



INSPIher

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# REPORTher™

India's first all women newspaper

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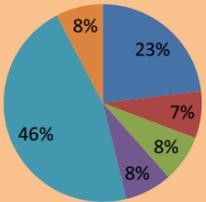
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## Writer's Reach

### Article Contribution December 2017

■ Bengaluru ■ Kolkata ■ UAE  
■ Patiala ■ Mumbai ■ Jaipur



For December 2017

## Editorial Team

Editor - Harshita Shah, Mumbai  
Associate Editor - Himani Mittal, Punjab

Himani has compiled and edited our newspaper for December 2017 and has taken up this work voluntarily.

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

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## CLOSING CURTAINS TO THE YEAR

Dear Readers and Writers,

Here we come to the close of another successful year. It's not just a successful year for REPORTHer, but I would say the same for all of us alike. The reason being, "yesterday has become a memory which u will cherish tomorrow"

Today, we may feel that we particularly did not have a good year or so.. however, it is always in present context. And most of the times, all good and bad things are just a matter of time and as the age-old tale goes thus:

Once, during his very happy days, King Akbar asked his secretary, the witty wise Birbal about the secret of always staying positive and calm. Birbal asked him the reason to ask such question. Akbar replied that he wanted to stay close to the reality without getting affected by happiness or troubles.

Goodbye  
Two  
Thousand  
and  
seventeen

Birbal asked him to visit his house the next morning. When Akbar arrived the next morning, he saw 5 words written

on the wall.

THESE DAYS WILL ALSO PASS.

Read this line in any situation and you are sure to stay unperturbed in any life situation.

So, here is a small activity towards the close of the year friends. I am requesting all of u to share some bitter moments of the year with REPORTHER which u now feel have passed by and which u now feel were not so bad as u had thought of them to be.

I am sure there is a lot of insight when we look back positively. I am excited to welcome the new year with even more vigour and enthusiasm. Expecting the same from all of you.

Once again wishing all of you heartfelt congratulations for recognising the women power and supporting the cause.

## DO NEW YEAR RESOLUTIONS WORK?

Aditi Mahajan, Bengaluru  
Clinical Psychologist

How many of us start our year, or rather end our year deciding our resolutions for the New Year? Majority times, I hear people saying I have a list of resolutions, or last year I couldn't keep up to it, so I am going to try again. Most common among these are- 'Lose Weight', 'Exercise', 'Quit smoking/drinking' and alike.

These aren't easy to keep up-to clearly as they involve a bigger habit and lifestyle change. So just by deciding them as a resolution, we need to work towards them in smaller parts.

Hence, instead of starting off with a larger goal as a resolution, one must break it down to parts and have them as smaller goals spread across the year. A new change can occur any day of the year, regardless of it being the first day



of the year. With change being a constant in our lives, we need to understand this.

Some tips to keep up-to your resolutions/goals:

- Break your goals- Start with a minute part. For instance if you wish to give up on sweets, begin with reducing the intake, and then replacing a dessert with say yogurt or other healthy alternatives,

before actually giving it up. This is more doable and will keep you motivated.

- focus on one behaviour at a time- It's better to focus on one task rather than multiple things at one go.
- Share it- It is always good to let someone close know about your goal. This keeps you motivated and that persona can also monitor you towards your resolution.
- Don't be a perfectionist- There would be times, when you go off track, don't neat yourself. All of us have good and bad days, and we just need to pick ourselves and get back on track.

The science behind any changes is to replace it. So for you to change a habit, you need to replace it with a new habit. Follow the above mentioned steps, to keep up-to your goals.



## LOVE YOUR BODY, DON'T JUST LIVE WITH IT

Dr. Shruti Sharma, Kolkata

Writer

We often come across weight reduction programs and magic pills that claim to instantly reduce body weight. Similarly, we also see an increasing number of advertisements that target customers by promising a fairer skin, shinier hair etc. All these services and products rely on the vulnerability and insecurity of people about their body.

When we give others the power to decide our ideal body weight, skin tone and thickness of hair, we are letting go of the very basic aspect that makes us unique. On the other hand, there is a brigade of people who are focussing on staying happy with their body weight and other features. They preach that "curvy is beautiful" and "skinny is unhealthy".

What I believe is that while we should all



be comfortable with our features and body type, we should constantly strive to stay fit and healthy. Simply being happy with excess weight is not good. Similarly, just accepting that you have oily skin or dry hair isn't right. Falling prey to fancy advertisements is not ideal, but at the same time, you should not close your eyes and ignore your health. Everyone has flaws, but we should decide up to what extent do we want to live with our flaws.

Here is what I opine:

- Love your body, respect your body, but don't accumulate unhealthy weight just because you heard that "curvy is beautiful". Devote at least 30 minutes daily to some form of exercise to tone your muscles, at-least 15 minutes walk in the morning & evening.

- Be proud of your skin tone. There is no need to run after those anti-ageing creams, chemical treatments and fairness lotions that promise instant beautification. But at the same time, give enough importance to your diet and make sure that you don't miss out on nutrition. You can also clean your face regularly with rose water.

Our aim should be to adopt a good and healthy lifestyle. After all, a fit mind should reside in a healthy body.

## INSIGHT

Himani Singla, Patiala, Punjab  
Homemaker

### True Meaning of RAPE

Well I'm sure that most of us are very much aware of this crucial word called as RAPE!

The true meaning of RAPE is nothing but:

**R – Respect HER**

**A – Appreciate HER**

**P – Protect HER**

**E – Educate HER**

So what are we as the humans are doing? How well is this world impelling/ sticking to the true meaning of RAPE?

It's not just in India or any-other neighbouring countries that are wrongly impelling to this particular word. All we get to hear is, Oh an infant (girl) who's just 2.5 years old or who is maybe 5+ years old has been a victim of RAPE. Never the less we can also hear that an old lady who is probably 65+ years old is also been a victim of the same.

What have the people of our society actually termed RAPE as? RAPE, a type of sexual assault usually involving sexual intercourse or other forms of sexual penetration carried out against a person without that person's consent. The act may be carried out by physical force, coercion, abuse of authority, or against a person who is incapable of giving valid consent such as one who is unconscious, incapacitated, has an intellectual disability or is below the legal age of consent. The term RAPE is sometimes used interchangeably with the term SEXUAL ASSAULT.

All we can see is women are being used by men to just satisfy their physical needs. May it be with/without the will of that woman? We can see such acts taking place in between a married couple as well. Why don't men understand that a woman also needs some space and time to understand his physical needs? Even women have the right to live, lead a beautiful and a FREE life by her wish.

Why can't people let a woman be safe, protected, in her own shell? This act is not just carried out in a low categorized locality but also in niche class. May it be educated or an uneducated person, a woman is being insulted, assaulted, forced, etc to do what a man wants her to do as per his will & wish.

Please people it's time to understand, respect, women equally. If we start this education of treating women equally from day one in our own houses then we can definitely see a change in every society.

Change your mentality, your thoughts against a woman's body. Learn the right meaning of RAPE.

## SEX AND WOMEN'S HEALTH

Dr Swapnali Dabholkar, UAE

Ayurvedic Consultant & Weight Management Specialist

In Ayurveda sex is an important aspect of health. It brings in great balance between mind, body & soul. You will be amazed to know that it can be used as an upmost tool for good health, improved intelligence, and acuity of sense organs, slow aging and longer life.

- Ayurveda sets certain rules before & after the act, it also describes the precise person who should be indulging in this. Sex should be avoided after a heavy meal, when hungry, during excessive thirst, without keen interest, when physically disturbed by other bodily urges and when a person is physically unfit. Sex is also not encouraged during the new moon, full moon, eclipse or during days of mourning. Intercourse to have a progeny should be avoided during these days as it may bring negative effects to the offspring; which may lead to mentally or physically incapacitated issues, as



the doshas (peccant) of the parents and external environmental conditions tend to be altered on these days.

- The health benefits of sex can be achieved by having proper and disciplined sexual intercourse. This is the best form of exercise and help to keep once weight under control.
- Regular sex promotes the release of hormones like testosterone and estrogen, which keeps the body looking young and has also been shown to promote glowing skin and shiny hair.
- When a woman experience orgasm

(uterine contractions or sexual climax), her uterus contracts and, in the process, rids the body of cramp-causing compounds. These increased number of uterine contractions can help expel blood and tissue more quickly, helping to end your period faster, and may also increase the chances of normal deliveries after a full term pregnancy.

Shatavari (Asparagus racemosa) is considered the premier women's health tonic in Ayurvedic medicine. Shatavari is one of the richest sources of phytoestrogens it's essential for sexual function. A clinical study revealed that among young females, Shatavari improved egg maturation and ovulation. Among older females, Shatavari helps to soothe menopausal symptoms and tonify sexual organs.

Shatavari kalp can be consumed with glass of hot milk as it helps better absorption of the herb.



## WHY BE HAPPY WHEN YOU CAN BE SASNKARI?

Praneeta Mittal, Bengaluru  
Homemaker, Writer, HR Manager

Being SANSKARI is like the basic necessity of every single Indian girl. You may be well aware of the fact that life is definitely not smooth. After all, everything comes down to the rules that have been put on you. Be it smoking, having boyfriends, or getting married at the "right age", everything comes down to your sanskars!

Why do you need to be happy or ambitious or feminist when you can be a PERFECT SANSKARI GIRL with these handy tips?

Ladies, stay away from shopping malls. All the sanskars your parents ever inculcated in you will vanish into thin air, just like magic. Since, shopping exposes you to a lot of things that aren't allowed by our culture - short clothes, Westernized restaurants, and me.

Obviously, you can't take this risk.

If you think you can impress people by showing a degree in physics, you're wrong. If you can't brew a perfect tea, good-bye. The stomach is the way to a man's heart, and we all know men run the system. Get with the program.

Never ever fall in love - Your Boyfriend can never be your Parmeshwar and only your parents can find a PARMESHWAR for you.

Jeans is the heights of being Unsanskari. Wear a sari instead and you will be the most sushil and sansakari woman ever. Sitting with your legs even slightly parted means that you want to Defame over the traditional Indian family system. Or better get a surgery to become a mermaid. No legs, no issues.

If you want to buy sanitary pads and there's no black bag at the store, you better skip the idea of buying or you can always hide it under your sanskari sari pallu. And don't just "shop" for bras. What if someone finds out you have actual breasts. Instead just stitch your underwear at home.

So ladies, if you follow these rules, you'll rule this sanskari society. However, even after doing this entire job your character, integrity and morals are questioned. Just wave that sari pallu on them, show them the finger, and do whatever you want. Live it your way but live it the RIGHT way!

And remember, Don't Wink - It's Vulgar. 🐾

## BETTER HALF INVESTMENTS

Ameya D Vaidya, Mumbai  
Chief Advisor



In today's world women are self-reliant they earn their own living; however when it comes to investing they use different approaches than men. Women prefer to invest for maintaining their lifestyle. They do not generally prefer to be experimental with their money. That's the reason why women generally try to avoid speculative activities & go for more safer and fixed option. Today we are going to discuss one of such investment option for Women & that is Buying Preference Shares.

Firstly; we will discuss about Preference Shares and then, recommend you one Strategy to be used with Preference Shares to gain maximum Return on Investments (ROI).

Preference Shares (Commonly known as Preferred Stock) are shares of the company's stock with dividends that are paid to the shareholders before equity dividend. If company enters bankruptcy, the shareholders with Preferred Stocks are entitled to be paid from company assets first.

So the risk of holding Shares is reduced in case of Preference Shares. Also there is redemption value which means many times company buys its own preference shares; so there are more avenues of making money for Preference Shareholders.

However; holding preference shares alone is not recommended for women because Investments should always consider all the factors of returns. Women investors need certain strategy to invest successfully.

Stay tuned to these articles for more information about Investing & Finance. 🐾

## GGRATITUDE EXPRESS

Ashna Ddhannak, Mumbai

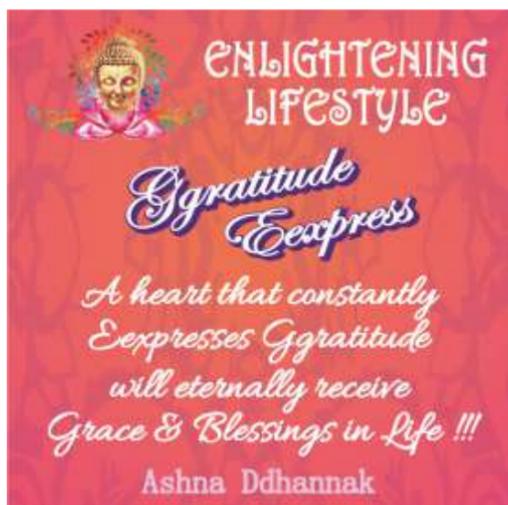
A heart that constantly expresses Ggratitude will eternally receive Grace & Blessings in Life.

Ggratitude denotes appreciating & valuing one's Benedictions & Good fortune, cherishing the simple comforts & honoring everything that you receive with a feeling of contentment & serenity. Practicing it as a daily ritual just like a breath of life will instantly convert your Lack into Abundance.

Many of us have a tendency to crib & complain most of the time, making mountain out of a mole & exaggerating every problems & worries that ultimately lands up in a state of gloom & self sabotage.

Let us see below a few tips to turn around your pessimistic attitude into an absolutely concrete demeanor loaded with a perfect expression of Ggratitude.

- First & Foremost effort should be to distance yourself & cut cords from all the negative forces in your space that



### Attitude of Gratitude

drains your spirit. Take a note of your energy after every 3 hours whether you are feeling good or horrible & if not good then immediately change your awareness & attention to anything that makes you feel good and relaxed.

- Regularly practice deep breathing techniques like Pranayam, Yoga & meditations as they help to instantly

release the tension, panic & stress.

- Listen to the soothing music sound frequency of 528 Hz which is a Healing Frequency & it expands & raises the vibrations of Appreciation, Inner Peace & Love.
- Maintain a daily Ggratitude Journal where you can everyday record at least 5 to 10 events throughout the day that you genuinely appreciated & cherished.
- Inhale or Diffuse Aromatic Oil Blend made of Essential Oils like Myrrh, Bergamot, Ylang Ylang & Geranium as they help to foster an attitude of Ggratitude.
- Grow some colorful Flowers & Shrubs in your surroundings & call them as your Gratitude Plants. Nurture them daily with a smile & observe them flourishing along with your opulence & well-being.

For knowing more on developing an Attitude of Ggratitude & Thanksgiving, connect with me on ashnaddhannak3@gmail.com 🐾



## HOW TO HANDLE NEGATIVE EMOTIONS IN A CHILD

Anita Gautam, Jaipur

Human is emotional being, born with emotions like anger, frustration, sadness, love, hatred, care. Even small children have all emotions, but they cannot express it directly, they have to get rid of it in indirect way.

Negative emotions like hostility, anger, sadness and frustration increases physical agitation which in turn prolongs the mental turbulence. If such negative emotions are not handled properly, they pile up and can lead to unfavorable attitude and behavior and poor personal and social adjustment.

### How to deal:

**A good cry** – Small children cry to release pain up emotional energy but as soon as they grow, they discover that crying is not socially approved. Let your



child cry for some time, it is not babyish always.

A good cry helps a child in clearing the excess body and mind tension.

**Ventilate out in positive way** - Guide your child to draw, paint, make hand prints on newspaper or helping you out in household chores, especially when he

is upset or in low mood.

**Play** - Children get rid of negative emotions when they are engaged in play which involves strenuous physical activity like running, swimming, jumping or skipping.

**Direct Expression** - Kids don't know how to express negative emotions, so always encourage them to express their feelings. Listen to them patiently, read out stories, he/she will slowly develop willingness to talk over his/her problems.

If children are not guided properly about how to ventilate out negative emotions, they develop the habit of controlling the emotions in ways that will lead to poor personal and social adjustment.

## LONG ROAD HOME

Neha V. Kaushik,



Just ask yourself this one question and answer honestly, 'How satisfied are you?' (Not happy). It's more important to be satisfied with your life than to be happy. Happiness is an outcome of your satiety.

Working to earn a livelihood has become almost an inseparable part of today's modern life. For middle class families, it is not a choice but a compulsion. Even if we try to convince ourselves to just quit it all someday due to any reason, just the mere thought of your darling child comes to you and makes you ponder over your decision again. Been there, done that!

We are living in an ever fast world today where we just have to hoard and hoard. In between all this, you are neglecting your own life, your mental, psychological and physical health. You can't keep others happy if you aren't happy and happiness starts with acceptance. It's good to grow but not at the cost of your own condition. Learn to be satisfied with everything.

Do things that make you happy, no matter how trivial they are. There is no end to earn and save but amongst all of this, never ever neglect yourself. After all, it's YOU, who has to be there when no one else would be. The goal should not be to just hoard and just pass it onto your next generation, rather make them such great human beings that you do not have to ever worry about their future because you will know they will do just fine.

Teach them it's important being happy than just being rich with values that teaches them to respect people and not things.

If you have a choice, choose the best, if you don't, do your best.

## INAPPROPRIATE PRACTICES IN SCHOOLS

Hemangi Shirodkar, Mumbai

Now a day's we often come across many malfunctions in schools. Here are some factors that throw a light on a few malfunctioning.

Every parent likes to admit their children in a reputed school. But are they aware of the administration of the schools. Now you may have a question,

"Why administration, my child goes to learn." Schools hire teachers who are not qualified for the post. Sometimes H.S.C students are being hired for standard I to 4.

How many of us do really ask for the certificate of our child's class teacher? As qualified teachers are highly paid, many schools appoint low paid teachers. Its parent's right to ask for the certificate of their child's teachers.

As school ensures that a child belongs to a good family, whether parents can afford to pay the required fees. Same

way parents have the right to have required information of the respective teachers as this gives us the confidences of our child being secured under right hands.

We hear a lot many incidences of child abuse, this is majorly because the school administration is not hiring right teachers, and they are not cross checking their previous records. We see male teachers assaulting children may it be a girl/boy child. Checking previous records helps to a great extent. These corrupt teachers also form a group within the school premises to just fulfill their sexual thirst. We are under a great risk to even educate our children in today's generation.

We need to take right steps to our own children. And this could be done by forming a group of parents, so no individual or a particular child is being crushed in this matter.

Forming a group also gives us as parent's strength to fight against the wrong doings over our innocent children.

*Music*  
**Therapy**



15 Minutes of **MEDITATIVE MUSIC**  
Click on the above link and experience relaxing and soothing music which could heal you from within or simply relax you by the end of your day's work. Enjoy!



## FAILURE TO FREEDOM

Anjali Baxi, Mumbai  
Life Affirmation Coach

Freedom is such a sought after and heady experience. We understand freedom in the sense of being able to be and do as we please. All of us want freedom yet we are unsure of why we don't feel free despite our education, career and social opportunities.

We do not feel free because we believe that freedom has to be given or earned. This means that your freedom is dependent on another person's willingness to grant you your freedom.

You try to earn this freedom by doing a beneficiary act for the person/situation in return. In effect you are making a bargain, a condition to earn your freedom. Eg: I'll work till 40, then I'll be

free; ill be free when I can get away from my parents; ill be free once my children grow up.

You keep your end of the bargain in the hope of attaining freedom at some point. In reality, these roles, responsibilities, wishes will remain life-long. Thus, your struggle to earn your freedom remains on going. Tragically, what is meant to free you, traps you.

Eventually, a sense of being a failure overpowers you. While trying to hold your end of the bargain, you could not do all those things that you would have, had you been free. This failure and dependency not only forces you to stop having any further aspiration but also

creates a false belief that your way of living is a successful life.

The only way to break the cycle is to realize that freedom is an experience of deeply intimate mindful spontaneity. It is not something you earn. It is your ability to align and express your whole self. When you choose to replace the false belief with the knowingness from deep within that you are free at every point, you will experience freedom.

Empowerment is an embodiment of this knowingness. Unless you feel free, you cannot empower yourself and unless you empower yourself, you cannot be free.

## SHANAYA

Sonika Goyal, Bengaluru  
Chartered Accountant

She was just 5 years old and a very cheerful kid. She was at her granny's place for the summer vacations.

Suddenly, she woke up that night and he was in front of her in an inappropriate condition. She got scared, pulled up her skirt and ran away to the other room. She hugged her granny tightly and kept on thinking how did she go to that room. She couldn't sleep that night and many more nights, she would wake up even with a slightest touch. She just wished to go back soon. Finally, she returned to her mom's place, but couldn't forget that night. After that, she didn't want to go to her granny's place again, till that guy was working there.

As time passed by, she recovered from her fear slowly. She grew-up but still remembered that night, though buried deep inside her heart. Now, she is a teenager and fears no one. Suddenly she saw him again and recalled everything like a flashback. She was so scared even though she knew that he couldn't harm her anymore.

Now, she is married and has a beautiful kid. She chose to reveal it to her husband and her fear. Still she has shades of that night. Most importantly, she doesn't know till date what exactly happened to her that night, but is still scared of it. Will she ever forget it?

## SEVEN VOWS OF HINDU MARRIAGE

Kshama Rao, Mumbai

As we can see various sorts of religions, caste, customs etc around the world we also get to know & learn various rituals followed in a couple's wedding, here is one amazing ritual followed under Hindu wedding.



### Fourth vow:

They promise to shower each other with joy, from head to toe and please each other in every way.

### Fifth vow:

The groom tells that the wife is his best friend and she has come to enrich his life. So, he asks god to bless her. The bride tells that his happiness is her happiness and his sorrows are hers and she will honor him.

### Sixth vow:

The groom asks her to keep him happy in the rest of his life and be kind to him always. The bride replies with a yes.

### Seventh vow:

The husband tells that now both of them are one and eternal. The bride accepts him and tells that she will love him forever.

The Hindu bride and bride groom revolve seven times around the fire and utter the seven vows. It is performed along with Mangal pheras. These are the seven promises they make to each other. They hold each other's hands and go circumambulating around the fire God. Here is a brief description of the seven vows they take.

### First vow:

The groom and the bride promise to provide food and finance to each other and prosper in life.

### Second vow:

They take their second vow to have children and protect them. The bride promises to be his strength.

### Third vow:

They take their third vow to become wealthy, to educate their children well. They also promise to remain faithful to each other.

## POETRY

### WHEN I LOOK BACK

Gaurav Kochar, Mumbai  
Chartred Accountant

When I look back, I realize  
How different I could have been  
Had I not moved on in life,  
And sorted the differences in between!

When I look back, I realize  
I could have taken that extra yard  
And expressed my feelings underneath,  
The weight of which now tears me apart!

When I look back, I realize  
How big a fool I was, missing this  
opportunity  
To enjoy life to the fullest and live carefree  
While the animosity got better of me!

When I look back, I realize  
I shouldn't have changed so much,  
Now it may seem like everything has  
changed,  
Yet it feels, nothing has changed as such!

Looking back and analyzing is too easy  
Before every decision, every step you  
pondered  
Hindsight's are a wonderful thing to have,  
But not when you look back at the time  
you squandered!

Past is gone, present is going  
Future too will slowly go by.  
Looking back will yield no change,  
Instead, look ahead and give it a try!

### 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)

