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EYES SPEAK
VOLUMES
UNVEILING THE
TRENDIEST
EYELINER
STYLES**



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FOUNDER & EDITOR-IN-CHIEF

SUMATHI SRINIVAS

COLUMNISTS

GEETHA GANGADARAN

RAJEE MANI

WRITERS

LATA PRAKASH

SHINY SURENDRAN

DR. K R ANANTHI

V. GOMATHY

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

TO ADVERTISE, REACH US AT
sales@wemagazine.in

TO SEND ARTICLES:
articles@wemagazine.in

CALL US ON:
+ (91) 988 433 1103
www.wemagazine.in

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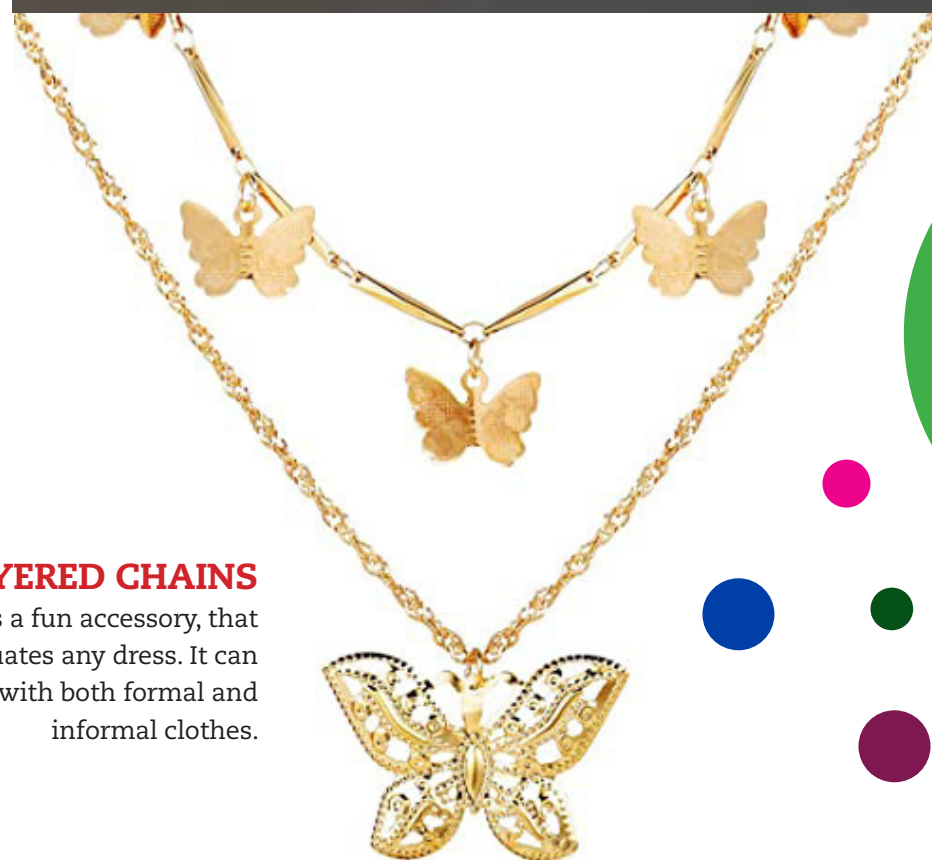
W H A T S

TRENDING JEWELLERY



FLOWER

In this chill rainy season, flowers spice up the day. Flower earrings can be worn with both casual and professional looks



LAYERED CHAINS

This is a fun accessory, that accentuates any dress. It can be paired with both formal and informal clothes.

CHANDELIER EARRINGS

This layered earrings is perfect for those beautiful traditional lehngas and sarees



MODEL DRESSES

TIER DRESSES

The ruffles of the three and four Tier dresses are trending now for any upcoming marriage reception or a fun party.



SHIMMER

Shimmer dresses is an interesting way to stand out in a crowd. Be it party wear or just a night out with friends, this is going to get you noticed wherever you go



FLORAL:

Floral patterns have been around for quite a while now. Sarees, dresses or even just everyday wear is sporting this trend. Floral dresses are ideal even as a party dress. Pinks, yellows and blues add that splash of colour making it an ideal choice.



PASTEL:

You can never go wrong with pastel, the beautiful beige or ivory gives that special elegance. Pair it with darker pants or skirts and you are ready for work or a fun party

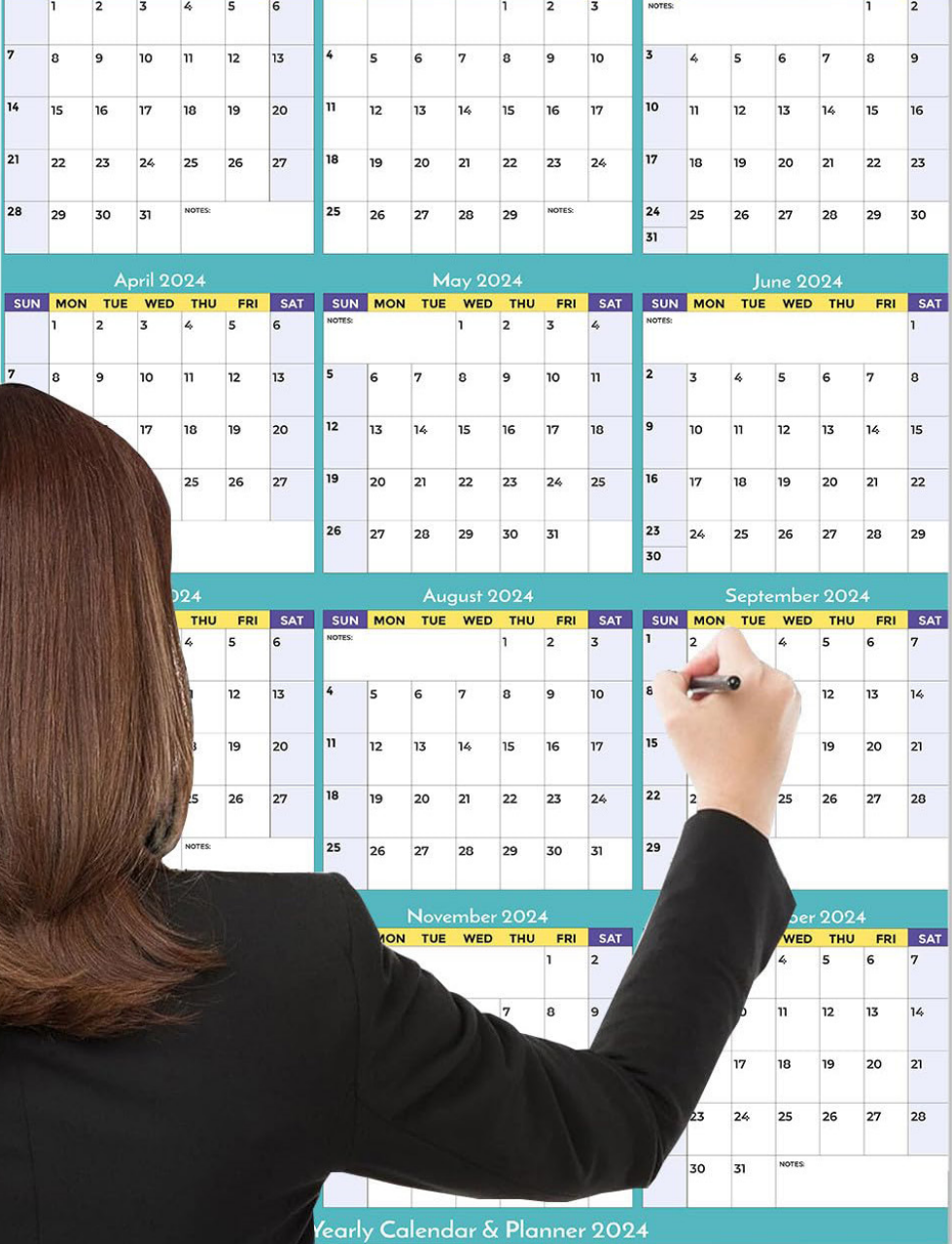


RED AND GOLD :

This is an old and traditional look that is coming back into vogue this October. With the bridal season around the corner, this elegant look is a must have for all those beautiful brides. Pair it with gold jewellery.



GEETHA
GANGADARAN



THE SLOWLY VANISHING WALL CALENDAR

In this rapidly changing world of technology and development a lot of traditional utilitarian items, art forms, etc. are gradually vanishing from our daily lives. The calendar which once used to be an important part of every social household in terms of utility and reflecting social status are now getting lost in the hustle of modernizing our life style.

In India, Calendar art gained popularity with the initiatives of Raja Ravi Verma, the father of calendar art in India. He pioneered the setting up one of the earliest lithographic presses in India.

Verma perfected the Western models of representation and popularized the images of Gods and Goddesses which he rendered so real. As calendars became affordable for the general population, the printers diversified their themes over the period of time accordingly to maintain relevance in society.

As the freedom movement gained momentum, allegotory and imagery related to freedom symbols and the idea of independent Indian Nation was Universalised all over the country through Calendars. This significantly impacted in bringing a sense of nationalism and cultural integrity.

The late nineteenth and early twentieth century saw a sudden surge in the cultures of popular images like those of Hindu Gods, Goddesses, mythological tales, portraits of nationalist leaders and landscape being created by the artists.

While calendar with folk dances, folk festivals, popular places, sceneries gathered from across India were printed in India, huge companies introduced calendars promoting and advertising their own products. Models were employed by companies like King Fisher, Suzuki etc. to make it more appealing to the public.

Calendars had another role to play.

The holidays, festivals etc. were determined by these. This was an immensely difficult task in light of existence of such a large number of different dating systems and eras.

A calendar reforms committee set up in India helped introduce hybrid calendars showing traditional information laid out in the structure of Gregorian calendar.

Calendars are still visible sometimes



though only with a functional use in limited households that too mostly in kitchens, puja rooms or in offices as desk calendars. Problematic themes like objectifying women or even Gods is mostly avoided. Animals or landscape are common on desk calendars bought from charities along with quotes or personalized theme based once as thoughtful gifts.

With the increasing trend of flats and interior designing like glass windows lack of space and also technological advancement which has made all the information available on the tips of fingers at all time, digital calendars, constrained marketing budgets etc has rendered the calendars as a thing of the past. Calendars once a fundamental item in every household is slowly seeing its exist as some

would say.

However some feel eye catching wall calendars can be used as a marketing tool to keep the brand visible to customers.

As the calendar hangs in homes, office or sits on desks it is a constant reminder of the company's presence fostering brand loyalty and recognition.

We cannot completely write off the timeless tradition of a printed calendar. The physical printable calendars provide a sensory experience- the feel of paper, the sound of flipping page and the ability to physically mark important date.

Additionally printable calendars offer an opportunity for creative expressions through design, customization and decorative pieces that enhance the visual appeal of any space.

LITTLE HEALTHY

SWEET POTATO WEDGES

INGREDIENTS

Sweet potato - 1/4 kg

Chilli flakes - 1 tsp

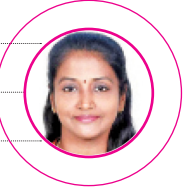
Pepper powder - 1/2 tsp

Salt - as per taste

Chat masala - 1/4 tsp

Ginger garlic paste - 1/2 tsp

Oil - for shallow fry



V. GOMATHY
Dietitian

METHOD

1. Cut sweet potato into wedges.
2. Boil until it gets tender.
3. Filter water and transfer it into a bowl.
4. Add all other ingredients and mix well.
5. Keep a pan and add oil.
6. Once heated, arrange wedges one by one.
7. Roast both sides.
8. Serve hot.

HEALTH BENEFITS

Sweet Potato :

PROMOTES HEALTHY GUT AND BRAIN, AND
SUPPORTS GOOD VISION



CINNAMON, WALNUT AND OATS PORRIDGE

INGREDIENTS

1. Oats - 3 tbsp
2. Milk - 2 cups
3. Cinnamon powder - 1/4 tsp
4. Chopped walnuts - 50 gms
5. Salt - to taste

METHOD

1. In a deep bottom vessel add oats and milk. Stir well in medium heat.
2. Cover with a lid and cook in simmer for 2-3 minutes.
3. Once done, transfer it into a bowl.
4. Add walnuts, salt and mix well.
6. Sprinkle cinnamon powder and serve hot.

HEALTH BENEFITS

Walnuts :

Rich in antioxidants

Good plant source of omega 3 fatty acids

Promote a healthy gut

Oats :

Lowers blood sugar level

Helps in good digestion

Cinnamon :

Acts as anti-bacterial, anti-fungal and anti-viral

AVOCADO CREAMY DIP



INGREDIENTS

1. Avocado (ripe) - 1 cup (100 gms)
2. Hung curd - 1/2 cup
3. Lemon juice - 1/4 tsp
4. Garlic clove - 1 no
5. Chilli flakes - 1/4 tsp
6. Salt - to taste

METHOD

1. In a mixer jar add ripe avocado, hung curd and garlic.
2. Wipe it to a smooth paste.
3. Transfer it into a bowl.
4. Add lemon juice, chilli flakes and salt.
5. Mix well.
6. Serve with boiled veggies, phulkas, bread, etc.

HEALTH BENEFITS

Avocado :

Promotes healthy digestion

Increase brain function

Improves eye sight

Hung curd :

Low in carbohydrates

Good source of probiotic

GARLIC MUSHROOM

INGREDIENTS

- 1. Mushroom - 200 gms
- 2. Unsalted butter - 1 tbsp
- 3. Chopped onions - 1/4 cup (or) 4 tbsp
- 4. Chopped garlic - 1 tbsp
- 5. Crushed pepper - 1 tsp
- 6. Salt - as per taste
- 7. Coriander leaves - for garnish

METHOD

- 1. Heat butter in pan and add garlic and onions.
- 2. Saute well until the onions are softened.
- 3. Add mushrooms and cook for about 4-5 minutes until golden and crispy on edges.
- 4. Add salt and pepper powder. Stir well.
- 6. Garnish with coriander leaves and serve hot.

HEALTH BENEFITS

Mushroom :

- Provides a source of Vitamin D
- Low in G.I
- Strengthens bones

Garlic :

- It improves cholesterol level (HDL)
- It significantly reduces lead toxicity and related symptoms





GHEE COFFEE: A NUTRITIOUS TWIST ON YOUR MORNING BREW

Ghee coffee merges the rich traditions of Ayurvedic health practices with the modern coffee culture, offering a creamy, flavorful alternative to the standard morning cup. This concoction utilizes ghee, a clarified butter known for its deep roots in ancient Indian wellness, providing a smooth, rich texture and a host of health benefits to your daily coffee.

Health Highlights:

Nutrient-Rich: Packed with vitamins A, E, and D for overall health.

Digestive Aid: Contains butyric acid to improve digestion.

Sustained Energy: Offers a balanced energy boost without the caffeine crash.

Supports Weight Management: The MCTs in ghee can help in maintaining a healthy weight.

Simple Recipe:

Brew 1 cup of your favorite coffee.

Blend with 1-2 teaspoons of ghee (add more to taste).

For extra flavor, consider adding a pinch of Himalayan salt, cinnamon, or vanilla extract.

Blend until creamy and enjoy!

Personalize Your Brew:

Feel free to experiment with various coffee beans, spices, and additional flavors to create a personalized beverage that suits your taste preferences.

The Bottom Line:

Ghee coffee is not just a trend but a nutritious upgrade to your coffee routine, blending the richness of ghee with the beloved ritual of coffee drinking. It's an easy, delicious way to incorporate the benefits of ghee into your diet, enhancing both your health and your morning ritual.



LET YOUR EYES SPEAK VOLUMES UNVEILING THE TRENDIEST EYELINER STYLES



ASHA JOHNSON





Eyeliner has evolved into a key element of makeup artistry, offering endless possibilities for creativity and personal expression. Here's a quick guide to the most on-trend eyeliner patterns that are currently captivating the beauty world:

1. The Classic Wing: Timeless and elegant, with a modern twist of vibrant colors or metallic finishes.
2. Floating Crease Eyeliner: Bold liner applied along the crease rather than the lash line for added depth and dimension.
3. Graphic Liner: Creative patterns and shapes that extend beyond traditional eyeliner boundaries, from geometric designs to abstract art.
4. Negative Space Eyeliner: Patterns or shapes leaving parts of the skin exposed, creating striking visual effects.
5. Smudged and Smoky Eyeliner: A softer, sultry look achieved by blending liner along the lash line, with a modern touch of color.
6. Double-Winged Eyeliner: An extra layer of drama with two parallel lines extending from the outer corner, in cohesive or contrasting colors.
7. Colored Eyeliner: A playful element with electric blues, vibrant greens, or soft pastels, stepping away from traditional black and brown.
8. Inner Corner Accents: A pop of highlight or color in the inner corners to brighten and open up the eyes.

These trends showcase the versatility of eyeliner, from the elegance of classic styles to the boldness of modern patterns. Whether you aim for subtlety or statement-making looks, eyeliner offers a unique way to express your personal style.

MY TIME WITH THE ELEPHANTS : A TRIP TO SRI LANKA

Beautiful palm trees were present on the sides as we drove from the Colombo airport to the city. We were on a three day trip to Sri Lanka.

This was one place I was really excited to see. After studying so much about the history of Sri Lanka in school and college, I was curious to see place for myself. My first thing that caught my eye was the beautiful scenery, the lush green plants. The scenery was simply breathtaking

As we approached the city, I felt a sense of familiarity, the cacophony of cars on the road, the bustling activities in the shops, It reminded me of home.

With our bags safely in a hotel, we set out to explore the city. The first thing one can notice is the towering Buddhas in every corner. The beauty of these statues were calming and mesmerising. Our first stop was the beach. After a long journey, where we got really tired, smelling the fresh sea breeze was rejuvenating. We sat for hours just looking at the waves crash on the rocks below.

Our second day, we decided to visit the zoo. The first thing that struck me about the zoo was it was located within the city. The animals and birds there were very interesting to see. My favourite was undoubtedly the little chimp, that got on to the swing the minute it saw people. The orange orangutang too was so adorable as well. It just lounged under the sun, lazily looking up at the people admiring it. I went back to see it the second time.





After a long walk , we decided to call it a day and relaxed in our hotel room. The final day we went on a small drive to see the Pinnawala Elephant Orphanage. Located in the village of Pinnawala. It was established in 1975 by the Sri Lankan Dept Wildlife Conservation. This was set up to take care of those elephants who have been orphaned.

It is a beautiful place , I actually got to pet a baby elephant. We also got there just in time to see the elephants march across the road to a river nearby to take a bath. From the biggest to smallest elephant , they walked in a single file.

The sight of seeing these majestic animals taking a shower and bathing the young is something I will never forget. I made sure to take plenty of photos with the elephants in the background, my moment of #selfiewiththeelephants moment.

As always , it was time to leave Sri Lanka, with a heavy heart I said goodbye as the plane climbed 31,000 feet for my trip back home to Chennai.



LATA PRAKASH

PETS AND SEPARATION ANXIETY

It's been close to 2 years since the pandemic has hit and all of us, the employed pet parents who are working from home. In the initial few days, working from home was a blessing, as we could spend a lot of time with our pets and cater to their needs.

With the increase in the work load, striking a perfect work life balance has become a challenge. We, as pet parents, have been juggling work, household chores, pet needs and other requirements at home.

Spending that quality time with pets is increasingly becoming a difficult task. It is important, as pet parents, we are responsible and take complete accountability of our self and our pets too. It is our duty, as a responsible pet parent to ensure that we spend adequate quality time with our fur babies and make sure their needs are actively attended to.

Scheduled walks, food habits and don't forget, the time you will spend with your pets, talking and playing will not only destress you but will also be a good fitness regime for your pets – physically, mentally and emotionally.

Now that it is time now for us to get back to our offices, the ones affected are our voiceless buddies – our pets. Mostly, they get separation anxiety when you leave

them back to go to work suddenly after so many months.

An animal's eyes have the power to speak a great language and they show their unhappiness in many ways like detaching themselves, being alone, urinating, barking and crying. The best way to get through this is to ensure that you take frequent breaks without your pets.

When you are sure that you need to get back to work in a few days, begin your preparation. It will be a good idea to leave the pets for a few minutes initially and then increase it to hours. Don't forget to talk to your pets and let them know that you need to go to work to earn your living and give your babies a good life. Let your pets know that you need to go to work. Ensure that you invest that extra few minutes to reassure your pets that their mommy / daddy will be back soon ... this will make them feel secure and safe. Ensure you pamper them with their favourite treats when you return from work and compensate your missed hours, on your off days.

Love, care and attention is all our furries look for, and you will have no regrets or no compromise when you get back 10 times the selfless, unconditional love back, from these fur and paw buddies.



Seetha Gangadharan



THE SALTY FRUIT: OLIVES



One of the most common pizza toppings, the olive is something that we have eaten often. This salty fruit is loaded with antioxidants, that help the body.

The *Olea europaea* or the olive fruit, though salty to eat come under the drupes fruit category (i.e) stone fruits. The olive plant is therefore related to cherries, the mangoes and peaches.

Olives are known to reduce the levels of bad fat in the body. It contains oleic acid, which helps reduce the levels of cholesterol in the body.

It has been proven that olives do help the body reduce inflammation. The fruit contains a compound called oleocanthal, that prevent any form of inflammation. For this reason, olive is an important diet component for those who suffer from arthritis. It effectively helps to reduce the pain from the muscles in the body.

Research continues into the properties of the oleocanthal, as many believe that it may help regulate some forms of cancer

With the current lifestyle of people eating junk food, the free radical build up in the body is quite high. The olives are known as an anti oxidant, that will help neutralise and remove the free radicals in the body.

The other component of olives are the presence of a component called Hydroxytyrosol. This along with the oleocanthal is said to help with faster wound healing, regulate the hormone levels in the body.

It must be noted here that olives can't be consumed directly from the tree. It must be



preserved before it can be edible.

Olive oil is used for skin and hair care as well. The Vitamin E in the oil, helps in strong hair, it also aids in moisturising the skin. Olive oil can be used by those who suffer from dry and dehydrated skin. It also aids the production of collagen in the skin. This oil can't however be

used by those suffering from acne.

For the hair, it helps strengthen the hair and helps remove any damage to the hair like split ends. It also helps soften the hair. Olive oil for the hair can be used in tandem with other oils like coconut oil or almond oil, as it is highly viscous.



NEW YEAR, NEW ME!

HOW TO ACHIEVE YOUR HEALTH GOALS?



SHINY SURENDRAN

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

Health goals can vary from wanting to shed some kilos, fixing your poor gut health, build an exercise routine or wanting to start to eat nutritionally balanced meals. However, sustainability seems to be a matter of question and why is this an issue? Mainly because we tend to set unrealistic goals. Quoting Aristotle, 'We are what we repeatedly do.' Our habits and routines allow us to use minimal conscious energy for everyday tasks making it difficult for us to adopt new habits. The secret formula to sustainability is to construct simple consistent practises. Here are few methods to follow through your health resolutions for this year:

Switch to minimally processed foods: Ultra processed foods like chips, cookies, frozen meals or ready to eat food with fancy wrappers can cause a lot of health issues such as obesity, diabetes, heart disease etc. Cooking your own food with indigenous ingredients can influence your wellbeing in the most positive way. Inculcate small changes such as eating fruits instead of sugary desserts, drinking lemon juice instead of chemical rich beverages or consuming homemade papads rather than salt loaded packet chips would be the ideal to get started.

Get some sunlight: Sunkissed moments are not only Instagrammable but also the best way to kickstart your hormones and get your daily does of Vitamin D. Sunlight exposure can replenish your energy stores, regulate your body temperature, reduce stress and improve your gut health. The best time to get some sunlight would be



from 10 am to 12 pm because you get plenty of UVB rays — which allow your body to synthesize vitamin D — while minimizing your risk for skin cancer from UVA rays. Watering your terrace garden or brisk walking around the neighbourhood some good options to try out.

Flush out the toxins: The easiest way to achieve optimal health is to drink adequate water. If you have been struggling with constipation or feeling extremely fatigued or having poor skin and hair health, dehydration might be a major reason. An individual needs at least 2-3 litres of water a day for the body to function at its best and this also aids weight loss. We all know that staying hydrated is essential but doing so can be difficult at times. Here are some ways to keep yourself hydrated:

Keeping a reusable water bottle with you and refilling it throughout the day can help you drink more water and keep track of how much you are consuming.

Use your smartphones or

smartwatches to set reminders to sip water at regular intervals.

Drink a glass of water after using the restroom every time.

Include hydrating fruits, vegetables and natural beverages such as tender coconut water, buttermilk etc., as a part of your daily diet.

Love your gut: Have you heard people saying 'Always trust your gut, it knows what your head hasn't figured out yet'? Well, it's true! Your gut is the epicentre of your mental and physical health. Do you face frequently face issues like bloating, heart burn, burps regurgitation and flatulence? If yes, your gut health is at stake. If you want better immunity, efficient digestion, improved clarity and balance, you have to focus on rebuilding your gut health. Your gut is the home for many micro-organisms that can be beneficial for your overall well-being. Feeding the right food for the gut's microflora can improve your metabolism and cognitive functions. Here are few ways where you



can reset gut health:

Reduce your stress – Your hormones act differently when you are stressed out. Try practising meditation or yoga, get a massage or spending time with a pet can help in reducing your stress.

Balance your meal – Consuming a nutritionally dense meal that has enough carbohydrates, protein, fat, fibre, vitamins and minerals helps maintain a healthy gut. One equal portion of rice, vegetables and a protein source can strength your gut, mind, body and soul.

Include fermented foods – To soothe your stomach, inclusion



of probiotics like curd, yoghurt, buttermilk, fermented rice porridge can be very beneficial. Fermented foods are a great addition to your gut microbiota as it tends to activate the neuro pathways thereby removing gut ailments.

Fix your sleep: Poor sleep quality can badly influence the natural rhythm of your body. Our body follows a biological clock pertaining to various mechanisms that regulate biological rhythms such as sleep and wakefulness cycle, body temperature, patterns of hormone secretion, blood pressure, digestive secretions and alertness levels. A minimum of 6 to 8 hours of sleep is absolutely essential to preserve our biological clock. If you have a disturbed sleeping pattern, you can consider having bedtime teas such as chamomile or lavender tea to naturally induce sleep, limiting day time naps, reducing screen time 2 hours before bed and sticking to a regular sleep time.



TETRACYCLINE STAINS



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



What is tetracycline?

It is an broad spectrum Antibiotic used to treat a wide variety of diseases and conditions,including

- Acne & rosacea
- Malaria
- Syphills
- Cholera
- Chlamydia

How Tetracycline Reacts in Teeth?

If the teeth are exposed to tetracycline (Whether in or out of utero) at a time of tooth mineralization or calcification the hetracycline will bind to calcium ions in the teeth. If this happens prior to the eruption of teeth through the gingival (gums) it will cause an initial fluorescent yellow discoloration. Upon eruption of the teeth and exposure to light,the calcium bound tetracycline will oxidize causing the discoloration to change from flourscent yellow to non fluorescent brown over a period of months to years.

What are the other side Effects?

- Tetracycline can also stain the underlying tooth roots and bone and even inhibit bone growth in children.
- Other effects include -> Gastrointestinal disturbances
- Sensitivity to sunlight
 - In rare cases, liver toxicity

How can we Prevent tetracycline stains?

Clinicians should avoid prescribing tetracycline drugs during pregnancy, breast feeding mothers.

How to re-whiten discolored teeth due to tetracycline exposure?

Now, as we know that exposure to tetracycline can lead to severe tooth staining, it is important to find ways to control the discoloration. In the case of tetracycline, the stains occur as a part of the tooth enamel. It is quite difficult to remove discoloration with dental whitening methods. Although various teeth whitening treatments are available in the market, they are not always effective, especially in the case of tetracycline-stained teeth. For normal discolorations, using overnight bleaching treatment can provide desired results within six weeks. However, for tetracycline-stained teeth, it might take more than 12 months for teeth to become lighter.

So what's the best way to lighten tetracycline-stained teeth? If dental bleaching treatments fail to provide the expected results, it is advisable to consult a professional dentist. Many dentists in such cases advise using dental veneers. If you are wondering what dental veneers are, then for your information, dental veneers are thin tooth-colored shells placed over the teeth' front surface. The best thing about veneers is that they appear like natural teeth. Getting veneers done can help people to cover all tooth discolorations and any tooth imperfections easily and effectively.

One more important thing to note here is that if an adult patient is prescribed to take oral tetracycline to treat an infection, he/she must take all the necessary oral hygiene measures to avoid stubborn stains over the teeth. One must also avoid sunlight to minimize the staining effect on teeth.

How it can be corrected/ treated?

Bleaching

Ceramic veneers

Full coverage crowns

Or even combined treatments

Indirect laminate veneers

Sometimes tooth bleaching & composite bonding

Post operative Dental Management?

Brush your teeth twice a day

Floss to remove plaque buildup & food particle

Avoid acidic foods & drinks

Use a straw when drinking beverages that are more likely to stain such as coffee/red wine/Tea

Rinse your mouth after eating or drinking

Avoid smoking

Visit your dentist for regular checkup

Limit your consumption of tetracycline antibiotics or ask your doctor for an alternative treatment option if possible

SRI KANTHIMATHI SAMETHA NELLAIPPAPPAR TEMPLE AT TIRUNELVELI

"Shri Kanthimathim Shankara yuvathi;
Shri Guruguha janani vande ham"
A krithi by Sri Muthuswamy Dikshadar in raga Hemavathy]

**"காஞ்சியிலே அவள் காமாசுடி ;மதுரையிலே அவள் மீனாசுடி ;
காசியிலே அவள் விசாலாசுடி, நெல்லையிலே காந்திமதி .. "**

The parabrahmam who exists in this bhoomandala in archa swaroopa [ie idol form] for the salvation of mankind, addressed in a thousand names and more is fondly called Sri Kanthimathi Amman in Shakti swaroopa and Sri Nellaiappar in Shiva swaroopa in the antique hugambus temple at Tirunelveli in the south of India.



RAJEE MANI
Journalist and
Columnist in
Tamil and English

The Sthala vishesham

A very sacred Siva kshetra ,this is one amongst the 5 sabhas or ambalams dedicated to Lord Siva in the form of Nataraja , the God of cosmic dance . This is classified as the Thamira Sabha [thamiram in Tamizh is copper], the other four being Chidambaram [Pon ambalam ,],Madurai[velli ambalam],Thiru Aalangaadu[Rathna sabha]. and Thirukuttralam [Chitra. Sabha]This classification by our ancestors is very interesting since the water contents of river Thamirabarani is said to be dominated by copper ! Said to have been a thick

bamboo forest [quite hard to imagine when the area is a thickly populated concrete jungle in this 21st century], this was called Venuvanam and the Siva peruman is said to have been installed and worshipped by sage Agasthya who is also praised as Tamil Muni .

In the recent centuries one of the Pandiya kings did a very commendable kainkarya of installing a huge moorthy of Lord Vishnu with the name Govindaraja , in the reclining posture, in the sannidhi adjacent to the main Siva Sannidhi . This was a magnanimous move done with the intention of settling Saiva -Vaishnava incompatibility ,very common in those days.

Location and the temple

Situated at about 240 kms south of Madurai at Tirunelveli town ,it is well connected by train and road . On the banks of the prestigious river of this district Thaamirabharani [also called Porunai " in chaste Tamizh], this very ancient temple is built in a sprawling 14 acres of land . The temple for Shiva known as Sri Nellaiappar and that of His consort Sri Kanthimathi Amman co exist side by side as 2 different entities . They are internally connected by a Chain[mani] mandapam in between .A gift of the popular good kings of the famous Pandiya dynasty, it was built and extended by many pandya kings who are remembered and respected for their philanthropy , love of religion and the Tamizh language . It is said to have been built in the 7th century A.D . Expanded , modified and perfected to today's glory, the temple is a solid example of the breathtaking beauty of Dravidian art and architecture which has no parallel in the world . A set of musical pillars in the mani mandapam attracts the attention of tourists and pilgrims of all ages . A vasantha mandapam , a nandavanam with a 1000 pillared mandapam , the regular dwajasthambam , a beautiful statue of Shiva's parama bhakta Lord Nandikeshwara, besides a mind boggling gopuram of rare width and length... all these go to make this Siva Sthalam " a must see " kshetra for every devotee.



The Legend

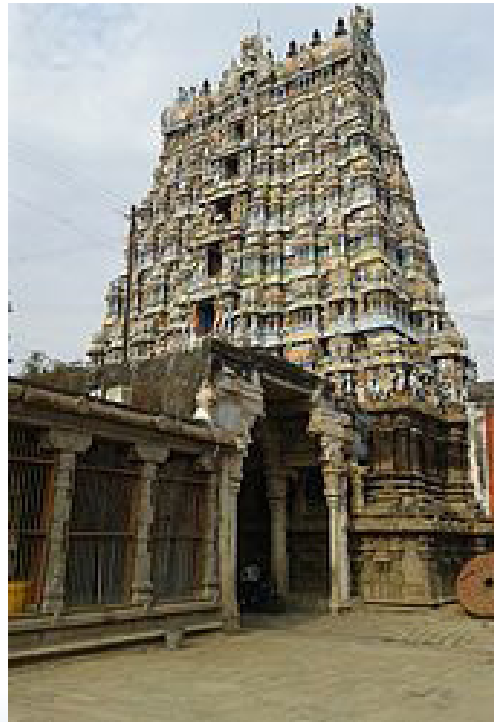
Thiru Nelveli " has the legend attached to its name itself . Once upon a time , there lived a bhakta deeply devoted to Lord Siva and he used to cook the rice grain [Nel in Tamil] from his paddy field and take it to offer it as Neivedyam to the Lord who feeds each and every creature created by Him. Yes ! He has been eulogized in Tamizh as

ள் தேரைக்கும் ,கருப்பையில் உயிருக்கும் அன்னம் இடுபவன்"[The Lord who makes it mandatory to feed even the small little creature Therai belonging to the frog family which lives hidden inside the rock ; not only this ; He is the annadhaatha who feeds and keeps alive the Jeeva , the life that lives in the mother's womb !!!Yet it is the duty of every human soul to rededicate and offer Prasadam to the God who is installed in the sannidhis of our temples and homes . So it was that this bhakta made it his daily duty to offer the food prepared from the rice grains in his field as neivedyam to Sri Nellaiappar . It was providential that ran into troubled waters on one not so fine rainy day when all the rice grains spread on the ground for drying started getting wet due to a heavy downpour . The bhakta was in tears and anxiety because if these fresh rice grains did not get dry , he will not be able to offer the Lord His daily neivedyam But Siva the all merciful at once decided to save His devotee from this mental agony ; He quickly spread a shield in the sky in that space alone and prevented the rainwater from dampening

the rice grains spread by the poor bhakta for Swamy's neivedyam !!! Jumping with ecstasy, the man collects all the dried rice grains and prepares the Neivedyam and rushes to the Siva sannidhi and heaves a deep breath of joy and relief. . Since the Lord weaved a veli[a shield] for the Nel [rice], the Siva here came to be called Sri Nellaiappar"[Sri Challvadeeswarar in Sanskrit]and the sthalam "Nelveli" ;later with the prefix it acquired the name Tirunelveli.

Festivals

All the major festivals for Siva and Parvati are celebrated on a grand scale here , other than the annual brahmotsavam and rathotsavam . Being a major Siva stala in this part of Tamizhnadu noted for its patriotism and deep rooted love for their soil and people , the hospitable natives and citizens of the Tirunelveli district deem it a pleasant duty to participate in lakhs in all these festivals and be blessed by the karunamoorthy Sri Nellaiappar and His beautiful radiant consort Sri kanthimathi Amman . Why don't you too plan a pilgrimage to this ancient, sprawling, magnificent Kshetra in the heart of Tirunelveli town?

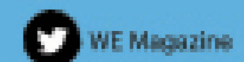
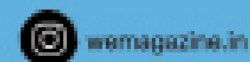


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LOOKING FORWARD MAR 2024



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.



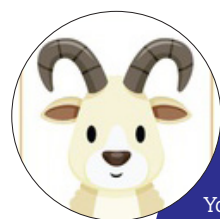
SCORPIO

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.

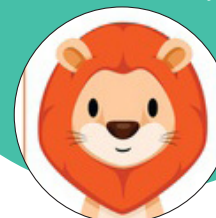


GEMINI

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.

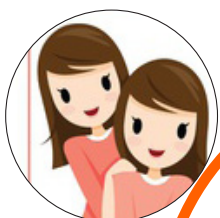
LEO

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.



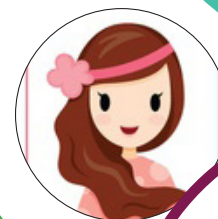
TAURUS

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.



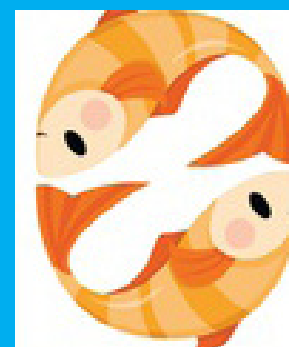
VIRGO

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.



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.