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CURABLE?**

**JOINT FAMILY
VERSUS A
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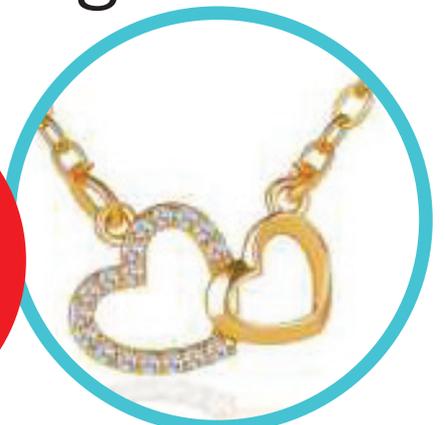
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TRENDS IN JEWELLERY



STATEMENT RINGS

Statement rings provide the bling and the elegance when paired with sarees or Anarkali suits



GEMSTONE

The bling of the gemstones are still in vogue this month. Chains or earrings are elegant for this festive season .



VINTAGE

One can never go wrong with vintage jewellery. The beauty of the gold chains with beautiful designs are a must have. Pairs well with traditional dresses like saree



SIMPLE JEWELLERY

A small locket with a thin chain is very elegant for everyday wear. It pairs well with both formal and casual wear

ANARKALI

This festive season, Anarkali is back in trend. The ornately decorated dress is good for any function this festive season.



SILK SAREES

With Diwali round the corner, silk sarees have become very popular. This elegant look will be best for a friends and family celebration.



PALAZZOS

Palazzos are very comfortable for everyday wear and will also be a great choice for party wear.



LEHANGA

The elegant lehanga is back in style this festive season. Floral prints, heavy embroidered is beautiful for a friends and family Diwali function.



FASHION TRENDS

Living when people can “process words” instantly copy them, and even send them almost anywhere in the world over the telephone lines. We may find it hard to believe that the forerunner of the word processor, the typewriter, was invented a little more than a hundred years ago.

The once ubiquitous part of the American office, school and home den, followed a long road to recognition. The type writer found acceptance only when its promoters finally realized who could be its most likely user. Before that social values that governed personal and professional correspondence had to change to admit the use of a mechanical device in place of the pen.

Practical writing machine became technologically feasible as early as the 14th century. The invention of at least 112 such machines preceded the successful Remington Typewriter. Many of the early designs received patents and several were marketed on a limited basis. The first such patent was issued to Henrymill, an English engineer in 1714. The first primitive American machine was patented in 1829 by William Burt of Detroit. Then in 1868, the American inventor Christopher Latham Sholes developed the machine that finally succeeded on the market as the Remington and established the modern idea of the typewriter.

Shole’s first try at a typewriting machine was a crude piece of work made of an old table, a circular piece of glass, a telegraph key, a piece of carbon paper, a piano wire. This led to an improved prototype reassembling a toy piano in appearance, which is in the Smithsonian National Museum of American History. The typewriter from 1869, to its booming success in the late 1880 is really the story of its staunchest supplier, James Densmore.

Densmore was responsible for recruiting the machine first mass manufacturers E Remington & Sons of Illion Newyork, a company that made armaments during the civil war and was looking for new products to manufacture. In the original manual typewriter each key was attached to a type bar that has the corresponding letter ,no molded into its other end. When a key was struck briskly and firmly, the type bar hit a ribbon stretched in front of cylindrical platen that moved back and forth. The paper was rolled around by the typewriter’s platen which was then rotated by a lever.

The Sholes and Gidden machine typed only in capital letters and introduced to the world the now famous QWERTY key board. The Sholes typewriter had a type bar system and the universal key board was the machine’s novelty, however, the key jammed easily. To solve this, it was Densmore who suggested splitting up keys for letters commonly used together to slow down typing. This became the standard “QWERTY” key board. The most commonly used letters (E, T and A) to the left hand, resulted in a design that slowed typists.

The initial typewriter looked like sewing machine – given that it was manufactured in the sewing machine department of the Remington arms company.

Shole’s invention was originally designed to print numbers



**GEETHA
GANGADARAN**

on books. It was Gidden who suggested using it to type letters. The longest common words using only the top row of letters on the typewriter are proprietor, perpetuity, repertoire and typewriter itself. The word 'QWERTYUIOP' appears now in the Oxford Dictionary.

But the longest top row word of a is ruperturewort (a herb to treat hernias).

According to Mark Twain his Tom Sawyer in 1876 was the first novel written on a typewriter. Among its original features ,that were still on standard in machines built a century late were the cylinder with its line spacing by carriage movement the arrangement of the type bars. So when it strikes the paper at a common center, the actuation of the type bars, by the means of key lever and connecting wire, printing through an inked ribbon. The position of the different characters ,PTUE on the keyboard which confirm exactly to the arrangement that is now universal.

Sholes the inventor , felt that the typewriter would be vital in helping women achieve entrepreneurial freedom. Typewriter led to a separation of the authorship and the writing up of documents which provided new social avenue for women.

From 1950's, all office type writer's manufactures presented their machines in coloured steel cases that concealed the mechanism and suggested certain elegance.

In 1928 electrical typewriters were introduced into the market. In 1961 the IBM introduced its revolutionary scientific typewriter. It used a type ball to print letters on the paper. It was a fast and jam free typing machine. IBM introduced its first in rechargeable cartridges (two colours) version in the year 1973.

By 1970 the hybrid typewriters were introduced. With the arrival of personal computers and printer gaining popularity, the typewriter became obsolete.

There are still a few who still stubbornly hold on to manual machines, with the same dedication seen in the fountain pen users in this day of the felt tip pen.

THE TYPEWRITER

DIWALI SPECIAL SWEETS

INGREDIENTS

Gram flour – 2 cups

Ghee – 1 cup

Milk – ½ cup

Sugar – 1 cup

Chopped nuts – ¼ cup

METHOD

Take a bowl add gram flour then add 3 tbsp ghee slightly melted and 3 tbsp milk.

Crumble and mix evenly.

Transfer the mix to a mixer jar and whip it 2 to 3 times.

MILK AND NUTS MYSORE PAK

You can see that the colour changes.

Now keep a deep thick bottom pan.

Pour ½ cup ghee.

Now add the mixture and mix well.

Once the flour absorbs the ghee, roast it in low flame.

Add milk and mix well without lumps.

In a pan add 1 cup sugar and ½ cup water, boil it until it gets one string consistency.

Add the sugar syrup and mix all together.

Cook till all binds together and mix continuously until it gets thicker.

Add nuts and mix well.

Transfer it to a ghee greased tray, allow it to cool and cut into desire shape.



PISTA CASHEW BUREFI

INGREDIENTS

Pista nuts : 50 gms.

Cashew nut : 100 gms

Sugar: 200 gms

Ghee : 50 gms

Milk powder : 50 gms

METHOD

Soak pista overnight and peel off the skin.

In a mixer jar grind cashew nut . Do not grind it to a fine powder.

Grind pista into coarse paste.

Keep a deep bottom pan, add 2 teaspoon ghee ,add pista paste and sugar.

Mix well.

Now add the cashew nut

powder.

Add milk powder and mix well.

Add ghee

Mix until it does not stick to the pan.

Transfer to a greased butter paper and roll into 1 inch thickness.

Wait till it dries and cools.

Place silver leaf and cut into desire shape.



WHEAT NUTS BURFI



V. GOMATHY
Dietitian

INGREDIENTS

Wheat flour – 1 cup

Ghee – ½ cup

Cardamom powder – ½ tsp

Milk powder – 50 gms

Sugar powder – ¾ cup

Chopped nuts – 25 gms

METHOD

Keep non stick deep bottom pan.

Dry roast wheat flour in medium flame.

Add ghee and mix well in low flame.

Now add the milk powder and cardamom powder, mix well for 5-7 minutes.

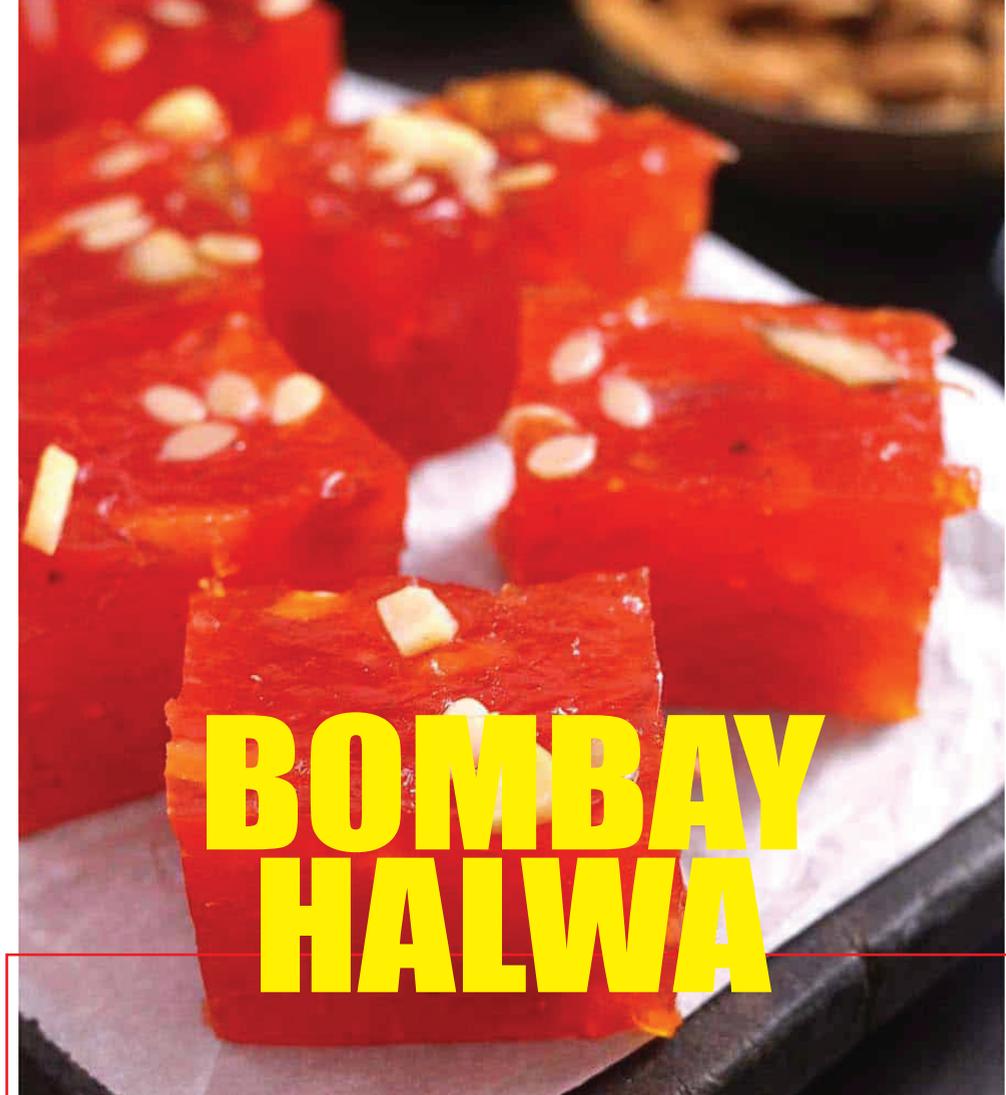
Switch off the gas and now add sugar powder and mix well before it cools.

Till it binds well mix continuously.

Add nuts and transfer to a greased tray and allow it to cool.

Cut into desire shape.

Bombay halwa



INGREDIENTS

Cornflour – 100 gms | Sugar – 200 gms | Ghee – 5 tsp | Cardamom powder – ½ tsp | Lemon juice – 1 tsp | Red food colour – 2 pinch | Chopped nuts – 50 gms

METHOD

Take a bowl add cornflour and 2 cups of water and mix it well without lumps.

In a pan add sugar and 2 cups of water and mix till sugar melts, keep in medium flame.

Add the cornflour mix and mix continuously.

Now add lemon juice, food colour and cardamom powder

Add ghee and mix well.

Add the nuts and mix for 10 minutes

Transfer it to a greased ghee tray.

Cut into square shape after it cools.



THE SALTY FRUIT: OLIVES



One of the most common pizza toppings, the olive is something that we have eaten often. This salty fruit is loaded with antioxidants, that help the body.

The *Olea europaea* or the olive fruit, though salty to eat come under the drupes fruit category (i.e. stone fruits). The olive plant is therefore related to cherries, the mangoes and peaches.

Olives are known to reduce the levels of bad fat in the body. It contains oleic acid, which helps reduce the levels of cholesterol in the body.

It has been proven that olives do help the body reduce inflammation. The fruit contains a compound called oleocanthal, that prevent any form of inflammation. For this reason, olive is an important diet component for those who suffer from arthritis. It effectively helps to reduce the pain from the muscles in the body.

Research continues into the properties of the oleocanthal, as many believe that it may help regulate some forms of cancer

With the current lifestyle of people eating junk food, the free radical build up in the body is quite high. The olives are known as an anti oxidant, that will help neutralise and remove the free radicals in the body.

The other component of olives are the presence of a component called Hydroxytyrosol. This along with the oleocanthal is said to help with faster wound healing, regulate the hormone levels in the body.

It must be noted here that olives can't be consumed directly from the tree. It must be



preserved before it can be edible.

Olive oil is used for skin and hair care as well. The Vitamin E in the oil, helps in strong hair, it also aids in moisturising the skin. Olive oil can be used by those who suffer from dry and dehydrated skin. It also aids the production of collagen in the skin. This oil can't however be

used by those suffering from acne.

For the hair, it helps strengthen the hair and helps remove any damage to the hair like split ends. It also helps soften the hair. Olive oil for the hair can be used in tandem with other oils like coconut oil or almond oil, as it is highly viscous.





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. This continuous to be an issue mulled 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 an ideal way. But how simplistic or easy is life today?

The world is small and well-connected; professions and preferences are far too many; youngsters choosing a parental occupation is not mandatory. They 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 settings of the past, the grandparents ran a parallel school where storytimes transported kids to fantasy or mythology land. This is now outsourced to Cartoon Network! Culture, tradition and values were inculcated without conscious effort. Even now, the ultra-rich may opt 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 but to live in a single room. People anywhere in between 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 the children settle down professionally. The need to sacrifice and compromise, too, is called for as soon as 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 valuable 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. A critical element in a modern couple's life could get seriously compromised: sharing domestic and child-rearing responsibilities between partners. It is essential today for a mutually healthy relationship and to set an example for the child who is constantly watching and growing in a more advanced and materialistic world. He or she needs to appreciate the equality of genders even better. Besides, it is needless to say, both parents' 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 felt shy participating when parents were around. Shockingly, modern societies still uphold



VS



stereotypes. Where all the other species become independent early on, humans are interdependent until the end of their lives. There is emotion, social pressure and, of course, an inheritance that keeps them close. If the attachment is high, so is the consequent hurt due to misunderstandings. The balance is maintained, and responsibilities are clear with a bit of distance. Joint families worked years ago, by default when people lived in small towns. Marriage alliances were made between families in nearby villages or towns and, more importantly, concluded by elders. Today couples choose their partners, and joint families can work if it works! We need to go with the flow, and joint families need not be viewed or enforced as an emotionally mandatory requirement, consequently running guilt trips on either generation for not exercising that choice.

Isn't our culture one 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. Cuddling and playing with their grandkids is a joy grandparents wish to experience, and likewise, grandkids are nourished with unconditional love, and learn to bond with respect for the elderly. There has to be a meeting ground—ideally, both generations living in the same city and meeting up frequently could make a good and pragmatic proposition. But if not so, that too has to be accepted. Further, to keep oneself healthy and fit is an individual responsibility that can never be overemphasised in a fast-paced modern society, even if the elderly are blessed with copious love and care from children.

Modern developments are not always ominous as they are made out to be. Certain advancements are necessary and relevant to the times we live in; Swiggy, Uber, mobile clinics, video chatting, online travel bookings and planned retirement homes do bring comfort to the soul. It is a human tendency to remember and cherish a nostalgic past, but accepting and adapting to the changes and challenges brought by an advancing world 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.



FROM DARKNESS TO LIGHT !!



MONISHA
RAVI



With Diwali fast approaching, we see that the role of lights and lamps in our tradition is numerous. Apart from using them to celebrate occasions, we regularly use lights both at home and in temples.

The Deepam or diya is a significant part of some of our daily rituals. It begins at the home, a small deepam is lit every morning. This small light symbolises the removal of darkness from the household. It also signifies the wisdom over ignorance and happiness over sadness. The flame or fire, also represents purity and is considered to be the most powerful element.

The significance of lighting the lamp or fire is not restricted to one religion. Many religions consider fire to be purifying or represent it as a symbol of God, or in the context of rebirth.

In southern India, two festivals have been associated with the lights. One is Karthigai Deepam and the other is Diwali.

There are two legends behind the Karthigai Deepam festival. It is believed that Lord Muruga, was first incarnated, from the divine light of Lord Shiva on this day. He was manifested as six babies, who later joined to form the heads of Lord Muruga.

The other legend talks of an argument between Lord Brahma and Lord Vishnu on who was greater. To settle the argument, Lord Shiva was said to have created a light and asked the other two gods. Lord Shiva appeared in the form of a fire challenged them to find either the top or bottom of the fire to be deemed as the greatest. Lord Brahma took the form of a swan and Lord Vishnu took the form of Boar.

However, both gods lost as Lord Shiva continued to grow. It is be-



lieved that Lord Shiva , in this fiery incarnation was seen at the Thiruvannamalai hill. To this day the celebrations take place amid pomp and splendour. In Kerala, this festival is known as Thrikkarthika.

On this day, all houses are brightly lit with small deepams in all shapes and sizes, making it a spectacular sight.

The other festival of light that we really look forward to is Diwali. The name by itself translates to a row of lamps. These beautiful Diyas , signifies the banishment of darkness by bringing forth the light. The diyas can be seen in the entrance of every house.

The whole concept behind this celebration is the triumph of good over evil. North India celebrates Diwali as a day , when Lord Rama , defeated the asura King Ravana and saved his wife . The south on the other hand celebrates the destruction of Narakasura by Lord Krishna and Sathyabama.

The Diwali day dawns with the traditional oil bath , wearing new clothes and doing the puja . The rest of the day goes in eating a lot of sweets, visiting friends and finally the beautiful sound of the fireworks.

As Diwali approaches , remember to spend this holiday with all your friends and family... Let there be light!!!!



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RAJEE MANI
Journalist and
Columnist in
Tamil and English

SRI LAKSHMI KUBERA TEMPLE AT VANDALUR, CHENNAI



In Indian mythology, it is a misconception that Lakshmi is Goddess of wealth. Actually Kubera is God of wealth while Lakshmi is Goddess of fortune. As fortune is usually associated with wealth the misconception has risen. This section is about Kubera, Indian God of wealth.

Kubera is the God of wealth & is known as Dhanapati. He is also the king of Yaksha (the guardians of Earth). As the God of wealth and material, his responsibilities are to distribute them while creating wealth is the responsibility of Lakshmi. Kubera is not an important deity and his images are very rarely seen, though he is frequently referred to in the epics. Kubera is also known as Yaksha-raj (king of the yakshas), Iccha-vasu (who has wealth at will), Nara-raj (lord over men) and Ratna-garbha (womb of jewels). Kubera is one god that all the three religions of India namely Hinduism, Buddhism, Jainism all claim to be their own.

Kubera's domains are all in the high Himalayas, partly because he is the guardian of the North, but also because mountains are the repositories of mineral wealth. Kubera watches over the earth's storehouse of gold, silver, jewels, pearls and nine NIDHIS (special treasures).

Kubera is physically envisioned as a dwarf with an ugly and deformed body. His skin is white and he has three legs. He has a set of only eight teeth. Since Kubera was so deformed, he had difficulty in moving around. Brahma took pity and ordered Vishwakarma, the architect of the gods and a god in his own right, to build the disabled god a chariot. Vishwakarma conceived and built Pushpak, an aerial chariot which moves of its own accord and which is so large that it can contain a whole city. Kubera flies in this fantastic chariot and throws down jewels and other precious objects to people on the ground to aid them with averting poverty.

How Kubera became a God?

There are two versions of how Kubera was elevated to the stature of a god.

The first version postulates that Kubera performed stringent austerities for thousands of years and, as a reward, was promoted by Go Brahma.

Another version is that one day Kubera had gone to rob a temple of Shiva. During the robbery Kubera's taper had somehow been blown out. No matter how hard the dwarf tried he could not relight the taper. Nevertheless, he persisted with his efforts no matter how nefarious they were and, on the tenth attempt, he succeeded. Shiva is a benign god who is often pleased by the most illogical of efforts. This perseverance of Kubera's in his attempt to rob the god's temple won him much admiration from Shiva who subsequently granted the dwarf access to the Hindu pantheon of gods.

Kubera and Ravana

Kubera has three famous half-brothers, Ravana, Kumbhakarna and Bivhishana. All three find mention in the great Indian epic story Ramayana and are relatively better-known than Kubera, especially to Indian children. This association has spawned many interesting tales and here are some of them.

It was Ravana, the eldest of Kubera's half-brothers, who stole

Pushpak from him and made use of it to further his nefarious activities. The accounts of his misdeeds with the aid of the magic chariot are amply narrated in the Ramayana. First, Ravana abducted Sita, Rama's wife, from her cottage in a forest to his capital in Lanka where he held her captive. When Rama attacked Lanka to rescue his wife, Ravana used Pushpak to parry Rama's forays until Rama, Vishnu's seventh incarnation, at last overcame the evil king's forces and used Kubera's magic chariot to transport himself with his wife back to his kingdom in Ayodhya. After that the fantastic contraption was back in the hands of the dwarf god who again began going about his usual business of consolidating the wealth of the worlds.

The tale of how Ravana and his other two brothers were conceived is also an interesting story. The fabulous city of Lanka was built by Vishwakarma and the Rakshasas, the demons of Indian mythology, got hold of it. For some reason or another, the Rakshasas annoyed Vishnu who decided to attack the city. The evil ones fled because, although Lanka was the best fortified and richest city in the world at that time, they feared that it was still not safe enough against an attack by a god of Vishnu's stature. At this time Kubera, always the opportunist, took over the ghost city and settled there with his own attendants. This was not for long for as soon as Vishnu was pacified, the Rakshasas became determined to get their city back from the deformed god. They sent a beautiful maiden to seduce Kubera's father. She succeeded and from their union was born the three half-brothers of Kubera. Ravana, like quite a few notorious Rakshasas before and after him, performed stringent austerities which earned him the boon of invincibility from Shiva. With this boon he ultimately defeated his own half-brother Kubera and got back the city of Lanka for his people, the Rakshasas. After the loss of this luxurious asset Kubera approached Vishwakarma with the request of creating a residence for him. The builder god conceived for him a palace on Mount Kailash, in the Himalayas. The opulent palace was an appropriate abode for Kubera as it was in the north, the portion of the globe of which he was the guardian. Of course, as guardian of the treasures of the gods and the nine Nidhis, special treasures of indefinite significance, Kubera had for himself the most splendid city in the world on Mount Mandara, a mythical mountain in the Himalayas. Within this city, Alakapuri, is the most beautiful garden in the world, Chaitraratha. Both are a part of the many sybaritic possessions of Kubera.

Kubera and Parvathi

When Kubera went to Mount Kailasa once to have a darshan of Lord Shiva, he found Him with Goddess Parvathi. Kubera was stunned to see the splendour and beauty of Goddess Parvathi. He felt sorry that he had not worshipped such a fine goddess for so long and one of his eyes shut itself.

Goddess Parvathi got angry that Kubera was winking at Her, and looking at Her with evil intention. She made his eye burst. Kubera lost sight in one eye and was also cursed that he would always look ugly. Lord Kubera pleaded with Lord Siva to forgive him and explained that he had not seen the Goddess with any evil intention. Lord Siva left the choice to His consort. Goddess Parvathi forgave Kubera and let the eye grow back, but it was smaller than the other one. Kubera was rewarded by Lord Siva with the post of being one of the guards of the eight directions - the North. The Goddess made him the lord of wealth and material.

Kubera and Ganesha

We should never take undue pride in our material or spiritual accomplishments. The old saying "Pride always leads to a fall." is proved true in the following story.

Kubera invited Shiva and Parvati to dinner wishing to show off his riches. But, the couple denied Kubera's request and said that he could feed Ganesha instead. Kubera laughed and said 'I can feed thousands of children like this.'

Ganesha went to his palace and sat down to eat. He started eating all the food placed in front of him. As was the custom, more and more food was served to him, as he did not say that he had enough. Soon there was no more food in the palace and so Kubera ordered his troops to get more food from the surrounding villages. But Ganesha continued eating and there was no more food to be found. Still very hungry, Ganesha started eating all the furniture.

Kubera became very frightened. Ganesha told him, "You promised my parents you will feed me. Now, I have to eat you up as I am still very hungry". Kubera ran away and pleaded with Shiva to save him from Ganesha. Shiva asked Kubera to give up his pride and serve Ganesha a handful of rice.

Kubera went back to his palace. By this time, Ganesha's stomach had become very huge but the child was still hungry. When Kubera served a cup of rice with humility, Ganesha's hunger was satisfied

Kubera and Buddhism

Kubera is also worshipped by the Buddhists, where he is looked upon as the guardian of the North. His characteristic symbol is the mongoose, often shown vomiting jewels. In the Buddhist pantheon he is also known as Jambhala, probably from the jambhara (lemon) he carries in his hand. He is always represented corpulent and covered with jewels. His right foot is generally pendant and supported by a lotus-flower on which is a conch shell.

Jambhala is the Buddhist form of the Hindu god of wealth, Kubera. He is fat and covered with jewels and holds a mongoose in one hand and a flaming jewel in the other



MY TIME WITH THE ELEPHANTS : A TRIP TO SRI LANKA

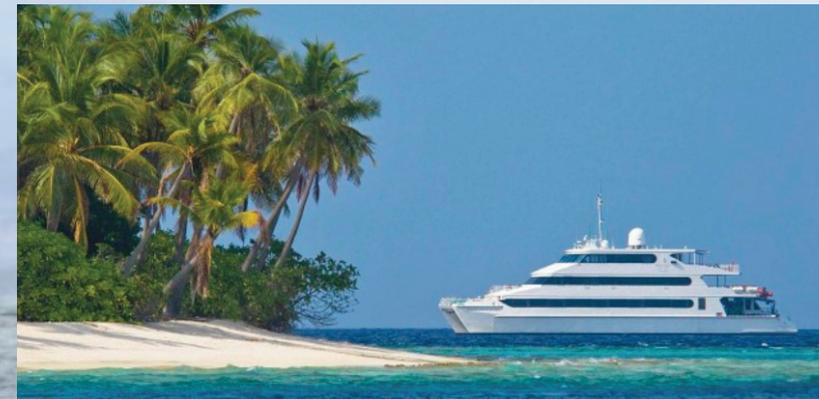
Beautiful palm trees were present on the sides as we drove from the Colombo airport to the city. We were on a three day trip to Sri Lanka.

This was one place I was really excited to see. After studying so much about the history of Sri Lanka in school and college, I was curious to see place for myself. My first thing that caught my eye was the beautiful scenery, the lush green plants. The scenery was simply breathtaking.

As we approached the city, I felt a sense of familiarity, the cacophony of cars on the road, the bustling activities in the shops, it reminded me of home.

With our bags safely in a hotel, we set out to explore the city. The first thing one can notice is the towering Buddhas in every corner. The beauty of these statues were calming and mesmerising. Our first stop was the beach. After a long journey, where we got really tired, smelling the fresh sea breeze was rejuvenating. We sat for hours just looking at the waves crash on the rocks below.

Our second day, we decided to visit the zoo. The first thing that struck me about the zoo was it was located within the city. The animals and birds there were very interesting to see. My favourite was undoubtedly the little chimp, that got on to the swing the minute it saw people. The orange orangutan too was so adorable as well. It just lounged under the sun, lazily looking up at the people admiring it. I went back to see it the second time.





After a long walk, we decided to call it a day and relaxed in our hotel room. The final day we went on a small drive to see the Pinnawala Elephant Orphanage. Located in the village of Pinnawala. It was established in 1975 by the Sri Lankan Dept Wildlife Conservation. This was set up to take care of those elephants who have been orphaned.

It is a beautiful place, I actually got to pet a baby elephant. We also got there just in time to see the elephants march across the road to a river nearby to take a bath. From the biggest to smallest elephant, they walked in a single file.

The sight of seeing these majestic animals taking a shower and bathing the young is something I will never forget. I made sure to take plenty of photos with the elephants in the background, my moment of #selfiewithelephants moment.

As always, it was time to leave Sri Lanka, with a heavy heart I said goodbye as the plane climbed 31,000 feet for my trip back home to Chennai.



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STAYING HEALTHY DURING MONSOON

Monsoon is here and it always brings a much needed relief from the scorching summer months in India. While many of us love the rain and the chill climate during monsoons, it is also a very comfortable time for viruses and bacteria to thrive. As a result there is always an increase in cases of people falling sick during this season. Besides the various diseases caused by a rapid increase in mosquitoes, other common issues we face include typhoid, stomach infections, diarrhoea and indigestion problems. Follow the tips below to stay healthy and fit during monsoon.

Shiny's Six Tips for Monsoon:
Ensure you drink clean water- Boiled and cooled water is your safest bet. Even though we buy water cans or use

RO machines at home, it is always better to slightly boil the water during monsoon to prevent spread of water borne infections. When consuming water outside, avoid adding ice (as we do not know what is the source of water used to make the ice cubes) and opt for water bottles from reputed companies. If possible, try to avoid fruit juices especially sold along the roadsides, as again we do not know if they use boiled and cooled water to prepare it.

Improve consumption of probiotics - Include more fermented foods in your diet to ensure healthy gut microbes that help prevent any stomach infection or indigestion issues. Having curd, lassi, buttermilk, kombucha, kimchi, homemade pickles or fruit yogurts on a daily basis is very beneficial to increase the good bacteria count in your system.

Load up on Vitamin C- Consuming Vitamin C rich foods such as amla, citrus fruits, papaya, kiwi, tomatoes, etc. boosts body's defence system and immunity that is crucial to prevent falling sick. Consuming a range of fresh fruits and vegetables helps increase anti-oxidants while simultaneously reducing any inflammation

present in our bodies.

Adding spices to your diet - Consuming spices such as turmeric, cinnamon, pepper, etc. enables our body to naturally combat infections and improves immunity. They have potent anti-septic, anti-viral, anti-microbial and anti-inflammatory qualities. Try starting your day with a glass of warm water with a pinch of turmeric and cinnamon, and you will be amazed with the results when you consume it regularly. You can also consume warm milk with a pinch or turmeric and pepper added to it in the evenings or before going to sleep during this rainy season.

Reduce eating outside- Risk of getting food or water borne infections are alarmingly high during monsoons due to the conducive damp environment that causes bacteria and virus to thrive well. Avoid eating at street food stalls at all costs and if possible, avoid eating

raw foods even in hotels. Steer clear of consuming raw salads and partially cooked meat anywhere outside. While eating hot samosas, pakoras and chaats such as pani puri might be cult favourites during monsoons, double check that you are buying them from hygienic outlets especially pani puri as many fall sick due to the unclean flavoured water added to it.

Consume seasonal fruits and vegetables - I always recommend eating in season fruits and vegetables as they are the most nutrient dense at the time. Pear, jamun, pomegranates, orange and guavas are good fruit options. As for vegetables, radish, okra, sweet potatoes, carrots and cucumbers can be consumed. Always fill your plate with a variety of fruits and vegetables as nutrients present in a particular food may be absent in another. So eat a rainbow and ensure your meal plate is as colourful as possible.



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GUM DISEASE CURABLE?

Over the years, the treatment for gum disease has improved significantly with the modern treatments available today. However, gum disease is still one of the leading causes of tooth loss due to late diagnosis and treatment.

Have you noticed blood in the sink after brushing your teeth? It could be an early warning sign of gum disease. The earliest stage of gum disease is gingivitis, which affects just the gums. When it progresses, it goes down to the root of your teeth and becomes periodontitis.

About 90% of all adults have a form of gingivitis. It is caused by the accumulation of bacterial plaque on the surface of the teeth. Gingivitis causes your gums to become red and puffy or inflamed. You may experience bleeding



when you brush, but your teeth are not loose. The damage done by gingivitis is reversible, and you can restore your oral health.

Periodontitis

Untreated gingivitis becomes periodontitis and the significant effects of the disease manifest. One of the first things that will happen is your gums and bones will pull away and



form pockets at the base of the teeth. This will expose your teeth, and debris will collect in the spaces between the gums and teeth causing infection to develop.

TREATMENT OF GUM DISEASE

Good Oral Hygiene

If you have gingivitis, the first thing you must do is stop the disease from progressing to periodontitis. A good oral hygiene routine includes:

- Brushing your teeth two times a day
- Use interdental brushes, soft picks, and floss
- Regular dental visits
- Quitting smoking
- Avoiding foods with added sugars
- Asking for advice if you have other oral problems, such as dry mouth

Deep Cleaning

Deep cleaning is the first treatment for developing gum disease. Regular cleaning involves the dentist cleaning the upper part of the teeth. In a deep cleaning, the

dentist will use special instruments to clean below the gum line. The dentists will also perform a procedure called scaling. It involves scraping off plaque and tartar from the teeth and below the gum line.

Medication

No medication works alone to clear and treat gum disease. Medication is often coupled with other treatments to get your oral health back in line. You will receive a prescription for some medical products to use.

You may have to get gels, rinses, or something containing the antimicrobial compound chlorhexidine. The dentist may insert compounds made of hydrochloride microspheres into the gum pockets. Other times you may get oral antibiotics to combat the bacterial buildup

Surgery

The dentist may recommend periodontal surgery if the above treatments fail to work. Surgery will remove plaque buildup in the pockets and bacteria in the roots. They may also use treatments to restore bone and gum tissue that may have been lost to the disease.

LOOKING FORWARD - OCTOBER 2022



ARIES

This month will be a good month professionally. You will begin a new journey that may be your dream job. There are chances that you will travel to a foreign country. Relationship wise this will be some ups and downs in the form of disagreements. However this will be sorted out by the end of the month.



TAURUS

This month will see you working hard. Professionally, there are chances for increase in finances. Make sure there are no miscommunications in your workplace. Relationship wise this month may not be good. There may be some issues with your significant other. Those who are single, this may not be the ideal time for romance.

+



GEMINI

This month will see you being patient and taking your time to make decisions in your professional and personal life. Undue stress may cause some health issues, so take some time off to relax. This is a wonderful month to spend some quality time with your significant other.



VIRGO

There may be some financial issues at the end of the month. So be patient and any financial situations will be sorted out soon. Relationship wise this will be a fruitful month. You will spend some quality time with your significant other.



LIBRA

This month may be very fruitful financially. This is a good time to invest, however take the time to research every option before investing. Relationship wise, this will be the time that you will spend and understand your loved ones more. Take the time to spend with your family.



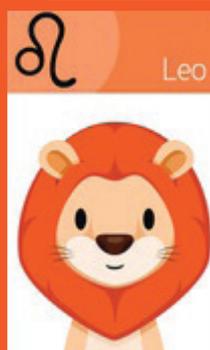
SAGITTARIUS

This month will see you travelling abroad for work. This will be beneficial for your professional growth. Continue to work hard this month and you will see a good financial turnout. You should try to remain calm in any stressful situations. There may be small health issues this month, however everything will be normal at the end of the month.



CANCER

This month will see you embark on a new business venture. Professionally, you may come across an acquaintance, with whom you will start a new business idea. Relationship wise, watch what you speak to family members, as miscommunication might lead to some problems.



LEO

Professionally, all your hard work will be rewarded. You will see a significant increase in your finances. This may be a good month to start a new venture. Relationship wise, this is not a very ideal month. There may be some misunderstandings with your significant other. Things will resolve themselves by the end of the month.



CAPRICORN

This will be a good month professionally. You will be rewarded for all the hard work this month. This month will see you increase your knowledge with some new opportunities. This is the best month to invest in a new automobile. This is not an ideal month to take new loans. This month will bring a period of great happiness with your loved ones. Spend more time with your significant other.

SCORPIO

There are some ups and downs this month both in your professional and personal life. There may be unexpected expenses in terms of travel this month. Take care to stick to your budget this month. Relationship wise, there may be some arguments with your significant other, so take care while communicating.



AQUARIUS



This month will be a good month to find your dream job. Professionally this will be the best month. You will be respected by your colleagues. Try to avoid any miscommunication with your

coworkers. You will also see an increase financially. However this may not be ideal time to invest. Take some time off this month to spend time with your significant other.

PISCES

This is the best month for those entrepreneurs. There will be an increase in business. Don't be afraid to ask for help from family and friends. Relationship wise this month will have a few ups and downs. There may be some issues with your significant other, it will be resolved by the end of the month.

