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FEBRUARY 2023

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**VALENTINE'S DAY  
SPECIAL**

**EASY AND HEALTHY  
DINNER OPTIONS**

**ROSES  
ARE RED...**



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# J E W E L L E R Y

## WHAT'S TRENDING

### CHOKER :

For that jazz, this is a must have to pair with a beautiful saree. An elegant look.



**BROACH :** Be it antique or made with diamonds, this is a beautiful addition to your saree or dress to give it that extra wow factor.



### FLORAL :

You can never go wrong with flowers, be it a simple design or more intricate, this trend is here to stay.



# FASHION TRENDS

### PINK TOP:

Love is in the air with pink tops , that characterises this month. Pink is so girly and floral and just in time for Valentines day



### PINK DRESS

For that night around town , this pretty pink dress is a must have for that date night.



### SAREE:

Going for a wedding? Show your love for valentines day with a pink saree. Can be paired with a contrast blouse for that trendy look.



### HEARTS :

Literally wearing your heart on your sleeve, this top is a must have for the casual free time you spend with your loved one.

# CHOCOLATE BURFI

## INGREDIENTS

Cocoa powder: 1/4 cup  
 | Sugar: 1 cup | Maida: 1/2 cup  
 | Vanilla essence: 1/4 tsp | Chopped nuts: 2 tsp  
 | Ghee: 150 gms | Milk: 50 ml



**V. GOMATHY**  
Dietitian

# VALENTINE'S DAY SPECIAL

## METHOD

Take a deep bottom pan, and pour half ghee. In medium flame, fry nuts and keep aside.

Mix maida and chocolate powder together.

In same pan, add sugar and 1/4 cup water.

Allow it to boil till one string consistency.

Now add the maida mix and stir continuously.

Add ghee little by little.

Add vanilla essence.

Once the ghee shines out, add nuts and transfer it to a greased tray. Cut into desired shape.

# CASHEW NUT PULAO

## INGREDIENTS

**Basmati rice:** 200 gms

**Onion:** 1

**Green chilli:** 4

**Ginger-Garlic paste:** 1 tsp

**Cashew nut:** 50 gms

**Ghee:** 5 tsp

**Cardamom:** 2

**Cloves:** 2

**Cinnamon stick:** 1

**Shahi Jeera:** 1/2 tsp

**Star:** 1

**Oil:** 2 tsp

**Coconut milk:** 100 ml

**Salt:** as required

## METHOD

Soak Basmati rice for half an hour.

Keep a pressure cooker ready, add ghee and oil. Add all masalas.

Now add chopped onions and green chillis.

Add ginger-garlic paste.

Saute well.

Add Basmati Rice and salt.

Add 200 ml water and 100 ml Coconut milk.

Pressure cook it for 2 whistles and keep in low flame for 5 mins.

In a pan, add ghee and fry cashew-nuts till they turn light golden-brown.

Once the pressure settles, open the lid and add fried cashew-nuts.

Mix well and serve hot.





# BEETROOT RAITHA

## INGREDIENTS

**Beetroot:** 50 gms

**Curd:** 100 ml

**Salt:** as required

### To temper :

**Mustard:** 1/2 tsp

**Oil:** 1 tsp | **Green chilli:** 1

**Jeera:** 1/4 tsp

## METHOD

Grate beetroot and steam it until it gets softer.

Mix the curd, and make sure that there are no lumps in it.

Add the steamed beetroot and salt to the mixed curd.

Pour oil in a small pan.

Once the pan is heated, keep in medium flame and add jeera, mustard, green chillies.

Once it pops, add it to the curd mixture.

Serve chill.



# KULKHAND KHEER

## INGREDIENTS

**Kulkhand:** 5 tsp

**Sugar:** 100 gms

**Milk:** 1 litre

**Saffron:** 1 pinch

**Chopped nuts (cashew and almond):** 2 tbsp

**Ghee:** 1 tsp

## METHOD

Boil milk until it reduces to half.

Add sugar and mix well till it melts.

Add kulkhand and saffron.

Mix well and boil in medium flame.

Add fried nuts and refrigerate for 1 hour.

Serve chill.



GEETHA  
GANGADARAN

# THE PETROMAX LAMP

**T**he Petromax Lamp was created in 1910 by Max Graetz. His name was given to the brand, on the basis of a spirit that was already well known.

At that time most households did not have electricity yet, so it was a progress to make a light so bright available and affordable for everyone. Graetz secured the rights to the name Petromax, derived from "Petroleum Maxe" which is how his friends and relatives called him affectionately. Ultimately the lamp became, in different models, a worldwide best seller.

It is basically a pressure petroleum lamp hence the name petro (from the world petroleum) and Max the name of the inventor.

Graetz designed a pressure working with vaporized paraffin (Kerosene). To start the process, the lamp was preheated with denatured alcohol. In a closed tank, paraffin was pressured with hard pump. The heat produced by the mantle was then used to vaporize the paraffin, which was mixed

with air. It is then blown into the mantle to burn. The technology was simple, a piston operated hard pump pressurizes air, which forces liquid fuel- usually kerosene from a chamber at the lamp base into a gas chamber, which is then piped under pressure to a finely woven mantle made from cotton or asbestos.

Lit when saturated, an intense incandescence is created.

With their distinctive steady hiss and dazzling bright incandescent light metal pressure lamps were once a common feature of night life across the world. Also practical and long lasting pressure lamps remain in good working order for decades with simple periodic maintenance of the pump chamber piston and valves along with routine replacement of perishable items. Mantles were readily available in any sizeable village shop.

Today battery operated compact fluorescent lamp (CFL) has probably replaced the Petromax Lamp. This is probably because of the scarce availability of kerosene risk in petroleum products.

In many countries Petromax is a registered trademark. The Petromax design was copied by the Indians and named Prabhat. These lights are an integral part of marriage processions, bharat and temple processions.

This light is still used for marriages and in many rural parts of India. It continues to serve many villages where power supply is still a remote possibility.



# ROSES ARE RED...

  
 MONISHA RAVI



Love is in the air, and the roses are in full bloom, as people are gearing up to celebrate Valentine's day. Pink and red balloons, chocolate and not to forget roses are slowly surfacing, for young couples to buy.

The day of love has evolved over time. The exact origin of this holiday is something of a mystery. Many believe that this holiday can be traced back to 270 CE, where a



Christian priest called Valentine, wrote a letter to the jailer's daughter ,on the eve of his execution. It is said that he signed his name "from your Valentine" . Hence the day was named after him . Others believe that the roots of this holiday can be traced backed to the Roman Civilisation, where they had a ritual during February 15 called Lupercalia. Whatever may be its origins, this is considered one of the major holidays today.



Valentine's day was for a long time just celebrated on just 1 day. Now however, the whole week is celebrated by young couples. The week according to the new Valentine's day calendar begins on 7th February. This is celebrated as rose day. The beautiful flower has always been the symbol of love. Even Shakespeare in Romeo and Juliet , one of the biggest love stories refers to the humble rose "A rose by any other name would smell as sweet". Victorians used to exchange and gift roses as a token of love to show their feelings for each other.

People on this day don't just stick to one colour as each rose colour has its own significance. Red rose signifies love and admiration, pink is for innocence and appreciation , white is for new love and yellow is for friendships.





**Day 3** of the week is perhaps my favourite. It is Chocolate Day (09th February ).Chocolate is considered to be food of the gods. "All you need is love. But a little chocolate now and the doesn't hurt" goes the famous saying. This is the day to get your loved one a lot of chocolate and eat it together. Gifting chocolate is perhaps the best way to say that you love your significant other.



**Day 4** is Teddy Day. Nothing says you you love your partner , other than gifting them a huge teddy. This is perhaps most adorable gift ever. Teddy bears have been associated with valentines day for years and makes is one of the cutest gift. Teddy Bears come in all shapes and colours with a customised message , that your valentine will cherish forever. This is celebrated on the 10 of Feb.





**Day 5** is Promises day. It is perhaps the most important day for couples. On this day they promise to love and cherish each other for many more years to come. It helps strengthen the bond between couples.



**Day 6** is Hug Day (12th February) . “ A hug makes you feel good all day.” With the social distancing from the pandemic, a hug has become rare commodity. This day celebrates the healing one receives from something as simple as a hug , to make you feel better.

**Kiss Day** (13th February), A simple peck on the cheek from a loved one can turn your frown upside down. The concept of kiss day is to strengthen that bond between couples.



Finally Valentine's day is celebrated on the 14th, where couples spend time with each other, go for a movie, a dinner or just stay at home, watching a movie on Netflix, cuddled up in each other's arms. Valentine's day is a just one day that you take some time off from work and daily worries, to make the day special for the one you love. So, why celebrate it for one day, when you can celebrate it with your significant other for a whole week.



# FIG: **A** wonder fruit



High blood pressure can be seen in youngsters today. Improper lifestyle , combined with constant stress are the main causes. For those with high blood pressure , figs are a good source of potassium , this will control the pressure level in the body.

The high fibre in the fruit acts as an antioxidant. It contains polyphenols. It reduces the oxidative stress in the body, thereby keeping the body healthy. It also helps in weight management , as it helps reduce the levels of hunger in the body.

It is used for the skin as well. It helps maintain the moisture in the skin, when applied, so for those with dry skin, this should be an important part of your skin care routine . It helps even out the skin tone. The vitamin C helps reduce the pigmentation in the skin. The sebum levels can also be controlled with the use of a fig mask.

**W**e all crave something sweet after that dinner , and eating a sweet is just not healthy, the answer to that dilemma is figs. This fruit not only satisfies that sweet tooth, it also contains a boatload of nutrients. The figs are part of the mulberry family

For those creaky boats, figs contain calcium, that helps with problems such as osteoporosis. As we age , the bones start to creak , groan and grumble. Osteoporosis is quite common especially among women. Figs contain calcium , that help combat this problem, as it helps increase the bone density.



**T**ooth jewellery is one of the form of self expression and when done properly, it really can add a special confidence to smile. In fact, this results in increased self confidence of the person. Most commonly tooth jewellery worn by old hip-hop artists and disc jockeys to add on to their performance. In fact, It is becoming very popular now-a-days, like any other kind of fashion trend.

**What is tooth jewellery ?**

Tooth jewellery is a cosmetic dental procedure, in which diamond or any other stone is attached to the tooth surface in order to gain the spark and to look more fashionable. Diamond faceted smiles is one of the newest and most interesting trends sweeping across the planet all over in both men and women.

As it is a non-invasive, harmless procedure with less side effects. It is not a very costly procedure with price varies according to the designs of the jewel which is being used and depends upon the clinic to clinic. It is a painless procedure takes upto only 10- 15 minutes for its completion.

**TYPES OF TOOTH JEWELLERY**

Tooth jewellery can be of different types, following are as given below:

- Tooth gems
- Twinkles
- Tooth rings
- Dental tattoo
- Removable dental jewellery
- Dental grill

**Procedure of tooth jewel**

A tooth gem is a small rhinestone jewel is attached to the surface of a tooth using an adhesive. Some are small stones in the centre of the tooth, other times people elect to place a jewel-encrusted cap over their teeth. Finally, some go for the grill: a decorative cover that fits over most of a person's front teeth, popularized by artists such as Lil Wayne and Jonathan Davis. These glass crystals are real 18k white gold and 24k or 22k yellow gold jewels, designed especially for dental use. These crystal teeth jewel are flat back surfaced with a special coating to create a sparkle and shine like a diamond. The crystals have a special coating on the back and their facet cut reflects the light and makes it sparkle like a diamond. Unlike earlier methods which involved drilling and setting the jewel into the tooth, composite material can attach the crystal onto the teeth and lasts upto year or longer.

**Complications**

Aspiration, allergy or chronic injury to adjacent teeth/mucosa, and tooth fracture



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



# TOOTH JEWELLERY

It should not be advised to the patient who have high caries as some of the tooth jewellery require tooth preparation which causes a permanent defect on the teeth and these areas are prone to caries then.

Gingival inflammation, diminished articulation and metal allergy are also the some of the major complications associated with tooth jewellery.

Sometimes movable jewellery can cause abrasion of teeth. Fixed teeth grills are very difficult to be kept clean and hence a removable type should be chosen

**Conclusion**

Fashion is an ever changing world and the rules of this dynamics can also be applied to dentistry. However, decades back dentistry was something that was restricted only with pain, fear and discomfort. But gradually time has changed. Dentistry and dental treatments are now becoming one of the necessary aspects of a healthy life and therefore down the line fashion aspects are also getting incorporated into it





# EASY AND HEALTHY DINNER OPTIONS



**W**ouldn't it be nice to consume a hearty and healthy dinner after a tiring day at work so that we can sleep with a happy tummy? But it's a challenge for most of us to gather our energy and cook a full meal at the end of the day. Hence, most of us reach out to convenience foods or order a meal outside more often than we would like to. Due to this increased intake of unhealthy foods, its negative impact is reflected on our weight and health as it results in unwanted weight gain and increased incidence of chronic diseases such as diabetes, obesity, heart disease, etc.

Let's all take a health resolution this new year to eat home cooked healthy meals and I am going to share some dinner easy dinner ideas to make it possible. For you to eat home cooked foods for most days, an essential skill that you would need is to know how to do meal prepping. Meal prep is a concept where you prepare the ingredients used for a dish or the whole dish ahead of schedule. It's popular among westerners as many of them prefer not to cook on a daily basis. Schedule a meal prep day for the week and chop up all the ingredients needed for the next few days to prepare your meals and refrigerate it in air tight boxes. You can also choose to cook and freeze your dinner meals and defrost it over the next few

days to help you save time and energy spent on daily cooking. Since it also requires for you to plan what you are going to eat ahead of time, meal prepping eventually leads to more nutritious meal choices over a long term and can help you achieve your health goals no matter how busy you get.

Believe me when I say South Indian's favourites like idli and dosas are one of the easiest and healthiest dinners that you can eat. You can enhance the nutritive value of the dish by varying the ingredients used in the batter. Some nutrient dense idli or dosa batter include ragi, black rice, millet, besan, mixed pulses, green gram, etc. For example, you can alternate between adai, pesarattu, ragi dosa, vegetable utthapam and red rice dosa through the week. To increase the protein content of dosa, add an egg on the dosa or stuff the dosa with some minced chicken or mutton. The vegetarian version of the keema dosa will be to substitute the minced meat with minced tofu, tempeh or soya chunks with mixed vegetables. Same goes for idlis where you can make dhokla idlis, moong dal idlis, black rice ones and even sprouts and palak idlis. A simple side dish like a vegetable chutney or the left-over sambar from

your breakfast or lunch meals can be had together with these nutritious idlis and dosas.

For those looking to gain weight or for athletes, who are looking to have a sumptuous carbohydrate and protein rich meals for dinner, your best bet will be to opt for one pot meals. One pot meal are essentially dishes where all the ingredients of a dish is cooked in a single pot. Some examples of nutrient dense one pot meals include tofu and mixed vegetable pulao, chicken briyani, quinoa bisibelebath, kichdi, upma, pasta with vegetables and meat of choice and Buddha bowls. Besides simplifying the cooking process and reduced cleaning time, preparing a meal in one pot ensure several food groups are included in one's meal plate ensuring increased intake of a balanced meal.

On the other hand, for people who are looking to shed some weight but dinners have been a big barrier to your goals, start by making a soup every night. Soups are easy to prepare and fills the tummy easily. Satiety is an important

factor to consider when one is looking to lose weight as it prevents over eating. Satiety levels of a meal can be

increased by either increasing the protein or the fibre content of the meal. For example, if you are having a bowl of soup as your dinner, add shredded meat pieces to it as it helps increase the protein content of the soup or add chunky vegetable pieces to increase the fibre content. By consuming meat or vegetables along with the soup, you won't feel hungry soon after. The craving to binge on some pre bed time snack reduces. If making soups every night is not possible, substitute it with a cup of kootu, poriyal, raita or salad. Have these together with a piece of dosa or 2 pieces of idli. For non-vegetarians, have it with pan roasted or steamed lean meats such as chicken or fish

Eggs for dinner is another simple and protein rich option. A healthy adult can have two whole eggs per day and your easiest dinner options using eggs will be egg dosa, vegetable loaded egg omelette, scrambled eggs with vegetables, shakshuka or boiled egg salad. Eggs are low in calorie, easy to cook and you can combine it most of the vegetables. It's an economical and versatile dish that can be relished by the majority.

It's time to set attainable health goals and try out these easy and healthy dinner ideas. You will be surprised to see how a little bit of planning ahead and meal prepping aids your health journey while you tuck into yummy and nutritious home cooked dinners!



**L**ate night hunger pangs are common. Many researches have established that eating late at night contributes to increase in weight, puts you on higher risk of diabetes, cardiovascular diseases and also affects the mental health. When you are working on night shifts or preparing for competitive exams for which you have to stay awake overnight, you are left with no choice. In such situations, the ideal move would be to choose wiser meal options than the regular go to junk foods.

You may chew on something just out of boredom or when staying awake for longer hours without sleep or maybe you get hungry late night on days when you have early dinners. If you are currently stuck in any of these situations, then the best solution will be to hit the bed early. Not only does sleeping early help prevent unnecessary calorie intake at night, it also helps weight loss hormones functions optimally. Making changes to your body's clock to get in line with your sleep-wake cycle is essential for proper hormonal functions and optimal health but if you are struggling to get a good deep sleep, then you need to take these necessary steps to overcome it.

### Shiny's tips for good sleep

Take a warm water bath before going to bed.

Consume a wholesome dinner with carbohydrates, proteins and vegetables at least an hour and a half before bedtime. Carbohydrates usually help with good sleep as they help in the secretion of melatonin, the sleep hormone.

A cup of warm chamomile tea just before bedtime. Chamomile tea has a plant-based nutrient called apigenin which helps to induce sleep.

Taking magnesium supplements, after consulting with your concerned nutritionist or physician, as magnesium helps in increasing the melatonin secretion in the body.

If you wake up during your night sleep for no apparent health reason, then it could be due to poor dinner choices. This usually happens when you are trying to lose weight or chisel your body for any fitness regimen by cutting down on amount of carbohydrates consumed for dinner. A simple solution for that will be to include small amounts of healthy carbohydrates such as idli, dosa, idiyappam, or chappati along with your routine.

Though there are many ways to overcome

eating late at night, in certain circumstances like night shifts or when you have to be awake at night due to unforeseen circumstances, it is not possible to completely avoid eating at night as the brain needs its dose of energy to function. So, what can we eat at that odd time? You can opt to consume healthier food options prioritizing portion control and indulging in proper meal combinations with different food groups. For example, you can eat a well-balanced meal early in the evening and have a healthy snack like fruits, puffed rice, sprouted, makhanas, roasted bengal gram late at night and in the morning, have a healthy breakfast. The key point you need to remember in these kinds of situations is you need to hydrate and include a variety of fruits and vegetables in the major meals that you are eating.

There could be some emergencies at times that

you won't be able to focus on what you eat and might not have time to cook at home as well. During such times, you will be left with no choice but to eat out and the stress that you go through might even tempt you to opt for comfort foods. You can indulge in your favourite foods occasionally in smaller portions but for most of the times, choose healthy food options like bisibelebath, lean meat source in the forms of tikkas and kebabs, tiffin options like idli and dosa varieties or any vegetable preparations with a small amount of rice when you order out.

During holidays and parties, you can indulge in late night snacking but be mindful of what you eat. Enjoying the moment with your loved ones help in de-stressing and socialising helps boost our mental health too. Some examples of recommended party foods would be tikkas, kebabs, cutlets, protein-based starters like grilled mushroom, grilled vegetables and



# TIPS AND TRICKS TO MANAGE LATE NIGHT SNACKING



**SHINY SURENDRAN**  
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mixed nuts. Maintaining portion sizes during moments like these will be the wiser choice rather than staying away. As for alcohol, try to wind up with one or two rounds, sticking with water as a mixer or any other low-calorie drink. Try to avoid cocktails as they are calorie dense beverages.

Though it is a fact that eating at odd hours is unhealthy, we are unable to practice it at certain situations. Pre-planning meals, practicing self-control and having knowledge of contents of your meal plate are essential to sail smoothly through your health journey.



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# LAND OF TEMPLES

Thirumalai Nayakkar Mahal. This place was an unique blend of Dravidian style and Islamic architecture. This was constructed by Thirumalai Nayak, a king who ruled the area. It was constructed in 1635.

After a day of sight seeing, it was time to taste the famous Madurai Idly, which was extremely delicious, with the various condiments. After spending a while eating the yummy idly, we decided to cool down with the famous Jigarthanda. Jigarthanda literally translates to cold heart. This was the first time I had it, and unique to Madurai. It is a delicious drink, similar

**M**adurai is one of the oldest cities in Tamil Nadu. The beauty of this place is undoubtedly the beautiful temples in this city. This was a work vacation for mom and me and we were excited to be back in this beautiful place.

Situated in the banks of river Vaigai, this city was the capital of the entire Pandyan kingdom, from the time of king Nedunj Cheliyan I, around 600 BCE. This city boasts of beautiful temples and undoubtedly the best food.

Our first stop, after a long train journey was to the famous Arulmigu Meenakshi Sundaraswarar Temple. The beauty of this temple is hard to describe. I have always wondered how these temples have been built, with no technology available at that time. The precise construction, beautiful idols are so intricate. I doubt even with the help of modern technology we will be able to replicate them. The main deity is Meenakshi (meaning a fish eyed goddess) along with Sundareshwarar (Shiva). Despite the hub of people going to and fro, I felt a sense of calm inside me, just sitting there.

After a calming day we returned to our hotel. The next day we decided to visit the



The beauty of this place is undoubtedly the beautiful temples in this city

to a falooda. The rose petals, almond gum, and the tasty syrup was so mouthwatering.

I would consider my trip to Madurai a resounding success and urge each and every one of you to visit the Meenakshi Amman Temple at least once in your life for inner peace.

# LOOKING FORWARD FEB 2023



## LIBRA

This month will see you getting into a new relationships. Those who are single will find their true love this month. This month will see you getting a new job through your friends. This may be your dream job. You may face some health issues this month.



## SCORPIO

You will meet some old friends this month. You will spend some quality time with your significant other. You will have opportunities to travel this month. You will see some unexpected money coming in. Invest them carefully.



## AQUARIUS

You will see a marked improvement in your finance. You will see yourself working hard to achieve air goals. You will see some fresh challenges, however you will be easily be able to solve any problems. This will be a very rewarding month relationship wise. There are chances of your loved one proposing marriage this month.



## ARIES

This month will see you having a good month professionally. You will find your dream job this month. This will be a good month to plan for a professional trip. Just make sure to keep your cool at work. Relationship wise this will be a good month. There may be some ups and downs in the beginning of the month, this will get sorted out by the middle of the month.



## GEMINI

There may be some financial issues this month, so take care before investing. Professionally this will be a good month. You will see an increase in revenue at work and a long awaited promotion will be in the cards. Relationship wise, this month will see minor disagreements with family and friends, however you will spend some quality time with your significant other.



## LEO

This month will see you buying property. This will be a good investment, however read the documents carefully before signing. This month will see you spending some quality time with your friends and family.



## SAGITTARIUS

This is the best time for love. You will spend a romantic time with your love. This is a good time to go on a romantic getaway. This month will see you having some unexpected expenses, despite a good inflow of money. Keep to your budget this month.



## TAURUS

This will be a good month professionally. However there may be some unexpected expenses, so stick to your budget this month. This month will see you having success relationship wise. Those who are single may find their one true love this week.



## CANCER

Professionally, this month will see some advancements in your career. There will be some scope of a better paying jobs. This month will however see some minor health issues, so take care and get some rest. Relationship wise, this will be quite normal, so spend some quality time with your loved ones.



## VIRGO

This month will see you working very hard. You will see the fruits of your labour in the upcoming months. The biggest problem you will face is remaining patient at work. Don't lose your cool and you will be rewarded for it. Relationship wise, this month will see some hot tempers on both sides, remain calm and this will be sorted out.



## CAPRICORN:

This will be a good month for those who are single. This will be a good time with your family as well. There may be small disagreements. This will be a good month show off your talents at work. If you are an entrepreneur, don't take any major decisions. Look at the pros and cons before taking any decisions.



## PISCES

You will get carried away with fun and party this month. So take the time to have a quiet day with the family as well. Stick to your budget this month. You will end up spending frivolously. This is a good month relationship wise, take care to be patient with your extended family.