



Dr Nirali shah is happy and elated to share another achievement in her professional life.

“With the blessings & support of family, parents and my beloved son, I am now a Baby bonding Practitioner & Parent - Child Attachment Play Practitioner. Both the certifications are being accredited by The CPD Standards Office. (CPD provider 2015-2017).”

YOUTH POWER



Art by Aditya Gupta

Age: 12 yrs

School: lilavatipodar school class 7 [2016]

Message from - Mamtagupta

Aditya's vision, imaginations and inspiration is from mythology that has brought him this artistic talent without any extra classes in art. We feel proud and lucky to be blessed with such an inborn talented budding artist.

Want to share your achievements in ENCOURAGEher section, send us your entries with pictures with a word limit of 50 words to writer@reporther.in
Entries will be published on first

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INITIATIVE- ENJOY DRY HOLI

By Menka Dave

Team REPORTHer & Wumang have spread multi colours in the past through various social activities and community welfare programmes.

This Holi they reached out to various social Medias like Facebook, twitter etc and made people pledge and support the cause of their initiative #Enjoydryholi. Taking forward a like-minded approach was in the Rang de Mulund event which was organised by Diya event and 9 Ex Events in Neelam Nagar Build-6, Mulund East on 24th March 2016. They well organised & supported the save water initiative within their society .The Event was well planned keeping the festival mood in mind along with DJ and Holi songs and yet they ensured safety by using and providing free eco-friendly colours to all the participants.

Members of REPORTHer & Wumang supported & participated in the event and within no time the colour was in the air and the crowd was packed with festive joy with maturity to save water.



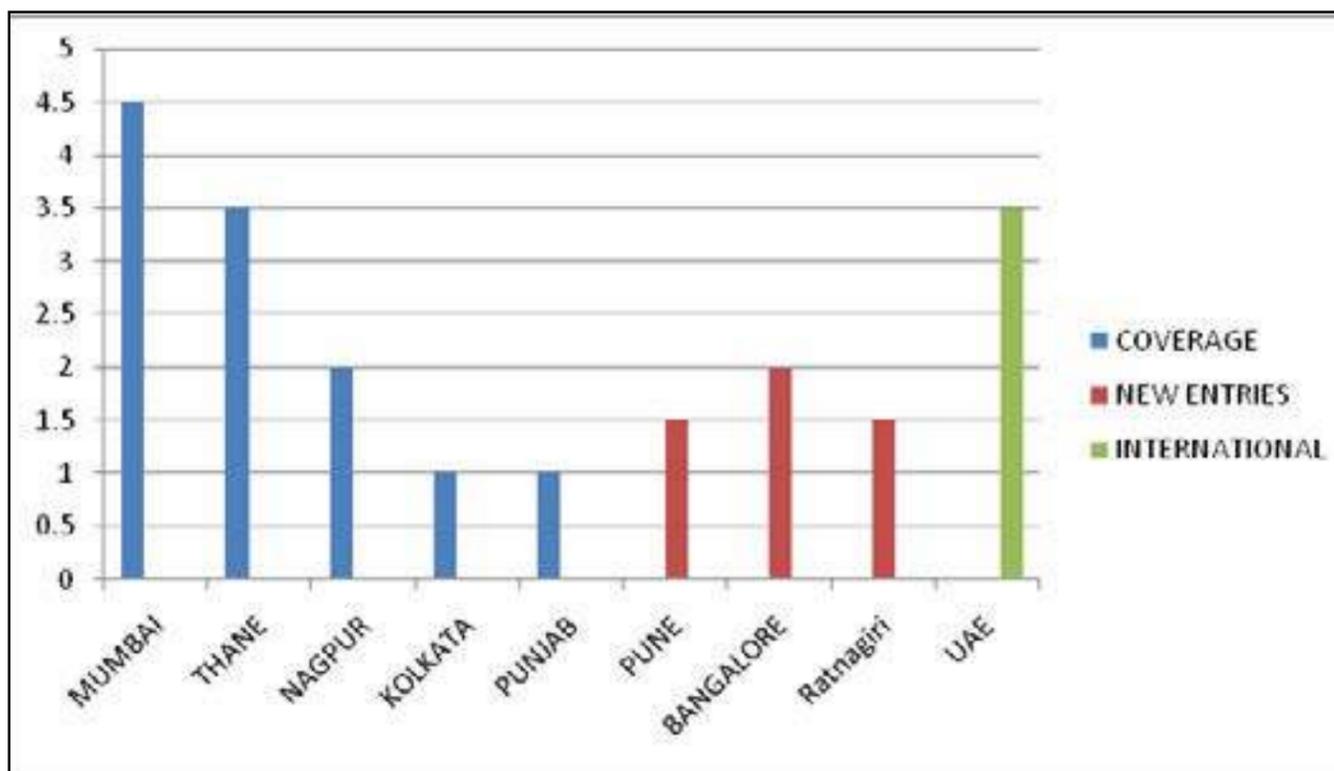
In pic from left : Bhavana, Menka and Mr. Santosh

At the event, Our representative Menka Dave gave a brief introduction of Wumang and Reporter to spread and encourage more women to join hands for our women empowerment initiative.

The acknowledgment for the wonderful

event goes to Mr. Santosh and his team & also to the Secretary of Neelam Nagar Society Mr. Sanjeev Shirodkar and members of society.

REPORTHer WRITER'S REACH APRIL 2016



REPORTHer HIGHLIGHTS

By Harshita Shah

REPORTHer is planned to be India's First women Only Newspaper. REPORTHer is a newspaper by women, for women. It was started out in June 2015 by Harshita Shah, founder and editor of ReportHer. While her thoughts were random, the fire of women empowerment that always kept burning within her finally got an outlet; and the newspaper which had only a few women writers gradually grew in to numerous. The numbers keep soaring every month. Some of the areas /sections/articles which we plan to initially bring out in REPORTHer are as follows:

- Highlights on important news around
- Woman health ,nutrition & hygiene

- Good Parenting measures
- Happy Child development
- Kitchen magic
- Gynaec check where doctors give valuable advice
- Beauty & make up tips
- Women oriented job vacancy
- Pregnancy care & concerns
- Latest styles & trends
- School & college corner where developments would be reported.
- Young achievers column – where children would be given recognition.
- Appreciation to 1 Women achiever & her cover story .
- Legal counsel on important cases & much more

Articles from across India and abroad are

welcomed on any topics above within a word limit of 300.

Be a part of our next edition & gain the recognition to voice out your concern.

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BE AWARE OF MEDICINES YOU TAKE

By Priya Vijaykrishnan,
Navi Mumbai

From bewilderment of patients to the outrage of pharmaceutical companies threatening to drag the government to court, the March 12 notification banning 337 combinations of drugs has caused a flutter in the country. However, the ban is neither sudden nor irrational as many would have us believe. It is in fact, the logical conclusion of a long pending demand of the votaries of rational use of drugs for a ban on Fixed-Dose Combinations (FDCs), some of which have been approved by state drug administrations without a clearance from the Centre and have little therapeutic justification.

FDCs are medicines in which two or more active pharmaceutical ingredients (APIs) are combined in a fixed dose medicine to form a single drug.

Side-effects of the combined product and its effects are different from those of its individual components and sometimes the combination can come fraught with risks that are not there in the components by themselves.

The added danger is that when an adverse reaction happens in a patient, it is often difficult to place which ingredient is responsible for that reaction. In many cases the combination was merely a way to stomp competition rather than a decision with a sound medical basis.

For example, a study published in the Indian Journal of Pharmacology in 2010 found "Nimesulide and paracetamol combination offers no advantage over nimesulide alone or paracetamol alone, either in terms of degree of analgesia or onset of action. Among the commonly used brands that are banned, after the notification are cough syrups phensedyl and corex, the popular and widely advertised cold medicine Vicks Action 500 – since have been taken off the shelves.

Priya is the Founder / CEO of Privik Pharma Solutions [Navi Mumbai]

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EXPERT TIPS FOR BABY BONDING

By Dr. Nirali Shah, Mumbai



Photo Credit : Creative Commons

What is baby bonding?

It is a unique way in which we can bond with our babies /children. It is a way in which we feel attached to our babies. The attachment bond is the unique emotional relationship between your

baby and you as his or her primary caregiver. The wordless interactive exchange draws the two of you together, ensuring that your infant will feel safe and be calm enough to experience optimal development of their brain. The

attachment is the key factor in the way your infant's brain organizes itself and influences your child's social, emotional, intellectual and physical development. **Attachment can be of 2 main types** – secure and insecure. A secure bond is the one which provides your baby with an optimal foundation for life, eagerness to learn, healthyself-awareness and trust. An insecure attachment is the one that fails to meet your infant's needs for safety and understanding which can lead to confusion about his or her own identity and difficulties in learning and relating to others later in life.

Why is secure bonding important?

It teaches the baby to trust you, to communicate their feelings to you and eventually trust others as well. This relationship becomes

the foundation of your child's ability to connect to others in a healthy way.

Secure bonding tips :

#tip 1 – Learn to understand your baby's needs and unique cues .

#tip 2 – Feeding them or sleeping with them provide important opportunities.

#tip 3 – Talk, laugh and play with your baby.

#tip 4 – Let go of trying to be "perfect parent"

Always remember we are good enough !! And when things look hazy – take a deep breath and know that you matter & you are enough.

Dr. Nirali is a consulting Homeopath, Lactation Counsellor and Baby Bonding Practitioner

EASY SUMMER SKIN CARE TIPS

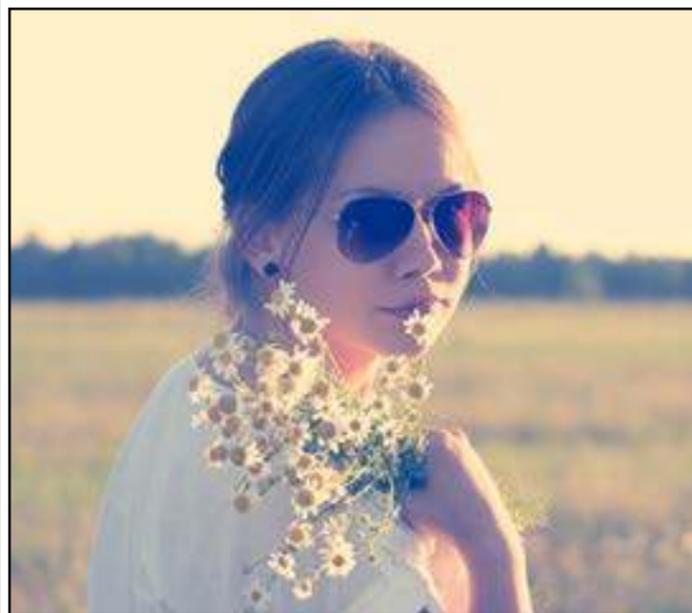


Photo Credit : Creative Commons

By Dr. Shweta Dixit, Mumbai

The summer season along with its temperature rise brings along a rise in the skin ailments too. Special care of the skin is needed to be taken to fight the ill effects of the sun, pollution, sweat, dirt and grime. Dehydration is also a major issue making the skin look dull and lifeless. The infections of the skin are at its peak as the micro-organisms thrive best in humid climate. Taking certain steps towards skin maintenance should help keep the summer related skin problems at bay.

1) **Squeaky clean skin**-Hygiene and cleanliness have to be maintained to the optimum level. Deep pore cleansing for the face and neck by using cleansing milk or a face wash would surely help. This would save the skin from the torture of acne, marks and scars. For a dry skin type use a cleansing milk and for oily or combination skin use a face wash.

2) **Using a sunscreen**- Sunscreen is surely the most essential product for summer care. Indian skin requires a sunscreen of SPF (sun protection factor) 15 or above. More the SPF better is the protection. It has to be applied

liberally all over the exposed parts of the body. Reapplication every 2-3 hrs is recommended as it becomes ineffective after that period.

3) **Dehydration** - Drink plenty of water about 1.5-2 litres daily. This would help the skin to remain hydrated and look supple. It would also help in toxin removal and keeping the gut clean which would further give you a glowing skin.

4) **Avoiding the sun**- Try and avoid going out in the sun between 12 pm to 4pm as the UVA and UVB rays are highest during these hours ruining your skin. Use physical sun protection like an umbrella, scarf etc to protect yourself from the heat. If over exposed to the sun, the skin would get tanned and pigmented.

5) **Skin masks**- Cooling of skin by external mask applications is surely recommended. Potato, cucumber, papaya are awesome skin coolers.

Stay summer safe with our tips!

Dr. Shweta is a consultant cosmetologist at Complexion and Contours, Bandra

“PCOS (POLYCYSTIC OVARY SYNDROME) CAN BE TACKLED”

By Dr. Swapnali Dabholkar, UAE



(nachini, Eleusine coracana). Prefer crystal sugar (Khadisakhar, Mishri) for taste instead of normal sugar. Weight watchers can prefer sugar substitutes however crystal sugar is very safe. Choose low glycaemic index foods – such as cauliflower, tomatoes, onions, peaches, apples, grapefruit, etc. – as they help in slowing the rise in blood sugar levels. Would like to explain three common herbs prescribed in Ayurveda which can be consumed by the patients.

Herbs

Shatavari (Asparagus racemosus) Shatavari helps in promoting normal development of ovarian follicles, regulates menstrual cycle and revitalizes the female reproductive system. Shatavari also helps in combating the hyperinsulinemia -i.e. high levels of insulin, mainly due to its phytoestrogen (natural plant based estrogen).

Shatapushpa (Foeniculum vulgare) Fennel seeds also known as shatapushpa in Sanskrit are a good supplement for PCOS. They are rich source of phytoestrogens. Phytoestrogens in fennel helps in reducing insulin resistance and in bringing down the inflammation in PCOS. Phytoestrogens are also believed to help reduce the cellular imbalance which leads to metabolic disturbances in PCOS.

Triphala :

A mixture of three fruits- Amalaki (Emblca officinalis), Haritaki (Terminalia chebula) and Bibhitaki (Terminalia bellerica) blended in it; Triphala is one of the most popular Ayurvedic classical formulations, it has strong antioxidant properties which neutralises free radical attack, rejuvenates the body and controls PCOS symptoms.

Dr. Swapnali is Ayurvedic & weight loss Consultant from UAE

Most women at some point have to contend with weight gain. But for women with polycystic ovary syndrome (PCOS), losing weight can become a constant struggle in their life. PCOS is the most common hormonal disorder in women of childbearing age and can lead to issues with fertility. Women suffering from PCOS show following signs & symptoms. Irregular or no menstrual cycles at all, frequent hair loss and heavy hair growth on the face, back, stomach, arms and legs. Weighty acne, frequent mood swings, Weight gain & Infertility. If you have been diagnosed with PCOS certain lifestyle changes, an appropriate diet combined with Yoga can definitely help you shed pounds and reduce the disease's severity.

Aahar (Diet)

Ayurvedic diets for PCOS focus on developing healthy Aartava (Female reproductive tissue-one of the dhatu). A diet for patients with PCOS includes fresh food and Vegetable. Also recommend fresh fruits such as peaches, pears, plums as well as dried fruits such as dates, figs and raisins. It's also recommended to avoid spicy food, fermented food, Intake of butter milk, to improve the Agni (Digestive fire). Intake porridge prepared from Ragi extract

FOR YOU MA

By Karishma Engineer

A poem dedicated to all the mothers

She is the one who bears you for nine months inside her,
No matter how much pain you give her,
Her love for you never fades,
She can bear everything just to see that smile on your face.
Her happiness has no bounds when she hears that first word from you.
She has tears in her eyes when he sees you walk and sees you grow.
She loves to pamper, she scold when needed.
She does everything that makes you happy.
She fulfills all your wishes.
She makes sure u get the best education.
She has all dreams for you.
Even if you have a different path to catch,
She'll be there to support you.
What matters to her is your happiness.
She'll be awake when you are awake,
Be by your side during exams,
Her motivation for you never stops even if you start losing hope.
She changes for you, even if she has other mind set.
She knows she has to change with time, with the new generation.
Not because she wants to pretend to be a cool one, but just to make sure you are never alone.
We as kids just want to say that,
Sometimes we misbehave, are very rude with you,
Take you for granted, misuse your love.
But we still love u.
We know that one person will always be there by our side is just you.
You surely don't need just a day to celebrate.
You are someone who should be celebrated everyday.
You hold many names,
Ma, mom, mamma, amma, aai, mummy
And sum in the form of God,
Ma durga, mother mary.
Many names but just one meaning,
Lots of love and care for their children.
Love u Ma.

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[DON'T] TAKE IT EASY

By Dr. Sapna Sharma, Nagpur



When parents strive to give their children the best of everything at an early age, they are sowing seeds for materially insatiable monsters that are prone to sloth, apathy, avarice and fear. Don't stand in self-defense as yet. I have proof. As I sit in my counselor's chair day after day I encounter an altogether new disorder that I have come to label as - Parent Induced Wastefulness

(PIW).

Here are a few examples:

1. 26 year old Manas does not want to finish his Engineering degree because he does not 'feel like' studying. But he harasses his parents everyday for his spending money. He tells me that whenever he did not feel like any doing particular activity his parents told him he can quit. They always said they did not want him to get 'stressed' like they had when growing up.

2. 34 year old Raghav is a qualified Engineer and is married for 2 years but his wife is not ready to live with him hence the counseling. He is qualified at right but refuses to stick to any job as it makes him feel stressed! Every two months he runs back home from work and wants his parents to solve his problem like they did every time he refused to go to school.

3. 28 years old Anjali does not

want to go back to her one year old marriage because it is too much for her to work in the office and then look after the household. She wants her mother to come and live with her and do the household work.

4. 29 year old Bhavesh showed me his horoscope (Which he carries everywhere). He says that when he was taken to one 'reading' since he could not clear some of his papers, the expert had told them that the horoscope showed a lot of negativity in what ever he did. "So" he says "What is the use of working when there would be nothing but negativity?"

There are many but all originating in overzealous parents wanting to protect their children from even the smallest discomfort in childhood. You love them alright, but when you shell them from the adversities of life, what you are doing is bringing them up in

a sterile environment. The result- the moment they are exposed to the world their immunity buckles up and they stand threadbare wanting to run away from everything that is anything but comfortable.

They have to live in this very world and away from you. Do you really love them? Or do you love yourself more? If it is them, then you would ensure to make them future ready- let them face, talk to them, provide support, but let them face- housework, studies, bullying and adversities. Tell them money is limited and let them learn to hear a lot of 'NO'- That's what makes them- FUTURE READY

Dr. Sapna is a life coach and spiritual trainer

SUCCESSION OF PROPERTY FOR FEMALE HINDUS

By Advocate Ruchi Mahajani, Ratnagiri

We can say that from the centuries, possession and ownership of Property has become the root cause of most of the disputes. Joint family concept is disappearing but the said concept is still alive when property comes into picture. Every woman is supposed to have some basic knowledge about what law applies to partition of property. Let's get some basic information about Hindu Succession Act 1956. The said act came into force on 17th June 1956 and it extends to the whole of India except the state of Jammu and Kashmir.

The said act applies to any person who is not a Muslim, Christian, Parsi or Jew by religion. As per this act the Hindu women's limited estate is abolished and any property possessed by a female Hindu, howsoever acquired, is



Photo Credit : Creative Commons

now held by her as her absolute property and she has full power to deal with it or dispose it off by will as she likes. **The rules applicable for succession in case of female Hindus - Section 15 of the act speak about this rule.** It says that

1) The Property of a female Hindu dying intestate

[i.e. without will] shall devolve according to the rule set out in section 16 as below

a) Firstly, upon the sons and daughters (including the children of any predeceased son or daughter) and also the husband,
b) Secondly, upon the heirs of the husband,
c) Thirdly, upon the mother and

father,

d) Fourthly, upon the heirs of the father, and

e) lastly, upon the heirs of the mother

2) Notwithstanding anything contained in sub-section (1) -
a) any property inherited by a female Hindu from her father or mother shall devolve, in the absence of any son or daughter of the deceased (including the children of any pre-deceased son or daughter) not upon the other heirs referred to in sub-section (1) in order specified therein, but upon the heirs of the father and
b) any property inherited by a female Hindu from her husband or from her Father in law shall devolve, in the absence of any son or daughter of the deceased (including the children of any pre-deceased son or daughter) not upon the other heirs referred to in sub-section (1) in the order specified therein, but upon the heirs of the husband.

IF YOU FALL I'LL BE THERE

By Shalini Gamre, Mumbai



Photo Credit : Shalini Gamre

The "I'll be there" saying is amazing to hear from family and close friends. I do have a lot of people who take time out to help me sometimes. However, I believe my

biggest helpers have been my falls and bruises, which I received whenever I chose to do something beyond normal. The only thing that will remain with you consistently is the

knocks that you will receive when you decide to own your life and not place it in the hands of someone else to throw the terms and conditions.

The criticism, negative opinions, careless attitude that people give you, will be painful, but trust me, it will be the most motivating factors for a change to come. Negative or Positive, who can decide but you. The lack of trust in your dreams that your nearest show, will make you want to prove a few things there. The heart that is left broken, will want to become the strongest beating one around. When

a child first walks and falls, the shock and bruise makes her sit back up. Of course to cry and yell about her pain, but at least she sits back up to make that known. What is her reward?

She walks and walks fine alright! That is how everything is, Love, Career, Relationships, and Business...everything. So, embrace pain and failures. The more you have them, the better the reward is going to be. No gain without pain -

Shalini is the founder of Sasha Training Solutions

THAT'S MY SPIRIT

By Tannusiraj Shaikh, Pune

I have succumbed to my numbness.
My soul has an illness;
No matter what you do isn't enough;
How hard should you push till you give up?
Pain is fascinating; hurts when it's young and dissolves in your life
At one point you fail to feel normal;
You're so used to the wounds, it turns nonverbal!
Sacrifices of happiness; in adjustments you indulge.

You smile on the outside
In your throat stuck a bulge!
You gently gulp it down; tasting the bitter state
You drag along all packages; finally accepting your fate!
One night you are restless...; unable to hide this..
The next day you will break open... the suffering is dismiss!
You look into the mirror; and put your makeup on;
Turn on your speakers and put your favourite song;
You dance till you drop and bring the rage to rise.
All the tears you drowned in was a heavy price,
The sun will rise again and you will find your wants,
You are strong, bold and beautiful; you can pull the stunt.

The journey of pain is similar with the joy you feel;
Joy is much easier, struggle is tuff to deal!
If you dismiss pain its presence won't affect much,
Try to be happy, it's a beautiful rush.
Life can be surprising;
Unpredictable at its best,
Cradles pain sometimes, switches to joyous fest.
"Head on" face the challenges;
It will trouble when you are new;
The searing pain goes away with credit card and shoes!
Celebrates your life you only leave it once;
Fight your war with elegance!
Like the lady over runs;
Be brave; get over it and keep moving on,
Dedicated to all beautiful ladies... everything changes for better.

Tannusiraj is a child care & parenting expert based in Pune

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TEACHher TO LEADher

By Ayushi Banerji, Mumbai

Kavita Saraswat from a school in Mahim, was a shy girl who was hesitant to share her opinions with the class. Her class teacher said, "She has not spoken in class for the last 2 years also. Don't wait for her to speak". However on the first day of the Avanti Young Women Leadership Program, Kavita was encouraged to speak in front of the class and she tried, she shared a memory that had made her proud, as part of one of the activities. She and her friends were grouped together as the "Sun" group and they decided to address the issue of garbage management in their locality. As the facilitators of Avanti mentored and encouraged their group over follow ups, Kavita developed her confidence even more. She & her group spoke to people in their community about this issue to spread awareness about proper waste management. She also became the main lead of a play that the group performed in 5th, 6th and 9th class of their school and at Shivaji Park in front of 30 people.

At the end of 6 months, Kavita had changed. She was confident and the first person to raise her hand when asked a question in the Avanti closing session. Her classmate Priyanka excitedly told us, "This is one of the best things that has happened in our class through the Avanti Program. Kavita, who did not utter a single word

DISCOVER THE MAGIC WITHIN



Photo Credit : Ayushi Banerji

before is now enthusiastic and eager to do things confidently".

Just like Kavita, 3200 girls from over 40 schools in Mumbai and Goa went through the Avanti Young Women Leadership Program in 2015-16. They went through a service learning model to learn about themselves and hence become leaders, in the process they developed their confidence, teamwork skills, they learn to empathize with the community and also learnt the importance of making things

happen on their own. In the past 6 years AYWLP has reached out to over 6000 girls in Mumbai. These young girls have worked across communities to bring about social change and in the process transformed into strong and confident leaders.

Ayushi is the program lead at Avanti Young Women Leadership Program; The Blue Ribbon Movement

BALANCE HORMONES NATURALLY

By Kshama Rao, Kharghar

Hormones affect many processes in the body including metabolism, reproduction, sexual function and much more. Women produce hormones in their ovaries. Hormones depend on beneficial fat and cholesterol. In a given day or month there is lot of fluctuation in hormones like estrogen, progesterone, oxytocin, cortisol, prolactin, thyroid hormones, melatonin, serotonin and others.

SYMPTOMS OF HORMONE IMBALANCE

- 1) Insomnia
- 2) Weight gain
- 3) Hair thinning
- 4) Acne, premenstrual syndrome
- 5) Allergies
- 6) Urinary tract infection
- 7) Irregular periods, mood swings etc.

BALANCING HORMONES NATURALLY

- 1) **Eat lot of healthy fats:** Coconut oil

is amazing for hormone health. Have omega-3 oil, olive oil, real butter etc.

2) **Limit the caffeine intake:** You can add 1 teaspoon of coconut oil to your coffee if you can't skip coffee. This is a healthy recipe.

3) **Avoid harmful chemicals:** Chemicals in house hold cleaners, pesticides, plastics and mattresses contain lot of chemicals in it and these mimic hormones preventing the body from producing real hormones.

Some tips to prevent indoor toxins:

- a) Plant some indoor plants.
- b) Avoid plastic in the kitchen.
- 4) **Prioritize sleep:** Without adequate sleep, hormones will not be in balance. Create a daily routine of going to bed and wake up. After waking, go out for a walk in natural sunlight for 30 minutes.
- 5) **Drink enough water** in day time and avoid during night to prevent waking up in the night to go to toilet.
- 6) **Pray and meditate** to reduce stress. Consider yoga practice.
- 7) Give yourself or have someone else give

you a massage to release stress.

8) **Take supplements** like magnesium, vitamin d.

9) Maintain weight & Exercise the right way.

10) Improve hormones with hugs: Hugging a partner creates happy hormones in the body.

11) Eat phytonutrient rich food like broccoli, cabbage and cauliflower. Phytonutrients enhance the detoxifying capacity of the liver. Thus eliminates the toxins.

12) Herbs like basil balance hormones.

13) Nutritional deficiency also causes **hormone imbalance. We should take food rich in fibre.**

ACCEPT NOT TO EXPECT

By Mrs. Rashmi Natekar, Thane

Most of our pains surface due to expectations; either to fulfill one's expectations or our expectations not fulfilled. But really can we live without expecting anything from anyone?

Yesterday, while commuting, a lady behind me pushed me because no space was available to her in the compartment. It caused lot of discomfort to me and I was upset. She expected that I should bear for a while, and I expected the same. Who was wrong? I found no answer.

When I thought from my point of view, I felt my expectations were legitimate. But to my surprise, when I stepped in her shoes, I found her expectations to be convincing. How was it so? My mind started running. The incidences of morning started blazing

me. The incidences were nothing but my interactions with my family members. Once again I analyzed those incidences from their point of view, and to my utter surprise, found their expectations to be reasonable.

Now, I was totally confused. Are my expectations illogical? No. Then how can two people contradicting one another be correct at same time. Yes! All are correct in their own perspective. Then who is wrong? No one? Eureka!!! Eureka!!!! I found the answer. Answer to what? Expectations? No. I found answer to reason behind expectations. When we expect something from someone, we should ask ourselves, are my expectations reasonable? Most of the times, you will get answer 'No'. Then stop expecting.

And when anyone expects anything

from us, let's ask ourselves, whether the expectations are acceptable? And most of the times, you will get answer 'Yes'. Then, fulfill them.

These both things are difficult. But when we have reason to believe, we have to.

So now I have got an answer. Solution to understand people, love them and care for them.

Don't expect. Simple solution to all your worries...

Not easy, but with practice can inculcate within us.

Nothing is impossible. Even impossible says, I am possible

Do you agree?

CONQUER SELF SABOTAGE

By. Ashna Ddhannak, Mumbai



“SELF SABOTAGE is when we say we want something & then go about making sure it doesn't happen”

- Alyce P.Cornyn Sebly

The expression – “You are your own worst enemy” rings true for most of us.

This is very bound to happen in many cases where we hold intense fear of our own Power & instead choose to stay in a victim mindset. We tend to create & invite situations in life where we become blocks & obstacle

towards our own progress. For Eg: A person may end up in a dispute with his own Boss, just before he is expecting a raise or a promotion & ultimately ends up losing his job. Whenever you feel that you can't do something you should be able to do, even though you know deep down that you want or need to do it, **SELF SABOTAGE IS AT WORK.**

So let us see a few tips that can help you to conquer this destructive pattern.

Inspect & Witness – Be compassionate with yourself. Being aware & witnessing is the first important step.

Discover the original template of this pattern – When was the first time you experienced yourself in such a situation / pattern. This could be a negative childhood episode that has been recorded & stored in your sub conscious mind. **Check out on what provokes you** – Check on the intensity of the emotion & what triggers it. Question yourself about when you felt that

same intensity before.

Compose a new perception & consider a flip side reaction – Dispose off the negative reaction & make a plan & practice to develop a new attitude.

Remain Concentrated – At times you may revert back to old patterns that time keep your vision of the NEW YOU that is incarnating. Reach out to friends to keep you encouraged at all times.

Observe the larger Blue Print – Take one step at a time & keep going with the hope of getting the fulfillment & satisfaction of creating a new Blue Print for the inner child within which will ultimately create your new experiences & future destiny. The amount of effort you take to conquer your Self Sabotage, will directly yield you commendable results in various areas of your life, so keep up the GLORY !!!

Ashna is a Holistic life coach/ Vaastu Expert & Numerologist

LEAD A PEACEFUL LIFE

By Himani Singla, Punjab

We all live a busy life, every person has their own way to lead a life, they all have different priorities but have you ever thought of leading a peaceful life?

It's a natural human tendency to have expectations in life. May it be from any person, maybe your parents, sibling/s, husband, wife, friends, in-laws etc. Many of us get disappointed if our expectations aren't fulfilled. Well it's strongly recommended not to have expectations grow from anyone in life, believe yourself and have faith within you. I bet you'll achieve all your dreams & surly will see wonders.

Self-belief is the only way to win over all your weaknesses.

If at all you know your inner strength, you can lead a very peaceful life & ultimately your expectations from others reduce, you'll naturally feel lighter and happier.

For instance you want to reduce your fats/weight & it's been long that you aren't able to do so, may



Photo Credit : Creative Commons

be you're relying on someone to accompany you at the gym or a dance class or any other classes. Try to believe yourself, try to understand your capabilities,

have a mind-set & go alone. Walk in your own shoes, I'm sure you'll see yourself in the shape you always wanted to be in. Life is too short; never waste it

INSTANT RECIPE



Photo Credit : Anuja A Shikarkhane

YUMMY CHEESE PULAO

By Anuja A Shikarkhane

Ingredients:

3/4 cup grated cheese
1/2 cup chopped onions
3/4 cup green peas
1 1/4 cups rice (basmati), soaked for 30 minutes and drained
1 tbsp oil
1 tsp jeera
1 clove
2 piece cinnamon (dalchini) stick
1 (tejpatta)
3/4 tsp green chilli paste
salt to taste
1/2 cup finely chopped coriander (dhania)

flame for 1 to 2 minutes.

•Add the rice and stir on a medium flame for 1 to 2 minutes.

•Add the green peas, salt and 2 1/2 cups of hot water, mix well and cover and cook on a slow flame for 5 minutes, while stirring occasionally.

•Add the cheese and coriander mix gently and cook on medium flame for 1 minute, while stirring occasionally.

Yummy cheese pulao is ready to serve

Method :

•Heat the oil in a deep pan, add the jeera, clove, cinnamon, cumin seeds, tejpatta and stir on a medium flame for a minute.

•Add the onions and green chilli paste and saute on a medium

by relying on someone for your success.

Always have good knowledge, learn good skills, be flexible & have patience.

Self-confidence is what each is lacking, know your capabilities, make your own goals, your own milestones, have your own path

to achieve your success before someone else steals it!

Wishing Good luck to begin this happy life & hope to see self-confidence grow in number.

Himani is a home-maker and our newbie writer from Punjab

THINGS AN INDIAN MOTHER SHOULD TELL HER SON



By Dr. Shruti Sharma, Kolkata

Motherhood is a wonderful experience. But with this big change in a woman's life, she is also given the mammoth responsibility of raising her child right.

The mother is the first teacher for the baby and has the capability of setting the right values from the very start. In the typical Indian mindset, the birth of a baby girl in the family makes the parents worry more. This is because they feel that once the girl is married into another family, she has to carry on with the new family's way of life and make sure that

nothing goes wrong, hence, they try to teach the daughter to be able to adapt and blend into her new home.

This mindset over generations has led to a tremendous mental pressure in the average Indian married woman.

Right from the early years, both sons and daughters of the family should be taught the same things. Switching off lights and fans when not in use, not wasting water, speaking to elders with respect and being honest are some of the things that children are told. But there are many more things

that we consider 'for girls only'. A modern Indian mother should raise her sons in such a way that they consider women as equals.

They should be told that there is no such thing as 'a woman's job' in the household. Helping with laundry, clearing up the table after meals, and watering the plants are just few of the many things that the sons can help with.

Every mother should teach her son basic cooking, since hunger doesn't strike people of a particular gender only. It is a skill that may be very useful if he goes abroad for higher studies or job.

In today's times, girls and boys receive the similar education and work equally. It is unfair to expect women to manage household chores single handedly. If we teach our sons right, our daughters will benefit, and a change in men's mindset can only be brought if women change their mindset about preconceived notions.

WOMAN OF INSPIRATION

By Kshama Rao, Mumbai



In pic: Deepa Khanna

In 2014, Deepa Khanna founded Kayur Aromas essential oil LLP with products focusing on wellness vertical in India with e-commerce present at online marketplace from May 2014.

Deepa Khanna is born and brought up in Mumbai. She completed her schooling and did her post graduation in marketing from Mumbai University. Her first break was at Intel Technology Pvt Ltd from 1997 till 2012 handling various roles towards Channels Sales and Marketing, her learning curve has helped her carve her destination better. Before joining Intel the lady has worked with several software companies, which included Hiranandani Software co, Embee Software etc. She also tried her luck as freelancer. But she claimed that only when she joined Intel she realized her real potential, which is the art of dealing with different people and various mindsets. Her target is to achieve 5% of Indian market by 2022. Deepa's goal is to make Kayur Aroma's brand synonym to Consumer trust.

In 2014, Deepa Khanna also founded Kreative Mind

focusing on SMEs segments. Key offerings have been services towards Sales and Marketing, alliances, New emerging markets, Channel management and Market development.

Projects handled till now have been from various segments that covered Fashion Label, Tourism, Fintech etc. Deepa Khanna feels it is really challenging for a woman in every step of life in this male dominated society. As a channel account manager she had to travel a lot and work late night. But that did not deter her.

She is supporting woman around her and it is her personal goal to empower women, help them be strong financially and emotionally. Kayur Aromas has company policy to use packaging n wrapping material developed by women working from home. As a founder of Kreative Mind she helps women who need ideas to market their products.

Her strength is patience and understanding nature to carry on team works.

MOVE FROM HUMAN TO KIND

By Mrs. Bharti Vaish, Thane

Mahatma Gandhi said "The greatness of a nation & its moral progress can be judged by the way its animals are treated". Ironically, it's in his own country where innocent strays are getting brutally killed every day in cities like Kerala. It's the same country where amidst thousands of people, a police horse gets attacked brutally, leaving it with an amputated leg.

It's the same country where people find the idea of raping wrong and breeding correct. It's the same country where the animals are vehemently ignored when it comes to people's comfort. "Co-existence" seems to be a forgotten word, in today's world. As we dive deep in this topic, we come across many points that leave our spine chilling. Cruelty is not just specific to hitting or beating but to mentally torment them. Forceful mating is considered a sin when subjected

to humans but an acceptable money making business when



Photo Credit: : Creative Commons

comes to animals. The 'breed' dog, many of us own, is a result of the mother dog suffering extreme bodily pain and significant emotional trauma as her pups are hard-heartedly snatched away within few days. We come across people who, with much enthusiasm and less thought out plan, bring an animal home, keep them for a few weeks till they are little cute puppies and leave them back either stranded on road or where they initially got them from. It might be casual for a human to give them away, but for that animal,

his family has abandoned him. For once let's put ourselves in their shoes and feel what they feel. "Forgive and Forget" is a well preached human value in which animals score way ahead than so called "humans".

It's time to realize what we're missing out; it's time we truly evolve. It's much more important to teach children human values like "Compassion & kindness" rather than merely emphasizing on academic qualification. Let's make this world better for our posterity.

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