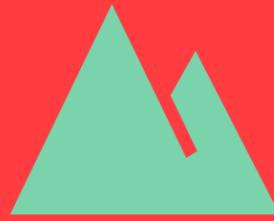




Founder & Editor:
Harshita Shah



REPORT *her wishes*
you

Happy New Year

2016



Edition Designed by:
Gayatri Panchal



REPORT^{er}

Wednesday

13th January, 2016

Pages : 4

ACHIEVEMENTS & ACTIVITY



TOP: WUMANG TEAM VISITS JUSTICE CHAINANI OLD AGE HOME

BOTTOM: WUMANG TEAM VISIT TO AMBERNATH ORPHANAGE;

- REPORT^{er}** has earlier announced its decision to form a "Registered trust" & streamline its activities and form a strong body before turning towards the commercial market. A TRUST MEETING IS scheduled for 23th January 2016 which is a board meeting explaining the structure of registered body. Those who wish to associate can e-mail to harshitashah@reporter.in
- On 24th December 2015 the entire team of WUMANG & **REPORT^{er}** supported by BLUE AAASHA WELFARE FOUNDATION paid a visit to JUSTICE CHAINANI OLD AGE HOME Mulund East, to celebrate the eve of Christmas with them. All spent a lovely time decorating their dining hall and spent time playing games and singing which brought smiles on their faces. The celebrations ended with the cake cutting ceremony. Also a few contributions were made (fruits, mops, homemade snacks, pavbhaji, cake etc) and members from different parts of Mumbai joined in to support the cause wholeheartedly and we all came back home with warm memories. **REPORT^{er}** would sincerely want to thank Menka Dave, Swapna Bhosle, Trisha Patankar Alka Gupta, Kasturi Srinivasan, Gayatri Panchal, Diana, Bhavana, Pooja and others for rendering their helping hand in joining the cause.
- While one team of Wumang & **REPORT^{er}** left no stones unturned to spread a smile in the elderly, in an old age home in Mulund, another team was striving to make the day special for the kids of an orphanage, downtown in Ambernath! The orphanage (name disclosed on request) comprises a small bunch of girls aged 6 to 12 years. This initiative was led by Kanchan Sharma and Aishwarya Singh, two members of Team, who gathered a mob and surprised the children! The children were enthralled with the presence, gifts and the arrangements made and each one of them had a ball! These innocent kids, unaware of what Christmas is, were all the more eager to know about it and celebrate the same, which the team and the children celebrated together this year!!

ENLIGHTENING ASPIRATIONS 2016

By ASHNA DHADAK



The year 2015 has swiftly by gone & here we are beginning the countdown to welcome the Magnanimous 2016. All of us have aims that we are eager to fulfill & have our own ways to achieve them. For some, it may be as simple as to aim at being more positive in life & for many others; it may be to have massive shifts & alterations in their habits & over all lifestyles. The most important weapons required to accomplish your mission are the 3 D's DECISION, DETERMINATION & DISCIPLINE,

- DECISION** – Once the clarity of the Goal is declared, consider half the battle is won. It's important to start with a strong desire & focus on it to flourish & cultivate it.
- DETERMINATION** – A liberal amount of Will Power, Conviction & Courage is definitely required to see through the task at its completion & satisfaction.
- DISCIPLINE** – It's the most important attribute needed to achieve outstanding results. With this quality as

your ammunition, you can easily cultivate a mindset where you can rule with your deliberate choices rather than your emotions & unwanted habits.

- 3, 7 & 21 are considered to be the MAGICAL NUMBERS specially for creating New Habits & Behaviors.
- To adhere to your target, ensure that you start the adjustments in your routine from the start of the year & emphasize them with full pressure for 3 continuous days & then prolong them for another 7 days with full energy & excitement & then endure it for full 21 days to make it your most magnificent & unique new HABIT & ROUTINE.

"CHEERS TO THE NEW YEAR 2016 & YET ANOTHER CHANCE FOR US TO GET IT RIGHT – (OPRAH WINFREY)

MAY THIS YEAR FILL YOU ALL WITH YOUR DREAMS, IDEAS, AND GOALS & ASPIRATIONS!!!

WISH YOU HAPPY & HEALTHY NEW YEAR 2016!!!

Ashna is Holistic Life Coach / Vaastu Expert / Numerologist

REPORT^{er} BRIEF:

REPORT^{er} is planned to be India's First women Only Newspaper. REPORT^{er} is a newspaper by women, for women. It was started out in June 2015 by Harshita Shah, founder and editor of Report^{er}. 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

REPORT^{er} 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 all 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.

Articles collected at: writer@reporter.in
Website:

www.reporter.in

ADVERTISEMENT/ SPONSORSHIP

To give your advertisements or sponsorships in REPORT^{er} with regards to your Business, Project, proposal, product, service etc can e-mail us your complete details and contact number to writer@reporter.in and our associates would contact you for further association.

THE TRAUMA OF PERIODS

By ADITI MAHAJAN

'It's that time of the month again' is a thought that haunts most girls/women. Menstruation, Periods, Chums or just being down are several terms used for that cyclic thing that every teenage, adolescent girl and woman goes through every month and still people hitch to talk or discuss about it. It is a hush hush affair while silently the entire household is aware of it. In many homes during this time of the month, girls/women are prohibited from entering the worship place, kitchen, and from touching almost everything as it becomes impure. This thought however seems very irrational when discussed. Most mothers and grandmothers train their daughters to not discuss this affair in front of fathers/brothers and other men. They are also instructed on to be in hiding so no one notices them. But why? There has never been a logical explanation to this.

Amidst all this, nobody ever thinks on how this affects the mental state of that girl/woman. These early experiences bring about hatred to this biological phenomenon that happens every month. The sight of the blood stain and changing sanitary pads becomes disgusting and aversive. As the date nears and you know it's going to begin, one gets irritated and agitated. Now this is just a hormonal affect we are told, however I think it's more than that.

Going through the societal trauma with this is not enough pain that one sometimes also goes through severe stomach cramps, vomiting, back ache and much more. The five days in a month are nothing less than torture and many young girls going through this detest it. It hampers one's normal functioning for a week, every month.

This in turn leads to low self-confidence and many women hence are always in a shell. By being told things and giving this phenomena so many tags of do's and don'ts it is difficult for the girl/ woman to even lead a normal life like a man does. This comparison leads to jealousy and frustrations and anger builds in. This is a very important factor in failing relationships too.

Thus, it is very important for one to be open and accept this as just a routine and not fuss so much over it. It is essential for parents to sensitize their children, both boys and girls, about it in a positive manner.

ADITI IS A PSYCHOLOGIST/
SPECIAL EDUCATOR

"RUTUCHARYA" THE SEASONAL ROUTINE

By DR. SWAPNALI DABHOLKAR

Ritu means Season and Charya means moving or following. Ritucharya is the observance of diet and regimen according to the seasonal changes. In Ayurveda, a year is divided into 2 kaala or periods based on the apparent position of the sun in the north and southern directions. They are 1) Uttaraayana - north and 2) Dakshinaayana - south. Ayana means journeying. Uttaraayana is also called Aadaana kaala or the taking away period. The sun and wind are powerful during this period; people get dehydrated and weakened because of this. Dakshinaayana is also called Visarga

kaala or the giving away period. The moon becomes powerful during this period. The sun releases its energy to the people the earth cools down due to cold winds and rain. People regain their strength and nourishment that was lost in the Aadaana kaala. Here would like to explain the seasonal routine of Shishira (winter) Ritu as it's a month of January. Mid-January to mid-March (approximately) is considered as Shishira Ritu (winter). During this season, the environment remains cold, along with cold wind. The predominant Rasa during this season are Tikta (bitter). The strength of the person becomes less,

deposition of the Kapha Dosha occurs and Agni (catabolism) remains in a higher state. Diet regimen to be followed during this season is as follows. Foods having Amla (sour) as the predominant taste are preferred. Ginger, Garlic, Haritaki (Terminalia chebula), Pippali (Piper longum), Sugarcane, milk and milk products, Cereals wheat/gram flour products, new rice, Corn, Sesame seeds, Amla, Apple, Spinach, Pumpkin, and Lauki are to be included in the diet. Foods having Katu (pungent), Tikta (bitter), and Kashaya (astringent) predominant Rasa are to be avoided also one should not do overeating.

Avoid eating sprouts, peas, dried vegetables, and carbonated drinks. Laghu (light) and Shita (cold) foods like Ice, oil, and fried stuff are advised to be prohibited.

Lifestyle changes to be done during this season are as follows. Massaging with oils like Olive/Coconut/Almond, bathing with lukewarm water, exposure to sunlight, wearing warm clothes are to be followed.

Vata aggravating lifestyle like exposure to cold wind, excessive walking, sleep at late night, are to be avoided.

DR. SWAPNALI IS AN AYURVEDIC MEDICINE CONSULTANT FROM UAE

EDUCATING A GIRL CHILD- BOON OR BANE



Photo Credit : Kshama Rao

By KSHAMA RAO

There were times when people thought there is no necessity to educate a girl child. But now we have realized that educating a girl child is important. They are trying to compete with men in all areas of life. There are many who oppose educating girls. They argue money spent on girl child is waste. Importance of girl child education

I strongly believe that educating a girl child is a boon. Educated girls can play an important role for a country. They can serve the society as teachers, lawyers, IPS officer etc. After marriage educated girls can add to the income of their husbands. If a woman is educated she can earn a living after her husband's death if it happens by chance.

Educated woman are given more dignity and honour and by them other woman get inspired. It eliminates poverty of the country. This will also prevent female foeticide. Educated females also make a good home maker by keeping their environment and families clean and hygiene. They educate their children. They are aware of family planning.

Conclusion

The progress of a country depends on girl's education. So girl's education should be encouraged. Especially in rural areas of India, girls are not getting education. They should be given an opportunity. Girls will get an equal opportunity as men by being educated. Girls are women of tomorrow so girls should be educated.

CHANGE

By DR. SAPNA SHARMA



There is change all around us, in fact even within us. And here we are denying it and resisting it and desperately trying to cling on to our comfort zone. No sir! We do not wish for change. It is too much for our fixed concepts, frozen ideas, rusted beliefs and decaying notions.

But then change is the only permanence here. Want it or not it is here to stay. What we are doing is putting our energy at the wrong place. IF we feel that we are not the ones resisting change- do stop and think. What is the reason when we tell our children that certain careers are only good? What are we thinking when we criticize others for their chosen way of life? Why do we struggle when our spouses wish to pursue their personal choices in selection of friends or when they believe in personal space? Know that we are battling change.

Individually we may not be involved in taking up the cause of the environmental change but we live in our own environment and that keeps on changing too. However while we watch the environmental change debates while Criticizing the world leaders for turning a blind eye towards the obvious changes threatening our survival, we try to force our two/three decade

old beliefs and ideas on our own, much loved new generation. Of course we always have a strong defense for our rigid behavior, "This is what we did when we were children and it was right."

Right? Whose right and for whom? 'Truth' is also changing its dimensions with time and so is the 'right' or 'appropriate'. It is the relevance that matters most. And apart from the time factor the individuality of each person also changes many definitions.

Unfortunately our problem is not just with our change. We are averse to the changes in others, we are averse to anything that as much even gives a nudge to our comfort zone. The attitude that anything that is not 'ours' is 'anomaly', saps all our energy and leaves nothing much to work on our change and our progress. If those wanting to look at life differently are our own flesh and blood we try our best to make them 'like us'. (Whatever that means) Then when someone else sticks their neck out in spite of all the resistance and achieves something of significance we sigh and put it all on our 'bad luck' or on their 'outrageous rashness'.

But we keep resisting our change and then to protect our 'rigidity' we form more rigid beliefs and pull our loved ones into it. Our motto? "Change is risky and uncertain. Be what is, do what is sure and remain 'ok'. All that is extraordinary is not for us."

All I can say is- Try it once. Do stick your neck out. Feel the tingling fear of the uncertain. Feel Alive. Live your full potential, ATLEAST Once.

DR. SAPNA IS A LIFE COACH/
SPIRITUAL TRAINER

LAUGH OUT LOUD !!!

Patient: "I get a terrible pain in my eye when I drink a cup of coffee."

Doctor: "Try taking the spoon out."

Son: "Dad, when will I be old enough so I don't have to ask mom for her permission to go out?"

Dad: "Son, even I haven't grown old enough to go out without her permission!"

I asked a Chinese girl for her number. She said, "Sex! Sex! Sex! Free sex tonight!" I said, "Wow!" Then her friend said, "She means 666-3629."

My friend thinks he is smart. He told me an onion is the only food that makes you cry, so I threw a coconut at his face.



SOCIALISE WOMEN

By KATHYAYINI SANDEEP

Why should women remain socially active at all stages of their life??

Well why shouldn't they isn't it???

A woman plays a very prominent role in the structure of a family hence resulting in the strengthening of a stronger society.

Her significance and her identity changes with each phase. She is somebody's daughter or a sister, someone's wife or a daughter in law and finally a mother.

While trying to balance all these relationships that surround her, it is often forgotten that she is somebody's good friend too.

The norms or pressure of the society are generally hard on an Indian woman. Our society being patriarchal is sometimes guarded with rules that seem to be over protecting on the opposite gender. Well women are also allowed to have their share of life outside

these boundaries too!

Apart from these situations, there are also women who by nature are introverts and often shy away from mingling and socializing.

The flip side to this story are also the working women who work extremely hard in trying to balance their professional and personal lives, therefore find it difficult to engage in any social activities

It is time to change this thought process and these are the reasons why

- Networking and new friendships always help in staying connected with the society and reduce isolation

- With growing time and age, most personal connections fail to remain in the same pace due to various reasons. Certain efforts to maintain these relationships would add great value during the aging years where boredom and loneliness gains a slow

prominence.

- It is also said that social skills also ensure to help fight the issues causing depression of having lost a loved one or anxiety especially among the elderly

- Social activities only ensure a sense of belonging and build confidence. They only make you independent, strong willed, bring out a great personality and give you the pleasure of a good company.

Life is a celebration and we often fail to enjoy it. Happiness is the easiest byproduct of life and yet we make it our most difficult failure. Companionship if considered can be the best therapy ever. Hence let's try and achieve it together and the world will be a beautiful place.

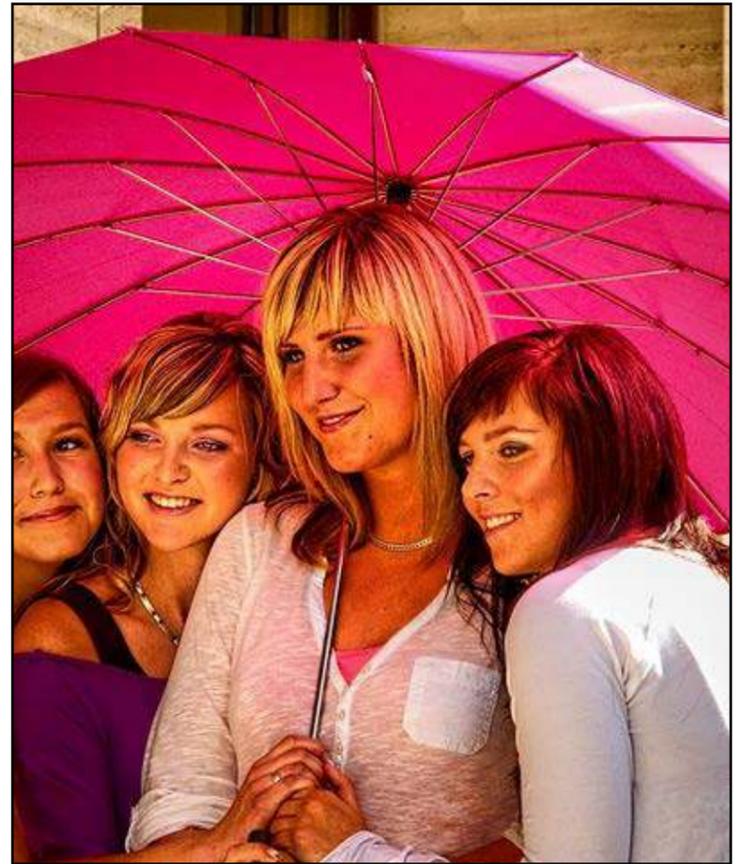


Photo Credit : Creative Commons

LIFE IS A MARATHON

THAKNA MANA HAI!

By TRISHA PATANKAR

SURVIVAL, we all seem to strive hard for this particular word. In order to win this race of survival we often push ourselves to such lengths that we forget our passions. But when tensions, deadlines, workload and fears kept us up there were some people whose passions kept them up. Such people didn't feel stress or anguish as if this magical substance "passion" was fuelling energy into them. One such name amongst these is Mrs Shubha K. Patankar.

Despite having a well to do job, family responsibilities and an age as if mocking her "You are no longer young! You can't do everything alone", she kept walking towards her dream MATHSQUEST.

Mathsquest is an organisation that aims at making Maths more fun for children. She has had this thought in mind since 1999. She started off with tak-



Mrs Shubha during MATHSQUEST Session

ing Vedic Maths workshops and later on, gradually added origami, games, group activities, songs and puzzles to keep it new and fun.

Being a teacher she had only one thing in mind, and it wasn't just to teach the kids but also to ensure that they are learning. For her, true success was when she was able to create interest and liking for such a subject which is generally feared by many a students and that she received when her students were happy and enthusiastic while solving the problems rather than

waiting for the lecture to end. Today after a long journey she has accomplished her dream with the establishment of Mathsquest. No matter how hard it seemed, she chased her dream and still is working towards its betterment. A dream that most of us in the never-ending race of survival have forgotten. Remember your childhood, when you dreamt to be a pilot, dancer, painter? Then why have you forgotten now? Because in the end it's not about winning the race it's about being happy throughout it!

HER RIGHTS

By TEENA THANKACHAN

Remember all the boring Political Science lectures in schools, learning rights and duties by heart. We may find it boring but it's important to know about laws that ensure gender equality. Women are more likely to be exploited than men. The following are some laws and rights that every woman should be aware about. Through the maternity benefit act every woman is entitled to 12 weeks of leave. If you have completed 80 days of work in an establishment in the last 12 months before the

expected date of delivery you are awarded with full pay. When facing domestic violence at night or in an emergency situation the protection officer and the service provider who can be contacted and they will come to the place where the incident has occurred and record domestic incident report and present it immediately to the magistrate for an immediate order to make sure the woman is safe and violence is stopped. Women cannot be arrested after sunset. During daytime a female officer must be present. In case

of rape police stations cannot deny taking your FIR by saying that it does not come under our jurisdiction. Also it's better to file an FIR with your lawyer present. Singing lewd songs directed at women in public spaces is considered as sexual harassment under IPC section 294. It is punishable with jail time, fine or both. Every workplace must have internal complaints committee (ICC) constituted as per the sexual harassment of women at work place act 2013. These laws are meant to help

MY SECOND HOME

By PRACHI TAWDE

When I was young, I wanted to become a doctor, a while after that, it was architect.. And with many such thought jumps, I finally settled to be a computer engineer ...and soon after, like many of us, started working in the "Corporate World". It's nearly been 12 years now and yes, it has become my "second home".

I still remember the day I joined this IT organization. From wearing formal clothes, working under a boss, office infrastructure, huge canteen; was all very overwhelming!! There was so much to grasp and so much to learn. Those days taught me something which was outside the classroom knowledge... it was a lot practical. I learnt it quick, that to survive here you have to work smart

Soon after, I was put on an US assignment for couple of years - it was a memorable experience for me to go to US alone, learn about their culture and mannerisms. While I was delivering my first presentation to the client, the satisfaction of making your first hand made Roti was equally flattering!! This time taught me to be independent and boosted my confidence.

I was soon moved to a more challenging role for a tough client in Canada where the work pressure was enormous. My recommendations/suggestions were taken as final. This led to make me more responsible with my words and actions.

I moved to a client facing role later in UK. This role made me more

communicative. Seeing the product designs go live, was like giving birth to a child!

In recent past, I worked as project manager and handled a team of young brigades. I learnt from them, the new vision and ideas. Dealing with them taught me patience.

As I look back at my journey in this cooperate world, it's been fantastic and my second home has played an immense role in shaping up various phases of my life. From growing up to be an independent woman to being a wife, to be a mother - it's like a dual life for me and enjoying each phase twice.

To be candid with you all, balancing the two homes has been tough at times. But I am sure you will agree that, may it be a home maker or be a cooperate woman; it's a tough world out there for all of us. There are pros and cons in everything that we do around, but at the end, you manage your homes with equal compassion and dignity.

And that's why I equally love my secondhome!!!



Photo Credit : TEENA THANKACHAN

us. But some women use these laws to exploit men. It's easy to think that men have exploited us for long and now we should because the law allows us to. The people who think so forget history.

Remember Jyotibha Phule? Raja Ram Mohan Roy? These men have fought for our rights. Many still do. The war for gender equality can only be won if both the genders unite and work as one.

TAROT & ANGEL TALKS

BY KANCHAN SHARMA

General theme: Change in perception. This year offers a more holistic approach to things. The dawn of the universal truth.

- **Aries** – Hard work will pay off. Financial stability will be achieved. Be flexible and free your mind. Keywords: Organization, Wisdom, Freedom
- **Taurus** – Move ahead and take action. Financial abundance. Trust your intuition. Keep the focus and success will be yours. Keywords: Commitment, Clear Communication
- **Gemini** – Curb unnecessary worries. Nurture yourself. Let your true self shine. Keywords: Duality, Decision-making, Self-care
- **Cancer** – Have long term visions and goals. Balance and align your thoughts and actions. Work hard, party harder. Keywords: Laugh, Balance, Fun
- **Leo** – Build a strong foundation. Power to achieve everything through positive thinking. Be a channel of



AURORA
Kanchan RK Sharma

love and peace. Keywords: Foundation, Positivity, Awareness

- **Virgo** – New beginnings. Golden days will soon arrive. Being aggressive in work will pay off. Love deeply. Keywords: Enthusiasm, Charm, Love
- **Libra** – Sudden changes and movements. Career advancement and chances of traveling abroad. Have the strength of a lion

and charge ahead with energy. Keywords: Action, Determination, Focus

- **Scorpio** – Review the past, learn and move ahead afresh. Good deeds enable great results. Being humble will get you what you want. Keywords: Humility, Giving, Receptivity
- **Sagittarius** – Super year ahead. Blossoming and growing in all areas. This will be your year to make

things happen! Keywords: Nature, Success, Comfort

- **Capricorn** – Set a goal and work towards it. Awakening the spiritual side. Charity will help. Keywords: Focus, Spirituality, Balance
- **Aquarius** – New commitments and relationships. Limit yourself where you have to. Good luck will follow you. Keywords: Love, Balance, Fulfilment

Photo Credit : Kanchan Sharma

- **Pisces** – Achievements will keep your spirits high. Perseverance is the key to becoming successful. Maintain your calm in all situations. Keywords: Balance, Victory, Power

KANCHAN SHARMA IS AN INTEGRATED WELLNESS COACH.
krs_0413@yahoo.co.in

PIZZA PAPAD WITH BOONDI TOPPING

BY TIPTI AGGARWAL

A very refreshing appetizer crispy pizza papad topped with spicy salad and boondi. Masala papad is full of flavours and very tempting. This is a very quick and easy recipe to make. Papad is made with a variety of lentils. You can deep-fry them or dry-roast them. It's a great starter! Enjoy this spicy treat occasionally, because moderation is always essential. 15-20 minutes: Pizza Papad!

INGREDIENTS

- Papad: 1 (of your choice)
- Butter: 1 tsp melted
- Onion: 1 finely chopped
- Tomato: 1 finely chopped
- Red chilli powder: As needed
- Chaat masala powder: As needed
- Green chillies: 1 finely chopped

- Cilantro/ Coriander: To Garnish, finely chopped
- Boondi: 1-2 tbsp
- Lemon Juice: 1-2 tsp
- Salt: To taste

METHOD:

1. In a bowl, add onion, tomato, red chilli powder, chaat masala, green chillies, boondi, salt and lemon juice. Mix all the ingredients well, and keep it aside.
2. Take papad and cut it in pizza shape. Place the pieces on a serving plate, spread butter each side.
3. Place these pieces in the microwave tray and roast for 2 minutes each side. Crispy pizza papad is ready!
4. Now top this crispy pizza papad with the delicious topping and garnish it with cilantro. Serve

this snack immediately on preparation to avoid soggy.

TIP:

You can also top it with cheese, cucumber, carrots etc to make it more colourful and tasty.

TIPTI IS THE OWNER AND FOUNDER OF KKRS



Photo Credit: Kaamchor ki Rasoi se/ Tipti Aggarwal

DREAM JOB- DREAM OR REALITY

BY KARISHMA ENGINEER

What comes to your mind when you see the word Dream Job? Let me tell you. Best work place, good salary, pick up drop facility, bonus, a car after a year and maybe a house after 4 years.

Right???

But does this really exist.

Dream – is only a dream and never a reality. Job – is only job and the only reality.

But we humans are greedy people.

For us there is a good job but we always long for that Dream Job. Where now at this point at the age of 23, a girl starts working facing the real world challenges and proving herself hard in the outside world. Who latter realize that the word Dream Job doesn't exist for her. At 23, just at the beginning of her career, she goes through a pressure of getting married soon. The word dream job just vanishes. Sad but true. Why do we women have the

shortest span of work life. Why are we as women just expected and not accepted. I know time has changed, but just by 2G to 3G, the thinking still remains the same. At this point I am confused as what career should I take and would I have a secured future for myself. But at the very next moment I'm stressed about the plans of my marriage. Sometimes I think, are we women only brought to bring up a new family? School, college, job, marriage, kids, responsibility,

old age, death. Why??

Can't she choose it other way around? When I share this with people around me, say it with my friends, they think that it is an unrealistic thought and sounds good only in fair and lovely advertisement. I would want to make myself secure and sound until I take the next step called Marriage. I believe you shouldn't get married unless you want to. It's like going to the washroom when you don't feel like going. For me a

dream job is my happiness when I'm working and what make me proud of myself. I don't say I never want to take responsibility but why this concept of some type of career for women. A message to those entire woman clan, "Please never loose yourself, your dreams, passion. Let that fire of passion always be lit inside you".

Cheers to Womanhood!!!