



INSPIher

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# REPORTher™

India's first all women newspaper

Glorious 2 Years!

Edition 24

Tuesday, June 13th, 2017

Mumbai, India

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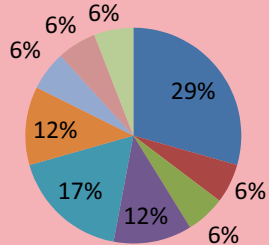
## In this edition

1. REPORTer Awards 2017
2. Green Tea & Sesame Seeds
3. Government Schemes for Women
4. NEW - Music Therapy
5. Positive Parenting
6. Hair loss in women
7. Food for the infant

## Writer's Reach

### Article Contribution June 2017

- Mumbai
- Navi Mumbai
- Nagpur
- Jaipur
- New Delhi
- Kolkata
- Bern
- Bangalore
- Patiala



For June 2017

## Editorial Team

REPORTer wishes to introduce to you our Associate Editor - **Dr Shruti Sharma from Kolkata.**

She has been compiling and editing our newspaper since the last few months and has taken up this work voluntarily. Her editing skills have ensured we REPORTer never gets into any trouble whatsoever! Kudos to her for the fabulous work she is doing!

## Wish to Contribute?

Write to us on any of the following topics:

1. Woman health, nutrition & hygiene
2. Good parenting measures / Happy child development
3. Kitchen magic
4. Pregnancy care & concerns where doctors give valuable advice;
5. Beauty, make up tips & latest trends
6. Recognizing achievers
7. Legal counsel on important cases

Submit your articles to: [writer@reporter.in](mailto:writer@reporter.in)

For a set of complete Writer Guidelines, visit - [www.reporter.in](http://www.reporter.in)

## IT'S OUR SECOND ANNIVERSARY

Dear Readers,

This edition is utmost emotional as we successfully complete 2 wonderful years of **REPORTer**. It feels just like yesterday we had begun this journey of starting a "women's only newspaper", the concept and all its details were so blur and today it feels like time has passed by so quickly.

Over the last two years, there has been immense support from all corners of the world. Time, they say is the most precious gift one can ever give and how true it has been for **REPORTer**; each one of our writers, editors, designers and the technical team have gifted us their precious time and we

will always be grateful to you.

As a token of appreciation and to acknowledge some of our consistent and hard working writers, we bring to you in this edition, the **REPORTer Awards 2017**. It is a compilation of some names that have been the backbone to this newspaper. We are extremely happy to award them here, in this unique virtual platform. The video of the award show is linked below, do not miss it!

We are happy to introduce a new exciting feature from this edition and that is the **Music Therapy**. Music, they say is magical and it appeals to our senses in a very powerful way. From

this edition onwards, we will bring to you one music piece that could help you de-stress, detox or simply relax. Afterall, you deserve to be pampered. Enjoy the therapy in this edition under the Lifestyle section.

We specially wish to acknowledge the services of our Associate Editor, Dr Shruti Sharma for having volunteered and taken up the task of editing and coordinating with our writers. Her skills have been a blessing in disguise for the team here at **REPORTer**.

It's time now to celebrate the onset of our 3rd year at **REPORTer**.

Harshita Shah, Editor

## REPORTER AWARD SHOW 2017

Let us acknowledge the contributions of some of the most hard working team members over the past 24 editions. Click on the link below to enjoy the Award Show!



## AWARDS CATEGORIES

- The **DESIGNher** Award - for designing our initial editions of **REPORTer**
- The **WRITEher** Award - Consistent support in terms of article contribution
- The **WRITEher** Award - International writers supporting consistently with articles
- The **GQ** Award - For being a Grammar Queen with the best use of grammar and less scope of article edits
- The **READER'S CHOICE** Award - Contributors whose articles are famous among our readers
- The **SUPER HERO** Award - For the only man who has been sending poetry since the past few editions
- The **EDITher** Award - For being the Associate Editor of **REPORTer**
- The **WEB TEAM** Award - For giving us our virtual identity as it exists as of today



## WONDER DRINK - GREEN TEA

Dr. Simran Saini, New Delhi  
Nutritionist

In China, there is a proverb "Better to be deprived of food for three days, than tea of one".

GREEN Tea



minerals such as chromium, manganese, selenium or zinc, and certain phytochemical compounds. It is a more potent antioxidant than black

Green tea is made solely with the leaves of *Camellia sinensis* that have undergone minimal oxidation during processing. The secret of green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a powerful anti-oxidant: besides inhibiting the growth of cancer cells, it has also been effective in lowering LDL cholesterol levels, and inhibiting the abnormal formation of blood clots.

The latter takes on added importance when you consider that thrombosis (the formation of abnormal blood clots) is the leading cause of heart attacks and stroke.

Green tea also contains carotenoids, tocopherols, ascorbic acid (vitamin C),

tea.

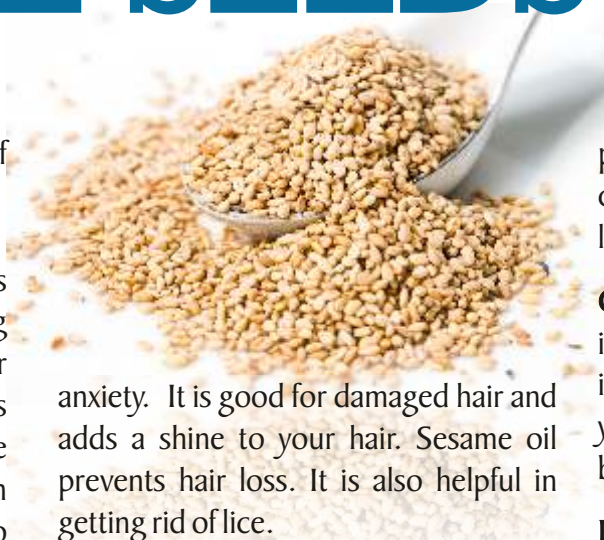
Green tea helps a lot in lowering down the sugar level in a body so it's very good for a person who is suffering from diabetes. The polyphenols present in green tea extract reduce the amount of amylase produced by conversion of starch into sugar and hence the levels of sugar in the blood also decrease. Green tea acts as an antibacterial and antiviral agent.

One of the great advantages of drinking green tea is weight loss. Green tea is natural & doesn't have any known side effect. Green tea helps in burning fat & increasing metabolism naturally due to the presence of catechin polyphenols. It promotes glucose metabolism at a faster pace and enhances fat oxidation. This means green tea should be a part of your diet if you are undergoing a weight reduction program. So, get going with your cup of green tea.

## HEALTH BENEFITS OF SESAME SEEDS

Kshama Rao, Navi Mumbai  
Blogger

Here are the health benefits of sesame oil.



**Promotes beautiful skin:** Sesame seeds are rich in zinc. It helps in producing collagen and gives elasticity to your skin. Zinc also repairs damaged tissues in the body. It can reduce the appearance of wrinkles. Sesame oil can also be used as a sun-screen. It is also good for cracked feet. It can also be used to relieve diaper rashes.

**High protein vegetarian diet:** Sesame seeds are rich in protein content. Sesame oil is a good fat and makes an ideal cooking oil.

**Body massage:** It helps to maintain normal body temperature. Applying on head, body and retaining it for half an hour before bath helps in detoxification. Sesame oil is beneficial in relieving

present in sesame oil is known to combat diabetes. It is also useful in lowering BP and cures sleeplessness.

**Good for heart:** Sesame seed oil is rich in antioxidants and has anti-inflammatory properties. It is good for your heart and also helpful in reducing body weight.

**Boosts bone health:** Zinc boosts bone mineral density. Sesame seeds, are also a rich source of calcium.

**Boosts digestive health and relieves constipation:** Sesame seeds are rich in fibre. It is good for a healthy digestive system and colon. The fibre also helps in lowering cholesterol.

**Protects from DNA damage:** Sesame seed oil protects against DNA damage, preventing damage of the intestines and spleen.

anxiety. It is good for damaged hair and adds a shine to your hair. Sesame oil prevents hair loss. It is also helpful in getting rid of lice.

**Sesame seed oil for oral health:** Sesame oil is useful in removing dental plaque. It can be used in oil pulling. Oil pulling, is swishing oil around your mouth. This will whiten your teeth.

**Prevents cancer:** Sesame seed contains an anti-cancer compound called phytate. The magnesium in sesame seed also helps in suppressing cancer.

**Prevents diabetes:** The magnesium

## EMOTIONAL INTELLIGENCE FOR CHILDREN

Dr. Anita Gautam, Jaipur  
Psychiatrist

Picture Source: eitrainingcompany.com



Family life is the first school for children to know about emotional intelligence. Here a child learns how to feel about himself, how others will react to his feeling, how to express those feelings, how to read and express hopes and fears. This emotional schooling depends on how parents treat their children, whether with harsh discipline or empathic understanding, with warmth or indifference and so on.

Emotional schooling enables children to get upset less often and effective coping when get upset. They are more relaxed biologically, have less stress hormones, have good mental health as well as better physical health. Such children have fewer behavior problems like rudeness or aggressiveness, more popular and better liked by their peer group, and are more socially skilled. They can pay attention better, and so are more effective learner.

In order for parents to be effective coaches, they must have fairly good enough emotional intelligence themselves as they are role models for their children. Show your own positive emotions, love and care by verbally expressing them in front of children, and tried to express negative emotions tactfully. Don't treat child's emotional upset as trivial or a bother, instead take this as an opportunity to teach what exactly his emotions are and reason behind them. and to help the child to find a positive way to handle his feelings.

The way a couple handles the feeling between them has deep and lasting impact on the child's emotional life. Thus, those couples who are more emotionally competent in their marriage are also more effective in imparting emotional intelligence in child and helping them with their emotional ups and downs.



## GOVERNMENT SCHEMES & PROGRAMMES FOR THE GIRL CHILD

Poonam Thakur, Mumbai  
Lawyer

Here is a comprehensive list of the different useful govt. schemes and programs for the empowerment of women and girl child in India. For details, please refer to relevant online resources.

**1) Beti Bachao Beti Padhao Yojana:** It was launched to address the issue of the declining child sex ratio (CSR) and is a national initiative jointly run by the ministry of women and child development to save girl child.

**2) Mahila Samakhyia Programme:** The Mahila Samakhyia programme was launched in 1988 to pursue the objectives of the National Policy on Education, 1986.

**3) Mother and child tracking system (mcts):** Mother and Child Tracking System (MCTS) is a web enabled name based system to monitor and ensure delivery of full spectrum of services to all pregnant women and children.

**4) Rashtriya Mahila Kosh (R.M.K.):** The main objectives of RMK is to facilitate credit support or micro-credit support to the poor women for income generating, production, skill development and housing activities in order to make them economically independent.

**5) Swadhar Greh:** The benefit of the component could be availed by women above 18 years of age of the following categories:

- Women who are deserted and are without any social and economic support;
- Women survivors of natural disasters.
- Women prisoners released from jail and are without family, social and economic support;
- Women victims of domestic violence, family tension or discord.

**6) Mahila E-HAAT:** The Union Government has launched an online marketing platform Mahila E-HAAT to facilitate women entrepreneurs to sell their products to buyers.

**7) Maternity Benefit Programme:** A recent step towards maternal health and empowerment is the maternity benefit program allowing female employees upto 6 months of paid maternity leave.

**8) Support to training and employment program me for women:**

The Ministry has been administering 'Support to Training and Employment Program me for Women (STEP) Scheme' since 1986-87 as a 'Central Sector Scheme' to provide competencies and skill that enable women to become self-employed/entrepreneurs.

## WOMEN AND CORPORATE JOBS

Neha Kaushik, New Delhi  
Senior Biller at Colt



Corporate jobs have increasingly become quite common amongst women as compared to public sector jobs.

I know many people who have quit their well-paying Government jobs for corporate ones. Well, there are reasons to that, at least I can say, as I have been working in corporate world for 6 years now and I can tell, it's a bliss besides you got to earn a livelihood, of course.

What I like working in private sector is you get a little work - life balance which is much needed after having a child. You have a fixed shift, you have fixed weekends offs, you get company transport plus on occasions, you have the flexibility of working from home as well, provided you have been given laptop.

And yes, thanks to the recent maternity bill passed which gave lacs of women like me the leisure of getting 6 months

paid maternity leave. Being successful in corporate is mostly performance driven whereas the same is not the case in public sector, it's mostly bureaucratic and autocratic. My husband works in a Government bank and so that's that.

Working moms, especially the corporate ones are often termed as 'selfish', 'bad' and what not as compared to our public-sector counterparts. They say the culture is 'too open' and we work in odd shifts, these are good enough reasons to label us. I am not writing this article to accuse anyone for anything; everyone is entitled to their own opinion, but what I have experienced so far, personally. As if managing home in itself isn't a challenging job, working too, makes it a Hercules's job all in all. I am proud of what I do and I, being an equally responsible person of the family, take pride in earning for it while managing my home.

## THE BLESSING OF BEING ME

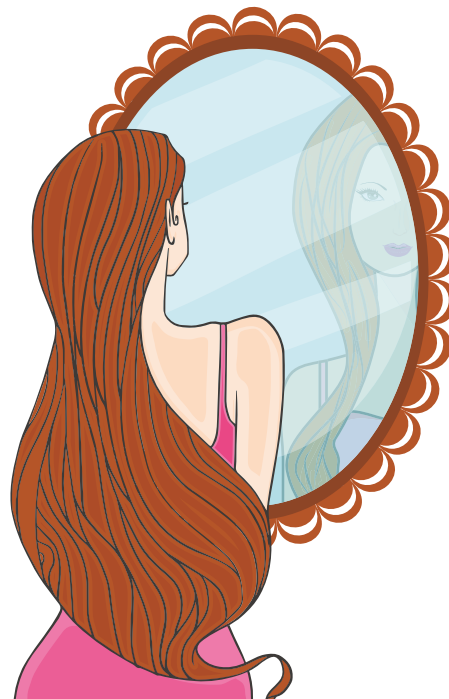
Dr. Sapna Sharma, Nagpur  
Spiritual Counselor

I was told long back, "Every time you complain of your bad hair days, take a moment off and think about the patients on chemotherapy who would give anything to have their hair back". That was perhaps my first lesson in understanding the concept of being in the position of abundance or scarcity.

Ever since, I have faced numerous such occasions when I have caught others and myself in the position of scarcity. Or shall I say, perceived position of scarcity? Every now and then I hear, "I am so

unlucky, I don't have enough money to buy the new luxury car", "Poor me, why do I have to live in this small house, look at the sprawling mansions others live in" and so on.

Perhaps I had lesser material needs. Nonetheless, I did live in a position of mental scarcity where in a headache would mean a disability and a missed appointment would amount to a calamity. One harsh word from a parent would be a disaster relationship and bad marks would feel like end of the world. But I survived, and now standing here,



half way through the life, having met people who really know what "scarcity" is and yet live the life of "giving". I can only feel the "abundance" of life.

I may not own a luxury car, but I have a healthy body that walks on my legs that take me through the world.

I may not live in a mansion like a king, but I am the king of my own life. I eat, sleep, work as per my free will.

I may have some illnesses, but I can still feel the heart beat enthusiastically inside me.



## 3 HABITS OF HIGHLY STYLISH WOMEN

Nafisa Madraswala, Mumbai  
Image consultant

**W**hat does it mean to be “stylish”? Does it mean that you always have to wear the latest trends, the best designer clothes, or make a fashion statement? What if your style is more toned down than what you see on The Page 3? Does this mean you’re not really as “fashionable” as you thought you were? Not at all!

Here’s what I have learned as an Image Consultant, Fashion Enthusiast, Personal Branding and Ex- Compulsive Shopper.

**1) They have realistic positive body image hence they have high self-esteem**

**and high confidence.**

They are comfortable with their bodies but not laid back. They are passionate about fitness and eating healthy is more like a lifestyle choice. Dressing is not about weight, shape or size. They exactly know what looks good on them. They know to convert their weakness (so called in definitions of the ideal body image created by the media) into strength.

**2) They don’t try to be perfect!**

They always look a little less “done” than everyone else. They are at ease dressing well come easily and naturally. They never try too hard and try leaving a part of their outfit like a lace undone or

sleeves not folded perfectly. Hair undone or the shirt half untucked and yet end up looking effortlessly stylish.

**3) They are a package!**

They know that being stylish is not only about clothes, about being well groomed, having high levels of hygiene and smelling great at all times, they have a winning posture it’s not just the clothes that are important -- it’s how you wear them. Take note of your posture as you walk or stand. Every time you feel yourself slouching, make a point of readjusting and standing up straight, hold your head high, make eye contact have a great firm.

### Music Therapy



MEDITATIVE MUSIC TO DE-STRESS  
Click on the above link and experience relaxing soulful music which could heal you from within or simply relax you by the end of your day’s work. Enjoy!

## THE ART OF JUDGING OTHERS

Shruti Sharma, Kolkata  
PhD

**W**e all learnt in school to “Do unto others what you want them do unto you”, but it seems that our school lessons have remained in the school as we have progressed on with our life. One simple example is that we absolutely dislike it when people comment on our lifestyle, habits and appearance, but we do not hesitate to pass judgements about others, sometimes unknowingly.

It is alright to be concerned about someone and tell them your opinion about their choices. But one should know where to draw that fine line where your suggestions will become interferences and judgements. If we do not give up this ‘habit’ of ours, we will lose respect in the eyes of the other person.

Although the society judges everyone, women in particular have to face the brunt. It is amazing how easily we blame the mother if the child is under-weight or ‘looks’ lean. If you see a baby being bottle-fed, you might think that the mother does not want to breast feed. If she resumes her job after childbirth, she is labelled as a bad mother who values her professional ambitions more than



her child. If a woman wears western clothes, many people label her as ‘spoilt’ and ‘forward’. Isn’t it unfair that tuxedo and suits are considered to be the clothes of a gentleman, whereas wearing a gown or skirt will make you ‘forward’? Why is it OK for a father to come home late from office, but not for the mother?

Then there is a plethora of judgements on the shape and size of women and her appearance. Why is it so difficult for us to understand that it is HER life? It does not matter if she chops her hair short or grows them, wears a saree or skirt, or decides to have 1 child or more, or none at all.

It will take years for us to practice what we preach. Let us all try to make a positive start in this direction.

## POSITIVE PARENTING

Praneeta Mittal, Bangalore  
Homemaker, Writer, HR Manager

**L**ife gets complex with time and responsibilities. Whether it is a professional time or a personal time, it is very essential for us to make a to-do list and stick to that. It is important to mould our kids at a very young age and teach them the basics of life with discipline and positivity instilled in them.

Here are some points we can inculcate in our daily lives.

**Focus on routines**

Kids learn quickly with a routine, so set clearly defined routines for the most challenging times of the day, like mornings, after school, mealtimes and bedtimes. For the younger kids, make sure to pen down the points on sticky notes to remind them.

**Sleep time is a BIG thing**

Think of the days when you are sleep deprived- you feel cranky and irritated most the time. The same goes with babies, toddlers and teens. So, make sure to have a balanced sleep. Always remember a well-rested kid is a well-behaved kid.

**Join your hands**

For a better behavior, kids need to understand that everyone join hands to run a smooth household. They should have family contributions (daily chores) and this will also have a firm bond within the family members.

**Don’t ignore misbehavior**

This is a ringing bell for some issue so



make sure to talk to your child when you see a unusual behavior and correct it.

**Set Limits**

It is important to set certain limits and make family rules so that the children learn to abide by them and be disciplined.

So Mums! Let’s get started and try these.

### YOUR STORY

Wish to have your story on any of these pages?

Write to us at [writer@reporter.in](mailto:writer@reporter.in)

### I WANT TO...

Is there something you want to learn or ask?

Write to us at [writer@reporter.in](mailto:writer@reporter.in)





## HAIR LOSS IN WOMEN

Dr. Mahima Sharma, Jaipur  
Consultant Cosmetologist & Trichologist

A woman's hair is central to her femininity, beauty, youth and sexuality. Approximately 40 percent of women have visible hair loss. But, while it is widely accepted amongst men, female hair loss is rarely discussed. How much hair loss is normal

The average woman loses between 50 and 100 strands per day, even up to 150 in some cases.

**Self check for Hair Loss:** Simple PULL TEST at home .To Perform this test ,take about 60 hairs between your fingers and pull, running your fingers through your hair. If the hair fall is between 5 and 8 hairs, it is normal, An excess of 15 hair fall , however, is not as common and means you are losing more hair than you should be."While this still may not be a true cause for concern, it would be a good idea to ask an expert about what to do to halt this process.

**Female Pattern Hair Loss:**  
This is seen as hair thinning

predominantly over the top and sides of the head. It affects approximately one-third of all susceptible women, but is most commonly seen after menopause, although it may begin as early as puberty.

### Common causes of Hair Loss:

- 1.Hair loss may also occur due to dieting. Deficiency of vitamin A, D, B12, Iron and Zinc is increasingly causing hair fall."
- 2.Physical and Emotional Stress
- 3.Hormonal changes,Thyroid abnormalities and Medications.
- 4.Excessive use of hair styling tools like strengtheners and curling iron or hair products like gels, mousse, sprays, colours, etc can damage the hair shaft and prolonged usage can hamper its growth. Tight ponytails, wrong combs, parting your hair, can further aggravate the condition.

If the above mentioned conditions are reversed, the hair loss can be stopped and hair can regain its shape. 🐾

## WOMEN'S HEALTH & BEAUTY

Manisha Taneja Allam, Switzerland  
Doctorant, Bern University

The word woman is a very close synonym for beauty. Long black locks, a glowing complexion, a nice curvy figure with a beautiful voice and a mesmerizing smile, is the ultimate form that every woman tries to achieve.

It has always been a big market out there for the products that claim to make u look better. We, in the urge to look perfect and in order to live up to the expectations of our men usually surrender to the not so right ways. Girls adapt to the faster weight losing methods like extreme dieting or use of wrong chemical products in order to look attractive and other expensive treatments.

They can end up making them look fake and in some cases, can make them look ugly. We have witnessed such cases but the irony is that we still give up to these methods. When we try to achieve the perfect figure, we tend to forget that a

lady looks better with her curves as it symbolizes her health, a woman with freckles and lines can be more beautiful than a one without, of her age as it reflects her journey of life.

We should definitely be aware of our well-being and follow a fitness routine which should include a regime for a healthy mind as well. A beautiful soul stays in a beautiful mind and makes us look physically beautiful. We should not succumb to peer-pressure.

In today's fast paced life, we get impatient and emphasize more on taste rather than on its freshness and health quotient. As far as eating is considered I believe it makes the most important ingredient of this women health and beauty recipe. If our gut is happy it definitely reflects on outside.

I wish we rather be healthier in order to look beautiful from inside. 🐾

## MY EXPERIENCE IN LEARNING A LOCAL LANGUAGE

Ruth Esther Mak, Kolkata  
Medical Transcriptionist

I am a Chinese by origin, but my being Chinese ends there. I am completely Indian by birth, nationality, habit, culture, etc. I grew up in a family that spoke English as my parents did not know a common Chinese language to communicate in. Learning a new language was never my forte. I struggled through my school years tackling my second language Hindi and my third languages which included Nepali, Oriya, Kannada, and Tamil. Whatever little I knew of Hindi or the other languages were limited to reading and writing – speaking was out of the question.

After finishing school, I moved to Kolkata for a few years. This was when I was exposed to the need to be able to communicate in either Hindi or Bengali to get by. Initially, it was really a struggle for me, but like they say, practice makes perfect.

After Kolkata, I moved down south to Coimbatore due to work. Knowing Hindi did not help at all and knowing English only to some extent. Thanks to learning Tamil as a third language in school, I could read Tamil. This helped me use the local transport as everything on buses is written in Tamil. But I realized that if I had to survive here, I would have to pick up speaking the local language. I struggled a lot, but eventually did learn enough to get me by!

Few years later, I got married and moved back to Kolkata. Communicating with a hired help could be effective only if I spoke in Bengali as that is the only language most know. After lots of efforts, I picked up Bengali as well.

Knowing the local language has helped me in more ways than one, most importantly being accepted by people in the community as it is only through communication that we can exchange our thoughts! After all my trying years, I can confidently say that I overcame the language barrier learning to speak three different local languages. 🐾

## POETRY

### SHOPPING

Gaurav Kochar, Chartered Accountant, Mumbai

To a few shopping is devotion  
That sets static things in motion!  
To a few, it's a forced attendance  
Despite having a sense of commotion

Discounts, sale are shopper's delight  
But an act of sabotaging savings, some think  
A nod in agreement may not be voluntary  
sometimes,  
Perhaps one of the reasons for debate  
between blue and pink

There's joy whenever one goes shopping  
Different people, with different shopping  
habits,  
It doesn't strike at once and it all looks cool  
Eyes lit up when card statement read too  
many debits

Women don't mind shopping for hours over a  
dress,  
Guys go bonkers but still manage to suppress  
Their head boils at over a hundred degrees  
I don't know how they manage not to express!

After trying a dozen clothes, she finally chose  
one,  
One can see a huge sigh of relief on the guys  
face!  
His happiness is short-lived when he hears  
her say  
"Dress looks good, now let's go buy a  
diamond necklace!"

With one eye on their watch and the other  
staring at women  
Guys entertain themselves waiting for their  
woman to come out  
With one eye on the dress and other fuming  
at their guys,  
Revenge in the form of extended shopping  
hours is better than a shout!

When two shopaholics go out, they make a  
good pair  
And if either of the two hates it, it is a  
nightmare!  
With eyes gleaming and fuming with anger,  
It'll always look around and give the other a  
stare

In the end, shopping is not just an exchange  
of goods for cash  
Its an art of owning the things you like  
Some react with delightful smile on their  
faces,  
While the news of shopping to a few, gives  
some spike!

Some shop just to know what's trending,  
The idea of window shopping is surely not  
mine!  
Some shop only when it gets absolutely  
necessary  
While some shop just for passing their time!



## FOOD FOR THE INFANT

Himani Singla, Patiala, Punjab  
Homemaker & Diamond Jewellery Dealer

Well as you all know that it is very important to breast feed your little ones for the first 6 months, as it provides utmost nutrition to your baby. At this point the infants do not require any sort of food / fluids including water. Breast milk itself contains 88% of water which satisfies the infant's thirst. It also contains high amount of calories which is very good for an infant's health & development.

It is said that, infants who are breast fed are more protected when compared to those who are dependent on formula milk. They've low risk of illness like diarrhea & pneumonia, also diseases related to heart, blood pressure, obesity etc.

Once your baby crosses 6 months, it is the right time to introduce semi-solid

food to him / her.

### Weaning advices:

Traditional / spoon fed weaning – babies learn to spoon feed first (smooth mash or purees) and chew later.

Baby led weaning (BLW)- babies skip the smooth food phase & learn to manage lumps & chew from the beginning.

As soon as the baby reaches 6 months you can introduce (one by one):

1. Mashed fruits / chopped into small pieces like banana, grated apple, papaya
2. Mashed potatoes, rice
3. Pulses
4. Veg/clear soup
5. Custard
6. Thin Khichadi
7. Raagi
8. Suji ki kheer (Semolina)

9. Spinach properly cooked without any spices

### Once the child crosses 12 months divide the meal:

**Mornings:** Porridge (sweet / salt / add boiled vegetables - carrot, beans, etc)/ Parantha (cauliflower, potato, radish, etc) / Raggi / Poha.

In between breakfast & lunch feed them with some seasonal fruits.

**Noon:** Cooked vegetables feed along with chapati or rice. Curd at room temperature.

**Evening snacks:** Soup / bread sandwiches / khichdi / milk / custard with fruits / omelette / boiled eggs

**Night:** Cooked dal / vegetables with chapatti, pulao, rice, parantha etc.

## WHEN WE GREW UP!

Bhavna Fatnani, Mumbai  
Company Secretary

Dear best friend,

You must be really disappointed with me thinking why I'm not able to keep in touch or share the stories like we used to do. No, I haven't made new friends who replaced you. No, I'm not getting attached with people whom you don't like. I'm here, right where I was, when we used to talk, figuring out how to fix everything that is looking messed up.

As we grew up, those late night gossips turned into Monday morning blues! You went on to live a professional life whilst I was managing my studies. Yes, I did feel annoyed when you didn't have the time to talk to me because of your hectic schedule but when I started working, meeting new people, I'm sure you would have had the same feeling!

Gradually my friends became yours and then you started to compare me with them. No, I don't want to be like any of them. I have my set of challenges, dreams, ambitions. And I won't let go of them even if you don't believe in them, because, they are mine. They keep me going ahead, stronger. Although a little faith and assurance would make a big difference.

And as we see it now, it's been a while that we have accompanied each other with all those ups and downs. I feel disappointed knowing you have drifted away assuming that I'm not bothered. But I'll tell you now and every time you feel that way, I'm right here, just a call away. We might have grown up, moved to different cities, have hectic schedules but I'll always be there for you. Like old times.

## OFF SEASON TOURIST DESTINATIONS - YAY / NAY

Ankita Priyadarshini, New Delhi  
MBA

Everyone deserves a break once in a while; we women more than others. We handle our houses, husbands, babies, our careers, our families and in-laws to boot. The pressures of multitasking and appearing pretty and pleasant at all times tend to pile up and our bodies and minds scream for respite. That's where a small trip to a beautiful location comes in as the best solution. However, the million-dollar question needs to be tackled – in-season to a popular place or an equally popular place in off-season? Personally, I am a proponent of the latter.

Every year, around my wedding anniversary in November, my husband and I take a trip. Being averse to crowds, we've always visited places in off-season. This year we visited Manali and last year, Uttarakhand. Neither of these destinations was in peak tourist season and we were thankful!

I will list down the pros and cons of off-season travel to help you decide.

### PROS of off-season travel:

- You avoid heavy crowds and enjoy the place more – Better pictures, with no people to unwittingly photo



- You save time, because vehicle traffic on roads is non-existent
- Quality time and better experience at each of the points of attraction, with no hustle-bustle
- Savings – Much better rates than tourist season, when everything would be thrice as costly

### CONS of off-season travel:

- You miss out on seeing the place in its full glory – be it snow or flowers
- Many of the recommended activities can't be done in off-season

Overall, it's a trade-off; much like everything else in life. Consider pros and cons before planning your next break. If you ask me, you know what I'll suggest!

## LIP CARE

Dr. Shweta Deshpande, Mumbai  
Cosmetologist



Lips are often the most ignored area when it comes to taking special care.

They are very similar to your facial skin except for the fact that the stratum corneum is way thinner than any where else. Also the lips lack the sebaceous glands and so cannot produce any sebum and moisture.

You can do this Lipcial therapy at home:

- a) Cleanse the lips with a cleansing milk. Massage for 2 mins from within, outwards in circular motion. Remove with wet cotton.
- b) Use a Walnut scrub mixed with Til oil and massage for a minute.
- c) After removing the scrub with wet cotton, apply a thin layer of avocado pulp and keep it on for 10 mins
- d) After removing it apply an intense lip balm. Do this procedure once in every 15 days.

It is easy to have healthy and supple lips without any chemical treatment.

### YOUR STORY

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