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India's first all-women newspaper

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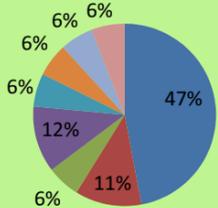
## In this edition

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## Writer's Reach

### Article Contribution August 2017

■ Mumbai ■ Kolkata ■ New Delhi  
■ Bengaluru ■ Ahmedabad ■ Poland  
■ Switzerland ■ Punjab



For August 2017

## Editorial Team

Editor - Harshita Shah, Mumbai  
 Associate Editor - Dr Shruti Sharma from Kolkata.

Shruti has been compiling and editing our newspaper voluntarily 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)

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## 70th INDEPENDENCE DAY

Hello friends

Wishing you all a very Happy 70th Independence Day and Gopalkala, i.e. Krishna Janmashtami.

Since the season of Shraavan has begun, we have a series of festivals lined up and a lot of enthusiasm in the air. We plan to have lot of fun and exciting things to add to the festival fever.

It's Ganesh Chaturthi on 25th August and we wish to have a Ganpati Festival gathering at Mumbai. The plan is to have a women only REPORTer Ganpati at a convenient location and celebrate this festival together and meet people from all around and

spread the word of REPORTer and its reach. Doesn't this sound exciting?? It does right !!! So let's try to make it happen this year.

We wish to add interesting activities and topics of discussions in our meetings. All those who live in Mumbai and wish to join the cause kindly contact me asap so that we can start with the arrangements.

Meanwhile we had a small celebration for friendship's day at BKC (Mumbai) this month. We look forward to have you all participate in meetings so that we can know each other and network our interests for betterment of society.

We are awaiting participation from you all. In the past few months we have noticed a lot of people coming up and appreciating the cause but they are falling back & not able to come out and volunteer or participate. Please don't let time bound you and your interest.

Lastly, 70 years of independence is a long journey and it's time we stand up with deep respect for each of those leaders who sacrificed their lives for the freedom of the country and have a 2minute silence with respect for them.

Thank you.

**Harshita Shah,**  
Editor - in - Chief

## FREEDOM, A MATTER OF CHOICE!

Bhavna Fatnani, Mumbai, Company Secretary

With Independence Day being just around the corner, I wonder - even after 70 years of Independence, are we really free?

One may feel being pulled down by situations, people or feelings. You might have to fight for your freedom, when needed, or you may let go and surrender.

Your freedom is yours, alone. Being free is a matter of choice. It may take time to understand what is holding you back, but once you do, it's critical to break those shackles. Different people have different ways of identifying. Many people suggest travel - preferably solo. It simply helps you be yourself.

With various visits, one will end up having a different perspective and know oneself better each time. Recently, while I was exploring different places, I also learnt a lot about myself. I kept my fears and inhibitions at bay while I found a way to enjoy what I was doing.

One need not go to an exotic place but a simple trek can do the trick! I learnt that the efforts taken to ascend explains how to be dedicated and committed to your goal while descend explains that everyone has to come back to the ground, point where they started from, sooner or later.

So let go, free yourself and live the way you always dreamt of.



## MOBILE APPS FOR GOOD HEALTH - PART 1

Dr. Shruti Sharma, Kolkata  
Researcher

It is very common for us to correlate mobile phones with bad health. We hear and read about how bad the mobile phone is for our health and fitness. In the first article of this series, we will see how we can use our mobile phone addiction for our health benefit.

Despite so many ill effects of mobile phones on our health, we have to admit that we end up spending a lot of time on our phones. We should make the best use of technology by knowing about some mobile apps that are built specifically to address health concerns. In this article, we will have a look at some mobile apps that help in increasing our running stamina and enlighten us about our food habits.

• **Runtastic** : This app is like a personal running coach. It enables us to set our daily targets for running or walking, and updates us on our daily progress.

• **Fitbit**: The Fitbit app can integrate with the popular Fitbit wristband or used alone. It is useful for checking your dietary intake and maintaining a healthy lifestyle.

• **MyFitnessPal**: This app personalizes its features according to your diet and food habits, work-out tendency, physical activity etc.

• **Fooducate**: This app tells you everything about the food you are eating, from its nutritional value to its calorie count.

• **Zombies run**

This app transforms the whole working out experience by providing a platform where you become part of a challenge where you have to run in order to save yourselves from zombies running after you. It is a fun way to burn calories.

• **Couch-to-5k**

This app is responsible for converting many couch potatoes to long distance runners by customizing their work out into walking, brisk walking and running intervals in order to gradually increase their stamina.

These are just few of the many apps that are available. The readers are encouraged to find an app that appeals the most to them and make fitness a habit.

## SEPARATION ANXIETY

By Dr. Bhagawati Saxena,  
Ahmedabad, Pharmacologist

Nothing is more joyous than watching your baby growing day by day, but there are certain challenges too. I remembered when my son was eleven months old, he started waking up more frequently during night. He also shouted and screamed during daytime when I went to the bathroom or kitchen for few minutes. I consulted with his pediatrician who assured me that there is nothing to be worried about, and that these were signs of SEPARATION ANXIETY.

Separation anxiety is a completely normal developmental milestone. They recognize and form strong attachments to their parents. Separation from them even for a while causes anxiety. The development of understanding that things and people exist even when they're not present (OBJECT PERMANENCE) takes time. Until its development, in parent's absence, the baby doesn't understand that they still exist. To a degree, all babies experience separation anxiety. The good news is that separation anxiety is a sign of healthy emotional growth and will usually pass by two years. Although separation anxiety is an important milestone, it is mentally and physically exhaustive for both baby and parents. Here are some tips that can be helpful to ease the child's separation anxiety:

1. Baby needs reassurance, especially at night. So, whenever baby wakes up, you can either sing softly or cuddle them.
2. Do things gradually. Don't try to force independence; it may be traumatic to your little one. Start leaving your child with familiar people.
3. Develop trust. Tell your child when you are leaving and announce your arrival when you come back. This helps them to build trust.
4. Always say goodbye to your baby. Never sneak away. The sudden disappearance of parents will only make your child more anxious.
5. Be firm and calm. Tell your child you're going to come back.
6. Once you leave, leave. Returning repeatedly to check your baby, only make it harder for you and your child.

## HEALTHY HABITS TO A HEALTHY STOMACH

Dr. Simran Saini, New Delhi  
Nutritionist

Many of us complaint often about being bloated or having constipation which can make us extremely irritable and lead to a lot of health problems and weight gain as well. Very often these stomach issues arise from poor dietary habits. Here are certain practices which can leave you feeling relieved and healthy:

### 1. HIGH FIBRE DIET:

Increase fibre in the diet by adding cooked vegetables, salads and seasonal fruits in your daily diet. Add fibre to your flour in the form of chickpea, bran and barley as well.

### 2. INCREASE WATER INTAKE:

It keeps you hydrated, helps in flushing out the toxins from body and ensures that one is not constipated. Drinking plenty of water at a gap of at least one hour from your meals is good for your stomach health.

### 3. AVOID FRIED FOODS:

Keeping diet low in fat will keep your tummy healthy. Frying the food changes oil composition of the food which is harmful for stomach. So better go for grilled, baked and steamed food and make sure to prefer home cooked food



so you can regulate the quality and quantity of oil being used for preparation of food.

### 4. PRO-BIOTICS:

Our digestive system needs the presence of good bacteria for better digestion. They not only help in digestion and better nutrient absorption but also strengthen immunity. Taking fresh yogurt and Yakult everyday replenishes these good bacteria.

### 5. AVOID PROCESSED FOOD:

Due to easy availability we have become

dependent on intake of maida based junk foods. Refined and processed food usually contain food adulterates which are not good and should be avoided.

### 6. CHEW THOROUGHLY:

Food chewed well is digested well. So please chew slowly and steadily to enjoy your food and digest it properly.

### 7. MEDITATE AND SLEEP WELL:

Stress often disturbs digestion. Taking a proper sleep and meditating 15 minutes daily to release stress heals your stomach and promotes better digestion.



## HOW CAN STOCK MARKET FULFILL ALL YOUR DREAMS?

Vibhu Gupta, Mumbai  
CEO, Superbhiddengems

The secret to investing success is that there is no secret. There are no magic words or millionaire insider tricks. The secret to investing success is identifying great companies and buying them at a price that provides an opportunity for growth. In summary, the secret to investing success is two parts:

- Identify a great company
- Buy at a great price

However, some investors are not willing to do the necessary groundwork and look for a shortcut.

Everyone wants an edge when investing in stocks. The market can seem (and be) overwhelming and any advantage seems like a good chance to score a win.

However, too many investors think shortcuts are the way to success. Often

these shortcuts come in the form of a tip from a friend or associate. The power of a personal recommendation is compelling, even if the suggestion is coming from someone who may know less about investing than you do.

In days passed, such "word of mouth" information was shared at the office or over the backyard fence. Now, it lives on social media sites, email and a myriad of other information technologies.

What hasn't changed is why you should ignore most of these helpful tips. A good rule of thumb is: Never buy a "great stock."

If you want to be Successful in stock Market never do futures & options trading. Start Investing in stocks which have potential to give you handsome return.

## WHAT IS HEALTH TO YOU?

Shalini Gamre, Mumbai  
Proprietor- SaSha Training Solutions

What does work or stress have to do with one not being able to structure discipline? Every woman wants to be appreciated for her beauty, however if you really look deeper, beauty is not in what you see outside but lies in the way you perceive life.

When travelling on an aircraft, the instructions clearly inform you to set your life saving gears right first before you try to help someone else, in the same way, it is important for a woman to understand that she cannot give health to her children if she is not healthy.

She cannot build a happy living environment, if she is not happy. Relationships will all be a mess if she is messed up inside.

A happy and healthy woman sets her goals well. Goals for health, family, finances and self. Eating habits,

exercise, sleep and social life need to be planned and executed with discipline and consistency. When you take up something, which will positively impact your well-being, do it for a continuous 21 days stretch without a single break in between.

Once the discipline sets in, then it stays. This then does not only serve you well, but also your children who will follow the value system that you are beginning to create.

There is no better feeling than to bear children, happy relationships, a career and yet be flowed with compliments of looking beautiful at all times.

When you feed your body with healthy food and positive thoughts, a glowing skin and loads of appreciation about your appearance, your style, your confidence and your personality could be the only result.

## REJOICE THE MEMORY

Jyotsna Bhat - Ambure, Poland  
Research Fellow

I used to think memories are more like album of pictures where incidences are stored in a stagnant format and we can just recollect those pictures as per our wish. And like discolored old pictures some memories also get vanished over the time. But now I feel, memories are something like multiverse, they are captured in a parallel universe and when we recollect them its like we mentally visit the alternate universe for short period and re-live those moments.

Sense organs have crucial role in making our life more interesting and make our life safe. Beyond these, combination of senses offers key pattern to peculiar memory. When we remember some incidence we can actually feel the sense of some smell, touch, sound or something which was present in the background of that incidence and re-experiencing the sense give live-like feel to that memory. For example, some old

songs just toss me back to my old hostel-room, where I find myself filling out practical journals with headphones on. Some old mobile ring tones give me flashbacks of exciting college days. View of cold-drink bottles arranged in small stalls takes me back to those cool summer holidays spent at Mamacha Gaav. Aroma of semolina roasted in ghee turns on the Diwali fever.

Scientists have established a connection between areas of brain processing senses with some emotional memories. They are trying to utilize this phenomenon to treat some anxiety disorders. Let's do some experiment, keep note of smell, color or music which take you back to nice moments of your life and whenever you feel down just listen to that music, go for that perfume or wear that color on you. Maybe this will be our remedy for bad moods!!

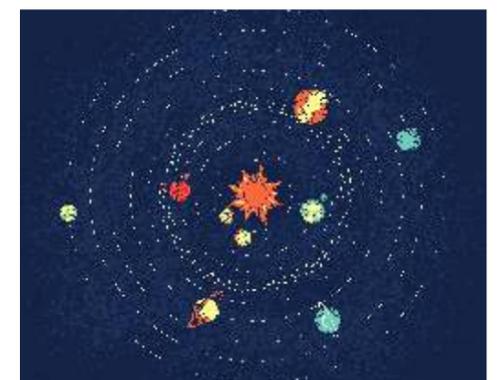
## BLAME THE PLANET

Bharti Vaish, Mumbai  
Corporate Trainer

Men and Women, two radically different species, co-exist on planet Earth. The difference in their way of interaction sometimes spawns disharmony in their relationship despite the immense love they share. While women have no qualms in being regarded as emotional, men despise the same, and thus refrain from expressing their feelings overtly.

Women crave tenderness in a relationship, as for them emotional communication is most cardinal, therefore expect their mate to be thoughtful of their feelings and respond with consideration. Men are more adept at expressing with actions than words, thus perceived to be non-expressive. Inability to state their feelings clearly steers them towards silence once the relationship stabilizes.

Those flowers and gadgets that women receive on birthdays and anniversaries



are men's way of driving home the point to their lady love that she's mightily adored, hence they assume verbal expression is redundant.

Women, on the other hand, are all about conversations. Not only do they vehemently analyse muddled scenarios but seldom withhold their feelings when hurt. Even a casual compliment about their attire from the partner exhilarate them as it implies his attention is captured.

Women do not mind overdose of attention on daily basis because that's how it works in planet VENUS unlike MARS.



## GET GORGEOUS INVOKE THE GODDESS WITHIN

Ashna Ddhannak, Mumbai  
Holistic Life Coach, Aromatherapist

Imperfection is Beauty, Madness Is Genius & it's better to be absolutely ridiculous than being absolutely boring. (Marilyn Monroe)

Have you felt awfully horrible, inferior, unattractive, unworthy & undesirable at times? Many of us have tendencies to dwell & harbor on negative perceptions of feeling incompetent in various aspects of life, like relationships within home and Family, at school, at workplace, with peer groups etc.

Over a period of time, these perpetual thoughts become the critical cause for overwhelming stress that not only drains our energy, hope and drive but also leads us towards a monotonous and

depressed life.

The GORGEOUS Aromatic Perfume is created to fulfill the purpose of knowing and accepting the intrinsic beauty of your soul that outshines the beauty of the face, making you feel worthy without any reason so that it can directly expand and elevate the chamber of your self-love to the magnitude and space of the vast universe.

It also helps to recognize and claim that MAGNIFICENT POWER within you, which makes you feel unconditionally SAFE TO SHINE YOUR LIGHT, appreciating, celebrating & freely sharing of WHO YOU REALLY ARE.

It contains a combination of Neroli, Mandarin, Frankincense & Geranium Essential Oils merged with herbs infused with spicy notes. It supports to awaken your dormant Kundalini energy that helps to tap into your INNER GODDESS expression of PARVATI, KALI, SARASWATI, LAKSHMI & DURGA by clearing your Aura and gathering that much needed strength, fortitude, determination & confidence to bring out YOUR outrageously GORGEOUS SELF.

Get your GORGEOUS Perfume today and get ready to multiply your Charm and observe your sense of beauty and worth become unshakeable.

*Music*  
**Therapy**

**PATRIOTIC MUSIC**  
Click on the above link and experience the music that touches our heart and soul; the music that speaks the love of our country & infuses patriotism in us!  
Enjoy

## READ LATER USING A POCKET APPLICATION

Mukti Kapadia, Mumbai  
Technical Writer

Pocket application comes in handy for people who access multiple devices (Tablet, Desktop, Smartphone, Laptop etc.) in a day. For example, while you are travelling you just saw an article on your android phone which was too good but you couldn't completely read it due to time constraint. In this situation Pocket app comes to your rescue.

You can save the article to pocket and read it offline. The saved article will eliminate all the advertisements and will focus only on the text. The best part of the application is that it is compatible with many browsers and operating systems.

The pocket application has a feature through which you can listen to your articles. Pocket works on the cloud storage principle. The only prerequisite is that you need to create an account



and install this application on whichever devices you use throughout the day.

In your free time, you only need to put your hands in your pocket not to spend money but to read articles. For more information check the website <https://getpocket.com>.

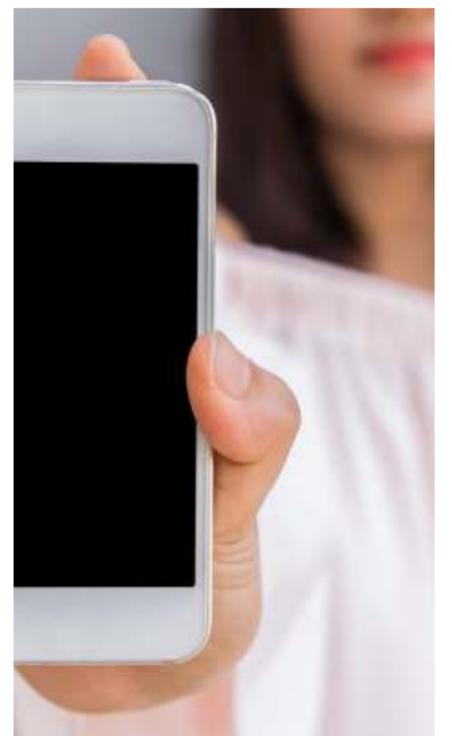
## SMART PHONE & KIDS

Parineeta Mittal, Bangalore  
H R Manager

The new age parents are in a dilemma when it comes to smart phones. They have to face a trickier situation when their kids are seen with the smart phones. Even though there are some pros for the same but the addiction to smart phones is dangerous for the kids in many ways.

We have a lot of 2year olds using smart phones and the next age groups are literally addicted to it. This is a little scary. This hinders the parent-child relationship and they eventually lose the bond in their relationship. One of the amazing things about the technology is that it always has something new for you and this will screw up your time with your child as it becomes their priority and first addiction. It effects their concentration and self esteem. It can also lead to obesity since the physical activity of the child is reduced.

According to experts, too much time on smart phones has resulted in rising rates of child depression, lack of attention, anxiety, attachment disorder and



problematic child behavior. In today's time this is one of the major concerns for the parents who are busy with their work life and sometimes can't pay attention to their children. Hence rather than wandering around guiltily while harming our relationships, it is better to buckle up and set certain limits for everything.

After-all, scratching our brains on scrabble is much better bonding activity rather than sticking to the technology screens.



## TRAVEL GUIDE

Kathyayini P, Bengaluru

**T**raveling – it leaves you speechless, then turns you into a storyteller.” – Ibn Battuta.

Civilizations existed because man was a wanderer and an explorer. His adventure spirit and keen sense of curiosity paved way to unknown lands.

This attitude continues to this day and time for man’s fascination to explore has given rise to many tales since every place has a story to tell.

I believe all of us should leave our homes and voyage over the world and celebrate a bag full of memories.

Travel shows us how beautiful this world could be and that is a reason enough to

pack your bags all over again.

A few other reasons to inspire as to why one should choose to travel:

- This is one life so expand your horizon, walk in to another city, another country of your choice and touch base with their culture. It will definitely make you look at life with a different perspective
- We all create a bubble with our routine, time to walk out of it and rejuvenate. This provides a motivation factor to overcome challenges
- Travel makes one appreciate the beauty of life. Helps one value and strengthen relationships – So ensure to plan a family getaway

• There is so much food in the world, so enjoy different cuisines and experience new foods.

• Travel makes you social and improves your communication skills.

• It helps you develop new hobbies. You can always learn a new skill on the go.

• Makes one build self-confidence and appreciate small joys.

• You learn to become street smart And the most important of all you learn to make memories.

Travel is a true celebration of life. Despite the reasons given here travel because you can, you want to - for the hell of it and discover your own reasons to do so.

## POETRY

### WIND

Gaurav Kochar, Chartered Accountant, Mumbai

Caressing my tousled hair ever so gently,  
Was a gush of fresh breeze blowing across the lane  
With calmness of the clouds surmounting,  
Giving me a new lease of life once again;

No dark clouds in this spotless sky,  
In this weather, that’s a rare blemish  
Drops of sweat on my forehead,  
Sloping down my face, vanish!

I can breathe a sigh of relief  
It just strengthened my belief  
It means a lot to me,  
Like what dewdrops mean to the leaf

Combating the ferocity of the sun,  
Comes the soothing touch of wind  
It sure knows how to win hearts  
For all the morose faces, grinned!

Even the sun managed to smile at this  
Watching closely how its effect is neutralized  
Like a caring mother, it reaches every corner,  
Whenever her little child is jeopardized!

## WHY IS IT IMPORTANT FOR HOMEMAKERS TO SOCIALIZE?

Himani Singla, Punjab  
Homemaker

**W**ell, we all are aware of how a girl has all the freedom before she is married. She is free to fulfill all her wishes. Once a girl is married there are restrictions, she may not have all the freedom. She may not be allowed to even go out for work or to even socialize. But has anyone given it a thought as to how much would all this restriction affect those women?

To be precise, in the beginning a girl might try to adapt to the homely environment, she’ll try and adjust to all the new rules & regulations of the new house.

Once she is expected to be fully responsible for all the happenings of the house, she may find it difficult to stand up-to the expectations. Not all humans are emotionally/ mentally strong; a few need some mental & moral support from others.

Slowly when a housewife has a bigger responsibility that is having a child, her life turns out to be a rollercoaster!



A housewife has no personal space, no time to finish her work, eat her food, etc. All these responsibilities many times frustrate them, they start feeling lonely in the four walls as they get cut off with the society & fall to depression. Women may even have to consult a psychiatrist to over - come such depression.

Therefore it is essential for a woman to socialize to be much aware of new life style, new culture and to grab new ideas. Socializing helps a person to stay updated in many ways. It helps in improving language to a great extent as

when a person is bound to be at home the exposure of outer world is limited, we tend to speak only in our mother tongue usually & don't feel the requirement to talk in any other language. This in-turn makes a person loose their confidence to step into the outer world on a later stage of life.

So let’s together socialize and save women from reaching a stage of depression.

It is all in your head, come over it for good.

### 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)



## THINGS TO DO IN MAHABALESHWAR

Kshama Rao, Navi Mumbai  
Writer

**M**ahabaleshwar is one of the ancient place in Maharashtra, known for various sight-seeing points. This hill-station is a paradise for nature lovers. It is located in the Sahyadri mountain range. Mahabaleshwar is the source of Krishna river. You can chill in the berry farms of Mahabaleshwar. You can go for trekking in and around Mahabaleshwar, or go shopping. The Mapro garden is a good place to eat and spend time with your family. Climate of Mahabaleshwar is suitable for strawberry cultivation.

There are different kinds of Berry farms in Mahabaleshwar. There are strawberry, raspberry and gooseberry



farms. You can go for berry picking in May and June season. Enjoy fresh fruit juices or you can go for fishing, boating. You can try horse riding too.

Sight seeing points to visit in Mahabaleshwar are Elephant's head point, Elphinstone point, Three monkey point and Wilson point. Famous lake to visit is the Venna lake. Do not forget to visit the Mahabaleshwar temple early in

the morning. You can visit Pratapgad and Kamalgad forts.

You can buy mouthwatering marmalades, fresh honey, jams and jellies in Mahabaleshwar.

You can visit Panchgani near Mahabaleshwar. This is 19 kms away from Mahabaleshwar.

A variety of cuisines are served in Mahabaleshwar restaurants.

Ganesh chaturthi, Holi, The strawberry festival are celebrated with pomp in Mahabaleshwar.

Pack your picnic bags and set towards Mahabaleshwar, to enjoy the sunset and sunrises.

## RECIPE

### LEMONADE CUPCAKES

Manisha Taneja, Switzerland



#### Ingredients:

- ½ cups frozen lemonade concentrate, thawed
- 18 - 1/4 ounces package white cake mix
- 8 - ounces container sour cream
- 3 - ounces package cream cheese, softened
- 3 - eggs, beaten
- 2 tbs. lemon zest
- Optional: lemon drops

#### Method:

1. In a bowl mix all the ingredients except lemon drops
2. Beat with an electric mixer on low speed for 3 min.
3. Fill Paper - lined muffin cups 2/3 full. Bake at 350 ° for 22 minutes, or till a tooth pick tests clean.
4. Frost with cream cheese frosting; garnish with lemon drops, if desired.

Makes 2 1/2 dozen approximately.

#### Cream Cheese Frosting:

- 8- Ounces package cream cheese, softened
- ½ cups butter, softened
- 2 tsp vanilla extract
- 16- Ounces package powdered sugar

1. Beat together cream cheese and butter till smooth.
2. Blend in vanilla.
3. Steadily beat in powdered sugar.

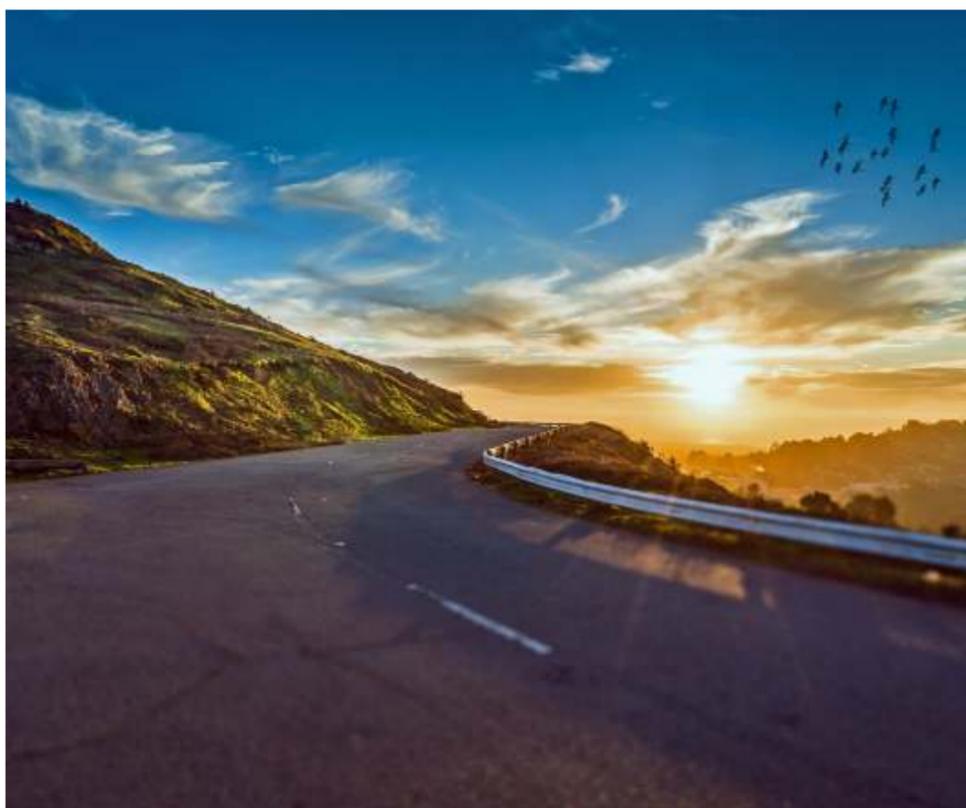
## THE JOURNEY

Ruth Esther Mak, Kolkata  
Medical Transcriptionist

**T**ears rolled down Maya's cheeks. Her parents' words kept echoing in her head. They cut deep. They did not support her decision, and she was left alone – ALL ALONE. Before leaving for the airport, she sought their blessings, but they slammed the door shut into her face. Why? Did they not educate her so that she could scale great heights? Was this not a moment to be proud of your offspring? Was marriage the only to everything?

Maya thought of her mother – a woman who was confined within the four walls of their home. The only distance she travelled was within the periphery of their apartment. No doubt her culinary skills were excellent, but for everything else, she was dependent on her husband. Maya loved her mother immensely and had great respect for her, but did not want to end up with a life like hers.

She thought of her father – he was a good man, a great father, a wonderful husband, and very accomplished in his business, but deeply influenced by cultural and societal norms. Her parents made sure that their only daughter



could attain the highest level of education possible, but still wanted her to be shackled in the grips of cultural and societal acceptance. Why? Why could they not think beyond what they have been taught? Why could they not stand with her and dare to be different?

Her thoughts were interrupted by the pilot's announcement over the intercom, "Ladies and gentleman,

please fasten your seatbelts. We are about to land. Welcome to London!" Maya should have been ecstatic. This was a defining moment in her life. A milestone she had achieved. Instead, she went back to her thoughts. She thought about her mother. She thought about her father. She kept wondering if she had made the right decision. Did she?