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In this issue >>

22

COVER STORY

Home Icon awards 2022 The change makers

6
WHAT'S TRENDING THIS MONTH



LOOK BOOK

8 FASHION TRENDS

RECIPES

12 HEALTHY SALADS FOR A HEALTHY GUT

TEMPLE

26 SRI RAMASWAMY TEMPLE AT KUMBAKONAM

AWARDS

28 HOME ICON AWARDS 2022 THE CHANGE MAKERS

ORAL HEALTH

36 BROKEN OR KNOCKED-OUTTOOTH

W
H
A
E
S

TRENDDING JEWELLERY



FLOWER

In this chill rainy season, flowers spice up the day. Flower earrings can be worn with both casual and professional looks



LAYERED CHAINS

This is a fun accessory, that accentuates any dress. It can be paired with both formal and informal clothes.

CHANDELIER EARRINGS

This layered earrings is perfect for those beautiful traditional lehngas and sarees





PINK
 A much loved colour, this can be worn in an professional setting or casually. This is a must have colour for any upcoming celebrations in the family



GEOMETRIC
 It is an unique look . Be it a saree , a dress or a top, this is an interesting look for casual wear.



BLACK
 you can never go wrong with black.It is elegant and beautiful and can be used for a casual or professional look



METALLIC
 This is a good look for a night partying. It is a fun way to stand out in the crowd.

FASHION TRENDS

THE FOUNTAIN PEN



GEETHA GANGADARAN



Through the passage of time, humans have used various instruments to convey, thoughts, messages and feelings. Man first used his hand to form symbols in the sand. Later sharp stones and pieces of bones were used and later steel metals were developed and techniques were invented to shape these metals.

The earliest material that was used to write is clay. Ancient Greeks wrote with waxed tablets marked by styluses, while early Egyptians used hollow reeds. These reeds were cut at an angle at one end to enable the marking on papyrus sheets without breaking through the delicate sheets. Writing was never a clean art, in the passage from ink well to paper, the pen inevitably leaked a certain amount of ink into paper or the writer's hand. The Sultan of Egypt in 1000 AD was tired of having ink stains and there was a request from him for a stain free pen.

Leonardo Davinci designed a pen with an ink reservoir demonstrating that the problem of stains was still a recurring theme centuries later.

The first rudimentary reservoir models were used until the 18th century when a wave of progress happened in physics and science.

The steel dipping pen was developed in the 18th century which was quickly replaced by quill pens made from bird feathers whose ends had been split and sharpened. The main disadvantage with these early writing tools was that they required frequent maintenance – dipping for ink each



time you needed to write something new into your page or scroll. This problem was solved when a more efficient technology emerged. Here the writing tool no longer needed constant replenishment since it contains its own ink supply inside- it seemed as if there was a fountain of ink always available hence the name Fountain pen.

As early as 1775 Fountain pens were popularized as a more elegant and durable alternative to quill pens. They had a reservation for the ink, which were filled with medicine dropper with advancement in design continuing through most of the 1800's.

Lewis Edgar Waterman is credited creating one such device; he did so while acting as an insurance agent for New York Life Insurance Company in 1884. It needed neither sharpening nor an external ink bottle. He started producing self-feeding pen at an alarming rate of 36 pens per week. Medicine droppers had a short life because

they could not withstand the chemical action of the ink. In 1920, new methods of creating rubbers were introduced which were resistant to abrasive inks.

Gold was also used for making nibs but cost became a constraint. Alloys such as iridium have given the nibs extra strength.

More than a century after Waterman's patent, Viscortti has actively contributed to the evolution of fountain pen .with a series of innovation that have created real landmarks in the world of writing instruments. The most revolutionary are in chronological order are the, high Vacuum power filler, the travel ink well and the patented reservoir power filling.

Parker Duofold can be possibly credited with being the world's first dependable fountain pen.

By World War I fountain pens were more commonly used by masses than dip pens. Dip pens were still in use in school, until the 1960's when ball point pen production began surpassing dip and fountain pen.

Fountain pen peaked in popularity from 1900 to 1960's.

Many grammar schools in European countries like Germany, Switzerland and France require the use of fountain pens till date.

In the United States fountain pen use is entirely preference. If smooth ink flow and connected writing is preferred, it is hard to find a better and more reliable pen than the fountain pen.

One of aesthetics of fountain pen writing is the varying line widths achieved by changing the writing pressure. A fountain pen is a friend for life. You needn't ever throw away.

Most fountain pens are thick and have nice comfortable grip sections making writing stress free. Hand fatigue and carpal tunnel syndrome can be avoided since right kind of combination of nib and ink can help the pen to glide over sheets of papers with minimum friction between the two. It is a treasure ranging from cheap ones to one that cost a million. There is something out for everyone, wooden, metal, plastic, glass, gold nibbed, diamond encrusted.

The story of the fountain pen is the story of hundreds of people over a thousand years, innovating and reinventing until at last the modern fountain pen was born.

Every Year, International Fountain pen day is celebrated on Nov 4th. The day is especially observed to embrace and promote the use of fountain pens and the joy of writing.

HEALTHY SALADS FOR A HEALTHY GUT

AMERICAN CORN SALAD

INGREDIENTS

Sweet corn

- 1/2 cup

Cucumber

-50gms

Onion

- 25 gms

Tomato

-25 gms

Green chili

-1

Black pepper powder

- 1 tsp

Lemon juice

-1 tsp

METHOD

Boil Sweet Corn and keep aside

Chop onion, tomato and cucumber into Small cubes.

In bowl add sweet corn, onion, tomato, cucumber and coriander leaves.

Now add green chillers and black pepper Powder mix well

Add lemon juice. Salt optional.

Ready to serve.





V. GOMATHY
Dietitian



RUSSIAN SALAD

INGREDIENTS

Potato -100 gms | Carrot -100 gms | Pine apple -50 gms | 4. Apple -50 | gms | Beans -50 gms | Green peas -50 gms | Black pepper powder -1tsp | Mayonnaise -1/2 cup

METHOD

Cut the Vegetables and fruits into small cubes.
New boil the potato, carrot and beans separately.
In a bowl add boiled vegetables and fruits.
Add black pepper and mayonnaise mix well.
ready to serve



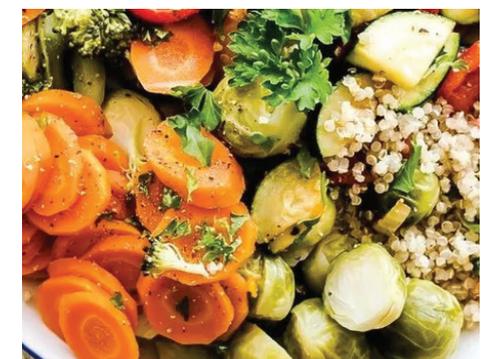
PROTEIN RICH SALAD

INGREDIENTS

Cucumber -50 gms
Radish -50 gms
Tomato -50 gms.
Onion -50 gms
Lettuce Leaf -1/4 bunch
Bell Pepper -1 small (yellow colour)
Broccoli - 50 gms
Boiled kidney bears -50 gms
Boiled Peanuts - 50gms
Boiled Black Chana -25gms.
White chana -25 gms
paneer -50 gms
Lemon juice -2 tsp
Salt - to taste | Olive oil - 2tsp | Polack pepper Powder -3 tbsp

METHOD

Steam Broccoli, Lettuce leaf, Bell pepper and paneer for 5 mins and keep aside.
In a bowl add lemon juice, salt, pepper and olive all mix well and keep aside.
In a bowl add all raw vegetables, steamed vegetables, boiled beans and lemon juice mix and mix will.
Ready to serve



GRAPEFRUIT

The grapefruit is, though being tart, is filled with nutrients for the body. The fruit is filled with anti oxidants that help nourish the body.

The fruit is a must have for those who are dieting. It contains very low calories, despite being high in nutrients like fibre.

The fruit also contains high amounts of Vitamin C. Vitamin C is a main ingredient in improving the immunity of the body. People with low immunity are more susceptible to viruses and bacteria.

Grapefruit also has Vitamin A, this vitamin helps against any inflammation. The beta carotene that is present in the fruit also helps eye health.

The fruit contains lycopene, that gives it the red/ pink colour. Lycopene has a strong anti oxidant properties. It has been shown that lycopene is a good anti oxidant. It has been shown that lycopene also helps reduce the possibility of getting macular degeneration.

Grapefruit is also a good option for those who are struggling with type two diabetes. The high fibre content in the fruit, reduces the breakdown of sugar in the body.

Research has found that eating grapefruit regularly, will help reduce the level of blood pressure. It also helps to control the cholesterol as well.

The Vitamin C in the fruit helps tightening the skin.

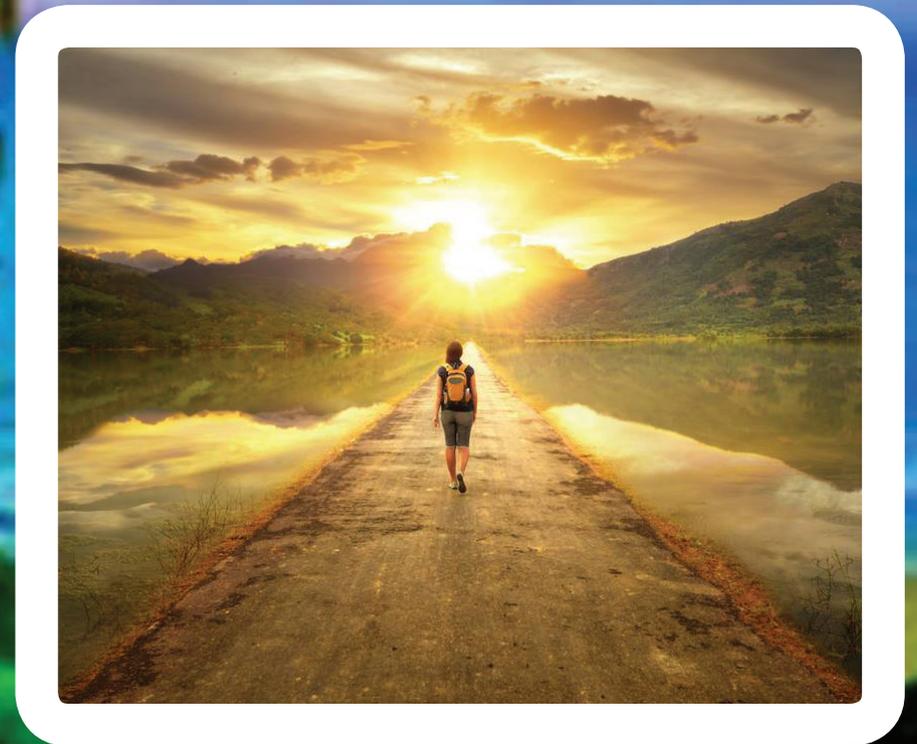
It also helps in increasing the collagen levels in the skin.

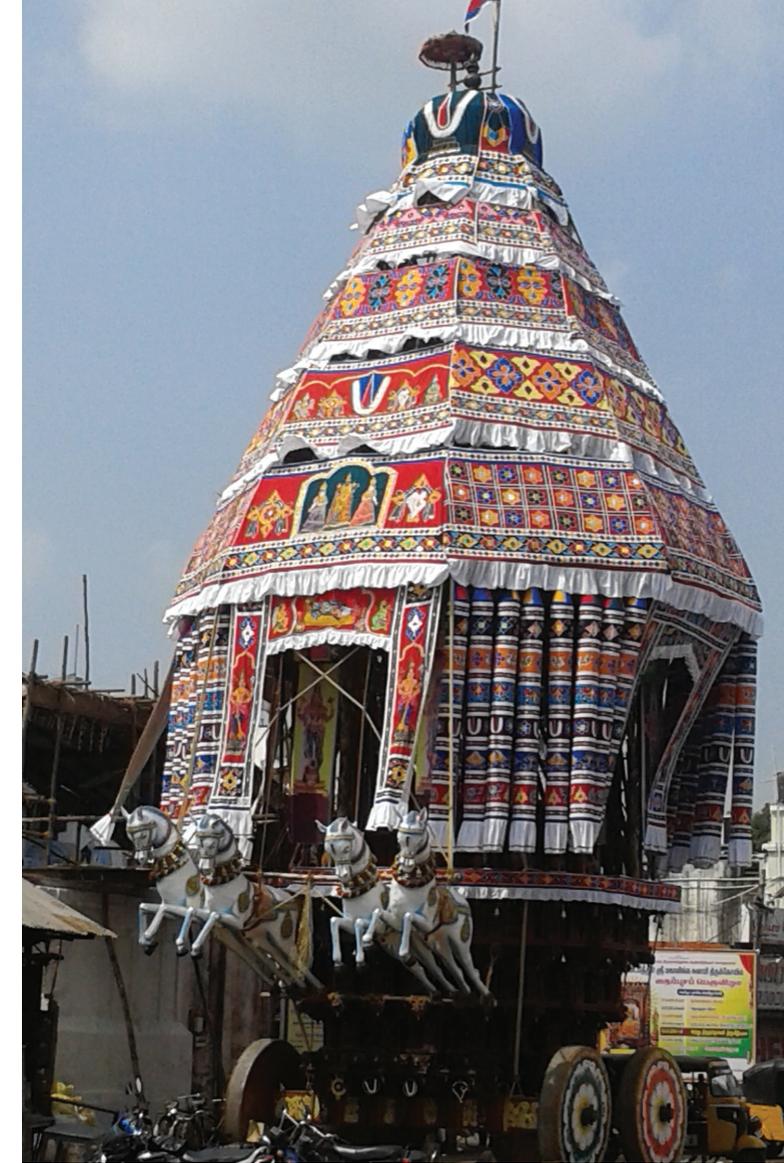
The fruit also contains water, that will help hydrate dry skin. However, keep in mind that grapefruit being citrus, may be very strong on its own. Grapefruit is generally added to cosmetics to help lighten the skin.

FROM TART TO TASTY



A SPIRITUAL JOURNEY





A beautiful quiet town, a beautiful sunshine is what I woke up to in Kumbakonnam. This was a journey we had taken to see the various temples.

This was a working vacation. We had a small seminar to attend. Our idea was stay back a day and visit every single temple in the place. The town of Kumbakonnam, is known for its temple tourism. The calm and serene place is filled to the brim with many temples. The towering gopurams, could be seen from all directions. Our first visit was Kasi Viswanathar Temple. This was dedicated to lord Shiva. The legend goes that Lord Rama and Lakshmana, visited this temple to pray to the lord before setting out to kill Ravana. When I saw this 16th century temple, it made me won-



MONISHA
RAVI



der, on how it was built. I doubt even with our modern technology, we can re create the beauty of the idols or the architecture.

Our next temple was the Koothanur Saraswathi Temple. This is one of the most popular temples, alone can see hordes of young kids pray to the goddess of learning. The unique thing I saw at this temple was, the puja was done for pens and pencils. It is believed here that the goddess blesses the stationery. It is said that this temple





was constructed by the Cholas. I got some stationery blessed too in hopes of better writing skills.

We went to around 10 temples that day and each were beautiful and radiated a sense of calm and peace. I am sure we missed many small temples and idols along the way. It was an amazing experience and I hope to visit again to look at all the ones we missed.



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SRI RAMASWAMY TEMPLE AT KUMBAKONAM

Invocative 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 and 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 al convenient hours are available. From Chennai private and government buses day and 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. Which are almost at handshake distance,which again is a rarity.. As we reach the garbhagriha we almost freeze as we sight the majestic life size black granite Moola Moorthi of Sri Rma & Maa Seetha in a sitting posture on a pedestal. On the sides in standing positions are seen His beloved brothers Lakshmana, Bharata & Shatrughna in dutiful service to the Lord of the three worlds.Yes lundoubtedly 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 & 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 his 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 2015 September. It was done after a whole lot of 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 .But 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 & 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.

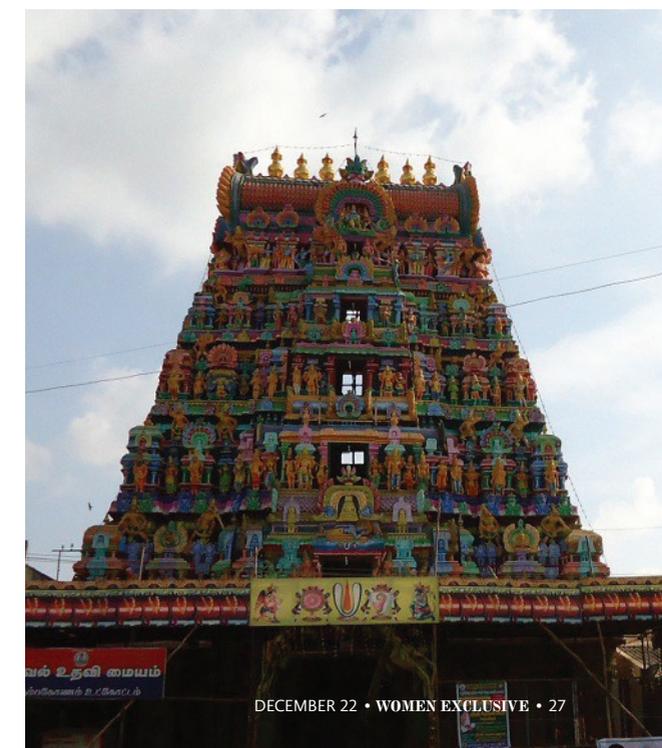
Temple poojas & festivals

Other than the temples artistic splendour ,Sri Ramaswamy temple is visited by devotees for the spiritual intensity . 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 . It draws thousands of devotees from far & near.Yes !undoubtedly 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 "





“HOME ICON” AWARDS 2022 THE CHANGE MAKERS













SHINY SURENDRAN

Sports dietitian, preventive health nutritionist
Chennai .

Instagram : @shinysurendran



WINTER WONDER FOODS

Winter is a very welcoming season for most of us . We get to enjoy the rains and nothing beats the feeling of sipping a cup of hot chocolate or warm tea on a rainy day!

The winter season changes many aspects of our body especially our food preferences, energy levels and metabolism. Cold weather increases our internal core temperature . At the same time it triggers our hunger cues much more than the summer months , but concurrently slows down body's metabolism.

Understanding the varying needs of our body as

the climate changes and making changes in our food habits accordingly. It will help boost immunity that prevents us from falling sick often and elevates energy levels to beat the dull days.

It also enhances body's insulation and blood circulation especially during the days when we are not very active. Consuming seasonal foods are important not only because it's cheaper and abundantly available but also because of the way it helps our body cope during a specific season , due to the increased content of certain nutrients. Here is a list of healthy foods that you can include to 'winterize' your diet:

1. Sweet potatoes- Instead of your regular potatoes, switch to sweet potatoes as it is much more nutrient dense. Sweet potatoes are rich in fibre, vitamin A, Vitamin C and potassium. It helps in curing constipation and reducing inflammation in the body. It is mildly sweet and boiled or pan roasted sweet potatoes make a great snack in the chilly season. A bowl of warm sweet potato soup together with a protein salad makes a perfect dinner for those looking to eat a balanced meal.

2. Sesame seeds- Sesame seeds and jaggery are widely consumed during winter in the forms of laddoos or tikkis and is known to have many health

benefits. As sesame seeds are rich in zinc, selenium, copper, calcium, iron, vitamin B6, and vitamin E, it helps keep infections at bay and improves our immune system. They are full of good fats that helps naturally increase heat in the body thus keeping us warm and it boost digestion too. Bone and skin health are also enhanced due to a good amount of calcium and anti-oxidants present in it.

Other ways you can use sesame seeds is by sprinkling on a bowl of soup, salad or stir fry that not only enhances the taste by making it crunchier but also adds to its nutritional value.

3. Dates- We all know dates is a healthier sugar substitute and is good for health but even more so during winter. Since sunlight exposure is reduced during winters which is essential for formation of Vitamin D, calcium rich dates acts as a good substitute that help keeps our bones and teeth strong. It also contains other minerals such as potassium, phosphorus, copper and magnesium that alleviates bone related issues such as arthritis and osteoporosis. When you feel tired and need a quick boost of energy, having a date or two will work wonders and it can also be consumed as a pre workout snack which helps you sustain throughout your exercise session.

4. Millets – Adding millets to the diet helps to naturally increase heat in the body and is helpful for its gluten free .It is even beneficial for those looking to lose weight as millets are rich in fibre. Three winter friendly millets are sorghum(jowar), ragi and

pearl millet(bajra). Millets are also rich in various vitamins and minerals that helps boost our skin, bone and hair health. Nowadays, millets are commonly used in many households and it is incorporated in dishes like rotis, dosas, upmas, idlis and porridges. An important consideration will be to soak the millet for a few hours prior to cooking to remove anti-nutritional properties thus helping in better digestion and absorption of nutrients.

5. A variety of nuts – Start including fistful of mixed nuts everyday in your diet this winter season. Although nuts are high in calories, eating the appropriate amount of nuts is important to get your daily dose of healthy fats, fibre and protein. Almonds, walnuts, cashews and pistachios are commonly available and can be included in the diet easily in various forms. Rich in anti-oxidants, omega 3 fatty acids and micro minerals, these tiny powerhouses help in regulating blood sugar levels, reducing bad cholesterol, generate more body heat and lowers many levels of risk factors linked to chronic diseases.





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

BROKEN OR KNOCKED-OUT TOOTH

An avulsed tooth is one that has been knocked out. A tooth can be knocked out by a blow to the mouth, or an accident involving the face. This can happen for example while playing contact sports. The tooth can be replaced in the socket successfully if you take the right action as soon as possible.

If a tooth is knocked out it requires urgent treatment. If it's an adult tooth, try putting it back in place and go straight to a dentist. Don't try to put back in place a knocked out baby tooth – take your child to see a dentist immediately.

About a broken or knocked-out tooth

If you can't put an adult tooth back into position, place it in milk and contact your usual dental practice. If the tooth is broken or is loose contact your usual dental practice as soon as possible. If you are not sure, it is better to seek advice.

You may be able to see a dentist straight away or you may be directed to an urgent care dental service.

A knocked-out tooth

If you knock out a tooth, you should:

- Find the tooth
- Hold it by the crown (the white bit that sticks out of the gum)
- Gently rinse it in water
- Put it back into position (adult teeth only); never try to put back in a baby tooth (see below)

- Bite on a handkerchief to hold the tooth in place
- Go to see a dentist as an emergency
- If you can't put the tooth back in position, put it in milk and see a dentist straight away.

The sooner a knocked-out tooth is re-implanted, the more likely it is to embed itself back into the gum.

If your child knocks out a baby tooth, you shouldn't try to re-implant it because you may damage the adult tooth growing underneath. Take your child to see a dentist immediately.

At the dentist

If you've put your tooth back in yourself, the dentist will check that it's in the right position by having a look and taking an X-ray. They'll splint it to the teeth either side to hold it in position for about two weeks and arrange follow-up treatment.

If you've put your tooth in milk and gone straight to the dentist, the dentist will numb the affected area and try to reposition the tooth.

A lost tooth

If you can't find your tooth, the space can be filled with one of the following:

Denture - a removable false tooth that you have to take out to clean
bridge - where a false tooth is glued to the teeth either side using a special cement
implant - where a titanium screw is placed in the jaw bone, and after a few months a mould is taken so that a false tooth can be made.

A chipped tooth

If the tooth is just chipped, with a small piece missing from the tooth, you should make an appointment to see a dentist. This isn't urgent and can wait until the dental surgery is open.

If you have chipped your tooth:

- Try to find the fragment
- Store it in milk



- See a dentist as soon as possible during working hours
- The dentist may be able to adhere the fragment back on to the tooth.

Don't worry if you can't find the fragment, your dentist will be able to use a tooth-coloured filling material to build your tooth up. If the damage is more extensive, your dentist will discuss treatment options with you.

Protecting your teeth during sports

If you play a sport, such as rugby, hockey or GAA games, where there's a risk of being hit in the mouth, you may want to consider getting a mouthguard made by a dentist to protect your teeth.

Prevention

More than 5 million teeth are knocked out every year among children and adults. Dentists refer to a knocked-out tooth as an "avulsed" tooth. If you lose a tooth due to an accident or injury, it doesn't necessarily mean it's lost for good. Taking the right action and getting proper emergency care can save the tooth so that it can be replanted successfully and last for years to come. We take a look at what you should do if a tooth is knocked out, and how it can be salvaged.

LOOKING FORWARD - DECEMBER 2022



ARIES

This month will see you being more creative in the work place. Make sure that there are no misunderstandings with your colleagues. There may be some problems financially. Family will be able to assist you financially this month. Relationship wise this will be a good month as you will spend more time with your significant other.



TAURUS

This will be a good month as there are chances of career advancement. There may be small misunderstandings in your workplaces, however things will be sorted out soon. Those looking for a new job, keep patient, this may not be the best month for a new job. This month is the best time to spend with your significant other.

+



GEMINI

This is not the ideal time relationship wise. There may be some ego clashes with your significant other. However things will settle down towards the end of the month. Profession wise, this is the month will see you some new responsibilities. You will be working really hard, so spend some time to relax.



VIRGO

this may be a good month professional wise. The end of the month will see you making a profit in your business. Make sure you stick to your budget, as you may overspend. Relationship wise this may be a good month. You will be spending some quality time with your significant other.



LIBRA

Professionally there be some ups and downs . There may be a chance of promotions in the upcoming months , so take the time and concentrate on work this month. This is a positive month financially. Take care and research investments before choosing one. Take care of you health this month.



SAGITTARIUS

Professionally and personally this will be a good month. There are chances of promotions this month. You will be in full sprints in both your professional and personal life . There may be some misunderstandings among married couples, however things will get sorted out by the end of the month.



CAPRICORN

This will be a good month financially. However you will find yourself working hard this month. Make sure you research investment and real estate options before making any decisions. Stick to your budget this month as there may be some unexpected expenses. . Relationship wise , it will be a good month.

SCORPIO

This may not be the right time to switch careers . You will see yourself woking hard this month. So take some time off to spend with your loved ones. Don't lose your temper with your colleagues this month. Relationship wise, be patient with your significant other. There may be some ups and downs relationship wise.



AQUARIUS

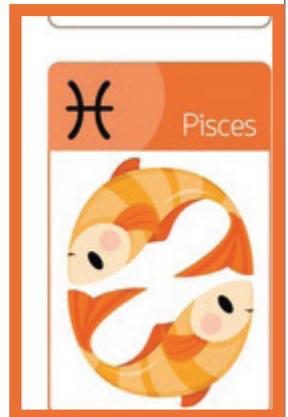


This will be a good time to start a new business. This month you will be creative and you will come up with some new ideas to increase profitability. There is a good chance that you will get the long awaited

promotion this month. Those who are on the verge of marriage will hear good news on that front soon

PISCES

Don't push you significant other to look at anything your way. Take the help of your significant other in work matters as well. This is a good time career wise. However try not to get into any arguments. Take the time to read through any business contracts before signing them.



CANCER

professionally this month may see you travelling internationally at work. There may be some issues financially , however things will get sorted out by the end of the month. Relationship wise, your significant other will be understanding and be a constant source of support.



LEO

November may see you at many social events this month. This may not be the best time to travel . This is not the right time to travel professionally. There is a chance that all your hard work will come to fruit. There is chance that there may be a good financial gain this month. Relationship wise , you will be spending some quality time with you loved ones and family.