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**ICONIC WOMEN SUMMIT  
TIME TO CELEBRATE WOMEN**



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# WOMEN EXCLUSIVE

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APRIL 22



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WHAT'S  
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THIS MONTH



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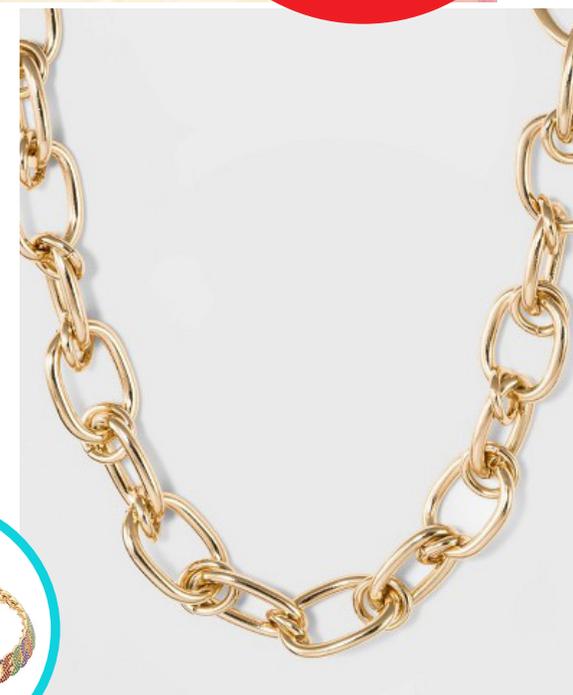
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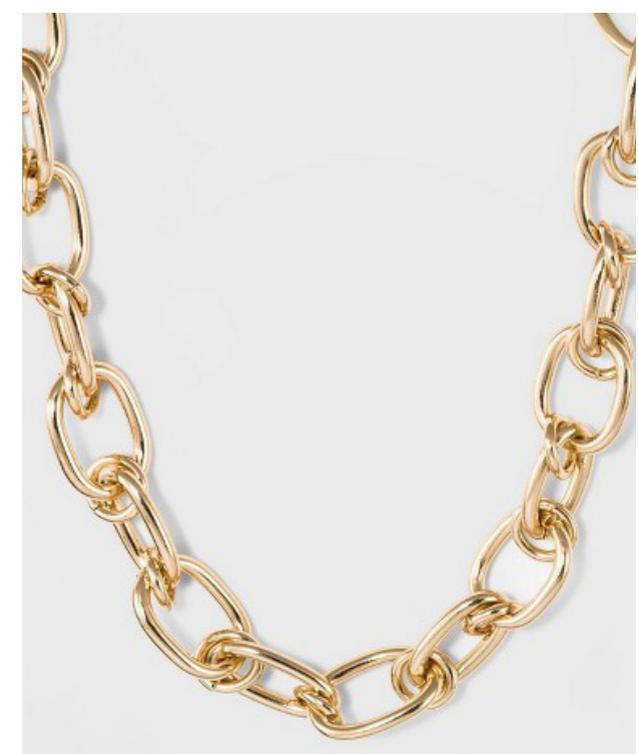
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# WHAT'S TRENDING



**SILVER**  
Jewellery trends have slowly shifted from gold to silver. The elegance of silver earrings goes great with both formal, functions and casual wear. Oxidized silver trend continues to be a favourite.



**CHAIN LINKS CHAIN:**  
These continue as crowd favourite in April as well. Gives an added elegance to office wear.



**CUFF BRACELET**  
The thick bracelet be it silver or gold pairs well with both traditional and western looks.



**RAINBOW**  
We are celebrating the summer, with colours in our jewellery and clothes. Pairs well with western looks and gives that relaxed vibe to the outfit.

# FASHION TRENDS



## ANARKALI LEHANGA

The beauty of the lehanga combined with the elegance of an Anarkali, this is an amazing trend for those weddings.



## FLORAL LENANGA

Another popular trend this wedding season is the floral lehanga. A crop top paired with a lehanga, with either the top in printed floral and the bottom in solid shades of pastel.



## FLORAL TOP

Its not summer without floral tops , usually in light shades for that everyday wear. Pairs well with formal pants or jeans or skirts.



## CHIKAN WORK

With the summer beating down , a comfortable cotton dress with beautiful intricate Chikan work is the most comfortable thing. Worn in different pastel shades, this is a must have in your wardrobe this summer

SUMMER SPECIAL

# LEMON SQUASH

## Ingredients

**Fresh lemon juice:**  
½ cup

**Sugar:** 1 cup

**Water:** 1 cup

**Cardomom powder:** ½ tsp

## Method

Keep a thick bottom vessel

Add water and sugar .

Allow it to boil,

Once sugar dissolves add cardomom powder.

Let it boil for 5 mins.

Switch off and allow the sugar syrup to completely cool.

Now add lemon juice.

Strain and store it in a air tight bottel.

## Serving

1. In a jar or mug take 250 ml of coldwater.

2. Add 3 teaspoons of ready mix syrup.

3. Mix well.

4. Add ice cubes and serve chill.

5. Can add 4-5 mint leaves or 1/4th tsp of ginger juice for extra taste.



**V. GOMATHY**  
Dietitian

# ORANGE SQUASH

## INGREDIENTS

**Fresh orange juice:** ½ lit

**Sugar:** 250 gms

**Lemon juice:** 50ml

**Water:** 250 ml

## METHOD

In a deep bottom vessel add sugar and water.

Allow sugar to melt completely.

Let it boil till one string consistency.

Now add the fresh orange juice and allow it to boil for 30 mins.

Mix well oftenly.

Once the sugar syrup and orange juice combines well and reduced to 3/4th .

Now add lemon juice.

Switch off and allow it to cool.

Store it in a air tight bottel.

Store in refrigerator.

## SERVING

1. In a jar or mug take 250 ml of coldwater

2. Add 3 tespoons of ready mix syrup

3. Mix well

4. Add ice cubes and serve chill.



# MANGO SQUASH

## INGREDIENTS

**Fresh mango pulp:** 1 cup

**Sugar:** 2 cups

**Lemon juice:** 2 tsp

**Water:** 2 cups

**Sal:** 1 pinch

Mango pulp

Peel and deseed the mangoes, cut into cubes and grind into smooth paste without adding water.

## METHOD

In a deep bottom vessel add sugar and water.

Allow sugar to melt completely.

Let it boil till one string consistency.

Now add the fresh mango pulp and mix well with a wisk.

Once the sugar syrup and mango pulp combines well

Now add lemon juice and salt.

Switch off and allow it to cool.

Store it in an air tight bottel.

Store in refrigerator.

## SERVING

1. In a jar or mug take 250 ml of coldwater.

2. Add 4 teaspoons of ready mix syrup

3. Mix well

4. Add ice cubes and serve chill.

Add on tip

While going out for work in summer time we can have fresh fruit milk shakes.

This is because the calcium in milk is well absorbed by the vitamin d which we get from sunlight.

This helps our bones get stronger.

# TAMILNADU POLICE MUSEUM



GEETHA  
GANGADARAN



**T**amilnadu Police Museum is a museum in Chennai located in the neighborhood of Egmore. The Museum was opened in September 2021. The Museum has a repository of exhibits marking the passage of the state's law

enforcement agency from colonial India to the modern day.

The building was constructed in 1842 and originally owned by Arunagiri Mudaliar. In 1856 the structure and the outlying grounds covering a total of 14 acres were brought

for Rs.21000 and was converted into the headquarters of the first Police Commissioner of Madras, Lieutenant Colonel John Carne Boulderson. The building remained the Madras Police Commissioner's office until 2013. The building was initially about to be

demolished. However, the Tamilnadu Police Housing Corporation, Reach Foundation and conservative Mainstream later considered the adaptive use of the building. Restoration work began in October 2020 and completed in 9 months. The heritage structure was

converted into a Museum in September 2021, at a cost of Rs.64.7 million.

The Museum is a two storied Indo Saracenic structure consisting of high parapet walls, wooden spiral stairway, Madras terrace roofing and traditional lime plastered walls. The grand portico at the entrance features Doric Columns. The interiors feature massive louvred doors that open in from the deep verandah running around the building. The first high ceiling hall of the building features wooden beams. A red baize lined wooden staircase leads to the upper storey.

The first Curator of the Museum was Steve Borgia and the present Government appointed Curator Bharath Raj.

Almost 200 years old artefacts are exhibited in the Museum all of the artifacts were collected from various police stations and none of them were purchased.

Exhibits at the museum includes a blue Plymouth Belvedere, once the car that The Police Commissioners and Chiefs travelled to work in, parked in the portico, a parade of vehicles that were used as a means of transport by the beat constable (penny farthing bicycle) the despatcher (Royal Enfield Bike) and Coastal Security Personnel (Motorised speed boat), land mark cases dealt by the city police department displayed in the first hall (including the 1965 anti -Hindu agitation, the 1975 LIC building fire and image depicting the 1982 event of the LTTE chief V.Prabakaran and PLOTE leader Uma Maheswaran shooting at each other in Pondy Bazar, a wall panel depicting the auto Shankar case, a model sub-jail mannequins displaying Sam Browne Belts, and Sola topees and the uniform of various wings, Musical Instruments of the police bandsman rare temple structures recovered by the department idol wing, a confidential document copier from the 1900s, primitive wireless sets, 1955 photograph of uniformed men in mitre- shaped caps and shorts in the control room and a battery of guns ranging from the old faithful 303 to a Bren-light machine along with Winchester and 12 bore bullets. The Museum displays artifacts seized from sandal wood smuggler Veerappan and LTTE leader Velupillai Prabakaran. Former Chief Minister J.Jayalalitha bullet proof sports utility vehicle (SUV) is also on display.

A time map charting out the evolution of the law enforcement department beginning from the Sangam era through the poligars and the Vellore Mutiny the establishment of the various departments such as the Chief Office in 1865 the criminal investigation department women's battalions, the finger print and the state crime records bureau, Ceremonial swords, cameras that have been captured at crime scenes, riot gear, explosive manacles, hand cuffs and services medals are on display.

The far end of the building display a series of burnished brass bells used by firemen as different alarms.

The 3788 sq feet Museum will act as a reminder of the proud history of police.

# THE ABC FOR ANIMALS - A MUST KNOW



LATA PRAKASH



**W**hile we learn ABC from their school level, which becomes the foundation for our studies, it is extremely important for us to understand the concept of ABC with animals.

ABC (Animal Birth Control) programme has been developed by WHO as the only practical solution to control the population in animals and eradicate rabies. In most cities where it has been implemented, the increase in the numbers and bites have reduced and these are now zero rabies zones.

With the recent floods, we have always noticed a day to day increase in the birth of animals around us. We continue to complain on how nuisance these animals on the streets. We never think for a minute on the solution for this problem.

Cattle is just left on the streets unattended and the strays multiplies every day. Dogs are abandoned and the number of puppies for adoption have spiked up in the last few months.

Whilst there are many NGO's and animal



shelters working on animal birth control initiatives along with the corporation. It is extremely important for each one of us to be socially responsible and take up initiatives within our community / locality. Each of us can take help

from local animal welfare members to guide and support this activity.

All it takes is to identify the locality / animal, catch them with the help of a dog catcher if required and take them for the ABC surgery.



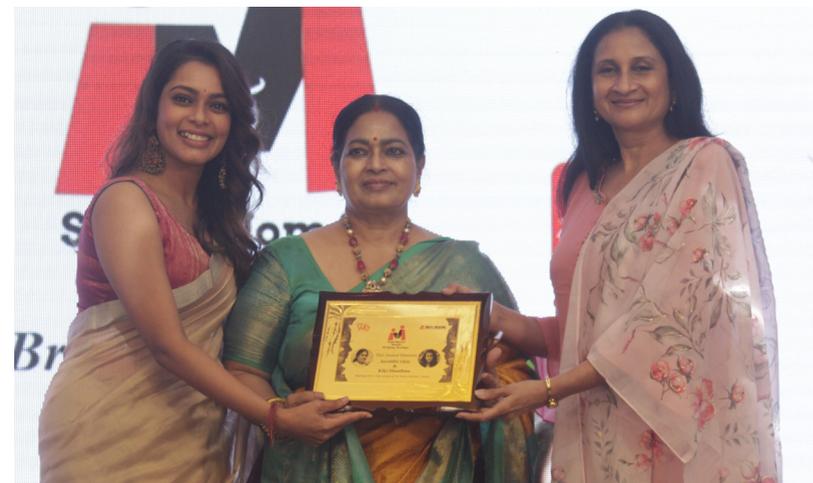
Today every vet and animal welfare members, volunteers seek every opportunity possible to create more awareness They help to sensitize people to come forward and exercise this ABC activity.

It takes a healing window of 2 - 3 days fo the animal post surgery and can be left back to their own vicinity from where they were picked up. ABC also helps the animals to calm down and be less aggressive apart from cutting down their birth options.

Let us come forward and talk about the relevance of Animal Birth Control and how safe it is to the animal and to the overall community, in general.

MONISHA  
RAVI

# ICONIC WOMEN SUMMIT TIME TO CELEBRATE WOMEN



**L**ike beautiful butterflies, hotel Westin saw a flutter of colourful women, on the 20th of March. Twilight Creations and Elite Women's Club presented the Iconic Women's Summit 2022, in honour of Women's Day.

The iconic summit was indeed an eye opener, with speakers talking about the role of women in the various walks of life. Mr Kumaravel, a politician, and entrepreneur, spoke about women in politics.

He spoke about how women at home have to be empowered. He further spoke about the difficulties faced by women in a career such as politics, which is mostly considered a male-dominated field.

He was followed by Karun Raman, a fashion choreographer who spoke about the difficulties





faceted by the third gender i.e the transgenders in society. He gave examples of his own experiences in the fashion industry. He encouraged everyone to have their own unique fashion statement, and not follow set ideas blindly.

Apart from this Karun also spoke about the support and encouragement he received from his mother to follow his own heart, and not bow down to societal norms.

Next in line was Neelima, a celebrated actress who spoke about the Next Gen Women . It was very





inspiring to see a young lady , balance the life of a mother and as a career woman.

Then came the most anticipated speaker ,Parveen Sulthana, whose speech kept the entire audience spell bound. Her strong speech about the roles of women and the difficulties that women face in society was inspiring for all those present. The final speech for the summit was given by Ms. Sumathi Srinivas , editor WE magazine , on women entrepreneurship.

The summit was moderated by RJ Deena. He spoke in length about how men must make an effort to understand the difficulties faced by women. This was without doubt an inspiring discussion for those present, as it highlighted the importance of women's role in society.

This was followed by the Super Mom and I awards ceremony. This award was given to mothers and their children who have achieved great success in their chosen profession.

The awardees were from various walks of life, be it beauty , dance, sports , law or the medical profession were felicitated.

This was truly a memorable event, with the amazing speeches by the panel members and the inspiring mothers and their children.



# LOOKING YEARS YOUNGER WITH COSMETIC DENTISTRY



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

**How to avoid an ageing smile**

Watch for unnatural wear. It ages the smile

Avoid bone and gum loss. Spaces between the teeth can give an older look to the smile. Take proper oral hygiene seriously and request frequent periodontal evaluation from your dentist

**Replace fillings when necessary**

Don't let your crowns or bridges age you. If they are worn down, replace them.

Have any discoloured teeth corrected. Staining makes you look older.

Replace any missing teeth as soon as possible

Correct your bad bite.

**GOOD SOLUTION FOR AN AGEING SMILE**

For patients with extensive tooth wear – regardless of the cause – maximum improvement is usually obtained with crowning. It may even be possible to restore your bite to its previous condition.

If your jaw has collapsed, the first step may involve wearing an acrylic or plastic bite appliance. If you can tolerate this appliance, the chances are excellent that you will be able to rebuild your bite with crowns or bridges.

The second step is to make plastic temporary crowns or bridges to replace the bite appliance. However, some dentists choose to proceed directly to this step without the use of an appliance. The last step involves replacing these temporary restorations with the final and more durable crowns or bridges.

The advantage of porcelain crowns is that they are made from a beautiful material that can completely mask staining. Crowns can also straighten and replace worn teeth simultaneously. On the other hand, crowning requires the reduction of the natural tooth. It is also more expensive than contouring or bonding.

While many patients benefit from plastic surgery, others could be helped with cosmetic dentistry alone. After all, your smile is one of the most important parts of your face. It is what people notice first about you. If your smile is attractive and healthy looking. If your teeth is worn, discoloured, chipped or missing teeth, you'll look older than you are . No amount of plastic surgery can change that.

Dentistry's role in improving appearance is often misunderstood and underrated. For example, many people believe that only dentures can alter the appearance of their smile, yet nothing could be further from the truth. Cost-effective techniques such as cosmetic contouring, bleaching or bonding often work wonders-typically in a single office visit!

If you would like to take years off your smile and your overall looks, just ask your dentist about cosmetic procedures that can help. Age should never stand between you and a more pleasing appearance.

**HOW TO CHANGE AN AGEING SMILE**

As we age, the edges of the front teeth wear until these teeth are about the same length as the others. At the same time, the upper and lower lips loose muscle tone. The upper lip may sag, covering more of the upper teeth. The lower lip may also drop, allowing more of the lower teeth to show. These conditions create an older smile line.



In many cases, treatment consists of making the upper teeth longer. Your dentist may shorten the lower teeth with cosmetic contouring while lengthening the upper teeth through bonding, laminating or crowning.

If the back teeth are worn and need crowning, your dentist can make the new crowns slightly longer provided there is sufficient space in front to lengthen the



upper teeth.

If worn and discoloured fillings are ageing your smile, but your teeth don't need crowning, consider replacing your old fillings with tooth-colored composite fillings . Porcelain inlays or onlays can be used as well. The easiest and best way to see how cosmetic dentistry can make your smile and face appear more youthful is through computer imaging

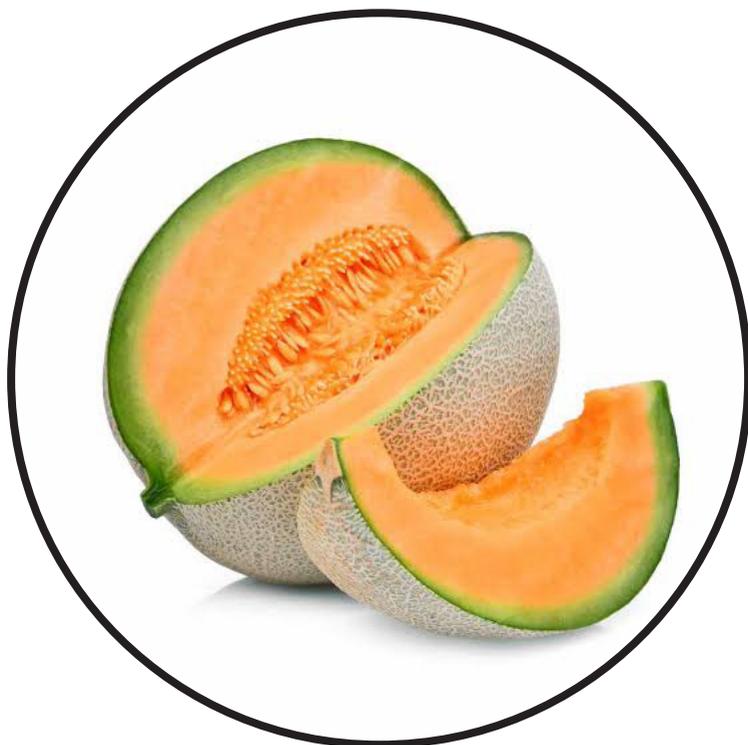
# FOR THIS HEAT, EAT A MUSKMELON

**M**uskmelon or sweet melon as it is commonly called is a powerhouse of nutrients for the body.

As the summer heat beats down on us, keeping hydrated becomes very important. Dehydration can be characterised by dryness in the mouth, a constant thirst, persistent headache and in some cases

dizziness or a lightheaded feeling. The musk melon, will help prevent dehydration as it contains a high water content. It contains about 90% water.

It is also very refreshing , thereby giving back that energetic feeling.



It also helps to promote digestion in the body. For those suffering from constipation, this is the ideal fruit. The muskmelon also contains high fibre, which helps keep the body healthy. The fibre, the potassium and the water content, also help control the blood pressure .

Like carrots , this wonderful fruit is also the answer to any eyesight problems. It contains beta carotene , that helps in clearer vision. It has been found that Muskmelon can also be used to control diabetes in the body.

Its high Vitamin C , content in the musk melon helps increase the immunity levels in the body. The white blood cells are stimulated thereby effectively fighting any infections or viruses. It has been found that Muskmelon my help stomach cramps during monthly periods as well.

Muskmelon can be beneficial for those lines and wrinkles on the face as well. The Vitamin C in the fruit help produce collagen in the skin. Vitamin C also helps reduce the pigmentation on the skin.

The anti oxidants in the fruit , can be used for those suffering skin problems like eczema, as it soothes irritated skin.

Water being the main component of Muskmelon, helps treating dry, dehydrated and dull skin. It helps to rejuvenate and refresh the skin , as well as brighten it. For very dry skin a face pack, made from Muskmelon and rose water will be beneficial.

# MAINTAINING HEALTH AND BEAUTY IN SUMMER



**SHINY SURENDRAN**

Sports dietitian, preventive health nutritionist  
Chennai .  
Instagram : @shinysurendran

**S**ummer is here! Although some of us might enjoy the scorching hot sun, many of us dread the heat and often find ways to beat the heat to protect our health and skin. Consuming local and seasonal fruits and vegetables is the best way to protect our health and skin. Not only seasonal fruits are loaded with nutrients and anti-oxidants as they are in the peak of their ripeness, it has a plethora of benefits that will help in keeping you fit, hydrated and glowing this summer season.

## Shiny's Top Seven Summer Picks:

**Cucumber** – Cucumbers consists of 96% water and helps in regulating our body temperature well to keep us cool during this sunny season. Effective in flushing out toxins from our digestive system and improving digestion, cucumbers are a great source of magnesium, potassium and fibre which also helps control blood pressure. You can include cucumbers in your raita, blend it into a juice or snack on it raw when you are craving for something cooling and crunchy.

**Watermelon**- There's no doubt that summers and watermelon go hand in hand. Ripe watermelons are rich in lycopene, a phytonutrient that is essential for your skin, heart and bone health. It can help prevent health issues such as kidney stones, muscle soreness, asthma, water retention and constipation. Watermelons are best taken by itself or as a juice and in salads.

**Mango**- In India, mango is crowned as the king of fruits and we all love it! Apart from its delicious taste, this tropical



stone fruit is rich in folate, beta-carotene, Vitamins A and C. It has numerous health and beauty benefits such as lowering cholesterol, preventing cancer, improves skin and eye health and help boost immune system. Mango is a versatile fruit and can be consumed in many different ways. Mango sambar, mango pachadi, mango pickle and mango lassi are some of the crowd

favourites.

**Black plum** – Commonly referred to as jamun, you can't stop at eating only one of it. Another of summer season's favourite, this enticing deep purple fruit gets its colour due to its rich anti-oxidant content. They are good sources of iron, calcium and vitamin C. You can have them alone, blend them into smoothies or even churn out fun popsicles.

**Pumpkin** – Be it the white or orange, if you are not an avid pumpkin consumer, you should really consider eating more of it especially in the summers. The orange pumpkin is rich in beta-carotene which is a powerful anti-oxidant that helps boost immunity, gives skin a better glow, delays ageing, reduces the risk of cancer and helps improve vision. White pumpkin is

popular among those who are looking to lose weight and cool their bodies during summers. White pumpkin juice when taken in empty stomach in the mornings not only aids weight loss, but also acts as an anti-depressant, has anti-acne properties and promotes hair growth.

**Indian gooseberry**- Locally known as amla, this small green fruit is a powerhouse

of Vitamin C that helps improve immunity and fight against infections such as cough and cold. Having a unique sour-bitter taste, this fruit is widely consumed during summers as it is an excellent body cooler which help prevent heat boils, rashes and acne. Besides that, consuming amla regularly can also help reduce hair fall, enrich hair texture, strengthen hair roots, prevents pre-mature greying and improves hair lustre. The best way to eat amla is to have it raw but if the taste is bothers you, add a dash of salt or chilli powder to it.

**Brinjal**- You might be surprised to see Brinjal in the list but this deep purple, tear drop shaped vegetable is packed with nutrients such as vitamin C, K, B6 and ample amount of potassium, manganese and fibre. Even the leaves and roots of this plant are widely used for treating various infections and to heal wounds. It is low calorie and has a low glycemic index, thus good for diabetics. Being rich in fibre, it aids in weight loss. The folate content in it improves red blood cell production, hence preventing anemia. You can have it as stuffed brinjal, baked brinjal, brinjal curry or as pan fried brinjal slices.

This summer enjoy local and seasonal produce as it is much fresher, tastes better and is more nutritious. When compared to produce that has to endure long shipping and has to be harvested long before its prime time. It also helps reduce the carbon foot print and help support the livelihood of our local farmers. Stay happy, healthy and glowing this summer.

# THE SCOTLAND OF INDIA COORG





**A**s dawn broke out in the sky, 30 college girls and two frazzled teachers were seen carrying suitcases seen into the railway station. We were starting a 5 day college trip to Coorg.

Train trips are usually fun, and this one was better as I had all my friends with me . As we clambered into the train compartment, I was excited to be spending the next week with my classmates.

Coorg is this beautiful place situated in the state of Karnataka. Vast expanses of greenery, the chill morning air and the beautiful landscape, make this a popular destination for tourists. It is known as the Scotland of India.

The chill air was the first thing I noticed after we got to our destination. I was shivering in my t shirt and jeans , mentally kicking myself for not bringing a sweater. However, after a long and arduous journey breathing in that clean , unpolluted air was refreshing.

My friends and I were sharing a small bungalow,





where we quickly unpacked and went exploring. It was beautiful, hills surrounding us from all sides, were towering over us. The valleys were lush with plants, the morning dew still clinging to the leaves and petals, and finally that bluish grey sky.

As I sat on a small veranda, I could hear birds and insects chirping. It was a serene place.

The first place we visited was the Raja's Place. This is like a lookout point. One can look at the valley below, that is covered with cliffs and valleys, full of flowers and plants. In the mornings this area is covered in mist, which makes it look mystical. This place is a must see for those who love nature. It is said that Kings of Kodagu, used to watch the sunset from this point, along with their queens.

The next day we went to Abbey falls, a mesmerising waterfall located in Coorg. We spent the entire day there playing in the water, like kids, splashing one another. By the end of the day we were completely wet but happy with the fun we had.

The next few days went in shopping, buying delicious homemade chocolate, tea and honey, which can be found in all the roadside shops.

Towards the end of the week we were reluctant to leave. The fun we had with our fellow classmates and surprisingly with the teachers, is something I can never forget.

# IS INDIA BECOMING A HUB OF MALE INFERTILITY DUE TO INCREASED PREVALENCE OF DIABETES

**I**t was a beautiful evening completing my nutrition OPD counselling work. I was returning home in my routine electric train at 8.30pm. Two young women sitting opposite to me were discussing about diabetes. Probably both their spouses are new additions to this chronic disease.

My eyes and more so, my ears opened to their conversation. One of them was speaking about the complications of

diabetes like neuropathy, retinopathy and nephropathy. Meanwhile, the other one whispered something and both started laughing. As a nutrition counsellor for a diabetic company, I was easily able to guess that they are speaking about infertility due to uncontrolled diabetes. I voluntarily introduced myself as a nutritionist, working for an MNC company and gave my card and asked them if I can join them on the discussion. Those ladies

were so eager to know more about diabetes and infertility and introduced themselves as Divya and Priya.

I started on a positive note that diabetes is not a disease and it is just a disorder. Infertility due to diabetes in our country can be controlled if we follow simple and small life modifications. One woman asked if the prevalence of diabetes is at an early age, will there be more complications as years pass by? I smiled and continued

nothing like that and all you need is routine follow-ups throughout their lifetime. I explained that the main cause of complication is poor diet, lack of exercise, improper medications and not on regular follow-ups.

Further I added that the main reason for infertility is not being able to manage the stress along with diabetes. It plays a major role and causes high glucose levels. I started to discuss few modifications which help to control diabetes. They started recording with my permission which they told me that they can hear for future reference.

The first thing is timely meal is much more important. Not only high-calorie foods even malnutrition can cause infertility in diabetes. A well-balanced diet is most important while planning a meal. It should contain more of fiber, moderate amount of proteins and less fat and carbohydrates with vitamins and minerals.

Divya started asking about which is healthy fat as her spouse is very much fond of deep-fried items. I said, "Good question, always choose unsaturated fats which are required for our body in little amounts. It is divided into two, as monounsaturated and polyunsaturated fatty acids. Olive oil, canola oil, avocado, oilseed such as pumpkin and sesame seeds are good in monosaturated fats." While they were looking more eager, I told "Sunflower oil, corn oil, rice bran oil, walnuts are some of the unsaturated fats. Among all these the queen is OMEGA3 fatty acid which is mainly present in fish."

Wow, it was so interesting Priya asked in which foods mostly saturated fats present? Sure mostly in fast foods, red meat products, processed foods, dishes made with all-purpose flour, cheese are some among them. Also avoid sugars and sugar substitutes.

Instead of white polished rice shift to millets which are very rich in fiber. Even for idli or dosa, you can use multigrain instead of normal rice.

Minimize alcohol intake since it contains zero nutrients and high calories.

Then comes fruits and vegetables. Most upper-soil vegetables contain a high amount of fiber and under-soil vegetables like root and tubers contain carbs. So the choice of veggies is also important.

Taking green leafy vegetables twice a week controls diabetes and



improves sperm motility. In case of fruits guava, papaya, dried fig, apples, and berries are good sources of fiber.

For snacks instead of deep-fried food, caffeine your choice can be vegetable salad, cut fruits, poha, multi-grain or brown bread sandwich, sprouts.

Ladies, it is not the end we have some more points to discuss which is more important and I continued. The next big thing is exercise. Lack of exercise is another reason for infertility with diabetes. Not only physical, but mental exercise is also to be followed. Daily 1-hour brisk walking or cycling for physical fitness and yoga and meditation can be practiced for mental fitness. These will work only when practiced regularly.

Ensure to regularly monitor your FBS AND PP every month and HbA1C every 3 months. Regular follow-ups should get hold of all the time.

Ok ladies it's time for me to get down. Always remember 'Prevention is better than cure.'

Well-organized, systematic exercise planned follow-ups with doctors will certainly keep diabetes under control and the issue of infertility will be eradicated.

Before I got down, I said always be a 'WARRIOR' not a 'WORRIER'. They smiled cheerfully and waived me a goodbye.



VALENTINE DAY SPECIAL

# SRI KALYANASUNDARESHWARAR TEMPLE AT THIRUMANANCHERY



**RAJEE MANI**  
Journalist and  
Columnist in  
Tamil and English

Love and marriage have been God's gift to mankind for the propagation and sustenance of the human race. Hinduism beautifully depicts Manmatha as the "God of Love".

Also known by the name Kama [desire] Rathi is his wife and Rathi is said to be the personification of beauty. There is a saying in Tamizh which sets Rathi as the ultimate standard of beauty .... "Rathi pola azagu..." Manmatha is depicted as a handsome young God carrying a bow of sugarcane and arrows of flowers. He is accompanied by a bosom friend "Vasantha" who represents the season of spring. She creates the conducive ambience for Manmatha to aim His gentle floral arrow at all living creatures at the right moment to facilitate the sowing of the seeds of Love. By his side in all these activities is the beautiful maiden Rathi.

Love and marriage, beautifully coexist in the process of thousands and thousands of years of evolution. The Puranas too are loaded with anecdotes related to celestial weddings. Many temples have legends and rituals connected with such "Thirukalyanam" of Gods and Goddess. It is strongly believed that Pilgrimage and prarthanas to such temples will help one to overcome obstacles in one's search for the right life partner and a happy married life.

**Sri Kalyana Sundareshwarar temple**

So it is that on the occasion of the Valentines Day, "WE" has chosen Sri Kalyana Sundareshwarar Temple situated in a small village Thirumananchery. It is situated on the banks of the river Kaveri, about 15 kms from the town Mayavaram in the Nagapattinam district of Tamilnadu.

An ancient temple, this is believed to be the place where Goddess Parvathy married Lord Shiva after performing penance; hence the name "Thirumananchery" [Thirumanam

in Tamizh means marriage]

**The Temple**

The presiding Deity of this temple is Arulmigu Uthvagananathaswamy. A Rajagopuram facing east is in typical Dravidian style. Besides the regular architectural details of a south Indian temple, there is Selva Ganapathy Sannadhi. The sanctum sanctorum is right there in the main Arthamandapam. As in most Shiva temples, a Nataraja sannadhi is there in the Nruthya mandapam. But it is in the south prakaram, that we stand frozen by the beauty of a very rare, Moorthy of Shiva and Shakthi. The idol is present in kalyana kolam, the right hand of the Lord holding the right hand of Devi in marriage. Chiseled by an expert shilpi, they have the kavacham on top and brought to life as it were by the deft skill of the archakaswamy's alankaram. It is to this moorthy that prarthana poojas are done for the removal of obstacles in marriage.

**The Legend**

The legend goes back to the time when the devaas threatened and tortured by Tharakasura. They took refuge at the Feet of Lord Vishnu, who in turn says that a son born to Lord Shiva and Devi alone can conquer the demon.

Shiva peruman is in deep penance in the Himalayas, the Devas request Manmatha, the God of Love to aim His flower arrows at Him. Manmatha does as He is told, but alas, enraged and displeased that His thapas has been disturbed, a ferocious Shiva opens His Third eye of fire, to burn Manmatha to ashes. Manmatha's wife Rathi pleads pardon and begs the Lord to bring her husband back to life. Lord Shiva, now calm and composed grants life to Kamadeva on one condition...that He would be visible only to Rathi Devi's



eyes and for the rest of the world he would be formless [aravam in Tamizh]. It is said that Thirumananchery is the place where Rathi got her husband back to life.

The major legend about this Kshethra is the celestial wedding of Lord Shiva with Parvathi Devi.

A drama unfolds on the snow clad peaks of the mighty Himalayas when suddenly Ma Parvathy longs for a wedding with Shiva on the planet earth...In the course of a game of chess, Lord Shiva displeased over a decision, curses Parvathi Devi to be born as a cow on the earth. This cow as it is roaming in the forests of a place called Komal in south India.

Lord Vishnu takes the form of a cowherd and protects His sister in the guise of a cow. Later He is asked by Lord Shiva to take the cow to the nearby river Cauvery so that the curse on Devi can be removed. Parvathy comes back to Her original Soundarya Roopa and is taken by Lord Vishnu to the nearby village Kuththaalam. Here She is handed over to Bharatha Muni who brings Her up with pleasure as his own daughter, waiting for that auspicious time when Lord Shiva

would come down asking for the hand Of Parvathy Devi in marriage. The Jaganmatha to whom every bride or every married woman would pray as,

"Sarvamangala mangalye, Shive, Sarvartha Saadhike,

Sharanye, Thrayambike, Naraayani namosthute..." is performing deep

Thapas for Her wedlock with the Jagathpitha.

Yes! at the right time Lord Shiva, the karunaa moorthy that He is, descends and comes to Sage Bharatha's ashram and requests him to give his daughter in marriage. So it is that the Divine couple choose Thirumananchery, the nearby village for the auspicious event. Lord Shiva in the name of Sri Kalyana Sundareshwara dons the traditional "Panchakacham" dhoti and the angavasthrum, the vibhuthi on His forehead and on His body, a magnificent crown on His head and the Muhurtha mala around His neck makes His presence here as the Groom; Goddess parvathi cannot be vanquished by Shiva in Her beauty. She is seen wearing the traditional brahmin

"Madisaaru" pudavai, gorgeous bridal jewellery, nose ring and crown, ornamental silver anklets fragrant varamala around Her neck. She is seen with that coy grace and small smile befitting a bride. She makes Her appearance with the name Devi Kokilambal. That is the moment the devas and Mother Parvathy Herself were waiting for....

It is accompanied of auspicious instruments and divine drums, Lord Shiva ties the holy knot around Devi's neck. This is the Shiva Shakthi Aikyam. the moment they become Man and Wife. To love each other through eternity and to love mankind and all creatures created by them and to be loved by them all.....!!!!

Certainly it is not surprising that this Kshethra Thirumananchery where this divine drama unfolded is one of the most visited temples by men and women who long and pray for marital bliss and "Sath santhana bhagyam". The poojas and prarthanas for marriage. For those unmarried men and women who come to this temple, there is a format that is being followed from time immemorial. They have to get 2 garlands and 2 sets of archana materials which should include a lemon. They enter the temple through the Mahadwaram at Rajagopuram, bow to the Kodimaram, take the blessings of Selva Ganapathy. Next, they have to take a left to the kalyana prarthana mandapam where a huge crowd is seen seated, awaiting the archaka swamy and the pooja time. The archakaswamy will take your pooja dravyam and garlands and adorn the beautiful moorthis of kalyana, Sundareshwarar and Kokilambal. With 200% faith and belief, do sharanagathi at the Lotus Feet of Shiva and Parvathi. You return home with the prasadam given to you by the priest. Once you reach home after a holy bath, place the garlands returned to you in a bag in your pooja room, drink the juice of the lemon

returned [without sugar or salt]. Place the picture of Swami and Ambal [available outside the temple] and pray till the day all the obstacles regarding your marriage are totally removed or your marriage fixed with your partner. thousands of bhaktas have been benefitted by visiting this kshethra. Once you are married, the final part of the prarthana is thanks giving. The bride and bride groom visit the temple, wear the prasada garlands previously given. The bride and groom have to do pradhakshinam around the Divya Thambathi statues of Sri Kalyana Sundareshwarar and arulmigu Kokilambal. They thank them for their divine Grace. The thousands of newly married couple fulfilling this vow everyday is proof enough of the power of this kshethra!!!

Married couples who have been separated for various reasons also come and pray to the Lord Kalyanasundara for peaceful resolution. Poojas for this are also conducted in this temple.

**Prayer for the Birth of a Child**

Every month during New moon day (Amavasa) in front of 'Raghu Bhagavan' Sannadhi in the same temple, prayers are conducted and garlands are offered by childless couples for the birth of a child.

In this temple there are no restrictions of 'Raghu Kalam', Emagandam, Ashtami or Navami thithis. The devotees take part in the poojas on all days. The temple authorities take good care to celebrate daily, weekly, monthly and annual poojas related to Shivaagama on a grand scale.

Yes! The auspicious Tamizh month of Thai is already in...

And it is the right time for everyone including those in search of a life partner to plan a pilgrimage to this Kalyana Sundareshwarar Temple at Thirumananchery... Don't you agree with me...?

# WOMEN AND FINANCIAL SECURITY



SUMITRA KUMAR



**W**e may all agree that women empowerment is about women having the freedom to make their own choices.

Women have certain common qualities. They are inherently caring, sharing and giving in nature. We have seen our mothers and find it in ourselves too. These qualities take larger dimensions when women are respected in society and treated equally.

If women are thus empowered as givers, shouldn't we give them the power and confidence to achieve whatever they desire apart from procreation ordained by nature? Technically yes; however, along the way, social conditioning - which needs to be looked at very seriously - perpetuated by men and by even women themselves, makes them lose the confidence to stand their ground and get their due

Claiming equality and respect are fair expectations by women. Every society should evolve to be fair and just. Further, a woman would love to have a supportive family. But whether or not such utopian conditions are realised, it is essential to understand that when a woman respects and believes herself - SHE IS TRULY EMPOWERED. Nothing is impossible for such a woman. The question remains - how does she learn to believe in herself with centuries of conditioning behind her?

Conditioning exists in trivial undetectable things. For example, you might have seen how even good men often don't consider women to be good drivers. They are quick to point out how the driving technique of some random woman on the road is wrong. The majority of the road accidents we read in newspapers or the accidents that we have witnessed firsthand are of men with other men! Today



women are flying jets, fighter planes and going on space missions. This should have happened long ago, if not for prohibitive social conditioning. Such conditioning can create mental blocks in women, creating self-doubt and keeping them from empowering themselves.

Financial independence and growth are facilitated not just by education, acquired or by inborn skills alone. They are strengthened by confidence, unhindered decision-making, and the freedom to take risks, just like any man. If a woman loses money in business, she gets criticised, whereas the same happens to a man it's called "part of the game". These incidences create deep-rooted inhibitions in

women.

Sharing a happy life with her spouse without dependence is vital for every woman to live everyday life. If women are not "allowed" to work, financial independence remains a challenge.

Many who do work may face harassment. There is a resistance to growth if they do not compromise, which is unfortunate and must be exposed to create awareness. Even women from privileged homes may find it hard to take up a profession of their choice with family citing gender-specific professional hazards as a reason.

A financially dependent woman cannot easily find equality. Survival pressures will clamp her to endure inequality, thereby

feeling a sense of constant inferiority and dissatisfaction. Hence education and financial independence are a must for women's empowerment. For the uneducated, too, a job is necessary to make a living without dependence and subjugation.

Certain strata of women in society are rightfully fighting for equal pay, and many others are fighting just to be permitted to work! Such is the gap in social evolution in their respective environments.

"Why should you work? Your husband is earning so well!" Do these questions from elders in the family sound familiar? So, if a woman still wants to work, she is supposed to feel guilty because neglecting her husband and children. This is societal perception. How fair is this situation? What guarantees are there that the man will take care of his family without losing focus or straying or losing his health? The unfortunate woman here is devastated and unprepared.

Also, can one rightly define the "well earning husband" benchmark for another? Even if her man is a great guy and a millionaire, a woman should have her stream of income for which she has contributed her knowledge or skills and therefore rightly deserves it. That's the self-respect a woman should enjoy. She would raise beautiful kids who end up becoming model citizens.

Moreover, the boys will learn to appreciate gender neutrality early on and perhaps make themselves irresistible to their future partners! Remember, when a woman is respected, she gives more than she can imagine! It's a win-win for all!

Having said it all, let's admit that not all women are born strong or are in the best of circumstances. Fortunately, women will always have role models to reach out to for help. Find a friend or mentor with whom a conversation can

inspire and reward, propelling you into action.

Every woman should practice yoga/fitness to allay fears and grow stronger physically and emotionally. Nature has made women a physically weaker gender, but never mind; she can learn martial arts to keep herself strong and safe. Thankfully she has the same intellect and mental strength as a man or perhaps even more!

Recognising strengths and working on weaknesses can do wonders for any individual, particularly women. Although the government has to ensure women's safety through systems, a prudent woman should fight to bring them in place.

She shouldn't endlessly wait, but proactively equip herself with the needed self-defence skills. It gives her toughness when required. It will also throw open job avenues for physically strong women in hitherto male-dominated domains, giving wider options for financial independence!

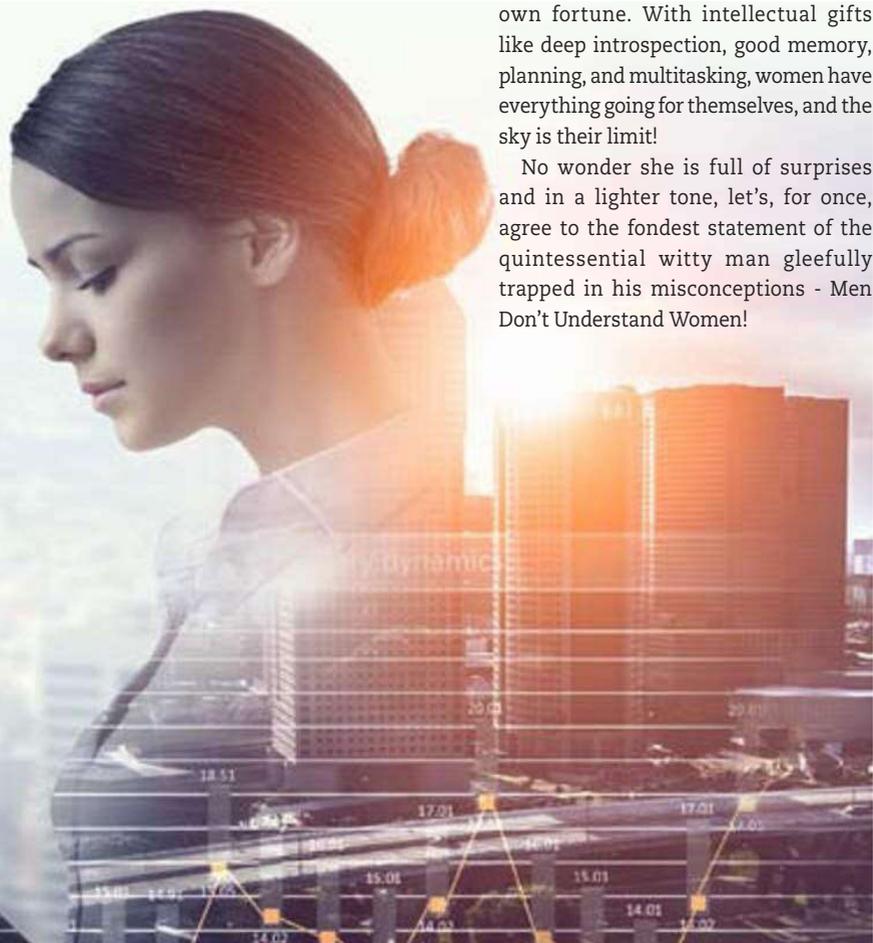
Women are generally most happy

in their skin, embrace their gender wholeheartedly and celebrate the artistic gifts. Hobbies like singing, dancing, arts and crafts nurture her soul and don't let her succumb to depression easily due to the vagaries and inequalities in her environment.

Last but not least, a woman is unbeatable when she equips herself with other life skills like cooking. It is neither "cool" nor wise for a financially independent, educated woman to shy away from acquiring domestic skills. Old fashioned patriarchy had confined women to domesticity. Domestic skills are a requirement for any gender and to be learnt joyfully, being part and parcel of everyday life. It offers a natural therapy to de-stress and maintain self-sufficiency in all aspects. All it takes is thoughtful planning and teamwork, just as in the corporate world.

It's time society redefines dowry as investments in daughters' education. Wealth can be squandered or usurped by irresponsible people, but education remains intact and supports the girl throughout life. It helps her make her own fortune. With intellectual gifts like deep introspection, good memory, planning, and multitasking, women have everything going for themselves, and the sky is their limit!

No wonder she is full of surprises and in a lighter tone, let's, for once, agree to the fondest statement of the quintessential witty man gleefully trapped in his misconceptions - Men Don't Understand Women!



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# LOOKING FORWARD - APRIL 2022



## ARIES

Career wise this will be a profitable month. This may be the best month for those long awaited promotions. Financially, there may be some unavoidable expenses. In the relationship front, this is a very favourable month. You will spend some quality time with your significant other.



## TAURUS

This is a favourable month professionally. This month will see you working very hard in your career. You will see a lot of financial gain this month. This month will also see you learning some new skill. Relationship wise, this is the best month. You will spend a lot of time with your significant other. This may not be the best month for marriage. However this is the best time to plan your wedding.



## GEMINI

This is a favourable month career wise, however make sure that you are too aggressive with your co workers. This month will see you working with foreign companies. Make sure you plan your finances and stick to the budget. There may be some unnecessary expenses. There may be some misunderstandings on your relationship front, so be careful and avoid any confrontations.



## VIRGO

The beginning of the month will see an increase in profits. For those running a business, be patient and cool. There are many chances for advancement in your business. Plan your finances and then take steps for renovations this month, don't be hasty to take any decisions. There may be no major changes on the relationship front.



## LIBRA

There will be a favourable move in your professional life. For those who have their own business, this month will have good opportunities. Make sure you don't miss them. There may be some problems on the financial front. Make sure you don't spend too much money and stick to your budget. It will be good relationship wise, you will be in tune with your significant other.



## SAGITTARIUS

Take care of your health this month, as it may cause concern this month. You will find new and better relationships this month. Be open with your expectations with your significant other. You will see a boost to your career this month. Be careful with any communications with your coworker. There may be instances of miscommunication. There may be a chance of a promotions.



## CANCER

This month may see success on all fronts. There may be a marked improvement in all facets of your life. Don't forget to take every opportunity that comes your way. There may be chances of business trips. Relationship wise this will be a good month, those singles will find their soulmate. This is not an ideal month for marriages.



## LEO

This month will see something out of order in your life. Career wise there will be no big changes. Continue to work hard. Take some time off for yourself and relax. However, things will work out towards the end of the month. Relationship wise, this is an ideal month for romance with your partner. Singles don't be afraid to find new love. Financially this will be a profitable month.



## CAPRICORN

You will be very happy in your job this month. All your handwork will help you get a promotion. Some of you may start a new job this month. Make sure you don't invest this month. Financially it's better to be cautious of unwanted expenses. This will be a good month relationship wise. You will also reconnect with some of your old friends.

## SCORPIO

This month will see some problems on the career front. Make sure you don't lose your temper with your superiors. There may be some disappointments, but things will get better in the second half of the month. This is a romantic month, relationship wise. You will spend more time with your significant other.



## AQUARIUS



Professionally, think before making any major decisions. This month will see you getting frustrated and angry, so take care to calm down and be patient. This month will see you working quite hard. On the relationship

front too, there may be some misunderstandings so take care to remain quiet. There is a possibility for a successful marriage this month. Singles may see romance this month.

## PISCES

This month is good for singles to propose to their loved one. Married couples may have to communicate more this month. You will spend considerable time with family this month. Remain positive on the work front this month. This may increase your productivity and accolades from your company. There is a chance of advancement this month.

