

WOMEN  
EXCLUSIVE

**vve**

SIMPLE & SENSIBLE

LOTUS 18 PETALS 06  
JUNE 2022  
BI-LINGUAL  
₹100

**AS THE  
WEDDING  
BELLS TOLL...**



[f /WeMagazine](#)  
[@Women\\_exclusive](#)  
[/Wemagazine.in](#)  
[wemagazine.in](#)



# NIPPO

**MAY THE POWER BE WITH YOU**

[www.nippobatteries.com](http://www.nippobatteries.com)

 /nippoindia
  /nippoindia
  .Nippo India

WOMEN EXCLUSIVE

# we

SIMPLE & SENSIBLE

FOUNDER & EDITOR-IN-CHIEF

SUMATHI SRINIVAS

COLUMNISTS

GEETHA GANGADARAN

RAJEE MANI

WRITERS

SUMITRA KUMAR

V. GOMATHY

MONISHA RAVI

SHINY SURENDRAN

DR. K R ANANTHI

DESIGNER *AJD Sharwin Shaswin*

**Marketing Team** RAYES PUBLICATIONS (P) LTD.



**Rayes Publications (P) Ltd.,**  
 No.8/3, 13th Street, Nandanam Extension,  
 (Behind Venkateshwara Hospital), Chennai - 600035

TO ADVERTISE, REACH US AT  
[sales@wemagazine.in](mailto:sales@wemagazine.in)

TO SEND ARTICLES:  
[articles@wemagazine.in](mailto:articles@wemagazine.in)

CALL US ON:  
 + (91) 988 433 1103  
[www.wemagazine.in](http://www.wemagazine.in)

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

## READERS' SPEAK

Readers are recommended to make appropriate enquires before entering into deals with advertisers who advertise in this publication. The Editor and publisher do not vouch for any claims made by advertisers and hence shall not be held liable for any adverse consequence. Women Exclusive is not responsible for any unsolicited material received at its office.

The editor, publisher or the magazine is not held responsible for the views and opinion expressed by the writers.



**SOLID RIDE SOLID STYLE**



**10% MORE MILEAGE AND PICKUP^**

ALL NEW  
**Pleasure**  
PLATINUM

JUNE 2022



In this issue >>

**18**

**COVER STORY**

**Check Mate**

**6**  
WHAT'S TRENDING THIS MONTH



**LOOK BOOK**

8 FASHION TRENDS

**RECIPES**

10 COLLAGEN RICH FOOD



**TRADITION**

16 ICE HOUSE VIVEKANANDA ILLAM

**TRAVEL**

28 A SPIRITUAL EXPERIENCE !!!!

**SUMMER**

38 SUMMER THE IDEAL SEASON FOR WEIGHT LOSS

W  
H  
A  
T  
S

# TRENDDING JEWELLERY



### BLUE

Electric colours like blue stones are quite common this summer. This can be paired with both formal and informal looks.



### VINTAGE

Old is new again.. Vintage looks with precious and semi precious stones are currently a common wedding trend.

### COLOURFUL

Fun multicolour chains go with any dress. It provides an unique look with a saree or a solid top.



**PRINTED**

The printed casual looks are great for everyday wear. Printed Kaftans are not just beautiful, it is also extremely comfortable.



**REGIONAL PRINTS**

Kalamkari prints are in right now. Be it tops, dresses, sarees and even masks have Kalamkari prints. As a formal wear, this gives a very elegant look.



# FASHION TRENDS

**LOUNGE WEAR**

Comfort is the ultimate goal this month. Loose fitting tops and dresses are designed for comfort.



**EMBELLISHED**

The glitter look in various shades is in this summer. This is an ideal look for those who want to party. Can be paired with jeans.





# DHAL TADKA

## INGREDIENTS

- Cumin seeds: 1 tsp
- Curry leaves: few
- Turmeric powder: 1/4 tsp
- Asafoetida: 1/4 tsp
- Crushed garlic: 1 tbsp
- Roasted moong dhal: 1/4 cup
- Ghee: 1 tbsp
- Oil : 1 tbsp
- Green chilli : 3 nos
- Red chilli : 1 nos
- Mustard: 1 tsp
- Onion: 1 medium
- Salt : to taste

## METHOD

- soak roasted moong dhal in water for 30 mins.
- In a pressure pan add 1 cup water, soaked moong dhal, turmeric and hung and pressure cook it for 5 whistle.
- In a pan add oil, jeera, mustard seeds, crushed garlic, red chilli and curry leaves.
- Add onion and roast it in medium flame.
- Add cooked dhal and salt. Mix well
- Pour ghee add coriander leaves and serve hot.



# COLLAGEN RICH FOOD

It is a protein in human body which has huge range of benefits

- It promotes healthy heart
- Relieves joint pain
- Prevents osteoporosis
- Keeps your gut healthy
- Reduces sign of ageing

Some of the food sources are soy, legumes, meat, fish, wheat grain, nuts, citrus fruits.



V. GOMATHY  
Dietitian

# EGG VEGETABLE OMLET

## INGREDIENTS

### Egg:

2 nos

### Carrot:

2 tsp (chopped)

### Boiled peas:

2 tsp

### Capsicum:

2 tsp

### Onion:

5 tsp

### Tomato:

2 tsp

### Cauliflower :

2 tsp (chopped)

### Green chilli

3 nos

### Turmeric powder

1/4 tsp

### Pepper powder

1/2 tsp

### Salt

as per taste

### Oil:

4 tsp

## METHOD

- In a bowl beat the eggs and keep aside.
- In a pan pour 2 tsp sauté all the above vegetables together.
- Add salt and turmeric powder
- Mix well and transfer to egg and again
- In a tawa pour 1 tsp oil and pour half of the content and toast both sides until it cooks well.
- Serve hot.



# SOYA GRAVY

## INGREDIENTS

### FOR MARINATION

**Soya:**  
100 gms

**Curd:**  
½ cup

**Turmeric :**  
½ tsp

**Chili powder:**  
1/2 tsp

**Garam masala powder:**  
½ tsp

**Salt :**  
as per taste

### FOR GRAVY

**Onion:**  
2 nos

**Tomato**  
4 nos

**Garam masala:**  
1/2 tsp

**Ginger garlic paste:**  
1 tsp

**Chilli powder:**  
1/2 cup

**Coriander powder :**  
½ tsp

**Turmeric powder:**  
1/4 tsp

**Cumin powder:**  
½ tsp

**Kasturi methi:**  
1 tsp

**Oil**

**Salt :**  
as per taste

## METHOD

### MARINATION METHOD

■ Take soya in a bowl and rinse well in water, clean and squeeze off the water well

■ Cut into small pieces.

■ Deep fry the soya chunks in the oil, till golden brown.

■ In a bowl add all the ingredients and fried soya together

■ Mix well and marinate for 30 minutes.

■ Keep a frying pan, pour little oil and fry tomato and onion and once cool make it a smooth paste.

■ Keep a deep bottom pan

■ Add little oil, add the onion, tomato paste

■ Now add all dry ingredients.

■ Add marinated soya

■ Add water as required

■ Cover with lid for 10 min

■ Serve hot



# ICE HOUSE

## VIVEKANANDA ILLAM



GEETHA  
GANGADARAN

The Ice House is a pink, semi circular wedding cake like building, on the Chennai Sea front. This has not stored ice for well over a Century. But that is how this extraordinary building is generally known.

It was built in 1842, One of the Three ice houses in India established by the Boston base “Ice King” Frederic Tudor, and the only one of three to survive. And yes it really did store ice, transported all the way from New England.

Tudor hit on the idea of harvesting ice from the fresh water lakes of New England (it was after all free), using saw dust for insulation and then sending the ice out from Boston where ships often travelled empty to the Caribbean and further.

Yes, a lot of ice melted but enough made the journey and was sufficiently prized to earn a profit.

The poet and essayist Henry David Thoreau ,saw ice being harvested for Tudor at Walden Pond in the winter of 1846 – 47 “The Sweltering inhabitants of Charleston and New Orleans, of Madras and Bombay and Calcutta drink at my well” Thoreau also said “This pure Walden Water is mingled with the sacred water of the

Ganges”.

The storage of ice meant that the structure could not use timber as it would rot because of the moisture. It was left to architect Major Colonel JJ Underwood of the Madras Engineers, to come with an ingenious solution. He decided to borrow from the technique used in Syria where domed structures were built without using wood. Earthen Cylinders of nine inches, each of a tapering diameter was

used . The wider end varied from 5 to 6 inches and the narrower end 3 to 3 ½ inches on potter’s wheel. The walls were built to their full heights and the work on the dome began. This was raised with lime mortar to a height of 3 to 3 ½ feet with the support from a bamboo scaffolding and then the cylinder was laid in a circle embedding them in lime/chunam. The next circle rested in the gaps between the cylinders of the first curve and so on, till

the top was reached and this was sealed with one cylinder being forced into the remaining orifice.

Liquid chunam was spread on the cylinders and on this. Two rows of flat chunam was then spread on top of this thereby completing the first parabolic dome in Madras. The scaffolding was removed after time was given for the roof to settle. This kind of roof had the advantage of being a deterrent to Vermin and termites.

The first consignment of ice from overseas was brought in a ship called Clipper Tuscan. The building was used

for thirty long years for this purpose. The ice business folded up in 1880 and the building changed hand to one Biligiri Iyengar of Madras, who happened to be a wealthy man and a well-known advocate in the Madras High Court. After remodelling it by adding the circular veranda, he converted into his residence and named it Castle Kernan after his close friend, Justice Kernan of the Madras High Court. The house did not serve well for residential purpose because of inadequate ventilation.

Swami Vivekananda upon his successful return from the Western tour stayed in this building in the 3rd week of March 1897 as Mr Iyengar happened to be his disciple. Upon Swamiji request

Iyengar made up his mind to set up a permanent centre at the Ice House. A small shrine dedicated to Sri Ramakrishna was established in the basement with the help of Mr Iyengar and thus began the Ramkrishna Math at this place.

Notable Visitors to the Math were sister Nivedita, British disciples Charloltee Elizabeth Sevier and captain John Henry Sevier, during swamiji’s stay the mission’s activities continued till 1906. Later Ramakrishna Math shifted to Mylapore. Subsequently this building was bought by a Zamindar Ankhitam Venkata Jaggiah Rao from Waltair. Afterwards it became the property of Madras Presidency and in 1914, it was called Marine Mansion and was sold to sister Subhalakshmi. Sister Subhalakshmi used it as hostel and a training school for child widows.

R.S.Subbalakshmi, was a social reformer and educationist. This marked the beginning of Sarada Vidhyalaya an initiative which cares to woman’s education in the city and later between 1941 and 1993 it became a school teacher’s hostel and teacher trainee hostel.

It was in 1963 as a part of the Birth Centenary of Swami Vivekananda the Government of Tamil Nadu renamed Castle Kernan as Vivekanandar Illam. In 1997 to honour swamiji’s successful western tour and his historic stay in this building the Government of Tamilnadu.

At the request of the Ramakrishna Math it was handed over to the Vivekananda House on lease up to 2020.This house was opened to public from 1999 .Presently the basement of the house portrays a brief history of the ice house.

A picturesque exposition along with effigies that silently speak about Indian culture adorn the first floor. Whereas the second floor takes one through an array of photographs that showcases the life and times of Swami Vivekananda. A room in the third storey where Swami Vivekananda stayed is now used for meditation.





COVER STORY

# AS THE WEDDING BELLS TOLL...

**M**arriages are made in heaven, goes the popular saying. As the wedding bells toll, we are looking at the evolution of weddings from long ceremonies to televised events. Over the years, while most traditions have remained, some have seen a marked change.

The first step, ie finding the groom itself has undergone a drastic change. The olden days saw aunties, with extensive friends, playing the role of matchmaker. Now however, we see the internet playing a crucial role in finding Mr Right.



MONISHA  
RAVI





Matchmaking sites or online dating apps are taking the place of the relatives and friends, one had to rely on.

The Sangeeth is a new trend that we see in weddings today. A fun time of dance, music and games have become a common part of the wedding ceremonies. This event gives the two families a chance to get to know one another.

Another new trend we see, is the emergence of destination weddings. The couple tie the knot as the sun sets and the water gently laps the shores, in the background. It certainly makes a beautiful

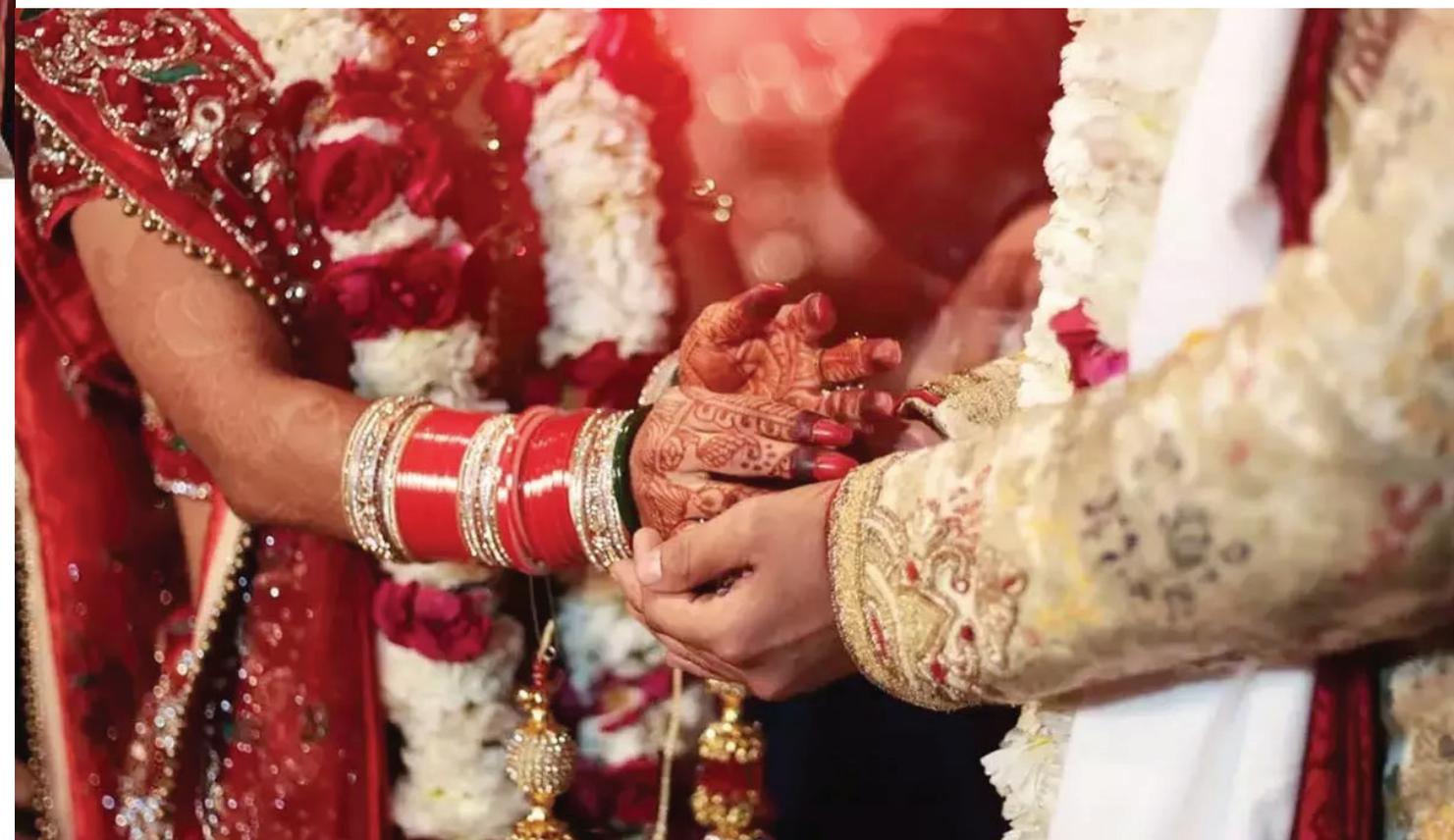




setting for the special day, with close friends and family.

With COVID, the emergence of small weddings are also very popular. The olden day saw throngs of friends, family and acquaintances all present. Now however, we see the bride and groom restricting the number of invitees to close knit groups. This in turn has sparked the new trend of Zoom weddings. Friends and family, who are unable to attend, or those live out of state, just watch the whole thing live online.

In this day and age, with technology soo progressed, we even get to see our favourite celebrity's wedding too, just like we were there. Case in point Actress Nayanthara's marriage to director Vignesh Shivan, is all set to be televised on





Netflix. This gives an opportunity for all fans to be a part of the wedding experience from the comfort of their home.

There is no wedding these days without the albeit mandatory photo shoots and posts on Instagram. The beautiful moment is just one click away nowadays. No more bulky albums, that sit and gather dust in a remote corner in our house.

This being said, traditions are also a very important. We see the brides and grooms today incorporating old traditions in the weddings, with a twist of modern, to fit the present time.



# APRICOT: WONDER FRUIT

**P**runus armeniaca or the apricot plant is filled with nutritious goodness. The fruit has a yellow and orange flesh. It is considered the healthiest fruit in the world.

The plant in Hindi is called Khumani or Khubani. Turkey is the largest exporter of Apricots. It is dried and consumed all over the world. The Apricots contain high levels of Vitamin C and Vitamin A. Vitamin C is essential for immunity and Vitamin A is essential for good vision.

Apricots contains potassium, this helps reduce the risk the risk of heart disease. It has been proved that Apricots contain retinol , that helps reduce the chances of any age related blindness. It is also a high source of fibre for the body.

It has been proven that Apricots can be consumed for those who have digestion problems. Research continuous into the use of apricots for those suffering from diabetes as well.

For those who are dieting, Apricot may be the solution. The fruit contains very little fat. It also contains flavonoids namely catechin, quercetin,

and chlorogenic acids. It has been proved that the fruit helps with gut health as well.

Vitamin C and Vitamin A in the fruit also help with skin health. It contains antioxidants like Vitamin E , which helps protect the skin from harmful UV rays. They also help hydrate the skin. They are also used to treat ageing skin, as it helps boost the collagen levels in the body. It is usually used as a scrub, to gently exfoliate the skin.

# A SPIRITUAL EXPERIENCE !!!!!

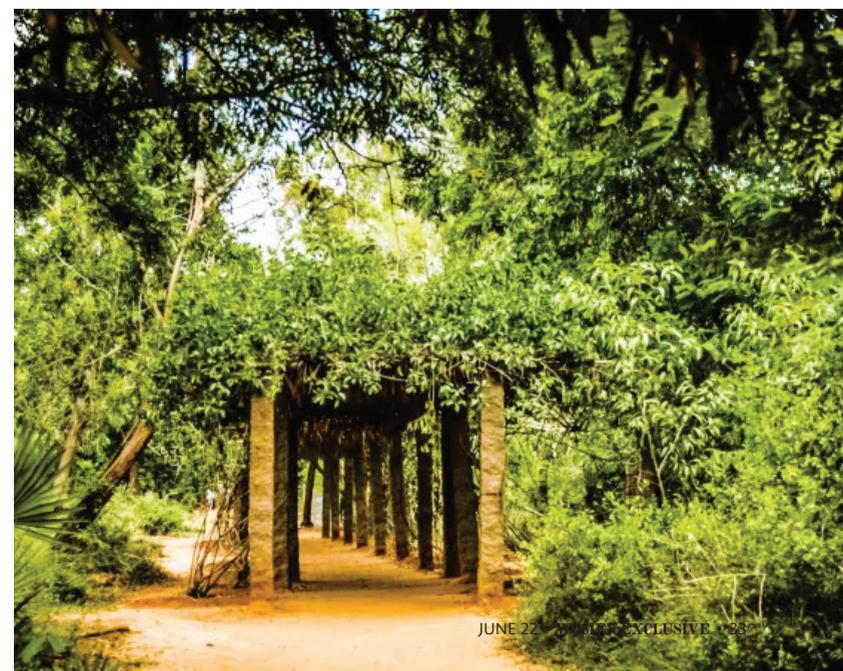


**I**t was a hot day and here we were travelling towards Pondicherry . Needing a well deserved break, we made an impromptu decision to go on a small vacation. With SPB songs belting out from the speakers, we started on this one day mini trip.

Pondicherry , a French colony, that retains its old western type buildings mixed in with Indian architecture. Its indeed a unique place to visit.

The highlight I would say ,at Pondicherry is without doubt Auroville. This was our first stop. Despite struggling to walk all the way upto the golden dome, it was a beautiful sight. The light breeze cooling us as we stood gazing at its splendour. This being my first time, I was curious as to its history. Auroville was founded by Mirra Alfassa, a disciple





of Aurobindo. Affectionately called 'Mother', she was instrumental in constructing a an area where people can be at peace.. The idea was to construct a Universal Town, where people of all faiths can come, to find that inner peace.

Our next stop was the Ashram. The Aurobindo Ashram is the final resting place and once the main residence of Sri Aurobindo and the Mother. The silence combined with the intoxicating smell from the beautiful garden , helped instantly clam the mind.

Our last stop for the day was the Arulmigu Manakula Vinayagar Temple. It is said that this temple has been in existence even before 1666. The beautiful idols were breathtaking. The highlight of the temple was however the enormous elephant , that blessed the devotees.

One thing that we can never forget about Pondicherry is the shopping. From roadside candle shops to selling wooden toys, this is perhaps the best place to shop. " Shop till you Drop" goes the saying and that's probably what we did.

Our last stop of the day was the beach. After a hot day of going one place to another, the beach was cool. Fresh sea breeze and the beautiful ocean, is a sight to behold. We stayed quite a while looking at the waves crashing on the black rocks. I forgot about work, and just gazed and gazed , knowing I will never forget it.



# LET'S PATCH- UP OUR LIVES, DEAR PATCH

**I**t was the early morning, a day before my online book launch, I had too much on my mind. Having to plan, making sure I didn't miss sending the invite to my near and dear ones and the ones who are passionate about books and such events I regret that I may still have missed many, despite my planning.

Bella, our 11-year-old Labrador, silently bid goodbye to her earthly existence to seek renewed adventures in the cosmic universe. She was buried in our backyard and given a quiet farewell with love and prayer. She had not been eating well for quite some time and become sedentary for over a week. Her partner

Bingo, the Rottweiler, watched her helplessly, all the time combating his own ailments—a persistent tumour growing in the mouth even after repeated treatments by the vet. Both around the same age, only six months apart, had lived in harmonious companionship. It was Bella who always ended up being a glutton, eating her bowl of food like there was no tomorrow. She was always heading to compete and complete whatever was left on Bingo's as well.

Bella was overweight all her life, looking like a polar bear with her gait, endearingly clownish.

I would give her less food, but the rest at home

would compensate her for her loss, feeling she is being deprived of something she enjoyed most. I couldn't do much against each one's varying perceptions of care and affection. The thin line between the right thing and its forgiving alternates is the conflicting in our mind, that we often brush aside to live our precarious lives; moving on to focus on our pending tasks seamlessly presented to us. (As a side note, I am happy to recall that my first article in WE magazine, years ago, was titled 'Unconditional Love', and it was about Bingo and Bella!)

A week after Bella's demise, little Patch enters our lives. Picked up one evening from the streets of Thirumudivakkam in Chennai. The frail, young, vagabond puppy got placed in our car inside a cardboard box

on at a whim by my husband. He rode silently for the first half, primarily out of shock and then raised measured wails to express his fears of an unknown future that he could not foresee.

Only a while ago, I had asked our office security about his mother's whereabouts. He pointed to a famished-looking mom with a brownish-black coat who was hopping away in the opposite direction with an injured leg, seemingly aimless(?).

I had only a fleeting glimpse of her as our car had whizzed past to head home by then. My husband kept the cute little estranged one in his view and tried to shower all his reassurances.

After reaching home, he was kept in an independent territory so as to allow him to sniff his new big boss Bingo through the gaps in his gated enclosure first to socialise, and then hopefully soon, befriend him. But much sooner than imagined, he squeezed his slim body out of the gaps and pranced around in the common

territory free of worries! However, when we moved in close with excitement, he trembled in fear and ran metres ahead, finding himself sequestered nooks for protection. Placing trust in humans needed time unlike his own species was evident and understandable. We hope Bingo will do the needful by reaching out to him, giving his endorsement that we are good people!

The following day, he was bathed and vaccinated, his body trembling continuously all the while. It made us worry. Was the best thing to give him shelter in our home? By the way, Patch's name came from my daughter—studying away from home—after seeing his pictures of a white underbody with cute brown patches on the back and his face, all around the eyes and the forehead.

I was particular about one thing at home. If ever, the next pet should arrive into the family, it should be a country dog from the streets and not a pedigreed breed. I wish to presume

it was probably on that cue Patch was picked up by my husband the other evening. However, this poor little terrified guy reminds me of a famous line in a Bollywood movie paraphrased "thappad se dar nahi lagta...pyar se..." meaning not afraid of violence but afraid of love! Is there a similarity, in his case as well?, that the trauma he might have endured makes him more accustomed to violence than love? The latter, ironically, he seems to withhold and also desist from accepting?

Day seven, and he is still sprinting away from us, including kids. Thankfully he is wiping his bowl of milk clean when we leave the scene! We hope he builds his trust soon and begins to enjoy the gift of life with us, patching up the stressful gaps in our lives, too, with his unconditional love and antics.



SUMITRA  
KUMAR



# SRI RAMASWAMY TEMPLE AT KUMBAKONAM INVOCATION SLOKAS THUS SAID SRI LORD SIVA TO DEVI PARVATI..



Sri Rama Rama Rameti Rame  
Raame Manorame;  
Sahasra Nama that hulyam  
Raama Naama Varanane.

Sri Vishnu Sahasranamam in Sanskrit by Bhishma Pitamah

### Meaning

[The quintessence of the thousand names of Lord Vishnu is the One name "Rama"]

"Rama Namame taraka mantramu "  
- Bhadrachala Ramadas's  
keerthana in Telugu

### Meaning

[The holy Name of Sri Rama is the boat that takes one across the ocean of birth & rebirth ]

Well one can quote thousands of slokas & songs in the Hindu scriptures which emphasise the tremendous power of the two letter nama , "Rama". It is not surprising that this Punya Bharatha Bhoomi proudly showcases the unshakable devotion & faith of the people of this land through the innumerable temples ,across the length & breadth

of this country, dedicated to Sri Rama .

Sri Ramaswamy temple at Kumbakonam in the Tanjore District of the South is an ancient & much visited temple of Sri Rama .

### The temple

Sri Ramaswamy koil at the Temple town of Kumbakonam ,which is about 300 kms south of Chennai .

### Location

The temple is located in the heart of this ever busy tourist town.

### How to reach

The temple town of Kumbakonam can be reached by rail & road.Any number of trains at all convenient hours are available. From Chennai, private & government buses are available day & night, in all categories of cost & comfort. Taxis can also be taken from Chennai or at Kumbakonam for local tours.



### RAJEE MANI

Journalist and  
Columnist in  
Tamil and English

### The deities

Unlike most temples the sanctum sanctorum is plum in front of the tower at the entrance ; but one has to go through a few corridors in between.This houses one of the rarest group of deities. They are almost at hand shake distance,which again is a rarity.. As we reach the garbhagriha we almost freeze as we look at the majestic life size black granite Moola Moorthis of Sri Rama & Maa Seetha in a sitting posture on a pedestal.

On the sides in standing positions, His beloved brothers Lakshmana, Bharata & Shatrughna are seen, in dutiful service to the Lord of the three worlds. Sri Rama Bhaktha ,Hanuman is seated on His knees in His rightful place at the Lotus Feet of Sri Rama. A very unique feature to be observed is that Sri Anjaneya is seen here holding a Veena in His hand [singing the glory of His Bhagavan ].The Utsava Murthis of this temple are beautiful bronze icons and are said to have been found underground at Darasuram which is a monument just on the outskirts of Kumbakonam.

### History of the temple

This temple is another gift of the pious Nayaka dynasty to southern India.It is said to have



been built in 620 by King Raghunatha Nayaka who ruled from Tanjore.

In fact it was the brilliant prime minister Sri Govinda Dikshadar who is said to have been responsible for designing the temple with its breathtaking architecture.The Maha Kumbabishekam was performed on a grand scale recently in September 2015 after renovations were carried out to give a facelift to this priceless treasure.

### The architecture

The three tiered temple tower with limestone figures & the prakaras with the outer walls, may not be huge in comparison with other temples of the Kumbakonam . This medium sized temple houses artistic & architectural treasures so unique to Davidian & Nayaka temple structures. The front mandapam is an outstanding architectural beauty supported by 64 intricately carved pillars each made of single granite stone.The carvings depict various avatars of Lord Vishnu other than Sri Rama Avatharam and other stories from Sri Vishnu Purana.

This outer ring is called the Maha Mandapam.The inner prakaram can be called an amazing art gallery where the walls have been decorated with colourful paintings related to episodes from the timeless magnum epic Srimad Ramayanam.All the events of Srimad Ramayana come to life through these magnificent artistic outbursts of our skilled Indian artisans.

### Temple poojas & festivals

Other than the temples artistic splendour ,Sri Ramaswamy temple is visited by devotees for the spiritual intensity with which the poojas & festivals are performed by the experienced hereditary Vaishnavite priests . The daily poojas are performed 6 times a day . Sri Ramanavami which is the celebrations of the birth of Lord Rama is celebrated with intense religious fervour . All other festivals like Navratri , Margazhi Utsavam, Pavithrotsavam are also popular here & draws thousands of devotees from far & near.Yes lundoubtedly Sri Ramaswamy temple at Kumbakonam is one amongst the top Rama temples of our country.

### Mangala Sloka

One cannot forget the unparalleled Rama bhakta , Saint Thyagaraja whose body, mind & soul had merged with Sri Rama & His Nama .We conclude with one of his soul filling songs in Telugu dedicated to this eternal Avathara of Lord Vishnu.

Rajeeva nayana Thyaga Rajadhi vinutha maina  
Nee Nama rupa mulaku nithya shubha mangalam "

# SUMMER

## THE IDEAL SEASON FOR WEIGHT LOSS



**SHINY SURENDRAN**

Sports dietitian, preventive health nutritionist Chennai .

Instagram : @shinysurendran

**T**rying to kick start your weight loss journey? Stop procrastinating and get on it immediately . Summer is the best season for weight loss!. Most people find it easier to lose weight during summers because of the heat of summer decreases appetite and thus you end up eating lesser than you would normally / when you are in a colder environment. The body's metabolism rate generally increases during hot conditions burning calories at a faster rate thus resulting in an added advantage for those trying to lose weight. If you notice, many people prefer lighter foods or more fluid based options during summers. Besides , the increased sensation of thirst during summer months might aid weight loss as drinking more water leads to increased satiety and eventually reduces our food consumption. So keeping these reasons in mind, below are some guidelines that you could follow.

Start the day off with water – As soon as you wake up, drink a tall glass of water to kick start your digestion and metabolism. If possible, a pinch of organic turmeric and cinnamon powder as it helps boost immunity too. Throughout the day, instead of consuming chilled carbonated drinks / packaged juices, opt for thin buttermilk, tender coconut water, lemon water aam apaana or paanagam as they are nutritionally beneficial thirst quenchers. Adding a teaspoon of soaked chia seeds or sabja seeds to the liquids before consumption aids better satiety levels.

Load up on seasonal vegetables and fruits – During summer, there's an abundance of water vegetables .Make use of these low calories vegetables to speed up your weight loss. Bottle gourd, white pumpkin, cucumbers, zucchini, lettuce, radish and brinjals

are some of the great options. Besides these, consume green leafy vegetables at least three times a week since greens are harder to get during the rainy season. Greens have high fiber and antioxidant properties that is beneficial not only for weight loss but overall health.

Summer fruits such as watermelon, cantaloupe, mangoes, grapes and pineapples are beneficial for weight loss. Trust me, mangoes do not make you fat. It is rich in vitamins and fiber and tastes great so enjoy it in moderate amounts. Treating yourself to these naturally sweet fruits help reduce the consumption of sugary and high calorie desserts. Another tip will be to try grilling fruits like banana, peaches or pineapple to enhance its natural sweetness.

Pack in the probiotics – Having more of curd, lassis, raita, fermented rice water and buttermilk is a great way to promote digestive health as digestion tends to get troubled during summers which may hinder weight loss. Other good sources of probiotics include fermented foods such as kombucha and kimchi.

Increase your step count – Don't we all feel sad when we get cooped up at home during rainy season because it is such a hassle to go out and about in the rain? So, make use of summer and head out as much as possible preferably by walk or on a bicycle. Find ways to increase your NEAT (Non Exercise Activity Thermogenesis). NEAT is important because it boosts your basal metabolic rate and helps the body to burn

more calories while doing daily activities. Exercising for 1 -2 hours per day is definitely beneficial for the body but what you do for the remaining 22 hours also matters. Sitting down in front of a laptop or being stationary for too long decreases metabolic rate. Hence, from now aim to walk at least 30 to 60 minute per day. Use the staircase instead of a lift or walk to

the nearby shop and skip taking the auto. It's the small habits that we build yield big results overtime.

So before the rainy season starts, make use of this summer season and embark on your weight loss journey and have some fun while doing it. Remember, fitness is a journey and not a destination. So enjoy the process!



# UNTWISTING TEETH



**C**rooked Teeth may refer to: Malocclusion, a misalignment or incorrect relation between teeth

Do you ever look at people with perfectly straight teeth and wonder how lucky does one have to be to have a straight, Hollywood-like smile?

Well, we understand. Our smile is a significant part of our personality, and having twisted, overlapping, or crooked teeth can

immensely affect our confidence. The good news is that luck doesn't have anything to do with the appearance of your teeth; there are a few logical reasons why teeth grow in crooked.

Another good news is that you can fix crooked teeth through orthodontic treatment and cosmetic dentistry. Before we get into how you can go about to get straighter teeth, let's understand the causes of the crooked teeth problems and the impact they can have on us.



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

cannot be removed by the patient. This type of brace is used when the teeth are very crooked. It offers the best results. Some patients (especially children) like to choose different colours on the brace to make them more trendy – e.g. the colours of their favourite football team. Adults may wish to choose clear or 'invisible' braces.

Removable braces – are very useful at moving either individual or groups of teeth, for

example for correcting a deep bite or widening a narrow upper jaw. As such they can be used at an earlier age than the fixed brace. This type of treatment usually precedes fixed brace treatment. The big advantage of removable braces is

take up to 18 months and removable brace treatment, from 6-9 months.

## STRAIGHTEN CROOKED TEETH WITHOUT TRADITIONAL BRACES

**Dental Bonding:** Dental bonding is a quick, cost-effective solution to address crooked teeth. The bonding material can be shaped, molded, and color matched to transform the appearance of a crooked or misaligned smile. Dental bonding is typically used to address minor orthodontic concerns.

**Invisible Braces:** Invisible braces are a clear, removable aligner system that gradually straightens crooked teeth.

## WHY STRAIGHTEN CROOKED TEETH

Patients with crooked teeth may experience an increased risk of developing tooth decay, periodontal disease, tooth damage, and even tooth loss. Crooked teeth are harder to clean which may result in advanced dental issues. Straightening crooked teeth not only improves the overall appearance of your smile but the overall oral health as well.

### Patients with crooked teeth may experience:

- Chronic headaches and migraines
- Poor oral hygiene
- Discomfort in the jaw
- Difficulty chewing
- TMJ

Crooked teeth are straightened by the use of special devices and techniques [orthodontics].

### Essentially there are two kinds of brace:

Fixed braces – these are individually fixed to the teeth with a special glue and therefore,



that they are easily cleaned.

The time needed to affect the necessary corrections very much depends on:

### How crooked they teeth are.

The more complicated the problem, the longer the treatment is likely to take; e.g. teeth that

have failed to grow into the mouth properly can take up to two years to straighten.

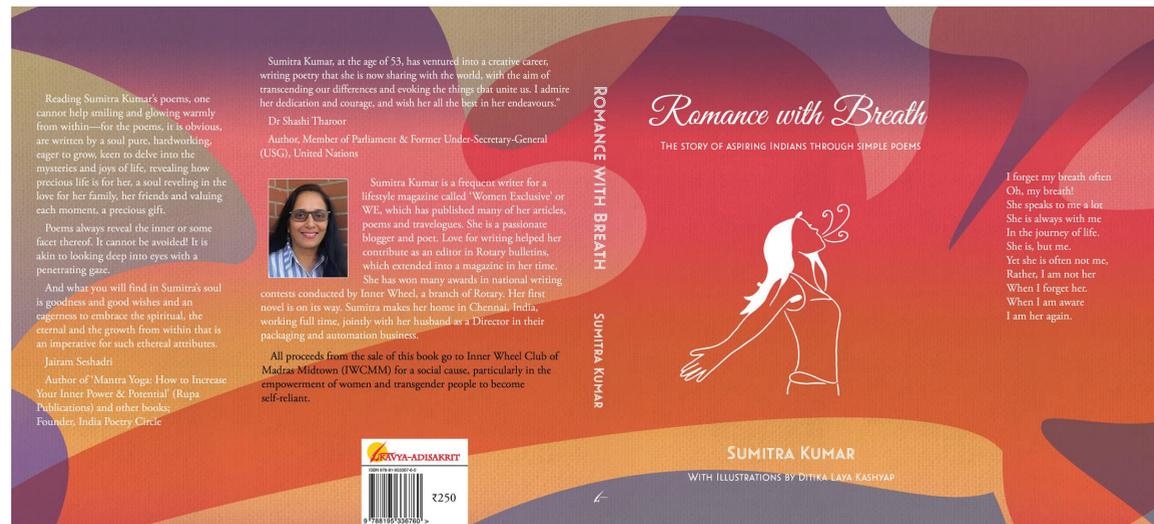
### The type of brace.

Fixed brace treatment on average will

Invisible braces can effectively and discreetly straighten crooked teeth, making it an ideal treatment for teens and adults with minor to moderate orthodontic concerns. Invisible braces provide the added benefit of no dietary restrictions or oral hygiene restrictions.

**Dental Veneers:** Porcelain veneers are considered a permanent restoration. Porcelain veneers are created using professional grade porcelain ceramic that is custom designed to achieve natural looking, beautiful results. Porcelain veneers can be used to completely transform a crooked or misaligned smile.

# ROMANCE WITH BREATH - THE DREAMS OF ASPIRING INDIANS THROUGH SIMPLE POEMS



As the title suggests this quaint collection of poems by Sumitra Kumar is refreshingly sensitive. If one expects some mushiness with reference to the title, one will be surprisingly swept into higher and deeper dimensions of Romance with Life itself - one's own as well as all life on earth.

With perhaps total neglect of the genre called love poetry, here is an unexpected trip through a vast expanse starting with concern for one's spiritual nourishment and for ecological harmony, empowerment of the girl child and even the role of social service organisations like Rotary and the Inner Wheel.

Not only is Sumitra deeply involved with these unique social movements, but she has gone beyond acknowledging their importance in her life. She has pledged all proceeds from this maiden publication by her publishers Adisakrit, to social service

projects of the Inner Wheel Club and the Rotary Club of Madras Midtown where she seems to have found the inspiration to become a writer and a poet.

The simple line drawing illustrations of young US based Ditika Laya Kashyap and the classification of poems into categories with crisp and pithy prose descriptions make it more reader friendly than usual. Shreekumar Varma, noted author, in his foreword describes these notes of the poet as meditative prose. Dr Shashi Tharoor in his blurb featured on the back cover calls Sumitra Kumar brave for embarking on her creative journey at her age suggesting it could encourage many others.

What grips the reader is the sensitivity of the soul that reveals hidden pathos and a touch of the melancholy. Yet, the words are always upbeat and philosophical. With a spiritual sweep on life and the breath, she starts with promising

panache. The reference to Asifa and to Kashmir is the reflection of her tormented angst. Yet, the overall mood is upbeat always and leaves the reader to reflect in solitude on the ways of life and living.

'A Poem' is so simple! 'It's Just There, On My Lap' is evocative. 'The Ever-Whispering Teacher' is brilliantly pensive. 'Shoot you Must' and 'Leave A Lasting Legacy' are uplifting for hopeless minds and overall, there is no wasted mood as a reader.

There is a good poet in town. You can relate to her poetry. Anybody can. Her name is Sumitra Kumar. Please find the book on amazon.in, the online retail store, as Paperback and Kindle versions.

(M Keshav is a journalist and Television presenter turned Corporate Coach and Training Consultant. He is Founder-CEO of MANTRA - Management Training Research Associates, Chennai)

GO DIGITAL & STAY UPDATED  
Log on to : [WEMAGAZINE.IN](http://WEMAGAZINE.IN)



India's First Bilingual Magazine for Women



# LOOKING FORWARD - JUNE 2022



## ARIES

This will be a good month for those expecting any foreign travel for work. This month will see you have a very good success in your professional front. Entrepreneurs will see you expanding your business. There may be some unexpected expenses this month. On the relationship front, you will see yourself spending more time with your significant other.



## TAURUS

This is an amazing month on the relationship front. Those who are single may find their significant other. On the professional front, you may get your dream job. You will see the benefits of all the hard work this month. Make sure you communicate well with your co workers. Keep focused and you will see the fruits of your labour. There will be an unexpected windfall in terms of finances.



## GEMINI

There may be some ups and downs on the professional front. There will be an improvement on the career front towards the end of the month. Make sure that you have an harmonious relations with your co workers. Take some time off from work and spend some quality time with your loved ones. Go on a exciting trip with your significant other.



## VIRGO

There may be some challenges in the beginning of the month. Towards the end of the month, however any problems will be resolved soon. The main thing this month is to work hard and you will see the fruits of your labour in the upcoming months. In the relationship wise, there may be some disagreements with your significant others. Be patient and try not to have any major disagreements with your loved one.



## LIBRA

Towards the mid-week, relationship wise there may be good news. You will spend significant time with your family this month. Financially, there may be some surprising news of windfall. There may be some unexpected expenses so stick to your budget this month. Career wise this may not be the right time to look for the new jobs. For entrepreneurs, this may be the right time to expand your business.



## SAGITTARIUS

Your professional and financial lives may improve this month. Take some time to get to know your colleagues. Those looking for a new job may find their ideal one this month. Relationship wise this is an excellent month with your significant other. However keep away from confrontational fights with your loved one.



## CAPRICORN

Professionally, you will be recognised for all your hard work. Look at the advantages and disadvantages and research it completely before changing new jobs. This is the best time to work towards your goals. There may be a chance of promotion. Don't bring in your work troubles to your relationship, as it may cause some friction with your loved one. Those singles will meet an interesting individual.



## CANCER

There may be some misunderstandings on the work front. However towards the end of the month, there may be changes for the positive. There may be chances of foreign travel at the end of the month. On the relationship front, there may be some ups and downs. Keep patient with your significant other.



## LEO

This is a very productive month in terms of career. All your hard work will pay off this month. For those who starting their own business, this may not be the best month. There may be some unexpected hurdles in the business. Make sure to ask help on the professional front. This will be a very good month in terms of relationship. You will spend more time with your significant other. Those who are single may find their significant other.

## SCORPIO



There may a chance for once in a lifetime opportunity career wise this month. After all the hard work, you will see the fruits of the labour. There are chances of international travel towards the end of the month. Financially, this will a good month. Be careful while investing as there are chances of putting money in the wrong investment opportunity. Do good research before taking a decision. This month relationship wise, you will enjoy the special time with your partner.

## AQUARIUS



There will be a status quo between work and personal life this month. There are chances that you will get a new job this month. Entrepreneurs will see an increase in business. There are opportunities of miscommunication this month, take care and be patient. On the relationship front, those who are single may find their loved one. You will be spending a lot of time with family

## PISCES

Those in the creative business, especially writing will see some successes. There may be chances of your work being published this month. Entrepreneurs will see good profit this month. Those who are married may have small spats this month. You will spend some quality time with your family.

