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**WHICH
IS BETTER
FOR YOU ?**

**RECIPES
FOR
PREGNANCY**

**A MAGICAL
DAY IN HARRY
POTTER LAND**





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TRENDS IN JEWELLERY

CHUNKY RING

Huge and colourful rings are in fashion now. Can be paired with those comfortable summer dresses this vacation.



SHAPED BRACELETS

Gone are the days where bracelets have to be round, different shapes like square and hexagon are more unique and give a trendy look.



PUKA SHELL

shell: Its summer and celebrate the season like a Hawaiian with a puka shell necklace. It shouts summer vibe and can be paired with a casual look.



DUAL METALS

Rings, bracelets and chains don't have to be just one colour, dual metals like rose gold and silver or gold and silver are more unique and favoured. This pairs well with both casual and professional looks.



JEAN

Summer means wearing something comfortable and that is jeans. The epitome of casual wear, it is ideal for a fun day out with friends.



FLORAL COLOURS

Like butterflies, summer is the best time to see various dresses in yellow, reds and pinks. Loose dresses or tops are ideal for the heat.



CARGO

Nothing says summer like a sea of cargo pants. Ideal to wear while on a holiday. Comfortable and practical wear. Best suited for casual wear.



CORSET

Corset tops are back in fashion, this best paired with jeans for that casual look.



FASHION TRENDS

October 7 1806, was a date that was anything but singular- for that was the day Carbon Paper was patented by the English Inventor. Ralph Wedgwood.

In Wedgwood stylographic Manifold writer, "a message written on a top sheet of paper was simultaneously transmitted through a thin sheet of Carbon treated paper underneath to create a somewhat smudgy copy on a bottom page.

Primitive as it may seem today, Carbon paper was the way most business and individuals made copies of documents for a century and a half.

Eventually devices such as photo copier and computer printer made Carbon Paper obsolete and virtually unknown to the young people of modern times.

In the 1800's business relied upon copy clerks and scribes to make handwritten copies of important documents, of course it took a long time to make copies by hand. It wasn't long before inventors were working on ideas for how to make copying documents easier.

Overtime and with many improvement and refinement along the way, a copying solution was eventually developed, Carbon Paper. Carbon Paper consisted of a sheet of paper that was coated on one side with a layer of carbon black (soot) bound with wax.

When placed between an original and a second piece of



**GEETHA
GANGADARAN**

THE DECLINING STORY



THE CARBON PAPER

paper to be copied onto, Carbon Paper would transfer marks made by the pressure applied by a typewriter or pen. For example, when you would write your name on the original, your pen would make an impression on the carbon paper, pushing the Carbon black onto the second piece of paper.

This simple process made a clear legible copy of the original. The wax on the Carbon Paper helped to prevent smearing. The copy made by the Carbon Paper quickly became known as a Carbon copy- a phrase that's still used today.

Carbon paper saw many improvements over its life time. Carbon black was eventually replaced by inks and pigmented coating. Likewise, wax was eventually replaced with polymers that could be applied with solvents to plastic films

instead of paper. Despite these improvements, the products were always known as Carbon Paper.

Carbon Paper became very popular, not only were they a big hit with business, which used them to make copies of legal documents, but they were also used by a wide variety of individuals to make copies of manuscripts, letters and other forms. Carbon paper also became an important part of credit card transaction receipts.

Once indispensable, Carbon paper has become another presumed casualty of the information age, but it is not extinct. "It is still smudging hands and smearing clothing, even though it is little more than a relic now" said Sam Podemski who owns Phil's stationery in the New York. The Carbon Paper remained an office essential.

Bernstein Wrote "A book was sort of a club sandwich, with copy paper on the top and bottom and middle, like the bread, and carbon paper inserted where turkey, tomato and lettuce would be".

With today's laser, inkjet printer, word processor and voice recognition and spell check software, carbon paper is but a shadow of the crucial commodity it used to be.

As long as computers are not 100 percent fool proof, there will be need for carbon.

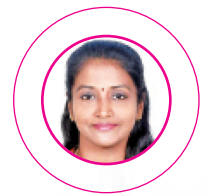
But Carbon paper's legacy lives on in the modern office in the abbreviation "CC" for Carbon Copy which still appears at the end of many a memo composed on a personal computer and sent via Email. And programs used to compose Email have a CC function to send a message to more than one person.

Carbon paper remains a popular tool for making copies in point of sale transactions, tracking slips for mail delivery services and duplicates checks and money orders.

As long as computers are not 100 percent fool proof, there will be need for carbon.



RECIPES FOR PREGNANCY



V. GOMATHY
Dietitian

PALAK DOSA

INGREDIENTS

1. Palak puree - 1/2 cup
2. Urad dhal - 1/4 cup
3. Fenugreek - 1/2 tsp
4. Whole wheat flour - 1 cup
5. Oil - 4 tsp
6. Salt - to taste

METHOD

1. Combine the urad dhal and fenugreek seeds along with enough water in a deep bowl and soak for 2 hours.
2. Blend it into a smooth paste.
3. In a deep bowl, transfer the mixture and add the palak puree, whole wheat flour, salt, and mix well.
4. Heat an iron pan, and pour a ladleful of batter on it and spread it in a circular motion.
5. Sprinkle oil and cook on a medium flame till the dosa turns light brown on both sides.
6. Serve hot with sambar/ chutney.



BEETROOT PARATHA

INGREDIENTS For stuffing :

1. Grated beetroot - 1 cup
2. Onion - 1 (small)
3. Paneer - 1/4 cup
4. Chopped coriander – 5 tsp
5. Green chillies - 3
6. Grated ginger - 1 tsp
7. Oil - 5 tsp

For the dough :

1. Whole wheat flour - 1 cup
2. Melted ghee - 1 tsp
3. Salt - to taste

METHOD

1. In a bowl, combine all the ingredients, add enough water and knead in to a soft dough.
2. Keep a pan, pour oil and add chopped onion, beetroot, grated paneer, grated ginger, green chillies and salt together. Sauté slightly and keep aside.
3. Now divide the dough into 5-6 balls of equal size.
4. Roll out one portion, place the stuffing, close with another portion of the dough and gently cover all sides.
5. Heat a tava and cook the paratha by adding a few drops of ghee or oil. Toast both sides till golden brown.

beetroot paratha



List of ingredients for broccoli onion soup



BROCCOLI ONION SOUP

INGREDIENTS

1. Broccoli florets - 1 cup
2. Butter/oil - 1 tsp
3. Chopped onion - 1/2 cup
4. Milk - 1/2 cup
5. Salt - to taste

METHOD

1. Heat butter/oil in a deep thick bottom pan.
2. Add chopped onion and sauté for 1 minute.
3. Now add the broccoli florets and 2 cups of water. Cover with a lid and cook for 3-5 minutes. 4. Once done, allow it to cool. Then blend it into a smooth puree.
5. Transfer the puree back into the same pan and add milk, pepper and salt.
6. Mix well and allow it to boil.
7. Now transfer the contents in a soup bowl, and serve hot.



ALMOND, DATES AND BANANA SMOOTHIE

INGREDIENTS

1. Almonds - 6 nos
2. Dates - 2 nos
3. Banana - 1
4. Boiled milk - 200ml

METHOD

1. Soak almonds and peel off skin.
2. Chop banana and dates, and keep them in the freezer for 5 minutes.
3. Take a mixer jar and add the almonds, banana and dates.
4. Grind it into a paste and then add the milk.
5. Whip for a few seconds, until all the ingredients mix well.
6. Transfer the contents into a glass, and serve chill



AND THE DRAGON ROARS : A LOOK AT DRAGON FRUIT

The first time I saw the pink dragon fruit I was curious, it looked so pretty. The dragon fruit is full of nutrients, it is also very beneficial for improving the texture of hair and skin.

When you cut open the dragon fruit, it resembles a kiwi. It has a white or pink pulp with thousands of little black seeds. It is generally eaten as it is made into a smoothie or juice. The name dragon fruit comes from its pink outer skin with green scales, resembling a dragon.

It has a high source of fibre that helps with cardiovascular and intestinal health. It is also shown that dragon fruit is a probiotic. It cultivates healthy bacteria, that helps with gut health.

Those with diabetes have restrictions on the food they eat. It has been found that dragon fruit helps those who have diabetes as well. It is an excellent source of fibre that helps control the sugar levels.



Research continues on dragon fruits many benefits, including its ability to prevent colon cancer. The Vitamin C that is present in the fruit helps it to boost the immunity of the body.

Dragon fruit is also said to contain magnesium, a mineral that is required for stronger bones. It contains 18% magnesium, that helps strengthen the bones.

Dragon fruit contains Vitamin C, that aids immunity and helps to absorb iron into the blood. It also has lycopene, which helps to decrease the risk of cardiovascular diseases. The fruit also contains beta-carotene, that helps reduce any eye related problems.

This is an ideal fruit for those looking to reduce weight as well. The fruit has 0 fat, 5.6 grams of fibre, 27.4 grams of carbohydrates. It gives all the energy without the fat.

Many different species of dragon fruit are available, the most common one is pink outer skin with white flesh. It is not so sweet but makes up for it with nutrients. The sweeter variety is pink skin with red or pink flesh. This variant is affectionately known as Bloody Mary. The hardest to find is the yellow skin with white flesh. This is the sweetest variety on the market. It is still not available in India.





WHICH IS BETTER FOR YOU ?



MONISHA
RAVI

A dilemma arises in every youngster's life, should I stay at home once I start earning or is this the best time to spread my wings and become more independent?. This is a perplexing one, both have their pros and cons .

In the western countries, the concept of independence comes at a very young age. At eighteen, most youngsters get a job and move out of their parents home . Though initially difficult, they experience the difficulties of everyday life. From paying for the car , rent and utilities, it tends to give one a sense of responsibility. It also gives the freedom to choose your activities without anyone hovering over every move and decision.





However there are some cons to living alone as well. Finances have to be handled and this may be a bit difficult for those who working for minimum wage. Some creative budgeting will be required at first initially . Living alone also means doing all the work . From cooking to cleaning on top of a long days work at the office can be really daunting. Living at home comes with perks of a hot meal after a long days work , the chores done and saving a lot of money that would otherwise go to paying utilities and rent.

India is aping the West. Nuclear families have become more popular. The concept of independence has become more appealing to the younger generation.

In India, we used to see the youngsters living with the family till marriage or even after. We also had large joint families. This creates a sense of bonding and love with each other. They act as a buffer for each other. The older members are around to advice and educate the younger ones. Nowadays though, India is aping the West. Nuclear families have become more popular. The concept of independence has become more appealing to the younger generation.

Both living independently or living with families have their pluses and minuses. It depends now solely on the individual, what he/she is comfortable with doing.

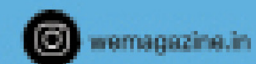
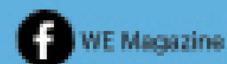


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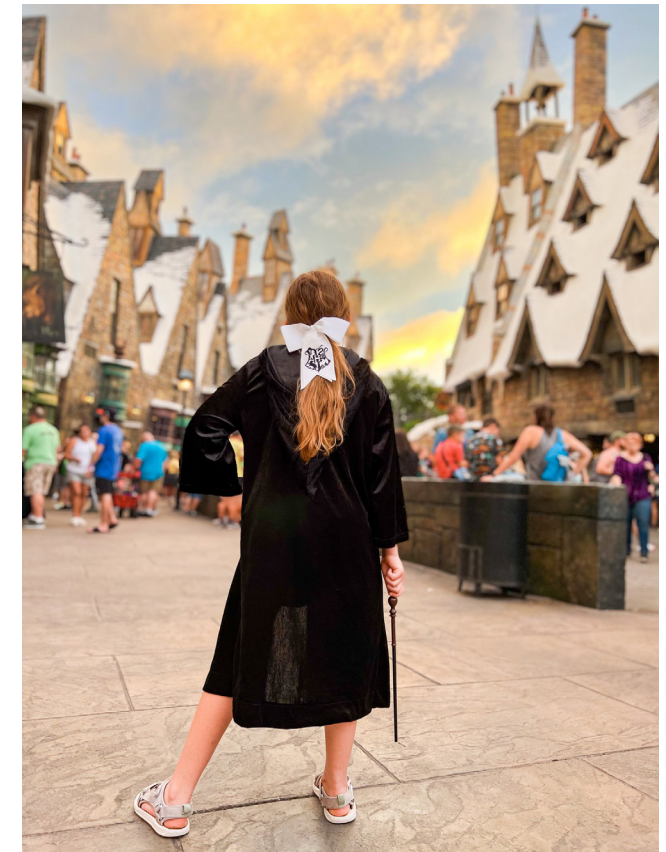


A MAGICAL DAY IN HARRY POTTER LAND

I am a self-professed Harry Potter lover and visiting the Warner Brother's set in London was just magical. I was really looking forward to this trip for the last 3 years now and on the morning of my visit I was like a child on Christmas morning.

One of the tourist destinations I have been craving to see is the Harry Potter tour. For a person like me, who has read the books and watch the movies a zillion times, this was like paradise.

The tour started with the visit to Platform 9 ¾. I took plenty of pictures with the train, secretly wishing that the land of Hogwarts was real and I could just climb aboard and reach Hogwarts. My next stop was Diagon Alley. The iconic shopping village in the Harry Potter series. We got to see iconic shops there like Ollivander's wands and the famous Weasleys' Wizard Wheezes. I kind of went crazy there buying a lot of collectibles. I could have stayed there forever.





Our next stop was Gringotts , the wizard bank. It was exactly like I imagined it when I read the books. It was beautifully recreated . Once that was completed, we got to something I was looking forward to, Hogwarts. The beautiful set from the movies were all there, the Great hall, the Portions dungeon and Gryffindor common room. I was extremely excited to see the set where the movie was shot. After watching it sooo much on tv, I finally got to see it in person.

This tour was for 4 hours, and it felt like it ended too soon. The tour ended in a coffee shop where , we got to eat Harry Potter themed food called the Chocolate Frog Cafe, where they served Harry Potter themed food like the Prof Sprout Vegetable Salad or Butter beer . It was a amazing experience I would love to go again soon .



IS CONSCIOUS SEDATION IS SAFE???



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

Conscious sedation is a safe and effective way to manage a patient's anxiety about dental treatment and improve their dental experience.

WHAT IS CONSCIOUS SEDATION?

A technique in which the use of a drug produces a state of depression of the CNS enabling treatment to be carried out, but during throughout the period of sedation verbal contact with the patient is maintained. The level of sedation must be such that the patient remains conscious, retains protective reflexes and is able to understand and respond to verbal commands. The drugs and techniques used to provide conscious sedation for dental treatment should carry a margin of safety wide enough to render unintended loss of consciousness unlikely.

The agents used should be rapidly and reliably effective with absorption and uptake fast enough to allow treatment to begin within a very short time of administration. It should have adequate duration of effect as well as rapid recovery. Many drugs are available for use as sedatives such as Nitrous oxide, Midazolam, Isoflurane and Sevoflurane. Sedation is indicated in Children with low coping ability, Behavior management problems, Dental fear and anxiety, odontophobia, Mental retardation, General disorders, psychiatric conditions, Emergency treatment, Moderate

to large and complicated treatment needs.

IS CONSCIOUS SEDATION RIGHT FOR YOU?

Some reasons you might consider conscious sedation for your treatment or procedure include:

- ^ Medically compromised patient
- ^ Dental anxiety
- ^ Medical conditions aggravated by stress such as angina, asthma and epilepsy
- ^ Ineffective local anesthesia due to any reason
- ^ Children's above 1 year

- ^ Fear of specific procedures
- ^ Traumatic and long dental procedures

How does conscious sedation feel like?

Conscious sedation is administered when the doctor wants the patient to remain awake and respond to his commands. Even if the patient falls asleep during the surgery, they can be woken up with a gentle touch. They remain responsive to verbal commands. In general, conscious techniques:

1. It should alter the patient's mood, thus making him

psychologically receptive to dental treatment.

2. It must allow the maintenance of consciousness throughout the procedure.
3. It must result in patient cooperation.
4. It should raise the pain threshold that is usually beneficial particularly when long appointments are contemplated
5. Patient's reflexes, such as breathing and coughing, function normally.

CONSCIOUS SEDATION IN PEDIATRIC

DENTISTRY

Current understanding of pediatric oral health includes absence of dental fear and anxiety as well as healthy oral structures with the aim of forming the basis for good oral health throughout life. This implies two main dimensions in pediatric oral care which is to keep the oral environment healthy and to keep the patient capable of, and willing to utilize the dental service. It is widely recognized that the level of caries in children of various

Patient's reflexes, such as breathing and coughing, function

nations has dropped substantially over the last few decades. Unfortunately a significant proportion of these children still have caries which remains untreated. This represents a significant problem, if dentine caries is left it will usually lead to pain and sepsis which can often only be managed by extraction or extensive restoration of the affected teeth. Either conscious sedation or pre-medication with pharmacological agents is often recommended

to children who are particularly fearful or anxious or for whom a disability prevents their being able to cooperate, during the dental treatment. The treatment and alleviation of pain is a basic human right that exists regardless of age and demands treatment for this reason alone. Therefore all children should expect painless, high quality dental care. Sedation is required for some pediatric patients in order for the dentists to be able to deliver high quality, pain-free dental care. Sedation is used for pain control in form of local anesthesia, and for behavior management.

SUMMARY

Overall goal of conscious sedation in dentistry is to provide a pain free treatment and to relieve the fear and anxiety of the patients so that the patient feels comfortable in the dental environment and willingly comes back to the clinic for regular checkups without any reluctance. The conscious sedation could increase the success rate of the treatment with ease of operation for the dentist while performing the dental procedure.

NUTRITION FOR ENTREPRENEURS



SHINY SURENDRAN

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

Entrepreneurs are one of the busiest groups of people on the planet carrying a whole load of work stress and most of them work around the clock with no proper sleep and meal times. As an entrepreneur, the biggest challenge they face is to have a work - life balance. In their journey to become successful, most of them do not pay proper attention to their health and nutrition needs which are very essential to keep them mentally and physically fit to function at their best.

Some possible scenarios how a busy lifestyle impacts food habits and health of these entrepreneurs include skipping or delayed meal times, inadequate water consumption, increased frequency of eating out, skipping of regular physical activity and most importantly delayed sleep times and high stress levels that inadvertently causes increased craving for junk foods. If these factors are not promptly rectified, in due time it could result in weight gain, low energy levels, poor gut health (bloating, burping, constipation or flatulence), decreased immunity, poor libido and increased risk of chronic diseases such as insulin resistance, diabetes, cholesterol, etc.

If you are an entrepreneur sailing on the same boat, pay attention to these six pillars of a healthy lifestyle to be the best version of yourself:

1. Eating balanced meals – Consuming nutritionally dense meals with the proper amount of macro and micro nutrients are essential for proper functioning of the body and for good immunity. Macronutrients are the carbohydrates, fats and protein that you eat. A well-balanced healthy meal plate should contain 50% vegetables (vegetables are rich in fiber and micronutrients that includes a range of vitamins and minerals), 25% of protein (examples include eggs, chicken, fish, paneer and tofu) and 25% of carbohydrates (examples include rice, quinoa, millets, chappati and noodles). Practicing portion control will ensure you do not over eat especially if you are someone who eats out often. A simple tip will be to start your meal with a vegetable loaded soup or a salad before going for the main course. The water content in the soup and the fiber in the vegetables will fill you up and you will end up eating less of the main course dishes. Adding protein to every meal also increases the satiety levels hence you feel fuller for longer without the urge to snack often. If you are a non- vegetarian, 150-200 gm of meat (preferably pan fried, steamed, stir fried or in gravy forms) should be consumed per meal. The protein requirement for an adult is between 1.0-1.2 g/kg body weight. Adequate protein intake also helps in maintaining body's lean muscle mass and aids in recovery after an exercise or injury.

2. Regular physical activity – Although entrepreneurs might find it challenging to spare some free time to workout, you should not underestimate the power of exercise to keep your mind sharp and body fit. If getting a chunk of free time is difficult, splitting the exercise routine into smaller intervals throughout the day will help.



Since many are glued to the computer screen for hours and are sedentary for a prolonged period, taking short breaks and walking in between work or twenty minutes after every meal will help. A target of 10,000 steps is recommended to lead an active lifestyle. Indulge in activities you enjoy so that you will be consistent. Yoga, zumba, strength training and outdoor cycling are some great options to get fit.

3. Adequate hydration – Drinking a minimum of 2 – 3 liters of water is important to prevent dehydration and aid daily bodily functions as more than 70% of our body is made up of water. If drinking so much of water is difficult, try sipping on fruit infused water or low-calorie healthy fluids such as thin buttermilk and tender coconut water to step up your hydration levels. These are widely available and keeps you refreshed during

the hot summers. A simple tip will be to carry a good steel water bottle with you and keep refilling water in the same bottle so that you are aware of the quantity of water you consume.

4. Management of stress levels – Stress is a major issue for most entrepreneurs especially if it is a start-up because they have to handle various aspects of a business single handedly. Proper planning and time management is an essential skill to tackle stress and getting enough sleep helps in reducing stress as it gives the mind and body time to recoup, recharge and prevent burn outs. Physical activity also reduces stress hormones and releases endorphins known as the happy hormones that boosts mood and makes you feel good.

5. Getting enough sunlight – Getting in at least 20 minutes of sunlight, either early morning before 10 am or later in the evening between 4.00-6.00 pm helps in boosting Vitamin D synthesis in the body. Vitamin D is useful in promoting better sleep, boosting immunity, helps flight inflammation and increases daily energy levels.

6. Regularizing sleep time – It is a challenge for many to sleep on time and to get a good 6-8 hours of sleep regularly but it is very important to regularize sleep times as it impacts various hormones that regulates hunger, growth, recovery and stress. Without proper sleep, an entrepreneur definitely can't perform at his optimum and in the long run, his health will decline that in turn will negatively impact his business. If you are struggling to fall asleep, a simple tip will be to try a cup of warm chamomile tea 30 – 45 minutes before bed time as it helps you relax and acts as a natural sedative.

It might seem overwhelming to make all these changes at once but try inculcating one habit at a time and continuously work on improving your lifestyle. As an entrepreneur, health is the greatest wealth and you will never regret investing in it!

LOOKING FORWARD MAY 2023



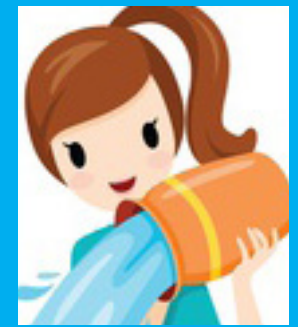
LIBRA

There may be some indecisiveness when it comes to your personal life. There is something good coming your way so be patient. This will be a busy month career wise, you will have to make some major decisions concerning your career this month. There will be an increase in business for entrepreneurs.



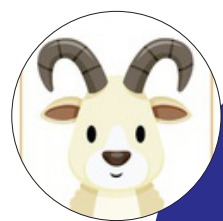
SCORPIO

There may be some unexpected delays this month. So be patient and don't get argumentative with your co-workers. This is a promising month for career advancement and promotions so keep vigilant for them. There may be a good chance to reconcile with your loved ones this month. This month will be smooth sailing relationship wise.



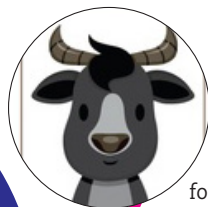
AQUARIUS

You may find a new relationship this month. This month will see you spending some quality time with your friends and family. Career wise, this may be the time to find your dream job. For those waiting for a promotion, this may be the time you get it.



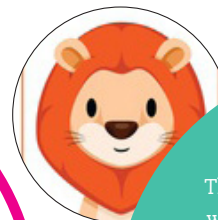
ARIES

This will be a good month for your financially. There will be some unexpected income this month, however invest safely. There may be some unexpected arguments with your co-workers so be patient. This month will see you putting in more effort work wise. This period, there may be a lull relationship wise.



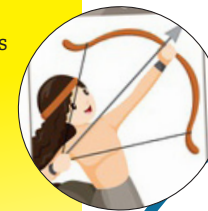
GEMINI

There may be some challenges for the entrepreneurs this month but it will be sorted by the beginning of the next month. Those who are working, this month may see you getting that long-awaited promotion. You will spend some quality time with your significant others and family members.



LEO

There may be a good relationship with your family and friends this month. Professionally, there may be times that you may feel like your work is not appreciated, stay positive, the fruits of your hard work will be recognized soon. There is a chance of foreign travel in your immediate future.



SAGITTARIUS

This month you might find your significant other, however those married may find some miscommunications. So be patient and seek the advice of the elders in the family. Career wise, this will be a good month. There is a chance for career advancement and you may get your dream job. There may be some added responsibilities in the workplace this month.



PISCES

Singles will meet their significant other this month. For those in a relationship, this will be the right time to propose to your significant other. There may be some ups and downs with your extended family. Career wise this will be a good month. You will see yourself working towards an ambitious goal. Don't lose heart, you will see the fruits of your labors soon.



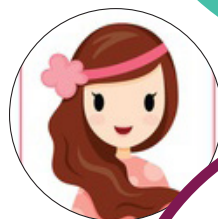
TAURUS

Some smart investment opportunities will bring in some added funds this month. You will see the fruits of your hard work this month. This is an ideal month for those looking for a new job. Relationship wise there may be some ups and downs. Things will get sorted by the end of the month.



CANCER

Be patient this month in your professional life. There may be some ups and downs. However you will see some unexpected clients this month, that will boost your business. You will see a sudden increase in workload this month. Relationship wise there may be some miscommunication with your significant other so be patient and avoid any arguments.



VIRGO

You will see yourself working very hard this month. However this will slow down. Entrepreneurs will see a surge in business and income this month. Take care while investing. There may be some unexpected expenses in the business as well. Relationship wise, you may see a lot of responsibilities towards your family. For single people, there may be a chance of a proposal.



CAPRICORN

You will see yourself working hard this month. There may be some added pressure and deadlines so take some time off to relax and wind down so you don't overwork. Indulge in your hobbies to relax. The stress may cause some unexpected health issues so take care. Relationship wise this will be a good month. You will spend some quality time with your family.