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EXCLUSIVE

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JANUARY 2022  
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**PONGALO  
PONGAL !!!!!**

**AN EXHILARATING RIDE IN  
BANNERGHATTA .....**



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# WOMEN EXCLUSIVE

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JANUARY 22



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# J E W E L L E R Y

## HOOPS :

There is a new twist in hoop earrings , the designs are just on the front makes it trendy. It can be paired with both modern and traditional clothes.



## MEDALLIONS

The flattened metal disk at the end of the chain is a must have for the various social gatherings. Paired well with both traditional and modern look, this trend is sure to last more months this year.



## BEADS

The colourful look of the beads in chains now is a unique look , that is suitable for all occasions.



# WHAT'S TRENDING

## CHAINS :

The linked chain , that was popular last year continues to be one of the most sought after designs in the beginning of the New Year.



# FASHION TRENDS



**BELL :**  
The dramatic nature of the bell sleeves continue to be very famous. It dominated the fashion trend last year as well.



**PURPLE :**  
The royal look that purple gives is the latest trend this new year. Dresses , tops and even sarees in this beautiful colour are very popular.



**BELTS :**  
The trend of sarees with belts is still very much a trend this January. Belts in contrast shades have become a go to trend this month.



**CONTRAST**  
Be it dresses , or sarees or just tops, the trend of contrasting the top and bottom ( in the case of dresses and tops ) and contrast blouses ( in sarees ) have become a sensation among women.



**BRIGHT SHADES :**  
to spruce up the melancholy of the rainy season, many have taken to wearing bright coloured dresses and tops

# VARAGU ARISI SWEET PONGAL ( K O D O M I L L E T )



**V. GOMATHY**  
Dietitian, Frontier  
Lifeline Hospital



**INGREDIENTS:**

VARAGU RICE(KODO  
MILLET)  
100gms

Moong dhal  
2tsp

JAGGERY  
50gms

GHEE  
150gms

CASHEWNUT  
50gms

RAISINS  
25gms

CARDOMON POWDER  
as required

**Method:**

■ Keep a pan pour ghee, add cashewnut, raisins, saute till golden brown.

■ Heat a pressure cooker, add 1tsp ghee, add moong dhal and fry till golden brown.

■ Add kodo millet, mix well.

■ Add 2 cups of water.

■ Pressure cook for 4 whistle.

■ Open once pressure settles.

■ Mash well.

■ Now add jaggery.

■ Stir continuously till jaggery melts, add fried cashews and raisins.

■ Add caedomon powder

■ Add balance ghee , mix well and serve.

# YELLOW PUMPKIN GRAVY

**Method:**

■ In a pressure pan add gram dhal , pour water and cook it for 3 to 4 whistle and keep aside.

■ In a mixer jar coconut, small onion, jeera, ginger and green chillies. Add little water and grind it coarsely.

■ In a deep bottom add yellow pumpkin, turmeric powder and salt .

■ Allow till it cooks softly.

■ Now add the cooked gram dhal and the grinded paste into the cooked yellow pumpkin.

■ Mix well

■ Now season it with mustard seeds and curry leaves.

■ Ready to serve.

**Ingredients:**

**Yellow pumpkin:** 200gms

**Gram dhal:** 50gms

**Grated cocon:** 5tsp

**Jeera:** 1tsp

**Ginger:** 1 small piece

**Garlic:** 3 cloves

**Small onion:** 5 nos

**Green chilli:** 3 nos

**Oil:** for seasoning

**Salt:** to taste

Curry leaves

**Mustard:** 1tsp





# PAAL PAYASAM/ MILK KHEER

## PIDIKARUNAI GRAVY

### Ingredients:

- Pidikarunai: 100gms
- Onion: 1 big
- Garlic: 3 cloves
- Tomato: 2 nos
- Chilli powder: 1tsp
- Dhaniya powder: 1 ½ tsp
- Curry leaves
- Fenugreek
- Jeera
- Tamarind: 50gms
- Mustard
- Jaggery : 10gms
- Oil: 50ml

### Method:

- In a pressure pan add pidikarunai, cook and cut into cubes and keep beside.
- In a deep bottom vessel or pan, add oil and heat.
- Add jeera, mustard, fenugreek and curry leaves.
- Now add finely crushed onion and garlic together.
- Add tomato and smash well and add cooked pidikarunai.
- Mix the tamarind with 1 ½ tumbler water and drain it.
- Now add chilli powder, dhaniya powder and salt to tamarind water.
- Mix well and pour into the well cooked onion and tomato.
- Cover it for 10 mins.
- After 10 min the oil gets separated from the gravy.
- Now add jaggery mix well and serve.

### Ingredients:

Thick milk: 1 lit

Basmati rice: 25 gms

Sugar : 50 gms

Milk maid: 100ml

Ghee: 25ml

Cashewnut: 25 gms

Badam: 5 – 6pcs

Cardomon powder

### Method :

- In a pan add 3 tsp ghee, roast cashewnuts and raisens. Soak and grind badam and keep aside
- Keep it aside and in same pan add in same pan add basmati rice. Fry slightly till the ghee coated all the sides.
- Now cook the rice with 1 cup of milk, untill it gets soft.
- In a deep bottom pan add milk add let it boil.
- Now add cooked rice
- Mix well and add sugar and milk maid
- Now add badam paste, cardomon powder and mix well
- Add roasted raisen and cashewnuts and serve hot.

# MADRAS HIGH COURT

The tree lined built squares and red brick buildings have witnessed many important moments in Indian legal history. Yet the 127-year old Madras High Court complex remains a relatively unexplored part of the city.

It was designed by J.W.Brassington, the consulting architect to the Government. The grand Indo -Saracenic structure was completed by Henry Irwin in 1892.

It has been the home to the city's early light houses. The first, a Doric column of pallavaram granite, and the other atop a dome on the main building. The light houses were fueled by kerosene. The light from these structures was visible for almost 32 meters out at sea. The

complex's turreted magnificence, was the first sight of Madras, when people came in by boats from the bay.

From 1817 to 1862 the Supreme Court of Madras was situated in a building opposite the Chennai Beach railway station.

From 1862 to 1892, the High Court was also housed in that building.

The present buildings was officially inaugurated on the 12th July 1892, when the then Madras Governor Bailby Baron Wenlock, handed over the key to the chief Justice Sir Arthur Collins.

The Madras High Court was formed by merging the Supreme Court of Judicature at Madras and the Sadr Diwani Adalat.

Although the name of the city was changed from Madras to Chennai in 1996 the Court as an institution did not follow suit and retained its name as the Madras High Court.

The High court complex is located in the Southern end of Madras High Court, Chennai George Town.

The High Court building was constructed after moving a complex of temples that were in existence on the land in the late 19th century.

The present building was built to house, High Court , the Courts of small causes and the city Civil Courts. These smaller courts were subsequently shifted to other buildings on the campus.

Construction of the High Court building:

an exquisite example of Indo -Saracenic style of architecture. The construction began in October 1888 and was completed in 1892 with the design prepared by J.W.Barington the then consulting architect of the Government. Under the guidance of the famed architect Henry Irwin completed the structure with the assistance of J.H.Stephens.

J.W.Barington initially prepared a plan to construct a building with 11 Court Halls at an estimate of Rs.9,45,000/-. Of these, six were meant for the High Court, four for the small cases Court and one for the City Civil Court. An additional building to house the lawyer's chambers was subsequently added to the plan ,along with a walk away on the first



GEETHA  
GANGADARAN

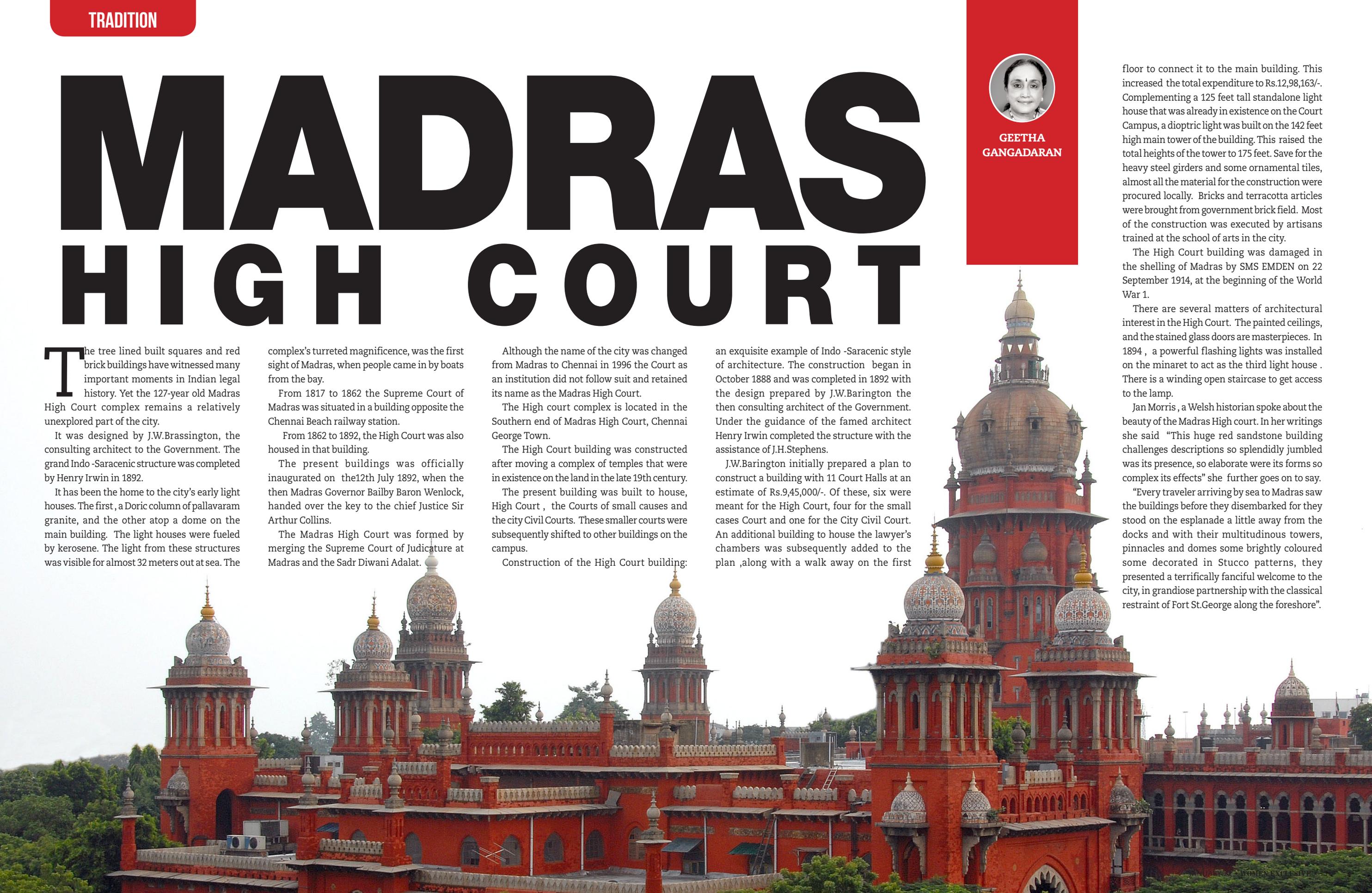
floor to connect it to the main building. This increased the total expenditure to Rs.12,98,163/-. Complementing a 125 feet tall standalone light house that was already in existence on the Court Campus, a dioptric light was built on the 142 feet high main tower of the building. This raised the total heights of the tower to 175 feet. Save for the heavy steel girders and some ornamental tiles, almost all the material for the construction were procured locally. Bricks and terracotta articles were brought from government brick field. Most of the construction was executed by artisans trained at the school of arts in the city.

The High Court building was damaged in the shelling of Madras by SMS EMDEN on 22 September 1914, at the beginning of the World War 1.

There are several matters of architectural interest in the High Court. The painted ceilings, and the stained glass doors are masterpieces. In 1894 , a powerful flashing lights was installed on the minaret to act as the third light house . There is a winding open staircase to get access to the lamp.

Jan Morris , a Welsh historian spoke about the beauty of the Madras High court. In her writings she said "This huge red sandstone building challenges descriptions so splendidly jumbled was its presence, so elaborate were its forms so complex its effects" she further goes on to say.

"Every traveler arriving by sea to Madras saw the buildings before they disembarked for they stood on the esplanade a little away from the docks and with their multitudinous towers, pinnacles and domes some brightly coloured some decorated in Stucco patterns, they presented a terrifically fanciful welcome to the city, in grandiose partnership with the classical restraint of Fort St.George along the foreshore".



# PONGALO PONGALO PONGALO



# PONGALO

# PONGAL !!!!!



**A**s the pongal overflows in the pot, a happy cry of Pongalo Pongal is heard among those celebrating the Pongal festival in South India.

Pongal festival is celebrated to give thanks to a healthy crop, abundant wealth and prosperity for the people.

It is said that, this thanksgiving originated in the Sangam age, which is roughly 200B.C to 300A.D. The concept of Pongal has been written down in ancient texts as well.

The first day of the celebration, Bhogi, is all about the new, the fresh start. Old belongings are generally burnt in a large fire. They are replaced with new items, new clothes and an overall cleaning of the house.

The Pongal celebration on the second day, begins with huge pots containing milk, jaggery and rice which are boiled over. The Sun God Surya, is worshipped on this day. Sun, which is an integral part of farming is worshipped. The pongal is then placed before the god, before eating.

The third day, or Mattu Pongal, is when the cows are decorated and worshipped for their work in making



the harvest a success. In most villages Jallikuttu is a major event on this day. Jallikuttu is an event in which, people try to hang on to a bull for the longest time possible.

The last and final day, Kannum Pongal emphasises on the community. People can be seen in

droves in tourist spots, just taking the day off with their families. In some villages mayilattam and kolattam are enjoyed.

With the virus still rampant, Pongal celebrations have been disrupted in the State. With the threat of lockdowns, people will be unable to meet their near and

dear ones. Many are preparing for small intimate gatherings or celebrate the festival virtually. Small villages are continuing with the traditions, albeit with many precautions.

So let's hope this year, brings with it abundance and cheer that is most awaited to all.

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# PAPAYA

**P**apaya, the fruit is famous for its vibrant colour, soft texture and a lovely sweet taste. Not only is it delicious, it is one of the healthiest fruit that you can eat.

The fruit helps to lower the cholesterol levels. High cholesterol in the body generally leads to problems like heart attack or hypertension. The high content of Vitamin C and fibre, that is present in Papaya helps to regulate the level.

With cold and other viruses becoming common place, Papaya helps boost the immunity in the body. The high Vitamin C content that is present the papaya helps to boost the level of immunity thereby, protecting the body from harmful viruses.

Papaya helps control diabetes as well. The fruit contains a high level of fibre and this makes it ideal for diabetes. The fruit does not increase the sugar level in the body.

The fruit contains anti oxidants that help with macular degeneration, a disease that affects the retina. According to research, the papaya contains Zeaxanthin and Vitamin A, compounds that protects the eyes.

In skin care too, Papaya is a very important component. Papaya contains an enzyme called papain, which acts as skin lightening agent. It also helps reduce the pigmentation on the face. Papayin also acts as exfoliator, as it helps

remove the dead skin, thereby giving a radiant glow.

It acts a skin moisturiser as well. The fruit helps to rehydrate the skin when it is dull and dry. The vitamin C in papaya also helps in anti ageing. The anti oxidants help fight the free radicals thereby giving a radiant look.

This amazing fruit is a must have in your diet. Small helpings every day will keep you fit and beautiful.



# ANIMALS AND LIFESTYLE



LATA PRAKASH

I remember the day when I moved into a high rise apartment in Chennai with my 3 pets – Chocolate, Cadbury and Nero. I was asked to sign a pet policy which stated a clause – Every house must have only 2 pets and that baffled me. I refused to sign that clause. That was the moment I stated thinking to myself – why is this point so relevant or irrelevant? Well, I understand that clause was with an intention to ensure we are not unfair to our pets / animals and not restrict their moving space

keeping in mind the size of the flat in India today.

Having said that, I did not stop pondering until I was convinced that our pets / animals never look at us for our lifestyle or the size of the house, not by what you feed them or buy for them. The only thing that our furries demand is our complete attention and undying love and time. Rightfully so – they deserve it – don't they? I have come across animals at lavish homes with the best of facilities but lacking the pet parents time and love. On the contrary, there is so much love overflowing even at smaller houses where they are many humans and pets under one roof. The size of your house does not make any sense then.

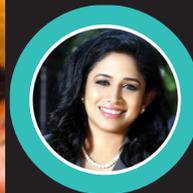
May this effort of mine burst the myth of having pets / animals only if you have a large space. People – have a large heart to welcome our furries with your love – true, genuine love. For those, who use space as a excuse to abandon or give away your furries for adoption deserve a tight penalty. This is a way of animal abuse and dumping the kids to suit your convenience. The animal laws in India has never restricted flats to have pets / animals, in fact they have ensure

the animals are taken care of and well protected. The associations, of course can have their pet rules to suit the community which again has to be a win win for both – pet parents and non pet parents.

Today, when I look back to those initial days, we have come a long way. Today, I feel proud to state that the same community highly encourages pet parents and we could put in policies for pet parents and non pet parents to ensure we all co exist – as one family, one community. This has also helped in bringing a lot of synergy and bonding with other community members and collectively benefiting the larger eco system. We have also been fairly successful in creating awareness and sensitizing people by our simple acts – like placing water bowls and alerting if the bowl is empty, if there is a stray outside the gate that can be fed or if there is a constant dog bark or a stranger cat to ring an alarm. It is time, we make our next generation responsible citizens.

As I conclude, I request each one of you to think twice, thrice before taking any major decision to suit the human convenience and the lavish lifestyle in the name of SPACE.





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# INVIGORATE YOUR IMMUNITY!

**A** topic that has been in the spotlight in the recent times is how do we increase our immunity naturally? Since our immune system is a system and not a single entity, it requires balance of a host of factors to function well. Some major factors that affect a person's immune response include age, diet, exercise, sleep and stress levels.

Diet which takes care of the nutritional status of a person is an important factor,

contributing to a good immune competence. Undernutrition impairs the immune system mainly due to insufficient intake of energy and macronutrients and/or due to deficiencies in specific micronutrients and often these occurs in combination. Nutrients required for the immune system to function efficiently include essential amino acids. Essential fatty acids like linoleic acid, vitamin A, folic acid, vitamin B6, vitamin B12, vitamin C, vitamin E, Zinc, Copper, Iron and Selenium. Also, there is increasing evidence that intake of probiotics help improve immune

function.

### Top foods to boost immunity naturally

**Citrus fruits-** Vitamin C rich fruits such as amla, orange, lemons, kiwi and strawberries are your best bet when it comes to fighting common cold. Vitamin C help increase white blood cell count in the body which are key to fighting infections. **Cruciferous vegetables-** Broccoli, cabbage, cauliflower, collard greens and brussel sprouts are nutritional powerhouses that are loaded with vitamins (especially vitamin C), minerals, fibre

and antioxidants.

**Garlic** – A very popular culinary ingredient across the world, fresh garlic contains a compound called alliin. When crushed or chewed, alliin turns into allicin that has antibacterial and antiviral properties that boosts our immune system.

**Ginger** – Ginger is another superfood which has a unique flavour that contains a component called gingerol. Gingerol in ginger is responsible for its medical properties including anti-inflammatory and antioxidant effects.

**Nuts and seeds-** Nuts and seeds such as almonds, walnuts, chia seeds and flax seeds are loaded with immunity boosting compounds. They have a good amount of Omega 3 fatty acids, anti-oxidants, vitamins and minerals to contain inflammation and keep the immune system healthy.

**Probiotics** – Yogurt, buttermilk, pickles, kefir, tempeh and kombucha are examples of probiotics that contain beneficial live microorganisms which improve digestive and heart health thus boosting immunity.

### Shiny's simple tips to strengthen your immune system:

**Eat the rainbow** – Consume a well balanced diet with a variety of coloured fruits and vegetables. Your diet should have adequate calories and a balance of macro and micronutrients, which prime the body to fight against infection and

disease.

**Sleep on time** - Being in tune with our body clock (Circadian rhythm) promotes timely repair of body tissues and boost immunity.

**Hydrate well** – A minimum of 2.5 to 3 litres of water is recommended to flush out the toxins out of the body. This helps our defence system function optimally.

**Exercise regularly** – Do a physical activity that you enjoy at least 3 days a week – walking, jogging, cycling, swimming or even a home workout. You just have to keep moving in the way you like.

**Reduce external stress** –Recent times have been stressful for many of us. A highly stressed life weakens immunity and brings about a host of other problems. So, listen to your favourite music, pick up a hobby just open up to someone or even try meditating to keep your stress levels under control.



MONISHA  
RAVI



# AN EXHILARATING RIDE IN BANNERGHATTA .....

**B E N G A L U R U**

**I**t was early morning, and there I was trying to drag my heavy suitcase on the railway station. It was for long weekend trip to Bengaluru.

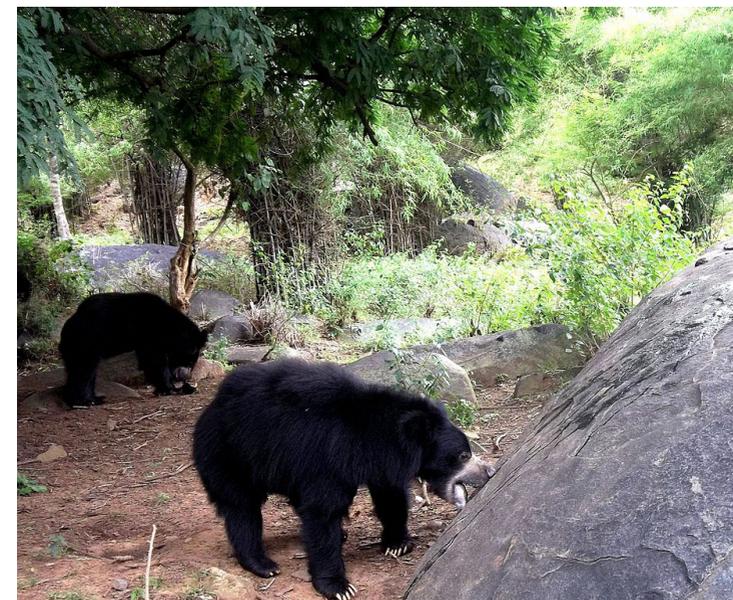
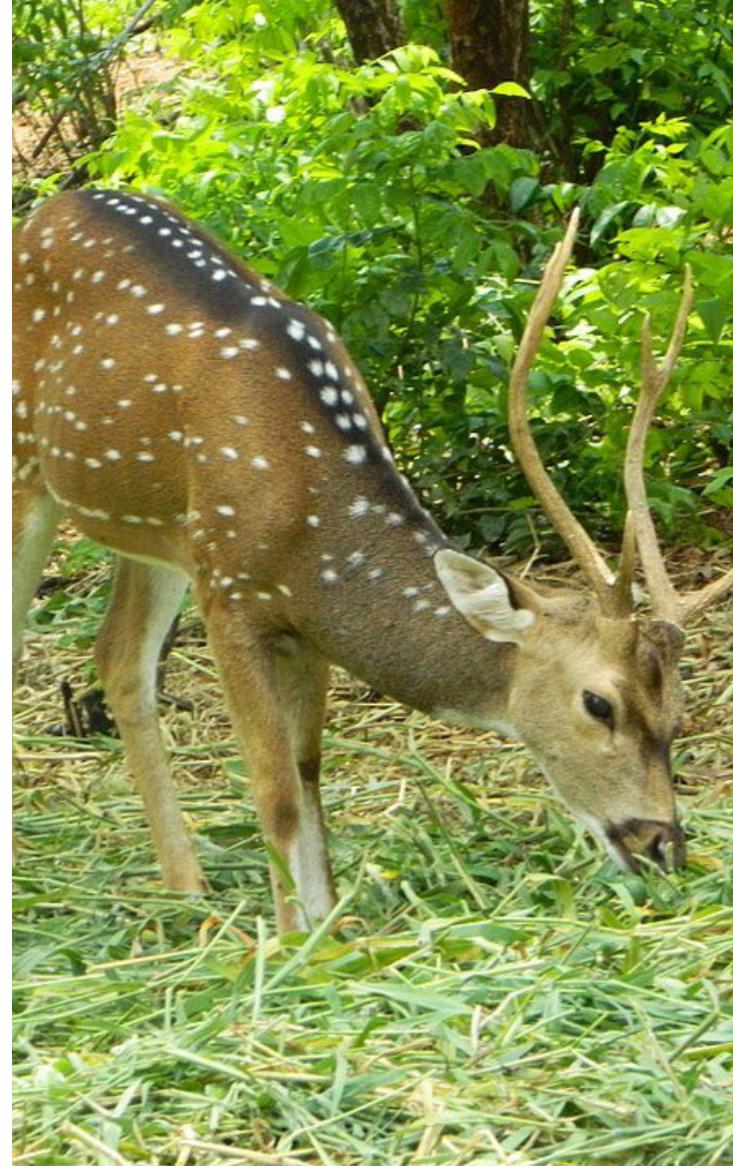
This was an annual trip , where I spent three days leaving behind all my work, and my numerous responsibilities to spend some quality time with family. This trip always consisted of great food made by my aunt , a lot of sight seeing and plenty of rest.

The trip started off great, with us starting a spirited game of cards. The hours just flew by, and the next thing we knew , we had arrived at Bengaluru.

After a few hours of rest, the sight seeing began. Bannerghatta National Park was first on the list. This is a zoological park, where one can see the animals in their natural habitat. This was an amazing experience. We got on to a bus, that took us around. This was exhilarating ,as the bus driver zoomed at breakneck speed throughout winding passes.

The highlight of this park is without doubt the elephants.They were soo close to the bus, ambling in a straight line. The elephants were completely unperturbed by a dozen people frantically clicking their cameras.

We also saw the lions, raising their lazy heads to look at us. After the lions, came the most unique animal ,the White Tiger, which is considered to be one of the most endangered animals in the world. So many more birds and animals make Bannerghatta National Park their home. Though we were exhausted, this was a beautiful experience.





We decided to take things a little easy the next day. We decided on something musical. Bengaluru has a unique museum . I know what you must be thinking !! Museum on a vacation ? This is something really different.

There is a museum called the Interactive Music Museum. The history of music and musical instruments are traced back to its beginning. Starting with just sounds to the

latest in rock and roll, this museum studies the evolution of music over the years

One gets to experience the playing and listening to music , in multiple languages. So for all those music enthusiasts, this is a must visit.

The rest of the trip just saw me relaxing , watching three movies back to back and going for a swim in a lovely pool.

This was definitely an unforgettable trip, be it the National Park, the musical museum or just that fun time with family.



# SRI KARI KRISHNA PERUMAL TEMPLE AT PONNERI

Oh, Krishna ! who carries the pot of Amrutha on His head, One who adorns the role of a cowherd,

One who holds a whip in His hand, One who stands rooted to the land called Brundaranyam , One who holds His left hand on His hip ,

One who has a form dazzling and beautiful ,

One who is worshipped by Vaikanasa and Bharathvaja , He is that divine Cowherd Sri Kari krishna

Whose Consort is Sri Soundaryavalli

We offer Our repeated Pranams to this Sundara roopam “

Yes ! This is how the devotees sing the praise of Lord Krishna ,who is fondly called as “Kari Krishna” in the ancient Kshethra “Ponneri”. It is situated just about 35 kms north of Chennai on the highway leading to Calcutta. The temple easily approachable by road or by rail .

Ponneri in days of yore was a

cute ,green village . Now a busy and developing town situated on the banks of the river Aarani . It is said that the name Ponneri came about when, urchins who were digging the fields beside the river, found a golden plough and hence the name” Pon er”. Over the course of time, this became “Ponneri”.

It is in the neighbourhood called “Thiru Aayar Paadi” , that the ancient temple of Sri Kari Krishna is located .

### The legend behind this 2000 year old temple:

The Sthala purana gives the story of how this unique Swayambu Moorthy of rare form and beauty got installed in this particular spot .

As earlier said , this village of Ponneri was a fertile land where the cowherds used to bring their cows for grazing . It was said that one of the cows which came here to graze ,returned home with an empty udder every day . The villagers were wondering why and



**RAJEE MANI**

Journalist and Columnist in Tamil and English

where the entire milk disappeared . On following the cow ,they found that the cow was pouring the entire milk into ants to find. This is a treasure you can cherish for ages ... !”

Well , now the cowherds brought in pots and pots of milk and poured them on the anthill which was slowly and steadily was crushing down. The villagers could partially see an idol of Lord Krishna ,beautiful beyond words in the anthill.

As always , there was a man who was impatient and couldn’t wait to demolish the rest of the pit with a little more milk. He started digging into it with his hands to take out the Krishna idol .

### The divine voice was heard again ...

“ You have not obeyed my instructions, and so it will be that I shall stay here to bless my devotees, in this very posture .With one leg tilted up and the other rooted to the remaining pit on the ground . At the end of Kali Yuga, you will see me with both my feet on the ground.”

So it was then this magnificent idol was removed and installed nearby with the remains of the anthill as a ‘Peetam’ ,to make this kshetra and the Moorthy unique .

Sri Krishna, since then stands at this temple in a slanting pose ,with an inverted amrutha kalasam in lieu of a crown , a cowherd’s whip on one hand and the other hand on His hip . He is seen with a bewitching smile on His lips and a mesmerising twinkle in His eyes .

His Consort here is equally beautiful and is named Soundaryavalli Thaayar .

# PRIMARY TEETH: TAKE CARE

**P**rimary teeth are very important as they hold a space for the permanent teeth. They are also essential for giving shape to your child's face, chewing/biting and helps with speech development. Primary teeth are twenty in number. The first tooth will erupt in the oral cavity at about 6 months and the complete set of primary teeth will be seen by around 3 years of age.

Your child will lose his first primary tooth around the age of six. This is followed by the eruption of the first permanent tooth. Your child will usually lose his last primary tooth around the age of twelve. The time during which both primary and permanent teeth are in oral cavity together is called the period of "Mixed Dentition".

## PURPOSE OF PRIMARY TEETH

- Helps to chew food properly
- Assists in proper speech
- Builds self-esteem by providing a beautiful smile
- Serves as a path for permanent teeth to erupt in correction position

## WHAT HAPPENS WHEN A PRIMARY TOOTH IS NOT TAKEN CARE OF?

When the primary tooth is not taken care of, it can lead to Dental Caries and infections. Many children below 3 years of age suffer from Early Childhood Caries or Rampant Caries. It may be due to frequent consumption of sugary substances, lack of oral hygiene routines, a prolonged feeding habit, or a low salivary flow.

If Dental caries in the primary Tooth persists for long, it leads to its early loss. If a primary Tooth is lost too early, the adjacent Permanent teeth can drift into this edentulous space. This causes difficulty for the eruption of the underlying permanent tooth. It may also lead to developmental malocclusion in a child. The space created by the loss of a primary tooth should be protected with a space maintainer.

## DISTURBANCES IN TOOTH ERUPTION

- The causes for the disturbances in tooth eruption are
  - Traumatic injuries
  - Unhealthy oral habits
  - Gene Mutation

## COMMON HABITS THAT CAUSE MALOCCLUSION IN CHILDREN

- Thumb-sucking that goes on beyond 4 years of age
  - Tongue Thrusting
  - Lip Biting
  - Mouth Breathing
  - Cheek Biting
- Bad oral habits can be controlled using a Habit Breaking Appliance. Early diagnosis will help correct these habits and consequent malocclusion.

## HOW TO CARE FOR PRIMARY TEETH?

Good oral habits in children must be developed at a young age. Parents must educate their children to maintain good oral hygiene by helping them brush their

teeth twice a day. They should be taught to rinse their mouth after eating and also discourage them from taking sugary and sticky foods.

## GUIDELINES FOR PARENTS

- Clean the infant's gum with a damp washcloth after meal. This must be done before bed, prior to tooth eruption. Do not use toothpaste when performing oral healthcare before teeth have erupted
- After tooth eruption, clean the child's teeth with wash cloth and progress to child size soft bristled toothbrush.
- Start using tooth paste after tooth eruption (approximately 18 to 24 months of age), usually a pea-size amount of fluoride tooth paste is recommended.
- Caregivers should demonstrate proper brushing technique and guide the child in brushing. They should remind the child about the importance of proper oral hygiene.
- Till a child can brush the teeth on his/her own, the guidance of parents is very important.
- After 6 years of age, child may be allowed to clean the teeth by himself/herself.

## CONCLUSION

Make your child's first dental visit as soon as his first tooth erupts in the oral cavity. Following the prophylactic measures provided by the dentist is the simplest way to protect the primary and permanent dentition of your child.



**DR. K R ANANTHI**

Clinical Director  
Ananthi's Dental Clinic &  
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# LOOKING FORWARD - JANUARY 2022



## ARIES

This will be a rewarding month for you professionally. This will be a very creative month. You will overcome any fears in your personal life as well. You will get the long awaited promotions this month. Relationship wise, for all the singles out there, this will be the time when you meet your significant other.



## TAURUS

This will be the right time to make the plans. This will be a great month for you professionally. Make sure you plan ahead. There may be some surprises financially, so stick to your budget. Relationship wise there may be some ups and downs, so don't lose your temper. This will be a good month health wise.



## GEMINI

This month might be very hectic for you professionally. However the second week will calm down a bit. Professionally, it will be an ideal month. Financially make sure that you don't spend recklessly. Make sure you don't make any investments this month. Relationship wise there may be some problems with your significant other. This is not the ideal month for new relationships.



## VIRGO

Professionally, this month will be a great one. New opportunities will come calling. Financially there will be a windfall this month. There may be some unexpected expenses this month, so stick to your budget. Take care of your health this month. There'll be no major changes relationship wise.



## LIBRA

Relationship wise it will be a very positive month. This is the right time to clear the air any misunderstandings that may be present. Professionally, this will be a very rewarding month. The long awaited promotion or job will unexpectedly come your way. Take care with any new investments this month.

## SCORPIO

This month professionally will give mixed results. Take time before any major business decisions. Relationship wise, there may be some ups and downs. Don't lose your temper with your family and friends this month. Try to avoid any out of town trips.



## AQUARIUS



This will month will see you overwhelmed with creativity. You will have some inspired ideas at work. This is a very good month financially. You will be filled with positive energy this month. Make sure you don't get bored. This is the best month relationship wise. It is the best time to start a new family.



## SAGITTARIUS

The most important thing this month is to keep your cool under any stressful situation. Take time to consider any major decisions in your professional life. There will be no major problems relationship wise. Your relatives may approach you for help and advice this month. Take care of your health this month.



## CANCER

You will get your ideal job this month. There will be a lot of professional advancement this month. Relationship wise your partner will be of great support this month. There will be some small spats, which will be resolved immediately. Make sure that your relationship with your colleagues are smooth, as there may be some difference of opinion



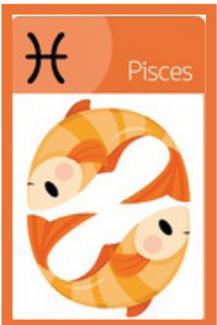
## LEO

This month, in the professional front will be the same as always. Make sure there is no major miscommunication among your colleagues. January will be a busy month, on the professional front. Relationship wise, this is not a very favourable month. So make it a point to take some time from your busy schedule for your loved ones.



## CAPRICORN

You will be under a lot of pressure at work, so take some time off, relax and spend some time with the family. For those singles, this month will see you falling in love instantly. Take some time and get to know them before making any commitments. This month will also see you working for the welfare of the others, this will make you satisfied and happy.



## PISCES

This is the best month professionally. You will see the fruits of all the hard work that you have put in the whole of last year. There will be significant financial gain this month as well. Investment can be done after a lot of research. Take care of your health, as there may be minor issues. Relationship wise this month will see you taking a lot of decisions. Avoid any confrontations with your partner.