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FASHION TRENDS
FOR WOMEN**



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FOUNDER & EDITOR-IN-CHIEF

SUMATHI SRINIVAS

COLUMNISTS

GEETHA GANGADARAN

RAJEE MANI

WRITERS

V. GOMATHY

SHINY SURENDRAN

DR. K. R. ANANTHI

ASHA JOHNSON

DESIGNER A JD Sharwin Shaswin

Marketing Team RAYES PUBLICATIONS (P) LTD.



Rayes Publications (P) Ltd.,

No.8/3, 13th Street, Nandanam Extension,
(Behind Venkateshwara Hospital), Chennai - 600035

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TO SEND ARTICLES:
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CALL US ON:
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THE BLACK BOARD

In a world of Laptops, tablets and smart phones it's difficult to see how inventions like the black board had a huge effect on education. In 1801 the black board had a lasting impact on the way instructors taught. Not only did black boards become very popular very quickly, they required fewer writing materials for schools and students who could not always afford paper and pencils.

Prior to the ingenious invention, teachers had no way of visually presenting spelling, grammar and mathematics to their students as a whole. Classes were taught directly from books and individual instruction making it difficult to overview and discuss important and sometimes overlooked events.

Before the invention of the black board, students did have access to individual slates which they could write their assignments and answer on. This helped cut down on the cost and need of the sometimes unavailable paper and pencil supplies, but still offered no community of thoughts.

These slates were usually just a wood board painted over with black grit. James Billans headmaster of the old high school in Edinburgh Scotland has been credited with the invention. He first used the black board to teach his geography lessons to his students. Finally in

1801 George Baron an instructor at West Point Military Academy incorporated a large black chalk board into his Maths presentation.

In any case early black boards were primitive made from materials such as pine covered with a mixture of egg white Carbon from charred potatoes, or a paste of lime, Plaster of Paris and lamp black might simply be spread on a class wall.

Although the term black board did not appear until 1815, the use of the cobbled together slates spread quickly. Teachers now had a versatile visual aid that was both text book and blank page as well as a laboratory and most importantly a point of focus. The black board illustrates and is illustrated.

By 1800 black boards were manufactured commercially with smoothly planned wooden boards coated with thick porcelain based paint. In the 20th century black board were mostly porcelain emerald steel and could last 10-20 years.

While black was long the traditional colour for black boards, a green porcelain surface was used around 1930 to cut the glare and this green surface became common and the word chalk board came into use.

Chalk of course predates the black board. The chalk with which we write is made of gypsum.

Slates and Chalk boards were often cleared with dry rags and in the late 19th century erasers were developed for this task -blocks of wood (later pressed Card board) covered with tufted belt, usually black or grey.

The innovative white board that we know today wasn't invented until the mid-1980's.

Now we have more options like the new clear dry erase board which are environmental friendly. The glass board has revamped the idea of the black boards and white boards and create a modern and edgy look for the 21st century teachers. So where do find these black boards today?

We find them outside in small restaurants displaying their menu or in at very small music sabha's in Chennai writing their programs.

Even in this age of computer and high-tech teaching aids, the humble black board or its

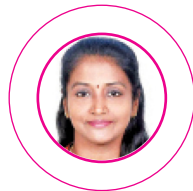
evolutionary incarnation the white board, still remain a mainstay in class and board rooms around the world and this fact is not likely to change anytime soon. Due to the simplicity, effectiveness, economy and ease of use, technology will have to go a long way to make the black board obsolete.



GEETHA
GANGADARAN

BEETROOT TIKKI

VALENTINE'S DAY SPECIAL



V. GOMATHY
Dietitian



SERVE YOUR LOVED ONE WITH LOVE

INGREDIENTS

1. Beetroot - 100 gms (grated)
2. Potato - 100 gms (boiled and mashed)
3. Onion - 1 medium
4. Green Chilli - 1 nos (chopped)
5. Turmeric Powder - 1/4 tsp
6. Garam Masala Powder - 1/4 tsp
7. Ginger Garlic paste - 1/2 tsp
8. Salt - to taste
9. Oil - for pan frying
10. Corn flour - 2 tbsp
11. Sooji - 1/4 cup (or) as required

METHOD

1. Keep a pan and pour 2 tsp oil.
2. Add beetroot, onion, green chilli, ginger garlic paste, garam masala powder and salt.
3. Mix and saute for 3-4 minutes until beetroot gets soft.
4. Now add potato and corn flour. Mix well.
5. Now shape them into round tikkis.
6. Heat a tawa and pour oil.
7. Dust the tikkis evenly in sooji and fry in tawa until both sides turn brispy and golden brown. 8. Serve hot.

AMLA RICE

INGREDIENTS

Mustard seeds - 1/4 tsp

Channa dhal - 1/2 tsp

Urad dhal - 1/2 tsp

Groundnut - 2 tsp

Ginger - 1/2 tsp (grated)

Green chilli - 2 nos

Curry leaves - 5-6 leaves

Amla - 1/2 cup (grated)

Turmeric powder - 1/4 tsp

Grated Coconut - 1/4 tsp

Oil - 3 tsp

Cooked rice - 2 cups

Salt - to taste



METHOD

1. Keep a deep bottom pan and add oil. 2. Once oil heated, add mustard seeds, channa dhal, urad dhal, groundnut and stir till golden brown.

3. Now add grated ginger, green chilli and curry leaves, and mix well

4. Add grated amla, grated coconut, salt and turmeric powder.

5. Mix well and pour 1/4 cup of water and close with a lid.

6. After water absorbed, add cooked rice and mix well.

7. Serve hot.

PISTA CHAPPATI

INGREDIENTS

Wheat flour - 1 cup

Water - 1/2 cup

Salt - to taste

Pistachios - 1/4 cup

Cardamom - 2 nos

Sugar - 5 tsp

Ghee - 3 tsp

METHOD

1. Make a dough with wheat flour and water.
2. Grind the pistachios and cardamom into a coarse powder.
3. Now divide the dough into 5-6 balls.
4. Roll each ball into round shape and sprinkle 1 tsp of sugar and 1 tsp of pistachio-cardamom powder, and fold it into triangle shape.
5. Keep the tawa, and add little ghee. Roast the chappatis one by one in medium flame.
6. Yummy, soft and flaky pista chapatti is ready to serve hot.

GUAVA RAITHA

INGREDIENTS

Guava - 1 no.

Curd - 100 gms

Roasted jeera powder
- 1/4 tsp

Chopped green chilli
- 1 no.

Oil - 1/4 tsp

Salt - to taste

Curry leaves - as
required

Corriander leaves - 1
tsp (chopped)



METHOD

1. Peel guava skin and cut into small cubes.
2. Take a bowl and add curd, roasted jeera powder and salt.
3. Mix well. 4. Add chopped guava and mix all together.
5. Heat oil in a pan, and add green chillies and curry leaves.
6. Now, pour the seasoning on to the raitha bowl.
7. Garnish with corriander leaves.



ASHA JOHNSON

Spring Awakening Fresh and Fabulous Fashion Trends for Women



Spring fashion often revolves around lighter fabrics, vibrant colors, and playful patterns, reflecting the rejuvenating spirit of the season. Here are some key trends and outfit ideas to inspire your spring wardrobe:

Floral Dresses:

A classic choice for spring, opt for midi or maxi dresses in lightweight materials like cotton or chiffon. Florals range from subtle, dainty prints to bold, statement patterns.



Pastel Palette:

Embrace soft, soothing pastels like lilac, mint green, baby blue, and pale pink. These can be incorporated through dresses, tops, or even pastel-colored denim.



Wide-Leg Trousers:

A comfortable yet stylish option. Pair them with fitted tops or blouses to balance the silhouette. Linen or light cotton trousers are perfect for the warmer weather.



Denim Jackets:
Ideal for layering during cooler spring days. They work well over dresses, T-shirts, or blouses, adding a casual yet chic touch to any outfit.



Lightweight Knitwear:
For those slightly cooler days, a lightweight sweater or cardigan is perfect. Choose one in a bright color or a neutral shade for versatility.



Statement Sleeves:
Look for tops or dresses with puff sleeves, balloon sleeves, or bell sleeves. This trend adds a playful and feminine flair to your outfit.



Utility Jackets:

Slightly more structured, these jackets add an edge to any outfit. Opt for ones in lighter fabrics and pair them with feminine pieces for a balanced look.

Midi Skirts:

A-line or flowy midi skirts in floral prints or solid colors are very much in vogue. Pair them with a tucked-in blouse or a casual tee.



Xiaolizi Handmade



White Sneakers:

Comfortable and trendy, white sneakers are a spring staple. They pair well with dresses, jeans, and skirts alike.



Accessorize with Scarves:

Lightweight scarves in silk or cotton can add a pop of color to your outfit. Use them as neckties, hair accessories, or even tie them to your bag for an extra flair.

Sunglasses:

Protect yourself from the sun and add a cool vibe with stylish sunglasses





Boho Blouses:

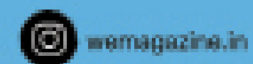
Embroidered or lace details give a bohemian feel, perfect for spring. Pair them with denim shorts or skirts for a relaxed, chic look.

Remember, the key to spring fashion is layering, as the weather can be unpredictable. Mix and match these elements to create a wardrobe that is both functional and fashionable for the spring season.

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A MAGICAL DAY IN HARRY POTTER LAND

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

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

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





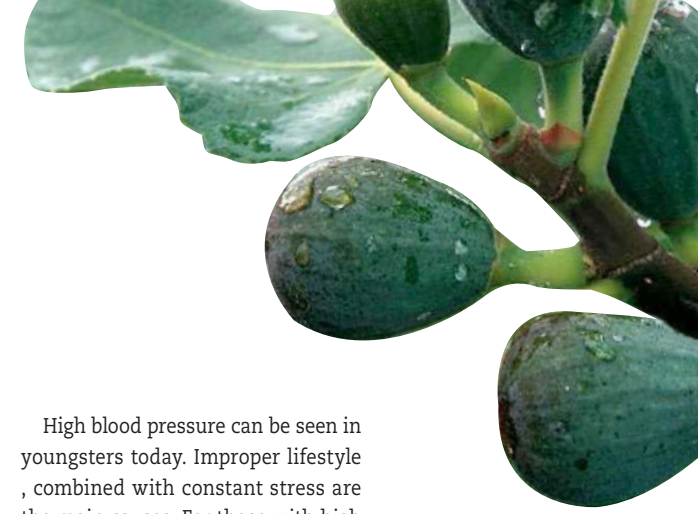
Our next stop was Gringotts , the wizard bank. It was exactly like I imagined it when I read the books. It was beautifully recreated . Once that was completed, we got to something I was looking forward to, Hogwarts. The beautiful set from the movies were all there, the Great hall, the Portions dungeon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

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



FIG

A



wonder
fruit

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

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

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

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

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



NEW YEAR, NEW ME! – PART 1



**SHINY
SURENDRAN**

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

If you are one of those who set a health resolution every year but fail to follow it, then this article will definitely help you! In the current world that we are living in, everyone wants instant gratification and are always in a rush to achieve their goals. Setting goals is the easy part but the journey leading to it is not as simple and many fail to continue their health journey when they are faced with a few setbacks.

A common question that I get from my clients is that “How do I lose weight fast and keep it off permanently?” The only reply I give them in CONSISTENCY. Consistency is they only way to achieve your health goals and to keep

fit for the rest of your life. Many of my clients are highly motivated when they come to me to lead a healthier lifestyle but they are not consistent. There is a big difference between motivation and consistency.

Motivation Vs Consistency

Motivation is the initial spark that gets you excited and moving. All the enthusiasm and energy you have at the start of the year to be the best version of yourself in the next few months might slowly fizzle out if there isn't any proper workout regimen and diet plan in place because you are going to be demotivated in a couple of months when you don't see any changes in your body. Motivation

drives us towards our goals with renewed excitement or a sense of fulfilment only when we attain those goals and for that we have to be consistent in our efforts to reach the particular goals.

Consistency requires dedication and discipline. Self-discipline begins with the mastery of your thoughts. If you can't control what you think, you can't control what you do. Begin your health journey with a proper mind set that is aligned with your goals. Then, the actions that you perform on a daily basis consistently leads to formation of daily habits and routine and these changes becomes our second nature over time. You might not be motivated to eat

healthy and do your workouts everyday but if you try a little harder and be consistent with your efforts no matter how small it is, the small positive changes in your daily routine adds up to a big way and you will definitely see you physical and mental health improve overtime.

How to Set Health Goals?

Before thinking about how to achieve your health goals, you have to figure out how to set appropriate health goals based on your lifestyle and environment. A common mistake many of us make when trying to get healthier is that we aim too high too fast. For example, if your health goal is to lose 10 kg in 1 month or to get 6 pack abs in 30 days, let me stop you right there. That is NOT going to work and you are going to be disappointed! Here are some pointers that can help you set and achieve your health goals realistically:

Set short term health goals: Take it 1 month at a time and analyse your current scenario before setting your health goals. Plan to align your workouts and diet in a way that it can fit into your current routine. For example, if working out every day is not possible, plan for 3 days/ week and if you are currently eating out daily, plan to have home cooked meals 3 days/ week. Do not plan for anything drastic in the first month as you should be only focusing on setting up buildable routines and then as the weeks pass by, you can add on more

Introduce 1 new habit per week: If you are just about to begin your health journey doing all at once (working, housekeeping, cooking, exercising, etc) might seem overwhelming. So, focus on 1 new habit per week. For example, for the first week, focus on sleeping on time at 10.00 pm. Once you regulate your bed time for the first 7 days, that would become easier to follow the next week and on the second week you can aim to drink between 2-3 litres of fluid per day. So, by the third week, you would have regulated your sleep and water intake much better than when you started and these small wins will motivate you to make more positive changes as the weeks pass by. At the end of 100 days, you will be able to see tremendous changes in your life, both mentally and physically.

Enjoy your health journey: Seeing the number drop on the weighing scale in a short period of time can be very gratifying to those on their weight loss journey but not everyone will be able to see quick results due to various factors. It is best to celebrate small wins throughout the way and be grateful for how far you have come every week. Small wins include incorporating a new habit for the week or increased energy levels or even a good inch loss indicates that you are on the correct path to reach your health goals. Always be grateful for your progress and watch yourself transform.



DRY SOCKET



DR. K R ANANTHI
Dentist and cosmetologist.
Ananthi's dental & cosmetic solution
Adyar

What is a Dry Socket?

Dry socket (alveolar osteitis) is a painful dental condition that sometimes happens after you have a permanent tooth extracted.

Dry socket happens when the blood clot at the site of the tooth extraction fails to develop, or it dislodges or dissolves before the wound has healed. Dry socket is one of the most painful but easy to treat dental emergencies.

The blood clot has two functions:

1. It stops the area from bleeding
2. Stimulates bone healing

Risk factors

You're more likely to develop dry socket if:

- Surgical Trauma
- Local bone Disease
- You smoke cigarettes or use other tobacco products. Not only can the chemicals slow healing and contaminate the wound, but the act of inhaling can also dislodge the blood clot.
- You take oral contraceptives. Some birth control pills contain high levels of estrogen, which may disrupt the healing process.
- You don't care for the wound properly. Not following your dentist's instructions for at-home care or not practicing good oral hygiene can cause dry socket.

WHAT PATIENT MAY COMPLAINT

- Dull Aching throb pain
- Started couple of days after extraction
- Feeling something stuck inside the socket
- More pain than before
- Bad breath
- Unpleasant taste in your mouth



WHAT DENTIST ON EXAMINING INTRA ORALLY?

- Swelling & redness around area
- Debris such as food stuck in socket
- Exposed bone
- Sensible to touch
- Halitosis due to debris

TREATMENT

Treatment of dry socket focuses on reducing symptoms, especially pain. Treatment may include:

- **Flushing out the socket.** Your dentist or oral surgeon may flush out the socket to remove any food bits or other loose materials that may add to pain or possible infection.
- **Dressing with medicine.** Your dentist or oral surgeon may pack the socket with medicated gel or paste and a dressing. These can provide quick pain relief. Whether you need dressing changes and how often and whether you need other treatment depends on how severe your pain and other symptoms are.
- **Pain medicine.** Ask which pain medicine is best for you. You'll likely need a prescription pain medicine.
- **Self-care.** Once your dentist or oral surgeon takes out the dressing, you may need to flush the socket at home to keep it clean and improve healing. Your dentist or oral surgeon can give you instructions. You may get a plastic syringe with a curved tip to squirt water, salt water or a prescription rinse into the socket.

Once treatment starts, you may begin to feel some pain relief. Pain and other symptoms should continue to improve and will likely be gone within a few days. Even when you're feeling better, keep scheduled appointments with your dentist or oral surgeon for dressing changes and other care.

DON'T'S

- Don't use a straw for atleast 24 hours
- Don't rinse your mouth vigorously
- Don't smoke
- Avoid alcohol

Lifestyle and home remedies

You can help promote healing and reduce symptoms during treatment of dry socket by following instructions for self-care. You'll likely be told to:

- Take pain medicines as prescribed.
- Do not smoke or use tobacco products.
- Drink plenty of clear liquids. This also may prevent nausea caused by some pain medicines.
- Rinse your mouth gently with warm salt water several times a day.
- Brush your teeth gently around the dry socket area.
- Be careful with eating or drinking. To prevent the clot from coming out, avoid carbonated beverages and do not use a straw.

LAND OF TEMPLES



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

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



RAJEE MANI
Journalist and Columnist in Tamil and English

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

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

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

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



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

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

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

LOOKING FORWARD FEB 2024



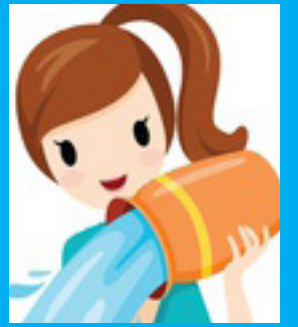
LIBRA

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



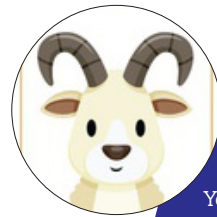
SCORPIO

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



AQUARIUS

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



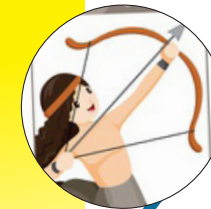
ARIES

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



GEMINI

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



LEO

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



SAGITTARIUS

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



PISCES

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



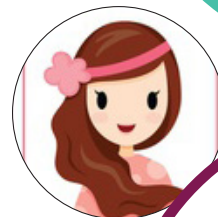
TAURUS

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



CANCER

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



VIRGO

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



CAPRICORN:

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