

# REPORT<sup>her</sup>

Mumbai ; 4 pages

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Edition :7

## New Year, New Vow



### The Art Of Letting Go...

By Kanchan Sharma

It's just the blink of an eye, and gone! The entire year is gone. We are about to merrily exit 2015 and welcome a new year with a bang! Hence, this becomes a perfect time to let go of the old and welcome the new.

With all the prep for New Year celebrations and resolutions, here is something more intimate to ruminate on. Every time, we bid farewell to the year with mixed emotions, thoughts and feelings with a hope to have a fantastic head start to the coming phase. There are endless things in the 'to-do' list for the coming time, which fade away as we melt into the mundane daily activities.

Before we slip into that same old trap of reality, let's consciously make an effort to master the art of letting go and make the coming year blissful. This time, let's take the reins in our hands and make the shift. Apply these easy techniques in any / every area of life to see the change.

#### 3 Steps to Let Go:

**Acceptance:** Not being able to accept things as they are, is the first road block to letting go. It's easier said than done, Agreed. However,

coming to terms with reality and accepting the situation can be a massive trigger in letting go.

**Go with the flow:** Surrendering to the course of the events, usually leads to the right path. Wanting to control things in a certain manner only leads to more thwarting. Besides, it enables one to understand the convolutions and take action in a dignified manner.

**Trust:** The 'absent' component, which paves way for fear to sneak in. The fear of the unknown stems from lack of trust on what is coming next. This pushes one to 'cling' to situations or people. Developing trust in oneself and the Divine ensures "acceptance" that something better might come up next and anchors receptivity of the same whole heartedly.

So, let us abandon all the sadness, hurt, pain, regret and disappointment from the last year, accept the present and trust in the future to radiate with joy and peace.

## REPORT<sup>her</sup> brief

By Harshita Shah

### REPORT<sup>her</sup> Highlights:

REPORT<sup>her</sup> is planned to be India's First women Only newspaper .Some of the areas /sections/articles which we plan to initially bring out in REPORT<sup>her</sup> are as follows:

1. Highlights on important news around country.
2. Woman health ,nutrition & hygiene
3. Good Parenting measures.
4. Happy Child development.
5. Kitchen magic.
6. Gynac check where famous doctors give valuable advice.
7. Beauty & make up tips.
8. Women oriented job vacancy.
9. Pregnancy care & concerns.
10. Latest styles & trends
11. School & college corner where developments would be reported.
12. Young achievers column –where children would be given recognition.
13. Appreciation to 1 Women achiever & her cover story .
14. Legal counsel on important cases.
15. Home remedies doctor.
16. Relationship column – w.r.t friendship, marriage, business etc
17. Woman entrepreneur section.
18. Interior & housekeeping.
19. Short Stories section.
20. Activities around the city.

### Welcoming Advertisement / Sponsorship

To give your advertisements or sponsorships in REPORT<sup>her</sup> with regards to your Business, Project, proposal, product, service etc can e-mail us your complete details and contact number to [reporterindia@gmail.com](mailto:reporterindia@gmail.com) and our associates would contact you for further association.

## December Library

**Book: Lean In: Women, Work, and the Will to Lead**  
**Author: Sheryl Sandberg**

By Pooja Nair

Lean In is a 2013 book written by Sheryl Sandberg, the Chief Operating Officer of Facebook. In the book she enumerates the various challenges of being a successful woman in the corporate world of men. The book deals with everyday struggles and stereotyping that often seem small but are huge determining factors in a women's career. The constant pressure to achieve a healthy work life balance and the guilt of working mothers are wonderfully questioned in this beautiful narrative. Some mind boggling statistics including the drop out ratio of expectant mothers from the workplace will surely hold your interest. Through the book she is determined to change the perspective of household duties from a purely women's responsibility towards a collective activity requiring active participation by both partners. Its beautiful to see the wonderful personal examples she boldly shares of her inability to do it all alone. She urges men to *lean in* at the household so that their partners can *lean in* at work. The book today has gone on to become a strong and powerful movement through LeanIn.org creating support circles for women in various countries where the focus remains on how to effectively lean in. The movement has seen the support of many a corporate leaders and activists.



### Achievements this month:

- 1) It's a pleasure to bring to notice that REPORT<sup>her</sup> has in this short while made its space in the tech savvy world. It has a beautiful website from 21<sup>st</sup> November 2015 for easy accessibility & reach. Lot more features & activities would be shortly added to the website, till then stay firm & keep reporting....

**Website:** [www.reporter.in](http://www.reporter.in)

**Facebook page:** REPORT<sup>her</sup>

**Twitter:** @ReporterIndia

- 2) Reporter has decided to form a "Registered trust", streamline its activities and form a strong body before turning towards the commercial market.

Those who wish to associate as TRUSTEE'S and know the further details, final date for registering your interest is 30<sup>th</sup> December 2015 .A board meeting explaining the structure of **registered body** would follow in the month of January 2016.

Kindly e-mail your interest to [harshitashah@reporter.in](mailto:harshitashah@reporter.in) soon before 30<sup>th</sup> dec 2015

## Extra -Changes in Your Body During Pregnancy: First Trimester

### What is the first sign of pregnancy?

A missed period is usually the first sign of pregnancy. You may also have some mild cramping and a little bleeding when the fertilized egg implants itself in your uterus.

If you've missed your period and think you may be pregnant, you can try a home pregnancy test. These tests are very accurate if you take them a few days after you expected to get your period.



### Other changes in the first trimester

**Frequent urination.** Towards the end of the first trimester, you will feel like urinating more often as your growing uterus pushes on your bladder. You may leak a little urine when you cough or sneeze because of the extra pressure on your bladder.

**A growing belly.** Your waistline will begin to expand as your baby and your uterus grow larger. Depending on your size before pregnancy, you may not notice this change until the second trimester.

**Emotional symptoms.** You might feel moody, forgetful, or unable to concentrate. Tiredness, pregnancy hormones, and the emotions that can go along with being pregnant can cause these symptoms.

**Constipation.** The slow process of breaking down food can also cause constipation, gas, and bloating. You should be taking a prenatal vitamin that contains iron. The iron in the vitamin can also lead to constipation.

**Visible veins.** The blue veins in your belly, breasts, and legs may become more noticeable as your body makes extra blood and your heart pumps faster to meet the needs of pregnancy.

**Skin changes.** Other people may notice your "pregnancy glow," which is the rosy, shiny look your skin gets from increased blood circulation. Pregnancy hormones can cause some extra oil on your skin, which might spark a temporary flare-up of acne.

**Breast changes.** Many women notice changes in their breasts early in pregnancy. The hormones in your body are changing to prepare for breastfeeding. As these changes occur, your breasts may feel tender and swollen.

**Vaginal changes.** The lining of your vagina will become thicker and less sensitive. You may notice a thin, whitish discharge, which is normal during pregnancy. Mild vaginal bleeding ("spotting") is also common and normal. However, you should call your doctor if you have any vaginal bleeding. If the bleeding is severe or painful, go to the emergency room.

## I Am YOUNG

By- Dr. Sapna Sharma

*Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul - Samuel Ullman.*



When I was in my 20's I used to believe that 40 is 'the' age where after one is on the 'other side of life' as in 'really old'... Surprisingly, as I crossed 40 it felt almost like a rebirth. I had to sit back and think why was I feeling so? And then it slowly dawned on me that I had actually started living now. Earlier, there was a lot of me- a daughter, a wife, a mother, a daughter-in-law, a professional... but there was hardly a real 'me' living. Now that was a revelation!

All our life we are groomed to think as a 'role' that we play. But there are thousands of doctors, engineers, daughters, wives... and there is only one 'me'... I wonder why I have never been groomed to this thought by anyone?

Till the time that I struggled to establish myself in some 'X' role, there were always other people's standards that kept evaluating me and labeling me and giving me a place in this world that did not satisfy me.

And then finally it dawned on me that I am 'me'! Can I be just myself?

I still have the roles to play yet I do not see myself in any rat race. I play my roles the way I believe is right and that makes me feel great.

And that is how I realized that it was rebirth. At 40 I am born to be myself again. This means that at 60 I will be in my youth. Once again! That makes me look forward to growing up. It's like growing up once again.

While growing up I was told to 'behave' in a certain manner that the society deemed to be 'graceful', unfortunately those standards included many rules that dampened my soul. That robbed me of little joys that would add music to my soul.

Now when I see a moving train and an airplane in flight, I stop my car and stare at it in wonderment. It gives me pleasure so I do it and that relieves me of so many mundane tensions. I sing loudly when I feel the music in my soul. I decide to spend the entire morning in bed with my favorite book just because I feel like it.

Now that I am feeling youth at heart, it gives me more motivation to feel it in body too. Finally I feel motivated to exercise and meditate to keep my body in sync with the youth of my soul, because I want to and not because I have to.

I look forward to growing young and I am loving it...

This time I will decide how I grow up.

## WISE PARENTING

By Kathyayini Sandeep

### Why is it Important to ensure your infant is learning the right information??

Have you ever wondered what it is to feel like a baby?? What a baby thinks, feels or imagines?? With that adorable face and an almost empty mind we fail to believe that they feel and process almost every emotion like any other adult could.

To contradict the fact above they may learn to react to every sensation they go through but how they react to the same is equally important. This quality is essentially important when the outcome of every reaction is to be defined between good or bad and here is when the parents/guardians of the little one's come into the picture, because the end result of every reaction is a possible action of how they have been processed or taught to do so

Modern scientists after several amount of research have concluded that a baby's mind is a buzz of tremendous activities, especially when they reach the stage of infancy between 2 to 5 years. It is at this tender age that their brain is persistently hyperactive and willing to comprehend their senses thoroughly.

Parenthood comes with its own baggage.

- It is very important at this phase that parents / elders around prove their ability in guiding them at every possible instance
- Try and test if they are seeking the right information.
- Never underestimate their curiosity about the world around them. To an infant every day is like going to a picnic, always excited to grasp their surroundings and our reactions to the same will design their perspective
- The qualities they extract define their individuality.

An Infant's mind is like an empty canvas; how we paint it is left to us. Never underestimate their ability to learn, create and execute. As a parent it is required to ensure that we create an environment where a child is loved, cared and understood in their growth and upbringing. Hence the sooner we understand to nurture the sapling the greater the outcome would remain by guiding them through their interests and encouraging them to achieve the same.

## Vocabulary check

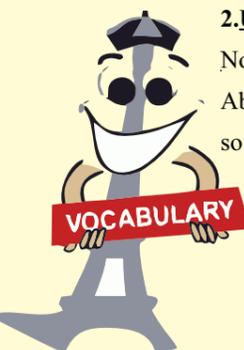
### 1. CACHET AND PANACHE

An indication of approved or superior status; Distinctive and stylish elegance Shades of meaning between *cachet* and *panache* are often confused.

*Cachet* is more about prestige, and *panache* is more about style.

Having high tea at Buckingham Palace can have a lot of *cachet*

in your social circle, but the gentle way you sip your tea can have a lot of *panache*.



### 2. UNABASHED

Not embarrassed. This word is one where the positive version did exist but has fallen out of use. Abash meant "perplex, embarrass, lose one's composure" in the late 14th and early 15th centuries, so unabashed means "not embarrassed."

## Abbreviations and Acronyms

AOB	
RSVP	repondez s'il vous plait (please reply)
s.a.e.	stamped addressed envelope

## Are you an Abla Naari?

-Trisha Patankar



The number of rapes, domestic violence cases are growing day by day and what are we doing to prevent it? Restricting ourselves? Restricting our clothing, reducing the amount of makeup we do, so as not to provoke potential rapists, our deadlines go down from 9 to 8 even 7 or 6 pm. But is locking yourselves up solving any problems? NO. Because the real culprits are still out there, vandalizing, if not you're your bodies, surely your mind. Why do we feel threatened all the time? Is it because nobody is doing anything to help, or because you are doing nothing to protect yourself? We can't be dependent on someone all our lives, one day we will be alone, people will simply shrug their

shoulders and say - it's your fault, he is a man, strong ,etc but won't help you. So you have to be strong financially, physically and mentally.

But men are so much stronger!

Do men go through the pain of menstruation or childbirth or the mental torture (for being a woman) we all face at some point in our life or even daily? You are stronger than you give yourself credit for .All these things are unavoidable at some point in life. But there are things that can be prevented and should be.

To be honest, you won't become Jhansi ki rani in a day. But the real trick is you don't have to be because strength lies not just in a "dhai kilo ka haath" but also how you use your brains in a state of panic.

Here's what you do:

Stay alert and focused. Analyse your strength as well as your opponents, realise your surrounding and act accordingly.

Have a few self-defence tricks up your sleeve. Take them by surprise

Arm yourself: Think of everyday things that can be used as weapons, you don't need an AK 47 to protect yourself

Physically train yourself. If coaching or classes are not possible, invest some time in you tube videos for defence tricks.

These might or might not help you. But it's always better to try than to cry.

**So don't be a abla naari, be ABLE. Able, to be your own Hero!!!**

## WOMEN LEGAL rights

### Know your rights to protect "HER"(women)

Did u know?

"A written complaint for an incident of HARASSMENT can be lodged via Email

If, for some reason, a woman can't go to the police station, she can send a written complaint through an email or registered post addressed to a senior police officer of the level of Deputy Commissioner or

Commissioner of Police. The officer then directs the SHO of the police station, of the area where the incident occurred, to conduct proper verification of the complainant and lodge an FIR. The police can then come over to the residence of the victim to take her statement.

"Women are entitle to free legal aid in cases of Rape

According to a Court ruling, whenever a rape is reported, the Station House Officer has to bring this to the notice of the State Legal Services Authority. The legal body then arranges for a lawyer for the victim. More often than not, survivors go to the police station unaccompanied by a lawyer to get their statement recorded, and they stand the risk of being misquoted or their statement being tampered with. The police may also treat the entire episode lightly and not lodge an FIR. So, it is necessary to have a lawyer with you while you lodge the FIR.

By EDITOR  
**Harshita Shah**

## NURTURING THE MIL & DIL



The relationship between the MIL (Mother In Law) & the DIL (Daughter In Law) can be considered as one of the most unique, diverse & contrasting relationship on this planet. It would be amazing to know, as to what is causing this rapport to become one of the most controversial one. The core issue of this bond lies in the competitive nature of the women in general. Most of the conflicts & unpleasant situations occur because of the personal insecurity within them.

It is very easy to criticize & gossip about this whole aspect but its crucial to take an accountability & do the best to improve this tie & bridge the gap in this beautiful bond..

Imagine the two most powerful women within the family, if actually shake hands & unite, can actually become a blessing & a real source of support to each other & the entire family. With their Love,

Affection & Togetherness, the darkest moments can be turned around into the most bright & sunny ones.

Let us see a few initiatives that each of them can take to turn around for a great fulfilling & harmonious connection between them.

**MIL can do for her DIL -**

1 - Appreciate the similarities & Embrace the differences.

2 - Compliment her freely.

3 - Indulge in constructive Feedbacks.

4 - Recognize her unique strengths & weaknesses & understand that they cannot be the same as your own.

5 - Respond with Loving Kindness & treat your DIL equally as her own daughter.

**DIL can do for her MIL -**

1 - Should try to call & connect frequently with your MIL & keep her informed about .important events etc keeping her in the loop.

2 - Seek her advice & respect her wisdom & life's experiences, be compassionate & .attentive to her & show her affection

3 - Adapt to the changes & take things positively without taking it personally.

4 - To treat & give her the same prestige as you would give your own mother.

5 - Give her surprise Gifts that she likes & Use Humour & lots of smiles to win her.

The Key is Accepting One Another As-Is!

**Author: Ashna Ddhannak**

**Holistic Life Coach - Relationship Healing Expert -Licensed Facilitator for Louise Hay Workshops**

## WORD SEARCH



### • English Counties (Easy)

- CUMBRIA
- DEVON
- DURHAM
- ESSEX
- KENT
- LONDON
- NORFOLK
- RUTLAND
- SUFFOLK
- SURREY

## Healthy Kitchen

Eating fruit itself in moderation is a great way to get required nutrients and vitamins. On the other hand nuts are some of the healthiest alternatives to improve your daily diet. All nuts have different nutrition credentials and offers various health benefits. Today, dry fruits are consumed as a snack more often than it's used in main dishes and desserts. Let's discover and learn a quick recipe using walnuts and understand the countless health benefits, flavor, crunch and depth that walnuts can add in our daily life!



### 5 Best Benefits of eating Walnuts:

**Lower Blood Pressure:** Walnuts are very beneficial to all aspects of the cardiovascular system

**Lower Cholesterol:** Walnuts contain omega-3 fatty acids, which have been found to effectively lower cholesterol levels.

**Cancer Prevention:** Research has found walnuts to be promising in the fight against cancer.

**Good Digestion:** Because walnuts are rich in fiber, they are a great way to keep your digestive system healthy.

**Healthy Hair:** The selenium, zinc, biotin and essential fatty acids in walnuts help to promote healthy, shiny, strong hair.

### 30 minutes: Crunchy Rice Cake with Walnut and Fresh Veggies!

*Kaamchor Ki Rasoi Se: Quick, Easy Snack!*  
-By Tipti Aggarwal

### Ingredients

Ready Rice Batter: 1 cup  
Bread: 2 slice  
Red/Purple cabbage: ½ cup chopped  
Sweet Corn: ½ cup boiled  
Cheese: 1 tbsp grated  
Ketchup: 1 tbsp  
Walnuts (Roasted and Grinded): 1 tbsp  
"Oil: To deep fry  
"Walnuts and Mint: To Garnish  
"Chilli flakes, Salt and Pepper: To taste

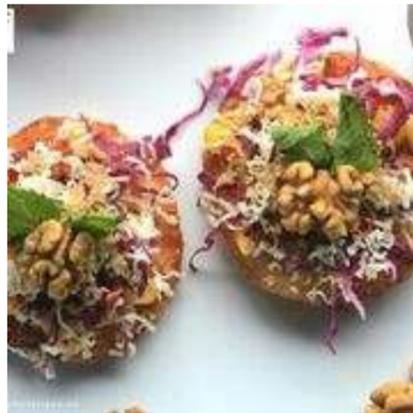
### Method:

Take regular rice batter (which is easily available in the market), dilute the thick rice batter by adding little water, add salt as per taste, mix well and keep it aside. Using a glass or biscuit cutter, cut 1 circle out of each slice, so you have a total of two slices.

Heat oil in your frying pan, dip the bread circles in rice batter and deep fry till they turn golden brown and crispy. Drain the rice cakes on tissue to remove excess oil. Plate the delicious crispy rice cakes and now it's time to enrich it with fresh veggies and walnuts.

Spread tomato ketchup on each slice, place small portion of sweet corn, red/purple cabbage, sprinkle cheese, crushed roasted walnut, chilli flakes, salt and pepper on each piece.

Garnish it with fresh mint leaves and walnut. Crunchy Rice Cake with Walnut and Fresh Veggies is ready to serve. Serve immediately!



## Tarot and Angel Talks



Messages for all you ladies from **13TH December 2015 - 12TH January 2016**

General theme: Time to make decisions! Take action steps towards heart's desires. Keep the faith and trust alive. Chant the Switch-words 108 times.

**Aries** - Determination and self-control is called for. Watch your finances. Balance your thoughts career advancement. Chant 'DONE'

**Taurus** - Time for change. End of a difficult situation. It is safe for you to trust. Follow your creative passions. Chant 'SUPREME'

**Gemini** - Action is required. Your dreams are fulfilled. Charge ahead with clarity and success is yours. Chant 'HORSESHOE'

**Cancer** - Follow your heart! Pay attention to the signs. Health needs attention. It's time to be gentle on yourself. Chant 'NOW'

**Leo** - Coming full circle. Happy ending and new beginnings. Take inventory and plan for the future. Chant 'TOGETHER'

**Virgo** - Challenges at workplace. Detach from drama. Have patience with yourself and others. Chant 'MOVE'

**Libra** - Break free from the old stale habits. Do what you love. Great time for personal and career growth. Chant 'CHANGE'

**Scorpio** - Shatter all the limiting beliefs. Sudden change and immediate results. A great deal of activity is expected. Chant 'SHANTI'

**Sagittarius** - Worries are unnecessary. Rewards are on the way. Time to move on to the next project. Chant 'PRAISE'

**Capricorn** - Focus on work. An opportunity can present itself. Study and research and keep your thoughts positive. Chant 'ELATE'

**Aquarius** - Happy times are here. Love and blessings fill life. Proceed with confidence. Balance work. Chant 'BREAKTHROUGH'

**Pisces** - Trust your intuition. Make a courageous choice. Steadiness in career comes from perseverance. Chant 'CLIMB'



For Personalized and in depth readings, contact **Kanchan Sharma** on [krs\\_0413@yahoo.co.in](mailto:krs_0413@yahoo.co.in) and provide your ref of this article from REPORT<sup>her</sup>.

## Website Design & Development - Dos & Don'ts

By Gayatri Panchal - Graphic/ Web Designer & Content Writer



**Simplicity:** Remember someone who was so overdressed that their personality became invisible. Similarly with any kind of commercial design, overdoing or too much of design will actually overshadow its content and ultimately fail to communicate your brand's message to the target audience. Less design is good design.

**SEO:** Although Search Engine optimization is a service that is priced on the higher side, you too can have a better ranking for your website on Google & other search engines,

by connecting your website to social media sites like Blogger, Google+, Facebook, Twitter, Instagram, Pinterest, LinkedIn and then regularly updating these social media sites.

**Content:** No flowery words or unrealistic paragraphs here. Your website is making a sales pitch and branding for your product/service. The visitor should get your message as quickly as possible. When written in an interesting manner, it keeps your visitors glued to your website for few more minutes and stays in your client's memory which ultimately leads to conversions.

**Benefits Vs Features:** Focus on communicating the brand's benefits rather than explaining the features. Features need to be explained only for E-commerce website /technical or specific products.

**Static or Dynamic:** Dynamic website is responsive (adjusts itself to various devices) and has an admin panel through which you can edit the written content. All these features are not available in a static website.

**Brand Personality:** Let your website reflect your brand personality through its colors, fonts, designs and content. For e.g.: If your brand represent's baby products, use slim fonts, pastels or feminine colors and not heavy fonts, loud colors shapes or anything else which gives an opposite message.

**Similarity & Variation:** Too much of variation in design elements can be as confusing as too much of similarity in design elements. Balance both for best results

**Navigation & Functionality:** It should be very easy for a visitor to move effortlessly from one page of your website to another. Every page should load in seconds.