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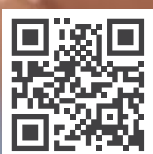
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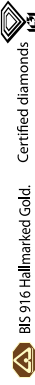
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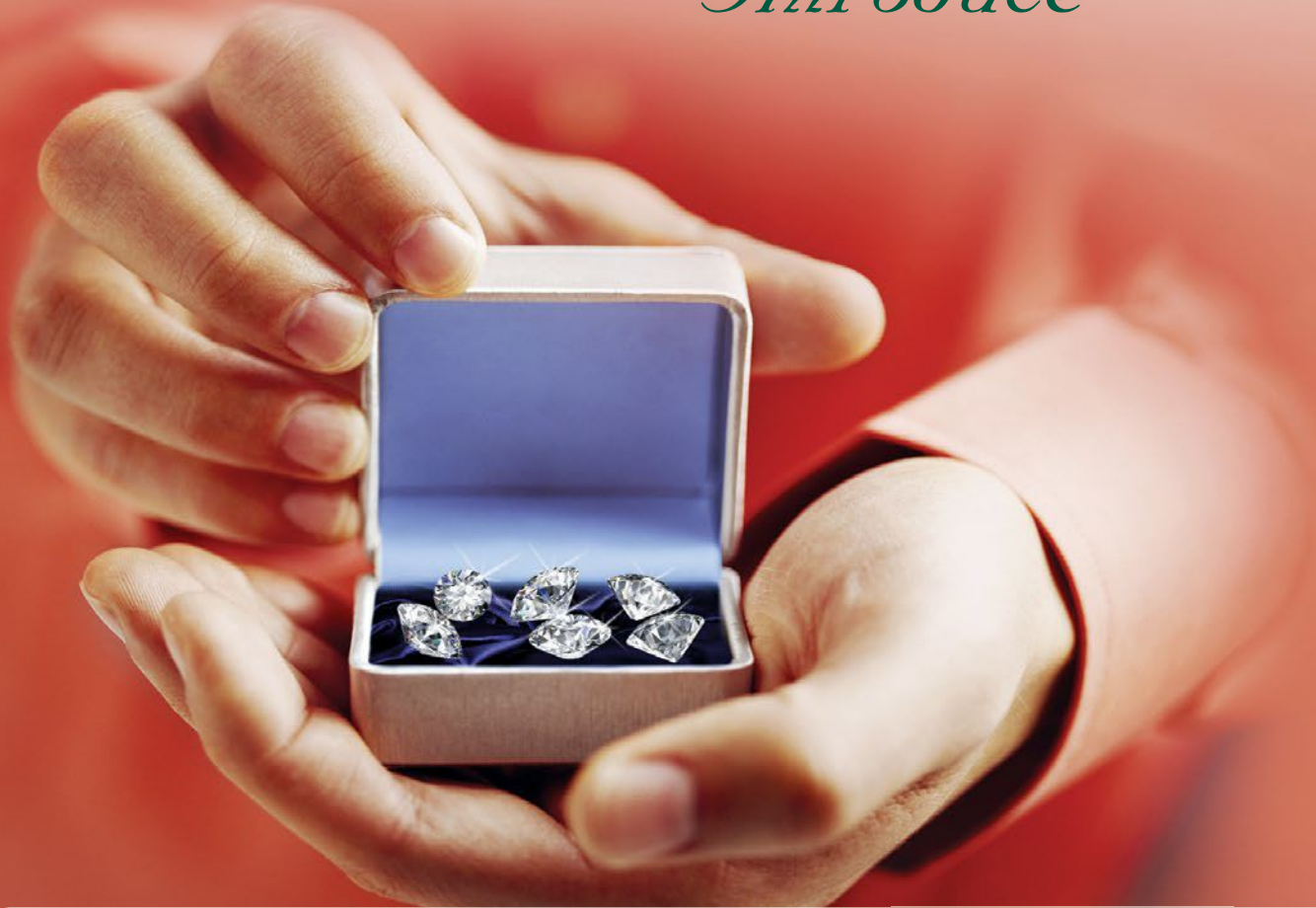
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TIGHTEN YOUR PURSE



*The last four months has been
the most fluctuating months
of Chennai, the result being
tightening of the purse*

Many people are having a tough time paying bills; whereas others are in flinty economic straits. Read on to get some tips on how to maintain your mental health, get a grip on your financial- crisis, and to grow inwardly during this period.

Let's make a generalization that the current scenario is not only yours but a problem for all of us, hence don't become self-centric and pitiful. Boost your spirit and say, "we have to come out of this situation as early as possible". Take a hard look at why you got into trouble, and take necessary steps to rectify this issue. Analyze your relationship with money, and mend it if it needs fixing. Instead of feeling embarrassed or guilty when you're having a money trouble, turn to your beloved ones for support. You may hear that they're in the same boat, or a similar boat but will surely act as a guiding element. Make a blueprint of your financial position in numbers. Then make an action plan to improve your finances by tightening your budget and searching out new income avenues. The first thing we drop out when we are in financial soup is to drop out on exercise. But the other way round it energizes the mind to be swift in thoughts which is the need of the hour. Spending too much time in passive activities will make you sulk more, hence avoid any type of sedentary living. You have to first accept the way things are before you can change the way of life. Do the things that make you happy, such as spending time in nature or hanging out with friends.

"Stay focused on the other valued things in your life, because money isn't everything". We can't necessarily get rid of the pain but we can get rid of the suffering.

Have a fantastic month filled with love.

Please share your thoughts and ideas.
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CONTENTS

FEBRUARY '17



22

THE CHRONIC
INHERITANCE

TANYA

FASHION

14 GOTA PATTI SAREES

A traditional silk sarees
from Gujarat

16 DENIM JEANS!

The latest brands of fashion
and accessories that is
trending among the celebrities



GROOMING

19 HIFU

Medical grade facials are
results-oriented treatments

PEOPLE

30 AND HER JOURNEY BEGINS!

Raahel, gets candid with WE
Magazine and runs through
her life so far

33 THE ANIMAL HEALER

Sanjuktha M, a healer who
treats animals through Reiki

34 MEDICAL ASTROLOGY

Dr Neelakantan explains the
karma theory and diseases
experienced by a person

FOOD

44 FOOD TRAILS OF SRINAGAR

Apart from its scenic beauty,
Srinagar is also a paradise for
foodies

50 STRAWBERRY

There's no denying that
strawberries are a popular
fruit, but they also pack a
healthy punch



62

HOME DECOR

HEALTH

52 PERI-WORKOUT NUTRITION

Begin the power of peri
nutrition to get the best results
pre and post hitting the gym

56 WHY DIETS FAIL YOU?

Five essentials to keep in mind
while trying to lose weight
without dieting

58 BHUTANESE HIDDEN PARADISE

Bathing in spring water with
hot stones, rose petals and
herbs not only heals your
mind and body but
rejuvenates your soul

HOME

62 SPACE YOU LIVE IN

Six simple strategies to open
up your cramped living space
into a spacious one

CAREER

64 PARSONS SCHOOL OF DESIGN

The first school in the United
States to offer programs in
fashion design, advertising,
interior design, and graphic
design

12

WHAT'S
TRENDING
THIS
MONTH



Valentine's
special

20 THE NEW YOU

This Valentine, surprise your
loved one with an absolutely
new you

61 SECRET OF LOVE LIFE

Vastu the sacred science from
India can be used to create
and enhance harmonious
stress-free living in one's
marital relationships and
better love life by igniting
romance and deep feelings

74 APPSOLUTELY NECESSARY

Take a closer look at our
pick of dating apps, which
might help you find your true
Valentine shortly

78 CELEBRATING LOVE AND TOGETHERNESS

Real love stories, basking in
love and happily married ever,
to make this valentine edition
extra special

82 SEASON OF GIFTING

Get in the mood for love
by checking out our most
fabulous gifts for the Valentine
partner in your life

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WHAT'S TRENDING

- FEBRUARY '17

GROOMING

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FRAGRANCE

SkinN Nude Women by TITAN

₹ 1549

A fragrance built of notes beautifully composed by celebrated perfumers in France, Nude is an Eau De Parfum that will leave you spell bound. Its floral essences with a hint of musk will tug at heartstrings and make you fall in love.



Rice Water Bright Cleansing Foam by THE FACESHOP

₹ 472

A brightening, deep cleansing water that has rice water extract, moringa oil and soapwort. Rice water is cosmetically used substance extracted from washing rice, derived from Chosun dynasty. It contains rich amount of Vitamin B and mineral which helps in cleansing your soft skin also, excellent in moisture absorbing and brightening effect.



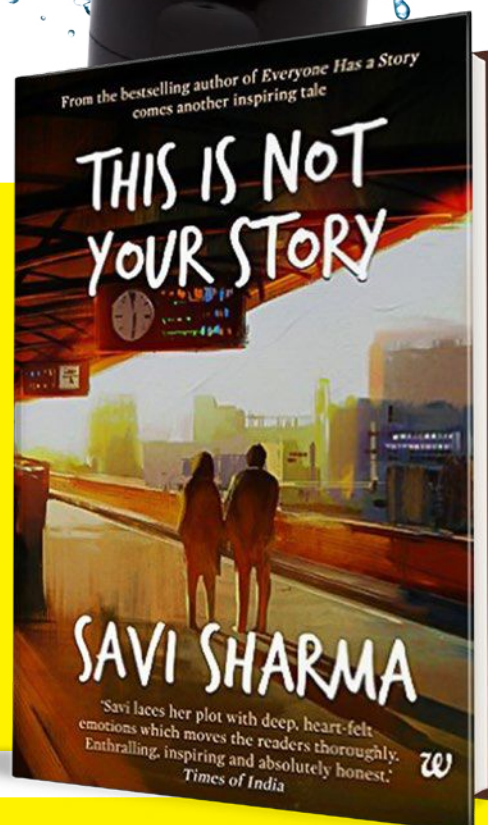
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BOOK

This Is Not Your Story
by SAVI SHARMA

₹ 129

Savi Sharma the co-founder of the motivational media blog Life and People came up with her first self published novel "Everyone has a story" which became a massive hit is ready to treat her readers with her second book "This is not your story" based on a transforming tale of courage, hope and self-discovery this February, 2017.



SHOES

JENNIFER LOPEZ's Giuseppe Zanotti Shoe

₹ 53,379.48 onwards

The Jennifer Lopez x Giuseppe Zanotti shoe collection is called Giuseppe for Jennifer, and the variation of colors and embellishments on the six different styles of shoes creates a lot of wearable options. While none of the looks are particularly awe inspiring or ground breaking in design, they are certainly pretty.



WATCHES

Classic Fusion Ultra by HUBLOT

₹ 4,74,500 onwards

It brings the traditional art of watchmaking into the 21st century. Featuring a unique, modern, architectural aesthetic, this stylish timepiece creates a sleek and masculine look to take its wearer from the office to after-hours functions with ease. The attractive and sharp case is 45mm in diameter and made from polished and satin-finished titanium. While this takes care of creating a contemporary style for the watch, the alligator strap adds a classic touch and air of sophistication.

DECOR

Swing Chair by
URBANLADDER.COM

₹ 4,000 onwards

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Sway Rocking Chair
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GOTA PATTI SAREES

- EMBROIDERY FOR ROYALTY



GEETHA GANGADARAN INSIGHTS OUR READERS ABOUT THE MOST RAVISHING OUTFIT "GOTTA PATTI SAREES" WHICH EVERY WOMAN CRAVES TO WEAR ON HER WEDDING OR OTHER TRADITIONAL FESTIVALS, ALONG ITS TECHNIQUES, MAKING PROCESS, TRENDS AND APPEALS

Amidst all the glitter and glamour of Rajasthan's historical heritage, gota patti, a type of appliqué embroidery is uniquely prestigious. Also called 'Lappe ka kaam' or 'Gota Kinari' work or work of appliqué, came to be present as an accessory of every royal garment.

The cities of Jaipur, Ajmer, Udaipur and Kota are the epicenters of gota work. Elaborate patterns are created using appliqué technique with metals like gold, silver and copper.

It is applied on to the edges of a fabric to create fancy patterns and is popularly used in edging bridal sarees and lehengas.

Gota work always includes a ribbon which is either gold or silver colored which is crafted

into several shapes and motifs before being stitched into the fabric or a piece of cloth. The width of the ribbon can vary depending on how thick or thin the designs require. Some of the most common fabrics used in sync with gota work are georgette, chiffon, silk and bandhini. Gota work is extremely textured and gives off a glamorous appeal to the outfit.

The making of gota is lengthy and time consuming process. The process starts with the tying the basic fabric to the four thick cords of the wooden frame, known as kheet. A craftsman then begins with tracing the design on the fabric with the help of a tracing paper and chalk powder paste. Based on the required design, the gota fabric is cut and folded into various shapes. It is then back stitched and hemmed on the fabric. The motifs used on

gota are inspired from the flora and fauna. The silver or gold pieces of ribbon are cut into fine pieces of string in order to form minute motifs such as flowers, leaves and other geometrical patterns. Gota can be thick or thin. Beads and special cut stones are used in tandem with gota work in order to give the fabric a fine finish.



The basic fabric used for gota patti are light weight chiffon, georgette, satin soli. Originally gold and silver metals were used to embroider but were eventually replaced by copper coated with silver as the genuine way of making it was expensive. Nowadays, copper has been replaced by polyester film which is further metalized and coated to suit requirements. This is known as plastic gota and is highly durable as it has a good resistance to moisture and does not tarnish as opposed to metal based gota. Traditional and beautiful anarkali suits also showcase thick and broad gota borders in silver and gold which look extremely beautiful against rich shades of dark green, black, red, magenta, brown and yellow coloured fabrics.

In bollywood movies such as Umrao Jaan, Bunty Aur Babli, Indian actresses like Aishwarya Rai, Rani Mukherjee, Preity Zinta, Priyanka Chopra have all donned and flaunted gota work on either sarees, lehengas or suits. This has popularized the gota work with the youth and with the Indians by and large.

Prominent stylists like Anita Dongre, Abhinav Mishra, Taniya O'Connor, Swati Ubroy, Nidhi Tolia have all used gota patti in their designer outfits.

Outfit with gota work should be handwashed or machine washed in slow cycle so as to maintain the appliqué work. ♦

தக்வா

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FABRIC DRAPE

Some denims are soft, and some are stiff. The curvier you are naturally, the softer denim you need to look for; otherwise you'll find it uncomfortable. Some stretch in denim adds softness to your fabric. If you have a more muscular body or are naturally very slender, choose stiffer denim with little or no stretch.

COLOR

Choosing a color is always important. Colored denim is a fun fashion trend, but buy reasonable ones as it won't be the longest lasting trend. Dark non-distressed denim is the dressiest whereas lighter denim makes you look more casual. Spend most on your dark classic denim jeans as these will stand the test of time.

POCKETS

When it comes to pockets, you need to consider where it's been placed. If your pockets are too low, you may look petite whereas a wide pocket makes your bottom appear wider and curvier, if lots of bling and pocket flaps are included.

BACK POCKET:

Choose denims with back pockets that are placed on your bottom to make your legs look longer.

FRONT POCKET:

As for front pockets, the standard jean pocket is flattener for most. Large pockets on the fronts of the thighs are best for those with slim thighs.

LEG LENGTH

Ankle length jeans hemmed keeping the original hem is the latest trend now. It goes perfect for the women with long legs else match them with a pair of heel or flats. Also, this trend may change so spend less on a cropped pair.

DISTRESSING

If you have fuller thighs, avoid whiskering (distressing at the crotch) of your jeans, as it draws attention to your upper thighs. You can look for jeans that have vertical distressing, where the edge of the jeans is dark, but the centre of the jeans is lightened down the thigh as this will provide some elongation and a slimming effect. Random distressing will make the jeans appear more casual.





FABRIC WEAVE

Few denim are woven to have a vertical grain, whereas others have a cross-hatch or horizontal appearance. If you want to make your legs appear longer and slimmer, look for denim that has the vertical grain.

SHAPE: STYLISH TRENDS

Even though denim jeans are timeless; shapes, lengths and waistlines changes with the fashion trends. It is important to stay updated of the current shapes and trends to look classy and stylish. Here is the list of 7 stylish denim shapes trending this 2017!

BOOTCUT

An easy shape that fits all body shapes. Ensure that your jeans are hemmed as long as possible, without dragging on the ground

STRAIGHT LEG

Great for slim thighs, or can be balanced tucked into a boot, or worn with a tunic top

TROUSER CUT

A classic cut that can look dressed up, great for all body shapes

SKINNY

Best for those who are very slim, or can be worn under longer tunics

FLARED

Ideal for tall people or those with broad shoulders

WIDE LEG

Great for women with broad or square shoulders which make them look taller. Wedge heels are recommended for this type of jean and strictly no stilettos.

TAPERED

The old-fashioned "Mom" jean type and don't wear it if you're over the age of 30! ♦



GROOMING

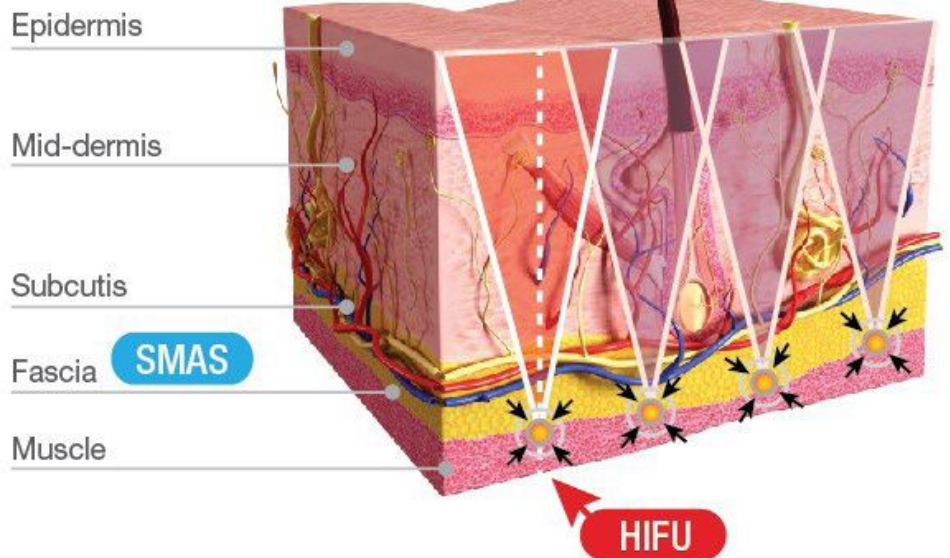
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You can get right back to your day — there is no downtime required. Collagen production will kick off after only one session, with results appearing over the following months. Your skin will be healthier, stronger, and younger-looking, without any unnatural, drastic changes.

You might see slight redness and/or swelling post-treatment, and might feel some tingling. These will disappear within hours. While the results will not be as dramatic as with surgical facelifts, HIFU skin tightening is clinically proven to be safe, with natural and gradual rejuvenation effects.

Even we find it not necessary, some especially sensitive people may choose to take over the counter pain medication before the procedure to increase the tolerance.

Most patients need only one session. Results will appear over 2 to 3 months or even up to 6 months following treatment. Your body will continue to produce fresh collagen over one year. After that, you may wish to continue touch-up treatments.

By stimulating the deep structural support layers of the skin, a natural, regenerative response is initiated, stimulating the growth

of new collagen, which lifts and tightens the skin over time. Because ultrasound technology actually works from the inside-out , which is always the right way to work



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THE NEW YOU

EVER IMAGINED HOW YOUR LOVED ONE WOULD FEEL IF THEY COULD SEE YOU IN A NEW AVATAR? THIS VALENTINE, SURPRISE YOUR LOVED ONE WITH AN ABSOLUTELY NEW YOU

Valentine's Day is not just about gifting flowers and chocolates. Everyone makes their best efforts to look fabulous on their special date. Perfect dress and makeup is just not enough. To complete the look, you need to sport a perfect hair style for a dinner with your Valentine. Finding the perfect hairstyle for Valentine's Day dinner can be a daunting task at times. Here is the list of some stunning and pretty hairstyles which will make him/her fall in love with you all over again.

FOR
Her

For a **DATE NIGHT** look you can twirl your hair into '**SOFT WAVES**' with broad curly iron. This will create a very soft and sweet look.



Yes, short is in. It's '**SIMPLE YET CHIC**', it's convenient yet classy. Nothing can go wrong with a sleek, neat, short hair classy look.

For the **SPECIAL DAY** you can prefer colored '**FLASHPOINT EXTENSIONS**' to bring out the youthfulness in you.



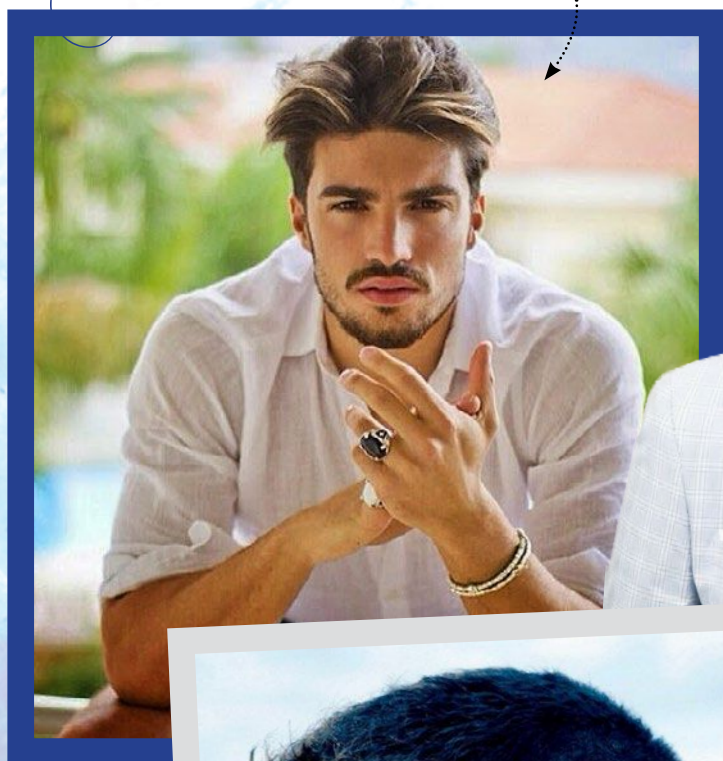
The '**CLASSIC BUN LOOK**' works wonder when it comes to a non-messy, elegant, feminine look. Opt for a bun and you can be sure about a nice **EVENING** with your loved one.

THE *NEW* YOU

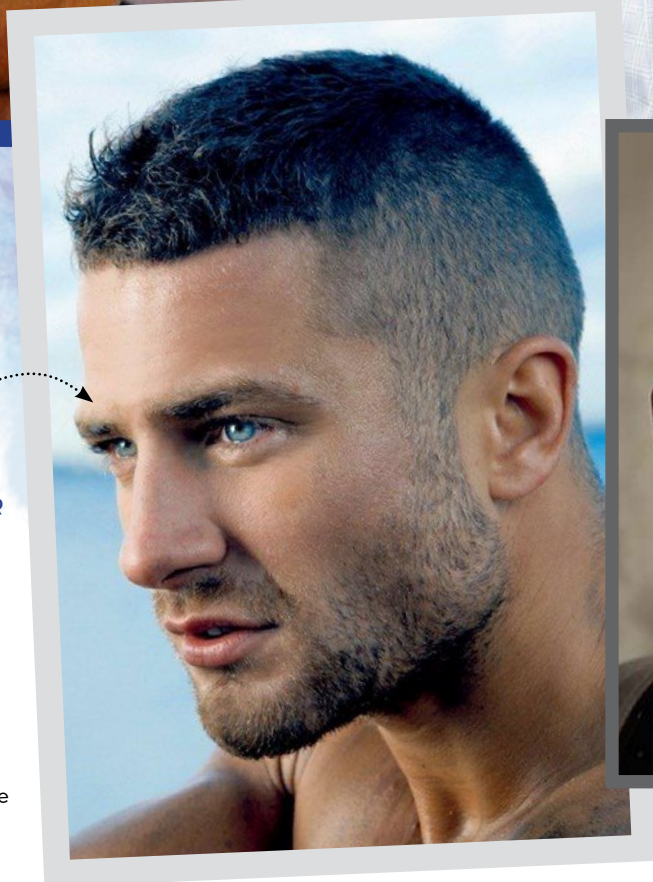
The days of running with the same old haircuts for years are totally over. Young men are willing to try something new each time they visit the barbershop in hopes of standing out amongst the crowd especially on a Valentine day to look good, feel good in front of their girlfriend. Here we break down the regular stereotypes by coming up with the trending 2017 hairstyles for a ravishing makeover for the smart men outside.

FOR
Sim

Men can opt for a '**COOL MESSY LOOK**' with spikes and well-trimmed and shaped beard.



Who said bangs are only for girls? '**BANGS**' can **SOFTEN ANY FACE** irrespective of gender and can add another cute element to the look. One can opt for a side bang, classic fringe or a messy/straight fringe according to the personality and face dimension.



Men can also opt for '**THE CAESAR HAIRCUT**'. The USP of the haircut is its short length that not only makes it easier to maintain but also it becomes incredibly simple to spike as well.



Nothing works better than a **SIMPLE EVENING LOOK**. It works wonder for an evening cocktail date. A '**CLASSIC TAPER LOOK**' involves nothing much but a bunch of neatly combed hair on top, decreasing at the sides. One can support it with a little stubble on face to sweep off his lady!



TANYA RAVICHANDRAN

The Continuing Legacy

PHOTOGRAPHY
G. VENKET RAM

STYLIST
KAVITA SACCHI

MAKE UP
NAGESH C.R

HAIR STYLIST
PINKY

PRO
NIKKIL MURUGAN

PROFESSIONAL CLARITY AT A YOUNG AGE IS WORTH APPRECIATING. STAYING STEADY AND WORKING TOWARDS ACHIEVING THE SAME, DEMANDS ACCOLADES. CARRYING A LEGACY FORWARD WITH SKY HIGH CONFIDENCE IS COMMENDABLE! THAT'S ABOUT A NEW-BORN STAR THAT'S ALREADY BEGUN SHINING BRIGHT. KNOW MORE ABOUT *TANYA RAVICHANDRAN*, GRANDDAUGHTER OF THE LATE YESTERYEAR ACTOR AND LEGEND RAVICHANDRAN, AS SHE CHATS UP WITH **NITHYA RAVINDRAN**



THE OTHER ARTISTS' DOING A BOLD SCENE IS THEIR PREROGATIVE, WHICH IS ALSO BASED ON WHAT THE SCRIPT DEMANDS. I AM NO ONE TO COMMENT ON THEIR CHOICES. AS FAR AS DROPPING CLOTHES OFF IS CONCERNED, I WILL NOT DO IT

.....

Actress by choice or did it just happen?

I always wanted to become an actress, but my parents weren't willing because they wanted me to study, get a post graduate degree first and then pursue acting. My grandfather, however, was supportive.

Run us through your academia.

I did my schooling in PSBB and B.com from MOP Vaishnav College. Right now I am pursuing my Post Graduate degree in MA, Human Resource Management from the same college itself. I chose to stay in Chennai and pursue higher studies because I wanted to go after my passion, which is acting and juggle the same with studies.

Who approached you first and how did your first movie happen?

Director Myshkin was the first to approach me, but due to certain reasons the movie got postponed. Then came Director Radha Mohan's offer; I did Brindavanam opposite Arulnithi, which is yet to release though. After that I did Balle Vellaiya Deva with Director and Actor Sasikumar that got released first and currently I am working with Vijay Sethupathi for the movie Karuppan.

Did being actor Ravichandran's granddaughter help roles come your way or were you treated like any other new comer?

My grandfather's name definitely helped, but I, nevertheless, had to give a screen test. So the legacy, my efforts, my family's support, whoever approached me and gave me a chance – each of these played a vital role in me stepping into the industry.

Being a legend's granddaughter – boon, bane or burden?

On one hand I would definitely call it a boon, while on the other, I would not attach any negativity to it, but I constantly have this

warning bell ringing in my head that I should not spoil his name and should make the family even more proud.

What do you prefer doing - women centric roles with substance, glamour or any role in any good movie?

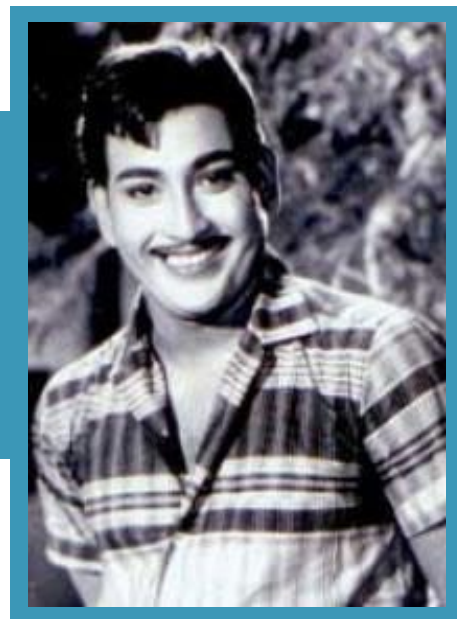
I would not want to lay any such restrictions. I wish to experience playing all kind of roles.

There are a lot of bold scenes that many heroines perform these days. What is your take on it? Also, would you agree to do scenes where you would need to drop your clothes off?

The other artists' doing a bold scene is their prerogative, which is also based on what the script demands. I am no one to comment on their choices. As far as dropping clothes off is concerned, I will not do it.

Define a 'good role' in a movie.

If the role given to me satisfies me as an artist, fulfils what I look out for, then I would define it as a good role for 'me'!



Tanya as a kid, as a teenager and as an actor – how have you changed as a person?

As a kid I was extremely naughty, as a teenager a little less naughty and these days, I am relatively quiet, but with my friends. Nothing else, but the degree of naughtiness has changed.

Can you share an incident that describes your naughtiness?

(Laughs) Oh yes! There was a scarf that some heroine had draped in some movie that I wanted badly. I threw tantrums, rolled on the road and created a huge scene for it. My mother still reminds me of that embarrassing incident, quoting how I troubled her so much that day, thus!

You dance; how has dance helped you in acting?

Dance helps in not just acting, but several other aspects such as posture, memory, maintaining one's body, expressions and of course in dancing for songs.

Whose student are you?

Smt. Krishnakumari Narendran; who has over twenty five years of experience in the field of dance and also has been awarded the prestigious Kalaimamani Award.

Choose any one only - Dance or acting?

(Laughs) How can I do that! I cannot. I have been dancing since the age of five and I have been wanting to act ever since I realized what acting is and knew my grandfather was an actor! So both are equally my passion!

Getting back to shooting, what about it do you hate and love?

Since I love acting so much, there's nothing about shooting I hate. And given the same reason I love everything about it! Just let me act, that's all I want!







I WOULD WANT MY NAME TO BE AMONG THE TOP HEROINES' NAMES IN THE INDUSTRY AND ALSO IN A POSITION WHERE MY GRANDFATHER'S NAME IS PROPPED UP HIGH BECAUSE OF ME

.....

Apart from your grandfather, tell me one person you admire in the industry.

I do not like admiring just one person for one quality. I admire the various characters played by artists, because every such character will have something or the other that it teaches.

Apart from the heroes you have worked with, name that one co-star who you admired a lot and enjoyed with on the sets.

It is very difficult to mention one name because I have been lucky to work with senior artists such as Vivek, Kovai Sarala, Doubt Senthil and so many others. I learnt so much from all.

How important is it for an actor to be active on social media?

You are asking the wrong question to the wrong person. I am available on the prominent social mediums, but a very passive member. If at all there comes a need where becoming active gets mandatory, then yes, I will do so by self-handling my own accounts.

Who chose your name and who rechristened you?

Director Myshkin asked me to change my name and chose the name Tanya for me.

How difficult or easy is it for an actress to survive in a male dominated industry?

Well, it is difficult, but actresses have it all in them to survive well – talent, hard work, and good looks and so on. The number of years they wish to be active is a personal choice.

If survival requires you to compromise on your morals and ethics, will you do it?

I do not think survival depends on morals and ethics; it depends on talent, on how hard one works and is committed to work.

Where do you see yourself 10 years down the lane?

I would want my name to be among the top heroines' names in the industry and also in a position where my grandfather's name is propped up high because of me.

What in a script makes you take up the role?

The story.

Will you accept doing an item song alone in a Superstar movie or an Ulaghanayagan movie?

No, I will not, because item songs will not suit me.

How has your experience on Valentine's Day been so far?

Honestly, this concept of having a boy friend and being committed is not my cup of tea for now. I do not want to get distracted and want to put my full efforts in acting alone.

Have you ever got attracted to your co-stars during the acting process?

(Laughs) No!

What projects you have in the pipeline?

I am just reading scripts; I will confirm my next soon.



RAPID FIRE

One thing that you will sacrifice acting for?
Nothing for now! 20-25 years later, may be for my married life

One thing in your looks that you want to change?
My hair. I always wanted straight hair, mine is wavy.

If God appears in front of you and grants you one wish, what would you ask for?
1000 more wishes!

If you weren't an actor or a dancer, what would you be?
An MBA marketing graduate.

If you could rewind time, what's that one moment you would want to relive?
I love my birthdays and would want to relive them all!

One thing you would do if you were Tamil Nadu's Chief Minister?
I do not want to be one.

Make a confession the world doesn't know about
I bunked a class once with two other friends. One among us left for home, while I and another friend were just loitering around. Our classmate called then to tell us that we were caught and were going to get suspended. We ran to the HOD's room, sat there and argued with her for an hour, proved that the friend who had gone home was in the washroom and that we were away combating some grave problems! We thus, managed to escape going to the Principal's room. In fact, our HOD even apologized and felt sad for us considering the problems we said we were facing then and battling. ♦

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Stylist **SRUTI KANNAN**
Make up **AMBICA**
PRO NIKKIL MURUGAN

RAAHEI

And her journey begins!

A VERY FAMOUS DIRECTOR ONCE TAGGED MY NAME TO BE VERY UNIQUE AND TOLD ME HE WOULD HAVE SCOUTED FOR THE GIRL WITH THE NAME, HAD HE NOT MET ME OTHERWISE! A MODEL AND NOW A SOON-TO-BE-ACTRESS, RAAHEI, GETS CANDID WITH **NITHYA RAVINDRAN** AND RUNS THROUGH HER LIFE SO FAR

“Oh yes, I love travelling, exploring news places, countries, cities”, says Raahei, when asked if she lives up to her name’s meaning, which is ‘(a) traveller’. A proud owner to this distinctive name, meet Raahei, the confident, charming and pretty damsel from Anna Nagar, Chennai, who actually has her roots in Delhi, but loves the language Tamil, has taken tuition in the language to make herself sound better and calls herself a Chennai ponnu (Chennai girl).

An alumna of St. Aloysius Anglo Indian Girls Higher Secondary School and a B.Com graduate, Raahei has identified movies as her true calling and has decided to go after her dreams. “Like most of the families, mine was also pretty conservative and against my idea of stepping into movies. They wanted me to get a degree first; I thus, went to Pune to acquire one and now that I am done with my graduation, my parents have chosen to render their full support and be with me in my journey in movies, particularly my mother, who managed to convince my father for me”, says a bubbly Raahei.

“

‘WHY WOULD I NEED A GODFATHER, WHEN I HAVE GOD WITH ME?’ WAS HER IMMEDIATE REPLY WHEN ASKED ABOUT THE DIFFICULTY OF GETTING PLACED WITH NO FOOTHOLD IN THE ARENA OTHERWISE

Pursuing her passion for dance and acting in front of mirrors were what kept Raahei going until she got a green signal from home to try her luck in movies. However, she is no new face to the world of modeling and advertisements, which she’s been a part of since her teens! “I always felt I had that aura

which attracted attention wherever I went and this sense of belonging to the film industry that pulled me into it, eventually” claimed Raahei. Having openly confessed of her lack of interest towards any other professional fields, she says, acting is all that she knows! Her modeling industry contacts helped her source PRs from the cinema field, whom she met gradually, gave auditions to and thus, is now slowly working her way to becoming an actress. She’s currently reading scripts and waiting for the right one to hit the screens with a bang!

“Why would I need a Godfather, when I have God with me?” was her immediate reply when asked about the difficulty of getting placed with no foothold in the arena otherwise. Raahei has also thanked her lucky stars for not having had to deal with black sheep nowhere yet and also for not having to experience gender bias so far. Given such a situation, she’s all set to take it head-on and tackle it with utmost maturity. She fears nothing and is very sure that her work will speak for itself, thereby, not having to compromise to choose the unethical way to stardom.

Living the life of a model or a star is not easy at all. Strict routines to adhere to and the commitment required is immense. Raahei's is no different. She calls herself a fitness freak and thoroughly enjoys her gym work outs and yoga sessions. She doesn't believe in crash diets, but swears by the term 'eating right'! Looking good, walking and talking with confidence, presenting oneself well are what she thinks defines a good model. Drinking plenty of water to keep oneself hydrated well and adding a lot of fruits and vegetables to one's diet is a tip she would want to share with all those looking to stay fit. And as far as cinema is concerned, "a balanced bend of looks and talent is what can take one places", says Raahei.

BEING A STRONG WOMAN HERSELF, RAAHEI LOOKS UP TO HER MOTHER AND CONSIDERS HER AS THE EPITOME OF WOMANHOOD. AND AS FAR AS AN IDEAL MAN IS CONCERNED, SHE FEELS BRINGING ONE UP THE RIGHT WAY, WITH THE RIGHT VALUES INSTILLED IS WHAT WILL MAKE HIM A GENTLEMAN

"I wish to be versatile and flexible and experiment with all kind of roles. Genelia D'Souza in Santhosh Subramaniam (a super hit Tamil movie) is one character that I can greatly relate myself with and remains my all time favourite!" Raahei gives utmost importance to friendship and is even willing to take up not-all-that-great-roles and act in movies made by friends for friendship sake. But while switching to love from friendship and recollecting her Valentine's Day experience, she bursts out laughing as she recollects her fifth standard experience of getting a rose and a chocolate from her tuition mate on V-day and how she adopted him as her brother soon by tying a rakhi around his wrist, out of nervousness, and yet earned another chocolate! Being hit on and getting date requests, she feels is something very common in her case too, just as any other. However, having had her share of not-so-serious relationships, she's currently not interested to mingle, though single, and wants to only love work and nothing else.

Being a strong woman herself, Raahei looks up to her mother and considers her as the epitome of womanhood. And as far as an ideal man is concerned, she feels bringing one up the right way, with the right values instilled is what will make him a gentleman! She sings out wishing all a very joyous V-day and deciding to celebrate the same with her the people she loves – family and friends! ♦



The Animal Healer

WHEN ANYONE FINDS HIS/HER PET ANIMALS SUFFERING FROM BEHAVIOUR RELATED PROBLEMS, THEY WOULD DECIDE TO GO TO A VETERINARIAN. BUT MANY TIMES, THESE BEHAVIOUR AND PSYCHOLOGICAL ISSUES CAN BE ADDRESSED THROUGH SPIRITUAL SOLUTIONS. AND GOING TO SPIRITUAL HEALER TO SOLVE THE PET RELATED ISSUES IS NOT A SOLUTION FOR ALL, BUT THEY CAN BE COMPLIMENTARY SAYS **SANJUKTHA M**, A HEALER, WHO TREATS ANIMALS THROUGH REIKI. SHE IS ONE OF THE VERY FEW HEALERS WHO PRACTISE HEALING FOR ANIMALS IN THE CITY. BY **M P SARAVANAN**



'Reiki is healing science and one must have complete faith, if one doubts that it would not work,' says Sanjuktha who has a background in molecular biology (aqua culture), she is one of the few practitioners in the city. Being good at academics she moved to spiritual world, 'After completing my Ph.D, there was a break in my career and I had to take care of my father who wasn't well. Later I got married (she laughs)'. Like many, she started practising as a reiki healer. But her love for animals and hearing about reiki for animals and communication sparked her interest in this field. 'Till 2009, we had only one dog. Now we have many dogs. When I heard about animal healing and communications, I felt greatly interested and it is right to learn and practice this great art. Both my husband and I learnt and I started exploring it. After several healing sessions, I started practising on my own dogs and cats, and later with my friends' pets' she says.

Later she felt why not take it to the next level when she found success with healing and communication. 'After healing sessions with pets of my friends they said that they really

feel the difference. My first case was when my friend's cat was peeing in all the wrong places, even though they had litter boxes in several places of the house. After healing and communication sessions (through telepathy), they found significant difference' she says. She later set up a page in Facebook, through which she currently operates. Explaining further about telepathy, she says, 'mind to mind communication, which are feelings exchanged between a sender and a receiver throughout the world in all life form. In order to properly transmit a message, you have to first believe wholeheartedly that it will work. After believing, and meditating for a few minutes, it then becomes really easy to transmit a message. And humans are conditioned to forget.'

For telepathy one should believe in that. It is very important that both the sender (sends the mental message) and the receiver (receives the mental message) both believe telepathy is possible. 'We are all born with the ability to connect through telepathy. But our lifestyle and rational mindset, make us forget the

messages we received from someone or use the ability we have got. But animals are very much attuned to that communication. They are very responsive to the communication and healing, moreover when it comes to healing energy they are very receptive. Sessions involving animals take few minutes and people little longer', she adds.

Reasoning about the receptive qualities of the animals, she says, 'They don't have any mental barriers, and they understand healing and universal energy. They also feel happy to receive that. Due to the receptive quality, we don't have to conduct the session for longer time.'

Being a full-time healer, she also feels depleted after conducting sessions, 'Not so much with animals as with people. Though we take other negative energy, one can feel it. Many a times, I too get drained after sessions with people. In order to get replenished I take a break between sessions and grounding myself which I have learnt during reiki training. Grounding is basically connecting you with the earth'.

For common people to remove negative energy, she advises them to salt water bath once every week. Walk on the earth, without footwear in order to stay connected with earth. While walking on the beach, feel the waves and nature around.

But she assures that the healing alone can cure, 'I believe in holistic approach, my healing session is not a substitute for veterinary care. When the pet is suffering from physical ailments, they must take it to a veterinarian. While the ailment is cured, our healing will remove the emotional cause for the issue. And health improvement will be much faster and our healing can never claim to be a replacement.'

Having tried out communication with birds, snakes and other domestic animals in the neighbourhood, Sanjuktha hopes to healing those animals as well in the near future. ♦

MIRACLES *from* MEDICAL ASTROLOGY

THROUGHOUT OUR LIFE WE MIGHT HAVE HEARD PEOPLE SAYING IT'S MY BAD LUCK AND KARMA. BUT IF YOU NOTICE KEENLY, PEOPLE WITHOUT ANY KNOWLEDGE OF SANSKRIT OR VEDAS SAY THAT THEIR PAST DEEDS ARE AFFECTING THEIR PRESENT LIFE. AND YES, THIS FACT IS ACCEPTED BY **DR NEELAKANTAN**, A VEDIC SCHOLAR AND AN ASTROLOGER, WHO SAYS THAT THE KARMA THEORY AND DISEASES EXPERIENCED BY A PERSON, HAS DEEP CONNECTION WITH HIS/HER PAST LIFE. NEELAKANTAN A CHARTERED ACCOUNTANT BY PROFESSION, WAS AWARDED WITH A DOCTORATE BY THE DEEMED SRI CHANDRASEKARENDRA UNIVERSITY (KANCHEEPURAM) FOR HIS THESIS ON MEDICAL ASTROLOGY



How karma can have an effect on man's life?

According to Hindu tradition, it is said that a soul will take 800 births; as far as the present birth is concerned it is continuous of previous birth. Both the good and bad deeds will have an effect on the current birth. Bad deeds will manifest in the form of diseases.

Medical Astrology is all about understanding the impact of karma on diseases. The past karmas are reflected on the planetary position at the time of the man's birth. Karma is divided into three categories, Sanchita Karma, Prarabdha Karma and Agamya Karma. The accumulated result of all the actions from all

our past lifetimes and from the current lifetime till this moment is called as Sanchita Karma. Prarabdha Karma is collection of past karmas, which are ready to be experienced through the present body. Agamya Karma is a karma that a person starts earning when he/she enters our planet earth, due to fresh thoughts, words and deeds.

Can you explain with an in example on how medical astrology helps in curing a person?

In 2015, I happened to get a horoscope of a 40-year-old software engineer working in US, suffering from severe asthma. According to

astrology, breathing is ruled by Saturn and third house (horoscope). I noticed that the planetary disturbances in his horoscope have caused him this. Since he was working in US, doctors in that country have suggested lung transplantation. Going through the medical reports, even a doctor from India showed green signal for lung transplantation. On my part, I organised a Dhanvantri homam for curing his problem, which was conducted by high competent vedic scholars. The entire session was attended by software engineer's close relatives in Chennai. Later, the doctor found that the software engineer is perfectly alright and there is no need for lung transplantation. Medical astrology can make miracles. The only thing that it requires is faith and belief especially patients who are infected by the diseases.

Can we predict the disease that may affect us in the future?

Yes. We can do that. When a child is born, we can guess the type of diseases he/she might get strike in the future. And we can even provide solution. For example, if we come to know that the child will have a possibility of getting diabetes. By studying the planetary positions, we even prevent and cure the disease. In rational aspect, we must advice the kid to reduce the amount of carbohydrate intake. In spiritual level, we can perform certain homam and pujas to cure the disease.

What is a curse and how it can have an effect on a person?

Curse is a form of negative vibration or energy. I will explain the curse with a real life incident. There was a sanyasi in Poes Garden (Chennai), who used to donate a sum of Rs.35 in a Shivan temple, Sirkazhi(Tamilnadu) and send the receipt. One day he sent a receipt through a messenger to an accountant who was a friend of mine. But the accountant refused to pay the sum which offended the ascetic. The sanyasi took a vow that he would make

the accountant come to his house without even wearing a chappal and make him pay Rs 35. But the accountant didn't bother about it. Few days, later the accountant developed swelling in his legs. He wore stockings, but the swelling continued to the extent that he couldn't wear his chappals. After a medical consultation it was found that he was affected by filariasis and underwent treatment. Finally I suggested him to surrender before the sanyasi. Accountant was received happily by sanyasi and the swelling ended. From this incident I got a lesson that we mustn't rub anybody from the wrong side.

MEDICAL ASTROLOGY IS ALL ABOUT UNDERSTANDING THE IMPACT OF KARMA ON DISEASES. THE PAST KARMAS ARE REFLECTED ON THE PLANETARY POSITION AT THE TIME OF THE MAN'S BIRTH. KARMA IS DIVIDED INTO THREE CATEGORIES, SANCHITA KARMA, PRARABDHA KARMA AND AGAMYA KARMA

For the past few years, several astrologers are providing remedial solutions to Naga Dhoshtham or Sarpa Dhoshtham ? How does it have an effect on us?

Naga Dhoshtham or Sarpa Dhoshtham are a result of Rahu and Ketu. Those who suffering from primary infertility choose artificial pregnancy treatments like IUI and IVF in order to increase a couple's chance of becoming pregnant. But in many cases, they might be suffering from Naga Dhoshtham. Aiming to cure their ailment, I suggest to perform pujas in SriKhalashati (Andhra Pradesh) and Kukke Subramanya temple (Karnataka). In the Kukke Subramanya Temple, several pujas must be performed. It is claimed that after performing the rituals, there is 90 percent of chances that the couple might get child.

Apart from this pooja, the couples must also undergo medical treatment because vedic says that a person is made up of three kinds of bodies, physical, mental and spiritual. The pujas will heal the mental and spiritual side whereas treatments heal the physical body. In my personal experience, I have given solution to three couples, which was a success.



MEDICAL ASTROLOGY AND DIABETES

Aiming to shed more information on Diabetes, Dr Neelakantan has given us, an excerpt from 'Veerasimhaavalokanam' treatise on medical astrology.

Astrologically, a native born with Mercury position with Sun's aspect (horoscope), is positioned in the houses of Jupiter (Dhanu and Meena), will turn out to be calm and courageous person but affected by diabetic. Propitiation of Mercury is to be done by undertaking the rites prescribed earlier.

Passing on the Karma Vibaagam, the text mentions that, one who has carnal relations with a young virgin, is likely to suffer from diabetes associated with Vaatam. Three rounds of Chaandraayana Vritham and gifting of self image (Prathi roopam) are prescribed as propitiatory measures. One who has carnal relations with his mother or sister, will develop into diabetic, one who has such relations with his brother's wife will develop Jalameham and one who has such relations with a pregnant woman, will develop Ikshumeham.

Propitiation for such atrocious and abominable acts can only be through rites and rituals of a very intense kind. One who cannot undertake such acts of repentance can observe three cycles of Krishchra vritham and feast forty Brahmins daily and chant Purusha Suktham Sahasranaamam and Gayathri, perform homam with ghee and other essentials, to the chant of Rupra suktham 108 times. One, who has carnal relations with a chandaala woman, will suffer from all types of Meharoga, be helpless with unquenchable thirst and insatiable hunger. Chanting of the mantra "idamapaaha pravahatho uththamam varuna" and homa, will help in such cases.

Dealing with treatments, the text lists, old Chaama, Koovaraga, Naruvari, Wheat, Chennayari, Thuruva payaru and Horsegram is beneficial for Diabetes. Bitter tasting vegetables, flesh of animals inhabiting jungles, flesh of deer and birds cooked Yavam, Greegram, Navara and Chennella are also among the things that help cure diabetes.

A Kashaayam made of Triphaola, Devathaaram, bark of Maramanjil and Muthangakizhangu taken with honey, will cure diabetes. All mehas will be cured with a mixture of Kudagupaalayari, Venga Kaadal (heartwood), bark of Maramanjil, Muthanga kizhangu and Triphala or juice extracted from crushed Chittamridh, mixed with honey. Juice of crushed Gooseberry, with powdered Varattumanjal or Triphala powder or rock fluid, taken with honey, is a cure for Diabetes. Kadangataadi Kashaayam made of equal quantities of Koduveli kizhangu, Tripahala and root of Vella Aamanakka, taken with honey, is a cure for Diabetes. Phalatrikaadi kashaayam made of Triphala, Devathaaram, Varattumanjal, root of kattu Vellari and Muthanga kizhangu, taken with cheruthen, is a cure for all types of Meham. Equal quantities of barks of Peraala, Fig, Konna with root of Payyazhaanda, Venga kaadal, bark of Varikka maavi, fruit of Vilarmaathulam, bark of Neermarudham bark of Chematha, Irattimathuram, Ilippa kaadal, barks of Paachchotti, Maadhulam, Murukku, Padavalam, roots of Aattukottapaala, Naagadandhi, Koduveli kizhangu, Thuvapayaru, Kudagupaalayari and Cherkuru powdered well and taken with honey, followed by Triphala kashaayam will result in clear urine and cure Dysuria and all twenty types of Diabetes and prevent linear carbuncles. ♦

COOK IT, LOVE IT, EAT IT!

FOOD AND TASTE CORRELATE WITH EACH ANOTHER TO BRING OUT A PERFECT RECIPE. COOKING IS AN ART WHICH HAS TO BE PREPARED FROM THE BOTTOM OF OUR HEARTS, SO WHY NOT TRY RECIPES THAT ARE TRENDING THIS UPCOMING VALENTINE DAY 2K17 AND SURPRISE YOUR BELOVED ONES WITH CANDLES OR SPRIT LAMPS. BY **AMRITHA PREM**





COD EN PAPILOTE WITH TOMATOES AND PESTO

ORIGIN: French

'En papillote' is a French technique of baking in paper parcels. It seals in the flavour and goodness of the cod to create a fresh and healthy fish dish.

TOTAL TIME: 40 Minutes

PREPARATION: 25 min

COOK: 8 min

INGREDIENTS

- 4 x 150g pieces skinned sustainable cod loin or fillet
- 4 large vine-ripened tomatoes, each cut into 6 slices
- Foil sheets and baking paper (cut in square shape)

FOR THE PESTO SAUCE

- 15g fresh basil leaves
- 1 garlic clove, crushed
- 1 tbsp pine nuts
- 2 tbsp extra-virgin olive oil, plus a little extra for brushing
- 1 tbsp finely grated parmesan

METHOD

- Preheat the oven to 240°C/ 220°C/gas 9 or to its highest setting.
- Season the cod on both sides with salt and pepper, and then set aside.
- Make the pesto. Put the basil, garlic, pine nuts and oil into a mini food processor and blend until smooth.
- Stir in the Parmesan and season.
- Cut out 4 x 38cm squares of both baking paper and foil. Lay a paper square on top of each foil square on the work surface and brush lightly with olive oil.
- Overlap the tomato slices, slightly off-centre on the greaseproof paper, and season lightly.
- Spread the pesto over the tomatoes and rest the cod on top.
- Fold one side of the paper and foil over the fish so that the edges meet.
- Starting at one open end, fold over the edge a few times and continue folding around the parcel, until it's well sealed.
- Tap the seam down well with a rolling pin for a better seal. Repeat to make 3 more parcels.
- Place the cod parcels on a baking tray and bake for 8 minutes.
- Slit them open with a sharp knife and transfer the contents onto warm plates.
- Serve with olive oil mashed potatoes or steamed rice.

EGGPLANT PARMESAN WITH FRESH BASIL AND SMOKED MOZZARELLA

ORIGIN: Italy

It is a gourmet version of the Italian-inspired favorite dish with plenty of fresh basil, smoked mozzarella cheese, and rich marinara sauce covering delicious fried eggplant slices.

TOTAL TIME: 1 Hour, 20 minutes

PREPARATION: 25min

COOK: 40 min

INGREDIENTS

- 1 large unpeeled purple eggplant, trimmed and cut into 1/8-inch thick slices
- 2 eggs
- 1 teaspoon fine sea salt, or as needed
- 1 tablespoon whole milk
- 1 cup Italian-seasoned bread crumbs, or more as needed
- 3/4 cup extra-virgin olive oil, or as needed
- 1 (24 ounce) jar prepared marinara sauce

(such as De Cecco)

- 1 bunch fresh basil, coarsely chopped
- 1 (8 ounce) package smoked mozzarella cheese, very thinly sliced
- 1/2 cup freshly grated Parmesan cheese

METHOD

- Line a plate with a paper towel; place a layer of 2 or 3 slices of eggplant onto the towel. Sprinkle eggplant with sea salt. Repeat it as layers until all eggplant slices are stacked.
- Place 2 paper towels onto the stack and place a plate on top of the towels. Lay a heavy book or can of food onto the plate to squeeze out moisture. Allow to drip for 20 minutes to 2 hours.
- Meanwhile, beat eggs with milk in a shallow bowl. Place bread crumbs into a separate bowl.

- Dip eggplant slices in the egg mixture and gently press into the crumbs to coat; set aside.
- Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8-inch baking dish.
- Heat olive oil in a large skillet over medium-high heat; fry eggplant slices in the hot oil in small batches until golden brown, about 1 to 2 minutes per side. Drain on paper towels.
- Pour about 1/4 cup of marinara sauce into the bottom of the prepared baking dish and arrange a layer of eggplant slices to cover the sauce.
- Scatter basil and a few slices of smoked mozzarella cheese over eggplant; repeat layers, ending with a layer of sauce on top. Sprinkle Parmesan cheese over the top.
- Bake in the preheated oven until heated through and the cheese has melted, about 15 minutes. Serve immediately.



FOLIO DE SATAY

ORIGIN: Indonesian

Folio de Satay is a dish of seasoned, skewered and grilled chicken or steak, which adds intimacy to the most beautiful relationship called love.

TOTAL TIME: 1 Hour

PREPARATION: 25min

COOK: 20 min

INGREDIENTS

- 3 tablespoons soy sauce
- 3 tablespoons tomato sauce
- 1 tablespoon peanut oil
- 2 cloves garlic, peeled and minced
- 1 pinch ground black pepper
- 1 pinch ground cumin
- 6 skinless, boneless chicken breast halves – cubed or Steak
- 1 tablespoon vegetable oil
- 1/4 cup minced onion
- 1 clove garlic, peeled and minced
- 1 cup water
- 1/2 cup chunky peanut butter
- 2 tablespoons soy sauce
- 2 tablespoons white sugar
- 1 tablespoon lemon juice
- Skewers

METHOD:

- In a bowl, mix soy sauce, tomato sauce, peanut oil, garlic, black pepper, and cumin and make it into a fine paste. Marinate the chicken with this fine paste and leave it in the refrigerator for at least 15 minutes.
- Preheat the grill to high temperature.
- In a saucepan, add vegetable oil and sauté it with onions and garlic on a medium flame until onion's color turns into light brown.
- Add the chicken into the saucepan followed by little quantity of water, peanut butter, soy sauce, and sugar for taste. Cook and stir until it's blended properly.
- Add few drops of lemon juice over the cooked chicken and set aside.
- Lightly oil the grill grate. Thread chicken onto skewers, and show it on the flame for 5 minutes each side, until the chicken juices run clear.
- Serve with the peanut sauce or pineapple sauce.



PASTITSADA (BEEF IN TOMATO SAUCE)

ORIGIN: Greek

Pastitsada is a dish based on slowly cooked tomato sauce with big chunks of meat which results in high flavors of color and taste. Highly perfect for a Valentine's Day dinner!

*can use lobster also instead of beef or chicken

TOTAL TIME: 3 Hour, 40 min

PREPARATION: 40min

COOK: 2 Hour

INGREDIENTS

- 3lbs boneless veal shoulder, in one piece, rolled and tied
- 4cloves garlic, thinly sliced
- 1cinnamon stick (about 3 inches long)
- 5allspice berries
- 3whole cloves
- 1bay leaf
- 1cup dry red wine or 1 cup white wine
- 3tablespoons red wine vinegar
- 2large onions, finely chopped
- 2(1 1/2 lb) cans whole tomatoes, drained
- 3/4teaspoon sugar
- 1pinch cayenne pepper
- 1lb ziti pasta or 1 lb penne
- 1/2cup butter
- 2ounces grated parmesan cheese
- 2ounces grated pecorino romano cheese

METHOD

- Heat oven to 300 degrees F. Rub veal with 1 tsp salt and ½ tsp pepper.
- Make shallow incisions all over meat and insert thin slices of garlic, using about half.
- Heat 3 tbsp olive oil over medium-flame, until rippling; add meat and sear on all sides.
- Add remaining garlic, cinnamon, cloves, bay leaf. Reduce heat to very low and cook it for 10 minutes. Shake casserole 2 or 3 times to prevent it from sticking.
- Add wine and vinegar, increase heat to high temperature. Cover casserole tightly

with foil; place lid securely over foil.

Bake for 30 minutes.

- Carefully remove the lid and foil; turn meat with wooden spoons so as not to pierce; replace foil and lid; bake 30 minutes longer.
- Heat remaining 3 tblsp oil in large skillet over medium flame until rippling. Saute onion until it is softened for about 5 minutes. (Never let the color change to brown).
- Add tomatoes, ½ tsp salt, sugar, 1/8 tsp pepper and cayenne in low flame and cook it for 20 minutes.
- Remove casserole from oven and increase oven temperature to 375F.
- Pour sauce over meat; replace foil and lid. Bake 3-4 hours, or until beef is fork-tender.
- Remove casserole from oven. Transfer meat to heatproof platter, cover with foil to keep warm. Remove and discard bay leaf, cinnamon, allspice and cloves from sauce.
- Let sauce stand a few minutes; degrease. Use a small amount of the fat removed from the sauce to grease a wide, shallow, 4-quart baking dish.
- Cook pasta until al dente. While pasta cooks, put butter into a small saucepan and melt over medium flame. Let the butter color turn brown and this is known as *beurre noisette*.
- Add browned butter to pasta along with half of grated cheese. Toss to coat.
- Add 2 cups of tomato sauce and toss again; turn into baking dish. Until veal roll and cut into ½ inch slices. Arrange in overlapping row over pasta.
- Pour remaining sauce over all. Bake, covered with foil, 10 minutes. Uncover, bake 10 minutes longer.
- Sprinkle with remaining cheese and serve. Though it takes long hours to cook, the end product is mouth watering and delicious.





CHEESE FONDUE

ORIGIN: Switzerland

Fondue is a Swiss dish of melted cheese served in a communal pot (caquelon or fondue pot) over a portable stove (réchaud) and eaten by dipping bread into the cheese.

A TRADITION SAYS THAT IF A MAN LOSES HIS BREAD IN THE FONDUE POT, HE BUYS DRINKS FOR HER GIRL AND IF A WOMAN DOES, SHE MUST KISS HIM IN FRONT OF EVERYONE.

TOTAL TIME: 25 min

PREPARATION: 10 min

COOK: 15 min

INGREDIENTS

- 1/2 pound imported Swiss cheese, shredded
- 1/2 pound Gruyere cheese, shredded (Yellow colored)
- 2 tablespoons cornstarch
- 1 garlic clove, peeled
- 1 cup dry white wine (*Sauvignon blanc)
- 1 tablespoon lemon juice
- 1 tablespoon cherry brandy (* Kirsch)
- 1/2 teaspoon dry mustard
- Pinch nutmeg
- Assorted dippers

METHOD

- In a glass bowl, coat the cheeses with cornstarch and set aside.
- Rub the inside of the ceramic fondue pot with the garlic, then discard.
- Place the ceramic fondue pot over medium heat, add the wine and lemon juice and bring to a gentle simmer. Gradually stir the cheese into the simmering liquid.
- Melt the cheese until it turns to a smooth fondue.
- Once its turned into a fine, smooth fondue, stir it with cherry brandy, mustard and nutmeg.

SERVING

- Arrange an assortment of bite-sized dipping foods on a lazy Susan around fondue pot.
- Serve with chunks of French fries and pumpernickel breads.
- Other suggestion includes Granny Smith apples, blanched vegetables such as broccoli, cauliflower, carrots and asparagus.
- Spear with fondue forks or wooden skewers, dip, swirl and enjoy!

* Recommended for better taste ♦



CHEF'S SPECIAL

ANAND G. L.
EXECUTIVE CHEF

TURYAA HOTEL
-CHENNAI

LUCKNOW PAN-FRIED SPINACH KEBABS

INGREDIENTS

- Spinach 150 mls (Boiled, pasted)
- Channa Daal 50 gms (Boiled, pasted)
- Raw Mango 10 gms (Finely chopped)
- Green Chilli 10 gms (Finely chopped)
- Almonds 10 gms (Finely chopped)
- Cashew 10 gms (Finely chopped)
- Pistachio 10 gms (Finely chopped)
- Chaat Masala 5 gms
- Chilli Powder 5 gms
- Ghee 25 mls
- Salt as required
- Mint chutney 20 gms
- Mango chutney 20 gms
- Tomato garlic chutney 20 gms
- Roomali 1 Nos
- Black dhal 150 mls
- Spring vegetable salad 50 grams

METHOD

- In a kadai heat ghee, cook well the spinach paste and channa daal paste with green chillies, chilli powder, chaat masala, salt.
- When cooked well, cool and divide into 6
- Make a mixture of dry nuts and stuff it inside the spinach mixture and make patties
- Shallow fry them with ghee on both sides.
- Serve hot with chutneys, black daal and roomali roti. ♦



Food trail of SRINAGAR

FOR MOST OF US, THE FIRST THOUGHT THAT COMES TO MIND WHEN SRINAGAR IS MENTIONED IS HOW SCENIC IT IS. NICKNAMED PARADISE ON EARTH, THE SIGHT OF THE MAJESTIC SNOW CAPPED MOUNTAINS GREETES YOU BEFORE YOU LAND AT THE AIRPORT. THEY SET THE PACE FOR THE BOUNTIFUL BLESSINGS THAT MOTHER NATURE HAS BESTOWED ON THE CITY. APART FROM ITS SCENIC BEAUTY, SRINAGAR IS ALSO A PARADISE FOR FOODIES DISCOVERS **KHURSHEED DINSHAW**





As I left the airport, there was a nip in the air and on reaching my hotel which is the picturesque RK Sarovar Portico, I asked for kahwah to warm myself. It is Kashmiri green tea prepared using aromatic spices without milk. Chopped almond slivers are added along with green cardamom and depending on how it is prepared, cinnamon and saffron strands can also be added.

Samovar is the ornate metal kettle usually made of copper in which kahwah is prepared. I sat at Sheesha which is the open air coffee shop of Sarovar Portico relishing my kahwah, breathing in fresh air, viewing the lush pine forest beyond which are the Sulaiman Hills.

Later, I strolled at Lal Chowk and Dal Gate which are the star attractions of the city. The hotel is less than a km from both and most of the other sightseeing spots are also located in the vicinity of the hotel making it a very convenient stay option and the primary reason why I chose to stay here apart from its excellent hospitality.

Sitting in a shikara, exploring Dal Lake, the weather was still chilly and what did I spot! A barbeque seller, offering freshly barbecued meats. These could be enjoyed without stepping out of your shikara as he would row up to you in his shikara and serve them. It was

momentarily tempting but I knew there was the delicious Kashmiri wazwan being prepared back at the hotel and so gave it a miss.

The elaborate feast called Wazwan includes non vegetarian dishes like Tabak Maaz which is made with lamb ribs, Rista or meat balls, Rogan Josh which is a lamb curry, Dhaniwal Korma which is prepared with yoghurt as a main ingredient, aab gosht which is mutton curry and Marchwangan Korma which is a spicy and fiery curry made with red chillies. Vegetarian dishes include Waza palak made with green spinach, Ruangan Chaman where cottage cheese is cooked in a different tomato gravy and Dum Aloo where baby potatoes are deep fried and cooked with spices and curd. Nadir Yakhni are lotus stems cooked with yoghurt and Nadir palak is a curry made with lotus stems and spinach. Even the chutneys are interesting and delicious like Muji Chetintin which is made with radish and walnut. The sweet dish of Wazwan is Phirni.

The next day sitting in my room with its state of the art amenities, I sampled the traditional noon chai which was pink in color. It is a salty tea served with the Kashmiri special bread called Girda.

Later, I visited the Gurdwara Chatti Patshahi where in 1616 AD, Guruhargobind Sahib Ji

had visited. I was given a warm cup of masala tea as prasad. Outside Hazratbal Shrine, I tried the halwa which is eaten with a huge poori made from wheat flour.

At Badamvaer Garden, depending on the season you get to see almond trees in full bloom. Looking at the dark pink almond blossomed in the garden, I made a note to pick up dry fruits specially almonds, walnuts, apricots and pine nuts from Lal Chowk.

Saffron is a popular spice that can be bought from Srinagar. Don't forget to step into the bakeries of the city and try naans, varieties of breads and biscuits including nankhatai and walnut pies. The biscuits are crunchy and are made with nuts, dry fruits and chocolate chips.

For my meals I headed to Takth-E-Sulaiman which is the multi cuisine restaurant of RK Sarovar Portico. I sat down looking out the large glass windows feeling awed by the greeny, lustrous trees and the green painted United Nation (UN) office building located beneath the hotel. Then, I started munching delectable kashmiri dishes like al yakhni which is cooked using bottle gourd and yoghurt, Monji Haaq which is made from kohlrabi, kashmiri rice, lotus stem in dal and other various green leafy preparations like kashmiri pulao, kashmiri chaman where fried paneer cubes are cooked in a spicy tomato gravy, kashmiri chok wangun which is cooked using eggplant and lotus stem tikkis served with walnut chutney.

Outside Jamia Masjid and near Dal lake, I tried the snacks sold by vendors in the evening. The weather of Srinagar makes these deep fried savouries munch worthy. Prepared from lotus stems, dried peas, potatoes, onion and fish, you can buy these as per your desired quantity. ♦



● ● ●

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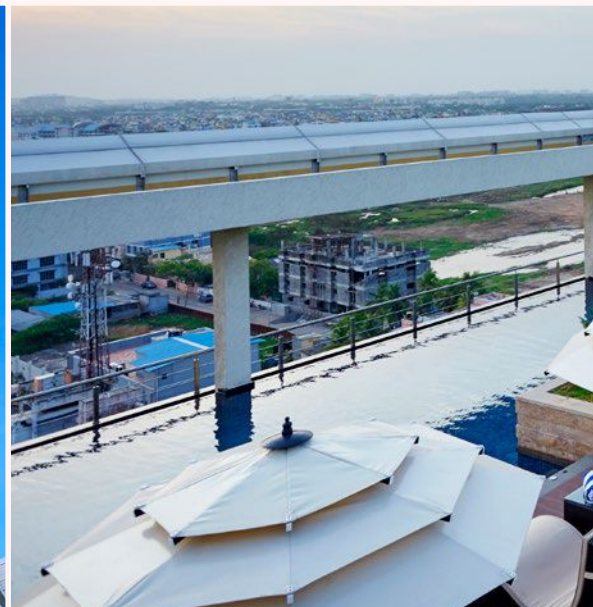
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Wind on your face, and soothing different topographies that you can enjoy viewing from the terrace garden as you dine, food par excellence to satiate your taste buds, hierarchical rooms bubbling with luxury, facilities that adhere to your requirements and an excellent service to massage your ego – welcome to Turyaa – the five star deluxe hotel at Kotivakkam, OMR, Chennai!

Taking a break from a monotony demands self-pampering, but minus the tedious efforts of having to navigate too far! This is where Turyaa wins over the several other elite class options Chennai has. A 15 minutes drive from Madhya Kailash (a prominent landmark temple), this hotel, stands tall on the IT corridor of the city and is a short drive from the city centre. With plush and elegant interiors, the self-playing piano in the hotel's entrance lounge welcomes its visitors with pleasant music. Despite being just a little more than a year old, Turyaa exhibits no traits of being an infant hotel and caters to all needs ranging from those of casual diners, lodging, events/conferences and marriages. The hotel's proximity to the airport, Central railway station and other important landmarks of the city – travelling time to the stated places remains within an hour, maximum – earns it brownie points to make it a preferred choice.

Turyaa houses four varied restaurants for now and a bakery, with several plans of further additions. Having a balanced seating for both indoor and outdoor dining, Samasa – the fusion evening restaurant – with al fresco dining, caters to one's typical requirement of a laidback nightfall. Pre-booking tables that overlook the sea is allowed to add a pinch of romance to your already amazing choice. Dao,

COZINESS NESTED IN CHAOS!

CELEBRATING THE ACQUIREMENT OF A FIVE STAR DELUXE CLASSIFICATION, TURYAA HOTEL STANDS MAJESTIC ON THE BUSY OLD MAHABALIPURAM ROAD, INVITING ITS PATRONS WITH A GLEE. WHAT MORE DOES TURYAA OFFER? READ TO FIND OUT WITH **NITHYA RAVINDRAN**



their other dusk-time eatery on the terrace again, will satisfy your craving for the Chinese cuisine. If a light-hearted conversation over distilled spirits is what boosts up your spirits, then Twist- the lounge bar, that's open from noon to night, is where you need to head to! Svar – the multi cuisine restaurant, that also serves lip-smacking Sri Lankan dishes, will help you curb your hunger pangs all day through. Their buffets are a must-try. Apart from these, if you have a sweet-tooth or mid-meal cravings, get to Mista, Turyaa's bakery on the ground floor. They are also looking at introducing a hookah lounge, have barbeque set ups, live band performances, night club and a huge screen on the terrace to add more flavor to your rendezvous.

The hotel houses 140 rooms that include 112 deluxe rooms, 24 junior suites, 3 premium suites and 1 Sundara suite. Every room has amenities such as air conditioning, mini bar, in-room coffee maker, safety lockers, television, hair dryer, to name a few. Each room is done very tastefully and has elegant interiors with facilities that get better as you

ascend the hierarchy. Apart from these, the hotel's basic services include 24 hours CCTV surveillance, laundry and dry cleaning, doctor on a call, baby sitting, assistance for the physically challenged and much more. The guests can also enjoy services at Ananta, the spa, Turyaa's gym, Jacuzzi, steam room and also the beautiful pool on the terrace that helps you enjoy the view over the corner, literally!

Another highlight is the mini library they have that helps you cherish reading, sipping a cup of coffee if you would like to order one, with mild music that would be heard from the piano at a distance. This space also has a utility store selling basic requirements such as toiletries, basic office-wear, et.al. that a guest may need at a given point of time. Turyaa is also the right choice for office meetings (in their Meeting Room – 136 sq.ft), conferences (in their two Conference Rooms 1 & 2 – measuring 621 sq.ft & 403 sq.ft, respectively) or gatherings (in their Banquets called Utsav 1 & 2 – measuring 2427 sq.ft & 1976 sq.ft, respectively).

Turyaa has special Valentine's Day plans and

celebrations that will span across a week and have the concept based on the color of love, red. Currently the Twist bar has some amazing offers on till the end of February. They are also looking at celebrating Women's day in March and have plans to make every such joyous occasions more special across the year. Every guest's comfort and utmost security, they say is, their priority. They also make sure to respond to comments received on Facebook, respect suggestions given to improve and value their patrons' opinions highly.

Belonging to the Aitken Spence Group of Hotels and Resorts, Turyaa truly lives up to its meaning of being 'pure and unblemished' in every sense. Being the Group's first venture in India, they have several plans of expansion across the country. They are for sure to continue soaring high, riding proudly on their quality service and a great team, spearheaded by the senior management who mould and encourage their team members. This results in delivery of an uncompromised end product and also a sense of pride in every employee's head and heart of being a Turiyaan! ♦

STRAWBERRY

VALENTINE DAY IS UP AND IF YOU FIND YOUR SKIN GETTING DE-TANNED, AND DRIED UP LOSING ITS ORIGINAL BABY COLOR OR CRACKLING OF LIPS, STOP WORRYING. **AMRITHA PREM** COMES UP WITH NATURAL HOME REMEDIES THAT DOES MAGIC TO YOUR SKIN AND GLORY TO YOUR LIPS



Strawberry was originated during the late 18th century; the first garden strawberry was grown in Brittany, France. Its entire plant can be used for treating any depressive illness says Botanists. When you hear the word strawberry, its bright red color, characteristic aroma and juicy texture comes into our mind. It is the only fruit with several nutrient and medicinal values says Research.

Strawberry can be consumed fresh with your breakfast / vegetable salads or as frozen preservatives such as strawberry flavored milk, milkshakes, smoothies or yoghurts etc. Due to its high antioxidants they prevent you from ageing, regulating blood pressure and boosts immunity etc. It purifies blood, mutates dead cells and gives a fairness glow to your skin and hair.



- Eye sight has become a major issue due to over usage of smartphones, tablets, PC etc. that leads to poor eye sight and cataract (70% people are affected by Cataract says report). Strawberry is rich in vitamin C and can strengthen your eye's cornea and retina if consumed regularly. Also, intake of strawberries gives you a cooling

effect and prevents you from black circles and eye puffiness.

- Strawberry fights cancer cells and reduces joint pain if added in your diet as recommended by the dietician.
- Skin tightening, heel cracks and wrinkles formation occurs due to overheat, stress factors and exposure of heavy ultraviolet rays. The best and natural way to

avoid these problems are intake of 2- 3 strawberries after every meal as they produce collagen which helps to improve skin elasticity and resilience.

- Strawberries are the natural detoxifiers to remove unwanted toxins present in your body. This toxin water helps us to lose weight, aids in digestion and acts as a natural pain reliever.



STRAWBERRY FACIAL

FOR DETANNING OF YOUR SKIN

Ingredients

- 2-6 Pieces of fresh strawberries
- Condensed milk
- Fresh cream
- Slices of cucumber
- Cotton balls
- Rose water
- Facial brush

Method

- Crush the strawberries after peeling its skin into a thick paste by mixing it with condensed milk, 1 teaspoon of fresh cream and 2 teaspoons of rose water.
- Refrigerate it for ten minutes and take it out.
- Use cotton balls to apply it on your skin thoroughly without affecting your eyes and remain idle for 20 minutes.
- Keep cucumber on your eyes for a cooling effect.
- After 20 minutes, apply the condensed milk on your face using facial brush followed by rose water.
- Wash your face with fresh cream and apply rose water and see the fairness that glow on your face with the help of the mirror.
- Do it once in a week for better results.



STRAWBERRY LIP BALM

FOR LUSCIOUS LIPS!

Ingredients

- 2-6 pieces of fresh strawberries
- Condensed Milk
- Wet Towel/ Wet Tissue

Method

- Squash the strawberries into a thick paste and mix it with 2 or 3 teaspoons of condensed milk.
- Apply it on your lips after rubbing it hard with wet towel or wet tissue for a longer use.

Do this every day and while following this never apply any other branded lip balms



STRAWBERRY DETOX

THE CLASSIC DETOXIFIER

Ingredients

- 2-6 pieces of fresh strawberries
- Mint / Cucumber / Cranberry
- Slice of lemon
- Fresh water (*Pot water is more beneficial*)

Method

- Take a detox bottle or a water bottle that can fill 2 liters of water.
- Chop your strawberries and cranberry into long slices, (cut fruits as per your choice) and add to your water and set it in the fridge for a couple of hours to let it seep.
- Add 7-10 mint leaves and slice of lemon on the top of the water bottle for better effects.
- Drink it for the whole day whenever you feel thirsty. ♦

SHAKE UP YOUR PERI-WORKOUT NUTRITION

RACHEL DEEPTHI, A NUTRITIONIST TELLS US HOW TO BEGIN THE POWER OF PERI NUTRITION TO GET THE BEST RESULTS PRE AND POST HITTING THE GYM

A healthy diet and regular exercise are essential to keep us fit, but most people are led to believe that strict dieting alone helps in determining overall health. Research indicates that what you eat before, during and post workout makes a great difference in reaching your fitness goal. Our body works like a machine. That means we need to refuel/recharge our body with the right amount (fluid) at the right time which keeps us running during workout.



BEFORE YOUR WORKOUT:

FUEL UP!

Before working out, fuel up with foods high in carbohydrates, low in healthy fat and moderate in fibre content. This makes digestion easier and reduces the risk of gastrointestinal discomfort during workout and helps you to keep at bay from midworkout hunger.

WHEN TO EAT:

A meal about 3-4 hours pre-workout or
A lighter snack about 1-2 hours pre-workout.

WHAT TO CONSUME:

Foods to eat 3-4 hours before exercise:

QUICK PICK

Whole grain vegetable sandwich

It is the safest and smartest food choice for a pre-workout bite filled with vegetables or peanut butter. It is a good source of complex carbohydrates and sufficiently fuels the body during workout. It contains 56% of manganese which ultimately keeps you off from sprains and cramps during workout.

Breakfast cereal with milk

Consuming cereal with milk may be appropriate for pre-workout meal, as it can improve performance.



HOME MADE

PASTA WITH RED SAUCE

This dish is the perfect fuel for your body which has complex carbohydrates which sustains energy, olive oil for its anti-inflammatory effect on joints, and the antioxidant-loaded veggies which help to protect muscles, joints, and tissues from wear and tear.

BROWN RICE PULAO WITH RAITA

Brown rice is absorbed slowly in the body and is a good source of fibre, carbohydrates, selenium and excellent source of manganese. Curd or dahi contains calcium, protein and probiotics. It is easy to digest; hence it's a great option to consume it before a workout. Adding some whole grain cereal, fruits or honey to curd will give you a quick energy boost. Thus, this is an ideal meal before a workout.

QUINOA PUDDING

It is gluten free. It is similar in texture to rice pudding which is flavoured with cinnamon, vanilla, orange, anise, and coconut. It contains more fibre which helps to relieve constipation and lowers cholesterol and blood glucose levels. It has high content of manganese, magnesium and riboflavin (B2) which helps to create proper energy production in the cells.

HELP TO PROTECT MUSCLES, JOINTS, AND TISSUES FROM WEAR AND TEAR



BAKE BANANA OAT ENERGY BITES (PRE AND POST- WORKOUT SNACK)

INGREDIENTS

- Ripe bananas- 2 (mashed)
- Honey - 1/4 th cup
- Peanut butter - 1/2 cup
- Oats - 2 cups
- Mini choco chips - 2 tbsp
- Flaxseed powder - 1/2 tsp

METHOD

- Mix all the ingredients well.
- Make it into small balls
- Refrigerate it for 4 hours.



QUICK PICKS

NUTS AND SEEDS

Nuts and seeds such as almonds, walnuts, pistachios, pecans, pumpkin seeds, sunflower seeds and peanuts contain a host of delicious healthy nutrients. Just a fistful, packs a powerful punch of vitamins, minerals and omega-3 fats, which is necessary for the workout. It helps to reduce inflammation and provides satiating fibre, protein and immune-boosting minerals.

BANANA

Bananas act as an excellent power booster to fuel the body with enough energy before workout. It's a great source of digestible carbohydrates, potassium and manganese that helps to prevent muscle cramps, heal wound, increases bone strength and endurance. Eat a banana along with a cup of yogurt or like a smoothie at least an hour before hitting the gym for optimal results. (Choose either elaki or nenthra pazham).

FUELS THE BODY WITH ENOUGH ENERGY BEFORE WORKOUT



HOME MADE

OATS PORRIDGE

Oats is a complete pre-workout food which is packed with carbohydrates, proteins, minerals, essential fatty acids and it is a great source of fibre as well. Oats keeps you satiated longer and they gradually release carbohydrates into your bloodstream which keeps your energy levels consistent during your workout. It can be taken as oats kheer with addition of fruits, berries and nuts to it.

CHIA SEED PUDDING

The chia seeds are loaded with omega-3 fats. Chia seeds give strength and stamina during workout. It helps to provide fat for fuel after the carbohydrates are used up. To make a chia pudding, keep the chia seeds in the fridge overnight soaked in almond milk and mix it with little cinnamon powder. This creates a delightful porridge for a pre-workout.



DURING YOUR WORKOUT (QUICK PIT STOP!)

Keep your body hydrated with small frequent sips of water. You need not eat during a workout that isn't more than an hour long.



AFTER YOUR WORKOUT: REFUEL YOUR TANK!

Recovery post workout is a challenge for those who undertake workout sessions every-day. Smart planning of the workout load and recovery time for adaptation, helps to allow your body to become fitter and stronger and helps you to perform better in the next workout session.



RECOVERY PHASE

REFUEL

The muscle glycogen is the main fuel used by the body during exercise. According to the Australian Sports Commission (AIS), a sedentary person needs to consume between 5-7g of carbohydrate per kg of body weight each day to maintain adequate glycogen stores.

REHYDRATION

Rehydration is the replacement of the body fluids and electrolytes lost via sweat and urine. It can be enhanced by addition of sodium to the beverages by reducing urine output as well as by increasing fluid intake. Researches from International Journal of Sports Nutrition and Exercise Metabolism says that, for modest fluid loss, sports drinks with 10–25ml per litre sodium are adequate. Commercially available oral rehydration solutions or inclusion of salty foods to recovery snacks and meals helps to enhance fluid balance in the body during the post-exercise period.

REPAIR

Your muscles crave for proteins after workout. A desirable amount of 20-25g of high quality protein is required for post-workout recovery period. Recent research has shown that, early intake of essential amino acids from high quality protein foods after exercising (within the first hour) promotes the manufacturing of new muscle protein, red blood cells and other cellular components as part of the repair and adaptation process.





POST RECOVERY,
IRON HELPS IN THE
PRODUCTION OF NEW
RED BLOOD CELLS,
PROTEINS, AND
HORMONES



STAY HYDRATED THROUGHOUT THE DAY

- Small, frequent meals and snacks (2-3 times a day) can help you meet your energy requirements.
- Include all fresh seasonal fruits.
- Use healthy oils in cooking such as virgin olive oil, cold pressed groundnut oil, coconut oil etc.,
- Be aware of hidden fat in processed foods and takeaways.
- Plan ahead so you will not have to rely on take-away meals or snacks.



WHEN TO EAT:

Within one hour of post-workout

WHAT TO CONSUME

Sports drink

It rapidly replenishes fluids and fuels the body post-workout. These are carbohydrate - electrolyte drink essential for post-exercise recovery. When consumed in large amounts it may cause gastric discomfort or cramping.

Whey protein

It is a liquid meal supplement. It is easy to prepare. It provides substantial amounts of protein and other micronutrients, which is useful for post exercise recovery.

Egg + citrus fruit juice

The nutritious egg is one of the richest sources of proteins and minerals. The yolk improves the level of HDL in blood level thereby protecting the heart. A glass of citrus juice rich in vitamin - C will help in the absorption of iron in the body. Post recovery, iron helps in the production of new red blood cells, proteins, and hormones.

Mutton bone broth

When the bone broth is simmered with vegetables it becomes an appetizing drink for rehydration. The amino acids in bone broth can help to stimulate in rebuilding of muscle tissues for post-exercise recovery.

CONCLUSION:

If at all you need a perfect meal plan suiting your body type and daily routine, feel free to seek guidance from a qualified trainer or sports nutritionist. ♦

WHY DIETS FAIL YOU?



Five Things to Keep in Mind

HERE'S AN AWESOME IDEA FOR THE REST OF THE YEAR- QUIT YOUR DIET. HERE ARE FIVE ESSENTIALS TO KEEP IN MIND WHILE TRYING TO LOSE WEIGHT WITHOUT DIETING. BY

VALSALA MENON

DIETS ARE FUTILE

Do not embark on strict calorie restricting diets, because they don't work in the long run. You are going through a lot of unpleasantness for a very short term solution. That's reason enough not to diet. Do not forbid yourself from eating specific foods or categories of foods because all that happens when you do that is that you want it more. Lower your intake of fats and carbohydrates but do not eliminate them from your diet entirely.

FOCUS ON YOUR HEALTH, NOT WEIGHT

You can be healthy without dieting no matter what you weigh. Get regular exercise, it will improve your health before you see any change in your weight. Engage in basic sensible eating. Eat in moderation. You can have sweets but not too much. The most important thing is to eat enough vegetables and fruits. Do something to reduce stress- yoga, meditation, or a brisk walk. Whatever works for you.

REALIZE WILLPOWER DOESN'T WORK

Many people blame themselves when they can't stick to a diet, calling themselves weak or unable to exercise self control. But for most of us, will power is very easy to disrupt, and not strong enough to work over and over again.

If you only need to use it once or twice a day, will power would matter. But you need to use it dozens of times a day for it to be effective.

Think of a colleague bringing donuts to office. You have to decline when they are offered, stay away from the pastry box on the table, and avert your glance every time you walk by, and so on. Multiply that by all the food decisions you make in a day.

REALIZE WILL POWER GETS HARDER TO USE WHEN YOU NEED IT MOST

When you are dieting and restricting how much food you are eating, your body notices that. And your body doesn't care that you need thinner thighs, your body just wants to ensure that you don't starve to death. When not enough calories are coming in, your body makes three key changes.

You will suddenly be very focused on food. You won't be able to get your mind off it, and will crave it more, making it harder to resist.

Your hormone levels will change, leaving you more likely to feel hungry, and less likely to feel full. Changes in your metabolism mean that you will stop losing weight. Your body has done something really clever, it has figured out

a way to survive on fewer calories because it is going to try to keep you alive longer. The result of that is more calories are left over to store as fat.

It's hard to resist food when you are thinking about it constantly, are hungrier than normal, and gaining weight even though you are not eating more.

RECOGNIZE THAT YOUR BODY HAS A BIOLOGICALLY SET WEIGHT RANGE

Your body is set to keep you in a range of weight and unless you are in it, your body thinks something is wrong.

There is no ideal scientific formula to figure out your ideal range, but it is generally the weight you keep coming back to if you are not on a strict diet but also not overeating.

Aim for the lower end of that range, you can be perfectly healthy there.

It's possible to live below your weight range, but it will be a constant fight to stay there. Your body will want to kick you back into your natural size. We need to adjust our weight goals to more reasonable healthy ones. ♦



Bhutanese

HIDDEN

PARADISE

THE TRADITIONAL BHUTANESE WAY OF BATHING IN SPRING WATER WITH HOT STONES, ROSE PETALS AND HERBS NOT ONLY HEALS YOUR MIND AND BODY BUT REJUVENATES YOUR SOUL FROM ALL THE STRESS AND BUILT UP CHAOS WITHIN WRITES **KHURSHEED DINSHAW**

.....

My setting is akin to utopia. I am seated in a wooden tub filled with spring water, freshly picked herbs, aromatic rose petals and heated healing stones sourced from the pristine and sacred Pachu River which flows through Paro in Bhutan. The hot water soak is a part of the luxury hot stone bath which I am experiencing at the Bay-Yul Spa of Tashi Namgay Resort in Paro.

This unique therapy is a good way to experience the traditional Bhutanese way of bathing with the add on of a pampering massage which is done before the bath. As Bhutanese prayers chant in the background through the music player, I look outside the window next to which my tub made of local larch wood, crafted in an aged, old design is placed, where I have a place to be seated and the stones which are gently put in the water near your feet are kept there through wooden planks which help by blocking the stones from slipping towards you.

The stones which are uneven in shape and large in size are stacked one on top of each other and further add to the water's healing ability. As I see the lush green garden outside and faintly hear the gurgling Pachu River, both help to calm my frayed nerves and tired body which need to recoup from the cut throat competitive world we live in.

The spring water itself has healing properties and blends with the Bhutanese belief of water possessing medicinal properties. After some time I feel the water get lukewarm and it is time to replace the existing stones in the tub with those which are red hot ready on the bonfire outside. My therapist has been waiting outside the room and when I call, she promptly comes in. She expertly using a pair of tongs gets the stones, which are a powerhouse of minerals and dips them first in cool water to remove the coating of ash and then places them in my tub. A container with water to wash away the ash is placed outside the room.

The stones naturally heat the water while the rose petals add aroma. The herbs comprising of artemisia and Acorus calamus are beneficial for reducing joint pain, skin allergies and stomach ulcers. Since it is an hour long soak, I am given some local porridge which is made of wheat, egg and butter. You can also nibble on cut fruits and sip some juice and water to stay hydrated. If you like you can take a few sips of ara which is the locally brewed alcohol that is made from maize. Bhutanese suggest drinking this alcohol because the warm water increases your external body temperature and drinking ara helps to heat up your body from within. Since it is not strong, women can consume it but if you are a teetotaler then it is alright to give it a miss.



OLIVE OIL IS USED BECAUSE IN BHUTAN THE WEATHER IS COLD AND EVEN IN THE SUMMER SEASON; A CHILLY BREEZE BLOWS WHICH DRIES OUT THE SKIN. OLIVE OIL NOURISHES AND SMOOTHES THE SKIN AND GIVES IT A GLOW





Before the hot stone bath, I was given a full body massage where horizontal and vertical gliding strokes were applied by my therapist using her thumb, palm and knuckles. The massage included activating the pressure points on my back, soles and top of the feet and palms and thus improving blood circulation of my shoulders, neck, arms and feet. Olive oil is used because in Bhutan the weather is cold and even in the summer season; a chilly breeze blows which dries out the skin. Olive oil nourishes and smoothes the skin and gives it a glow. Plus since it is easily absorbed by the body, women don't feel uncomfortable which happens with other oils that are sticky and messy and have an overdose of perfume. The massage helped to ease the knots and kinks of my body and a good time to experience this hot stone

**BHUTANESE SUGGEST
DRINKING ARA ALCOHOL
BECAUSE THE WARM
WATER INCREASES
YOUR EXTERNAL BODY
TEMPERATURE AND
DRINKING ARA HELPS
TO HEAT UP YOUR BODY
FROM WITHIN. SINCE IT
IS NOT STRONG, WOMEN
CAN CONSUME IT BUT
IF YOU DON'T WANT TO
DRINK THEN IT IS ALRIGHT
TO GIVE IT A MISS**

bath at Bay-Yul Spa is after you have hiked to Taktshang or Tiger's nest. The sacred Taktshang is the most popular Buddhist monastery in the Himalayas. It is where Buddhism began in Bhutan. The monastery is built on a cliff wall 800 meters above a verdant valley and the hike is strenuous but the sense of accomplishment you feel once you reach it is totally worth it.

Once I emerged from my luxury hot stone bath, my earlier pain and tiredness was gone while my mind was at ease. The stones and water along with the location of Bay-Yul Spa on sacred soil amidst nature seemed to have worked their therapeutic magic on me. It was then that my therapist told me that Bay-Yul means the hidden paradise. I agreed wholeheartedly. ♦



BE OUR GUEST - LEAVE THE REST TO US RAMADA CHENNAI, EGMORE

Unparalleled connectivity, Great entertainment experiences, the best corporate facilities and welcoming hospitality, at affordable prices — It's Ramada Chennai Egmore.

Not only does it offer 113 well-appointed rooms and a range of trendy dining options, but also indoor and outdoor spaces for corporate & social activities, coupled with the warm hospitality. Nestled in the heart of Chennai's busy central area, Ramada Chennai Egmore is a hotel redefining the city's hospitality scene for that General Manager Animesh Kumar gives credit to his highly motivated professional team.

Animesh Kumar add that besides corporate travellers, the Ramada Chennai Egmore is also the ideal base for young, trendy travellers or families looking to discover this city. Plan your company event with us and let it be held on the well-equipped conference rooms and large banquet halls. Treat yourself to a variety of cuisines

served in hotel's on-site restaurant – Symphony. Slip into a relaxed evening at the Waves Bar with the best selection of beverages. However, your stay at the Ramada Chennai Egmore is incomplete until you visit Boardwalk, the elegant poolside restaurant with sitting option of Indoor & outdoor that gives you a fabulous view of the city. Begin your day with a complete work out at our state of the art fitness centre. Rejuvenate and refreshed from the stressful days work by choosing from among the signature therapies at Eternum Spa and allow our trained therapists work their magic.

Whether you're on a packed work schedule or here to leisurely explore the wonderful city of Chennai with friends and family, check into the Ramada Chennai Egmore for a productive, meaningful stay at great value for money that will help you make the most of your travel experience. Make your visit to Chennai a memorable one by staying at Ramada Chennai Egmore. ♦





SECRETS OF LOVE LIFE



Every individual on this earth - whether single or married, needs luck in relationship and romance. Vastu the sacred science from India can be used to create and enhance harmonious stress-free living in one's marital relationships and better love life by igniting romance and deep feelings. Vastu as some wonder is confined to home and its orientation; however Vastu is prevalent and useful in every sphere of life and can be used in any respect.

Here are some of the useful Vastu advices

to brighten up your love life and drown in the reservoir of the unflinching love of your partner.

- Avoid irregular plot or building. Always go with perfect square or rectangle shaped plot and building.
- The bedroom should be constructed in the southwest direction, for maintaining peace in your life.
- It is advisable that you sleep with your head facing the East direction. This will bring more romance in your life.

- To add romance to your love life, don't clutter your surroundings with unnecessary items. For a good and healthy relationship, special attention should be paid to remove the clutter, as they restrict the flow of love.
- Do not block the corners of room with junk and clutter.
- Include wooden furniture, clocks or other show pieces in your bedroom that depict love or romance. For instance, a heart shaped clock, photo frames or stuffed pillows can surely help.
- Spread bed sheets in shades of white or any other light color with flowers in pink and red. This is surely the perfect design for people who look forward for romance in their bedroom.

**VASTU THE SACRED
SCIENCE FROM INDIA
CAN BE USED TO
CREATE AND ENHANCE
HARMONIOUS STRESS-
FREE LIVING IN ONE'S
MARTIAL RELATIONSHIPS
AND BETTER LOVE LIFE
BY IGNITING ROMANCE
AND DEEP FEELINGS**

- For people looking forward to marriage, pink or red colored sheets are favorable
- Always have pleasant smell in the bedroom. So that it provides good relationship between the couples.
- You can always decorate your room with fresh flowers. They infuse your spaces with amazing fragrances and beautiful colors that are very much effective in creating a wonderful aura.
- Use light blue color paint for the bedroom. So that it provides peaceful sleep.
- Ensure that couple's room is properly lighted as improper lighting can be hazardous for relationships.
- The idols of your deity should not be placed in the bedroom. They are best kept in the pooja/ prayer room. ♦



WAYS TO MAKE YOUR *LIVING ROOM* LOOK MORE *SPACIOUS*

VALSALA MENON COMES UP WITH SIX SIMPLE STRATEGIES TO OPEN UP YOUR CRAMPED LIVING SPACE INTO A SPACIOUS ONE

Planning to makeover your home this weekend free of cost? Don't worry; with a little bit of idea and a lot of energy we can really change your cramped living space into a spacious one. Let's get started!

SEE THE WORLD IN HUES OF GRAY OR WHITE, OR AQUA

One easy way to create the illusion that your living room extends on and on, in every direction, is to pick similar colors for the walls and doors. Your gaze will continue from one corner of the space to another. Give this a thought; a navy door on an off-white wall smacks you in the face with a big 'Notice me' whereas a cream door on the same wall blends right in.



GIVE YOUR BOOK SHELVES A GROWTH SPURT

A store bought book shelf can end up looking a bit stumpy because, invariably, there are a few inches or a couple of feet of empty space between its top and your ceiling. That gap can make your living room seem punier than it actually is, because your eyes stop where the shelves stop, which makes your ceiling seem lower than it is. Add a piece of crown moulding to the top of your book shelf to bridge the gap, or a custom built shelf or two to go on top, if it's a larger space. Either option will be much cheaper than getting the entire thing made to order. Another space-expander would be to attach a mirror to the back wall of the book case to make each shelf appear deeper and reflect the room's light.

ELIMINATE THE WALLS-ARE-CLOSING-IN-ON-ME FEELING

Clear out the corners of the room- the sneaky areas where we tend to plunk a potted plant or a shelving unit to 'make use of the space', when really the effect is more 'make a person crazy'. Once you have removed the unwanted shelves from the corners, swivel your vacuum around the room. The more easily you can maneuver it, the easier it will be for you to get in and out and the bigger the room will seem.

LOOK UP, WAY UP

Hang your curtains as high as you can, and if you really want to maximize this effect, use one particular style. Grommet topped drapes let your window treatments practically kiss the ceiling, since the curtain rod basically threads through the fabric like a kebab, drawing the eyes up. This technique will make you feel as if you have a bit more head room.

GROMMET TOPPED DRAPES LET YOUR WINDOW TREATMENTS PRACTICALLY KISS THE CEILING, SINCE THE CURTAIN ROD BASICALLY THREADS THROUGH THE FABRIC LIKE A KEBAB, DRAWING THE EYES UP

FIND THE RIGHT SIDE-KICK

By all means go for the over-sized comfy couch, but choose slimmer seating options. That doesn't mean spindly delicate furniture which will definitely look out of proportion, but maybe a slipper chair instead of a set of big, leather club chairs. While on the subject of sofas, choose one with a bench seat style. Since this has one long, continuous cushion, instead of individual seats, people can choose where to sit. And how much personal space to give those they are sitting next to. People rarely sit in the middle cushion on three-seat petite sofas, and they are even less likely to sit on the crack between two cushions.

SHIMMY THAT MIRROR OVER

This is a fundamental decorating rule- mirrors give you an instant sense of spaciousness. And as with any rule, there is an exception. If the mirror reflects a jam-packed book shelf or a busy art wall, it can also make the room seem more cluttered. Position the mirror next to a lamp or at a 90 degree angle from the window. Both tricks spread the light in the room, lending a more open, airy feel. ♦

PARSONS SCHOOL OF DESIGN

NEW YORK, USA



It started as the first school in the United States to offer programs in fashion design, advertising, interior design, and graphic design offering 13 undergraduate bachelor's programs and 17 graduate master's programs, and it is widely regarded as one of the most prestigious art and design schools in the world.

EDUCATION AND TIE UPS

Parson's illuminated way to deal with outline instruction and supportability brings about an energetic duty to enhancing all parts of society through request, radical thoughts, interactive experimentation, and imaginative coordinated effort. Parsons is sorted out into five schools—Art, Media and Technology; Fashion; Constructed Environments; Art and Design History and Theory; and Design Strategies. These

departments encourage specialization in a given field while empowering interdisciplinary and cross-school grant that manages planners the wide outline point of view they require in today's expert world. Furthermore, Parsons understudies' advantage significantly from its coordination inside an examination and aesthetic sciences college, The New School.

Parsons is a bold plan powerhouse, and the school has turned out huge amounts of marquee ability. Its New York City area is a noteworthy draw too: understudies can take temporary jobs amid the summers, as well as amid as well. Some will be even assistant with one brand for a few years. Besides, school has tied together with numerous retailers and companies (like LVMH) with the point of getting understudy work seen and investigated.

HISTORY

THE PARSONS SCHOOL OF DESIGN HAS A LONG HISTORY OF INTERNATIONALISM AND WAS THE MAIN CRAFTSMANSHIP AND CONFIGURATION SCHOOL IN AMERICA TO ESTABLISH A GROUNDS ABROAD. WITH FOUR GROUNDS ABROAD AND OPEN DOORS FOR UNDERSTUDIES TO TAKE AN INTEREST IN RETURN PROGRAMS, THE SCHOOL'S WORLDWIDE NOTORIETY FOR PLAN TRAINING MAGNIFICENCE IS GENERALLY KNOWN AND ACKNOWLEDGED. THE LARGER PARTS OF ITS EDUCATORS HAVE BEEN PROFICIENT ORIGINATORS WHO SHOW LOW MAINTENANCE, GIVING UNDERSTUDIES THE BENEFIT OF BEING INSTRUCTED BY EFFECTIVE WORKING CRAFTSMEN AND CREATORS.





Parsons and The New School are completely licensed by the Commission on Higher Education of the Middle States Association of Colleges and Schools. Parsons is likewise a licensed institutional individual from the National Association of Schools of Art and Design (NASAD).

COURSES OFFERED

Undergraduate and Postgraduate

- Fashion Design (BFA)
- Fashion Design (AAS)
- Fashion Design and Society (MFA)
- Design and Technology (MFA)
- Design and Technology (BFA)
- Fashion Marketing (AAS)
- Fashion Studies (MA)

LIFE IN NEW YORK

We realize that a full and satisfying school encounter involves more than only an incredible scholastic affair. It includes a plenty of energizing exercises and also bolster administrations to guarantee that you can be your best in the classroom. Understudy Life at Parsons school of Design helps you make new companions, venture into new ranges of intrigue, build up a diversion or build up your initiative qualities. It additionally gives the bolster you have to keep up your physical and mental prosperity on grounds and in addition help with wellbeing, budgetary and different issues with which you are managing while going to class.

Everybody has to live in New York City in any event atleast once. Situated in the heart of Manhattan, The New School's Parsons School of Design understudies

live, work and dream in one of the world's extraordinary urban communities. It is The New School's Parsons School of Design's most covered classroom. Parsons school of Design is enlivened by a dream of dynamic imagination and social activism and invigorated by its urban environment. The New School's Parsons School of Design is the place where desire, inventiveness and joint effort resolutely merge.

LIFE AT PARSONS SCHOOL OF DESIGN HELPS YOU MAKE NEW COMPANIONS, VENTURE INTO NEW RANGES OF INTRIGUE, BUILD UP A DIVERSION OR BUILD UP YOUR INITIATIVE QUALITIES

TUITION AND SCHOLARSHIP

The Parsons School of Design gives a far reaching project of money related guide administrations including noteworthy institutional grant bolster in light of legitimacy and need.

NEW CHALLENGE 2017

JOHN L. TISHMAN SCHOLARSHIP

Eligibility: Open to students from all colleges of The New School

MICHAEL KALIL FELLOWSHIP PROJECT GRANTS

Eligibility: Open to full-time students in good standing in all colleges of the university

WILLIAM RANDOLPH HEARST SCHOLARSHIP

Eligibility: Open to Parsons juniors and seniors and graduate students

GREEN FUND

Eligibility: Open to students in good standing in all colleges of university
Undergraduate: \$45,080. *Graduate:* \$46,240.

NOTABLE ALUMNI

The school continues to produce talent, with a new generation of American fashion designers emerging from Parson over the past decade. Claire McCardell, Adrian, Norman Norell, Donna Karan, Marc Jacobs, Tracy Reese, Anna Sui, Jack McCollough and Lazaro Hernandez (Proenza Schouler). ♦

UnBREAKABLE



Valentine's Day celebrations are in full swing and it's the perfect season of gifting. You may wonder what gift will fulfill his or her desires, and here we have *H.Sampath* (age 67), owner of *The Madras Glassware House MGH*, with 50 years of experience in crockery, glassware business coming up with trendy and outstanding crockery items and others gift ideas exclusively for the romantic lovers at reasonable prices. **AMRITHA PREM** visits his shop in person and lists out the gifts you can present to your soulmates this festive season!

Established at 1939 by T. Hazarimal, father of H. Sampath.

What made you join this Business?

Being a B.Com graduate and elderly son, my dad required my help; hence I joined along with him.

Why specifically glassware's?

It was my dad's interest completely.

Is it a family business?

Yes, both my brothers are my business partners (Bhupendra and Raj Ashok).

Challenges you face as a Glass Merchant?

All our items are fragile, so need to be extra careful

Competitors, if any.

Yes, there are many competitors for this market.

How do you get to know the latest trends?

Youtube (he laughs); My son shows me the videos and updates Facebook regularly.

Your business Targets

Our target is both of Retail and Wholesale. We also undertake Cooperate and Restaurant orders.



Do you suggest your customers what to buy?

Yes, we do suggest for our customers, but ultimately it is their choice that is final.

Your Motto

Our Moto is very simple and direct; use less plastic to save our oceans!

Range of pricing

5 Rs – 5,000; he laughs.

To conclude, did you know that consuming food in glass utensils make you healthier and hygienic, as they are free from chemical causing substance called toxin.

Can you explain in detail the different varieties of glassware available?

CLAYCRAFT CROCKERY

These are of the best quality, they are also recommended for the daily use

TOUGHENED OPAL WHITE GLASS

Dinner set is the best example and used frequently in Restaurants

MELAMINE CROCKERY

Lightweight and recommended for daily usage

CERAMIC CROCKERY

Thick and heavier in weight

ENAMEL

These are important because of their durability

CERAMIC AND PORCELAIN

Available in different hues and shapes which attract people.



A collection of various glass and ceramic items arranged together. In the foreground, there's a large clear glass jar with a green lid, a small clear glass jar with a cork, a yellow mug with white polka dots, and a small brass oil dispenser. Behind these are several other items: a tall clear glass bottle, a glass oil dispenser with a gold pump, two glass candle holders with white candles, a green glass bottle with a cork, a heart-shaped glass jar, and a brass oil lamp. The items are set against a plain white background.

- Message Jars with wooden corks
- Sexy Ceramic Coffee Mugs
- Glass bottles in her favorite shade
- Candy bowls with his/her favorite chocolates
- Mason jars Heart shaped bowls

- Bulbjar
- Candle holders or stands
- Trendy oil jars
- Glass oil Dispensers
- Jordan Jars
- Spray Jar
- Glass marbles

- Chip and Dip plates
- Fruit bowls and tray
- Spoon holder in glass
- Mortar and Pestle (traditional one)
- Bassel jars

- Complete Dinner set of your choice
- Complete cutlery set
- Cup and Saucers
- Salt and Pepper
- Melamine Plates
- Vegetable Cutter
- Kerosene lamps
- Pudding set
- Milk bottles
- Tea container



SRI MALLIKARJUNA TEMPLE at SRISAILAM

INVOCATIVE SLOKA

*Sandhyaarambha-vijrumbhitam sruti-sira-sthaanaantar-aadhishtitam
Sa-prema bhramara abhiramam-asakrut sad-vaasana-shobhitam
Bhogeendra abharanam samasta-sumanah-poojyam gunaavishkrutam
Seve sree-giri-mallikarjuna-maha-lingam sivalingam.*

TRANSLATION:

HE WHO ENJOYS DANCING IN THE EVENING. HE WHO LIVES IN THE UPANISHADS, WHICH ARE IN THE END OF VEDAS, HE WHO IS VERY HANDSOME, BECAUSE HE IS DEEPLY IN LOVE WITH BRAMARAMBIKA, HE WHO ALWAYS HAS THE SCENT OF DEVOTION OF SAGES, HE WHO WEARS KING OF SNAKES AS ORNAMENT, HE WHO IS WORSHIPPED BY ALL WITH GOOD MIND, HE WHO IS KNOWN FOR HIS GOOD QUALITIES, HE WHO IS IN THE EMBRACE OF PARVATHY, AND HE, THE MALLIKARJUNA WHO LIVES ATOP THE SRIGIR, WOULD BE SERVED BY ME. JAGADGURU SRI ADI SANKARA'S SIVANANDA LAHARI.



NAME OF THE TEMPLE

Sri Mallikarjuna Swami temple

SPECIALTY OF THE TEMPLE

One of the 12 Jyothir Linga Kshetras of Lord Shiva in India.

PLACE

Srisailem in Andhra Pradesh

LOCATION

On the mountains of Srisailem, on the banks of Patala Ganga on Krishna river at a height of 157 meters

HOW TO REACH

Nearest airport is Hyderabad, where by road it is about 156 kms from Hyderabad; by train reach Nellore or Tirupati and then by road, need to travel about 60 km from Nellore.

NATURE OF LAND

Mountainous amidst beautiful forests and green vegetation

PERIOD

Built Around 600 years back.

CONSTRUCTED BY

The temple as seen today was constructed by King Harihara Raya of the Vijayanagar empire.

ARCHITECTURE

Built in the typical Vijayanagar architectural style with a lofty 4 tier Gopuram, a sprawling campus housing many sannidhis, gold plated Vimanam and filled with intricate sculptures so special to South India. The Addala mandapam inside the temple is a must visit location inside the temple.

MAIN DEITIES

Lord Shiva with the name Sri Mallikarjuna and his Consort Parvati with the name Sri Bramaramba

FESTIVALS

Most important festival is Navaratri. Lakhs of devotees visit to participate in the grand

abhisheka aradhana's to the Linga swaroopa of Sri Mallikarjuna on the 14th day of the waning moon in the Tamil month of Maasi. This year it falls on Saturday the 25th February.

TAKE A BOAT RIDE ON THE RIVER KRISHNA ADMIRING THE LOVELY GREEN MOUNTAINS ON EITHER SIDE BEFORE ENTERING THE AKKAMAHADEVI CAVES. THE TRIP TO AKKAMAHADEVI CAVE IS SCHEDULED ONCE A DAY AT 10AM IN THE MORNING

OTHER TOURIST ATTRACTIONS

Patala Ganga - People take a holy bath here. The water is supposed to be very pure and have healing properties for skin diseases.

Lingala Gattu - This is a rocky Krishna river bank, where every rock is said to be an image of Lord Siva. Hence the name Lingala Gattu.

Ista Srisailam-Nagarjuna Sagar Tiger Reserve - This is the only tiger reserve in Andhra Pradesh with three forest rest houses and 40 bed capacity dormitories for tourists.

Chenchu Lakshmi Museum - A museum which has exhibits of tribal people living in Andhra Pradesh.

Sakshi Ganapati - Before visiting Srisailam everyone will have darshan of Sakshi Ganapati near Srisailam. It is said that Ganapati will note down the names of the visiting devotees.

Akkamahadevi Caves - Take a boat ride on the river Krishna admiring the lovely green mountains on either side before entering the Akkamahadevi caves. The trip to Akkamahadevi cave is scheduled once a day at 10am in the morning.

ROPE CABLE

Ista Kameshwari Temple is located in deep forest, and the path is very tumultuous terrain, only Jeeps will go. People who go by the adage "take the path less travelled" will enjoy the journey.

The elderly people need to take precautions before the visit. A quite adventurous journey. Cross the temple and you will find a valley and waterfalls, which are very beautiful. Can buy pure Girijan (Tribal) honey, AGMARK certified which is supplied by government of Andhra Pradesh. It is regarded as very pure and



tasty. You can also get it in Chenchu Lakshmi Tribal Museum but be certain not to buy it elsewhere.

As a temple town, only vegetarian food is available. Delicious food varieties are available in the temple run annadana satram (free kitchen) and restaurants along with the street food. It is advised, for people to keep hydrated by eating food with high carbohydrates and drink lots of water while on the treks in the hills and camping in the forests.

ACCOMMODATION AND HOTELS

There are lots of budget hotels and lodges around the Mallikarjuna Swami Temple in Srisailam. Most of these do not require any prior reservation except during peak seasons and festivals, and most Mondays.

The Andhra Pradesh Tourism Department runs a few hotels by name Ganga Sadan, Gouri Sadan and Punnami Guest House. These are clean and well maintained, and are within the budget of most pilgrims. There are also some lodges and choultries that cater to particular communities. Also, one can have a bird's eye

view of all of Srisailam from Srisaila Sikharam (Peak).

CONCLUDING SLOKA ON SRI MALLIKARJUNA AT SRISAILA

Bhrungeecchaa-natanotkatah kari-mada-graahee sphuran-maadhava-Aahlaado naada-yuto mahaasita-vapuh panceshunaa caadrutah Sat-paksha sumano-vaneshu sa punah saakshaan-madeeye mano Raajeeve bhramaraadhipo viharataam sree saila-vaasee vibhuh

May he who likes to dance, as per the wish of sage bhringi, May he who tamed gajasura, may he whose joy increased, On seeing vishnu in mohini form, may he who is the holy sound, May he whose mien is crystal white, may he who was slaved by the arrow, Of the god of love, May he who is interested in saving good people, may he who lives in the sri shaila mountain, May he who is everywhere, and may he who is the consort of goddess bramarambika, Appear before me and play in the lotus of my mind.

-Jagatguru Sri Adi Sankara ♦

STICKY SITUATIONS

BY PRATIBHA PONSING

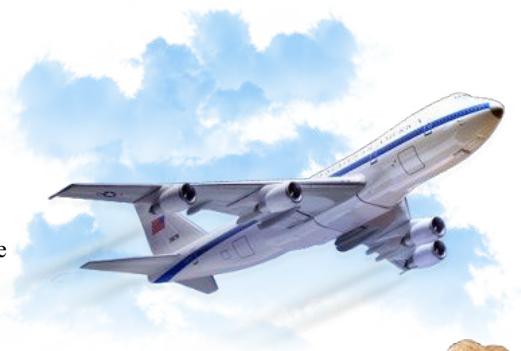


Your grand aunt throws an awkward question to you in front of a group of unknown faces who seem equally curious to have your answer. “So, when are you getting married?”, she eagerly quips. “It’s already late na?”. You wish you can tell her to mind her own business but you end up giving a wide grin and saying “Very soon, aunty”.

You are rushing to pack your bag at work at 6.30 PM as you must catch a train. Your manager sneeringly looks at you and remarks “What...leaving half day?” and laughs out loud in front of your other colleagues, uneasily avoid your stare but join the herd sooner. You wish you can tell your boss that leaving at 6.30 pm is not half day and want to remind him of the days that you have plodded your back at office.



You have an aunt from abroad who says she came all the way to India but could not visit you and you just came to know that she has visited your cousin who lives a few blocks away. You are listening to her lame excuses on the phone only wondering when she will stop her lies.



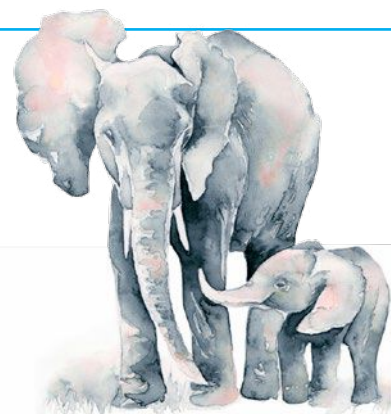
You are witness to unethical practices at your workplace and want to become a whistleblower but worried about the consequences of your career. You wish you had more authority to stop such practices.



You read a controversial comment on social media and want to badly give your opinion. Suddenly you recollect how your friend was judged for expressing her point of view over an issue and therefore you decide to stay a silent spectator.



Your good friend, whom you are treating on your birthday, gives you a lovely gift. You open the wrapper and you know you have seen the green handbag somewhere. Instantly, the image of your friend holding the same handbag at a friend’s party flashes in your mind and you wish you could strangle her at that moment.



You are lying in the hospital bed having just delivered a baby and one of your annoying relatives asks you, “Do you think the baby will be dark or fair? He looks a little on the darker side..huh?” You wish you can ask your relative to leave the room and tell her that Lord Krishna and Lord Rama were also dark skinned but considered the most handsome men in ancient times.



AND HOW YOU FACE THEM

W

ell, these are the classic situations that each one of us have been through at least once in our lives. At every point, we have always wanted to backlash

but unfortunately, we have withheld ourselves from speaking up. We usually freeze when people snidely pass demeaning comments or encroach our personal space. We are either wondering what the other person will construe of us or worried about the larger reactions that our response may draw.

Very often, people disrespect us by way of jokes or casual comments. Respecting others especially older people is something that has been taught to us from childhood. However, the Indian book of parenting has never taught our children to stand up against blame, atrocities or insensitive behavior. There is a good difference between being nice to people and making them understand that you will not tolerate certain type of behavior or action. The more you allow yourself to be hurt once, the more people will hurt you again.

SPEAK UP WHEN YOU MUST. YOU MAY LOSE SOME FRIENDS BUT YOU WILL NEVER LOSE YOUR IDENTITY OR SELF-RESPECT. YOU MAY BE CALLED AS A PERSON WHO IS OUTSPOKEN AND BOLD BUT PEOPLE WILL SURELY KNOW NOT TO HIT ON YOU ON THE WRONG CHORD

The easiest way to deal with deceit and lies is to inform the people that you know they are lying. If someone is mocking at you in a way that has implications on your character or image, you will need to have a hard talk with the person to let him know that they cannot overboard with their jokes because they happen to be a friend or an authority at workplace. If an older person is offending you in public, retort with respect and careful

choice of words. If someone is pulling you up on social media for your opinion, let them know it's a free world and that you have a right to opine as much as they do. You can politely agree to disagree. If you must blow a whistle about unethical practices or wrongdoings, go ahead and do what you think is right. The consequences could be bad at times but the intention to do the right thing should precede everything else.

It is time that we speak up against disparaging remarks made by people within our family or at workplace. It is time that we make it clear that people cannot cross boundaries with you.

Speak up when you must. You may lose some friends but you will never lose your identity or self-respect. You may be called as a person who is outspoken and bold but people will surely know not to hit on you on the wrong chord. Isn't it better to live with dignity rather than being branded as a person who can be taken for a joy ride? The choice is yours. Someone once said "Speak up, because the day that you don't speak up for the things that matter to you is the day your freedom truly ends." ♦

RATIONALITY IN RELATIONSHIP

MAN IS A RATIONAL ANIMAL. THE FUNDAMENTAL REQUIREMENT FOR A HEALTHY RELATIONSHIP IS RATIONALITY. RATIONALITY IN THINKING, SPEAKING AND ACTING SHOULD BE AT A POINT OF EQUILIBRIUM FOR VALUABLE IDEAS OF INNOVATION. BUT THIS IS EASILY SAID THAN DONE. BY
MRS. LAXMY R. NARAYAN



When words precede thoughts the ideas are less sensible. When actions precede thoughts they are irrational. All the three should be on an even keel for a sane person. We are irrational in thinking either in adversaries of life or in excessive pleasures and affluence.

We have to maintain our rational behavior and conduct at any time and when we are facing very serious problems in particular. By regular mental exercises and cultivation of mind one can avoid irrational behavior to a great extent. Allan Greenspan of The US Federal Reserve once commented on the 2008 financial crisis that it was mainly due to “Irrational exuberance” of investors.

When we become greedy because of irrational calculations and predictions of future, markets get tumbled down. When we defy logic and reasoning, we become irrational. Our mind is chiefly responsible for such behavior. I remember a few instances in my work experience where even normal persons could suddenly lose control of

minds. For instance, when I was working for a Bank in the early 70's there was a lady employee who always suspects one of her colleagues to be a dictator and hence his instructions were totally disobeyed. I have seen her throwing punching machines and paper weights on him making abusive remarks. Both were complaining against each other and it was never ending until I left the Bank service.

Similarly when I took up the teaching profession, I had a peculiar experience. One of the well disciplined, bright student behaved irrational in the examination hall. Once his answer sheet was filled with “I love you” along his fiancée’s name included. It is still not known as to what made him irrational inside the hall.

While bringing up our children, we have to closely watch their movements at every stage so we might be able to detect any abnormalities. Some astrologers suggest the escapist way that marriage will automatically solve such problems.

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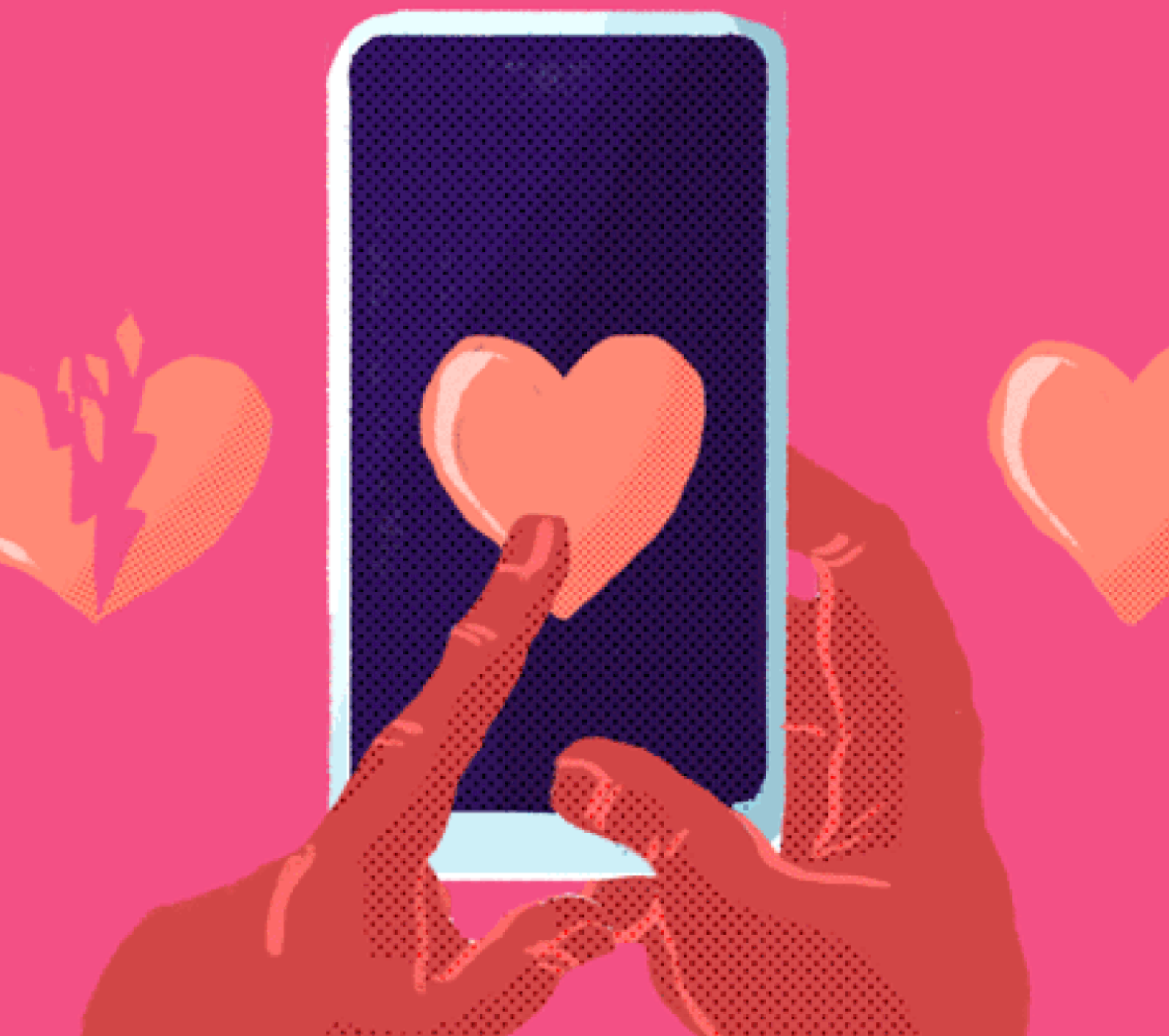
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But I have a solid case where a serious type of irrational behavior of the girl was concealed and wedded to a guy who had to bear the brunt of her behavior . She was always buying household articles in hundreds and accumulating them all over the house and if questioned, she started damaging and destroying them.

Mental depression may be one of the reasons for irrational behavior. But nowadays there are lots of professional psychiatrists who give therapy treatment and cure these patients. The value of mentoring in the modern world can never be exaggerated because mentors are wisdom keepers.

The family surrounding and disappointments can easily affect the mental makeup and lead to depression. Too much of wishful thinking and hallucinations can also cause such havoc. Even from the childhood, the children have to be taught to be active in their daily routine and after all, Idle mind is devil's workshop. Apart from family discipline, social discipline will go a long way to mould the behavior and conduct of future generation in their relationships. ♦

-1 + 4 = 3 *APPS*OLUTELY NECESSARY TO FIND YOUR PERFECT MATCH!



LOOK AROUND AND YOU SEE EVERYTHING TURNING DIGITIZED. FROM BOOKING A TABLE FOR YOUR CANDLE LIGHT DINNER TO SURPRISING YOUR BELOVED ONE WITH A GIFT OR TWO, EVERYTHING IS DONE ONLINE OR THROUGH CONNECTING APPS. IF YOU ARE ON THE LOOK-OUT FOR THE PERFECT MATCH THIS SEASON OF LOVE, WE RECOMMEND THAT YOU TAKE A CLOSER LOOK AT OUR PICK OF DATING APPS, WHICH MIGHT HELP YOU FIND YOUR TRUE VALENTINE SHORTLY. NEVER MIND IF YOU ARE ON THE ANDROID OR APPLE PLATFORM, DOWNLOAD ANY ONE OF THESE APPS AND ENJOY EVERY MOMENT OF BEING IN LOVE. BY **LAKSHMI L LUND**

TINDER

Developer: *Tinder*

Available on Play Store and Apple Store for free.

Arguably one of the most popular dating apps available that reportedly has about 50 million users who spend about 90 minutes on this app every day.

It has an unique tool that helps its user to connect with locals and meet them too!

Plus, you can also take advantage of the various features like mutual friends and super-like options among others that this app offers.

Find your match using Tinder on the basis of age or distance and get hooked this season of love.

USP: *Easy and fun to use.*

Download Tinder and you will be surprised to find your match in less than a minute.



WOO DATING APP

Developer: *DoubleYou Pte. Ltd*

Available on Play Store and Apple Store for free.

Woo dating app is a dating app with a difference, as it helps a user to connect with people who are similar to the respective user in terms of lifestyle, interests, passion, hobbies among etc..

Woo global Dating app has surely managed to create waves in India too.

TagSearch option of this app helps the user to identify and find people with common interests. While using this app, if you fall for someone send them a 'Crush' and let them know you like them and if you wish to enjoy all the attention, we recommend you use 'Boost' option that will help you get a week's visibility all in one day!

USP: Engaging and In case you are looking for a passionate partner with similar interests, this app will not disappoint you!

TRULYMADLY

Developer: *TrulyMadly Matchmakers Pte. Ltd.*

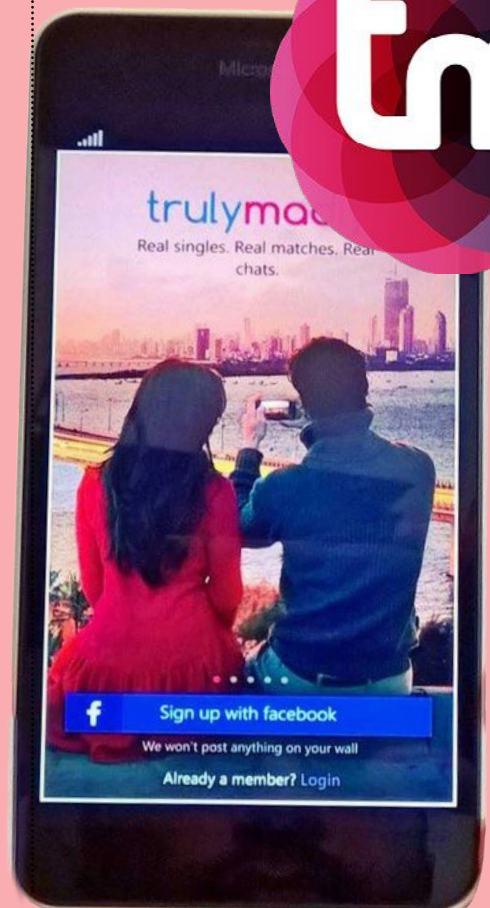
Available on Play Store and Apple Store for free.

The combination of the respective user preference and the science used behind this app is sure to help every single person find their right match.

Experts have rated TrulyMadly as India's best dating and match-making app. Ever since this app came into being it continues to keep its promise of bringing together and connecting like-minded people.

Use the 'Stickers' feature and express yourself better through messages and use 'Preferences' option to find the right match. Take advantage of the 'Quizzes', play a quiz or two and get to know your match.

USP: As the name suggest, the 'Super Safe' feature in this app prevents the user from clicking screenshots or downloading your personal pictures uploaded on.



A BRIDE, A GROOM and A BENGALI WEDDING

*"To nourish each other, To grow together in strength,
To preserve our wealth, To share our joys and sorrows,
To care for our children and parents, To be together forever
To remain friends lifelong"*

GEETHA GANGADARAN JOTS DOWN THE CULTURALLY RICH BENGALI WEDDING WITH ITS UNIQUE RITUALS AND CEREMONIES THAT CAN SPAN SEVERAL DAYS

Unity in diversity" is always the mantra of our country. Wedding are of different customs, different rituals as per the tradition but the aim of this ceremony is the new married couples and their families being united happily for the years to come. These ceremonies are not only a symbol of grandeur but festivities.



A traditional wedding is arranged by Gotoks [matchmakers]. Through a ceremony called 'Paka dekha' or 'patri patro', the alliance is formalized. After the legal formalities, people celebrate sharing sweet 'rasgullas' and 'misti doi' [yogurt] generally distributed by the groom's side.



'Nandi mukh' ceremony is performed to pay tribute to the deceased ancestors. This is followed by turmeric ceremony or 'gaye holud'. For the bride's 'gaye holud', the grooms family – except the groom himself – travels in procession to the bride's home. They carry with them, the bride's wedding dresses, sweets and gifts, turmeric paste. They also take a large 'Rohu fish' decorated as a bride. The turmeric paste is prepared by five married women called 'Eyo Stree'.

After the Gaye holud, preparations for the main wedding starts. The groom's mother traditionally does not attend the wedding. The bride's family gifts the groom with the wedding attire which include a jore [silk shawl], dhoti and topor, a head dress made of pith and zari.



There are purohits from both families and the wedding is conducted in the form of dialogues between them using Sanskrit mantra.



This is followed by the 'Saat Paak' in which the bride encircles the groom seven times, as he remains seated on the 'piri', while covering her face with betal leaves. Next comes the 'Shubhodrishti', when the bride finally removes the leaves from her face. The ritual is accompanied by ululation and blowing of conch shells. Finally comes the 'sindhurdaan', after which the forehead is covered by a saree called the 'lojja bistro' which is gifted by the groom himself. The 'Mala boldoi' or exchanging of garlands is followed encircling the Agni seven times. The loose ends of the bride's and groom's dresses are knotted.



When the bride enters the groom's house, the bride is made to dip her feet in alta and her footprints are regarded as those of Lakshmi.

To conclude, the last ceremony called Bou Bhaat is fulfilled when the new bride serves rice with ghee to her in-laws at lunch. ♦



UNCONDITIONAL LOVE

BY SUMITRA KUMAR

Bella was relishing a ripe mango and Bingo was eating a neem seed. They seemed to love it. “Look look”, said my husband early in the morning as he stepped out for a morning walk with his pet canines. I was cleaning the garden and also reaping the benefits of the morning sun, while my daughter was getting ready for school, perhaps running a bit late. I was pondering over how simple and uncomplicated these dogs were. They eat mango and neem seed not because they were not fed well, but probably because their choices were limited, with less variety involved and had a fixed dining time. They are not subjected to untimely snacks or junk food like us humans. Although it does happen in some households where young kids in excitement give them a bite of everything they eat from cheese to ice creams!

Bingo and Bella sleep and wake up fresh on time, with no hangovers. I don't have to repeatedly wake them up and tell them about their routine. They just do it. Pets, on one hand are so easy unlike kids and grownups, which probably, is also the reason for them being loved immensely. However, on the other hand, they do keep their owners on their toes vis-à-vis getting their food, cleaning them up, having their vaccinations done on time and so

on. My respect is immense for those who get all of these done with utmost love and care in return only for the unconditional love they get from these animals. I, however, fall in the other category – those who admire and love their pets from a distance only. Given a choice I wouldn't even own them, but respected the wish of my husband and daughter based on a few terms and conditions! Now, what does that attitude make me? Good or bad, I wonder. Why is it that I cannot hug a pet or play with it? Am I missing out on something? Am I denying myself of this great bond which could be of an unparalleled experience? People passionately talk about their pet dogs that are no more, with tears welling up in their eyes each time.

Is this wonderful unconditional bond exclusive to man and his pet alone or can it find a parallel in a man and woman relationship? Can such a bond be sensed between two people or transferred into humans? This question has crossed my mind several times, but I failed to find answers, until I read my own write up of a speaker's talk (given at Rotary Club of Madras Midtown) one morning, last year! It was a moment when I realized, how easy it was to forget the important things and remember the mere trivial!

Let me share an excerpt of the article

Mr Karthikeyan, (an ardent fan of poet Kannadasan), reminds us that the Bhagavat Geetha has it all. The difference between man and animal is intellect. With intellect man has not only attained superiority and prosperity but other vices as well. Man experiences joy and sorrow in extreme measures. Animals may not have intellect, but they do not experience joy and sorrow in the same measure as man, if at all. They are emotionally neutral and more peaceful. A street dog is not jealous of the pampered house dog.

PETS, ON ONE HAND ARE SO EASY UNLIKE KIDS AND GROWNUPS, WHICH PROBABLY, IS ALSO THE REASON FOR THEM BEING LOVED IMMENSELY. HOWEVER, ON THE OTHER HAND, THEY DO KEEP THEIR OWNERS ON THEIR TOES VIS-À-VIS GETTING THEIR FOOD, CLEANING THEM UP, HAVING THEIR VACCINATIONS DONE ON TIME AND SO ON

Do you agree of the last line in the excerpt and it's vice versa? Here, I am also tempted to ask, “Have we taken our pets for granted? Does it also yearn for a 'Roman holiday'?” Well, Mr. Karthikeyan points out that if man can follow these positive guidelines looking at the animal world, he can refine his life by making optimum use of the intellect he is truly gifted with rather than its misuse, abuse and underuse.

Let me add that the poets, prophets and philosophers of the world too were no different in their outlook. We all would only stand to gain, if like animals, we proactively adopt 'short term memory loss' in selective matters where we need to forgive and forget! This would help us experience the elusive and not the illusive unconditional love existent among human beings. In relationships, the questions are always complicated, but the answers are too simple for absorption. Understanding the crux and acceptance are all that matters!

Here is wishing all my friends and family a Happy Valentine's Day. May you experience the treasure called 'unconditional love'! ♦

CELEBRATING LOVE and TOGETHERNESS

YOU READERS WANT TO KNOW WHO "WOMEN EXCLUSIVE" AS A TEAM IN LOVE WITH? READ THE FIRST WORD AGAIN. LOVE IS NOT ALL ABOUT SHARING AND CARING BUT IT'S ALL THOSE CUTE, LITTLE THINGS WE DO TO EXPRESS OURSELVES! LOVE IS MATURING AND GROWING TOGETHER AS BEST FRIENDS! LOVE IS WHEN WE DELIGHT OUR READERS WITH FIVE REAL LOVE STORIES, BASKING IN LOVE AND HAPPILY MARRIED EVER, TO MAKE THIS VALENTINE EDITION EXTRA SPECIAL. **AMRITHA PREM** AND **N KALYANI** EXPLORE ACROSS THE CITY AND PEN DOWN THE FIVE LOVELY COUPLE'S STORY WITHOUT ANY TWIST OR TWEAK BUT WITH THEIR BEAUTIFUL PICTURES

AGE NO BAR

Surinder Kaur & Rajinder Singh Sikka, DELHI

The Sikka couple exudes a fascinating and endearing charm. The love and togetherness of Surinder Kaur and Rajinder Singh sparkles and dazzles like a diamond. And that is what has perhaps bestowed on them the so-much-sought-for joy and contentment. Their son, Harinder, says: "For the romantics, who think that in 1957 India, a dramatic romance was unfashionable, think again, for here is a story where the bride and the groom saw each other only at the altar of marriage, after the pheras, and must have been hit by Cupid severely. Nothing else can explain their being together....A match made indeed in heaven, in every sense of the word..."

If love and friendship has kept the couple together, there is no dearth either of the love and friendship they spread around them. As the hymn goes: "Love and friendship can bring new joy and hope to men!"

Hospitable, affectionate and warm, the Sikka home is often the rendezvous of the neighborhood families. Their verandah, with a warm and welcome sun in wintertime, becomes a favorite venue for sun basking as the couple, always well turned out, hosts their neighbors and friends, offering with much affection, and fussing over them, fruits, snacks, goodies and hot beverages. Mr. Sikka will offer to brew coffee for his guest, even as his wife gets the tea ready, piping hot! An old world charm, be hard-to-resist hospitality.

The couple also proves to be the elders blessing and wishing well most generously anyone meeting up with them. Says Mrs. Sikka, "What is there to this life but to share love with one another? And what is there

to this world but to speak with gentleness, kindness and love with each other?"

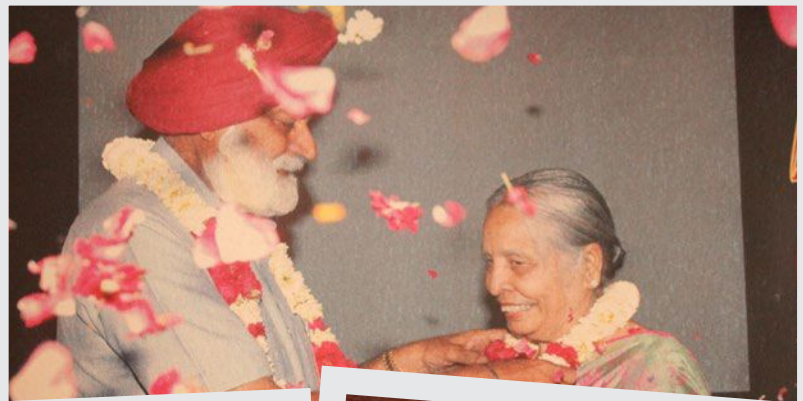
A badminton buff, Mr. Sikka enjoys playing the game every morning, except when it is cold or raining. And when he returns from his game, you will find him with his racquet and some little groceries or fruits and vegetables picked up for the home.

Both husband and wife are bibliophiles, and always have something to share from their repertoire. A deeply spiritual family, the couple often spends time in reading the scriptures. It is perhaps their love of books and their proclivity for the spiritual that has been inherited by the elder of their two sons, Harinder, whose film Nanak Shah Fakir, won three National Film Award last year, including

the Nargis Dutt award for the best feature film on national integration. Harinder has also authored Calling Sehmat, a book that is on its way to light up the silver screen with its patriotic storyline.

While Harinder is based out of India, moving from a career in the Indian Navy to one in the private sector, with a creativity growing over time, the younger son Jagwinder, a businessman, found his calling in the US.

Says Harinder, with emotion, "We are what we are because our parents gave us their yesterday. Their sacrifices for us, and for a large number of extended family members, make a benchmark possibly unthinkable to achieve today." And that says much for the couple and their togetherness.





THE JUBILLE COUPLES

Ravi & Vanitha, HYDERABAD

Nature and Karma have its own ways to bring together people destined for matrimony. Or should we say all fairy tales do start with a "Once upon a time, and does end, in a blissfully lived ever after". So as it was to be, I and my Mr. Right were born and brought

up in Hyderabad but in two other ends of the city. And as ordained we met at our place of work. And, within a month, very surprisingly we both realized that we are meant to be together. I was 21yrs old and he was 25yrs, so the respective families were informed of our decision to marry. But like all couples in love, we had to go through a phase of refusal and rejection due to caste differences. Me being a

meat eating Malayalee and he hailing from a Tam-Brahman family, we stood at a cross road of displeasure from his side.

My family, being the most secular of sorts, was extremely delighted to accept him into the fold of the family. So with acceptance from one side we decided to wait and convince the other side of the family too. Love persevered and we were accepted on his side too. So after a nail biting wait of 3yrs we were allowed to marry.

It was a beautiful combo of Mallu-Tam families, we rejoiced as the families united and helped us take our love to the next level. Marriage was a mixed affair of Malayalee-Tamilian rituals which we all enjoyed thoroughly. In a years' time we welcomed our daughter, our bundle of Joy and & 7 years later a handsome Son.

Life has been beautiful and turbulent as it is for all of us, but through all our 25yrs of togetherness ,the only thing which gave us strength to face all challenges of life is" OUR LOVE". We have stood together by each other strengthening our bond and enjoying every single day as it comes.

WITH BUNDLE OF JOY

Charu and Piyush Agrawal, DELHI

We both first met at a CCD outlet in Connaught on 13th April 2014 with our families and both of us could not talk to each other due to our shyness; At the same time we both got attracted to each other too. On the 3rd July 2014 was our wedding and there started our love story.

We both possess childlike simplicity and have an easy-going attitude. We respect each other's space, and love to share the responsibilities of the family which cement's our bond. Charu lost her father on 6th August 2014 and I lost my mother on 31 January 2016. This personal loss has strengthened our bonding and love. We have never felt so lucky to have each other and we offer heartfelt gratitude to God everyday for giving us such a wonderful life and an angel in our arms - Vaishnavi, nicknamed, Pihu.

I constantly keep travelling out of Delhi due to my work but Charu on the other hand is highly supportive and never complains about the same.

Valentine's Day may have a date on the calendar to celebrate unlike us celebrating it everyday.



THE TOM AND JERRY COUPLE

Vijay and Lavanya, CHENNAI

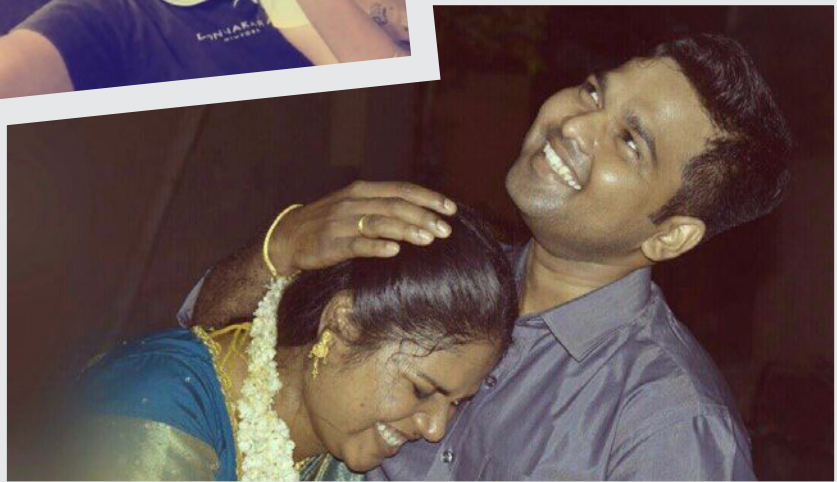
I Lavanya a studious and well disciplined one whereas Vijay (my husband and best friend) a naughty and bullying type enters my school as new comer in 11 STD. We both are school mates belonging to different groups with mutual friends. Our classes were always on clash, as everyone knows Arts vs. Science group students never get along (except the boys gang) but we got along at the end of our 12th STD vacation, as best friends to newlywed couples.

He first saw me during our lunch break standing right opposite to me by the nearby window. I did notice. Few days later, the boys' gang went to Marina beach and without knowing that I was on the other side of the phone call, vijay yelled "I love you", hearing it, I immediately cut the call. There after I started avoiding him completely and never went alone, as all his friends make fun of me, making me feel embarrassed.

Days passed and we entered our 12th std, during one of our dance cultural meet, I saw him watching my performance without taking his eyes out and our during our last day of examination, he asked me whether he can apply holi powder on my cheeks and I accepted saying yes putting my head down filled with mixed emotions.

Then one fine day during our sir's wedding, I came to know that he has decided to make an apology, realizing his mistake. Later on we started talking normally; I wanted my fear to go and hence asked for his contact number. He didn't reply as he didn't have a personal number but after few days he got a basic model and got my number through Anita. I waited for his calls but he didn't turn up, so I called him and spoke for hours. When asking the reason for not calling, he playfully said "I don't have enough balance" and will top up hereafter for 10rs, where I advised him to save the Ten rupees for five days and recharge for Rs 50 as it has got full talktime offer. He obediently listened and appreciated my financial advice being a science student.

Our friendship grew stronger and we entered college, where suddenly my dad started discussing I should marry my aunt's elder son, as my elder sister is in love with my aunt's younger son. My temper tantrum was on peak that day and I end up calling him to meet and discuss this problem of mine.



We along our bunch of friends went to Kovalam beach and that fine day we realized we were in love in a most inexpressible way. By god's grace my elder sister marriage date got confirmed and my father said a strict no to our aunt saying lavanya is too young to get married off.

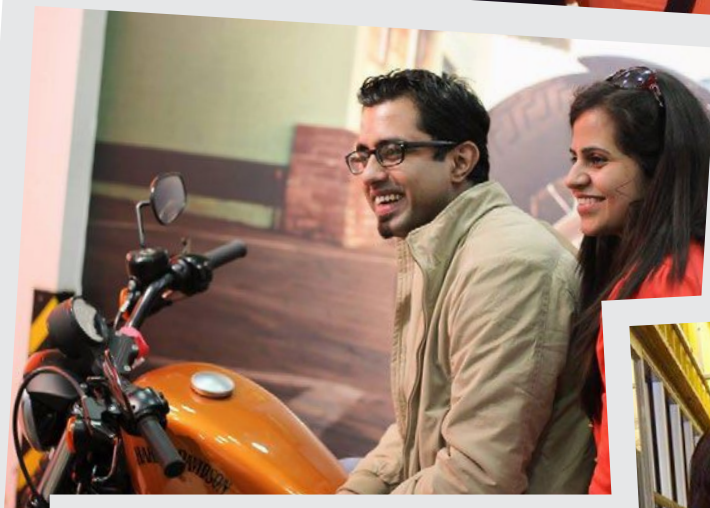
While my sister reception, he joined us with the celebration and as he loves gulab jamuns, I went to the kitchen secretly and got 40 pieces of jamun and gave to him as symbol of love.

Days went by and to create a good image of him in front of my father, I made him join as an intern in my dad's office like the 2 States novel. He was quite impressed by his work and behavior, and my father started relaying on me for many reasons which made me rethink of our love as I don't want to hurt him, as he already lost his wife and I couldn't let him suffer my younger sister, as I am the backbone of our family right now. Confused, I stood between him and my family, 8 months of break up was horrible. It killed us and we realized we can't be without each other. So boldly, I stood up to my dad confessing my love with Vijay belonging to other religion (yes, he is Christian and I am a Hindu). Cold war began but atleast for my happiness, he agreed wholeheartedly. Now it was Vijay turn and his parents didn't get convince but accepted saying get married.

The real roller coaster ride began where disputes started arising from both the families on whose rituals to be followed, what food to be served etc. Unanswerable, we decided to get wed in a register office with close relatives and have a reception at the evening. We made all the arrangements by ourselves from our savings.

March 11 our D-day, we were dressed up and waiting to get married, the registrar said we can't get married as I haven't serviced the notice period in my area. Tears rolled on, after two hours of exhilaration we got married but in an unhappy mood. We struggled so much but this incident ruin my day and later at the evening as we entered the reception hall, all our school friends welcomed us with smiles taking me back to the memory lane of where I met him first, where are love began and now here we're in the reception hall standing together, holding hands, posing for selfies and adding meaning to our life.

Celebrating our 8th month of wedding life makes us realize everything passes, yesterday is not forever and only today remains with us. True. Isn't? Wedding is not about two souls but two families is clearly observed here. Mr. and Mrs. Vijay couples share a wonderful friendship between them and how many do get the chance to marry your best friend, if it happens you're the lucky soul on this earth, concludes Lavanya.



THE SURPRISING COUPLE!

Gaurav Sethi and Akhilee

Akhilee saved up for 3 Years & surprised her husband "Gaurav Sethi" by getting him the Harley Davidson of his dreams. The inspiring story of how Gaurav's dreams were

made true by his lovely wife Akhilee is sure to do the trick.

Back in 2012, during a party at her boyfriend Gaurav Sethi's place, AkhileeMatta discovered his dreams taped to the inside of his wardrobe. What I mean is, she found two posters that read, "25th August 2012: CS Gaurav Sethi"

and "11th December 2015: Harley-Davidson Iron 883". That was the day she discovered her boyfriend's deep belief in the law of attraction and that on these specific dates, he dreams of achieving the dreams he put up in his closet.

And sure enough, come 25th August 2012, Gaurav called his girlfriend to tell her that he had cleared his Company Secretary exams. When she asked him about his other dream - the Harley, he only said, "I have no idea but my next focus is to get married to you". And the two got married after having been together for three years. Aww, right?

What Gaurav didn't know, was that the day he proposed to Akhilee, his amazing wife made the resolve to start saving enough to make her husband's other dream come true.

A Corporate Communication professional, Akhilee did not have a breezy road ahead of her attempting to buy a Harley-Davidson Iron 883 all on her own. While speaking to Amritha, she admitted that when making a purchase as big as this, every single rupee counts and it pinched her wallet on several seemingly small occasions. But even through the many ups and downs, she pushed on. For the sake of making her husband's dreams come true and Akhilee was not messing about.

Exactly on 11th December 2015, a blindfolded Gaurav was brought to a Harley-Davidson showroom and his brand new bike was revealed to him. The couple took second-honeymoon-ish road trip across the belt of Rajasthan on their prized new Harley and it looks magnificent.

"Love is one thing, but selflessness is another. Really, I don't know how happy my gift made Gaurav, but I can say for sure that seeing him happy made me far happier. Money comes and goes, but moments like these, they're forever. So, cherish every moment of your lives, be happy and do everything you can to make those you love happy."

Later, Gaurav decided to gift Akhilee her dream trip to Vegas and leaving no penny in their account they successfully lived the dream once again.

This surprising couple tale is really a story of romance, thrill and faith - faith in each other's dreams, and in the universe. A fairytale and an adventure all rolled into one. And we hope it always stays the same way. You give the rest of us reason to believe! ♦

Season of GIFTING

GET IN THE MOOD FOR LOVE BY CHECKING OUT OUR MOST FABULOUS GIFTS FOR THE VALENTINE PARTNER IN YOUR LIFE. BY **LAKSHMI L LUND**

HOME

A house is a gift that you can give your partner any time in life especially on a Valentine's Day. With the goodness of both of you, put together, you two can make the house into a home sweet home. If your partner loves an individual villa, go for it without any second thought as it's more cost efficient and valuable for the years to come.

TOP REAL ESTATE DEVELOPERS IN INDIA

- Oberoi Realty
- Mahindra Lifespace
- Godrej Properties
- Sobha Ltd
- DLF



DIAMONDS

The old saying that, "diamonds are a woman's best friend" holds good even today. However, they also double up as a gift to your man! In fact, if gifting your partner with something extraordinary is on your mind, diamonds are the best gift this season.

TOP DIAMOND COMPANIES IN INDIA

- Gem Diamonds
- Petra Diamonds
- Lucara
- Dominion Diamond Corporation
- Debswana Diamond Company, Ltd

FRAGRANCE

One can define a person's personality by the fragrance they use. While you shop for fragrance, choose a floral base one as majority of women love floral fragrances whereas for men, opt for a mild or a stronger one.

BEST FRAGRANCE IN THE WORLD

- John Varvatos Artisan
- Guess Seductive Homme Blue
- Ralph Lauren Big Pony Red #2
- Gucci Guilty
- Dolce & Gabbana Pour Homme



CLOTHES

Who doesn't love clothes? Regardless of what the occasion is, every man and woman wishes to look their best. Being a special day, surprise your partner with his/her favourite brands of clothing which seems to look a perfect idea, isn't?

BEST APPAREL BRANDS IN INDIA

- Allen Solly
- Provogue
- Levis
- Van Heusen
- Wrangler

ACCESSORIES

These are one of the best gifts that you can give your partner, regardless of their age. Did you know that accessories have their share in utility too? Yes they do. When you gift your partner his/her favourite accessories as a gift, they are sure to put them to the best use.

BEST ACCESSORY BRANDS IN THE WORLD

- Pierre Cardin
- Armani
- DKNY
- Gap Inc.
- Gucci



GADGETS

Gift your partner a gadget that he/she hooks up each day and night in the online shopping portals. This act of gifting will make him/her realise how much you love them (Not spying, really).

MUST HAVE GADGETS FOR MEN AND WOMEN

- DSLR
- VR Headset
- Waterproof digital camera
- Branded watch
- Kindle



VEHICLES

Every man and a woman like their independence and one of the ways you can allow them to experience this, is by gifting them vehicles of their choice. Vintage vehicles are most likable by men as it's a sign of privilege and masculinity.

TOP AUTOMOBILE COMPANIES IN INDIA

- Yamaha
- Hero MotoCorp Ltd
- Tata Motors
- Harley-Davidson
- Ducati

HOLIDAY PACKAGE

When was the last time you gifted your partner an exclusive holiday package along his/her bunch of friends? If not done recently, do it immediately right now. Valentine day is not only for partners but for friends too! Do you agree?

MOST ROMANTIC HOLIDAY DESTINATIONS IN THE WORLD

- Quebec City, Quebec
- Savannah, Georgia
- Islamorada, Florida
- Majorca, Spain
- Koh Tao, Thailand



SHOPPING VOUCHERS

Who says shopping is only for women? Men are equally interested in going around and purchasing the best products and services. Gift your partner an online shopping voucher, so he or she can sit back, shop to their heart's content and get right delivered to their address. Is this not an innovative gifting option?

BEST ONLINE SHOPPING WEBSITES IN INDIA

- Flipkart.com
- Amazon.in
- Snapdeal.com
- Jabong.com
- Myntra.com





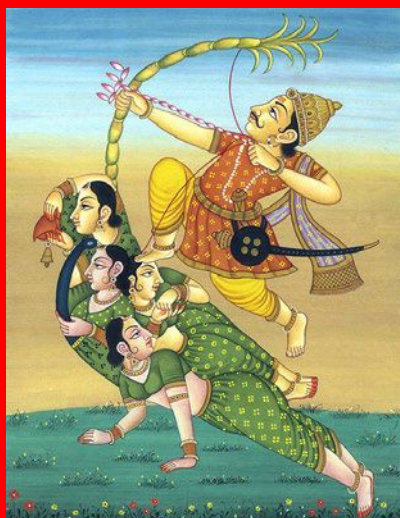
IT'S Valentine's Day FOLKS!

We are from the land that boasts of its rich culture and heritage and for the rest of the world; we are recognized as the world's largest democracy.

India is a Multi-lingual country, a land where a plethora of cultures co-exist. Even today a new gadget or product bought in our homes or in office is welcomed traditionally, with the ceremonial coconut breaking ritual and prayers. On the contrary, Indians do not shy away from catching up on the trends of the western world. In India, every occasion becomes a celebration.

We're in the month of February, the month of Valentine, dedicated to love. In this contemporary era, some claim that we are aping the ways of the west when it comes to celebrating Valentine's Day. At this juncture, we'd like to take a closer look at Hindu Mythology. Yes, you read it right. We are not turning spiritual, but, much to our surprise we discovered that Hinduism has a God of Love, Kama (aka Kāmadeva in Sanskrit) who is often portrayed with his female counterpart Rati in our holy, sacred books.

Tapping into the spiritual texts, we learn that Kama is a young handsome man with skin of green hue who is often depicted with his bow and arrow which is made of sugarcane and decorated with five varieties of flowers of varied fragrance. Little do contemporary lovers, the tech-savvy youth know this special connection India has with celebrating love.



However, Valentine's Day that is celebrated on the 14th of the 2nd month of the English calendar, is celebrated in India without fail since the economic liberalization that our country witnessed way back in the 1990s.

Experts point out that it was during this time that a new middle class segment of people emerged. This nouveau riche segment of people takes the credit of indulging in celebrating Valentine's Day. When it comes to this day of love being celebrated in India, since then, there has been no looking back. Contemporary India witnesses a mix of emotions on Valentine's Day. A section of people love to celebrate this day of love while another group of people hate to celebrate this day of love.

Never mind all this folks, it is the month of February and love is in the air and love is everywhere! For couples, this month surely calls for a celebration. And to add to the celebrations, retail outlets, big and small, offer discounts and special offers. Not to forget the online stores to lure shoppers with their special sales during this season.

For those who are hit by cupid's arrow everyday is a day to celebrate. We are hoping this Valentine's Day is extra special for couples. "WE" TEAM wishes those who are single to find true love this season and celebrate being single until then. ♦

LOVE

Eternal

FEELINGS. WHAT DO THEY MEAN? WHY IS IT SO DEFINED? AS THE DEFINITION GOES, IT IS A VAGUE OR IRRATIONAL IDEA OR BELIEF. IF IT IS SO, IS IT IRRATIONAL TO HAVE FEELINGS FOR A PERSON? **GAYATHRI KRISHNARAJ** PENS DOWN THE EMOTIONAL JOURNEY WHEN LOVE BLOSSOMS IN AN INNOCENT HEART

The butterflies in your stomach when you see him for the first time. The euphoria when you spend time with him for those 10 minutes. The exuberance when you let your soul set free, when he makes you to be you again. How vague are they?

The way he talks, the way he laughs, the way he is. Everything makes you feel. Texts exchanged, emotions transferred. Not a word, and yet so much said. It is not there, physically. You know it is there, that something gets you excitedly smiling for no reason, an inner gush of emotions just popping out; you don't even know what to name it. And when you look straight at his eyes, you know that, that's it, because you cannot see anything beyond those dark black glistening eyes, and yet see the whole universe beyond those two magnificent irises.

You speak, with no idea what you are, but, it just somehow comes out right, all the while you

were in exultation. You are lost, but you know, you are in the right place. How irrational is it?

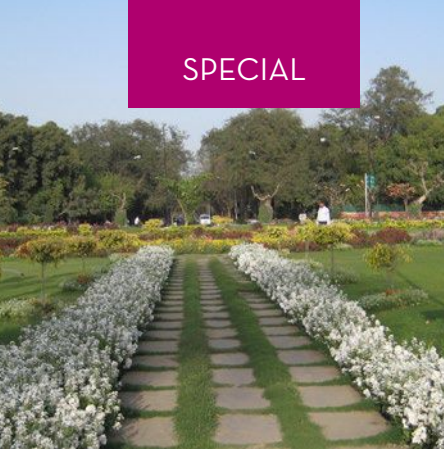
When your heart beat increases as he comes closer to you. When the exhilarated emotions try to come, speak to you, speak to him, just speak. When you just don't know why this is so.

Feelings. Ah. Irrational and vague, that you don't know how to pen it down. Your senses, laughing at you. You smile, because you know, your feelings are clear. It seems stupid, sounds stupid, and is stupid.

That is how feelings are. Unexplainable, Unavoidable, Unconditional.

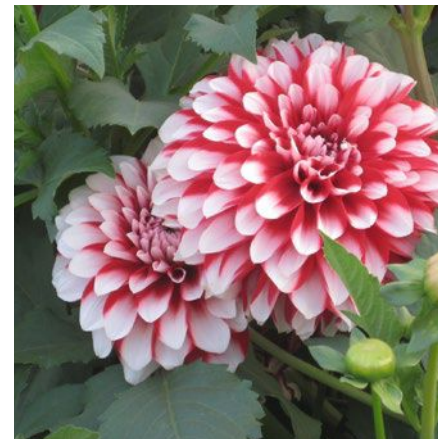
You may not put it in words on paper or by mouth. It is there, just there. It is not seen or heard, but felt through every cell of your body trying to give you the message.

What are these feelings? Ah, it's just the wrong word. LOVE. ♦



SPLENDID SPRINGTIME SPLENDOUR

When the bitter winter weakens its hold, spring steps in to have its sway. Come February and Delhi's many gardens turn into a riot of colour with a profusion of beautiful flowers in full bloom. Public gardens like the Lodi Gardens, Nehru Park, Talkatora Gardens, Buddha Jayanti Park and Garden of Five Senses, the roundabouts of New Delhi and the rest of the city, many rose gardens and the majestic Mughal Gardens of the Rashtrapati Bhavan play host to an extravagant variety of flowers in multitudinous colours and hues. Flower beds in lush gardens are a feast for the eyes. **N. KALYANI** takes us on a delightful photo walk with a poetic touch along some splendid springtime flower beds... of rose, carnation, sweet William, chrysanthemum, dahlia, stock, nasturtium, poppy, sweet peas, petunia, pansy, marigold.



BLOOMING BLOSSOMS

*The lush garden, the flowers in riotous colours,
Are Nature's outpouring of munificence,
The dancing and swaying blossoms,
Are the apexes of brilliant colour.*

*Flowers in hues sprightly and delightful,
Streaked in patterns and stroked with joy,
Sun-kissed for their velvety touch,
A little shy, a little naughty.*

*The fragrant blossoms with charming sweet smiles,
Gleaming, sometimes revealing their core,
At other times fluttering, in gay abandon,
Their many petals, soft and supple.*

(From *Mysteries & Musings* (2011)
- A Collection of Poems by the author)





Educating under-privileged **CHILDREN** from remote areas of Tamilnadu

Soulmates foundation educates the children from the under privileged areas of tamil nadu and also for upliftment of women. The foundation also creates awareness programmes for the school children in the urban areas.

Soulmates
Foundation



KALAPRADARSHINI'S 19TH YEAR NATYA FESTIVAL

Kalapradarshini's 19th year Natya festival was organised by Smt.Parvathi Ravi Ghantasala from 15th January to 18th January 2017. Youngsters, upcoming artists and senior dancers performed, presenting the "Pancharathna" through dance.

The first day began with a performance by the students of Kalapradarshini, who under the tutelage of Kalaimamani, Acharya Choodamani Smt.Parvathi Ravi Ghantasala portrayed the nuances of bharatnatyam with style and substance.

Padma Bhushan Smt.Alarmel Valli, Sangeet Natak Academy awardee Smt Nandhini Ravi and the President of Bhavan's Chennai Kendra Shri. L. Sabarethnam inaugurated the annual festival along with the Founder and Director of Kalapradarshini, Smt.Parvathi Ravi Ghantasala.

Shruthi and Pashwanath Upadhyaye rendered new age bharatnatyam, with some effervescent choreography and beautiful expressions. Followed by that Padmashree Leela Sampson, veteran in the field of bharatnatyam established her presence with formidable talent and experience.

The second day was adorned by a combination of budding artists and established veterans. Kalapradarshini lived up to their motto of portraying talent in any form and style. The day began with a brisk performance in Kuchipudi by upcoming

dancer Sangeetha Phaneesh, a disciple of Veena Murthy. Sangeetha kept the audience enthralled with her footwork and perfection.

Pavithra Bhatt, a disciple of Deepak Majumdar and Smt.Anitha Guha performed bharatnatyam, keeping up to the standards of the esteemed gurus and keeping the audiences mesmerised by the renditions with so much of confidence and clarity.

Dr.Vedantam is a master of the quintessential female impersonation (Sthri Vesham) and "BAMAKALAPAM" revolved around this inimitable talent. He was ably accompanied by an effervescent team who made the entire performance a memorable one. It was an evening of interesting story filled with humor, sentiment and mainly dance at its best form.

17th of January, the audience were in for a treat with dances of completely different styles but one in spirit. The evening began with Mohini Aattam by Ambili Menon, disciple of Smt.Gopika Varma, Divya Ravi, disciple of Soundarya Srivathsa and Kathak by Nandini Mehta and Murali Mohan. The performance by this duo was enchanting, with music and rhythm artistically in the excellent choreography.

Kalapradarshini completed the dance festival on 18th January, with an array of new talent. The promise of the future was evident when Vithisha, disciple of Renjith and Vijnya performed to a well aligned margam. She



stole the hearts of the audience with her expressions and grace.

The finale was the, "Saint Thyagaraja's Pancharathna Krithis through dance". Sumana Santhanam, disciple of K.J.Sarasa and Sree kala Bharath, Kavya Muralidaran, disciple of Chitra and Muralidaran, Bhavajan, disciple of Breggha Bessel and Leela Sampson, Shwetha Prachande Disciple of Priyadarshini Govind and Harini Jeevitha disciple of Sheela Unnikrishnan came together for a single cause, the spirit of Thyagaraja. The audience were left spell bound for their rendition of the renowned and revered Pancharathna Krithis and hence portrayed the richness of cultural heritage.

The annual festival of Kalapradarshini was a team effort, supported by sponsors, students, parents, artists and audience. The festival has stood the test of time and time and again proved its veracity for everytime, we see the potential of the present and promise for the future. ♦

KUNG FU YOGA HERO IS IN MUMBAI

After Vin Diesel's grand entry, the latest celebrity to arrive on Mumbai's shores is International action superstar Jackie Chan.

Jackie Chan has arrived on a private aircraft at the Corporate Aviation Terminal in Kalina, a western suburb in Mumbai around 11 AM. He is in town to promote his upcoming film, Kung Fu Yoga which also stars Chinese and Indian actors like Sonu Sood, Disha Patani and Amyra Dastur

His co-star Sonu welcomed the superstar with garlands at the airport, followed by driving him to shoot for "The Kapil Sharma" show by showing him the area enroute.

Pictures show that Jackie Chan and team are having a gala time at the "Kapil Sharma shooting spot. Also, sources said a traditional grand welcome has been planned for Jackie in a Punjabi and Maharashtrian dhol group style following which choreographer Farah Khan has put together a performance for Jackie on a song from "Kung Fu Yoga" that they had shot together in Rajasthan.

Co-stars Disha Patni, Amyra Dastur and Sonu will join the dance that will take place in the hotel lobby, sources added.

The "Kung Fu Yoga" team will then address a press meet. Thereafter Sonu will be hosting a party for the action star where superstar Salman Khan and Kangana Ranaut among others will be in attendance.

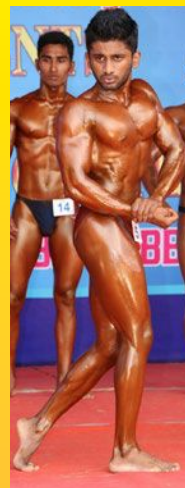
The upcoming action adventure "Kung Fu Yoga", directed by Stanley Tong, is set to release on February 3 in India. ♦





BODYBUILDING CHAMPION

Mr. TamilNadu Open state bodybuilding Championship was conducted recently in the main areas of Chennai where Mr. Kumara Anand (7 times Mr. India and Mr. Asia) being invited as the Guest of Honor. More than 250 candidates participated and Mr. M. Vignesh was rewarded a silver medal in 55 weight category. It's his fourth award in State level besides the other 16 awards rewarded in several other categories of Bodybuilding. Coming up next is Mr. TamilNadu Event at Palavakkam, ECR on February 26, 2017. ♦



A CHARITY EVENT FOR A SOCIAL CAUSE

Star Sakhi Charity Fair 2017, an initiative by Bank of India Ladies club was conducted on January 08, 2017 at Kanthimathi Kalyana Mandapam, T. Nagar.

Smt. Anu Singh, Principal Commissioner of Income Tax Department inaugurated the event and other guest of honors includes Dr. Nithyasree Mahadevan, Singer and Mrs. Sumathi Srinivas, Editor of Women Exclusive

Magazine.

The event exhibited several handmade products such as bags, DIY handicrafts, and decors, exclusively done by the women belonging to the family of Bank of India. Others crafts include fashion accessories, paintings, crockery items and ethnic wears etc. This event is a fund raising event done for a social cause. ♦





THROWBACK



1947 - 2017 WE CREATED HISTORY

#BAN PETA

#WEWANTJALLIKATTU

#TAMIZHANDA was the voices we heard everywhere in and around Chennai and across several other parts of the world in a most sensible way without any chaos. After 1947, now 2017 our TAMIZHANS have created HISTROY to bring back our #Jallikattu traditional sport. This protest showcased the power of young youths and bought awareness among several people about the benefits of drinking A2 MILK which is highly produced by our Indian Breeds, yet not available in India due to the Cooperate Mafia implemented by the foreign countries.

NUTRITIONAL PERSPECTIVE:

A2 milk is cow's pure milk with A2 Beta – casein (rich in protein) produced naturally by our Indian Breeds.

Highly nutritious and delicious with no side effects. Easily digestible and high in building our immune system.

THE OTHER LESSONS WE LEARNT FROM THIS PROTEST INCLUDES:

UNITY IS STRENGTH WAS PROOVED! Taking this chance, teachers and parents must educate their children's, the history of our sport, its origin and why it's been played as their our future pillars and one must not forget our roots.

A protest can be done in a most meaningful without a leader was clearly seen, youth's power is incredible. Never judge them. Bravery is in their blood! Tamizhanda!♦





YESUDAS HONOURED WITH PADMA VIBHUSHAN

Legendary singer Yesudas is honored with Padma Vibhushan, the second highest civilian honor. Reacting to Yesudas' Padma Vibhushan, ace singer S P Balasubramaniam posted on his official Facebook page: "My Anna, Shri. Yesudas is conferred upon with Padma Vibhushan. Proud of you my dear Brother. The next level is not far away. The entire country should feel proud of my brother". Yesudas says that he feels humble to receive Padma Vibhushan and it's also a stepping stone. Yesudas has sung more than 50,000 songs in various languages including Tamil, Telugu, Malayalam, Hindi, Malay, Russian and Latin. He is already honored with Padma Shri in 1975 and Padma Bhushan in 2002.



KAMAL HAASAN IS AGAINST ANY KIND OF BAN

Kamal Haasan said that the agitation against Jallikattu ban was a symbol of discontent. "I'm against any kind of ban, be it my film or bull", added the actor. He also felt that the political leaders should have had dialogue with the protestors. "I felt if MGR was with us, he would have interacted with the protestors. If they didn't allow him, MGR would have organized a separate hunger strike. In democracy, one should not ban anything but regulation can be done", said the actor. The veteran actor who spoke to the Chief Minister of Tamilnadu O Paneerselvam stating that he thanked him for maintaining peace. He also said that no law is infallible. "We should not ask to ban PETA in a democratic country".

VISUALLY CHALLENGED SINGER WILL GET EYESIGHT

Visually challenged singer Vaikom Vijayalakshmi will soon get her eyesight. Debuted as a playback singer with the Katte Katte number from Prithiviraj's Celluloid, Vijayalakshmi has sung over 30 songs under top music directors and her portions in 'En Jeevan' song from Vijay's Theri was received well. Vijayalakshmi has been taking treatment for her eyesight and now, doctors have confirmed that she can see shades of object and people. Another good news is that Vaikom Vijayalakshmi will enter wedlock with musician Santhosh in March. Apart from Tamil and Malayalam, Vijayalakshmi has also sung songs in Telugu and Sanskrit.



PRABHAS WRAPS UP BAAHUBALI -2

Handsome actor Prabhas wrapped up his portions in SS Rajamouli's magnum opus 'Baahubali 2'. Confirming the news SS Rajamouli tweeted "And that's a wrap 4 prabhas, 3.5 years, one hell of a journey. Thanks darling, no one had as much belief on this project as you. That means a lot". The team has also successfully finished night shoot sequences of the film and by the end of this month, the entire shoot will be wrapped up. Produced by Arka Media Works, Baahubali 2 also has Rana Daggubati, Anushka Shetty, Tamannaah, Ramya Krishnan and Sathyaraj reprising their characters from the first part. The film will hit the screens on April 28, 2017 in Tamil, Telugu and Hindi.

ADAH SHARMA KEEN IN DIFFERENT ROLES

Actress Adah Sharma said that she enjoyed maintaining a variety in the characters she portrays on screen. "I wouldn't like to repeat the roles I've done. I try to do different roles and then I enjoy working anywhere," she adds. The 27-year-old says she is a Tamilian born and brought up in Mumbai. "I can speak Hindi, English and Tamil. I want to look and act best, regardless of which language," Adah added. She will next be seen in 'Commando 2', which features Vidyut Jammwal in a lead role.





SAI PALLAVI'S TAMIL DEBUT IN MALAYALAM REMAKE

Premam fame Sai Pallavi's Tamil debut will be with director Vijay in the remake of the Malayalam hit Charlie. Madhavan will be reprising Dulquer Salman's role in the Tamil remake while Sai Pallavi will be seen playing Parvathy's character. Earlier, the actress was approached to play the female lead in Mani Ratnam's Kaatru Veliyidai but later she was replaced by Aditi Rao Hydari. It is said that director Vijay has reworked the script and made necessary changes to suit the taste of Tamil audience. Leon James has been roped in to compose music for the film and the shoot will kick start soon. Vijay is currently busy with 'Vanamagan' starring Jayam Ravi and once the director completes the shoot, he will finalize the rest of the cast and crew of Charlie remake.

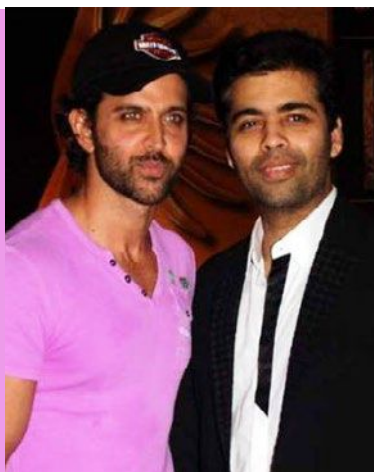


ESSAYING THE ROLE OF A SARDAR IS A CHALLENGE: ANIL

Veteran actor Anil Kapoor said playing the role of a turbaned Sikh in his upcoming film was a challenge. "Essaying the role of a sardar is a challenge. This is the first time I will be wearing a turban for a full-fledged role and for me it is a crown and a symbol of pride," Anil said. In the Anees Bazmee-directed film the 60-year-old actor's look has been designed by Kunal Rawal. 'Mubarakan' for the very first time, will bring together the real life 'Chacha-Bhatija' jodi of Anil and Arjun Kapoor. The movie also stars Ileana D'Cruz and Athiya Shetty.

KARAN JOHAR PRAISES HRITHIK ROSHAN

Filmmaker Karan Johar praised actor Hrithik Roshan's performance in the film 'Kaabil' and has called him a 'powerhouse of talent'. Karan took to Twitter on Friday to laud Hrithik's performance. "As a filmmaker it's exhilarating to watch an actor deliver his best...Hrithik is a power house talent and is exemplary in 'Kaabil'," Karan tweeted. Karan and Hrithik worked together in 2001 film 'Kabhi Khushi Kabhie Gham'. 'Kaabil' is a love story of a blind couple. The film showed what sets the man on a revenge spree against the villains essayed by Rohit and Ronit Roy. The film also featured actress Yami Gautam, who has shared screen space with the 'Bang Bang' star for the first time.



JACKIE CHAN MEETS SALMAN KHAN

Veteran actor Jackie Chan was in Mumbai, recently to promote his Indo-Chinese production 'Kung Fu Yoga'. The mega star had expressed a desire to meet Bollywood star Salman Khan and it was a surreal moment when the two celebrated actors caught up. Salman and Chan were all smiles as they posed together with the UNICEF mascot. While the 'Sultan' actor looked dapper in a black shirt, Chan was seen sporting a beige jacket. Salman even took to Twitter to share the picture with his fans. Jackie Chan's 'Kung Fu Yoga' also stars Sonu Sood, Disha Patani and Amyra Dastur.

MARRIAGE IS ALL ABOUT STATE OF MIND: DEEPIKA

Deepika Padukone recently spoke at length about marriage. She revealed that she has no plans to get hitched anytime soon. The 'Padmavati' actress further added that marriage has nothing to do with age but entirely depends on the person's state of mind. Deepika also asserted that she is "not ready for marriage personally" at this stage in her life. Stating that she has "never dealt with a long-distance relationship", the actress said that the relationship can be easy or complex depending on how the involved people deal with it.





BOGAN

GENRE: Action and Romance

DIRECTION: Lakshman

MUSIC DIRECTOR: D Imman

CAST: Jayam Ravi, Arvind Swami, Hansika Motwani, Varun, Akshara Gowda and Nasser

RATING: ★★☆☆☆

In Thani Oruvan, Jayam Ravi and Arvind Swami indulged in a cat-and-mouse game that was thrilling to watch. In Bogan, director Lakshman, who made the preposterous romance Romeo Juliet, play this game once again, but the difference here is that he provides both the actors an opportunity to let loose their wild side. He lifts the premise of John Woo's Hollywood thriller Face/Off, of a cop and criminal switching places, but adds some Indian masala in the form of mystic mumbo-jumbo (there's also a bit of 'inspiration' from The Bourne Ultimatum), and gives us a thriller that begins well and is engaging for the most part, before losing some intensity towards the end.

The plot revolves around Aditya (Arvind Swami), who has stumbled onto the secret of

body swapping (a power that once belonged to the saint, Bogar). He uses it to get rich quick.

His modus operandi involves swapping his body for a patsy and robbing a jewellery shop or a bank, all the while ensuring that the video evidence is against his victim. But Vikram (Jayam Ravi), an assistant commissioner, is on to him after Aditya uses his trick on the cop's father (Aadukalam Naren). Vikram manages to nab Aditya, but to get his revenge, the latter switches his body with former's. And now, Vikram has to save himself and stop Aditya before he can wreck more damage.

Just Like Thani Oruvan, Bogan is a celebration of the antagonist, and once again, Arvind Swami rocks in the role of a charismatic villain. This is a much looser performance than the one he gave in Thani Oruvan. Earlier, you could sense the actor holding back but now, he seems more relaxed and comfortable and is performing these roles with relish. This is also why Ravi's performance feels underwhelming. The actor feels miscast in a role that needs someone

who can chew scenery. But he is like a tightly wound spring (this worked wonderfully in Thani Oruvan), so we never get the over-the-top villainy that the character deserves in the second half, which doesn't generate the sparks that we expect after the excellent interval block.

Then there is the romance, between Vikram and Mahalakshmi (Hansika, in yet another woman-child role), that takes up a lot more screen time than it should.

The ending is also rushed and promising characters like that of Vikram's cop friends and Nasser, who plays an archaeologist, remain underdeveloped. However, there is an inherent thrill in the fantastic premise, and that helps us overlook these failings to an extent.

On the positive side, the film has a great look. Imman's songs are peppy and the picturisation aesthetic. A couple of the earlier stunt-chase scenes are ably executed. And the screen chemistry between Ravi and Hansika make their romantic interludes a pleasant watch. ♦

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TAROT FORECAST

FEBRUARY 2017



ARIES (MAR 21-APR 19)

Don't count on getting too much sleep and rest this month.

LOVE: Romance is very much in the air during this month. This is also an excellent time to spend some quality time with your spouse for taking your relationship forward.

CAREER: Perfect time to shine in your organization and ask for hikes to your senior department. Long time goals will get accomplished this month.

HEALTH: Try to relax as much as possible and avoid tension of any sort. Patience will be necessary in your social dealings.

COMPATIBILITY: Sagittarius & Libra



TAURUS (APR 20-MAY 20)

Professionally, you're still in a yearly career peak and much progress is being made.

LOVE: Prepare for an eye-opening chat with a loved one – possibly regarding wedlock.

CAREER: Best employee of the year or monetary rewards is expected this month. People searching for new jobs will get appointed with 45 % of hike.

HEALTH: Health will be quite delicate this month. The health benefits of simple kitchen ingredients will help you to stay healthier. Avoid consuming roadside food.

COMPATIBILITY: Pisces & Scorpions



GEMINI (MAY 21-JUN 20)

Love is on the air

LOVE: You might end up meeting your soul mate, problems may occur at the beginning but allow love to develop gradually and naturally.

CAREER: Your creativity and intelligence will be very high and active, which shows that your career goals are prominent this month.

HEALTH: Health will be excellent for the Gemini natives this month. You may be traveling quite a bit, but don't forget to enjoy it all to the fullest by being in a new setting.

COMPATIBILITY: Aquarius & Libra



CANCER (JUN 21-JULY 22)

Win- Win situation

LOVE: Those who found difficult to express your love can indulge in new hobbies of your choice which might bring out your hidden talent

CAREER: it's time to go to battle for what yours which includes a pay rise or promotion.

HEALTH: You start concentrating on your health seriously and end up kicking addictions and unhealthy habits.

COMPATIBILITY: Virgo & Pisces



LEO (JULY 23-AUG 22)

Be a valentine in romance and work life balance

LOVE: Plenty of parties and social gathering are ahead this month. Your spouse will enjoy being with you.

CAREER: It's a life-changing month. Promotions and hike can be expected. You might meet new people and attend social gathering meeting in a huge number.

HEALTH: Health should be augmented by regular exercises and meditation.

COMPATIBILITY: Pisces & Sagittarius



VIRGO (AUG 23-SEP 22)

Surprises are ahead than expected

LOVE: Couples can expect a happy news and lovers might turn to couples this month

CAREER: Be courteous to your bosses, friends and partners to avoid misconceptions. This is a tough time for you but the results are extraordinary.

HEALTH: Need to relax or take a break from your office for a couple of days to rethink your objectives. Newbie employees will learn a lot this month from organizations.

COMPATIBILITY: Scorpio and Capricorn

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TAROT FORECAST FEBRUARY 2017



LIBRA (SEP 23-OCT 22)

Choose the best option among multiple choices

LOVE: Existing love relationships may face some turmoil but it happens for a reason, so don't worry. Single Libras will now be able to find consolation in the arms of friends but at the end there is the possibility of a vivid romance.

CAREER: Perfect time to enhance your intelligence and communication abilities to achieve your goals.

HEALTH: Energy levels will be too high than expected. Use it in a resourceful way.

COMPATIBILITY: Sagittarius & Aquarius



SCORPIO (OCT 23-NOV 21)

Explore like a traveler

LOVE: Singles might look for intelligence and communication skills in their love mates whereas couples might for road trips. A serious relationship could culminate into marriage during this month. Your attachment with partner would get a reboot.

CAREER: If you are looking for a job, you will find them in the locality nearer to you with the help of your family and friends.

HEALTH: Rest is a must this period, as few medical ailments may affect you. Be alert. Traditional food is the best medicine.

COMPATIBILITY: Cancer & Virgo



SAGITTARIUS (NOV 22-DEC 21)

Design your destiny

LOVE: Love can also be found in working environment or you might fall in love with your best friend. Married Sagittarians might even want to have a child this month.

CAREER: Travel is on the cards, and new goals will be added to your list

HEALTH: You will lay emphasis on improving your emotional health in addition to physical fitness. Be sure to maintain an ideal body weight and work on your weight loss if obese.

COMPATIBILITY: Aquarius & Libra



CAPRICORN (DEC 22-JAN 19)

It is your way all the way

LOVE: There will be quite a lot that is new, but you will be required to act a little bit atypically. On the other hand, you should not reshuffle your own plans.

CAREER: You might face office politics, so learn how to handle the situation by watching it side lines.

HEALTH: Energy levels are zooming and chances are you might see changes in your physical and emotional fitness.

COMPATIBILITY: Taurus & Virgo



AQUARIUS (JAN 20-FEB 18)

Magnetism is your secret key

LOVE: Love is chasing you this month. Be liberal and thoughtful while choosing your partner.

CAREER: This is a great time to brush up your skills Entrepreneurship seems to favor this month Also, newbies will experience a stable and favorable time at your work place.

HEALTH: Stress free month, chances are you might end up hitting malls for shopping endlessly.

COMPATIBILITY: Aries & Gemini



PISCES (FEB 19-MAR 20)

Keep Swimming

LOVE: You can find your love at the spiritual places. Bonds will be stronger than expected and wedding is on the cards for the single individuals.

CAREER: Career and business ventures will be excellent this month accompanied by a spiritual touch

HEALTH: Your energy levels will be very high and you may involve yourself in natural therapy for rejuvenating yourself.

COMPATIBILITY: Taurus & Cancer



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நுங்கு பாயாசம்

- இளநுங்காக எடுத்து கொண்டு தோலுரித்து கொள்ளவும்.
- பாலை காய்த்து ஆறவைத்து கொள்ளவும்.
- நுங்கையும், பால், சர்க்கரை சேர்த்து மிக்ஸியில் போட்டு 1 தடவை ஒரு சுற்று சுற்றி எடுக்கவும்.

பின் அதில் சிறிது ஏலக்காய் தூள்,

ஐஸ் கட்டிகள் போட்டு நன்றாக கலக்கி பரிமாறினால் சுவையான நுங்கு பாயாச ஜுஸ் தயார். இது உடலுக்கு மிகவும் நல்லது. உடலுக்கு குளிர்ச்சியை தரக்கூடியது. இந்த ஜுஸ் வெயில் காலத்தில் குடிக்க நல்ல பானமாகும்.

தி.தையல்நாயகி





சத்துமாவு கஞ்சி

- வேர்க்கடலை - 200 கிராம்
(தோல் எடுத்தது)
- கேழ்வரகு - 1 கிலோ
- கம்பு - ¼ கிலோ
- கருப்பு உளுந்து - ¼ கிலோ
- சோயா பீன்ஸ் - 100 கிராம்
- உடைத்த கடலை - 100 கிராம்
- ஜவ்வரிசி - 100 கிராம்
- பச்சை பயிறு - 100 கிராம்
- சம்பா ரவை - ¼ கிலோ
- சிவப்பு அரிசி - ¼ கிலோ
- கொண்டைக்கடலை - ¼ கிலோ
- சுக்கு - 25 கிராம்
- ஏலக்காய் - 10 கிராம்
- கொள்ளு - 100 கிராம்
- காராமணி - 100 கிராம்
- வெள்ளை சோளம் - 100 கிராம்

- வரகு - 100 கிராம்
- சாமை - 100 கிராம்
- திணை - 100 கிராம்
- பாதாம் - 100 கிராம்
- முந்திரி - 100 கிராம்
- பிஸ்தா - 100 கிராம்
- பார்லி - 100 கிராம்

▪ எல்லாவற்றையும் சுத்தம் செய்து, இலேசாக கடாயில் வறுத்துக் கொண்டு அரை மில்லில் கொடுத்து, நைசாக அரைத்து சலித்து வைத்துக் கொள்ளவும். பின் இதை 1 கைப்பிடி எடுத்து 1 டம்ளர் தண்ணீரில் கரைத்துக் கொள்ளவும்.

▪ பின் பாலை சிறிது தண்ணீர் சேர்த்து சூடு செய்து கொதிக்கும் பொழுது கரைத்து வைத்துள்ள

கலவையை ஊற்றி கிளறி விடவும். பின் இதில் சர்க்கரை அல்லது பனை வெல்லம் சேர்த்தால் சுவையான சத்துமாவு கஞ்சி தயார்.

▪ இது நம் உடலுக்கு மிகவும் நல்லது. இதில் அனைத்து வகையான தானியங்கள் இருப்பதால் எல்லா வகையான சத்துக்களும் நம் உடலுக்கு கிடைக்கிறது. காபி, டீக்கு பதிலாக காலையில் நாம் இந்த கஞ்சியை பருகலாம். பெரியவர்கள் முதல் சிறியவர்கள் வரை அனைவரும் குடிக்கலாம். வளரும் குழந்தைகளுக்கு கொடுத்தால் அவர்கள் நன்கு அறிவு மற்றும் ஆரோக்கியமான குழந்தைகளாக வளர துணை செய்கிறது.

தி.தையல்நாயகி



“முந்திரிவலிக்கல் தளிர்க்கும் போல்”

காதல்....

சலனங்கள்... உணர்வுகள்...

மலையாளம் திரைப்படங்கள் என்றுமே ஒரு யதார்த்தம் கொண்ட கதைகள் பெரும்பாலும் அமைந்து விடுகின்றன. இந்த முந்திரிவலிக்கல் தளிர்க்கும் போல் (MVT) சுருக்கமாக சொல்வோமா?

இந்த படத்தின் கதைக்குள் செல்வோம்... உலாஹனன் (மோகன்லால்) ஒரு கிராமத்தில் உள்ள பஞ்சாயத்து செயலாளர். இவரது (மனைவி) அனியம்மா (மீனா) இவர்களுக்கு 12வது படிக்கும் அழகான பெண் கினி,

‘துருதுரு’ மகன் ஜெரி.

குழந்தைகள் உள்ள இல்லங்கள் எல்லாம் இனிமையான இன்பமான வாழ்க்கை வாழ்கிறார்கள் என்று அர்த்தமில்லை. இந்த குடும்பமும் அப்படித்தான். அடுக்குமாடியில் குடியிருக்கும் இந்த குடும்பத் தலைவன் உலாஹனன், அந்த குடியிருப்புகளில் இருக்கும் நான்கு நண்பர்களுடன் இரவு வந்ததும், மொட்டைமாடியில் மது அருந்த தொடங்கி விடுவார்கள்.

ஒவ்வொரு மனிதனிடமும் ஒவ்வொரு பிரச்சனை, அதன் வடிகால் தேட முயலும் போது

மது, மாது என சலனங்கள் உருவாகின்றன. அதற்கு காரணம், வீட்டில் மனைவி – கணவன் புரிதல் இல்லாமை. அனியம்மா (மீனா) மோகன்லால் வீட்டிற்கு வரும் போது, டி.வி. சீரியல் பார்ப்பதும், தூங்குவதும், இவர் நேரம் கழித்து வீட்டிற்குள் நுழைந்து போய் உறங்குவதும், பிறகு காலை ஆபீஸ் கிளம்பி, வேலை முடித்து வீடு திரும்பி, இரவு மது அருந்துவதும் தான் அன்றாட இயந்திர வாழ்க்கை கணவனுக்கு. இவரைப் போலவே, நண்பர்கள் ஒருவன், மூன்று கைபேசிகள் வைத்து ஆறு விதமான சிம்

காட்டுகளை வைத்து கொண்டு, பல பெண்களிடம் பேசுவதையே மன்மதனாக தன்னை நினைத்து மற்ற நண்பர்களுக்கு காதலாக பெண்களிடம் எப்படி பேச வேண்டும் என்று அறிவுரை கூறுவது தான் இவரது வேலை., இவரும் திருமணமானவர் தான்.

ஒருநாள் தன் மனைவி (மீனா) பாடிய பாடல் அந்த ஊரே கேட்டு அவளை பாராட்டும் போது, கணவனுக்கு (மோகன்லால்) அதிர்ச்சி கலந்த மகிழ்ச்சி... அவளது பாடல் நிகழ்ச்சி கேட்க செல்கிறான்.

மனம் இலக்காகிறது. தனது பழைய காலேஜ் நண்பர்கள் சந்திக்கும் நாளில், இவன் அப்பொழுது விரும்பிய பெண்ணுடன் பழைய நினைவுகளை பகிர்ந்து கொள்கிறான்.

“நீங்க ரொம்ப சுறுசுறுப்பாக, காதல் மன்னனாக இருந்தீர்கள் ஏன் இப்பொழுது விரக்தியாக இருக்கிறீர்கள்” என்று அவள் கேட்க... கற்பனையில் இனிக்கிற அளவுக்கு எதுவுமே

வாழ்க்கையில் சுவைப்பதில்லை என்ற ரீதியில் அவனது மணவாழ்க்கை பகிர்ந்து கொள்கிறார், மோகன்லால்.

இந்த படத்தின் முதல் பாதி, மீண்டும் மீண்டும் அதே பல காட்சிகள் வருவது கொஞ்சம் சலிப்பு தட்டினாலும், இடைவெளிக்கு பிறகு படத்தின் கதை, ஒரு அர்த்தத்தை நிரூப்பிக்கிறது.

மோகன்லால் சலனங்களிலிருந்து வெளிப்பட்டு தன் மனைவி, குழந்தைகளை நேசிக்க ஆரம்பிக்கும் போது, காலை நேர கதிரில் துளிரும் மலர்களின் பனிதுளிகள் போல் காட்சிகள் மிரள்கின்றன! மோகன்லால் சர்வசாதாரணமாக பலவித உணர்வுகளை வெளிப்படுத்துவது விதம், நெஞ்சை அள்ளுகிறது.

மீனா, ‘திருஷ்யம்’ படத்திற்கு பிறகு மிகவும் பிரமாதமாக பல உணர்வுகளை, கதை காட்சிகளை உணர்ந்து, அவரது மென்மையான அழகு முகத்தில் அத்தனை சஞ்சல இதய அலைகளை முகத்தில் பதிவு செய்யும் அவரை

வெகுவாக பாராட்டலாம்.

ஒரு பண்பட்ட அனுபவமிக்க தேர்ந்த நடிகை என நிரூபித்து விடுகிறார் மீனா.

குடும்ப தலைவியின் பொறுப்பு, மனைவி, தாய், தோழியாக பல பரிமாற்றங்களை அனாவசியமாக தன் நடப்பின் மூலம் நிரூபித்து விடுகிறார். 12வது படிக்கும தன் மகள் கினி ஏதோ தவறான பாதையில் போகிறார் என்பவரை உணர்வதும், அதை தன் கணவனிடம் பகிர்ந்து கொள்வதும், அதை கேட்கும் கணவர் பொறுப்பான ஒரு தந்தையாக மகளை பின் தொடர்ந்து, கண்காணிப்பதும் இந்த காட்சிகள் ஒவ்வொரு குடும்பத்தினரும் கற்றுக்கொள்ள வேண்டிய பாடம்.

படம் முழுக்க ரம்மியமான காட்சிகள். குட்டநாடு Back water, boat race மற்றும் கிராமிய காட்சிகள் படத்திற்கு மெருகேற்றுகிறது.

ஒரு மிக நல்ல படம் பார்த்த மனதிருப்தி எல்லோருக்கும் ஏற்படுத்திய இந்த ‘முந்திரிவலிக்கல் தளிர்க்கும் போல்’ படம் வசூலில் பெரிய அளவில் பேசப்படுகிறது. மோகன்லால் இந்திய திரை உலகிற்கு ஒரு வரப்பிரசாதம்.

இந்த படம் தமிழில் எடுக்கும் இயக்குநர் ஸ்ரீபு ஜேக்கப், விருப்பப்படம் நடிகர் சூப்பர் ஸ்டார் ரஜினிகாந்த் பொருத்தமானவர் என்கிறார்.



தர்மா, D.F.Tech

மீன் குழம்பும் மண்பானையும்



சமீபத்தில் வெகுவாக ரசித்த படம் மீன்குழம்பும் மண்பானையும்... ஒரு அருமையான இனிய தென்றல் சாரல் நம் மீது வீசும் போது, எப்படி ஒரு சுகம் ஏற்படுமோ, அதுபோல இந்த படம், அப்படியொரு Breezy, fantasy, delightful film.... படத்தின் கதை? அண்ணாமலை (பிரபு)க்கு ஆண் குழந்தை

பிறக்கிறது. பெயர் கார்த்திக்... பிறந்தவுடன் அண்ணாமலை மனைவி இறந்து விடுகிறார்... தாயில்லாத மகனை முழுபாசத்தோடு வளர்க்கும் அண்ணாமலையை மறுமணம் செய்து கொள்ளுமாறு உறவினர்கள் வற்புறுத்துகின்றனர்.

அதை மறுத்து தன் மகனோடு மலேசியாவுக்கு வந்து தெருவோர

(Street food) கடை வைத்து, மெல்ல தன் உழைப்பால் உயர்ந்து, ஒரு நல்ல தமிழ் உணவகம் மலேசியாவில் தொடங்குகிறார். அந்த உணவகம் பெயர் மீன்குழம்பும் மண்பானையும்....

இவரது மகன் Born with a golden spoon பணத்தின் அருமையும், பாசம், அன்பு என்றால்

என்னவென்று தெரியாமல் ஆட்டமும், விளையாட்டும்! தந்தை பாசத்தை அள்ளி பொழிகிறார்... தன்னோடு தினமும் பேச வேண்டும்., அவனது கல்லூரி வாழ்க்கையும், இவரது வியாபார வாழ்க்கையும் தினமும் ஏற்படும் நிகழ்வுகளை பரிமாறி கொள்ள விருப்பப்படும் தந்தையை மதிப்பதே இல்லை.... அவர் அன்பும், பாசமும் தனக்கு ஒரு உபத்திரமாகவே நினைக்கிறார் மகன் கார்த்திக்.

கார் ரேஸ், இரவு கிளப் ஆட்டம் இப்படியே பொழுது கழிக்கும் கார்த்திக், ஒரு பெண் அறிமுகமாகிறாள்.... (பவித்ரா) (அங்கராம் ஜலேரி) இவர் வல்லவனுக்கு புல்லும் ஆயுதம், இனிமே நாங்க இப்படித்தான் படங்களில் நடித்த நடிக்கை... ஒரு பெண் கதைக்குள் வந்தாலே முதலில் அவளை கிண்டல் பண்ணுவதும், பிறகு அவள் பின்னால் சுற்றுவதும் வழக்கம். இந்த படத்திலும் அப்படியே தந்தையும் - மகனும் டாம் அண்ட் ஜெரியாக (Tom & Jerry) இருக்கும் போது, ஒருநாள் மகன் அதிகமாக தந்தை மனதை புண்படுத்த... பிரபு அந்த அவமான வார்த்தைகளை உள்வாங்கி மெல்ல தள்ளாடி, கண்களில் கண்ணீர் தேங்கி நிற்க, அந்த ஒரு காட்சியில் நம்மை நெகிழ வைத்து விடுகிறார்.

அந்த காட்சி தொடர்ந்து சங்கர் மகாதேவன், 'நாடகம் என்று நினைத்தாயோ' பாடல்... அந்த ஏழு நிமிடங்கள் நெகிழ வைக்கிறது. இவர்களது பிரச்சனையை சரிசெய்ய குடும்ப நண்பர் Y.G.மகேந்திரா இவர்களை ஒரு சாமிஜியிடம் அழைத்து செல்கிறார்...

அந்த சாமிஜி வெள்ளை உடையுடன் விவேகானந்தா ஸ்டைலில் அறிமுகம் ஆகும் உலக நாயக கமல்... இயல்பான நடிப்பு.

பட் பட்டென்று வசனங்கள் இவர்கள் இருவரையும் ஆத்மா பரிமாற்றம் செய்து விடுகிறார். Souls exchange... “ஒரு நாள் முதல்வராக இருந்து பார்” என்ற தத்துவ அடிப்படையில் கார்த்திக் தந்தை உடலிலும், தந்தை (அண்ணாமலை)

மகன் உடலிலும் நுழைய... Hai dude .. man Hey.. ஜோ. இப்படி நவநாகரீக உடையில் பிரபு, இளமை துள்ளல் நடிப்புடன் அறிமுகம் ஆகும் போது திரைக்கதையில் கலகலப்பு ஏற்படுகிறது.

இது இடைவெளிக்கு பிறகு நடப்பதால், சட்டென்று முடிந்து விடுகிறது. பூஜா இந்த படத்தில் ரொம்ப நிதானமாக காட்சியை உணர்ந்து நடித்திருக்கிறார். பில்டர் காப்பி ருசியில் காதலை வெளிப்படுத்தும் விதம் பிரமாதம். ஜெயராமன் மகன் காளிதாஸ் நன்றாக நடித்திருக்கிறார்.

இந்த படம் முழுக்க மிக மிக மென்மையான, சுவையான காட்சிகளுடன் நகைச்சுவை பின்னப்பட்டிருக்கிறது. இமான் இசை சூப்பர்.. மீன் குழம்பும் மண்பாணை - பாடல், அந்த நடன அமைப்பும் சூப்பர். பிரபு நடன ஸ்டைல் சிவாஜியை நினைவுப்படுத்துகிறது. நடனம் ஷெரீவ் (Sheriff).

ஒளிப்பதிவு: லஷ்மணன் பிரமாதம் Depth of focus, location, angle composition எல்லாம் பிரமாதம், மன்குன் தீவு, பாட்டு தீவில் இருக்கும் பிரம்மாண்டமான வேல்முருகன்... பெட்ரோமாஸ் டவர்ஸ் (Petromas Towers) இப்படி மலேசியாவை முழுக்க எந்த படத்திலும் இதுவரைப் பார்த்ததில்லை.

இந்த MKMP (இதானே title style!) படம் குடும்பத்தோடு பார்த்து ரசிக்க வேண்டியே ஒரு அருமையான படம். தயாரிப்பாளருக்கும் இந்த கதையை தேர்வு செய்து இயக்கிய அமுதேஷ்வர் மற்றும் இந்த மொத்த படக்குழுவினருக்கும் எமது பாராட்டுக்கள்.



தர்மா, D.F.Tech

தவறுகளை உணர்த்தும் வழி!



எவருமே அவ்வளவு சுலபத்தில் தங்கள் தவறுகளையும் குறைகளையும் ஒப்புக்கொள்ளவா செய்கிறார்கள்? பெரும்பாலும் இல்லை. தங்கள் தவறை ஒப்புக்கொள்வது என்றால் அதற்கு அவர்களுக்கு மாபெரும் பெருந்தன்மையும் மனப்பக்குவமும் வேண்டியிருக்கின்றன. இவற்றை நாம் எல்லோரிடத்திலும் எதிர்பார்க்க இயலாது தான்.

இரண்டாவது வகையினர் இருக்கிறார்கள். இவர்கள் தங்கள் தவறின் ஒரு பகுதியை மட்டும் ஒப்புக்கொள்வர். மற்றவற்றை மூடிமறைத்து விடுவார்கள். ஒரு தவறு நடந்து விட்டால், அதற்கு நான் மட்டும் காரணமல்ல, நானும் ஒரு காரணம் என்று பங்கு பிரித்துத் தம் தவறை ஒப்புக்கொள்வார்கள்.

தப்பிக்கும் மனப்பான்மை என்பது மனிதனோடு இரத்தத்தில் கலந்துவிட்ட ஒன்று. அதை மாற்றுவது மகாக்கடினமே.

ஒருவர் சென்னைக்குத் திருச்சியிலிருந்து இராமேஸ்வரம் எக்ஸ்பிரஸ் இரயிலில் டிக்கெட் எடுத்துத் தரச் சொல்லிவிட்டு வெளியே போய்விட்டார்.

இராமேஸ்வரம் இரயிலில் இடமில்லை. டிக்கெட் எடுக்கப் போனவர் இடமில்லை என்றதும் திரும்பி விட்டார். டிக்கெட் எடுக்கச் சொன்னவருக்கோ மகாக்கோபம். இராமேஸ்வரத்தில் கிடைக்கா விட்டால் என்ன? சேதுவில் எடுக்க வேண்டியது தானே? பாண்டியனில் எடுக்க வேண்டியது தானே? ராக்போர்ட்டில் எடுக்க வேண்டியது தானே என்று அடுக்கித் தள்ளினார். கோபம், சண்டை, வீண் மனத்தாங்கல்!

இராமேஸ்வரத்தில் கிடைக்காவிட்டால் என்ற கேள்வியை அவரே எழுப்பி, அப்படிக்கிடைக்காவிட்டால் இதில் எடு? அதில் எடு என்று அவரே பதிலையும் சொல்லியிருக்க வேண்டும்.

இந்த கேள்வியை டிக்கெட் வாங்கப் போனவரே கூடக் கேட்டிருக்கலாம். பாவம்! அவருக்கு டிக்கெட் எடு என்றதுமே இரயில் நிலையம், க்யூ வரிசை, பிடிக்க வேண்டிய பஸ், இரயில்வே விண்ணப்பப் பாரம், பேனா, உரிய டிக்கெட் தொகை என்று நினைப்புகள் நிலைமாறி விட்டன. ஆக, இவருடைய தவறு என்பது குறைவு தான்.

ஆனால் டிக்கெட், எடுக்கச் சொன்னவரிடம் இதை எடுத்துச்

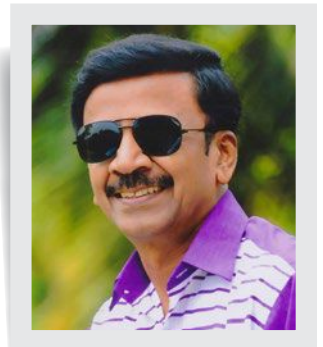
சொன்னால் எடுபடாது. அவருடைய கோபம் தான் அதிகமாகும். எனவே இப்படிப்பட்ட நிலையில் ஒரு புதிய அணுகுமுறையைக் கையாள வேண்டும். எப்படித் தெரியுமா?

“டிக்கெட் எடுக்கப் போனேன். இராமேஸ்வரத்தில் இடமில்லை. அதில் கிடைக்காவிட்டால் வேறு எந்த இரயிலில் டிக்கெட் எடுப்பது என்று கேட்டுக் கொள்ளாமல் விட்டது என் தவறு தான்...” என்ற பாணியில் ஆரம்பித்தால் போதும். சம்பந்தப்பட்டவருக்கு உறைக்க ஆரம்பித்து விடும். ‘அடடே என்ன மடத்தனம் நாம் செய்தது! மாற்று யோசனையைச் சொல்லாமல் வீணாக மனிதரை அலையவைத்து விட்டோமே..’ என்கிற பாணியில் அவர் எண்ணத் துவங்குவார். முழுத் தவறும் தன்மீது தான் என்பார். தலையில் அடித்துக் கொண்டாலும் வியப்படைவதற்கில்லை. ஆக, பிளேட்டைத் திருப்பிப் போடுவது தவறை உரியவர்கள் உணரச் செய்யச் சிறந்த வழி.

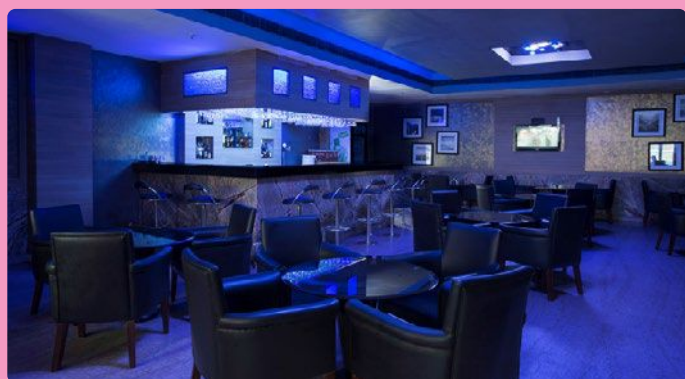
தவறைப் பலர் முன்னிலையில் உணர்த்த முயற்சி செய்வதும், உங்கள் தவறை உணர்த்துவது உங்கள் நன்மைக்காகவே என்பதைத் தெளிவடையச் செய்வதும் தவறைச் சுட்டிக் காட்டுபவர்கள் கருத்தில் கொள்ள வேண்டிய விஷயங்கள்.

பெரும்பாலான தவறுகளை, மிக அவசரம் என்று கருதினாலொழிய உடனே சுட்டிக்காட்டாமல் நம்முடைய மற்றும் அவர்களுடைய உணர்ச்சி வேகம் தணிந்த பிறகே சுட்டிக்காட்ட வேண்டும்.

எரிச்சலூட்டும் வகையில் தவறைச் சுட்டிக்காட்டுபவர்களுக்கு தோல்வி மட்டுமே மிஞ்சும். அதனால் பகை தான் வளரும் என்பதையும் உணர வேண்டியது அவசியம்.



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