint group of hamlets on the Swiss countryside.

ZURICH

The commercial and cultural capital of Switzerland, Zurich has something to offer for everyone. The shopping district here has the



choicest fashion labels for those who are looking to indulge in a little retail therapy. Apart from this, the city also has an artsy side to showcase, with over 50 museums, which boast an exquisite collection of paintings, sculptures and photographs. The city also has a rave side, with the highest number of clubs and one of the best night life scenes in all of Europe. Just when you think, you are done, the city has some more up its sleeve. Whether cross-country skiing or trekking, visitors can reach the snow-covered mountains and winter landscapes around the city in no time at all.

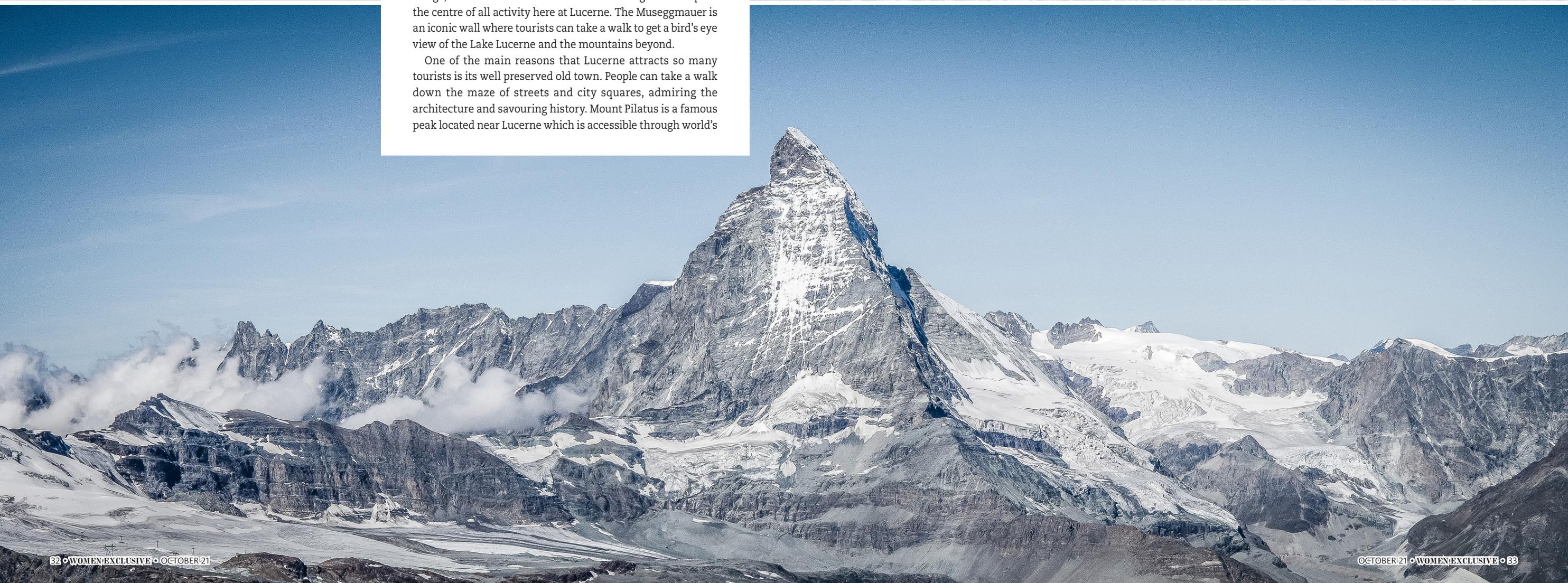
While the cold can be fierce, cosy cafes such as Conditorei Schober dot the landscape of Zurich, where one can hope to have a romantic evening over handmade chocolates and pastries once the cold sets in.

Other attractions include Grossmünster and Fraumünster church, Landesmuseum, Schanzengraben canal, Zoo etc.

LUCERNE

Situated on the Lake Lucerne, this breath taking city is replete with beautiful medieval architecture which includes bridges, traditional houses and waterfront promenades. The chapel bridge, one of the oldest wooden covered bridges in Europe is the centre of all activity here at Lucerne. The Museggmauer is an iconic wall where tourists can take a walk to get a bird's eye view of the Lake Lucerne and the mountains beyond.

One of the main reasons that Lucerne attracts so many tourists is its well preserved old town. People can take a walk down the maze of streets and city squares, admiring the architecture and savouring history. Mount Pilatus is a famous peak located near Lucerne which is accessible through world's





steepest cogwheel railway system, which certainly makes for an adventurous ride.

Other attractions include The Glacier Garden, The Swiss Transport Museum, Lucerne Art Museum, The Lion Monument, etc.

BERNE

The capital of Switzerland is a small city that has found its place in the UNESCO World Heritage site due to its fountains, sandstone buildings, narrow streets and towers. This is one of the best cities to explore on foot as every nook and corner holds a surprise, either a quaint little cafe, boutique, bar or a cabaret to entice all its tourists.

The Albert Einstein House dedicated to the famous scientist who stayed here is popular among history aficionados and is usually combined with a visit to the museum in his name too. Since Bern is the seat of the Swiss Government, the Federal Palace of Switzerland – Bundeshaus - is also an important landmark which tourists can explore.

Other attractions include Lauben - longest weather-sheltered shopping promenades in Europe -, Kunstmuseum Bern museum and Bear Park.

EXPERIENCES

CHOCOLATE TOURS

Nothing completes a trip to the Swiss, like indulging in some of the world's best chocolates. There are several tours that take you on an exquisite chocolate tour that involves meeting expert chocolatiers, tasting melt-in-the-mouth praline to truffles, ganaches,

drinking chocolate and pastry, learning the secrets of the origins and manufacturing of chocolate, as well as the history of Swiss chocolate.

FONDUE AND CHEESE TOURS

Swiss cheese is renown all over the world and it would be a sin to not taste this divine food on your trip. The cheese headquarters of Gruyeres offers tours where one can discover the secrets of Gruyères cheese with a visit to La Maison du Gruyère and learn traditional cheese making methods and taste samples of the famous cheese which is named after this town.

CHEESE FONDUE

Fondue is a melted cheese dish consisting of a blend of cheeses, wine and seasoning served in a wide fondue pot over a portable stove heated with a candle or spirit lamp, and eaten by dipping bread using long-stemmed forks. This is popular all over Switzerland and available in most restaurants and cafes.

TOBOGGAN RIDES

If you are looking to explore your fun side, an adventurous toboggan ride should definitely be on your cards. A toboggan is a long wooden sled which is driven down a snowy slope and is a popular sport for adults and children all over Switzerland.

Switzerland is a natural bounty filled with adventure, history, architecture and definitely romance. With enchanting mountains, dreamy lakes, snow capped escapades, ethereal resorts and home stays, rich historical monuments and quaint little towns, a trip to the Swiss can bring out the romantic side of any couple.



DEVI CHAMUNDESHWARI TEMPLE AT MYSORE



RAJEE MANI

Journalist and Columnist in
Tamil and English

*Aiyigiri nandini nandhitha medhini vishva
vinodhini nanda nuthe;
Giri vara vindhya shirodhini vasini
vishnuvilaasini jisnunute ||
Bhagavathi he shiti kaNthakutumbini
bhoorikutumbini bhoorikrute ||
Jaya jaya he Mahishaasuramardhini,
ramyakapardini shailasute ||*

O daughter of the mountain, who makes the whole earth happy, who makes the whole universe rejoice, praised by Nandini;

Dwelling on the peak of the great Vindhya mountain, glittering widely,

praised by those desirous of victory; \\

O Goddess, wife of the blue necked Siva, one who has many families,

Victory to Thee, victory to Thee Devi, the destroyer of Mahishaasura;

Thou with beautiful braids of hair art the daughter of the Himalayas.

One of the most beautiful, rhythmic and tough slokas in Sanskrit is by Jagath Guru Aadhi Shankaracharya,. The sloka is in praise of Jagan Maatha, which is almost a vivid video presentation of the gory battle between Devi Durga and Asura Mahisha, wherein after 9 days of fierce fighting she emerges victorious on the 10th day. She is to be worshipped as "Mahishaasura Mardhini".

These nine days or nights are dedicated to Devi puja as Dussehra in the north and Navarathri in the South. During the first 3 days she is worshipped as Sri Durga, the next 3 days as Sri Lakshmi and the last 3 days as Sri Saraswathy; and the 10th day when Amba vanquishes the Asura , it is joyously celebrated as Vijaya dasami .Devotees sing the praise of Durga Maa and hail Her glory as "Jaya Jaya He Mahishaasura Mardhini Jaya jaya He Mahishaasura Mardhini"

"Victory to thee! Oh, Mahishaasura Mardhini..."
Devi Chamundeshwari temple at Mysore



Mysore, in the state of Karnataka, is one of the most popular tourist centres during the festive season of Navratri .This city ,with noteworthy antique tags has one of the most majestic palaces which belonged to the last ruling dynasty of the "Wodeyars".

The 10 days of Dussehra, sees at the palace grounds, illuminated with the festivity. Innovative cultural programmes, paraphernalia and parades bringing back to life the glory of the bygone era of the most loved and respected Wodeyar dynasty.

The next attraction for the locals and visitors during Dussehra ,is the temple of Devi Chamundeshwari.It is situated on top of a hill 3489 ft above sea level and about 13 kms from Mysore. This very popular and powerful temple. It is more than 1000 years old has 1000 steps from the ground to the top. Now a fine motorable

road makes it easy for the pilgrims to reach this unique Kshethra.This houses the magnificent Moorthy of Devi Chamundeshwari, who is also known as Mahishaasura Mardhini. Other than the Aaraadhanaas everyday, on special days, the poojas during Navratri and the grand finale on the Vijayadasami day are a sight for the Gods themselves

THE LEGEND

This is said to be one of the 51 Shakthi Peetams of Devi Parashakthi. It is referred to as the Krouncha Peetam. As the story goes this region was in days of yore ,ruled by an asura by name Mahisha. Hence the name Mahisuru ,which in course of time became Mysuru and then Mysore.

This fierce asura had the capacity to change his head from a buffalo's to a human and vice versa at his

will. Not only this; he was also bestowed with a boon that he could not be killed by any man. So it was then that he terrorised the 3 worlds with his animal power and arrogance . The Devas ran helter-skelter and as always surrendered at the feet of the Thrimoorthies.

But as the boon stood in the way of Bhrama, Vishnu and Shiva from taking any action, they directed the Devas to take asylum at the lotus feet of Devi Durga. Sri Durga, the fierce swaroopa of Maatha Para shakthi also called Chamunda or Chamundi cannot tolerate any injustice; she cannot bear evil ruling over good; In Her most "rowdra roopa", she is depicted with the garland of skulls as Her alankara, fire emitting from Her eyes, which would have otherwise beshowed "Karunya".

Her already blood stained tongue ready to drink the blood of the wicked Asura, and armed with all the weapons belonging to the Thrimurties. She stood with majestic King of the forest as Her Vahana, She swings in to fight a lone battle against Mahishaasura for nine days and nights and emerges victorious ,beheading the buffalo headed monster with Her Thisoola ... The 14 worlds shudder as Her Simha vahana roars at the end of the bloody battle ... The Trimoorthies heave sighs of ecstasy .. the galaxy of Devaas shower a rain of fragrant flowers with the vibrant hues of the rainbow And She lodges Herself on top of the Chamundi Hills as Mahishaasura Mardhini, a name which simply means "The one who destroyed Mahisha". She continued to protect the dynasty of the noble Rajaas of Mysore, in whom they had unshakeable regard, love and faith ... for whom they had the magnanimity to channel unlimited wealth from the royal treasury ... by whose immeasurable Grace they were adored and admired by their subjects ! This, my dear readers, is the dramatic legend behind the Chamundeshwari temple atop the Chamundi Hills near Mysore; and without any doubt She continues to protect and pamper each and every one of us even today.

TEMPLE AND THE DEITY

This ever crowded temple of Devi Chamundi can be reached either by the 1000 steps or by the newer motor road. If we climb up the steps, as one reaches the 800th step one can see the beautifully carved monolithic giant bull welcoming the devotees to the temple of "His Master's Spouse!"

Another big attraction specially for the kids is the humongous multicoloured statue of Mahishaasura, holding a snake on one hand and a sword on the other. The temple may not be a very big one but certainly it was beautifully built. The architecture is in the typical Dravidian style.

The seven storied Gopuram with intricately carved sculptures has 7 glittering kalasas of gold on top. This was built by the pious Sri Krishnaraja Wodeyar in 1827 A.D.. Historically three dynasties of rulers have contributed to the construction of this temple as it stands today , the Hoysala Kings in the 12th century, the Vijayanagara rulers of the 17th century and the Mysore Wodiyar from 1399 AD. This Devi is a Family Deity very close to every king's heart .

An amazing silver door with the myriad forms of Devi, leads us through a Dwajasthamba, Dwarapalakas, Uma Sutha Ganesha, a small Nandi to the Antharala mandapam which houses the Garba gruha of Devi Chamundeshwari.

With the effulgence of purest ray serene, glittering with the dazzle of the golden kavacha, this awe inspiring granite idol of Devi with ashta bujas simply stuns the devotee at the very first glance. The impeccable Pooja Krama in strict adherence to the agamas by the scholarly priests .The gorgeous alankara befitting the kuladevatha of the royal family of Mysore, soaked in rich culture and tradition makes this Devi and this temple one of the "must visit" kshethras of our country. Yes! This Nvarathri don't miss Mysore, don't miss the palace and the Devi Chamundeshwari Temple



LATA PRAKASH



PETS AND SEPARATION ANXIETY

It's been close to 2 years since the pandemic has hit and all of us, the employed pet parents who are working from home. In the initial few days, working from home was a blessing, as we could spend a lot of time with our pets and cater to their needs.

With the increase in the work load, striking a perfect work life balance has become a challenge. We, as pet parents, have been juggling work, household chores, pet needs and other requirements at home.

Spending that quality time with pets is increasingly becoming a difficult task. It is important, as pet parents, we are responsible and take complete accountability of our self and our pets too. It is our duty, as a responsible pet parent to ensure that we spend adequate quality time with our fur babies and make sure their needs are actively attended to.

Scheduled walks, food habits and don't forget, the time you will spend with your pets, talking and playing will not only destress you but will also be a good fitness regime for your pets – physically, mentally and emotionally.

Now that it is time now for us to get back to our offices, the ones affected are our voiceless buddies – our pets. Mostly, they get separation anxiety when you leave

them back to go to work suddenly after so many months.

An animal's eyes have the power to speak a great language and they show their unhappiness in many ways like detaching themselves, being alone, urinating, barking and crying. The best way to get through this is to ensure that you take frequent breaks without your pets.

When you are sure that you need to get back to work in a few days, begin your preparation. It will be a good idea to leave the pets for a few minutes initially and then increase it to hours. Don't forget to talk to your pets and let them know that you need to go to work to earn your living and give your babies a good life. Let your pets know that you need to go to work. Ensure that you invest that extra few minutes to reassure your pets that their mommy / daddy will be back soon ... this will make them feel secure and safe. Ensure you pamper them with their favourite treats when you return from work and compensate your missed hours, on your off days.

Love, care and attention is all our furries look for, and you will have no regrets or no compromise when you get back 10 times the selfless, unconditional love back, from these fur and paw buddies.

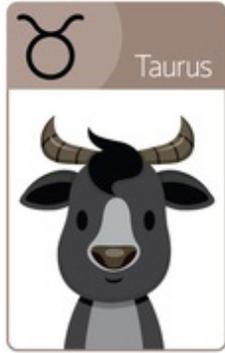


LOOKING FORWARD - OCTOBER 2021



ARIES

This is a positive month for you on the professional front. You will be meeting many people the month. Take care to have a cordial relationship your coworkers. There will be some unexpected expenses this month, however your overall financial situation will be every favourable this month. For relationships, this will be the best month to find your significant other for the singles. Married couples will spend some quality time with each other.



TAURUS

On the professional front, there will be some hurdles however by the end of the month all the issues will be sorted out. Financially there will be some unexpected expenses, so stick to your budgets. This month will see you learning something new. It will help you grow in your career. On the relationship front, there will be issues due to miscommunications. So take care while talking to your significant other.



GEMINI

You will be the belle of the ball in any social gathering this month. There will be a some delays in on the business front, that may cause you some stress. Take some time off and go on a vacation with friends and family to relax. Financially, this month will have mixed results. Also take time off to spend time with your significant other.



CANCER

The month will start off on a positive note professionally. This will be the month where that promotion you were waiting for becomes a reality. Financially too the beginning of the month will be positive. However, toward the end of the month, there will be some hurdles in the form of competition. Relationships will be in harmony this month and no major changes will take place.



LIBRA

You will be the centre of attention during any gathering this month. You will be working hard this month professionally. Remember to take some time for yourself. Financially, there will be no big changes, remember to stick to your budget. Relationship wise, there will be some hurdles, with proper communication they will be resolved soon.



SCORPIO

You are going to have a major surprise in your professional life. Take some time off and spend time with the family. You will spend a lot of time with your significant other. Financially, you will have to be careful about any new investments. Professionally you will achieve all your goals this month.



SAGITTARIUS

Professionally, this month will see some hurdles, however they will get resolved soon. This month will see you focusing on your personal relationships with the family and friends. Financially, this will be your best month. Try to make compromises with your significant others as there may be some misunderstandings



CAPRICORN

Career will be amazing this month. There will be an excellent increase in trade. Financially, this will not be the best month. Avoid any investment opportunities this month. Relationship wise this will be a very favourable month. You will spend time with your significant other.



LEO

This will be an amazing month both in the professional and personal front. Professionally, you will be overworking. Remember to take some personal time off. Financially, this will be an amazing month as all your investment will bear fruit. Stick to the budget as there may be some unexpected expenses. Relationship wise, there will be no hurdles at all. However take care to avoid all confrontations.



VIRGO

This month will see very good opportunities on the professional front. Financially, it will be a good month. Make sure to stick to your budget. The initial month will have some difficulties in the professional front however they will be resolved within the second week. Relationships will be good with your significant other. Those who are single will find their partner this month.



AQUARIUS

Career wise it will be full of ups and downs. Take time and work hard this month, and you will see results this month. There will be a lot of hindrances this month, don't lose heart, just work towards your goal. Financially, there will be no major changes. Relationship wise this will be the best month. You will spend time with your partner and those who are single will find their

significant other.



PISCES

Professionally this month will have ups and downs. There will be career growth in the initial part of the month. Financially, this month will have mixed results as well. Make sure you stick to your budget. Avoid any major investments this month. Relationship wise, mutual trust between partners will gradually increase. Be patient with your family this month as there may be disagreements