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SIMPLE & SENSIBLE

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JANUARY 2023
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**MILLETS
SPECIAL**

**SPORTS
NUTRITION FOR
RECREATIONAL
ATHLETES**

**CLEAR
ALIGNER
THERAPY**

**AVATAR ALL
OF US ARE FACING
A NEW AVATAR**

HAPPY NEW YEAR



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JANUARY 2023

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HAPPY NEW YEAR



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J E W E L L E R Y

LEAF

Leaves, vines are becoming popular for chains and earrings . It can be paired with both a professional and casual look.



HOOPS

The hoops are popular always and this month they are getting bigger. They are worn to make a statement. Paired with casual clothes .

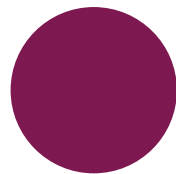


HEART

It doesn't have to be valentines day to wear heart pendants . From chains to bracelets, this trend is making a comeback in January.



WHAT'S TRENDING



TIE TOPS

For that professional look, the tie tops can be paired with skirts or pants. It can be used for a casual look too.



JEANS

This is the best casual look for the weekend. Pair it with a casual top or a tee



SEQUIN

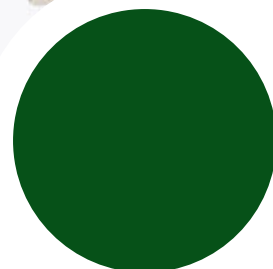
The sequin is a fun look for the various parties this festive season. This is the best look for a casual or office party at the office.

COMFORTABLE TOPS

This is a casual look that can be paired with jeans. This is comfortable and fun to wear at the same time.



FASHION TRENDS



M I L L E T S S P E C I A L

BARNYARD SWEET PONGAL (KUTHIRAIVALI)

INGREDIENTS**Barnyard:** 1/2 cup**Moong dal:** 2 tbsp.**Jaggery:** 3/4 cup**Ghee:** as required**Cardamom powder:** 1/2 tsp**Cashew nuts:** 25 gms**METHOD**

Wash and soak the millet for 1/2 hour

Roast the moong dal in a teaspoon of ghee.

Keep a pressure Cooker, add the millet and moong dal. Add 2 cups of water.

Wait for 3 to 4 whistles and switch off.

In a deep bottom pan add jaggery and a cup of water and allow it to dissolve completely and filter it.

Now add the jaggery syrup to the cooked millet and mix well.

Fry the Cashew nut in ghee and add to it.

Add Cardamom powder and mix well.

Add required ghee and serve hot.



V. GOMATHY
Dietitian

KODO MILLET SWEET PANIYARAM (VARAGU)

INGREDIENTS

Kodo millet : 1 CUP

Banana : 1

Urad dal : 2 tbsp

Toor dal : 1 tsp

Palm Sugar : 1 cup

Cooking soda : 1 pinch

Cardamom powder : 1/2 tsp

Salt : ¼ tsp

Ghee : as required

METHOD

Wash and soak kodo millet, urad dal and toor dal for 4 hours.

Filter the water and grind without much water, to a smooth paste.

Mash the banana.

Add the mashed banana, palm sugar, and cardamom, and mix well.

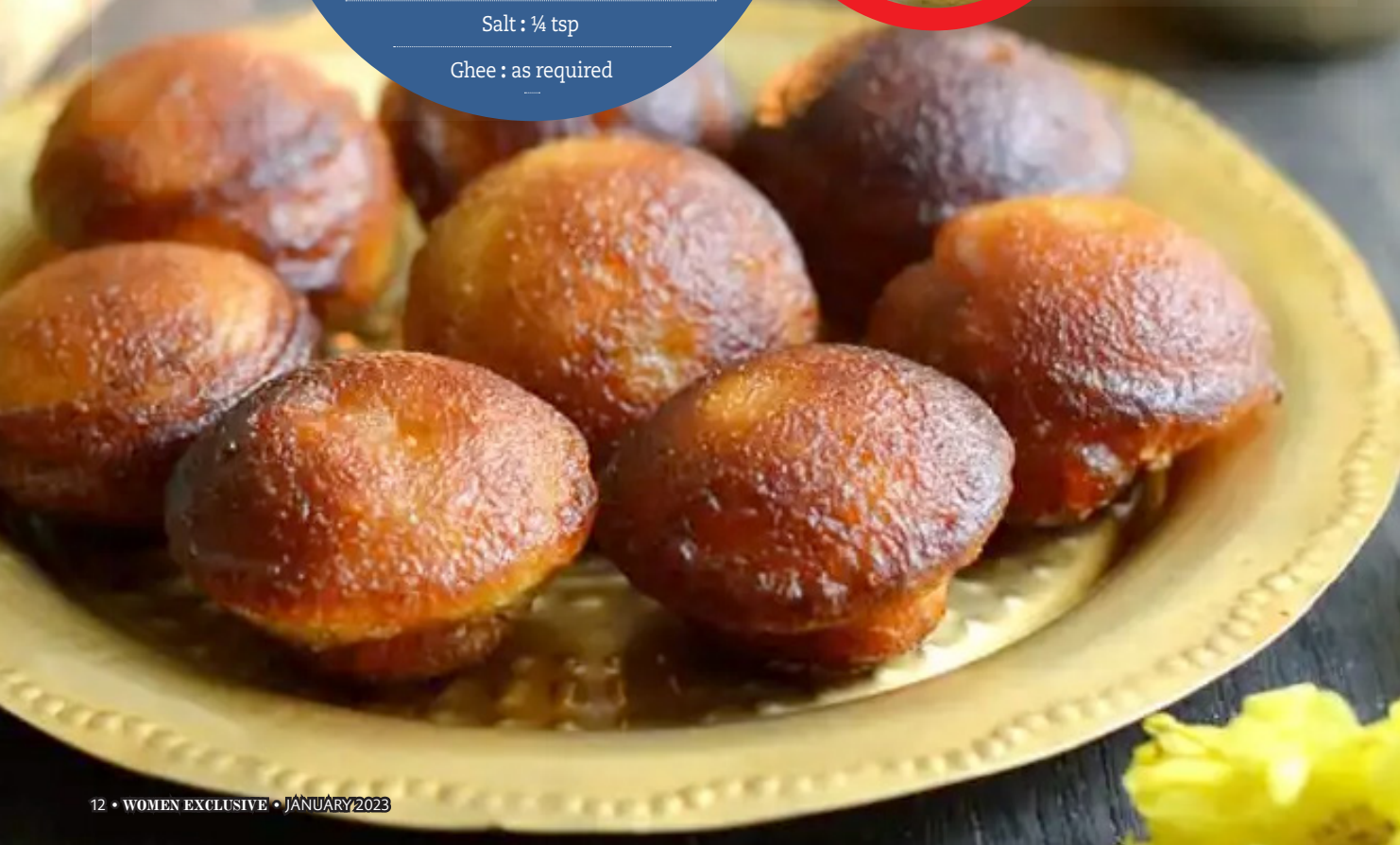
Keep aside for 10 minutes.

Add salt and cooking soda and mix well.

Heat the paniyaram pan, add ghee, and fill it with batter. Cover and cook.

Flip and cook for 2 more minutes.

Add ghee if required. Serve hot.



METHOD

Wash and soak Foxtail for 5 minutes.

Heat a deep pan, add oil, and temper with mustard, urad dal, curry leaves and asafoetida.

Add 1 cup water, coconut milk and salt.

Once it boils slightly add the foxtail, mix well, close it and allow it to cook.

Once it is cooked, switch it off and allow it to cool.

Make small dumplings out of it (your own desired shape).

7. Boil water in a steamer and place all the dumplings on the steamer stand, and cook until it is done.

Serve hot with tomato chutney.

FOXTAIL THENGAI PAAL KOZHUKATTAI (TINAI)

INGREDIENTS

Foxtail : 1/2 cup | Coconut milk : 1/2 cup

Salt : as required | To temper

Oil : 1 tsp | Mustard : 1/2 tsp

Urad dal : 1 tsp | Curry leaves : as required

Asafoetida : 1 pinch

THE ALARM CLOCK



GEETHA
GANGADARAN

When demand for alarm clocks began to increase, the War Production Board, permitted certain factories to return to their original business as early as 1944. One such clock that came about at this time was the Westclox War alarm.



One of the earliest known alarm clocks was invented by a great philosopher Plato during the 4th century B.C.

Plato added an alarm to a water clock which had been around since the 16th century B.C. to ensure that he and his students got up in time for lessons. The device consisted of a tube filled with water that siphoned into a lower receptacle. The latter featured small holes that whistled, acting as an alarm when the water pushed air through them. In 250 B.C. the Greeks used a water alarm clock that utilized a gear system and a bell. The Greeks were also using a "Clepsydra" which is a water clock that used rising waters to keep time and eventually hit a mechanical bird that would trigger an alarm.

A thousand years ago Yi Xing a Chinese engineer created an astronomical clock with a water wheel. It turned gears in the clock allowing puppet shows and gongs to play at a certain time. This was in the year 725.

For a society that was overwhelmingly agricultural before the Industrial revolution, noises of nature like roosters crowing, cows mooing, temple and Church bells

were a type a public alarm clock.

The first known mechanical alarm clock was designed by New Hampshire clock maker Levi Hutchins. In 1787, he built an alarm clock that rang only at 4 am. This was because Hutchins had a firm rule to never awaken past that time.

The first adjustable alarm clock was developed by the French man ,Antoine Redier in 1847. This was never patented. The American Seth E Thomas's patented a version of this in 1876. It was a wind up mechanical alarm clock that would later be mass produced by Thomas own company, Seth Thomas clock company.

Though alarm clocks did exist during Industrial Revolution, however not everyone was keen to use it or were able to afford them.

Many British and Irish workers were woken up by a knocker – uppe. This was a person who would tap customer's windows with a long pole to wake them. The readjustable Alarm clock in 1876 was a mechanical windup alarm clock that could be setup for any time and was patented by Seth E Thomas.

The double bell alarm clock was invented in the 1880's and 1890's. It was manufactured by the Westclox clock and alarm company. They produced the 'Big Ben' in 1900's. The Big Ben is famous for its clean appearance and the bell back design featuring a bell that was built at the back of the clock.

The alarm clock trend was short lived however because of the World War II. All factories focused on war time productions. Some alarm clocks were permitted to be manufactured so that workers woke up on time. But since metal was so scarce, the clocks were made of an egg carton like material.

When demand for alarm clocks began to increase, the War Production Board, permitted certain factories to return to their original business as early as 1944. One such clock that came about at this time was the Westclox War alarm.

The first clock, radio was invented by James F Reynolds and Paul L. Schroth. People would wake up to the local tunes and news instead of the bell. The first alarm clock with the snooze function was made in 1956. The iconic alarm clocks are the cat clocks and cuckoo clocks.

With the online alarm clock invented in 2006, its original form is slowly going out of style. Since alarm apps are now ubiquitous, 54 % of smartphone customers have relegated their alarm clocks to the dustbin of history.

**Avatar All
of us are
facing a
new avatar**

HAPPY NEW YEAR



Blue men and women flying on strange creatures is all the rage now with the new Avatar movie. With Avatar 1 being a grand success, the second movie has gained a lot of attention. This being the case, dressing up as the characters from the movie franchise , have also garnered attention all over social media. Ms Sridevi Ramesh , took this film as an inspiration to create a unique look for her model Suja Suriya Nila. Pulling off the Avatar look in three days is no mean feat, but the team was able to bring everything together for this event. After an arduous process, this artist has created an Avatar look for her model.



SREDEVI RAMESH

The main aim of the artist Ms Sridevi Ramesh, is to bring out the importance of body art in the beauty industry. Ms Ramesh feels that body art is not as prominent in the make up industry as bridal , and focus must be directed towards it.

The beautiful look would not have been possible without the right accessories provided by Jalak Sk. The look was further enhanced by Dinesh BabuRaj, a celebrated photographer. His photographs have immortalized the Avatar look for all to enjoy.

Concept & makeover by
Sridevi Ramesh
Model Suja Suriya Nila
Photography Dinesh Baburaj
Wardrobe & accessories
Jalak Sk

CLEAR ALIGNER THERAPY



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

With the recent rise in the number of people seeking orthodontic treatment, there has been a proportional rise in demand for appliances that are both more aesthetic and more comfortable than traditional fixed equipment. Clear aligners are orthodontic devices that are a clear, plastic version of dental braces used to correct teeth.

How does aligners work ?

Aligners are designed to apply desired forces on the tooth. The shape of aligners to produce such forces is not necessarily the same as the shape of the tooth. The movement required for each individual tooth, mechanical principles to accomplish this movement and the aligner shape are determined cad software. The aligner shape is altered via pressure points or power ridges in order to apply the desired forces. Pressure points lead to more difficult up righting and intrusion movements, whereas power ridges control axial root movements and torque

Great cosmetics

The aligners are totally transparent, making them considerably more difficult to detect than traditional wire and bracket orthodontics. As a result, the procedure is especially popular among adults wish to straighten their teeth without the appearance of traditional metal braces, which are widely used by children and teenagers.

Facilitate excellent dental hygiene

The benefits of aligner treatment have been highlighted as periodontal health benefits and better dental cleanliness. To back up such assertions, case



reports of effective therapy in periodontally impaired individuals have been reported in the literature. These studies have concluded unlike fixed appliance therapy, treatment using clear aligners appears to have no negative impact on gingival health throughout treatment.

Easy for patients to use

More convenient than fixed appliances- In terms of function, emotional impact, and pain-related factors, the Invisalign group had less negative effects on patients day

to routine life. Aligners need to be removed which helps with patient compliance. Less chairside time.

Indications

Problems with mildly crowded and misaligned

areas (1–5 mm). Treatment that can be accomplished with lateral and/or antero-posterior expansion, minor interproximal tooth reduction, or removal of a lower incisor.

Problems with spacing (1–5 mm).

Class II division 2 type malocclusions associated with

Deep bite where the overbite can be addressed by incisor

Intrusion and advancement.

Narrow arches that may be extended without tipping the teeth.

Cases of relapse after fixed orthodontic treatment.

Minor rotations.

Limitations of Treatment with Clear Aligners

Although the number and complexity of cases treated with clear aligners continue to increase, it is impossible to treat all kinds of malocclusions with this system. Clear aligners are convenient in mild to moderate crowding or diastema, posterior expansion, intrusion of one or two teeth, lower incisor extraction cases, and distal tipping of molars. Movements like extrusion, correction of severe rotations, molar up righting, and closure of extraction spaces are known to be more challenging to accomplish with aligners. Even so, incisor extrusion, molar transition, and closure of extraction spaces are possible with the use of attachments it is preferable to choose conventional fixed appliance.

Conclusion

Clear aligners provide an esthetic and comfortable option to conventional fixed mechanics. Obtaining periodontal health is easier in patients treated with clear aligners and less white spot lesions develop during the treatment. Clear aligners can be used in mild to moderate crowding cases but caution must be exercised in complex cases.

A RELAXING SUMMMER





It was summer vacation I was on my way to Kanpur.

I was excited , simply because this was my first trip up North.

It was a three day journey , and I must admit I grew quite sick of the train by the end of it . We spent the entire three days, with my father trying to teach me Hindi. We also played card games , which I am unhappy to report I was bad at. Still it was fun, simply because the entire family was travelling with us. We had packed lunches for the three days and kept looking at the scenery as we ate packed puliyogare rice.





Once we reached the Kanpur , the entire train journey was forgotten. The place was fascinating. This industrial city was humming with activity. The first thing that caught my eye was the beautiful Ganges that was running alongside. The people could be seen rushing to and fro from one place to another.

It is the industrial capital of Uttar Pradesh and houses many industries from shoes to leather ,Kanpur produces them all. The commodities produced here are exported and is very affordable. I in fact went on a shopping spree over the next couple of days.

The next few days , though hot were filled with fun. We played shuttle daily, lounged by the pool in my aunt's house and I also raided her bookshelf . I was a blissful few days.

Few days into the vacation , we decided to visit Lucknow and Agra. After a car ride filled with games and music, we first decide to see the Bada Imambara. This was a fascinating building. It was built in 1784. It is said that this fort had tunnels that lead to major forts in Delhi , Allahabad, and Farizabad. These tunnels have been closed due to the fact many who wandered off, got lost in the tunnels. It has been recorded that this fort was built by 20000 workers. An amazing architectural structure of its time.

After the fort our next stop was the shops, where we bought the beautiful Chikankari dresses , that are said to be unique in Lucknow.

We decided to move on the main place after we exhausted ourselves with shopping, Agra and the Taj Mahal. Considered to be the biggest symbol of love , this was constructed by Shah Jahan for his beloved dead wife Mumtaz . This structure actually made me speechless. It is beautifully constructed in white marble , that is glistening in the midday sun. After a short trip inside , we just sat there looking at the beautiful architecture. This I would say was the highlight of our trip.

After the requisite selfies, we packed up to return to Kanpur and our daily shuttle game for the rest of the week. Soon it was time to go back to the train station to begin our trip back home to Chennai.

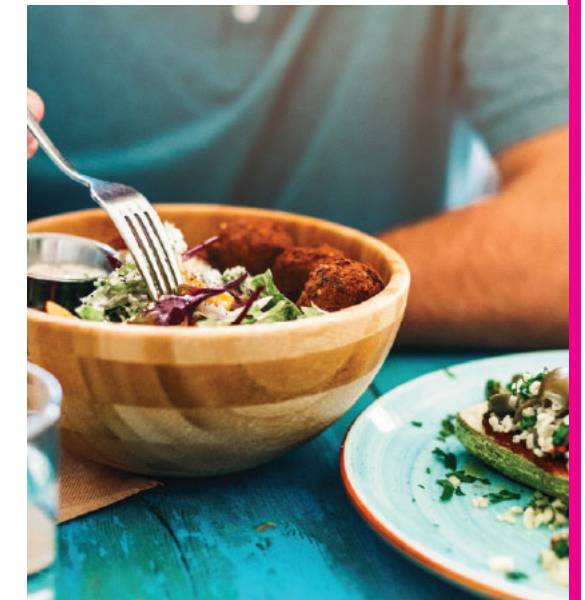
SPORTS NUTRITION FOR RECREATIONAL ATHLETES



Recreational athletes are those involved in physical activities or sports played for fun, participation or aiming at social engagement. Recreational sports are believed to be less psychologically and physically demanding as performance and commitment expectations to the sport are lower when compared with elite athletes competing at higher levels. Due to the rise in chronic diseases all over the world in the past decade, general population are urged to take up a sport and be physically active to combat the unfavourable health consequences. Apart from recreational sports helping us keep fit, prevent diseases and aiding weight loss, it also boosts mental health and combat depression. However, despite the positive effect of recreational sports to physical and mental health, recreational athletes tend to get injured frequently. The major causes for the injuries might be due to improper diet, lack of training knowledge and poor recovery. These are a few challenges faced by many especially beginners who are just getting started. Below are a few pointers to help these recreational athletes feel and perform at their best.

1. Athletes should consume a balanced meal comprising of the various macro and micronutrients that includes carbohydrate, protein, fats, vitamins, minerals adequately depending on the intensity of their training routine. Nutrient dense foods should be included on a daily basis. For example, whole grains, cereals and starchy vegetables are good sources of complex carbohydrates. Protein sources include dairy, eggs and meats and good sources of fats include oils, nuts and seeds. Consuming fruits and vegetables of various colours (a rainbow) ensures adequate vitamins, minerals and anti-oxidants in the diet that helps with prompt recovery and immunity. Understanding the concept of a balanced meal plate and having adequate portion sized of various macronutrients is important to sustain enough muscle mass and promote adequate weight loss according to an individual's goals.

2. Athletes should consume adequate fluids to replace bodily water loss and to prevent dehydration, fatigue, heat stress and muscle cramping. Each person's fluid requirement varies based on factors such as sweat rate, workout intensity, duration, environmental temperature and even altitude. Rehydration drinks with carbohydrates and electrolytes such as sodium and potassium are preferred for those involved in prolonged activities. Factors such as fluid availability, temperature of fluid and taste of fluid should be taken into consideration as it impacts the amount of fluids consumed



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

by athletes. Water or sports drink containing carbohydrate and sufficient electrolytes allows for better absorption and retention of fluids thus enhancing rapid rehydration post activity.

3. Attention should be given to pre and post workout foods. Many of us fail to realize the importance of pre and post workout fuelling but it plays a major role in terms of providing sufficient energy to fuel your activity and helps in muscle repair post activity. Pre-workout meal are to enhance muscle and liver glycogen stores, ensure adequate hydration, avoid hunger and also any gastrointestinal discomfort during workouts. If you only have an hour before a workout, you can have a protein shake or a fruit like banana with some nuts like almonds or walnuts. After finishing your activity, try to eat a proper meal within 45 minutes to 1 hour of completion to restore glycogen stores and maximize recovery. Consume a meal or snack rich in carbohydrates, 20-25 gm of high quality protein which aids muscle repair, adequate amount of fats to reduce inflammation and rehydrate as quickly as possible to prevent dehydration. Nutrient dense whole foods and fluids like water, fruit juices or even tender coconut water (has natural electrolytes) should be prioritized. Examples of good recovery snacks or meals include grilled salmon with roasted sweet potato and grilled vegetables, flax seed rotis with chicken gravy and a vegetable subzi together with a glass of lassi or a paneer and mixed vegetable wrap with a bowl of soup.

4. Supplements are widely used by recreational athletes today but keep in mind that it is not absolutely necessary to consume one to perform well. If you are eating a balanced diet and consuming enough macro and micronutrients, a supplement may not be needed unless if you are having any deficiencies. Popular supplements include Omega 3, magnesium, creatine, protein powders and BCAA. Consult a qualified nutritionists before starting on any supplements as there are pros and cons of consuming it. Educate yourself well before making a decision.

SRI RAMASWAMY TEMPLE AT KUMBAKONAM



RAJEE MANI
Journalist and
Columnist in
Tamil and English

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

can also be taken from Chennai or at Kumbakonam for local tours.

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 hand shake distance,which again is a rarity.. As we reach the garbhagriha we almost freeze as we sight the majestic life size black granite Moola Moorthis 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 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

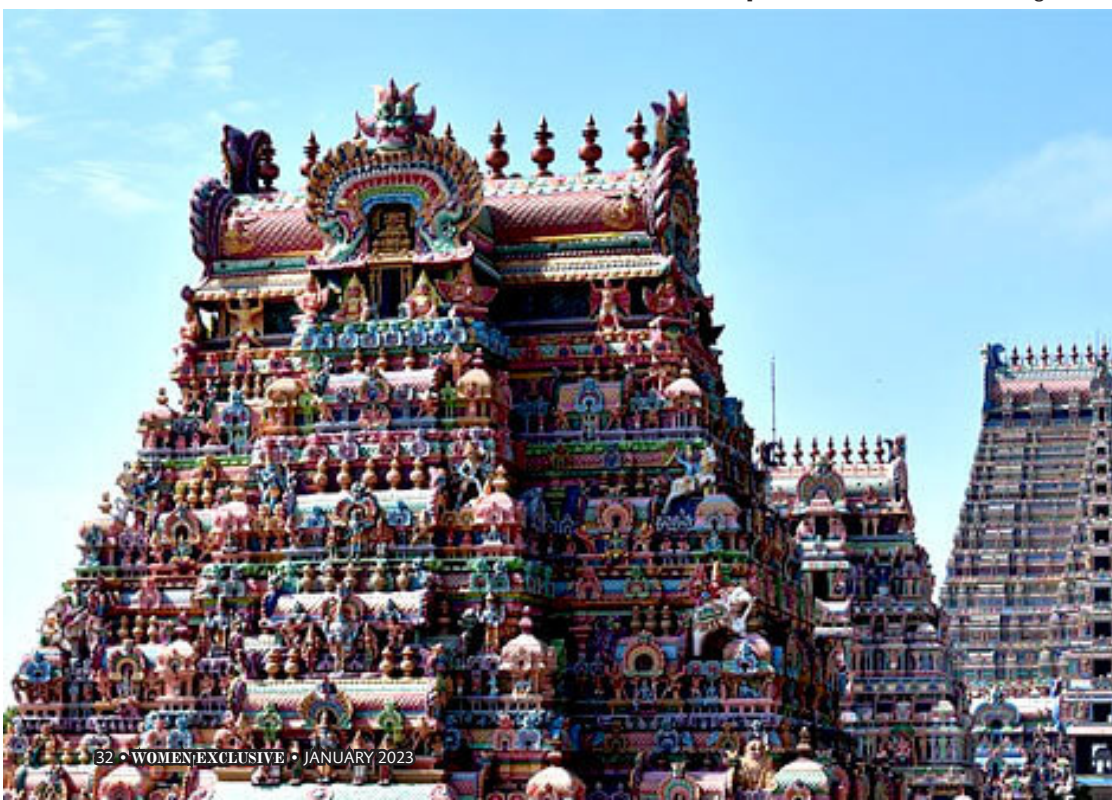
Other than the temples artistic splendour ,Sri Ramaswamy temple is visited by devotees for the spiritual intensity with which the poojas & festivals are performed by the experienced hereditary Vaishnavite priests . The daily poojas are performed 6 times a day

. 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 & 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 "





MONISHA
RAVI

HAPPY Pongal



PONGAL

A look of happiness and contentment can be seen on the faces of people, as they celebrate the harvest festival. Mother Nature and the Sun are worshipped and thanked by the people for the beautiful harvest. The Pongal day marks the beginning of the Tamil month Tai, in the calendar

Usually falling on the second week of January, this festival celebrated for 4 days. It is four days of celebration with friends and family. The first day or Bhogi is a day of cleansing. The main aim is to burn away the old and bring in the new. The houses are cleaned and old belongings are heaped on and a huge pyre is lit. The fire is considered to be cleansing. Houses, especially in villages will be decorated to welcome the start of the festivities.

The main Pongal celebrations, especially in villages are a sight to behold. The pongal pot (An earthen pot where the pongal is made) is richly decorated. This is a day of celebrations with family and friends. The beautifully adorned pot is kept over a fire, with milk. When it begins to boil over, the rice and cane sugar are added. This is left over the fire to overflow. At this juncture, a call of Pongalo Pongal can be heard over and over. This overflowing of pongal represents



the overflowing of happiness and good fortune in the upcoming year. In villages, women singing with heartfelt joy can also be heard throughout the day.

For the Indian people, the cow is a sacred animal. It provides and dairy products and fertiliser as well. On the third day of Pongal, the cow and other cattle are revered. This day will see beautiful and colourful decorations on the cattle. It is also customary in certain parts of Tamil Nadu, to see the famous Jallikattu competitions. Jallikattu is a traditional competition where young men ride on the humps of the bulls. Those who hang on the longest or retrieve the flag from the bull's horns are considered to be victorious. It has been found that this competition has been popular since the Sangam Times.

The final day of the pongal festival is Kanum Pongal. Doves of families can be seen on the beach relaxing. This is the



day when families come together and spend some quality time. At this day and age, where phones have replaced face to face meetings, this tradition is something people look forward to.

While talking about Pongal one must talk about the food. Juicy sugar canes and the various types of pongal like Ven Pongal, Payasam and sakkurai Pongal are must haves. With a parting Pongalo Pongal, I would like to wish all our readers a Happy and Prosperous Pongal.

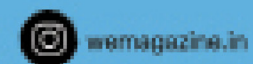


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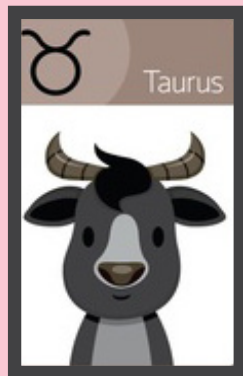


LOOKING FORWARD - JANUARY 2023



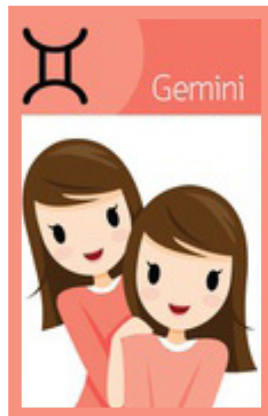
ARIES

Professionally, this will be a good month. Stressful situations will calm down and you will find a lot of joy in your work again. This may be a good time to find your ideal job. Relationship wise, there may be some ups and downs but by the middle of the month things will be sorted with your significant other.



TAURUS

You will be going on a trip with family this month. You will also be spending a significant amount of time with your loved ones. Professionally, there may be some stresses, however take the council of your superior or colleagues and you will see some reduction in stress. For some this month may have some exciting events.



GEMINI

This month will see you getting angry with colleagues, so take care to calm down. There may be some instances of miscommunication in the professional front. However 2023 is an amazing year for you career and relationship wise. You will be spending some time with family in the beginning of the month



VIRGO

Beginning of the month may be a bit slow financially, this will pick up on the second half of the month. There are good chances for the development of the business for the entrepreneurs. Make sure you stick to the budget as there may be some unexpected expenses. Second half of the month will be very good relationship wise.



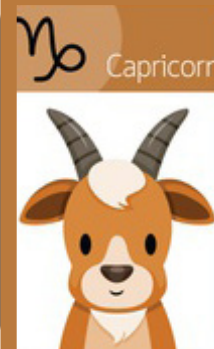
LIBRA

This month will see you settled in your dream job. Your career will be at all time high, with chances of promotions. Don't take unnecessary risks as these may be detrimental to your success. Take care to research any investments and don't take out loans. Relationship wise, this may not be so favourable as financial arguments may dominate.



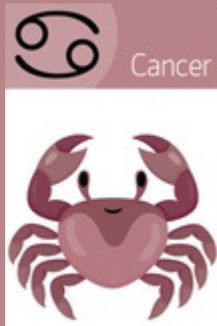
SAGITTARIUS

This month will be all about self love. You will spend some quality time relaxing. At the second half of the month, you will meet your relatives and friends for a good time. Professionally you will radiate confidence and your colleagues will look up to you for advice.



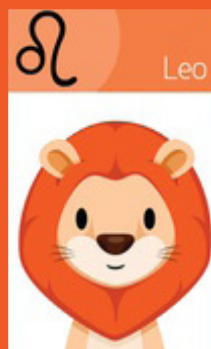
CAPRICORN

This month will be all about self love. You will spend some quality time relaxing. At the second half of the month, you will meet your relatives and friends for a good time. Professionally you will radiate confidence and your colleagues will look up to you for advice.



CANCER

Don't be afraid to ask for help. This month will see you working extra hard and you will see the benefits in the upcoming months. Try to keep calm at home this month as there may be some issues with family in the beginning of the month.



LEO

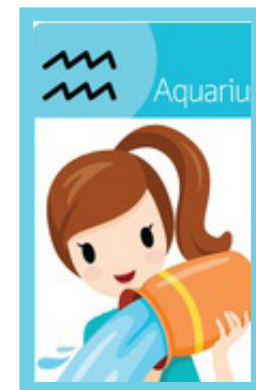
Financially this will be a very profitable month, however while investing make sure you weigh the pros and cons before deciding. There may some ups and downs in the professional front, but things should clear up by the end of the month. Relationship wise this will be a very good month. Singles may find their significant other.

SCORPIO

This will be the best month to get into partnerships. There will be a lot of understanding and consensus on decisions. Business wise, after the 15th will be very favourable. This month will see you doing charity as well. At home, this month will have you playing host to many relatives and friends.



AQUARIUS



You will doubt yourself more than usual this month. You will also be anxious, so do some yoga or relaxing exercises to keep yourself calm. Indecisiveness will be present in the work place, however things will get sorted out by the end of the month. Motivate yourself both at work and at home as you may grow a bit bored.

PISCES

Financial instability will be your biggest concern, however it will become stable by the end of the month. You have an opportunity to travel and see new countries this month. Relationship wise, you will feel rejuvenated as you will spend a lot of time with children and your significant other.

