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**AT
THE
BREAK
OF A
NEW
DAWN ...**

**MENTAL
HEALTH AND
MEDITATION**



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Printed at: Rathna Offset Printers, 40 Peters Road, Royapettah, Chennai-14
RNI Reg No: TNBIL/2005/17756

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DECEMBER 21



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WHAT'S TRENDING



COLOURFUL CHAINS

This colourful trend is still the rage from last month. Paired with traditional sarees or modern western wear, this is a must have.



GOLD HANGING EARRING

paired with a traditional anarkali or saree , the long chandelier earrings are back. This give the added bling for every occasion.



FLOWERS

The elegant flowers are back towards the last month of 2021, paired with traditional wear. Coloured stones or just gold, this is beautiful accessory this festive season



PEARLS

pearls continue to be the crowd favourite. It can be used for daily wear or for a special occasion as well.

FASHION DRESSES



PEPLUMS:

The fit-and-flare-style peplums are a fad for everyday wear. Contrast shades of the top and patiala bottom are also very common.



CONTRAST

The last few months have seen the increase in contrast colours in dresses, be it dupattas or blouses, this trend of mismatched colours, give a unique and distinct look.



SHARARA SUITS :

The 2021 trend for party / occasion wear has been the sharara suits. With the 70s bellbottom look back in fashion, this trend has become quite popular.



ANIMAL PRINTS :

In western wear, animal prints have made a huge come back. Tops and pants with animal prints have become a trend.

CHRISTMAS SPECIAL SNACKS

INGREDIENTS

Sugar
1/4 cup

Instant coffee powder
1 tsp

Hot water
2 tbsp

Butter
1/4

Milk
1/2 cup

Maida
1 cup

Baking powder
1 tsp

Chocolate chips
50 gms

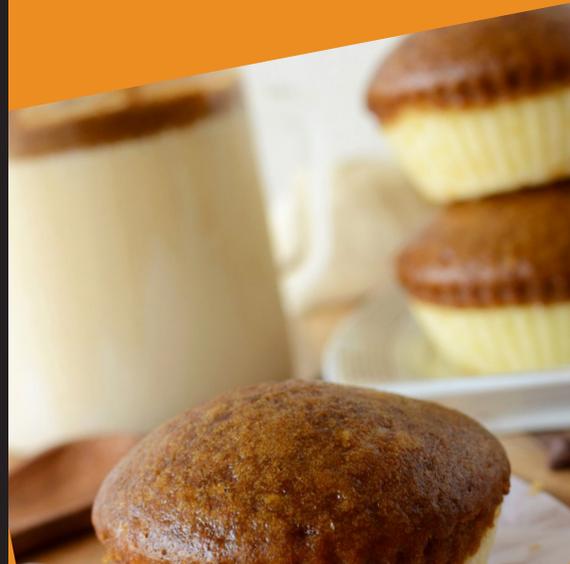
DULGANO MUFFIN

METHOD

- In a bowl add sugar, instant coffee and hot water and beat well until soft peaks
- Add butter and mix well without lumps.
- Now add milk, maida and baking powder. Blend it well evenly
- Transfer the mixture into molding cups.
- Sprinkle the chocolate chips on the top.
- Bake in a preheated oven for 10 mins at 180 degree C.



V. GOMATHY
Dietitian, Frontier
Lifeline Hospital



FRUITS MUFFIN



INGREDIENTS

Maida: 1 ½ cups

Nutmeg powder: 1/4 tsp

Cinnamon powder: 1/4 tsp

Salt: 1/4 tp

Ginger powder: 1/4 tsp

Baking powder: 1 tsp

Baking soda: 1 tsp

Butter: 3/4 cup

Brown sugar: 1 cup

Eggs : 3

Orange juice, Lemon juice, Dates, Tutti frutti,
Dry grapes, Almond, Cashew, Pistachio

METHOD

- Soak Chopped Fruit and Nuts in Orange and Lemon juice for ½ hour.
- In a bowl add all the dry Ingredients except the brown sugar and mix well.
- In a big bowl add the butter and brown sugar and heat well.
- Add the eggs one by one and mix well.
- Now gradually add the dry ingredients mix gently fold well.
- Add chopped nuts.
- Add soaked fruits and mix well.
- Transfer into muffin cups.
- Bake it in 300 degree F or 150 degree C for 20 minutes.



DIAMOND CUTS



INGREDIENTS

Wheat flour : 2 cups

Suji: 2 tbsp

Ajwain : 1 tsp

Pepper : 1 tsp

Salt : as per taste or ½ tsp

Oil for deep fry

METHOD

■ In a bowl add all the dry ingredients.

■ Heat 3tsp of oil and mix with flour.

■ Crumble the flour well.

■ Now add little water and knead well tight dough.

■ Roll into thick chapatti.

■ With a knife cut it into diamond shape.

■ Deep fry it in hot oil.

■ Stir occasionally.

■ Fry till golden and crisp.



BUTTER MURUKKU

INGREDIENTS

Rice flour
1 cup

Roasted Bengal gram flour
1 tbsp

Asafotida
1/4 tsp

Bengal gram flour
1 tbsp

Butter
25 gms

Jeera
1 tsp

Salt
to taste

Oil
to fry

METHOD

■ In a bowl add butter and mix well with hands.

■ Add all the other ingredients together and mix well

■ Now add water little by little and knead a soft dough.

■ Heat oil in a deep bottom pan.

■ Apply oil inside a mould.

■ Fix the dough into star shape. Add the dough inside, close the lid tightly.

■ Now deep fry in the oil by pressing the mould.

■ Wait till the dough cooks completely.



THE CHENNAI CENTRAL RAILWAY STATION

Puratchi Thalaivar Dr M.G.Ramachandran Central Railway Station commonly known as Chennai Central is the main railway terminus in the city of Chennai, Tamilnadu. It is the busiest railway station in the South India and one of the most important hubs in the country.

Marking the initial days of the railways in the Indian subcontinent the Madras Railway Company began to network South India in 1856.

The first station was built in Royapuram which was the main station then. Expansion of the Madras Railways network, particularly the completion of the Madras Vyasarpadi line, called for a second station in Madras, resulting in the Madras Central coming into being.

Madras Central was built in 1873 at Park Town. The station was built on the open grounds that had once been called John Pereira's Gardens.

Built in the Gothic Revival style, the original station was designed by George Hardinge and consisted of four platforms and a capacity to accommodate 12 coach trains. It looks another five years for the work to be completed. The station was modified further by Robert Fellowes Chisholm, with the addition of the Central clock tower, Travancore 'caps' on the main towers and other charges. The Travancore 'Caps' are the city's majestic manors that were fit on the main towers by architect Robert Fellowes. The redesign was eventually completed in 1900. The main building is a combination of Gothic and Romanesque styles. It has been declared a heritage building. The clock tower with the flag staff, is the tallest of the towers of the main building. It has four faces and reaches up to a height of 136ft. It is set to chime every quarter of an hour and every hour.

The station has a platform area of 51,182 square meters. The total area of the main station is 14,062 square meters.

In 1907 Madras Central was made the Madras Railway Company, Main station. The station gained prominence after the beach line was extended further down South. In the same year and Royapuram was no longer considered a terminus. All trains terminated at Madras Central instead.

The Madras and Southern Mahratta Railway Company was formed in 1908 and took over the Central station

from the Madras Railway Company.

The company operated a suburban electric train service for Madras city from May 1931 onward.

Electrification of the lines at the station began 1979. The capacity of the station was further augmented when the multi storied Moore Market complex was made a dedicated terminus, with three separate platforms for the suburban system.



GEETHA GANGADARAN

In 2005 the building was painted a light brown colour. However in accordance with the views of the citizens of Chennai and to retain the old nostalgic charm, it was repainted back to the original brick red colour.

Bridge No 7 across Buckingham canal connects the terminus with the railway yard and stations to the north. The bridge measures 33.02 m in length and it carries six tracks, which acts as a gateway to the terminus. The bridge was originally resting on a cast iron screw pile, but now it has been replaced with a new RCC box bridge, which rests on a good foundation.

About 4,00,000 passengers use the terminus every day.

Chennai Central railway station is a major transit point for shipment of inland and sea fish in South India. The station also handles 5000 postal bags daily.

The station today boasts of facilities like book shops, restaurants, accommodation facilities, internet browsing centre and a shopping mall.

Chennai Central is among the 23 stations in the country that will be privatised as a part of redevelopment under the BFOT Scheme, (Build, Finance, Operate, Transfer)

The new name is currently the India's longest and world's second longest name for a railway station.

In 2009 the department of posts featured Chennai Central in a postal stamp.

Did you know??

That the first Rail line was installed in Chennai in 1835. The first passenger train ran in Mumbai much later.

Chennai has a rich heritage.



AT THE BREAK OF A NEW DAWN ...

With 2021 drawing to a close, the conversation among many is the wishes they have for the upcoming year. People across the globe are

praying and hoping for something better next year

2021 has not been an easy year, with the pandemic continuing. Lockdowns, sanitisers and masks have become such common words in every day vocabulary. Globally, many have lost their lives to the ongoing pandemic. This year has seen us slowly coming out of our homes, taking that tentative first step to greet the world again.

Children too have seen the effects of this disastrous pandemic. They have had no communication with their friends, added to their difficulties in learning via virtual interactions.

Mother Nature too played a part in some our problems this



• H A P P Y • N E W • Y E A R •



year. Incessant rains that flooded the city, caused enormous damages . Many lost their loved ones, their homes and their property.

This year does seem grim doesn't it? On a positive note 2021 also saw families

coming together, business owners braving the pandemic to cater to the public , the emergence of new business ideas and ventures. The year also saw more than half the population of the country saying yes to

vaccinations.
The question on everyone's mind now is , how is 2022 going to be ?
Before the pandemic period, the common man would have answered along the lines of

wanting better financial stability, to own a car or a house, have a better job etc . However post pandemic ,we can see a pattern in the answers emerging from the man on the street.
We asked a few people the question ' What



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are your expectations for the year 2022' and here is what some of them had to say . Ms Amba , a school teacher said “ After these turbulent two years, peace stability and revival for the whole world” .

We also asked an educator Mr Ganesh , who said “ With 2020 and 2021 being real eyeopeners and setting our

priorities right hope 2022 gives us an opportunity to enable us follow the lessons learnt.”

People want to step out into the world without the fear of falling ill. They want a world that is normal, a world were there is no fear of losing a loved one.

There is always hope, a ray of

sunshine, among all the problems we have faced this year. We go into 2022 , with the wish that the pandemic is controlled , with no natural disasters creating havoc . We also go into the New Year with the knowledge that we are stronger now and can face any hurdles that life may throw at us.



MONISHA RAVI



GRAPESES



The grapes are one of the most common fruits that we consume. This sweet tasting fruit seen in dark purple and green are a wealth of nutrients for the body.

Many studies have proved the nutritional value of this fruit. The fruit helps promote healthy blood vessels, thereby helping the proper functioning of the heart. The fruit has very low levels of sodium and cholesterol, thereby making it ideal for those suffering from heart conditions.

It has been proved that grapes also help in increasing the activity in the brain. It further is the ideal snack for those who are looking for something to lose weight. The fruit has less calories and is fat free. The polyphenols and the abundant Vitamin C in grapes also help increase the immunity levels by creating healthy blood cells in the body.

When we eat grapes, we tend to remove the seed which is there. Many specialists have advised against this. The grape seed has compounds called flavonoids. Flavonoids have antioxidant and anti-inflammatory properties.

Apart from that the grape and its seed help increase the melatonin properties in the body. Melatonin is a hormone produced in the body, which regulates the sleep rhythm. This helps counteract fatigue and help induce better sleep quality.

Grapes have been used extensively in skin care as well. It acts as a natural sunscreen, as it helps deflect the UV light from the skin.

Further the Vitamin C in the fruit helps revitalise dull skin. It also acts as an anti-ageing ingredient, and helps smooth down those lines and wrinkles. The grapeseed is also used as grape seed oil, to help with even skin tone, battling acne and for overall skin health. The oil also helps nourish dull, dry and mature skin types.





LATA PRAKASH

PETS AND THERAPY

Pet therapy is a broad term which includes therapy assisted by animals, dogs in particular. Pet therapy or Animal assisted therapy as it is called, is gaining popularity where dogs or other animals are used to assist people. It helps them recover from physical and mental illness.

It has been proven that interaction with gently trained pets / animals always has a positive impact on

physical and mental health.

Pet therapy enhances physical health by lowering blood pressure, reducing stress levels, improving cardiovascular health, diminishes physical pain. Last but not least, petting an animal produces an automatic relaxation, thus reducing the intake of medicines.

Having an animal around reduces depression, lifts up our moods, provides a sense of calm and comfort, decreases anxiety, reduces loneliness and helps

in overcoming speech and emotional disorders. Many patients — and not just animal lovers — find their company very pleasant.

Pet therapy is most common in hospitals outside India, with a detailed and structured process. Pet therapy can be effectively used with senior citizens, at senior care homes, orphanages, etc.

Pet therapy is the guided interaction between humans and the trained animal in the presence of the pet parent

/ animal handler. It is critical to ensure that the pet / animals are up to date with medical records, vaccinations. They have to be clean and infections / disease free. Animals also have to be neutered to ensure they are calm and composed throughout the process.

Animal assisted therapy is proved to be therapeutic and has worked effectively. Enhanced and effective communication in children and helping them cope up with mental disorders whilst in the company of an animal is made this therapy a success story.

Labradors and Golden Retrievers make a great therapy animals. The key aspect here is to identify the right therapy dog / animal and ensure its relevant training and upkeep are up-to date. This therapy must be conducted in the presence of the pet parent or an animal handler only.

Animal assisted / pet therapy has to be highlighted and the therapy must be prioritised and explored further. The results will be a game changer. Detailed process and prerequisites required have to be clearly defined, and more importantly, acceptance of this therapy / treatment has to be enhanced. This can be achieved with timely education and creating more awareness amongst all.



HOW TO STEP INTO 2022 WITH HEALTHY HABITS



SHINY SURENDRAN

Sports dietitian,
preventive health
nutritionist
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shinysurendran



Every New Year calls for new plans and goals for life- health goals, budget goals, and relationship goals and so on. But the personal health goals we set every year often become unachievable. This is because the goals are unrealistic and not sustainable to be followed for a long periods of time.

This article will show you some feasible steps that will help you kick start your 2022 with healthy habits in a sustainable way.

A person's overall health revolves around three basic elements – healthy eating, physical activity and mental health. Making small but smart changes to each of these elements will help you reach your goals in a better way.

TIPS FOR HEALTHY EATING

If you're planning to shed some pounds for the coming year, have an achievable weight target. Do not opt for fad diets to lose weight. Restrictive methods are harder to follow for a long periods and you tend to regain the majority of your body

weight over a period of time. Healthy eating and physical activity go hand in hand for weight loss.

Follow a sustainable eating style. Include whole foods that are as close to its nature and minimally processed, into your grocery list. This includes whole grains, meat, fish, eggs, milk, vegetables, fruits, nuts and seeds.

Include more fibre into your meals. Eating more fibre is one of the best ways to upscale your health. It keeps you away from diabetes, heart diseases, constipation and improves your gut

health. Aim for a minimum of 5 cups of veggies and fruits every day. You can slowly start with 1 or 2 cups in the beginning ,and can gradually add on over time.

Cut your sugar intake. Sugar-sweetened beverages and other sugary foods have shown to be a major contributor to obesity, fatty liver, insulin resistance, etc.

Get into the habit of cooking your foods at home from scratch. Avoid outside food as much as possible. Do not opt for convenience i.e frozen and easy-to-make foods from the store. Home-cooked meals will save you from unhealthy food additives, preservatives and other hidden fats. Refrain from eating outside foods and this will help you stick to your weight management goals easily.

Advantages of drinking more water in your daily life should never be under-estimated. A good hydration is essential for overall wellness. Fill 2-3 litres of water in your water bottles and aim to finish it by the end of the day. Avoid indulging in alcohol, for it keeps you away from attaining your health-oriented goals.

TIPS FOR A PHYSICALLY ACTIVE LIFE

Sticking to an exercise regime for a sustainable period of time has always been hard. With the start of a fresh year, many of us rush to get memberships in gyms but keeping up with it is difficult . Choosing the type of physical activity you love is the best approach to overcome this issue. It can be walking, swimming, jogging with your pet, or dancing, etc. Start it slowly for a short time and slowly increase the duration, based on

your body's capacity and your available time. It will help you reach your fitness goals easily.

One of the easy-to-follow resolutions that can helps you is to be active .Sit less and move more. If your lifestyle calls for more sitting, schedule a time to walk around .At certain intervals get up and have a short walk in between. For eg: For every 30 minutes, you can get up from your seat and have a short walk for 5 minutes.

TIPS FOR GOOD MENTAL HEALTH

A person's mental health is often ignored, when it comes to setting personal health goals. Studies say that a person's emotional status is a strong contributor of his eating habits and vice versa.

In your busy schedule, allocate some time for meditation. Just sitting and not thinking about your life commitments and work, can go a long way in improving your mental well-being. Prayers are one of the best ways of meditation.

If you wish to live a healthy life, then "Sleep at night!" Lack of sleep may be a reason for overeating, weight gain, depression etc. Sleep for at least 6-8 hours every night. Avoiding screen time and caffeine in the evenings, are some of the ways to kick start a good sleeping schedule.

Have a firm resolution to spend less time on social media. Socialise more with your friends and family for mental well-being.

Never think twice to take a break from your commitments and run far away for a vacation. Having 'Me-time' is very important to help you stick to your personal health and work goals for a sustainable period of time.



SUMITRA
KUMAR

We salute our Paralympic stars, and rightly so. We look up to them for inspiration. No doubt, these stars have surmounted their share of life-debilitating issues victoriously. People with visible physical challenges receive sympathy, empathy and encouragement.

But those with mental health challenges, even seemingly as trivial as low self-esteem, are treated with apathy or ignored, pushing them into a self-inflicting, self-fulfilling cycle. Often neglected, a person with mental health issues becomes a different person. The right approach by family and friends to their well-being cannot get overemphasised, requiring a separate study or understanding from a qualified specialist.

It is important to note every individual may have less control over physiology and biology, given the genetic factors of inheritance and some inevitable modern lifestyle aspects. But the sky's the limit to what we can do to think and feel good, even with no encouragement from others. But those good things we only learn later in adult life as we mature, sometimes, sadly, we don't learn at all. During adulthood, the process of unlearning and learning too pose fresh challenges. It is here that meditation comes in, building remarkable willpower at any age. The earlier, the better. A positive attitude may correct and obliterate a lot of our mental ailments effectively. Haven't we seen people with several biological complications living a long life defying the worst medical proclamations? Developing Self esteem, humility and gratitude is our number one responsibility and service to ourselves. Parents should ensure their children have enough, often an overlooked aspect in child upbringing. The focus is more on the achievements of the report card. But if self-esteem and mental balance are taken care of, achievements follow. Small accomplishments and acceptance of a loss sustain the drive and maintain consistency.

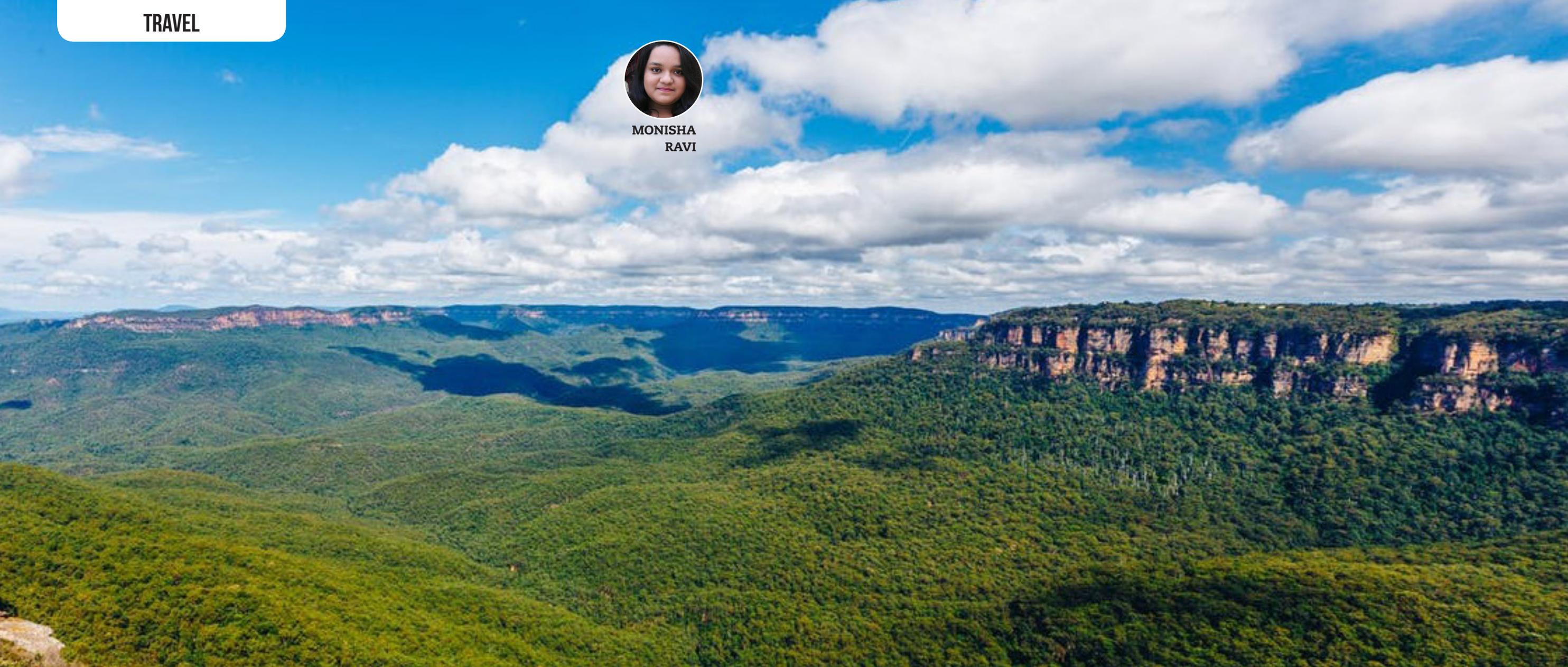
Those with no significant mental or physical issues also do wonders with meditation. They learn to treat people with respect, compassion and less arrogance, the best service one can do for humanity. The following best is perhaps being less consumerist and using environmental resources with responsibility. Cash n kind type of charity is laudable but far behind these.

MENTAL HEALTH AND MEDITATION





MONISHA
RAVI



MY TRIP TO THE BLUE MOUNTAIN

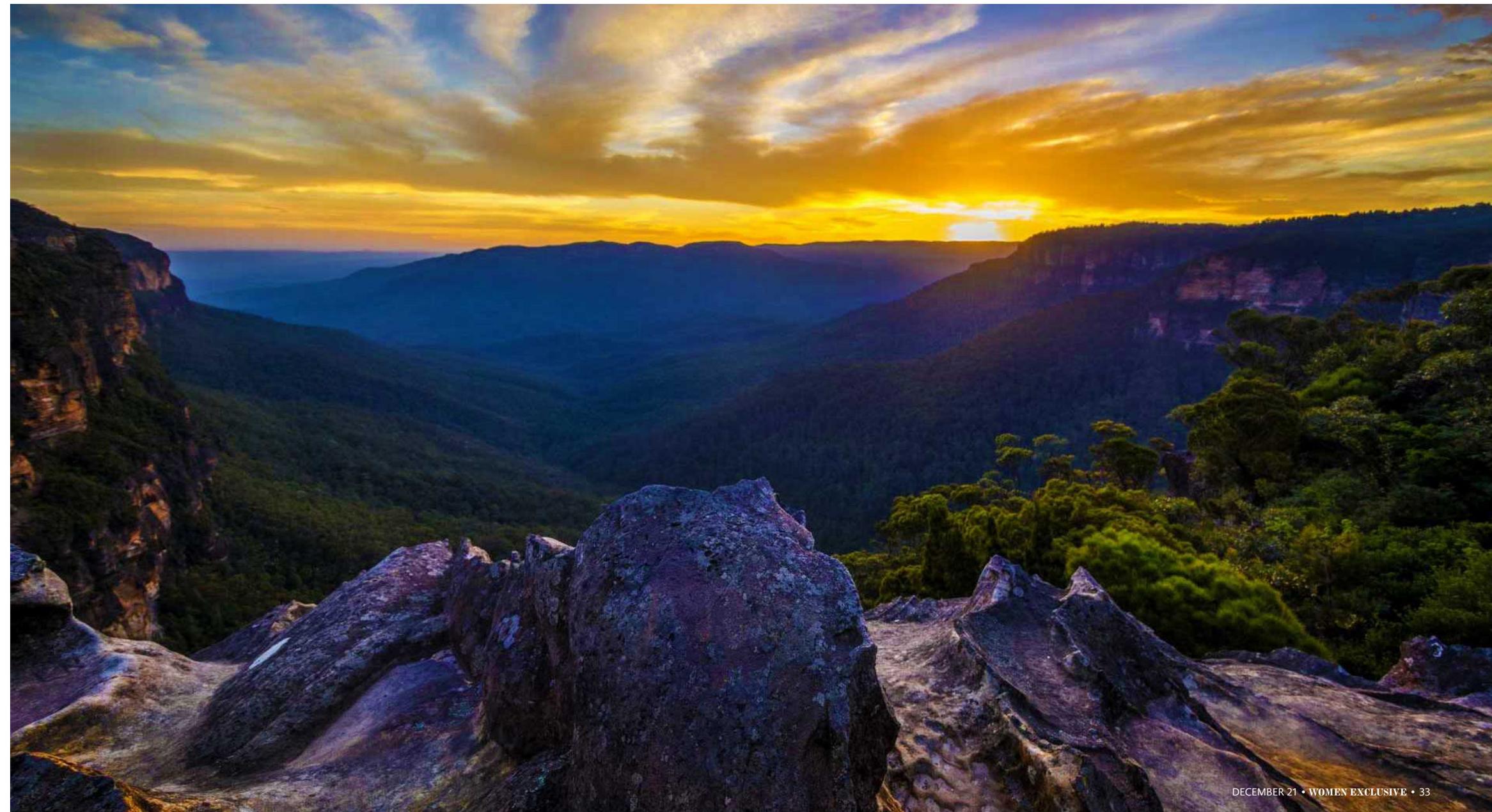
S Y D N E Y ! ! !

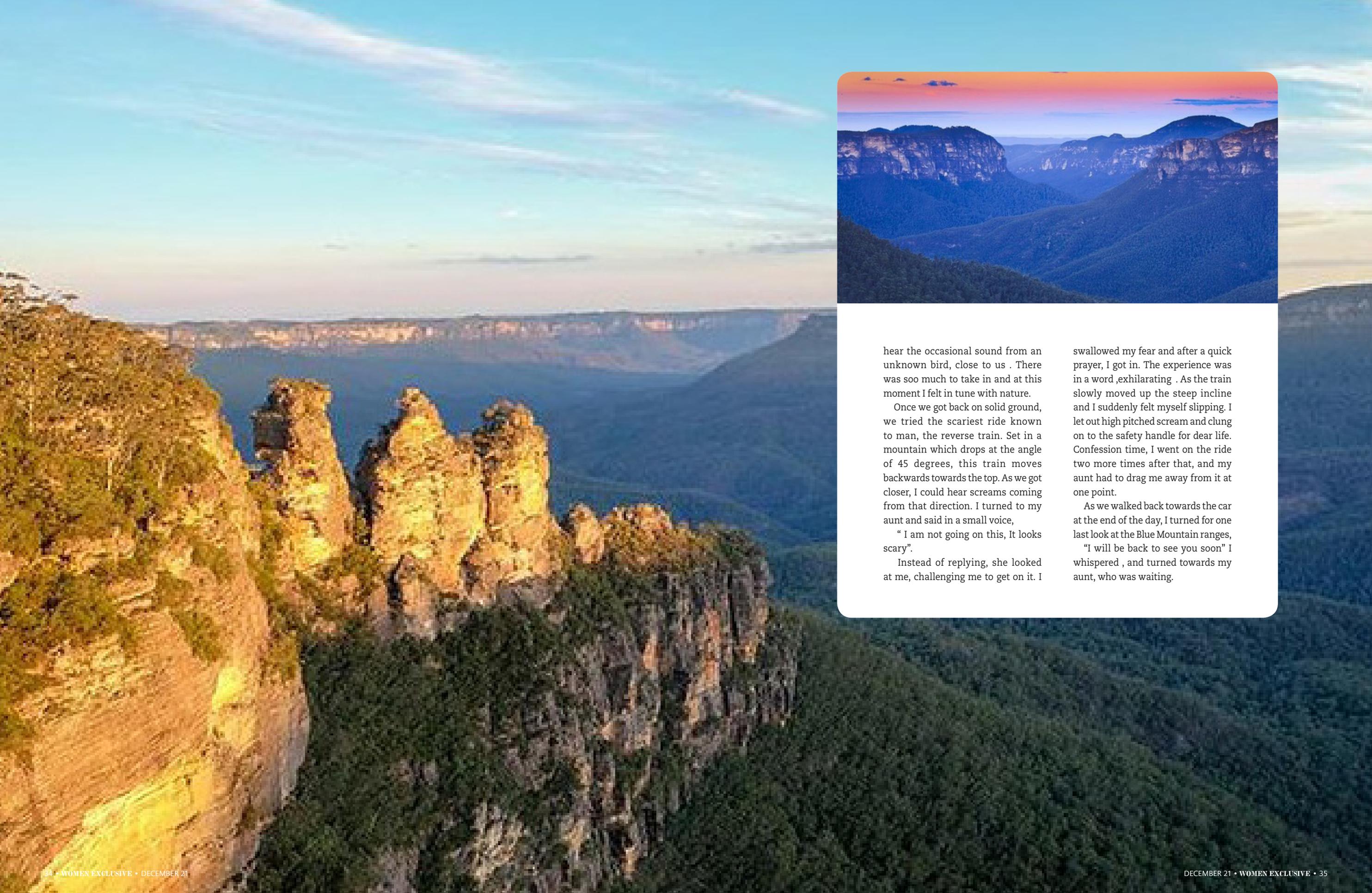
It was barely five o'clock in the morning and there I was slumped in the back seat of a blue Toyota, struggling to keep awake. My aunt and I had just started on a trip to the Blue Mountain National Park in Sydney. As we drove the next two hours, our silence was broken only by the radio that was playing softly in the background.

Just as the mountain range came to view, my jaw dropped in amazement. The mountain towered over us, its peak almost touching the sky. Below, we could see a clear blue sea, the water gently lapping at the foot of the mountain. We slowly made our way to the entrance of the national park, occasionally stopping to take pictures.

After a short wait at the entrance, we finally made our way towards a train that would give us a ride up the mountain. The view once we reached the top was simply breathtaking. We were surrounded by mountain ranges on all sides and a deep canyon in the middle. I stood there for a while, feeling a deep sense of peace as I looked at nature's creation.

Our next ride, which took us across the canyon was a glass ski lift. I gulped audibly in fear as I got on it, but I soon forgot my fear, as I took in the beauty and expanse of the Blue Mountain ranges. From that height I could see the lush green plants and animals moving among them far below. I could also





hear the occasional sound from an unknown bird, close to us . There was soo much to take in and at this moment I felt in tune with nature.

Once we got back on solid ground, we tried the scariest ride known to man, the reverse train. Set in a mountain which drops at the angle of 45 degrees, this train moves backwards towards the top. As we got closer, I could hear screams coming from that direction. I turned to my aunt and said in a small voice,

“ I am not going on this, It looks scary”.

Instead of replying, she looked at me, challenging me to get on it. I

swallowed my fear and after a quick prayer, I got in. The experience was in a word ,exhilarating . As the train slowly moved up the steep incline and I suddenly felt myself slipping. I let out high pitched scream and clung on to the safety handle for dear life. Confession time, I went on the ride two more times after that, and my aunt had to drag me away from it at one point.

As we walked back towards the car at the end of the day, I turned for one last look at the Blue Mountain ranges,

“I will be back to see you soon” I whispered , and turned towards my aunt, who was waiting.

SRI CHOTTANIKKARA BHAGAVATHY -THE DIVINE DOCTOR BOOK



RAJEE MANI

Journalist and Columnist in
Tamil and English

Invocative Sloka
“Amme Narayana, Devi
Narayana:
Lakshmi Narayana ,Bhadre
Narayana “

This song in Malayalam is
the most chanted sloka by
devotees over & over again
as they stand in a trance before the
Moola Murthy of Devi Bhagavathy
at Chottanikara.

Name of Kshetra :

Sri Chottanikkara Bhagavathy
temple near Kochi in Kerala.

The presiding deity -Goddess
Parashakthi in her form as Sri
Durga known as Sri Chottanikkara
Bhagavathy

Other names given to the Devi-
Rajarajeswari, Mahalakshmi
Bhadrakali, Saraswathi,

Rajarajeswari is worshipped
as Saraswathi in the morning,
Lakshmi in the noon and Durga
in the evening.

Other Deities

Vishnu who is said to be part
of Bhagavathy here, Lord Siva &
Sri Dharma Sastha sannidhis are
also present .It encompasses two
temples in one.

The Chottanikkara Bhagavathy
temple is also called the
“Melakavu. “

Another temple nearby called is
called “Keezhakkaavu . The main
deity is Goddess Bhadrakali.

Location :

Nearest railway junction is

Ernakulam South ,which is 15 kms
away. Ernakulam North 17kms
away and 7 kms from a smaller
station Thripunithura. It is 38 kms
from the nearest airport Kochi .If
you reach Kochi by road,you can
reach this KSHETRA within the
hour.

The temple Architecture

Beautifully built, it is situated
in a typical ancient Kerala
architecture designed by the
Divine Sculptor Vishwakarma.

**Saints associated with the
temple:**

Jagadguru Sri Adi Sankara & Sri
Vilwamangalam Swamy, who are
legends.

The prathishta of Devi Said to
have been done by Adi Sankara.
Goddess Shakti is said to have
existed as Saraswati in the early
morning hours & later be present
at Kollur as Mookambikai .

Speciality of the temple

Bhagavathy at Chottanikkara
is the Divine Doctor who is said
to have cured mental disorders &
illnesses , that occurs due to evil
spirits . A red and black thread,
enhanced by the mantras chanted
by the priests for the patient is kept
at the Holy Feet of Bhadrakali . It
is then tied around the right wrist
of the devotee. .Neem leaves, lime
and chillies are taken home from
the temple, which are believed to
ward off evil spirits.

The festival of Maham
Thozhuthal



After the ritualistic bath of the
“Devi” in the holy temple pond on the
day of star Maham , she is taken on 7
decorated elephants to give darshan.
She is taken to the traditional vantage
point in town till 11am. The temple
closes at noon . After 2 pm , the doors
of the temple open, the devotees get the
darshan of Bhagavathy ,glittering in
golden splendour . She is adorned with
shanka chakra ,vara abhaya hasthams.

This is the special Maha darshan
when Devi is said to full fill all the
prayers of the bhaktas.

Other festivals

Onam, Navratri especially Vijaya
dasami when young children are
initiated into Vidyarambam are
celebrated with religious fervour. During
Karthigai ,Ayyappa mandala pooja
,Thirukarthigai & the Avathara dina
of Devi is celebrated on a grand scale
with annadhanams ,nama parayanams
, music concerts & fireworks.

Added attraction around the temple
Temple Railroad & Heritage
Museum,Czech Heritage Museum,Lions
Junction water park ,Entertainment
Centres,West Temple Park where you
can have a picnic with your kids ,Hindu
Temple of Central Texas

Friar’s Creek Trail where hiking can
be done & Shooting ranges for the
adventurous are added attractions
around this temple town.

Mangala Sloka

“Ya Devi sarva bhuteshu Matru
rupena samsthita ;

Namastasyai namas thasyai
Namasthasyai namon namaha “.



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

TOOTH SENSITIVITY AN OVERVIEW

Tooth sensitivity (Dentin Hypersensitivity) is the pain or discomfort experienced when a tooth is exposed to hot, cold, sweet or very acidic food and drink, or when a tooth comes in contact with cold air. It may occur over a period of time as a result of common dental problems, such as receding gums, enamel erosion, tooth decay etc. Tooth sensitivity is prevalent in patients aged between 20 and 50 years.

Tooth sensitivity begins to develop when the dentin, the layer that lies immediately underneath the hard-white enamel of a tooth becomes exposed.

What causes sensitivity Teeth?

- A few common causes of sensitive Teeth are
- Tooth Decay
- Fractured Tooth
- Worn out tooth fillings
- Enamel erosion
- Exposed tooth roots caused by Gum Disease

Common Triggers for Tooth Sensitivity

- Intake of Hot/Cold/Sweet/Acidic foods

and beverages

- When the teeth come in contact with cold air that triggers a sensitive tingle
- Brushing too hard or flossing incorrectly
- Use of alcohol based mouth washes

Diagnosis

The diagnosis of Dentin Hypersensitivity can be challenging. Through patient history and detailed clinical examination are essential for proper diagnosis. The examination includes a pain provocation test Where in the air is blasted from a dental instrument onto the sensitive area. If the test is negative, no treatment is indicated for Dentin Hypersensitivity.

Treatment for Sensitive Teeth

Tooth sensitivity is a treatable condition. The type of treatment will be decided on the basis of the underlying causes of Tooth sensitivity. Depending on the circumstances, your Dentist may recommend the following

Desensitizing Toothpaste

This contains compounds, such as potassium nitrate or strontium chloride that help block the transmission of sensation from the tooth surface to the nerves of the tooth.

Fluoride Gel

It is an in-office technique that helps restore the minerals on the tooth surfaces and helps inhibit the growth of harmful oral bacteria. It also helps to keep tooth sensitivity at bay.

Gum Grafting

Gum grafting is a surgical procedure in which a periodontist removes healthy gum tissue from the roof of the mouth and attaches it to the area where the gums have receded. This will help protect the root and reduce tooth sensitivity.

Root Canal Treatment

When tooth sensitivity is severe, persistent and cannot be treated by other means, your dentist may recommend a root canal treatment to eliminate the problem.

How to reduce tooth sensitivity?

Gingival recession and cervical tooth wear can be avoided with the best dietary and oral hygiene practices. A proper brushing technique will

help reduce gum recession and cervical tooth wear.

Consumption of acidic food and drink should be limited, to reduce acid attacks on the tooth enamel. Apart from that, the teeth should not be brushed immediately after the consumption of acidic food and drink.

Non-abrasive food will help reduce the risk associated with tooth wear. Flossing once a day will also decrease the possibility of Gum disease and Tooth Decay.

Though Tooth sensitivity is not a serious problem, it should be detected early and treated correctly, to keep your permanent dentition healthy for a lifetime.



LOOKING FORWARD - DECEMBER 2021



ARIES

This will be a mixed month for you, as you will have some ups and downs in the professional life. Make sure you take sometime off for some personal time. There may be some problems in the relationship front, so make sure that you calm down the situation. There will be some unexpected gains on the financial front.



TAURUS

This is a very effective month on the professional front. There may be a chance of promotions as well. Entrepreneurs will find this month to be very effective. There may be some challenges on the personal front so make sure you take some time to spend with your significant other. On the financial front there may be some unexpected expenses so try to stick to your budget this month.



GEMINI

You will be the centre of attraction at social gatherings this month. This month will see no major changes on the professional front. There may be some health issues this month, so take extra care to keep yourself healthy. On the relationship front there will be some ups and downs, however everything will settle towards the end of the month.



VIRGO

You will explore new horizons on the professional front. This is the best month to grow the business. This month, avoid any major investments as they may not be fruitful. Relationship wise, things will be the same with your significant other.



LIBRA

This month many see some undue stress on the professional front. Take sometime off to relax and ensure that any obstacles do not deter you. On the relationship front, this is the best month as you will be spending more time with your significant other. You will also enjoy a trip with your loved ones. This is a good time for investments, however thoroughly research the investment opportunities before taking any decisions.



SAGITTARIUS

You will have a lot of good news this month, in your personal front. However, think before speaking, there may be some miscommunication with your significant others. There may be some financial gains in the month. Spend some quality time with your friends and loved ones.



CANCER

This will be the best month professionally, you will be able to go on international trips in this month. Concentrate on work to get the best results this month. There may be some distractions this month. There may be some issues in your relationship this month, so make a conscious effort to keep calm with your significant other. Financially, there may be expenses so allocate funds accordingly.



LEO

This month will see you travelling. You will also move out of your comfort zone in the professional front. This month you will have more responsibility in the office. There will be an ups and downs on the relationship front. You will also learn new skills this month.



CAPRICORN

There may be some ups and downs this month on the professional front. Make sure you don't get involved in any verbal spats. Do not make any financial investments this month. Relationship wise, this will be a good month. Those who are single will find their significant other this month.

SCORPIO

This month will see you happy and contented both in the professional and personal life. This is an ideal month for new business ventures. Take calculated steps in the business and financial front. Relationship wise this will be the same as usual. You will make new friends this month. Travel is also a possibility this month.



AQUARIUS



This month will see an increase in financial gain. There will be a good improvement in terms of professional life. However this month will bring in more stress, so take sometime off to take rest. This month will see you taking up new classes as well, especially to increase your fitness level. Relationship wise, this will be a good month.

PISCES

This month predicts a good professional month for you. You may also receive gifts from family, friends, or siblings. There are chances of you reconnecting with an old friend. There are chances of an increment or promotion this month. It will mean more responsibilities. All the hard work will see fruit this month on the professional front. There may be some challenges in the marital life, so be patient with your significant other.

