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EXCLUSIVE

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APRIL 2023

BI-LINGUAL

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TAMIL NEW YEAR IN THE GLOBAL ARENA

LIGHTS,
CAMERA,
ACTION

HOW TO
EAT RIGHT
AT NIGHT



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FRUIT OF MONTH

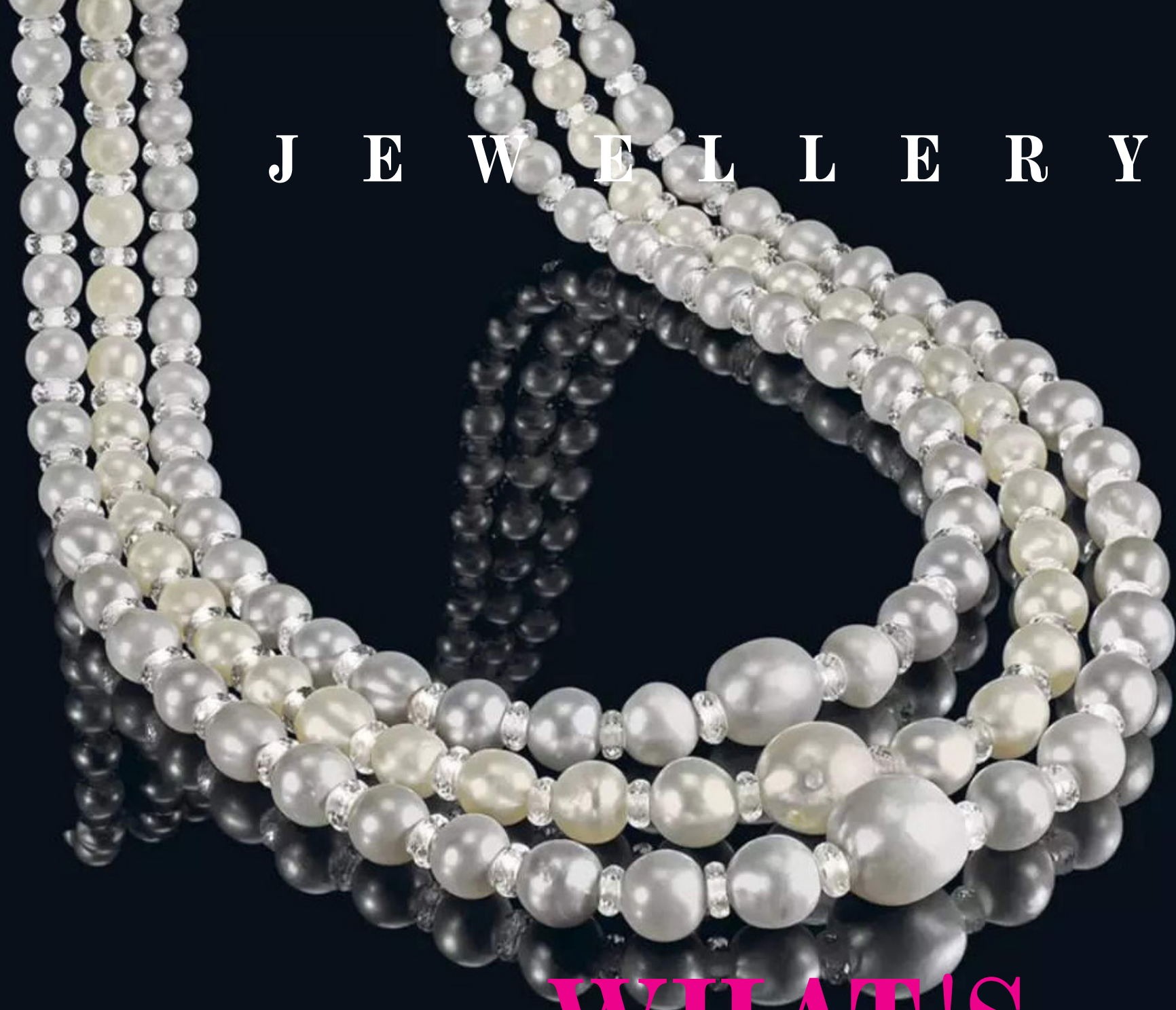
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J E W E L L E R Y



PEARL
This is always in trend. It can give that elegant look and can be paired with traditional or modern looks

WHAT'S TRENDING



TEAR DROP
This is a beautiful teardrop shape . Its simple accessory can be paired with professional or casual clothes.



THIN RINGS
This is a very thin and barely visible jewellery , giving it a elegant and sophisticated look to your outfit

CARGO PANTS

This being summer, cargo is back. Long pants and tops are coming back into trends. This is a summer must have.



FLARE

The 70s look of flare pants are coming back into fashion. One can find professional and jeans in this style. This can be paired with a solid coloured top for the best look.



FASHION TRENDS

BALLET SHOES

The flat shoes are not just comfortable, but it is very stylish when paired with professional and casual wear.



FLOWER

the first thing that comes to mind when we start summer is flower power. The flower crop tops or blouses can be used for professional look (paired with skirt or pants) or casually with jeans.





Before the advent of the internet, phone books were used to find the telephone numbers of people and businesses. The first phone book was published in 1878 by “The New Haven District Telephone Company in New Haven Connecticut. The phone book contained the names and address of its subscribers. It was a progenitor of search engines. Your sole guide to the virtual world of telephones.

On Feb 21, 1878 the New Haven District Telephone Company issued its first list of subscribers – a broad side listing about 50 subscribers with no telephone numbers included. The University of Connecticut Library has a copy, one of two surviving. In November 1878, the Connecticut telephone company of New Haven issued the world’s first telephone book. This telephone directory booklet or pamphlet contained names and addresses of 391 subscribers who paid \$22 per year for service.

There were no phone numbers, but there were advertisement and the listings of business in the back of the book- the first embryonic “yellow pages” customers were limited to three minutes’ per call, and no more than two calls an hour .without permission from the central office . Dr. Moses Greeley Parker suggested the format of the telephone directory be changed so that the subscriber appeared in alphabetical order and each telephone be identified with a number. Parker came up with this idea

THE TELEPHONE DIRECTORY



GEETHA GANGADARAN

out of fear that Lowell Massachusetts’s four operators would contract measles and be unable to connect telephone subscribers to one another. The first British telephone directory was published on Jan 15th 1880.

Telephone directory was published way back in 1933 during the British era in India. Since then directories were published annually and virtually without break till the last one in 1999.

With the expansion of communication through telephone ,the number of connections multiplied and so also subscribers. A telephone directory commonly known as a telephone book, telephone address book, phone book or the white and yellow pages became a necessity with a listing of subscribers . It was done by geographical division of subscribers to services provided by the organisation that publishes the directory. Its purpose is to allow the telephone number of a subscriber identified by name and address to be found easily. Subscriber names are generally listed in alphabetical order, together with their postal street address and telephone number. In principle every subscriber in the geographical coverage area is listed.

A telephone directory may also provide instructions on how to use the telephone service, how to dial a particular number, be it local or international, what numbers to access, important and emergency services, utilities, hospitals, doctors and organisations, who can give support in times of crisis. There may be transit maps, postal code, guide, international dialing code.

A telephone directory and its content may be known by the colour of the paper it is printed on.

White pages generally indicated

personal or alphabetical listings.

Yellow pages are usually a business directory where businesses is listed alphabetically ,within a specific classification (e.g. Lawyers) almost always with paid advertising.

Telephone directories are a type of city directory. Those fat books made people proclaim that they were the proud owners of the telephone. With most people turning to internet as their prime source of information, phone books are getting obsolete.

In the 21st century printed telephone directories are increasingly criticized as a waste. Manufacturers and distributors of telephone directories produce over several metric tons of greenhouse gases and consume over several tons of paper annually.

Every house before the arrival of mobile phones, used to have a mini diary called the “Telephone Index Book” where one could very religiously write down names of persons, business houses in their alphabetical order. These books ,both in the shorter version in households and fat books which used to be brought out in two or three volumes by BSNL ,have become obsolete and redundant.

As per TRAI (Telecom Regulatory Authority of India) Numbers starting with 0 is assigned for STD calls Numbers starting with 1 is for special numbers like Police, Fire.

Numbers starting from 2-6 is for Landlines so that left over 7-9 is for mobile numbers.

One more victim to the rising technology.



YELLOW PUMPKIN THOGAYAL

INGREDIENTS

Peeled pumpkins: 100 gms

Coriander leaves: 1/4 bunch

Jeer: 1/2 tsp

Urad dhal: 1 tsp

Red chilli: 5

GingerP: 1 inch

Coconut: 2 tbsp

Salt: to taste

Oil: 3 tsp

For tempering:

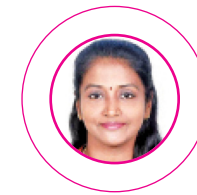
Mustard seeds: 1/2 tsp

Urad dhal: 1 tsp

Oil: 1 tsp

Red chill: 1 no

Curry leave: 5 (or) 6
leaves



V. GOMATHY
Dietitian

METHOD

- Keep a pan and pour oil.
- Fry all the dry ingredients, saute well and transfer to a plate.
- In same pan, add pumpkin and coriander leaves, and sauté well until it gets soft.
- Now add coconut and salt.
- Allow it to cool.
- Then grind it to a smooth paste and temper.

INGREDIENTS

Sundakkai: 100 gms

Grated coconut: 1/4 cup

Tamarind: size of 1 small lemon

Onion: 1 (chopped)

Dry red chilli: 5 to 6

Urad dhal: 1 tsp

Channa dhal: 1 tsp

Garlic: 3 flakes

Mustard seeds: 1/2 tsp

Salt: to taste

Curry leaves: 5 (or) 6 leaves

PACHAI SUNDAKKAI THUVAYAL / THOGAYAL

METHOD

- Wash the sundakkai and remove the stem.
- Crush it and keep aside (DO NOT USE MIXI)
- Keep a pan, pour oil and add mustard seeds. Once it pops, add urad dhal, channa dhal, curry leaves, garlic and dry chillies.
- Sauté well and add chopped onions and tamarind. Saute for 4 minutes.
- Shallow fry for 2-3 minutes and keep aside.
- Now add sundakkai and coconut.
- Shallow fry for 2-3 minutes and keep aside.
- Mix well and cook till raw smell goes. Add salt.
- Shallow fry for 2-3 minutes and keep aside.
- Remove from heat and allow it to cool.
- Shallow fry for 2-3 minutes and keep aside.
- Grind it to a coarse paste, without adding water.
- Shallow fry for 2-3 minutes and keep aside.
- Serve with idli, dosa or rice.



ORANGE PEEL THUVVAYAL

INGREDIENTS

Orange peel:
1 cup

Oil:
4 tsp

Urad dhal:
2 tsp

Mustard:
1 tsp

Red chillies:
2 tsp

Red chillies:
8 nos

Salt:
to taste

Tamarind:
size of 1 small lemon



METHOD

- In a pan add oil. Once it is heated, add chopped orange peel.
- Shallow fry for 2-3 minutes and keep aside.

- In the same pan, add oil. Once it gets heated, add mustard seeds, urad dhal, red chillies and saute all together.

- Once the ingredients are cooled, grind it to a coarse paste.
- Serve with hot rice. (It will be a bit bitter, but it's good for health)

தமிழ்

புக்தாண்டு நல்லாழ்த்துக்கள்





**MONISHA
RAVI**

April is a very important for the people of Tamil Nadu as we celebrate the Tamil New Years. The 14th of April marks the beginning of Chithirai month, the Puthandu as it is known.

With many people moving to different parts of the world, this celebration has taken on global significance. The Tamil people of Singapore, Malaysia and Canada, celebrate the bringing of the year with friends and family.

It is very interesting to note that other governments of these countries are also taking steps to celebrate this momentous occasion. The Indian Heritage Centre in Singapore held an open house, where people could gather and exchange sweets with each other on this joyous celebration.

TAMIL NEW YEAR IN THE GLOBAL ARENA





It was titled Mithai BB.

In Canada, that has a high Indian population, this day sees the Tamil people joining together for a day of fun. The people come together, worship the lord and make delicious food. The government too recognises the significance of the day. In a press release, Ahmed Hussen, the Minister of Housing and Diversity and Inclusion of Canada, detailed the importance of celebrating the festival and mentioned the contribution of the Canadians.



Indians to the cultural, economic and social fabric of the country.

In his press release he said “ Puthandu is a significant celebration for these communities, as it marks the beginning of a new year. It is an opportunity to reflect on the challenges and successes of the past year as well as look towards the future with hope and optimism.”

He also added that “ As Canadians of Tamil heritage celebrate the New Year, let’s recognize the important contributions they have made to the cultural, economic and social fabric of our country. Together, we



will continue to build a better, fairer and more inclusive future for everyone.”

With the advent of social media and globalisation the spread of culture and traditions have become very simple and easy.

The level of awareness and inclusiveness to celebrate different cultures and traditions is heartening.



THE WONDER FRUIT : MUSK MELON

You know its summer , when you start to see the rows of musk melon on the street. That little green fruit is a chock full of nutrients .

The fruit is loaded with Vitamin A , Vitamin C, dietary fibre, Electrolytes and minerals. The fruit has a high amount of water , that helps the toxins get flushed from the body. The fibre in the fruit helps in clearing out the waste from the gut.

Stress is a major component of everyday life. Research has found that Musk Melon is considered to be stress reliving. It helps keeping one relaxed . Further it has a low glycemic index, so this fruit can be enjoyed by those who suffer from diabetes as well.

It is said that Musk melon may help in keeping the blood pressure in check, as it is rich in potassium . It is also anti inflammatory , its rich Vitamin C content helps



release of antioxidants in the body. It also helps strengthen the immunity in the body.

Musk melon contains caffeic acid. This helps reduce any oxidative stress in the body. It also contains ellagic acid , which research has proved to prevent colon cancer.

The fruit also contains Carotenoids, which gives the orange and yellow pigments in fruits and vegetables . Carotenoids help avoid the early onset of macular degeneration in the eyes.

Musk melon helps increase the collagen levels in the skin. It keeps the skin soft and healthy.. Since it contains Vitamin A , the fruit can be used as an anti ageing ingredient. It also helps the production of sebum for those suffering with dry and damaged hair.





HOW TO EAT RIGHT AT NIGHT

Are you someone who works a night shift job and struggle to keep your weight in check due to the late night hunger pangs and snacking habits? I have many clients who work at night and they are mainly concerned about their weight gain due to improper dietary habits that make you stay awake through the night. Research has established that eating late at night contributes to increase in weight, puts you on higher risk of diabetes, cardiovascular diseases and also affects your mental health and work performance.

So, the most important thing that you have to do is to have a wholesome dinner before you start your night shift. Start by prioritizing portion control and consume a variety of meals from various food groups. Ensure that you are nourishing yourself with the appropriate amount of macronutrients (carbohydrate, protein and fats) and micronutrients (vitamins and minerals) so that it keeps your productivity levels high and waist size low. To keep your weight in check, step up your protein and fibre intake. This will help you feel fuller for longer through the night. Consuming at least 1 gram of protein per kg body weight is mandatory and including a bowl of salad, or vegetable soup, poriyal, raita or stir fry will increase the dinner meal's satiety levels. Consuming a good dinner will ensure that you do not overeat for the rest of the night and prevents junk food cravings too. It is not possible to completely avoid eating at wee hours as the brain needs its dose of energy to function. So, what can we eat at that odd time? Some good snack options include roasted makhana or bhel or homemade popcorn or even a couple of eggs. Good liquid options would include a serving of protein shake or some hot tea, cinnamon tea or green tea or black tea or black coffee. Avoid juices and smoothies as it can spike up blood sugar levels.

Keeping yourself well hydrated during your night routine is also important so that you don't get unnecessary hunger pangs that will ultimately lead to unnecessary calorie intake. Fresh fruits, energy bars, dry fruits and mixed nuts are also healthy snack options that can be included.





It will be best to avoid oily and heavy foods such as briyani, fried chicken, cheesy pasta, pizzas or parottas as these calories dense food also might trigger acidity issues when consumed at late hours.

At times, there could be some emergencies or very stressful periods at work that prevents you from nourishing your body well, as you will not be able to focus on what you eat. During such times, you will be left with no choice but to eat out and the stress that you go through might even push you to opt for junk foods outside the eating window period of the day. If you face this situation pretty often, my advice for you will be to start with meal prepping. Meal prepping is a concept where you prepare whole meals or snacks ahead of your schedule. It is followed widely in the western countries and it can save you a lot of time and effort on a daily basis. Planning your meals a few days ahead, chopping and storing the ingredients in air tight containers in the refrigerators. Portioning the snacks for the week in smaller boxes can help you stay very organized and help reach your nutrition goals much easier. Your portion sizes will remain the same and there won't be a need to deviate and order out regularly.

If you absolutely must order out, opt for healthier

options like a bowl of chicken salad. You can also go for grilled meat instead of the deep fried ones or less oily items like uthappam, idli, idiyappam and aapam. Sandwiches and wraps can be a healthy option provided there's a lot of vegetables in it and minimal sauces. If you love Chinese food, opt for steamed momos or dumplings, stir fried vegetables and clear soups.

After the night shift ends, it is advisable to go to bed as soon as possible because sleep also plays an important role in regulating hunger and appetite. Did you know that getting a good eight hours of sleep reduces the tendency of junk food cravings and promotes fat loss? Sleep is commonly overlooked by many but it is one of the important pillar of weight loss and overall health. Getting a proper rest ensures our digestive and metabolic systems are functioning optimally and reduces risk of long-term chronic diseases.

It might take a little trial and error for you to figure out a good and healthy eating pattern that works for you. Consult a qualified nutritionist if you need to alter your eating habits. Get educated on the proper portion sizes and specific nutrient requirements for your body. Remember, you don't have to eat less, you just have to eat right!

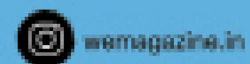


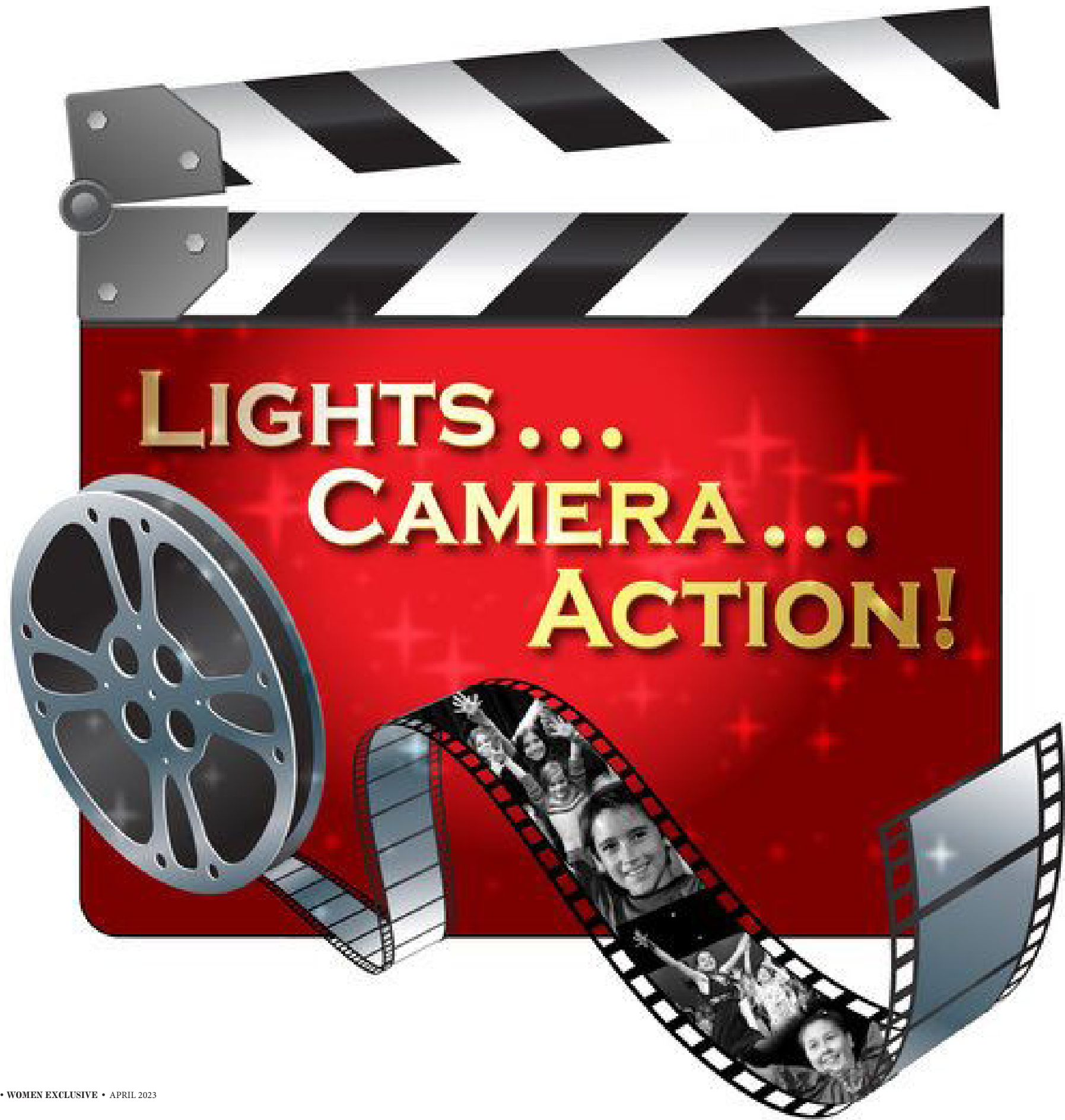
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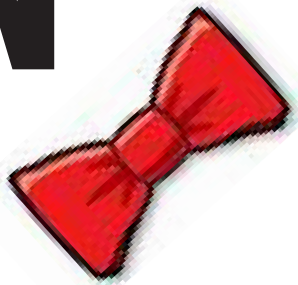
LIGHTS, CAMERA, ACTION

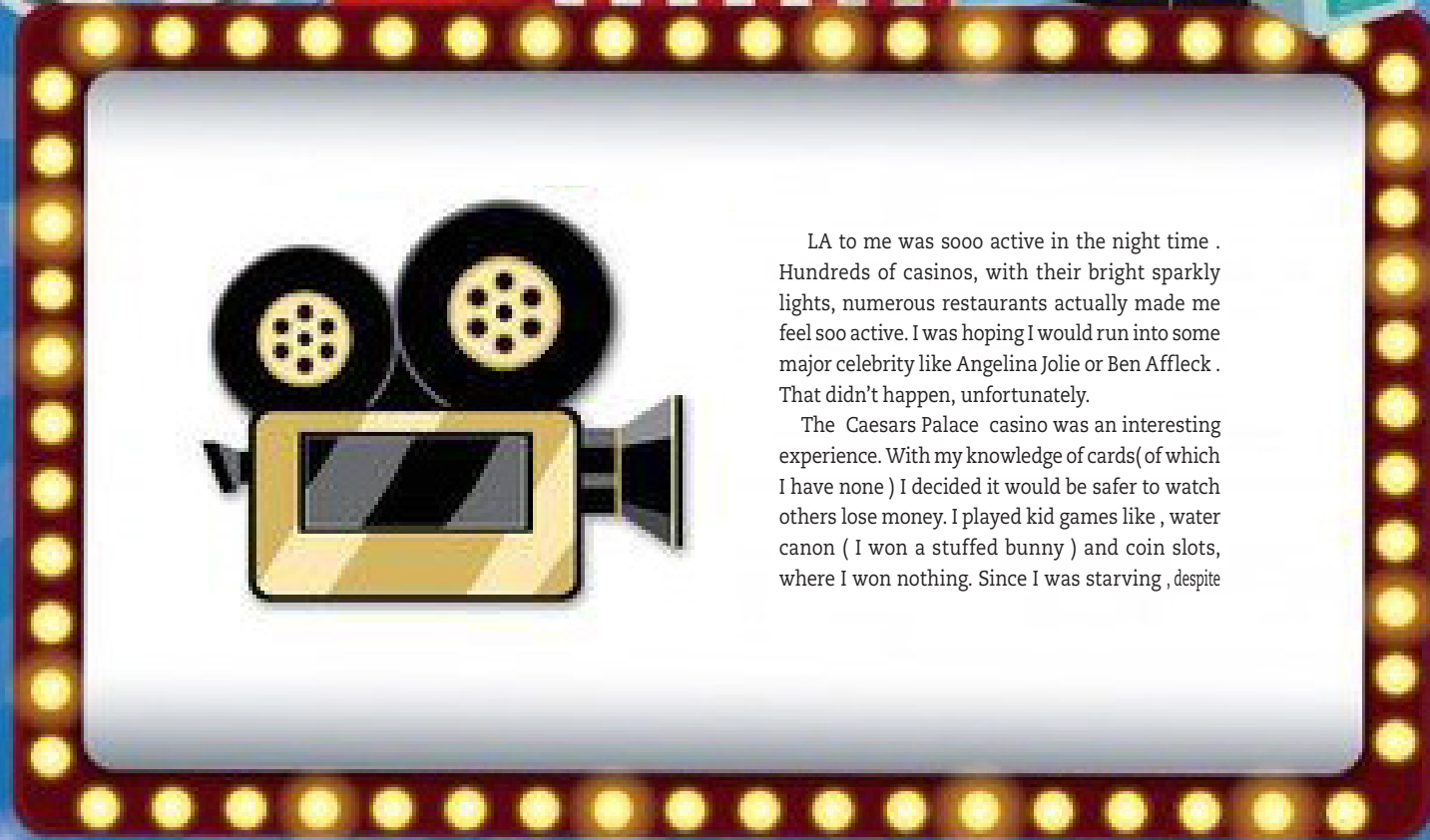
This was one trip I was really looking forward to, the trip of the lifetime, the home of the best movies Hollywood.

To be fair, I love movies and I was in Las Vegas California, the land of dreams, movies and not to mention casinos. It was literally a dream come true. My excitement increased tenfold when I saw the iconic Hollywood sign.

Our first stop was obviously Universal Studios. I didn't know where to start. My first ride was Jurassic World, my favourite movie franchise. The T Rex was definitely my favourite, with whom I took plenty of photos. I of-course had to take a picture in front of the iconic Universal Studios globe. Our next stop was a wild west show. It was fun seeing people dressed as if they were in Ol' West films.

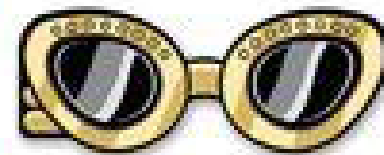
After many thematic movie rides and getting a sugar rush from the innumerable sweet things I ate, it was time to head back to the hotel.





LA to me was sooo active in the night time . Hundreds of casinos, with their bright sparkly lights, numerous restaurants actually made me feel soo active. I was hoping I would run into some major celebrity like Angelina Jolie or Ben Affleck . That didn't happen, unfortunately.

The Caesars Palace casino was an interesting experience. With my knowledge of cards(of which I have none) I decided it would be safer to watch others lose money. I played kid games like , water canon (I won a stuffed bunny) and coin slots, where I won nothing. Since I was starving , despite



all the candy I ate in the morning, we decided to try the deep dish pizza. It was just mouth watering, a thick piece of cheese pizza. After the requisite instagram pics , I was relatively silent as I savoured the pizza.

The next few days were really interesting as we got to see the making of film. Such a common place occurrence for the people there , for us though it was something that was very special. I was such a surreal experience to see an actual movie being shot .

Our trip to LA is still a cherished memory and I still have that stuffed bunny and a viking hat that I won at the casino. I would definitely love to go back and maybe try that card game



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

Replacing missing teeth helps to improve appearance, speech and mastication. Complete dentures are custom made replacement of missing teeth that can be taken out and put back into mouth by the patient. When dentures are worn, a biofilm develops on them which is very similar to dental plaque. The surface of denture has many microscopic pores that attract plaque, tartar, stains as well as bacterial and fungal organisms.

Like natural teeth, dentures must also be cleaned daily to remove food particle and bacteria. Earlier, dentures were cleaned using water, vinegar, lemon juice etc. It was in consistent, effective cleaning of dentures not only serves to enhance sense of cleanliness of mouth, but also prevents denture stomatitis and other tissue irritations.

A denture cleanser is used to clean dentures and remove stains due to tobacco use, tea, coffee etc. They are also used to control growth of microorganisms especially *Candida albicans*.

Main Ingredients of Denture Cleansers

- Dilute sodium hypochlorite(main constituent)
- Sodium bi carbonate
- Citric acid
- Sodium perborate
- EDTA (Ethylene diamine tetra acetic acid)

Mode of Supply

Denture Cleansers are available in the form of tablets, solutions, wipes, creams, powder, denture tooth brush, ultrasonic bath. Commonly practiced cleaning methods include immersion, brushing or a combination.

Denture Cleansing Tablet

Drop one tablet in warm water to cover the



KNOW YOUR DENTURE CLEANSERS

dentures

Soak overnight

Brush the denture with solution using soft brush

Rinse thoroughly

2. Solution

Simply dilute the solution in water

Soak the denture in the solution

Some are corrosive to metal, so do not use with metal incorporated denture.

Home-made solutions

They include hypochloride solution diluted 1:10 with tap water to act as antifungal and antibacterial agent. Acetic acid can also be used for immersion as it kills some organisms.

3. Wipes

Remove the wipes from package and wipe the denture

Wipes are an easy method to remove

denture adhesives.

They are fast cleansing, but cannot remove stains and tartar.

4. Denture bath

It is a box with strainer for denture soaking. Some of the denture baths have antimicrobial and uv light built-in for additional cleansing.

5. Denture tooth brush

These brushes have specially designed soft and round end bristles to reach small and narrow areas of denture. Soft bristles prevent scratching of denture.

Non abrasive agents such as soap or baking soda may be safely used with these brushes.

6. Ultrasonic denture cleanser

They are available for home denture cleansing.

They utilize cleaning solution in conjunction with agitation produced by ultrasonic or sonic waves to remove debris and stains.

Placing the denture in water or in denture cleanser solution when they are not being worn helps the denture retain its shape and keeps it from drying out.

The denture should be thoroughly rinsed under running water before inserting in the mouth, regardless of whichever method is used to clean the denture.

Cleaning and massaging of soft tissue can be performed simultaneously by a soft bristle brush or with a thumb or forefinger wrapped in clean cloth.

Dentures should never be placed in hot water, which could cause them to warp.

Neither use bleach nor household cleansers, which can be abrasive as they might damage the dentures.

Denture cleansers should not be used while the dentures are still in the mouth.

Optimum rest of 6-8 hours to the underlying tissues should be given by removing the dentures and keeping them soaked in water

Conclusion

Consistent, effective cleaning of dentures not only serves to enhance sense of cleanliness of mouth, but also prevents denture stomatitis and other tissue irritations



HOMAGE TO LATE SHRI GVS MANI, RETIRED DEVELOPMENT OFFICER, LIC AND PAST SECRETARY GENERAL NFIFWI (1931-2023)

Ganesan VenkataSubramani - alies GVS Mani. We lost an encyclopedia & legend of our great , mother organization : NFIFWI. Very very painful & unfortunat incidence in the life of every Com. Development Officer of LIC OF INDIA. Greatest & irreparable loss for NFIFWI ...

Shri GVS Mani Very very dynamic, dedicated , deserving , intellectual, studious, extraordinary hardworking, down to earth , very very simple living, great visionary, big hearted, eversmiling, extraordinary orator, great speaker, super faculty for trade union work- shop of our organization, loving friend of everybody , & towering personality of our Mother Organisation .

He was instrumental for many agreements & MOU between organisation & management. He was witness to many struggles , long drawn battles, up & down of our class .

He will be remembered forever in the minds of thousands & thousand comrades. GVS Mani ji Amar rahe. ...!!!

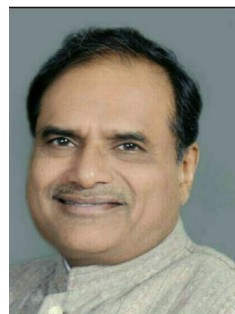
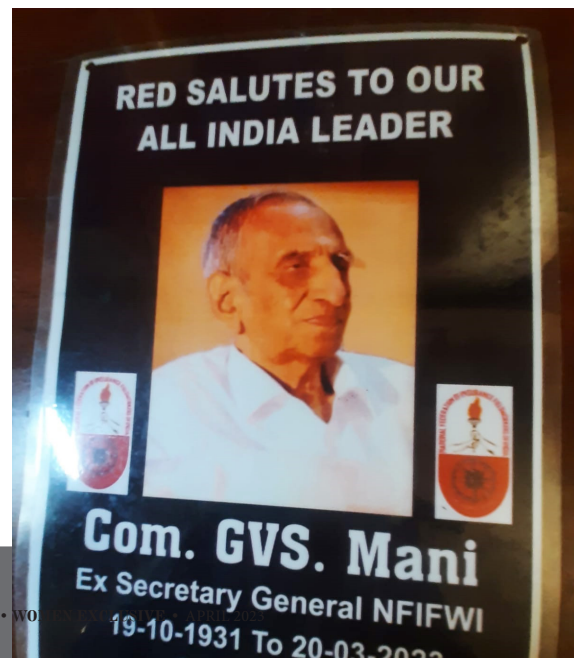
We also acknowledge Madam Mani & close family. They all stood like rock behind Mani Sir for his tireless life style & all up-downs, while leading this Mega- Organisation

We pray to God to give courage, strength and energy to his Family & organisation, to digest this shock & sorrow.

We pray our respectful homage to departed souls . We also pay almighty to Rest His Soul In Peace... Om Shanti, Shanti, Shanti ...

... In Deepest Grief ...

... Uttam Laxmanrao Jagdhane .
(Former All India President ..Pune.
NFIFWI) & Family



LOOKING FORWARD APRIL 2023



LIBRA

This month will see you get new responsibilities at work .You will be juggling various responsibilities . Take some time off to relax with your significant other .You will have a good relationship with your significant other, this month. You will also spend some time with your family and friends.



SCORPIO

There is a real possibility of career advancement this month. You will calmly handle any problems at work. You will see some very good returns from your investments. Stick to our budget as there may be some unexpected expenses.This may not be the best month for those who are single to find true love.



AQUARIUS

There may be some anxiety in your personal life , as there may be some misunderstandings. Calmly express your problems to your family. Professionally you will be at the park of your career. There may be some opportunities for advancement in the workspace.



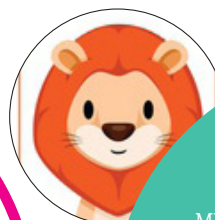
ARIES

Professionally this may be a good month , you may see yourself working hard to achieve all your goals. Don't look at any short cuts to your work. There will be some ups and downs in your personal life. There may be some misunderstandings with your family, keep calm during this period.



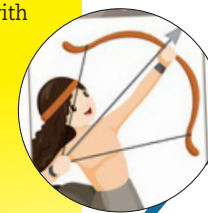
GEMINI

This is a good time for relationships. Those who are single, will find their significant other. You will see yourself working very hard this month. You may get stressed out , so relax and take some time off. Take extra care of your health this month. This is a good time for starting a partnership this month.



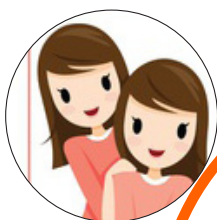
LEO

THERE MAY BE SOME MISCOMMUNICATION WITH YOUR FAMILY MEMBERS, HOWEVER FOR THOSE WHO ARE SINGLE , YOU MAY MEET YOUR SIGNIFICANT OTHER. PROFESSIONALLY , THERE WILL BE SOME UPS AND DOWNS. ALL YOUR HARD WORK WILL PAY OFF THIS MONTH , THERE MAY BE SOME CHANCES OF A LONG AWAITED PROMOTIONS.



SAGITTARIUS

You will be a social butterfly , there will be many social events where you will be required to make a lot of decisions. You will get a lot of new deals , so look at the pros and cons of each before making a decision. This will be a good month to spend some quality time with your significant other. There may be some disagreements however things will be sorted by the end of the month.



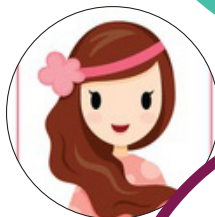
TAURUS

This month will be good in terms of career . There is a possibility of change , so don't worry about the changes and make sure you don't miss a great opportunity. There is a possibility of foreign travel. Relationship wise , this may not be the best time for new relationships.



CANCER

PROFESSIONALLY, THIS MONTH WILL SEE YOU TAKING SOME EMOTIONAL DECISIONS, SO TAKE THE TIME TO ASSESS THE PROS AND CONS. THERE IS A POSSIBILITY OF NEW CLIENTS AND NEW BUSINESS. RELATIONSHIP WISE, THERE MAY BE SOME STRESS WITH YOUR SIGNIFICANT OTHER. THIS WILL BE SORTED OUT BY THE END OF THE MONTH.



VIRGO

You will see yourself working hard this month, all the hard work will payoff soon. There is a possibility of a last minute trip overseas. This will be a good opportunity professionally. Take help from your colleagues. This will b a good month to take some time off to travel with your significant other.



CAPRICORN:

You will receive some unexpected finances this month. Take the time to research any investment options before choosing to invest. Professionally , this will be a good month for entrepreneurs. You will see growth in your business. Seize any chance for business that comes your way.This is not an ideal month for finding new love. . However , those who are married this will be a good month, as you will spend time with your significant other.



PISCES

You will be at the peak of your creativity this month. There may be some opportunities to get your dream job. Maintain your hard work and there will be a possibility of career advancement. Take some time off to spend some time with your significant other. There may be opportunity for singles to start new relationships.