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WHAT'S TRENDING



SILVER

Silver and the antique oxidised silver remain the favourite of many . It can be paired with modern and traditional looks.



BEADS

The colourful array of beads in a necklace or a bracelet can compliment your attire. The elegance of beads can be styled with both western and traditional looks. Multi colour or just single one is an epitome of elegance.



THE POWER JEWELLERY

Despite working at home, many women prefer delicate jewellery . Be it a traditional saree or a suite, these delicate necklaces add a bit of style to the outfit.



THOSE GIANT HOOPS

In the case of hoops, the mantra remains the bigger the better. Large hoops can be styled with casual and business attire.





TRADITIONAL LOOKS

The traditional lehanga is a must wear for the fun wedding functions. The traditional looks still remain a go to for many.

FASHION TRENDS



RED

With Valentines's day around the corner, reds and pink are popular once more. Be it ethnic wear or western , this colour is flying off he shelves of stores.

KAFTAN

The most comfortable dress Kaftan is still in trend this February. The ones with neon designs are eye-catching, unique and popular for everyday wear.



PASTEL

The pastel shades are back this month, with light pink, or cream making a big come back. This trend is especially seen in crop tops.



PANEER NUGGETS

INGREDIENTS

- Paneer: 200 gms
- Chilli powder: 1 tsp
- Ginger garlic paste: 1/2 tsp
- Pepper powder: 2 tsp
- Salt to taste
- Lemon juice: tsp
- Corn flour: 1/4th cup
- Maida: 2 tbsp
- Bread crumbs: as required
- Oil

METHOD

FOR MARINATION:

In a bowl add chilli powder, pepper powder, ginger garlic paste, lemon juice and salt mix well and add cubed paneer and marinate for 1 hr.

- In a bowl add Maida, corn flour, salt and pepper powder.
- Pour little water and mix it to paste consistency.
- Spread bread crumbs in a plate.



V. GOMATHY
Dietitian, Frontier
Lifeline Hospital

- Pour oil in a deep bottom pan.
- Now take marinated paneer.
- Dip in Maida paste.
- Then coat it in the bread crumbs.
- Deep fry in oil till golden brown.
- Serve with mayonnaise or mint chutney.



CREAM OF MUSHROOM SOUP

INGREDIENTS

- Mushroom: 100 gms
- Butter: 25 gms
- Oil: 2 tsp
- Onions: 1 small (finely chopped)
- Garlic: 3 cloves
- Pepper powder: as required
- Cream: ¼ th cup
- Maida: 1 tsp

METHOD

- Keep a deep bottom pan.
- Mix oil and butter together.
- Add chopped onions and crushed garlic.
- Now add mushrooms and sauté well.
- Keep in sim for 5 mins.
- Add maida, sauté for 1 minute.
- Add 2 cups of water.

- Add salt, pepper, coriander leaves. Allow it to boil for 5 mins.
- Once cooked, blend ½ cup into smooth paste.
- Add cream.
- Add blended paste.
- Mix well
- Serve hot.



KASHMIRI PULAV

INGREDIENTS

Basmati rice: 200 gms | **Pine apple:** 1 slice | **Apple:** 1 piece | **Pomegranate:** 50 gms | **Cashew nut:** 10 gms | **Dry grapes:** 10 gms | **Badam:** 10 gms | **Ghee:** 50 gms | **Cardamoms:** 2 nos | **Cumin seeds:** 1 tsp | **Cloves:** 2 nos | **Fennel seeds:** 1 tsp | **Bay leaf:** 1 | **Cinnamon sticks:** 1 small | **Milk:** 1/2 cup | **Salt:** To taste | **Saffron:** soak in 1/4 cup milk



METHOD

- Keep a deep bottom pan.
- Add 1 tsp ghee.
- Sauté nuts till golden brown and add dry grapes.
- Transfer them into a cup.
- In the same pan add chopped fruits and sauté for a minute, keep aside.
- In a pressure cooker add the rest of the ghee.
- Sauté the garam masala.
- Add basmati rice, salt and saffron milk.
- Add the remaining milk and a cup of water.
- Keep it until 2 whistles.
- Once the pressure cooker settles add the fruits and nuts, and mix gently.
- Serve hot with raita.



CARROT HALWA

INGREDIENTS

Carrot: 2 cups grated
Milk: 1 cup
Condensed milk: 1/4th cup
Sugar: 5 tsp
Cashew nut: 50 gms
Cardamom powder: 2 pinch
Ghee: 50 gms

METHOD

- Keep a pressure pan add 1 tsp ghee.
- Sauté the grated carrot in the pan
- Add milk and pressure cook for 1 whistle.
- Once pressure settles, add sugar and condensed milk.
- Mix well, add fried cashew nuts, cardamom powder and add ghee.
- Keep in sim and stir until ghee separates
- Serve hot.

THE HIGGINBOTHAM'S BOOK STORE

Established in 1844, the Higginbotham Book Store is the oldest surviving book store in India. It was started by Abel Joshua Higginbotham a librarian, at the Wesleyan Book depository in what was then Madras.

By 1859 it became one of the premier book stores of the country. John Murray refers to the bookstore in his guide books, which was given to the Presidencies of Madras and Bombay.

The same year, the Governor of Madras, Sir Charles Trevelyan wrote to Lord Macaulay where he said "Among the many elusive and indescribable charms of life in Madras city, is the existence of my favorite book shop Higginbotham's on Mount Road".

A iconic white building is located on Mount Road, now Annasalai. It began as a religious book store in 1844.

The original Italian marble, chequered flooring, ornate stained glass decorations over the entrance door and windows, the white façade that is archaic and regal have stood the test of time. The high sloping roof was designed for better air circulation while windows were kept to the minimum to prevent dust from entering and damaging the books.

The History of Abel Higginbotham's life has largely been documented from his first job, selling copies of Bible to soldiers and later as librarian of the local Wesleyan Book Depository. When the Depository closed, the books were handed over to him.

Abel started the bookshop with whatever stock he had at hand. It began as a small place



on Mount Road. He expanded his collection over time, and became more familiar with what the public were reading. The bookshop grew and so did its reputation.

When the King Edward first visited Madras as the Prince of Wales in 1875, Messrs Higginbotham's and Co had the sole honour of supplying him with books.

As business grew Higginbotham's also expanded into publishing other genres like 'Sweet Dishes'. This was a little treatise on confectionery

by Wyvern which came out in 1884. While Cookery books were popular then, the bookstore moved on to publishing books across genres.

Higginbotham's had already become the official book supplier for the Government and its institutions by the beginning of 20th Century. The shop also had an impressive list of important customers, from the then British Prime Minister Clement Attlee to the last Maharaja of Mysore, Jayachamaraja Wodeyar.

It is widely speculated that the Mulligatawnny

soup and Madras Curry powder became the legacies of British Raj only after Higginbotham's first printed their recipes.

In 1891, when Abel Higginbotham died, he left the store to his son, C.H. Higginbotham, as the owner. After his son took over, the book shop shifted to where it is now on Mount Road. This move took place during their diamond Jubilee Year.

In 1949 S. Anantharamakrishnan of the Amalgamation group took over the book store from the Higginbotham family.

It has been said that, Perry's chemical engineering Hand book, was present in the store when the author chanced upon it, during his visit to the bookstore. Mr Perry was delighted to see the book on the shelves. This book was considered to be a Bible for any chemical engineer at that time.

Higginbotham has had stalls in over fifty railway stations across the country since 1944, also has a stall at the Chennai airport.

Higginbotham's remains young by constantly meeting the ever changing needs of its esteemed customers. Higginbotham's, in this digital age still provides the old ambience and serves as a meeting point for avid readers.

Regional language publications are also available to attract the Tamilnadu residents.

The Chennai store holds a special place in the history as the first and the oldest book store, with an ambience that takes you back in time.



GEETHA GANGADARAN





MONISHA
RAVI

BE STILL MY HEART

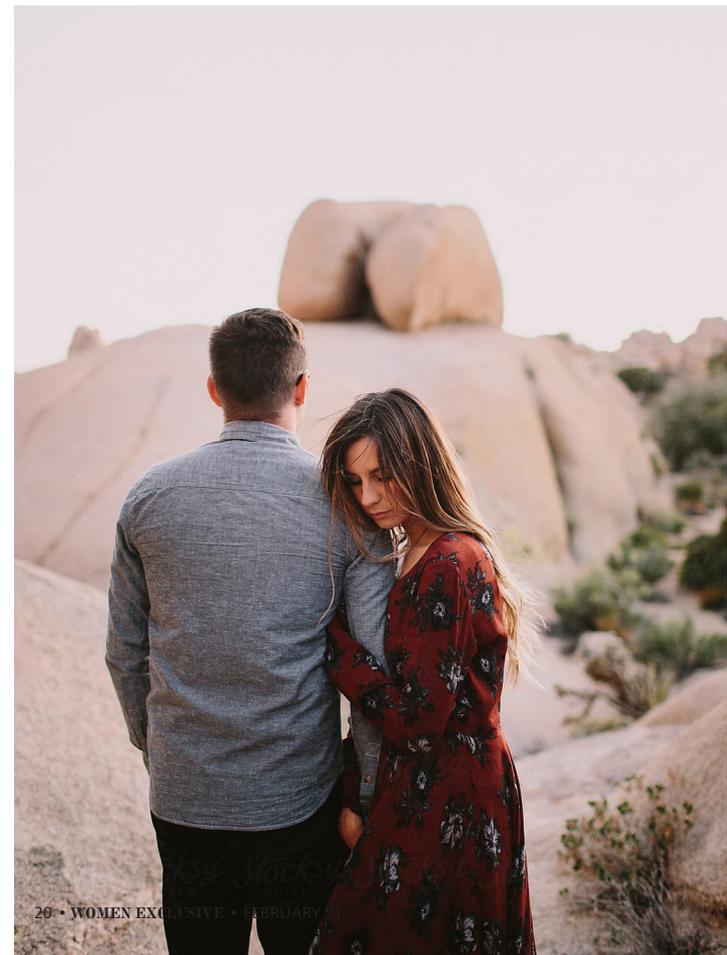


Couples holding hands, with love in their eyes, is a common sight in the month of February. Valentine's day is celebrated worldwide as the day of love.

So what is Valentine's Day? According to legend, the celebration of Lupercalia in Rome, is the earliest recorded event. The Lupercalia was a coming of Spring celebration, where men and women were paired through a lottery system. Other records, talk of a saint named Valentine, who was killed on February 14, leaving behind a letter for his lady love. Today however, Valentine's day symbolises not just the love among couples, but the love for family as well.

Valentine's day activities have evolved from an intimate dinner between couples, to family and friend





gatherings. This has become a special day to just tell your family that they are special.

With such a fast paced life, something as simple as arranging a family dinner, will convey your love.

There is no Valentine's day without chocolate. Give the children in the house a treat with candy. Or just make a fun project out of spending time with the kids by baking cookies or cakes. These are the moments that they will cherish forever.

With the pandemic still raging, many have been cut off from the real world. You can show your love and support by just lending an ear to a person's problems.. It instills a feeling of camaraderie.

Social media has become an easy platform to express your love. Gifs or just a small message can brighten up a person's mood considerably.

This love however is not for just this day. Take the time to show your appreciation in a small way everyday. So ,celebrate this Valentine's day with your entire family and friends, be it face to face or virtually.

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BEING NOBLE



Once, when Nelson Mandela was in prison, he was tortured extensively by one particular jailor. It was during his early days in prison.

This particular jailor whenever he was in a bad mood, would just walk inside the cell and beat him to death for no reason.

This happened regularly and it increased as days went by.

While taking common bath with other prisoners, this jailor used to remove the clothes of Mandela, abuse him with racial comments and get irritated for no reason. During winter, this jailor stole Mandela's winter clothes and made him sleep in the cold.

However over a period of time, Mandela became friendly with him. This was due to his patience, humility & honesty. Mandela began to speak to him, learnt about the jailor's family, helped him with his problems and supported the jailor during rough times.

On the day of Mandela's release, this jailor walked along with him to the exit and shook hands. The jailor gave him a warm send off. However he was feeling guilty inside.

On the swearing ceremony of Nelson Mandela as the President of South Africa, he invited this jailor and made him feel special. He was given a seat in the first row.

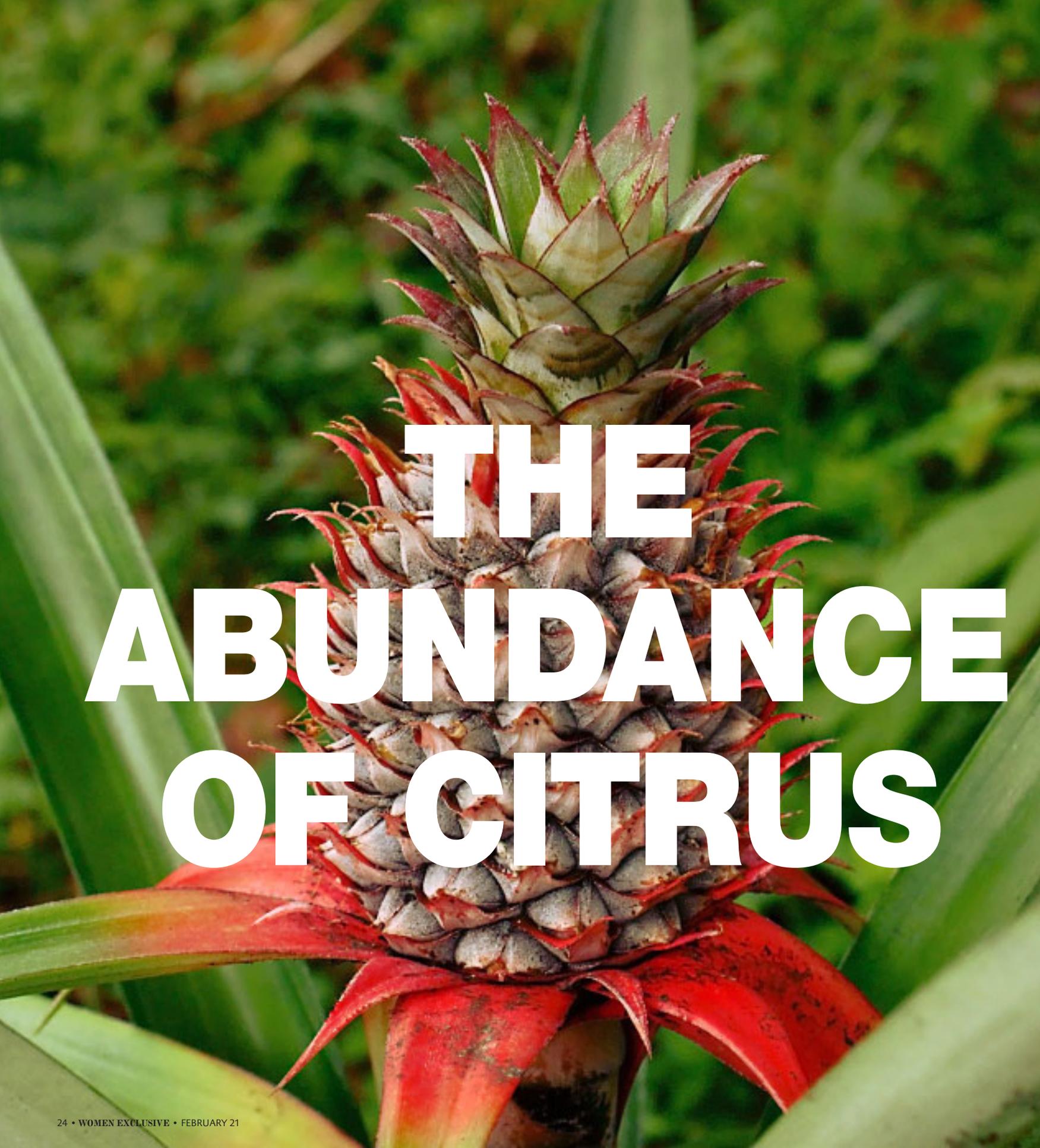
Someone asked Mandela, "You are now the President and you can take action against that jailor now, for the amount of torture he gave, rather you treat him with respect and honour him! Why do you do this?"

For which Mandela replied "If I still keep remembering what he did to me, and take actions, then it will mean that I'm still in that jail and never moved on. But the moment I make him my friend, I'm out of the situation and he will not repeat that behaviour to another person.

Being compassionate, morally courageous and bringing light to any situation with love was the strength of Nelson Mandela. The Nobel Peace prize was awarded to this world leader, on account of these traits.

Yes, compassion, moral courage & bringing light to any situation with love is what you will need to be noble.

— Kamalesh Subramanian



THE ABUNDANCE OF CITRUS

That fresh and fruity flavour combined with that citrusy taste, characterises the pineapple fruit. This tropical fruit originated in South America, is now available all over the world.

Packed with nutrients, this wonderful fruit, is a must have in your everyday meal. The fruit is low in calories, so for those on a diet, this is a good alternative when you have those sugar craving.

Pineapple is rich in Vitamin C. Vitamin C is an essential component of our everyday food. This vitamin helps boost the immune system of an individual. With the advent of the Covid 19 Virus, this particular trait of the pineapple may help ward off the virus.

Vitamin C also has the ability to aid faster absorption of iron from the food. Iron Deficiency or anemia, can lead to various health problems. Pineapples also contain small amounts of vitamins A and K, phosphorus, zinc and calcium.

With our current lifestyle and the food we consume, the level free radicals in the body are on the rise. Pineapple acts as an antioxidant. The anti oxidant molecules in the fruit help combat this free radical damage in the cells, thereby keeping the body healthy.

It has been found that pineapples, can help reduce the risk of various diseases. Studies have concluded that the fruit can be used by those suffering from diabetes, heart diseases and also certain forms of cancer.

In the beauty industry, this miracle fruit is used for skin whitening. Pineapples contain bromelin, an enzyme that is used to remove pigmentation. It further helps to fight against ageing. It has been shown to increase the collagen production in the skin. The Vitamin C in the fruit, helps the skin lighten, thereby giving an even skin tone. Bromelin also helps in faster wound healing.



ANIMALS AND COMMUNITY WELLBEING



We don't have to be a pet parent or an animal lover to embrace the voiceless – says Lata Prakash.

We just have to look around ,and explore the opportunities, to do our bit for the animals and birds.

With the pandemic, it has become more relevant for us to take care of the animals and birds. Even a little action can make a big difference in the lives of these furries.

There is a need for our community to open their hearts to provide food, water and shelter to the strays. One such classic example is seen with the residents of the Groovy Woodz Owners Association at Kazhipattur, OMR, Chennai. The community has been a home for the 7 dogs – Tiger, Momma Black, Homie, Harry, Whitey, Blacky and Brownly.

It was during the construction of this apartment building , Tiger and Momma Black entered the premises. Homie is their gorgeous baby girl.

Harry came as a puppy during the 2015 floods and made this community her home. Brownly, Blacky and Whitey are her kids.

It is so amazing to see these 7, as one of the residents of the community. Tiger is the



oldest at 9 + years old. This dog has been a warrior , battling a tumour and other age related health issues. A few residents of the community have come together to take care of the needs and requirements of these 7 dogs. From timely food to water bowls around the community and shelter during challenging times Residents like Diya, Srinivasan, Subramanian, Jagan, Kasturi, Lata, Bharath, Devanand, JP, Vasanti have come together and provided this service to the dogs.

Medical support has been given when required for any of these 7 community dogs. They are well taken care by these bunch of animal friendly residents. The sterilisations for the dogs and the regular vaccinations and have been taken care of by these like minded citizens.

With this amazing experience, I want to request each one of you to embrace your community dogs. Set an example for others in your to follow. It is time to call out to all the communities to take responsibility of their community animals. Collaboration and coexistence is the new mantra. It is the way to the new norm of life.

ARTICLE ON FITNESS AND NUTRITION

Every year starts with New year resolutions and somehow in the next few weeks, the motivation runs out. This year because of Omicron virus, the attempts made in January have been derailed .

It is never too late to embark on a fitness and healthy eating journey from today. Shared here are time tested strategies which has worked well for my clients in the past 22 yrs of my experience. Read on and trust me, it works. You just need to implement them with faith.

Identify Your Goals – It should be specific, attainable and time bound. Instead of just having a broad goal of losing weight, narrow it down and identify what's your main target. Is it to increase fat loss or to build muscle or to improve flexibility or to work on your endurance? Be as precise as possible .Make sure that you are clear on what you want to achieve.

Attainable – Whatever your fitness goal is, it should be realistic. Set a goal that you can achieve . When you begin your wellness journey, set smaller goals so that you will feel a sense of accomplishment when you reach your goal. Attaining

these small milestones will motivate you to go further in your journey.

Time bound- Always set a time frame by which you want to achieve your health goal. A good time frame will be about 4 to 6 weeks for beginners who are looking to lose weight or improve muscle mass. Setting an end date is important as it increases the chances of you pushing yourself to do better each day. This will help you see good results at the end of your journey.

Plan your workouts – The basics of getting into a good workout regimen is to plan it before hand. Also include a variety so that you do not get bored with doing the same type of workouts. Throughout the week you can mix it up with cardio, strength training, Zumba or even a good fast paced walk. In recent times, activities such as High Intensity Interval Training (HIIT), kick boxing and cross fit training are also gaining much attention. They torch more calories in a shorter period of time. My personal mantra is to at least complete 3 workout days per week and do not go more than 3 days continuously without a workout.

Determine your Diet- Nutrition is the most important aspect that you should be concentrating on in your wellness journey. No

matter what your end goal is, having a balanced meal plate with the appropriate amounts of macro and micronutrients ensures sustainable eating practices throughout your life. Crash diets to lose weight or binge eating junk foods to gain weight should be avoided , as that will affect your physical and mental health.

The type of food and timing of your meals are very important for the body to function optimally. Many do not realise that most of the packaged foods these days which are labelled “healthy” is quite the opposite. Always choose natural and whole foods over anything processed and packaged. A popular concept in weight loss is the 80/20 rule. Eating healthy 80% of the time but also making some space for our favourite foods 20 % of the time. It's believed that following this 80/20 rule has increased the adherence and consistency rate to stick to a proper eating schedule. According to studies, in groups of people who have been trying to lose weight for a long time but couldn't do so as they kept falling off track . This is because eating healthy all the time was very difficult.

The timing of meals is something most of us fail to adhere to. They impact the body's ability to absorb the nutrients consumed in a big way.

Skipping breakfast in a rush, or having late night dinners due to busy work schedules can cause unnecessary weight gain and sabotages your workout efforts.



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A common mistake made by those fitness enthusiasts ,who are looking to build their body is loading too much protein in a single meal. When huge quantities like 40-50gm of protein is consumed in a meal, only around 25 gm is absorbed and the excess protein gets excreted. So, it's better to space out your protein intake throughout the day to allow maximum absorption and also to see better gains in muscle mass.

Stay consistent – Staying consistent is the key to success. You might not be motivated to eat healthy or do a workout everyday . By staying consistent especially through the first few weeks of your wellness journey, it becomes a routine and eventually a habit. Creating healthy habits are essential to create a good quality lifestyle. Feeling physically and mentally fit gives you a boost of confidence and helps you lead a more fulfilling life.

Start with the basics and build on it as you proceed. Use a habit tracker for keeping a tab , it truly works. Wishing you the best of health and happiness always.

Signing off.



**HEAR THE
MIGHTY
ROAR OF THE
NIAGARA !!!**



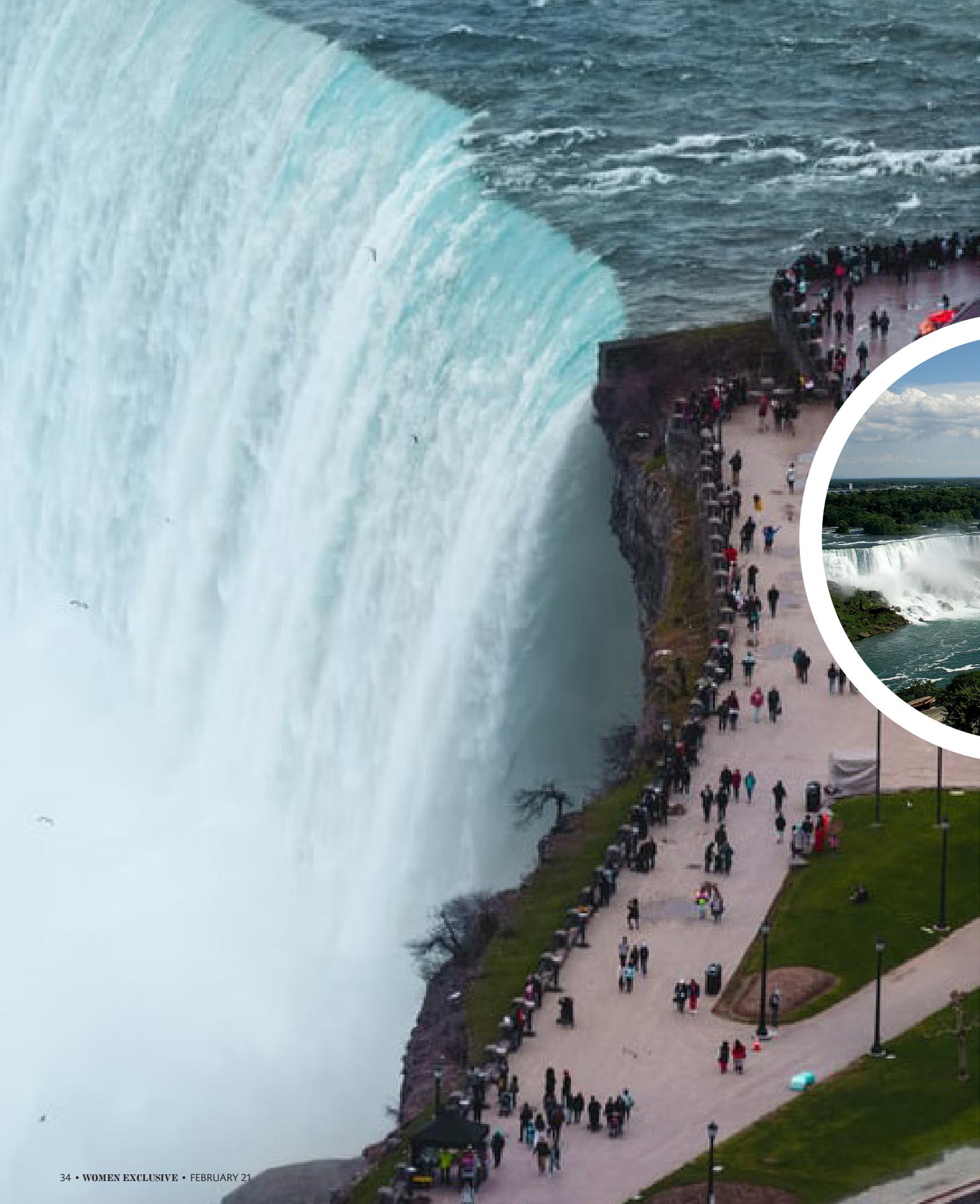
There is a mist in the air . A mist that surrounds the entire place , temporarily obscuring one's vision . One can distinctly hear the sound of roaring of the waters. A sound which gets louder and louder as they come closer, to the world's second largest waterfalls, the Niagara Falls.

The Niagara Falls is the collective name of three different water falls, namely American Falls and Bridal Veil Fall. Both of these are under the United States city limits . The third waterfall is on the US- Canada border, this is called the Canadian Horseshoe Falls.

The first time I saw the Niagara Falls I was awestruck. It is impossible to describe the beauty on paper. Be it the roar of the water or the vast expanse of the area, this was truly an unforgettable moment. I stood for a while just gazing at the power of nature at this moment.

The Niagara Falls also offers boat rides and adventure sports like zip lining. Confession time, I was too scared of falling into the rapids, so I didn't attempt to zip line !! I did however go on the boat ride.

The boat ride ,called Maid of the Mist took us very close to the waterfalls. Shivering in the cold , clad in a blue waterproof jumpsuit , I saw my first up close view of the Bridal Veil falls. The tour also included a trek up a rocky incline to the top of the falls. A few brave souls , attempted the walk up, sometimes slipping in a particularly wet rock.



Night time at the falls , was yet another wonder.All three falls were lit up, blinking in an array of colours. From bright pink to earthy green, the light display was a sight to behold.
With an aching heart, at the end of my two day trip , I bid adieu to the one of the most beautiful sights in the world.



The Ashtalakshmi Temple At Besant Nagar, Chennai



RAJEE MANI

Journalist and Columnist in
Tamil and English

“Namasthesthu mahamaye; mahayogini adheeshwari shanka chakra gadha adare, Mahalakshmi namosthuthu.”

- *Sri Mahalakshmi Stuthi in Sanskrit*

Sri Mahalakshmi, the consort of Sri Mahavishnu, is one of the three forms of Devi Maa. The Jagath Janani being one, the other two being Sri Shakti & Sri Saraswati.

Sri Lakshmi is the Goddess of wealth of eight forms according to our Vedas. She is defined in a nutshell as, “Ashtalakshmi” Sri Adhii Lakshmi, Gaja Lakshmi, Santhana Lakshmi, Dhanya Lakshmi, Dhana Lakshmi, Vidya Lakshmi, Vijaya Lakshmi, & Dahirya Lakshmi. These are the eight primary forms of Maa Lakshmi which are also the eight primary needs of mankind for happy living.



The Temple

There are innumerable temples old & new established for Sri Mahalakshmi. They can be seen both within the country and abroad.

One of the innumerable temples dedicated to Maa Lakshmi, the Sri Ashtalakshmi temple is the most notable. It was built in 1976, [the foundation being laid by the gracious and golden hands of Maha Periyava of Kanchi Mutt] at Besant Nagar in Chennai. This temple is unique in two ways.

One, it is perhaps the only temple dedicated to the 8 forms of Sri Mahalakshmi. Its multi-tiered construction, consists of 4 levels, the 8 sanctum sanctorums.

They are structured as individual entities, that are connected with each other. Each Lakshmi sannidhi is highlighted by its beautifully carved and colourful towers. There is a separate sannidhi for the Moola Murthis, Sri Mahavishnu & Sri Mahalakshmi as well.

So in total there are 9 sanctum Sanctorum in this temple complex.

One starts the worship from the 2nd floor where the Primary Gods Maha Vishnu & Maha Lakshmi are sanctified.

Taking the stairs, the path leads to the third floor, which has the shrines of Santhana Lakshmi, Vijaya Lakshmi, Vidya Lakshmi and Gaja Lakshmi. Down the corridor, the shrine of Dhana Lakshmi can be seen. This is the only shrine on the fourth floor.

Beyond the main shrine, in the first level, there are shrines for Adhi Lakshmi, Dahirya Lakshmi and Dhanya Lakshmi. Sannidhis for the ten Avatars of Vishnu, Guruvayoorappan, Ganesha, Dhanwanthari and Anjaneyar are also seen here.

The entire complex is housed in multiple levels. It has been so thoughtfully designed in such a way that one never walks on top of the Lakshmi Sannadhi below as one climbs up.

The other highlight of the temple is that it is on the enticing shores of the magnificent Bay of Bengal - the pride of Chennai. Devotees can look the sea, feel the fresh salty breeze and hear the musical splash of the waves within the temple. Many consider this to add to the experience, thereby increasing the spiritual aura of the Magnificent Mahalakshmi.

This amazing beach temple is one of the few shore temples of India like the Tiruchendur Sri Subramanya Swami temple, which is located at the southern tip of our country.

All Vaishnavites are celebrated here. The beauty of the Goddess of wealth, richness & prosperity is further enhanced by the rich alankara in gold, silver ornaments. She is adorned with rich colourful silks, multicoloured fragrant flower garlands.

Diwali, the festival of Lights is one of the grandest events celebrated here. To sum up with my favourite quote, “Yes! It is indeed a sight for the Gods!”

LET'S CHANGE THE INDIAN GARBAGE STORY (AREN'T WE TIRED OF THE STATUS QUO?)



SUMITRA KUMAR

We take pride in our ancient wisdom and achievements but one wishes there was an equivalent for the present state of affairs. We could have considerable control over the latter if we exercise our intelligence, will and creativity. World over, plastics have arrived simultaneously. Some countries dealt with them efficiently through segregation and recycling. But what about us?

Being one of the most populated country in the world, we quickly generate more waste than the rest. Let's claim all our pride from what we do in the present. especially proper waste management, is the need of the hour. The adoption of the reduce-refuse-reuse-recycle philosophy remains important. Let's look for fresh gratification in newfound glory rather than a past one.

How strict are we with ourselves in keeping Mother Earth as pollution-free as possible? No matter what we do, we can always get better, as some countries do far more to save the earth. Considering their technological advancements, we must not make comparisons. However but there is always much to learn and incorporate into our lives through intentions and commitment.

Among those who seem aware, there is an intention to keep the earth clean. Sadly, the same intention lacking in many others. They are more inclined to sit back and blame



the government for lack of action or infrastructure. This is in contrast to the ones who have the intention and take action in doing whatever possible.

I wish to recall a minor incident. We were taken around a beautiful lake by a gentleman once. This gentleman had restored the lake, which took six months to revive it. It had been dumped full of sewage sludge, pollution, and the unabated growth of water hyacinths. The lake had clear transparent water. There was a small hill beside the lake, which was created by scooping out the sludge and other rubbish inside the lake, and the new mountain developed its unique wild flora to accentuate the beautiful landscape. There was a pergola too atop with benches to sit under. As we approached the mountain top, a group of people were leaving after having some food, drinks and merrymaking. It sure was a scarce scenic atmosphere in the city, relatively unknown to many.

They had thrown paper cups, plastic bottles, and disposable plates in a corner. The wind blew the garbage around, and these pollutants were ready to tumble downhill. The garbage would have been rapped in the bushes growing on the incline. There were already some colourful

plastic wrappers—a precedent set by someone as responsible—visible far below. As one gazed from the hill to admire the clean and transparent lake, these plastic wrappers were quite visible. The wrappers were an eyesore amid the beautiful wildflowers on the gradient, and their foreseeable future was a union with the lake.

We picked them all, and the fun-loving people who were leaving watched us, perhaps with guilt, and complained about the lack of dustbins.

We expect dustbins everywhere we go, the consumerists that we are. However, we fail to ask ourselves whether a government can provide dustbins in every corner of the planet. Moreover, is it necessary? Is there feasibility of delivering a sanitation service in the remote area where very few visit? Are the logistics in place for the garbage trucks to commute the distance? Without considering these factors, we complain and never think to carry the garbage we generate and throw it in the nearest dustbin. Is it not our responsibility? Is it that difficult to plan and carry a disposal bag with us (or in our vehicles), if there isn't a dustbin around.

If we have the intention to keep clean, we will find a way. If every individual in the country commits to keep clean rather than passing the buck, the government can from their side build the infrastructure soon.

That's what the people in the cleaner countries do, they set high standards for themselves first. They create a mechanism to keep the trash with you until you find a trash bin or don't create waste!

Where the West has efficiently managed source segregation, we are still grappling with it. Is the government's lethargy alone or are the people's disinterest a contributing factor to ineffective waste management.

As a group of well-meaning people, we should create an awareness and help set intentions at every given opportunity. It is paramount because any restoration will slide back to its original disorder without a strong desire to promote and maintain the new order.

It hardly costs money, however it requires a commitment. It saves a lot of money on redundant work as well. With such savings, we can build new infrastructure easily. Our dreams of a clean nation will not remain just a dream.



LOOKING FORWARD - FEBRUARY 2022



ARIES

This month will see some positives in terms of career. Make sure you work smart. There are chances of promotions in this month. There may be some changes that comes your way in both your personal and professional life. In the relationship front, there may be some communication gaps. This may be the ideal month for those who are single. You may find your significant other this month.



TAURUS

Slow and steady work may prove fruitful this month. This month will bring positivity to both your professional and personal life. There will be a marked improvement on the professional front. Investment wise, however this may not be the best month. There may be some unexpected expenses this month so, stick to your budget. Relationship wise this month will see a marked improvement.



GEMINI

This month will see you working very hard, you will see the fruits of your handwork soon. This month will see you travelling. Make sure that you keep positive. Negative ideas may dominate your thoughts this month. Relationship wise, this may not be very effective month. Take care not to argue with your significant other.



VIRGO

The second half of the month will see an increase in business. There will be some periods on the professional front, that may cause some frustration. This may be the best time to invest. However take the time to carefully research the options, before taking any major decisions. Relationship wise, this is the best month for you. You will be spending a considerable time with your family and friends.



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.



SAGITTARIUS

Your hard work will bear fruit this month. There is a chance for advancement in career this month. However, there may be periods when you may slacken, so take some time off with your family to recharge. For those in business, there is a chance of foreign travel this month. Relationship wise, for those who are single, this is the best month for you to meet your soulmate. Those who are married, this month will see some arguments due to miscommunication. So, make sure that you articulate your feelings in a calm and composed manner.



CAPRICORN

There may be some difficulties in both the professional and personal life. Don't let your emotions get the better of you this month. Try to analyse any situation in a calm and composed manner. There will be an increase of income this month. This will not be the right time for you to invest, so take the time to study the market and choose the right one. On the relationship front, the month will have ups and downs. Tempers may run high on both sides, so take the time to think rationally, during any argument. Most problems will be sorted out in the second half of the month.



CANCER

This month will be a mix of ups and downs. However things will settle down by the end of the month. You will look towards expansion this month. Don't be afraid to take risk on the professional front. This month will see you in good health. Relationship wise, things will be relatively the same this month. Make sure you don't lose your temper with your significant other.



LEO

This month will see you taking advice from friends and family. On the professional front, there may be some misunderstandings among co-workers, so choose your words carefully. There may be some chances of a promotion this month. For those in business, take time, confer with experts before making any drastic changes. There will be a positive result on the relationship front. You will be spending more time with your loved ones.

SCORPIO

This will be a very good month in both your personal and professional life. There will be a significant increase in your income. However, make sure to invest it correctly. There may be some unexpected expenses in the upcoming months, so save the income accordingly. Stick to the budget this month, as you may tend to splurge. Those waiting for a promotion, will get their dream job this month. Relationship wise, this will be a very good month. You might go on a trio with your significant other.



AQUARIUS



Professionally, this month will see significant growth career wise. Your efforts will be acknowledged and there are significant chances for promotions. This month is very favourable for partnerships and disagreements will be at a minimum. Take care of your health this month. Overwork may lead to some minor health issues, so take the time off to relax. There may be ups and downs in with your significant other. For those who are single, they may find their soulmate.

PISCES

There will be an increase in the finances the week. Planning is required on the business front on the finance this week. Professionally, this is a very favourable month for business. Take some time to completely research expansion of business, as there may be a possibility this month. Relationship wise, this will be a good month. Give your significant other small gifts this month. Those in relationship or married, have to watch out for minor spats with their significant other.

