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TRENDING JEWELLERY



CRYSTAL

Beautiful crystal encased hanging earrings are elegant and is a must wear for parties. Can be paired with a elegant dress or anarkali dress.



FLOWER POWER

Beautiful roses or jasmine flowers earrings are perfect for this summer chic looks.

DELICATE JEWELLERY

Dainty , thin or small earrings and chains are very popular for everyday wear. It goes well with both formal and casual looks.

DOUBLE RINGS

These double rings, look very elegant . It can be just a simple band or encased with crystals or diamonds.



FASHION TRENDS

FLOWER POWER

Dresses, tops in floral are very common this summer season .It can be worn for the office or for a day out with friends.



OVERSIZED TOPS

With the heat on the rise, comfort has become the main priority. Over sized tops is the best look for relaxing at home or going out with friends. Can be paired with jeans for that casual look.



DRAMATIC SLEEVES

This is a very chic look for any party. Be it bell sleeves or trumpet sleeves, this trend has taken the fashion world by storm. It can be paired with jeans or formal pants.

KHADI

This is a very comfortable for the scorching sun. Tops, salwar suits in this material has become very popular this summer season.



Kofi Anan is a noble prize winner for rejuvenating United Nations and playing a key role during the Iraqi war is a known fact. The little-known fact is he was the tribal heir of Ghana.

He graduated from the Geneva's Institute for Advanced International Studies. He spent almost his career within the UN, beginning at the World Health Organization (1962). As an undersecretary-general for peacekeeping (from 1993), he transferred to peacekeeping operations in Bosnia from the UN to NATO.

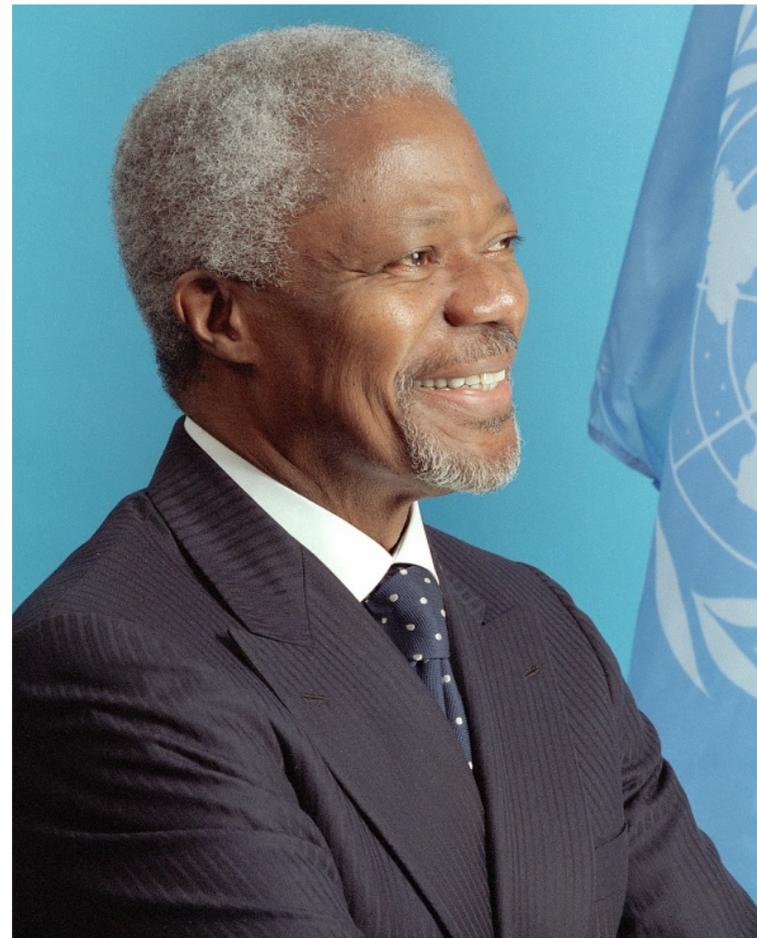
Elected in December 1996, he became the first UN secretary-general from the Sub-Saharan Africa, and he enjoyed a mandate to reform the UN. He criticized the UN's failure to prevent or minimize genocide in Rwanda (1994). He unsettled many by declaring that the UN should address human rights violations perpetrated by governments against their people.

His priorities included restoring public confidence in the United Nations and strengthening the UN's activities for peace and development. Annan was appointed for a second term in 2001. Terrorism and global security became a major concern following September 11, 2001, attacks in the U.S. He also oversaw the adoption of several reforms, including many institutional and administrative changes before he retired in 2006.

Like most world leaders,

**KAMALASH
SURAMANIAN**

COFFEE WITH KOFI



Kofi also had controversies against him . In December 2004, reports surfaced that his son Kojo Annan received payments from the Swiss company Cotecna Inspection SA, which had won a lucrative contract under the UN Oil-for-Food Programme. An investigation was ordered to look into these allegations . He was acquitted of any charges in this investigation.

Mr. Annan ,played a central role in the creation of the global fund to fight AIDS, Tuberculosis, and Malaria and the the adoption of the UN's first-ever counter-terrorism strategy. This involved the the acceptance by the Member States to be "responsibility and protect" people from genocide, war crimes, ethnic cleansing, and crimes against humanity.

Kofi Annan is indeed a pioneer to bring a multicultural leadership prominent in the global arena.



MEMORY BOOSTING FOODS



INGREDIENTS

SUGAR
150 GMS

MAIDA
150 GMS

BUTTER
125 GMS

EGGS
2 NOS

INSTANT
COFFEE
2 TSP

SALT
1 PINCH

METHOD

Sieve maida and coffee powder together in a bowl.

Add butter and sugar in a separate bowl and mix well.

Now add eggs, maida, milk and salt.

Mix together all the ingredients together evenly on a same direction.

Microwave it at 160 degree C for 18-20 mins.

COFFEE CUP CAKE

TIPS

COFFEE- antioxidants and caffeine protects against Alzheimer's. It boosts up your brains and keeps alert.

EGGS- rich source of vitamin B and choline . It helps to improve memory development.



V. GOMATHY
Dietitian



INGREDIENTS

- Fish :** 250 gms (bone less strips)
- Lemon juice:** 1 lemon
- Chili powder:** 2 tsp
- Ginger garlic paste:** 2 tsp
- Garam masala powder:** 1 tsp
- Turmeric powder:** 1/4 tsp
- Salt:** as per taste
- Maida:** 1/2 cup
- Egg:** 1
- Bread crumbs :** 1/2 cu
- Black pepper powder:** 1 tsp
- Oil:** for frying

FISH FINGERS

METHOD

In a bowl mix all ingredients together and marinate for ½ hour.

First mix bread crumbs and black pepper powder together.

Now take one by one the fish pieces.

Coat it with maida, dip in egg and roll it in bread crumbs. Freeze it for 1 hour

Now deep fry it in oil and serve hot.

TIPS

FISH- rich source of omega 3 fatty acids. Omega 3 fatty acids sharpens your memory and improve good mood.

BROCCOLI 65

INGREDIENTS

- BROCCOLI**
1 MEDIUM SIZE
- MAIDA**
2 TSP
- CORN FLOUR**
2 TSP
- RICE FLOUR**
2 TSP
- SALT**
AS PER TASTE
- CHILLI POWDER**
1 TSP
- PEPPER POWDER**
1 TSP
- GINGER GARLIC PASTE**
½ TSP
- LEMON JUICE**
½ TSP



METHOD

Mix all the ingredients together and marinate for ½ hour.

Now freeze it for 15 mins.

Fry it till golden brown.

Serve hot

TIPS

BROCCOLI - t has high content of vitamin K. it is a good antioxidant and anti-inflammatory effects.





NUTS CHIKKI

INGREDIENTS

BADAM
50 GMS

CASHEW NUTS
50 GMS

PASTA
50 GMS

PUMPKIN SEEDS
25 GMS

JAGGERY
100 GMS

CARDAMOM POWDER
¼ TSP

BUTTER PAPER

METHOD

In a dry pan fry the ingredients separately and crush them coarsely together.

In a thick bottom pan add jaggery and little water.

Once the jaggery syrup thickens add nuts.



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THE SENATE HOUSE (UNIVERSITY OF MADRAS)



GEETHA
GANGADARAN



Saracenic style.

In 1864, the Madras Government gave an advertisement inviting designs for the Senate House building. Chishlom's design was approved and the building was constructed between 1874 and 1879. A saluting battery was present at the site. Admired by the Governor General of Madras, Lord Napier, he became the consulting Governor to the Government of Madras. Conceived symmetrically in a Byzantine manner, it has four corner towers crowned by onion domes at each face of the towers. It bursts into arcuated fans of poly chrome brick and stone work with carved voussoirs, tiled domes and pendentives.

According to an early 20th century Tuck Post Card, a statue queen Victoria seems to have been unveiled on 20th June 1887 on the Queen's Golden Jubilee. This statue is still found to the south of the university on Wallajah road.

The Senate House has a Central hall with corridors on the ground floor. The corridors stand on six massive pillars standing on either side. Also the four sky touching towers standing at each of the corners of the building gives it a dazzling look. The six porches, two on the Eastern and Western sides of the building and one each on the Northern and the Southern side of the building further lend the structure a vintage look. There are three segmented arch openings in each porch in the East, West and South. The roof is made of bricks, shell with lime mortar. The building includes stained glass windows, rare fresco paintings, intricate murals and painted panels. The Senate House has two entrances, which are located in the Northern and Southern sides of the building. It spreads over 1.5 acres on the Chepauk campus.

The Senate House has a convocation hall, beautiful porticos, a parapet that surrounds these porticos, halls for meetings, library etc.

Convocations were held till 1965 and later of course shifted to Centenary Convocation Auditorium.

The halls were used initially as a meeting place of first elected Madras legislative when it was convened in 1937. The Senate House was also the venue for Music Academy in the initial years of the institution.

The Restoration of the Senate House was completed in 2006 to coincide with Sesqui Centenary (150th) year celebration of the Madras University. In September 2006 the Senate House was opened to the public, by the then President of India A.P.J. Abdul Kalam.

It remained unused for a decade, until August 2015, when the Prime Minister Narendra Modi inaugurated the India's first National handloom Day at the Senate Building. The Chennai photo Biennale a photography conference was held here during February – March 2019.

The Senate House, the main administrative hub of the university of Madras in Chennai on Wallajah Road. It is situated along the Marina Beach is a fine piece of colonial architecture designed by the famous engineer Robert

Chishlom. He took five years to complete it in 1879. A classic example of Indo Saracenic architecture in India, it is an impressive landmark in Chennai facing the Bay of Bengal. This vintage landmark has administrative departments of the university and offices of

the Vice Chancellor as well as the Registrar of the University of Madras.

Robert Chishlom was a 19th Century British architect of great repute, and is considered one of the pioneers of Indo Saracenic architecture in India. He is known for his mix of Indian

elements with European style architecture. Initially, however buildings were designed in the Renaissance and Gothic style. Chishlom changed that over to Indo



CHECK MATE



MONISHA RAVI



Age is no bar for success and Chessking Pragganandha is the best example. At the tender age of 16, this prodigy has proved to be a tough match for top chess players in the world.

This February, the young genius beat the world reigning champion Magnus Carlsen, in the Airthings Rapid Masters event. Pragganandha won the game in 39 moves in a Tarrasch variation game. He is currently the third Indian player to beat Carlsen, after Viswanathan Anand and Pentala Harikrishna. In the same competition he went on to defeat Vladislav Artemiev, from Russia in the same competition. He finished 11th in the standings.

In honour of celebrating this achievement, Twilight creations conducted a felicitation and a Q&A session with the player.

The chief guest for this function was Mr Anbil Mahesh Poyyamozhi, the honourable Minister for School education. In his speech the Minister praised the young teen for his achievements. He added that the students are the future rulers of the country.

Present among them were







special guests Mr Radhakrishnan and Mr Nakhreeb Gopal. Present among them were the proud parents of Grandmaster Praggandha.

A Grandmaster of chess is the highest accolade that is given to a chess players. It recognises his/ her talent in some of the toughest competitions internationally . It is awarded by the International Chess Federation.

Praggandha at the age of 12, was awarded the Grandmaster title, making him the second youngest recipient of the title, internationally

He was also was awarded the youngest International Master title , which he received at the age of 10.

From the age of 7, the young chess prodigy has been winning various awards like the World Youth championship - the under 8 title. He went on to win the under 10, two years later.

Praggandha , has competed in many national and International competitions. He is currently perparing for his next competition, the 44th World Chess Olympiad.




















THE FRUIT KING: MANGO



The best part of the summer is undoubtedly the mango season. Be it eating it as a fruit or enjoying its sweet taste as an ice cream, this is undoubtedly everyone's favourite.

Mango is full of Vitamin K, which help to clot the blood. It also helps those suffering from anaemia. The fruit is rich in beta carotene, an anti oxidant , which helps fight free radicals in the body. The fruit also contains potassium and magnesium which help protect the heart.

It is high in Vitamin C, that helps form collagen, that helps keep the skin tight. Vitamin C also helps the body

forms blood vessels and speeds up healing in the body. The Vitamin C also helps build up the immunity in the body.

The polyphenols in the fruit are known for their anti inflammatory properties. It has been said that the fruits help to reduce pain as well.

Early research has proved that mangoes have helped reduce the risk of breast and colon cancer. However, research into this is ongoing and are presently at its early stage.

It has been seen that mangoes have helped those suffering from insomnia. Research has proved that mangoes produce serotonin, which regulates sleep.

Mangoes contain lutein and zeaxanthin as well as vitamin A, which help sharpen and improve eyesight. Studies have been conducted that have shown that it helps prevent Macular degeneration. Macular degeneration, or loss of eyesight is quite

common in the elderly.

With a high Vitamin C content, the mango fruit is very effective to treat pigmentation in the skin. The anti oxidants in the fruit helps prevent any sun damage.

The collagen helps to tighten the skin. It has also been said that mangoes, may help reduce the inflammation caused by acne. The fruit also acts as a natural moisturiser for the skin.



IT'S SUMMER TIME - BE KIND TO YOUR ANIMALS

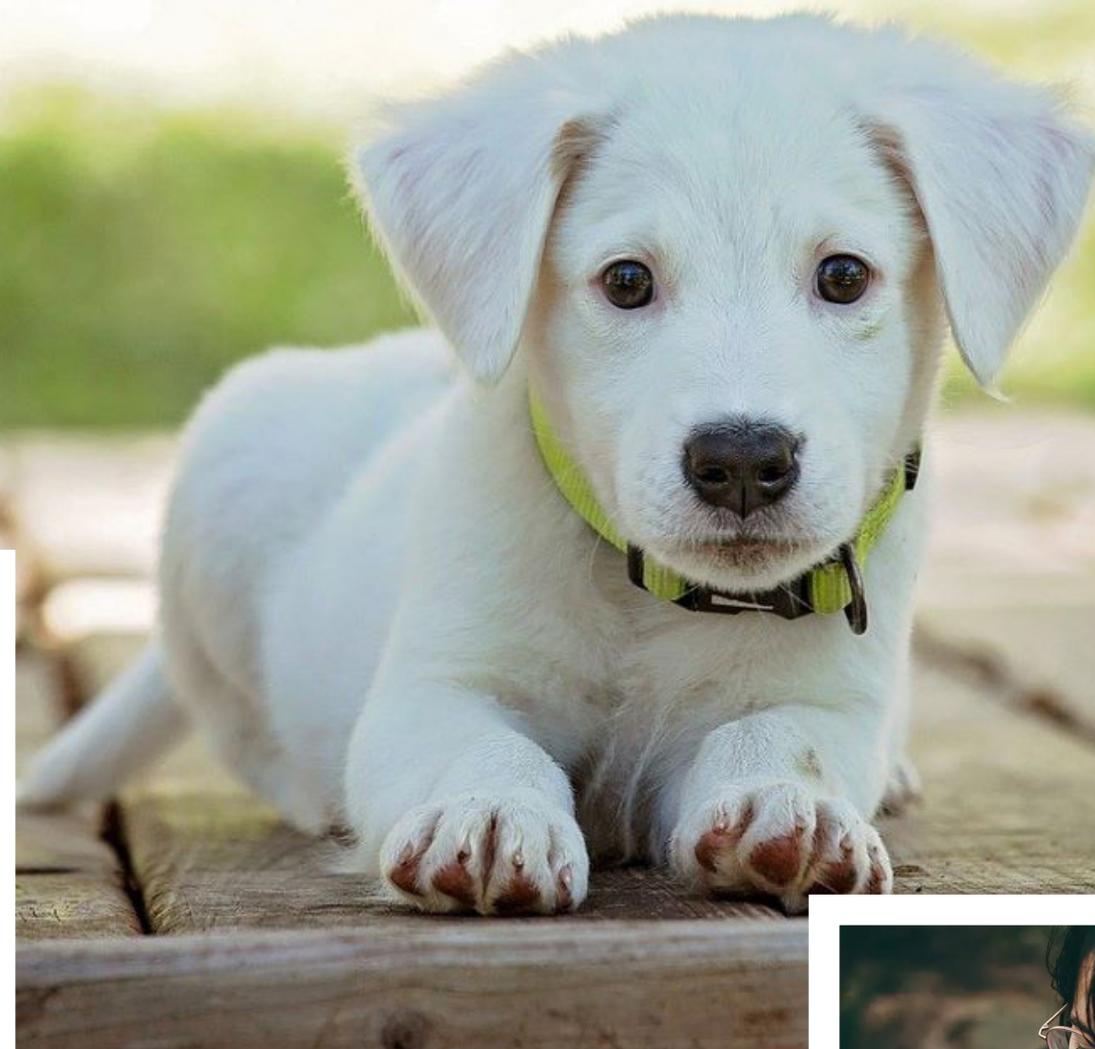


LATA
PRAKASH

Summers is here and this time that we dread the most. With the scorching heat catching up, it is important for us, pet parents to make sure that we take extra care of our pets. Whilst we understand that chopping the hair is the fastest and most easiest way to help our pets beat the heat, we are completely wrong.

Hair on the animals help them protect from the sun and heat stroke. Many times I have personally cut the hair of my pets to bare minimum thinking that would make my pets sail through this summer. I was wrong. The groomers never pay heed to the nuances and go with what we tell them. Please note that we should not trim the hair of our pets too much. Ensure that they are given a cool environment to stay with loads of water to drink.

Liquid intake is going to be higher so try to make it interesting for your pets. You may want to add some ice cubes to the drinking water. Make the ice cubes with watermelon juice. This would tickle their taste buds and also help them



enjoy different varieties. It would also be a good idea to give the pets vanilla sugar free ice cream for a change.

Curd or Buttermilk is another option to beat the heat for our pooches. You will see most large breeds drooling because of the heat. If the drooling gets too much, please do visit a vet immediately. Never drag your pet for drives or shopping in this heat, assuming that they would enjoy the ride. Choose your timings wisely. Never leave your pooches in the car with the AC on and windows closed. Not at all healthy and advisable.

As a good samatarian, also please ensure we take care of our community animals. Clean water to drink and some food will really help. A little bit help from the community can come together to make this happen. Avoid food that adds to the heat



. Frequent cold water baths can help our furries to be at ease with the hot weather. Make sure that we make a warm place for our community animals to rest well too. Never step back from opportunities that makes you a kind and humane.



A MOUNTAIN PARADISE



Melbourne, Australia is home to one of the most breathtaking mountain ranges, namely the Falls Creek mountain.

Falls Creek is situated in the Hume region, in Victoria. The mountain range is about 350 kilometres from Melbourne.

The trip to the mountain resort was a lot of fun. My friends and I, all bundled up in sweaters and jackets (It was the middle of winter and we were freezing), began this trip one early morning. Travel time was spent listening and singing along to our favourite

Illiyaraja and SPB songs.

My first view of Falls Creek, a few hours later, left me speechless. The breathtaking view is simply too difficult to articulate in words. As we climbed the twisting mountain, the brown and green vegetation gave way to slippery ice. Slowly as we reached the top, the only thing visible was the blanket of white ice on the ground, blue skies and the occasional fog.

To reach the peak of the mountain, one has to take a snow lift. I was completely apprehensive about this. This being my first





time, I was terrified. My friends somehow convinced me to get on this small seat , that will take you to the top. As the ski lift slowly moved to the top, I forgot to be scared.

The view was simply magical. The snow was sparkling in the dull sunlight , the people on the ground looking soo small, like little dolls , moving around in the ground below.

As we reached the peak we saw many people skiing and playing in the snow. Falls creek is one of the best ski resorts in Melbourne. Small children, as young as two or three were zipping past us on skis. Small





trails were set up for children , whereas the adults used the professional and steeper ones. I tried my hand at skiing too ,where I kept tripping and falling down. It was a fun , albeit a little painful experience.

After a couple of hours throwing snowballs at each other ,like a bunch of three year olds, we got back to the resort, where a cup of hot chocolate was waiting for us.

The beautiful view , the fun we had trying to ski, the snowball fight and definitely that delicious hot chocolate at the end is something I will never forget.



JOINT FAMILY VERSUS A NUCLEAR FAMILY



SUMITRA
KUMAR

Many debates and disagreements have been seen or witnessed in real life, silver screen and the idiot box on this evergreen topic. It continues to be an issue mullied over by everyone, including inquisitive neighbours, whenever a brand new family is in the making! By Sumitra Kumar.

At face value, joint families are a naturally happy choice, if looked at holistically, in the ideal way. But how simplistic or easy is life today?!

The world is small and well connected; professions and preferences are far too many; choosing a parental occupation is not mandatory. Youngsters are ready to move anywhere to fulfil their dreams in their niche segments. Older generations love travelling but prefer to return to their den, their home territory. Given the scenario, we are gravitating to nuclear families from joint families.

In joint families of the past, the grandparents ran a parallel school, where story times transported kids to fantasy and mythology land. It is now outsourced to Cartoon Network! . Culture, tradition and values got inculcated. Even now, the ultra-rich may go for joint families, given no financial constraints for space, independence and privacy, having several addresses and support staff. The ultra-poor may have no choice and live in a single room. Those anywhere in the middle burden themselves with guilt over their decision to live alone!

Today, young couples require time, space, money, and privacy to understand and share their love and responsibilities. The senior members plan their retirement and rightfully enjoy their independence, once children settle down professionally. The need to sacrifice and compromise, too, is called for soon when their kid arrives.

Late marriages make older grandparents. In joint families, they may volunteer services out of love, and an innate need to prove themselves as useful and, in doing so, could tire themselves out. In a busy world, ambitious young couples are also helpless when help is available like that! A joint family could look

seemingly win-win at the outset but could give rise to skirmishes over time. All part of life, one could say and move ahead with positivity. However, a critical element in a modern couple's life could get seriously compromised: sharing domestic and child-rearing responsibilities between partners. It is crucial today not only for their healthy relationship, but also to set an example for the child who is constantly watching and growing in a more advanced and materialistic world. He needs to appreciate the equality of genders even better; needless to say, both parents' personal resourcefulness and versatility will help keep the



domestic engine trouble-free—a better place to learn is a nuclear family.

Raising kids is a long term project. In old patriarchal societies, men feel shy participating when parents are around. Shockingly, modern societies still uphold these stereotypes. Where other species are independent early on, humans are interdependent until the end of their lives. There is emotion, social pressure and, of course, an inheritance that keep them close. If attachments are high, so is the consequent hurt due to misunderstandings. The balance is maintained, and responsibilities clear with a bit of distance. Joint families worked years ago by default when people lived in small towns. Marriage alliances were made with families in nearby villages or towns and, more importantly, concluded by elders. Today



couples choose their partners, and joint families could only work if it works! We need to go with the flow, and joint families need not be an emotionally mandatory requirement, consequently running guilt trips on either generation for not exercising that choice.

Isn't our culture that respects and cares for the elders and stays with them to thank and appreciate their sacrifices in their twilight years? That's a pertinent question that plays out in the minds of all. To cuddle and play with their grandkids is a pleasure they deserve.

There has to be a meeting ground—ideally, both generations living in the same city and meeting now and then, could make a good proposition supported with pragmatism. But if not so, that too has to be accepted. Further, to keep oneself healthy and fit. It is an individual responsibility that can never be overemphasised in a fast-paced modern society, even if blessed with copious love and care from children.

Modern developments are not always ominous as they are made out to be. Certain changes are necessary and

relevant to the times we live in; Swiggy, Uber, mobile clinics, video chat, travel connections and planned retirement homes do bring comfort to the soul. It is a human tendency to remember and cherish a nostalgic past, but adapting and accepting the changes and challenges in an advancing world. This is the balanced approach that will keep us emotionally well anchored. Eventually, everyone will be a parent and grandparent, and time—if not heuristics—will reveal what works best for everyone.

SRI MALLIKARJUNA TEMPLE AT SRISAILAM BY ALL WITH GOOD MIND



RAJEE MANI
Journalist and
Columnist in
Tamil and English

And He, the Mallikarjuna who lives atop the Srigriri, Would be served by me.

Jagadguru Sri adi Sankara's Sivananda Lahari
Invocative Sloka. sandhya rambha-vijRumbhana Sruti-Sira-sthaanaantar-aadhishThitaM sa-prEma Bhramara AbhiramamasakRut sad-vaasana-SHObhitaM BhOgeendra abharaNaM samasta-sumanaH-poojyaM guNaavishkRutaM sEvE Sree-giri-Mallikarjuna-maha-lingam Sivalingam.

He who enjoys dancing in the evening. He who lives in the Upanishads, Which are in the end of Vedas, He who is very handsome, Because he is deeply in love with Bramarambika, He who always has the scent of devotion of sages, He who wears king of snakes as ornament, He who is worshipped

Name of the temple is Sri Mallikarjuna Swami temple
Speciality of the temple -One of the 12 Jyotirlinga Kshetras of Lord Shiva in India. It is located at Srisailam in Andhra Pradesh. It is situated on the mountains of Srisailam, on the banks of Patala Ganga on Krishna river at a height of 157 meters. The temple was built around 600 years back.

It can be reached by the by road it is about 156 kms from Hyderabad; by train to Nellore and Tirupati and then by road - about 60 kms from Nellore. The nearest airport is Hyderabad.

The temple is situated around mountainous area, amidst beautiful forests and green vegetation

Temple is constructed by King Harihara Raya of the Vijayanagar empire. The architecture of the temple is built in the typical Vijayanagar architectural style with a lofty 4 tier Gopuram, a sprawling campus housing many sannidhis, a gold plated Vimanam and filled with intricate sculptures so special to south India. The Addala mandapam inside the temple is a must see.

The main dieties of this temple is Lord Shiva with the name -Sri Mallikarjuna and His Consort Parvati with the name Sri Bramaramba

Most important festival is Navaratri. Lakhs of devotees visit to participate in the grand abhisheka aradhana's to the Linga swaroopa of Sri Mallikarjuna on the 14th day of the waning moon in the Tamil month of Maasi. This year it falls on Saturday the 25th February. It must be noted that mobile phones and cameras are strictly not allowed inside the temple. ago Other tourist attractions in the area :

Patalganga - People take a holy bath here. The water is supposed to be very pure and have healing properties for skin diseases.

Lingala Gattu - This is a rocky Krishna river bank, where every rock is said to be an image of Lord Siva. Hence the name Lingala Gattu.

Ista Srisailam-Nagarjuna Sagar Tiger Reserve - This is the only tiger



Sakshi Ganapati - Before visiting Srisailam everyone will have darshan of Sakshi Ganapati near Srisailam. It is said that Ganapati will note down the names of the visiting devotees.

Akkamahadevi Caves - Take a boat ride on the river Krishna with lovely green mountains on either side will take us to the caves. The trip to Akkamahadevi caves is scheduled once a day at 10 in the morning.

reserve in Andhra Pradesh. Three forest rest houses and 40 bed capacity dormitories for tourists.

Srisaila Sikharam (Peak): from where you can have a bird's eye view of all of Srisailam.

Chenchu Lakshmi Museum - A museum which has exhibits on tribal people living in Andhra Pradesh.

ROPE CABLE

Ista Kameshwari Temple is located in deep forest, and the path is very tumultuous terrain, only Jeeps will go. People who go by the adage "take the path less travelled" will enjoy the journey.

The elderly need to take precautions before the visit. A quite adventurous journey. Cross the temple and you will find a valley and waterfalls, which are very beautiful. can buy pure Girijan (Tribal) honey, AGMARK certified honey which is supplied by government of Andhra Pradesh. It is regarded as very pure and tasty. You can get it in Chenchu Lakshmi Tribal Museum. Don't buy it elsewhere.

As a temple town, only vegetarian food is available. Delicious food varieties are available in the temple run annadana satram (free kitchen) and restaurants along with the street food. It is advised, for people to keep hydrated by eating food with high carbohydrates and drink lots of water while on the treks in the hills and camping in the forests.

SLEEP

There are lots of budget hotels and lodges around the Mallikarjuna Swami Temple in Srisailam. Most of these do not require any prior reservation except during peak seasons and festivals, and most Mondays. The Andhra Pradesh Tourism Department runs a few hotels by name Ganga Sadan, Gouri Sadan and Punnami Guest House. These are clean and well maintained, and are within the budget of most pilgrims. There are also some lodges and choultries that cater to particular communities.

Concluding sloka on Sri Mallikarjuna at Srisailam
TanOtkTaH kari-manda-graahee sphuran-maadhava- aahlaad naada-yutO mahaasita-vapuH pancEshuNaa caadRutaH sat-paksha sumanO-vanEshu sa punaH saakshaan-madeeyE manO raajeevE bhramaraadhipO viharataaM Sree Saila-vaasee vibhuH

May he who likes to dance, As per the wish of sage Bhringi, May he who tamed Gajasura, May he whose joy increased, On seeing Vishnu in Mohini form, May he who is the holy sound, May he whose mien is crystal white, May he who was slaved by the arrow, Of the God of love, May he who is interested in saving good people, May he who lives in the Sri Shaila mountain, May he who is everywhere, And may he who is the consort of Goddess Bramarambika, Appear before me and play in the lotus of my mind.

Jagatguru Sri Adi Sankara

MAINTAINING HEALTH AND BEAUTY IN SUMMER- PART 3



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



Did you know that gut health is one of the commonly overlooked issues when it comes to maintaining a healthy body? All the food we consume is ultimately broken down in the gut into a simple form that can enter the bloodstream. It helps to deliver nutrients throughout our body. This is only possible with a healthy digestive system. A healthy gut contains healthy bacteria and immune cells that ward off infectious pathogens like bacteria, viruses and fungi. The gut also communicates with the brain through nerves and hormones which help maintain general health and well-being. During summers, it is common to see a rise in cases of diarrhoea, vomiting, food poisoning and dehydration due to compromised gut health. Eating a diet that promotes good gut health is essential to improve digestion, enhance immunity, and promote better mental health, aids sleep and helps to boost skin health. Here are Shiny's top six tips to keep your gut healthy:

Keep yourself hydrated - Water transports nutrients and is essential for absorption of certain vitamins and minerals and also helps remove waste from the body. Hydration is a major contributing factor to gut health. Drinking plenty of water and fluids is very essential to prevent dehydration and constipation during the summers. Aim to drink at least 2 to 3 litres of fluids and this can include water, buttermilk, fresh fruit juice and soups. Avoid caffeinated beverages and aerated drinks.

Consume fermented foods and probiotics- Fermented foods not only boosts the food's shelf life and nutritional value, but can give your body a dose of healthy probiotics, which are live microorganisms crucial to healthy digestion. Good sources of these include idli, dosa, "pazhaya sadham kanji", curd, yogurt, buttermilk, cheese, pickles and kombucha.

Increase fiber in your diet -Fiber is the primary source of fuel for our gut bacteria. Human cells cannot digest dietary fiber so its sole purpose is to feed the gut bacteria. Fiber increases the diversity and abundance of the gut microbiota. When fiber is fermented by gut bacteria it results



in the production of short-chain fatty acids which impacts our metabolism, insulin sensitivity, inflammation, reduces appetite and improves satiety. Having more whole grains and green leafy vegetables in your daily diet can help increase fibre content. Also including figs, prunes, papaya, banana and apple will be beneficial as they aid proper bowel movements.

Cut out junk food -Over consumption of sugars and artificial sweeteners feeds the harmful strains of bacteria in the gut. For those who have yet to realize this, sugar is very addictive and refined sugars contain no nutrients but only calories which are quickly absorbed by the body that briefly spikes blood sugar levels and causes increased hunger and food cravings when the blood sugar levels crashes. Besides sugars, processed food (anything that comes only in packaged forms and had undergone processing to alter their flavour/ shelf life) are also equally dangerous. Since preservatives are added to most processed and packaged foods to inhibit or prevent the processes of oxidation and bacterial growth, these additives are essentially designed to kill bacteria - which is what they do to your gut microbiome when you eat them. So, always eat whole fresh foods instead of the one out of a colourful packet.

Reduce stress - If you suffer from prolonged stress, your immune response will over react and will continually send inflammatory signals around your body and gut. Having constant stress is as harmful as consuming a bad diet. Our gut microbiome helps to regulate our immune system and they work very closely together keep us free of infection. Hence, a chronic lowered immune response caused by prolonged stress affects the health of our gut microbiome.

Get a good night's sleep - Sleeping on time and having a good deep sleep of a minimum of 6 to 7 hours per day is very essential to preserve good gut health. When our circadian rhythm is disrupted either as a result of irregular sleep patterns, shift work or due to jet lag, it upsets the health of our gut bacteria. A study on a group of travellers with irregular sleep patterns as a result of jet lag showed an increase in a bacterial strain more prevalent in people with obesity and diabetes.

It is said that a healthy gut is often a mirror of overall health. So this summer, pay attention to your gut health and take good care of your gut so that it can take care of you!

TMJ DISORDER AND BRUXISM



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Bruuxism is defined as an unconscious oral habit of dysfunctional rhythmic pressing, clenching and grinding of the teeth, when performing movements that are not part of the masticatory function. This leads to occlusal trauma. Bruxism is a complex occlusal para function which can hardly be placed in several different categories of para function. The episodes of bruxism, its duration and intensity in which they appear are different, individual to each patient. The appearance of bruxism can be seen from 6-20% of the population. It can be seen from time the eruption of deciduous teeth start. This para function is discovered when the patient goes for the first time to the dentist. One of the most prominent clinical signs is abnormal wearing of the teeth, caused by clenching and teeth grinding.

However, this is not a decisive sign of bruxism because the wearing of teeth can occur when one eats acidic foods or improper tooth brushing (erosion and /or dental abrasion). In this way, the therapist should always consider the bruxist an antagonist who is also worn, damaged or reduced.

Etiology of bruxism can be divided into three categories; they are psycho-social factors, peripheral

factors and patho-physiological factors. The etiology of sleep bruxism is uncertain; the factors responsible are occlusal discrepancies and the anatomy of bony orofacial structures. Other factors include smoking, trauma, alcohol, drugs, systemic disease, stress or peer pressure. Heredity appears to play an important role in the occurrence of sleep bruxism.

Bruxism may be classified according to several criteria. According to occurrence: a) Awake bruxism b) Sleep bruxism c) Combined bruxism. According to etiology: a) Primary, essential or idiopathic bruxism: No apparent cause is known. b) Secondary bruxism: Secondary to disease (e.g. coma, ictus, cerebral palsy), medicinal products (e.g. antipsychotic medication, cardio active medication), drugs (e.g. amphetamines, cocaine, ecstasy).

Signs: Grinding of teeth, which has a characteristic sound, pain in the TMJ, pain in the masticatory and cervical muscles, headache (especially in temporal zone when patient wakes up in the morning), hypersensitive teeth, excessive tooth mobility, insomnia or poor sleep quality, tiredness.

Symptoms:

Abnormal tooth wear, hypertrophy of the masticatory muscles like masseter, reduction in salivary flow rate and gingival recession.

Treatment



Treatments for bruxism depend on the cause and extent of the condition involved.

Stress: bruxism is stress-related, professional counselling, psychotherapy, biofeedback exercises or other strategies will help to relax.

Massage- decreasing muscle pain and tension, relieving anxiety, stress and tension, relaxing muscles, alleviating headaches, facilitating removal of waste and inflammation by-products, stimulating the immune system and promoting relaxation and comfort.

Biofeedback- Biofeedback is a device used to treat daytime clenches by using electronic instruments to measure muscle activity and teach patients how to reduce muscle activity when the biting force becomes too severe.

Botulinum toxin (Botox)- Botulinum toxin (Botox)

can lessen bruxism's effects. In an extremely diluted form, botulinum toxin is injected to weaken (partially paralyse) muscles. In the treatment of bruxism, Botox weakens the muscle enough to reduce the effects of grinding and clenching, but not so much as to

prevent proper use of the muscle

Night Guards or Occlusal splints- Night guards are one of the most popular treatment options for sleep bruxism. The goal of a night guard appliance is to redistribute occlusal forces, relax the masticatory muscles, stabilize the TMJ, protect the dentition and dental work, decrease the symptoms and, hopefully, reduce bruxism. Night guards can last an average of a few months to years depending on the force and frequency of grinding. There are a variety of night guards; choosing and advising the patient on the correct night guard is important.

Till now bruxism has been the most underrated habit among patients until complications occur due to the lack of information regarding the signs and symptoms and the importance of when to seek medical advice. By learning what is bruxism people will understand the better diagnosis, risk factors, prevention and treatment methods used. Prevention should be considered as a basic measure in the treatment of bruxism, avoiding the risk of development of various oral diseases with their complications.

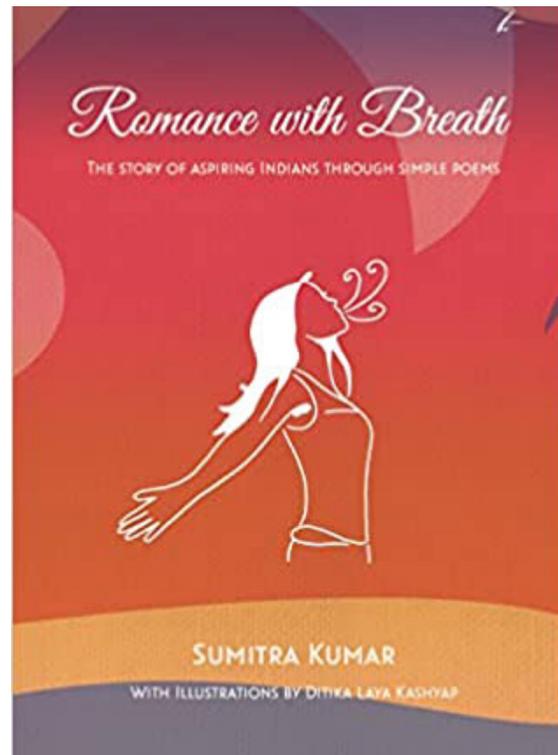
ZOOMING IN TO LAUNCH ROMANCE WITH BREATH / AN EVENING WITH POETRY

The Book Launch of Sumitra Kumar's poems 'Romance with Breath' went like a cool breeze wafting to perfection with an unusually undisturbed Zoom connection. High-profile Chief Guests from the writing and advertising circle - Sumathi Srinivas of Twilite Creations, WE Magazine and Soulmates Foundation, Uma Bose an Advertising Professional, Writer, Poet and Editor and the heads of the social service organizations Sumitra is passionately associated with - Chairman Kamala Selvam of Inner Wheel District 323, President Vikram Jindal from the Rotary Club of Madras Midtown and President Sabitha Gauni from the Inner Wheel Club of Madras Midtown.

"Dance is a poem of which each movement is a word" and it is the hidden language of the soul! The invocatory dance by Ashrita, a renowned Kuchipudi dancer to the reading of the poem Reunion, certainly held your breath as it stole your Soul!

From time immemorial, poems have been the compositions set to music either in Sanskrit or a regional language. Moving with the modern pace, there has been a recent trend where English poems have been set to contemporary music to be choreographed with a traditional vocabulary of Indian classical dance. While it is not entirely new as a concept, Ashrita has this to say, "it was entirely new to me, because I am a purist, in the sense that I perform only traditional pieces, so choreographing Reunion as a communion to Nature was interesting to me. I did not stick to a traditional vocabulary to emote or communicate the sensitivity of this poem. I merely used it as a framework and innovated as I went along. The depth of the poem really grows on you as you listen to it repeatedly. I enjoyed the challenge of experimenting within a classical boundary."

Soulful poetry readings by published poets Anju Kishore, Paul Mathew, Geeta Varma, Vidya Shankar, Sangita Kalarickal, Jairam Seshadri and Urna Bose brought out the pathos of the poems which tugged at your heart-strings. Candid conversations between M Keshav, the Founder-CEO of MANTRA (Management Training Research Associates) and the poet Sumitra as to the hows and whys of the Book, were very insightful and interesting. It helped to generate a strong interest in the book. Incidentally, he had earlier presented



and introduced Sumitra formally and the free-wheeling chat only helped us all to understand her better.

Her Vote of Thanks at the end was so exhaustive and would have made all those involved in the making of the book, fulfilled that each one of them had an integral role to play in it's outcome.

The Emcee of the evening Jairam Seshadri- with his deep voice and a strong sense of humour, the Founder- India Poetry Circle, was the ideal foil for this event. It had all the elements of a spectacular launch show especially when all the Special guests held up their copies in unison and you could see only a sea of crimson! This was one long event that was willingly attended for its nostalgic goodness of intent and purity of a poet's heart.

DIAMONDS ARE FOREVER



Diamonds are a girl's best friend goes the saying. Meenu Subbiah Diamonds has brought out 4 new collections of diamond jewellery.

The Amethyst in Chennai saw an exquisite collections of diamonds and semi precious stones. Held on 22 and 23rd of April, the Meenu Subbiah Diamond company launched its Varna, Facet, Collection Q, Soleil collections. The jewellery present catered to not just the evening wear but entered around everyday wear jewellery as well.

The pretty colours from the precious stones combined with the dazzle of the diamonds, stole the show.



LOOKING FORWARD - MAY 2022



ARIES

This is a very profitable month. There will be unexpected income. Take care and invest it carefully. Professionally, there may be some miscommunication and disagreements with your colleagues. This will be a favourable month relationship wise. You will be spending more time with your significant other. You may go on short trips with your loved ones.



TAURUS

This is the best time to apply for your dream job. Try and stick to your budget, as there may be some unexpected expenses. Professionally, this will be a very profitable month. Relationship wise too this will be a very interesting month. Those who are single, may find your significant other.



GEMINI

Professionally, this will be a profitable month. Long term projects will come to fruit this month. However, keep your patience with your co-workers and think before you speak. There may be an opportunity for travel. Relationship wise, this will be a favourable month. This month will see you spending quality time with your loved one.



VIRGO

There may be some difficulties initially in your business. Things will be sorted out towards the end of the month. There may be a chance of travel this month. Towards the end of the month, you may be inspired in your business. On the relationship front, there may be some small quarrels or awkward situation. Keep calm and it will resolve itself by the end of the month.



LIBRA

There will be some ups and downs on the professional front. For business owners will see profits in their business. There is a possibility of promotions for those working for a company. Relationship wise, there will be ups and downs. However any problems will be sorted out by the end of the month.



SAGITTARIUS

There may be some highs and lows this month on the professional front. However don't be discouraged, it will change towards the end of the month. There may be some difficulties on the relationship front as well. Take some time off to spend time with your significant other.



CAPRICORN

This month will see you working very hard in your professional life. So take some time off to relax. This is not the best time to start any new business venture for entrepreneurs. There may be new opportunities, so don't miss them. Relationship wise, this is the perfect time to take your loved one on a special trip. This month may see you spending some quality time with the family.



CANCER

The beginning of the month will see a rocky start professionally. However all your hard work will pay off towards the end of the month. There is a possibility of promotions this month. Take sometime off with your loved one. Those who are single may find your soulmate.



LEO

Relationship wise, this a good month with your loved ones. There may be some miscommunication with your other members of the family. Professionally, there may be some work pressure. So take some time off to relax. There may be some issues with co workers. So be patient with them and try to avoid any confrontations.

SCORPIO

This month will see you working hard in your professional life. You will see the benefits of the work soon. For the entrepreneurs, this month will see you starting a new company. There will be good opportunities coming your way. There are chances of getting the long awaited promotion. Relationship wise, this may not be the best month for those planning to get married. Spend some quality time with your partner this month..



AQUARIUS



Those in business, this is the best month for new ventures. You will see some unexpected income, so invest it carefully. For those working, this is a wonderful period. There are possibilities of a promotion this month. This is the best time, relationship wise. This is the best time for marriage.

PISCES

Get ready for hectic work this month. There may be chances for travel this month. Take care to avoid any confrontations in the work place. Relationship wise, don't get into any new relationships this month. There may be some arguments with your significant other, it will get resolved by the end of the month.

