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**WOMEN'S DAY**



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MARCH 23



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## BIG BRACELETS

Its an amazing accessory for both a professional and casual look. Can be paired with both modern and traditional looks.

**EARRINGS**  
The big earrings , this will be the only jewellery that is needed . This pairs well with a traditional saree or anarkali.



**HOOPS**  
This trend has been popular for the last few years. In an ensemble , just the hoops make a fashion statement.

# WHAT'S TRENDING

# TRENDING



**LONG BAGGY TEES**

The trend now is corset tops , for a casual night out with friends , this is best look . Can be paired with pants or jeans.

**FASHION**

**TRENDS**



**TIE TOPS**

The trend now is corset tops , for a casual night out with friends , this is best look . Can be paired with pants or jeans.

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 bicarbonate
- 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 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



# KNOW YOUR DENTURE CLEANSERS



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

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



# 1 IN 2 RECIPE KANCHEEPURAM IDLI CHETTINADU KUZHI PANIYARAM (BATTER IS THE SAME FOR BOTH THE DISHES.)

## INGREDIENTS (FOR BATTER)

1. Raw Rice: 1 cup
2. Boiled Rice: 1 cup
3. Urad Dhal: 1 cup
4. Fenugreek: 1 teaspoon

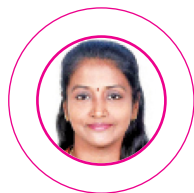
## METHOD

Soak raw rice, boiled rice, and urad dhal for 4 hours.

Strain the water and grind it in a grinder to a thick batter consistency.

Allow it to ferment for 8 hours.

Now add required amount of salt.



V. GOMATHY  
Dietitian

# KANCHEEPURAM IDLI

## INGREDIENTS

- Batter: 4 cups
- Pepper : 1 tsp
- Jeera : 1 tsp
- Dry ginger powder: 1/2 tsp
- Cashew nuts: 10 nos (broken)
- Asafoetida: 1/2 tsp
- Gram dhal : 2 tsp
- Curry leaves: as required
- Gingelly oil : 5 tsp

## METHOD

- Keep a pan and pour 4 tsp of oil.
- Once it is heated slightly, add pepper, jeera, cashew nuts and curry leaves.
- Fry till cashews turn golden brown.
- Add this to batter.
- Now add the dry ginger powder, gram dhal and asafoetida, and mix all together.
- Now the batter is ready to steam.
- Bring water to boil in steamer.
- Grease the small steel tumblers with oil.
- Fill them with batter.
- Place it on idli plates.
- Steam cook for 18-20 minutes.
- To find out if it is cooked, check with a toothpick. If it doesn't stick, then it's ready.
- Gently transfer them to a plate, and serve hot.





# CHETTINADU KUZHI PANIYARAM

## INGREDIENTS

**Batter:** 2 cups | **Coconut oil:** 2 tsp | **Mustard seeds:** 1 tsp |  
**Green chillies:** 4 nos (chopped) | **Ginger:** 1 tsp (chopped) |  
**Curry leaves:** 2 tsp (chopped) | **Onion:** 2 nos (chopped) |  
**Grated coconut:** 1/2 cup | **Gingelly oil:** 5 tsp

## METHOD

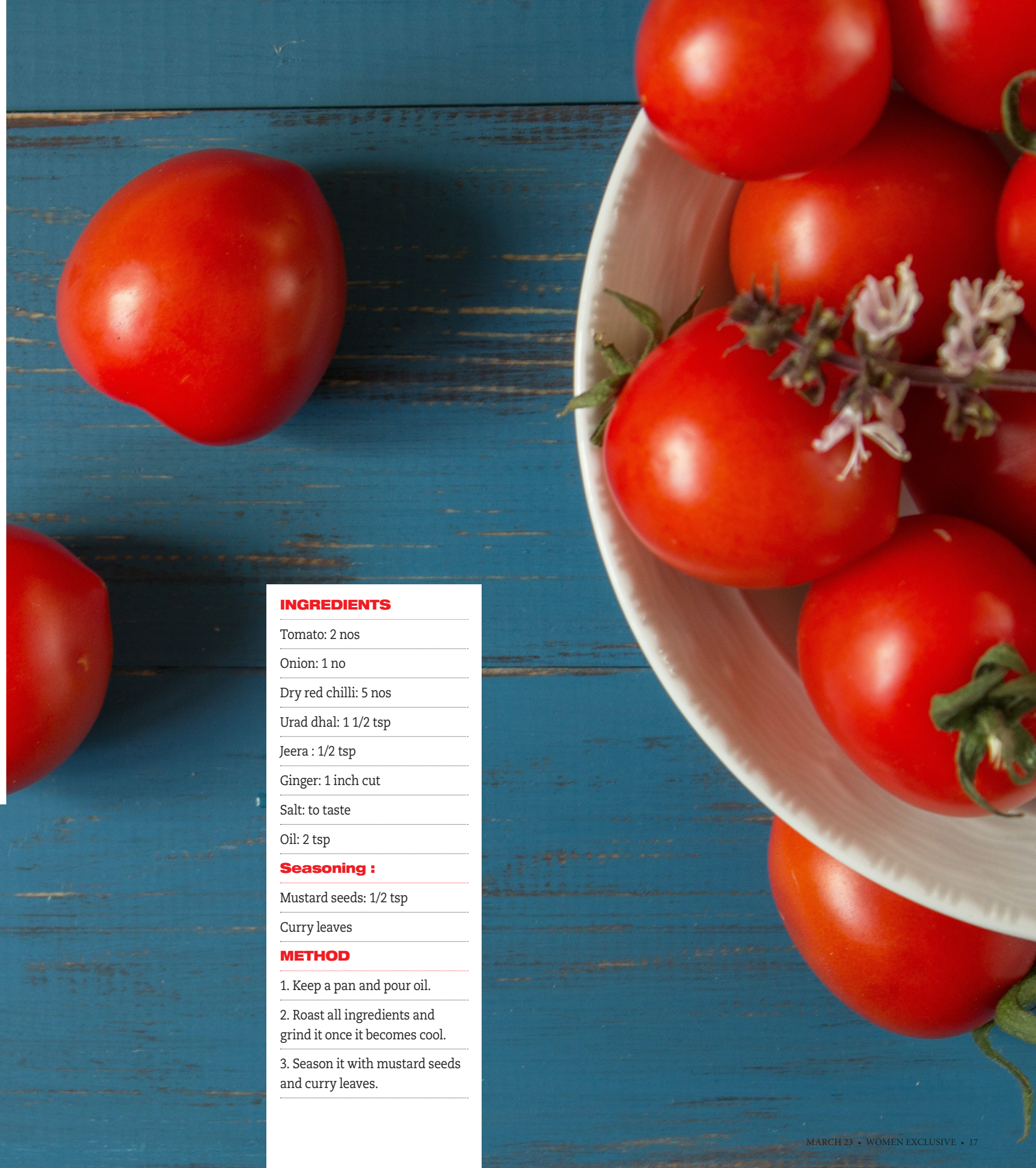
1. Keep a pan and pour oil.
2. Add mustard seeds and allow it to pop.
3. Now add chopped green chillies, ginger, curry leaves and onion.
4. Mix well and sauté for few minutes till onion cooks.

5. Now add little salt and coconut.
6. Switch off and mix well.
7. In the batter bowl, add the masala and mix together.
8. Heat the panorama kadai.
9. Add oil to each pit.
10. Once it gets heated, add the batter to each pit and keep closed.
11. Cook both sides and serve hot.





# TOMATO CHUTNEY



## INGREDIENTS

Tomato: 2 nos

Onion: 1 no

Dry red chilli: 5 nos

Urad dhal: 1 1/2 tsp

Jeera : 1/2 tsp

Ginger: 1 inch cut

Salt: to taste

Oil: 2 tsp

## Seasoning :

Mustard seeds: 1/2 tsp

Curry leaves

## METHOD

1. Keep a pan and pour oil.
2. Roast all ingredients and grind it once it becomes cool.
3. Season it with mustard seeds and curry leaves.

# RUKMANI COOKER TO ELECTRIC PRESSURE COOKER



GEETHA GANGADARAN

Cooking of food has come a long way from when man started eating rice. French Physicist Denis Papin created an air tight apparatus that used internal steam pressure to increase the boiling temperature to above 100 C. A small tube in the lid closed with a flap, was held in place by a weighted rod allowing the steam to escape when the pressure became too high. The new invention was called the "Steam Digester" or "Papin Digester" because it could literally digest bone. The meat cooked in this steam digester was reportedly "soft as cheese". Originally it was intended to serve the poor to extract maximum nutrition from meat and vegetables discards like bone, roots and stalks. This device was too cumbersome and expensive to be used in domestic kitchens. In 1681 Papin presented his invention to the Royal Society of London. By the 19th century "Steam Digester" were being sold as "Kitchen Furniture" in England. In 1864 George Gutbrod of Stuttgart, began manufacturing pressure cookers made of cast iron. Yet despite these innovations the world was still a long way off from adopting the pressure cooker as an essential domestic appliance. In 1919, Jose Alix Martinez was granted patent in Spain, which used the pressure cooker technology invented by Papin.

Alix Martinez was granted the first Olla express (Express Cooking Pot) patent in Spain which used the pressure Cooker technology invented by Papin. In the 1930's the pressure cooker technology was making its presence felt across the world even as high upon Mount Everest.

The creation and success of the Flexi Seal speed cooker by Alfred Vischer in 1938 in New York made the pressure cooker a household device. It was made of aluminum and stainless steel.

The term 'Pressure Cooker' first appeared in the Oxford Dictionary in 1905. And around the same time the new invention appeared in India, which used steam to cook food.

Indhumadhab Mallick was a polymath in Calcutta. He is credited with the invention of the steam cooker or the ICMIC Cooker. Its name was an acronym of sorts of the words "hygienic" and "economic". Unveiled in 1910, Malik's contraption had separate

stacked containers containing raw materials like meat, fish, vegetables and dhal and rice which were placed inside a large container with a charcoal stove at the bottom. Water was filled in the outer container and the entire contraption was sealed, allowing the food to

cook with the generated steam. Although this device did not use the science of pressure cooking, it used steam to slowly cook all the ingredients resulting in a complete meal after a few hours. It was the first all in one device that was relatively portable. The ICMIC



cooker worked for most standard Indian rice based meals and curries. In Bombay it was sold under the brand name Santhosh cooker while Madras had its own version called 'Rukmani Cooker'.

These "made in India" slow cookers paved the way for the pressure cooker that was to revolutionise Indian Kitchens a few decades later. World War II led to a dip in the production of pressure cookers due to the need for aluminum for the war effort in the U.S and Europe. Pressure Cooker companies were enlisted to create canned goods to the troops. However, since the need for the pressure cookers had already been established a bunch of smaller companies started making cheaper cookers with substandard materials. Cases of exploding pressure cookers became more rampant and safety issues, as well as modern stoves and ready to eat meals led to a wane in its popularity in the west.

In South Asia, however the pressure cooker found a new lease of life and uncontested success. Both Hawkins and T T Pvt Ltd launched the first pressure cookers in the country.

It was only in 1970, that the pressure cookers really took off for both brands with



additional innovations like backup vents, or gasket release system, pressure locked inner lids and detailed user manuals that helped initiate a first time user.

More recently OPOS (one pot one shot) method have made the pressure cooker a hardy contender to modern insta pots.

Electric Pressure cookers are slowly replacing stove top cookers. Pressure cooker such as the pressure King Pro is a product that is changing pressure cooking for the better. With preprogrammed setting, time delays, the keep warm function and a compact sleek design, digital pressure cookers which is popular abroad will soon finds its place in the Indian Kitchens.

Rukmani Cookers have probably become containers of storage from being an apparatus for cooking in present times.

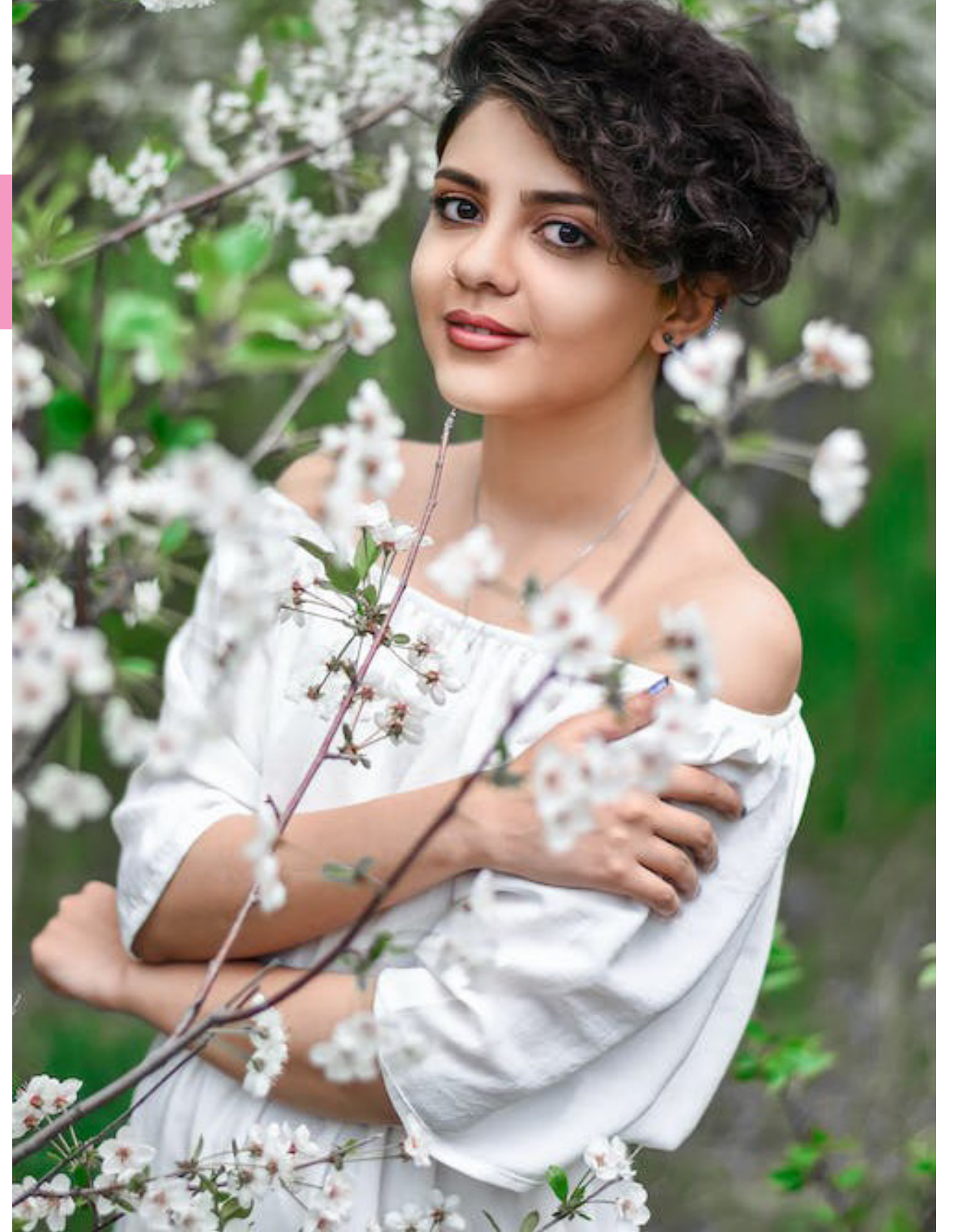
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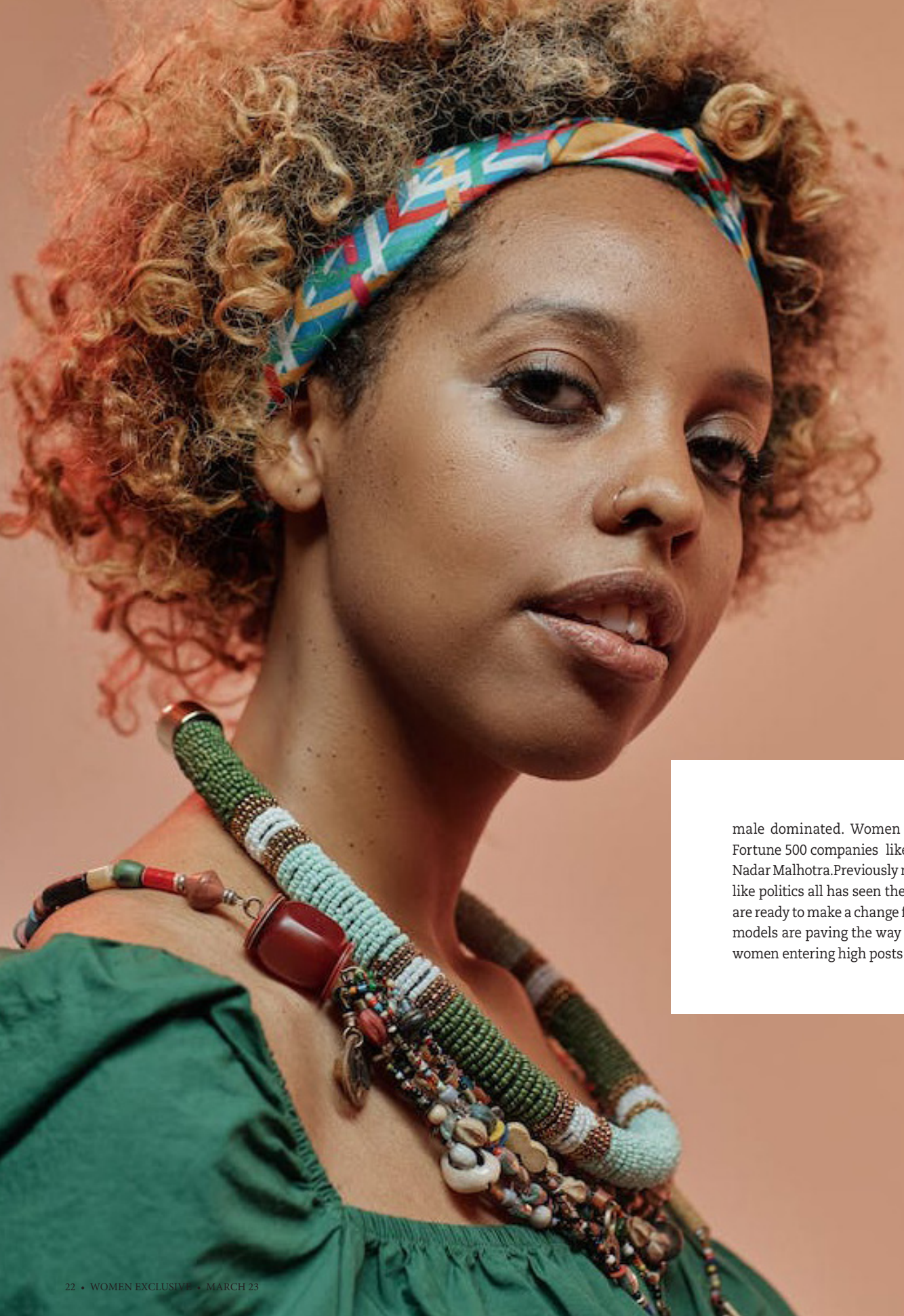


MONISHA  
RAVI

**W**omen are the largest untapped reservoir of talent in the world." – Hillary Clinton goes the saying. Women's day is celebrated all over the world to celebrate and acknowledge the women in our society.

The modern woman juggles many roles. She works tirelessly day and night both as a professional woman and as a force at home . Women today have proved their strength at the professional front. We see many woman today take up higher posts in the work place , work in jobs that was previously





male dominated. Women are currently CEOs of Fortune 500 companies like Indra Nooyi or Roshni Nadar Malhotra. Previously male dominated careers like politics all has seen the influx of women , who are ready to make a change for the better. These role models are paving the way for a new generation of women entering high posts in various fields.



However we have a long way to go to empower women. Some archaic practices like gender inequality, still continue to persist. Our constitution guarantees the right to life and equality, under article 14. Article 16 also guarantees the right of equality in terms of employment. In practice however, in some places, unequal wages still continue to persist. The other issues some women face are dowry harassment and lack of education.



Each individual, on this day must take a pledge to stop such practices. Try to help those women, who are in need, be it by providing them with the facilities to get good education, better jobs and overall betterment in their living.





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

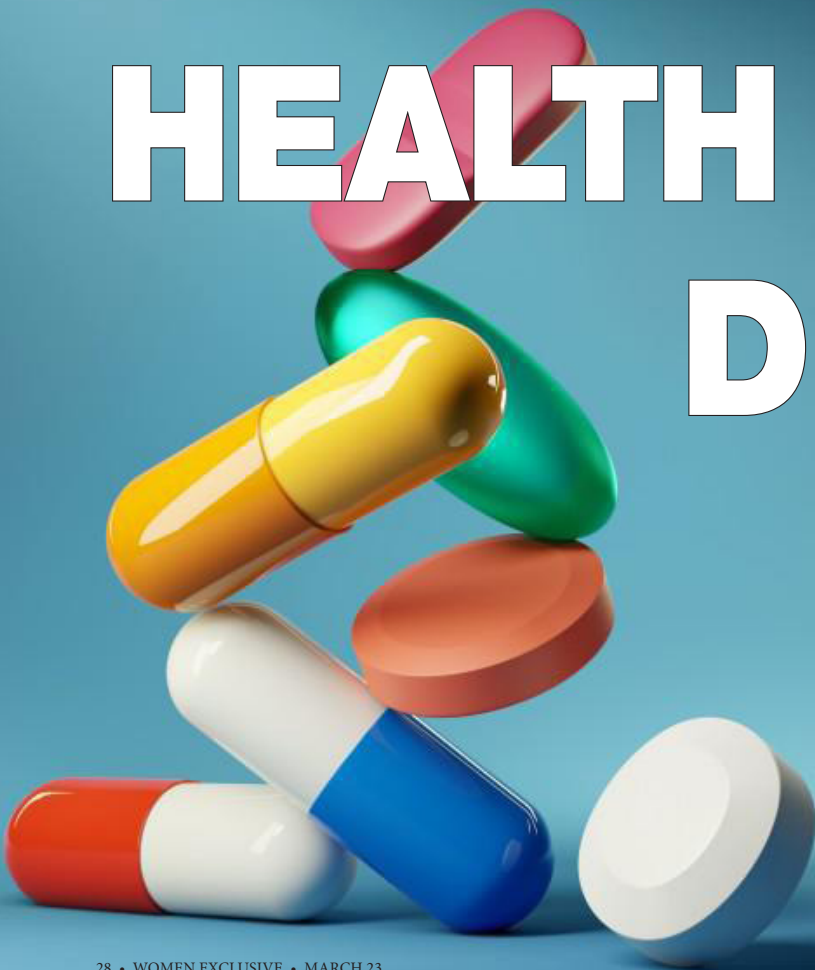
# THE

# IMPORTANCE

# OF HORMONAL

# HEALTH EVERY

# DECADE



**M**aintaining a good weight has always been a dream for many and most of us try to achieve it by following a proper diet and try to lead a healthy lifestyle but there is more to it. Hormones play a key role in maintaining our metabolism and that is why most of us are unable to achieve our goal weight even after following a proper regimen. So, it is essential that you know about your hormones and their roles to reach your health goals.

There are series of events that these hormones play in our life cycle but many of us are unaware of its importance. To begin with, puberty is the first phase in a women's life when they start to experience the effects of hormones as they start to menstruate. During menarche, the first menstruation experienced by female adolescents aged between 10 to 16, there could be some irregularity in cycles which is considered normal. It is advised for these girls to consume foods rich in calcium, protein, iron, calcium and folate in the form of nuts, dark green leafy vegetables, eggs, meats, fish, dairy and its by-products on regular basis. Males also experience puberty, bodily changes that is indicative of their maturation. They should also be consuming similar foods mentioned to aid proper growth and for healthy hormone regulation.

As the age progresses and when they enter adulthood between the age of 21 - 35 years, women are at their most fertile period. During this time, if their hormones are working optimally, they get pregnant easily and deliver healthy babies. Women's body undergoes constant hormonal changes from the day when a baby starts to grow in a mother's womb till post lactation. In certain individuals, there might be an under or over production of certain hormones during this period that can result in unfavourable symptoms that includes painful cramps, inappropriate bleeding, acne, migraines, mood swings, and any of the many pre-menstrual symptoms. These symptoms can be rectified through proper lifestyle changes by consuming nutritionally balanced meals on time, drinking plenty of fluids daily, exercising

## THE EFFECTS OF UNTREATED AGING ON MEN

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AGE 20:	AGE 30:	AGE 40:	AGE 50+:
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Look as good as you feel. Feel as good as you look. Choose bioidentical hormone treatment at Rejuvime Medical.			

regularly and getting adequate sunlight exposure for a minimum of twenty minutes per day.

Between 35 - 45 years, soon after the fertile periods comes to an end, women enter into their next phase in life known as the "Peri-menopause" stage. During this phase, there could be a fall in the hormonal levels and they might experience symptoms such as vaginal dryness, reduction in the chances of conception, thinning of hair, dryness of scalp, appearance of wrinkles and unintentional weight gain. Diagnosis of certain types of cancers such as breast cancer, ovarian cancer and cervical cancer are very common during this period and hence, it is suggested to get a routine health check-up done during this phase of life. By maintaining a balanced lifestyle, women can get through this period with great energy and a good sex life.

As the age progresses between 45 - 55 years, women experience another set of symptoms as they transition into the menopause phase. Typically, women experience a sudden increase in body temperature (hot flushes), night sweats, burning sensation in the vagina due to decreased fluid secretion, fatigue, uncontrollable weight gain and reduced libido. The sudden appearance of these symptoms is usually attributed to the beginning of gradual reduction in all the sex hormones including estrogen, progesterone, and testosterone.

Men's hormone production is also impacted as they age and this results in a gradual reduction in their testosterone levels. This phenomenon is commonly known as "Andropause". If you are a male in your late 40s or early 50s, pay attention to symptoms such as decrease in the overall muscle mass, tiredness throughout the day, decreased libido, depression and impaired cognition.

To lead a healthy and happy life and to prevent or control these symptoms due to hormonal imbalance, eating well balanced meals, prioritizing sleep and being active plays a key role. Choosing colourful vegetables and fruits, balancing the plate with healthy protein choices and high fibre alternatives to simple and processed carbohydrates will have a positive effect in the maintenance of hormonal balance. To add to the benefits of making good food choices, committing to a regular physical activity as simple as walking and breaking the sedentary lifestyle by moving around at regular intervals is essential. Sleep is a key factor to regularise hormonal imbalances in the body. So, do make it a priority to hit the bed early daily and get a good 8 hours of sleep per day. Start making these positive changes in your daily routine one at a time because when you take care of your health, it will take care of you. Do not fret the ageing process and its consequences, live it right and live it up!

The biggest question one has is undoubtedly is coconut a nut, a fruit or a vegetable. From savouries to desserts, this versatile fruit is loved by all.

Growing on palm trees, coconut originates in India, Caribbean and parts of Africa and South America. The entire fruit is used, be it the water, which makes a refreshing drink to the white flesh, that is eaten or added to other food.

The fruit contains protein, healthy fat and minerals. It contains nutrients like iron, copper, manganese to name a few. It is considered as a super food. It has low carbs. It has anti oxidant properties, that help fight the free radical buildup



# SUPER FOOD COCONUT

in the body. It also helps to reduce any inflammation, due to its anti oxidant nature.

It is said that coconut oil may help treat Alzheimer's. It is said that the oil when consumed, will help stimulate cognitive



function. Research continues, to determine the level of stimulation that coconut gives to the brain.

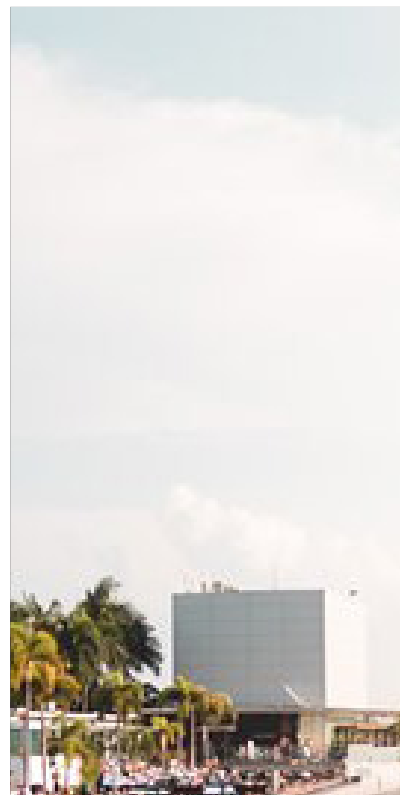
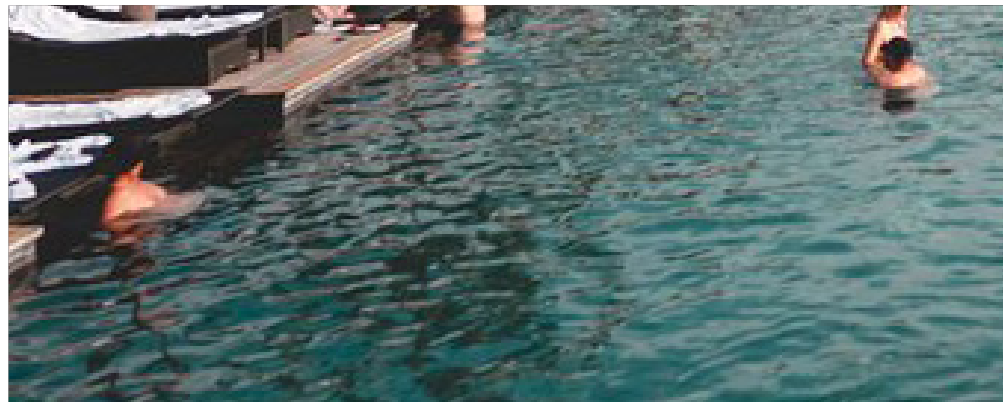
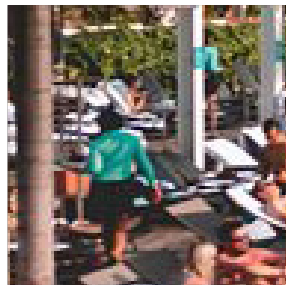
Coconut water contains about 94% water and very minimal fat. Apart from being a refreshing drink on a hot summers day, this water also contains a variety of nutrients. Drinking plenty of coconut water will help reduce the risk of dehydration. It also aids in the prevention of kidney stones. Fluids is key in preventing stones. The coconut water helps to flush out our system.

Coconut oil and coconut milk are often used in skin and hair care. It has excellent moisturising skins and is very effective for those who suffer from dry skin. The Vitamin E, which is found in the fruit is especially beneficial for those lines and wrinkles. For those, who have dull hair, regular massage with coconut oil will help restore the life to those locks.





# A TRIP TO SEE SIMBA



# SINGAPORE

It was a bright day and I was walking around in the busy streets of Singapore. I had taken a three day vacation to visit my aunt and uncle. So here I was walking along with them to the bus stand .

My first stop in this journey was the mall. It was huge, the Mustafa mall as it is called is a multi story mall . It was a real head scratcher as to where to start. From pharmacies, to jewellery and clothes, this mall



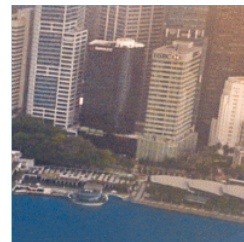
had it all. Even for a person like me, who is not much of a shopper, this mall was really interesting. My aunt had to physically drag me away from the chocolate shop. I would have happily lived there if not.

After a quick shopping trip, we headed to the zoo. The bus trip was fun, as I glued my face to the window looking at the passing buildings. The Mandai Zoo was this amazing place. The variety of animals was astounding.

From Simba, the lion cub, named after the cartoon character to the tuxedo-clad African penguin, this place had it all. My fascination was however with numerous



birds, that call this wildlife preserve its home. It was just amazing. The park is sectioned off based on the various zones, from the Elephants of Asia to the rift valley of Ethiopia. Among these zones, I was most squeamish about the reptile one. Snakes, lizards, geckos and frogs dominated the reptile section.

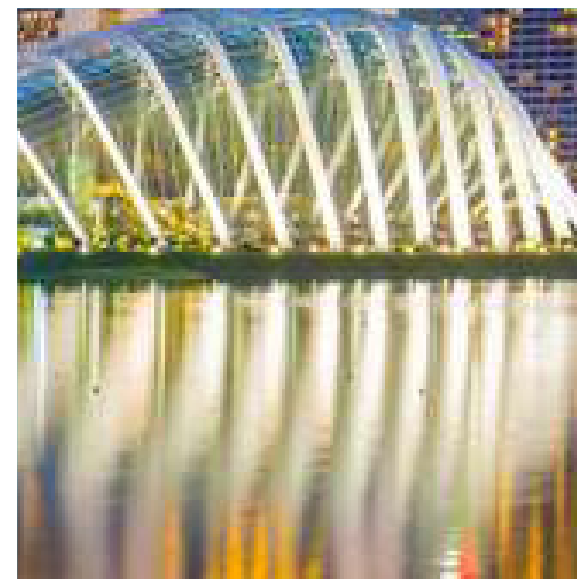


After a successful, visit to the zoo, it was time for us to go back. I will be the first to say, I didn't see the entire zoo. It wouldn't have been possible in one day. I hope to go back some day to see the Aldabra Tortoise some day.

The next couple of days went in sight seeing, eating delicious lunches and shopping more in the famous China Town. The trip went by so fast and ,by the end of the three days , it was time to board the plane for home .



After a quick shopping trip, we headed to the zoo. The bus trip was fun, as I glued my face to the window looking the passing buildings.



The Mandai Zoo was this amazing place. The variety of animals was astounding.

# ARULMIGU MUTHUMARIAMMAN TEMPLE AT NARTHAMALAI

**T**hat was the total surrender to Devi Parashakthi exhibited by one of the greatest poets of Tamil - Mahakavi Bharathiyar. In his inimitable style of unbeatable simplicity and unshakeable devotion, he expresses his total surrender to that aspect of Devi depicted as Shakti in Hindu mythology.

Worshipped and eulogised by a thousand names in the Sahasranama, She is fondly addressed as Durga, Kaali, Bhadrakali, Parashakthi, Chamundi, Mundaga Kanni, Bairavi, Soolini, Varahi by the devotees from all strata of society...from the poorest to the richest...She is most affectionately called "Aththa Mariamma" meaning "our Mother Mariamma". "Maari" in Thamizh denotes rain.

She is the favourite family Goddess [Kuladeivam] of most of the farmers of South India whose lives are totally dependent on rainwater and river water. As such they love to cry out in divine ecstasy, "Amma Mariamma" and pray to Her for health, wealth, peace and prosperity. No wonder innumerable Durga temples have been built in the nooks and corners of this land. Our Thamizh Nadu takes pride in this Durga worship and so much so one can find any number

of Mariamma temples in every part of the state. One such popular kshethra is the Muthu Mariamma Koil at Narthamalai in the Pudukkottai District of Tamil Nadu.

### The Location

Narthamalai temple is located in the small village of Narthamalai about 40 kms from Trichy via NH210. The drive is pleasant and peaceful. As you reach the village of Narthamalai a decorative arch welcomes you into the small hillock that houses the Muthumariamman temple. This can also be reached from Pudukkottai, which is about 11 kms away. Narthamalai is one amongst the set of 9 hillocks in this region very popular for ancient cave paintings and temples, rare in this part of the land. Historians date this temple back to the 9th century A.D.

### The Name "Narthamalai"

There are 2 versions given for this hillock to be called Narthamalai. Sage Narada is said to have performed penance on this. Hence the name Naradhar Malai " which in course of time became Narthamalai. Another reason cited is that this temple has been maintained by the community of Nagarathars, the local businessmen with a unique tradition and culture of their own. They are also called Chettiars on a broader scale Nagarathar mali, as centuries passed by became Narthamalai.

### The Temple

The Small little temple is rated to be at least 600 years old. Beautifully rustic surroundings

lead us up the small hillock to the temple. The multi pillared mandapam is right in front of the not so big Rajagopuram in the traditional dravidian style. As you go through this you cross the Dhyana mandapam [the first prakaram] where the temple office is operating under the able guidance of the H.R.C.E. department. Once you cross this you reach the outer prakaram which goes round the divine Sanctum sanctorum. A small flight of steps takes you to the garbhagriha of "Mariaththa" whose Grace has been protecting the people of this region who have unshakeable...unquestionable faith and devotion.

As a person married into a family rooted to this region, amazing anecdotes of how my mother in law heard a divine voice of Amman, "Don't ever worry, Savithri! I assure you that I will take care of you and your family for generations to come... this is a promise. This, it seems happened when my mother in law was hardly 7 years old and watching the Deity, coming on the streets of Pudukkottai. This as the story goes, took place in procession seated on the temple Chariot during the annual Poo Chorial festival in the month of March - April

Well in our country, divine faith is the basis of our life and religion.....Many such stories retold, sends goosebumps through your system and add to the positive energy of your mind!!!

### The Legend

It is believed that a farmer in the nearby village "Kizhakku KURICHI" found the idol of Mariamma as he was ploughing his field. He then heard a divine voice which said "install this on the Narthamalai hills" He was dumbstruck on seeing the idol of Durga Parameshwari and brought the idol home."

That night Devi appeared in the dreams of a Siddha purusha living in Narthamalai and a priest of a Murugan

temple in the nearby village Kovilur and told them that "SHE "has come to Narthamalai and ordered them to make a temple for HER". The three fortunate devotees coordinated and built a small thatched roof shelter here and installed the Deity; thus came into existence the Kshethra here. The priest of the Murugan temple wanted to integrate the shakti of Shakthi's Son in this Shakti kshethra. So he installed a Shanmuga Yantra on the northern wall of the inner prakaram.

Centuries later the Thondaimans who ruled Pudukkottai built this small but lovely stone temples as per agama saastra. Years later a bhakta Malaiaimman of the Thiruvannamalai Zameen built the artistic Raja gopuram and the 16 pillared granite mandapam in front.

### The Deity

The awe inspiring Moorthy of Mari Aththa seated on a pedestal, left leg folded up, right leg firm on the ground, with a golden hued kavacham is decorated beautifully with a huge kathamba maalai [garland of multicoloured flowers]. With Her Crown of fire [agni makutam], the vajrayudham and the small rustic drum [udukkai] on Her upper hands and a small knife and a skull [kapala] on Her 2 lower hands, She is a picture perfect of the majestic Durga swaroopa. The Agni crown assures the bhaktha that She is their protector from all heat related diseases. The vajrayudham signifies the combination of the Shanmuka shakti with that of, Matha Parashakthi. Due to the power of the Shanmuka yantra installed by the Muruga devotee who had a hand in the installation of the Moorthy of Aththa. The knife and

They are also called Chettiars on a broader scale Nagarathar mali, as centuries passed by became Narthamalai.





installed inside . Thus it is interesting that this Kshethra Narthamalai has the power of Shakti and Shanmuka in protecting and gracing the bhakthas .

skull only go to tell the world that She is the destroyer of all evil powers in the world . An artistic vimanam atop the Sanctum sanctorum has Ashta Shakti engraved on it . Four majestic lions sit with pride at the four corners of this vimanam .

### The Festivals and prarthanas

A whole range of prarthanas of the Shakti cult like the cooking of Pongal in the premises , dedicating one's hair as a mark of surrender , walking on pits of fire etc . In addition one can witness prarthanas of the Murukan cult like performing patha yathra with the spears {VEL } poked through the cheeks , carrying kavadis etc being performed by the devotees . This they say is the effect of the Shanmuka Yantra

Being a favourite Deity of the locals and the people of this neighbourhood , the temple where 4 regular poojas in a day are conducted with care and devotion , is a big attraction especially on tuesdays and fridays , The Tamil month of Panguni [ march -April ] is very special here when on the first Sunday a very rare and beautiful festival , "Poo chorial " is conducted . This being the month at the beginning of spring ,baskets and baskets of fragrant flowers are brought by bhakthas and showered on the Deity till the entire garbha gruham is almost filled and overflows . Arulmigu Mariamman stays immersed in the mountain of flowers through the night . The next day there is almost a stampede when people wait to get these flowers as prasadam to be preserved in the pooja room of their dwellings .

A 10 day Panguni Peruvizha starts on the 2nd Sunday of Panguni and climaxes with the procession of the Deity in and around all the streets of the entire neighbourhood . The Pudukkottai district administration declares a holiday then . Lakhs and lakhs of people take part in this "Therottam "festival through the day and the night . Such is the faith and love they have for this Aththa Mariamma !!! All other festivals related to Shakti ,in the months of Adi ,Navarathri etc are also celebrated here .

Let us take shelter at the Lotus Feet of Arulmigu Muthu Mariamma at Narthamalai with the trust and faith of Maha Kavi Bharathi who proclaimed ..



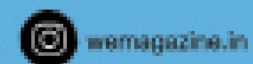
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# LOOKING FORWARD MAR 2023

## AIRES

This month will see you get the job of your dreams. This month will see you travelling abroad for work. Take some time off take care of your health this month. There will be some unexpected income. Take care before investing, and do your research. Relationship wise this will be a good month. However take care while interacting with other members of the family as there may be some miscommunication.



## TAURUS

This may be a good month for your financially. There may be some ups and downs in the workplace, but your efforts will be rewarded this month. Take some time off work to relax and recharge. Relationship wise this month throw some hurdles your way. So keep patient with your extended family.



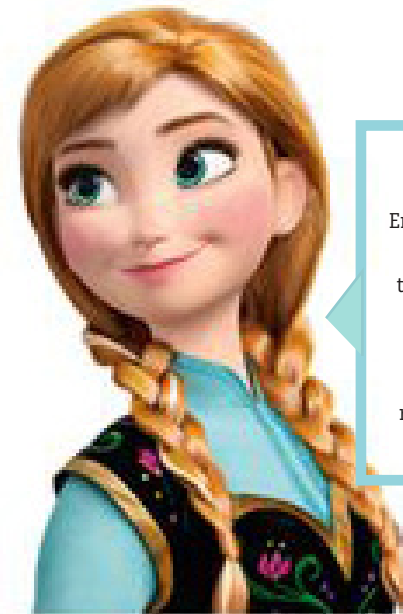
## GEMINI

Work on being patient this month on your professional level. There may be some delay in success this month. Don't feel discouraged, success is right around the corner. This may not be the right month for investments. This may be the right time for those single, to find your soulmate. You will spend some quality time with your significant other.



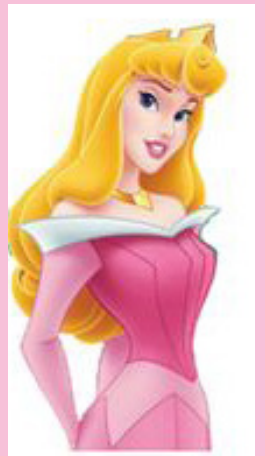
## CANCER

You will have an important time in your professional setting. There may be a chance of foreign travel for better business opportunities this month. Plan some time off to spend some quality time with your significant other. Don't get involved in unnecessary squabbles with the family.



## VIRGO

Entrepreneurs will have a good and productive month. You will see an increase in revenue this month. You will have some added stress this month. Take the time to meditate and relax. Avoid unnecessary arguments. There may be some ups and downs this month relationship wise. However by the end of the month, things will settle down.

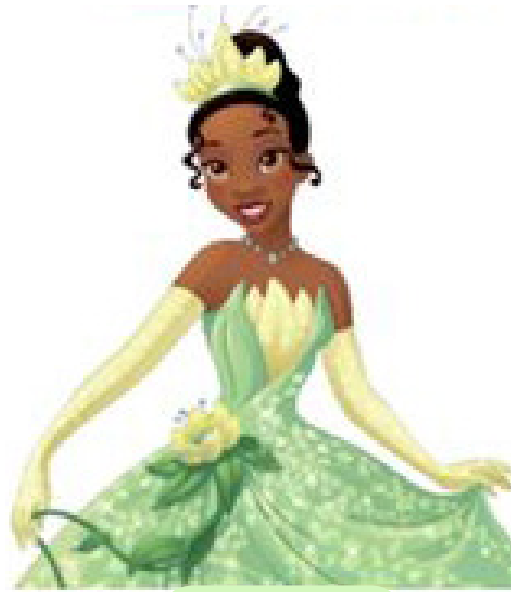


## LEO

This month will see you working hard to advance your career. This month will see you finding your ideal job as well. There may be some unexpected expenses this month. Take special care your health this month. You may see yourself learning some new this month. You will have a good relationship with your family this month.

## LIBRA

This will be a productive month career wise. You will see yourself finishing all your work on time. Take some time off to spend the time with your family as well this month. This may be the right time to get into a long term commitment.



## SCORPIO

This month will see you find your dream job. Your family will be supportive of your career path. Entrepreneurs, this will be the best time to put in all your effort into your growing business. You will find new foreign partners, that will expand your business. Beginning of the month, relationship wise, will be a bit turbulent. Things will settle down by the end of the month.

## SAGITTARIUS

Those who are single, will find love this month. This month will see you having a loving relationship with your significant other. You will get some good advice on your career from elders in the family. There are chances for closing a significant deal. There may be some competition, and that may be a cause of mild stress. Relax and take some time off.



## CAPRICORN

This may be the time where your mind may wander. Keep focused on your work. There will be some good opportunities this month. There may be some possibilities of promotions soon. Your relationship with your significant other will suffer some ups and downs. This may not be the right time to make decisions, regarding marriage this month.



## AQUARIUS

You will have to find the balance between work and personal life. This month will see you working hard. You will see opportunities for career advancement. This will be the right time for new innovations and negotiations. Take some time to research your investment opportunities before making decisions. You will spend some significant time with your family.



## PISCES

There are opportunities to grow this month. There may be some ups and downs in business. There may be some challenges. Entrepreneurs will see some significant growth. This will be a good time for married couples. All issues between married couples will be sorted out this month.

