



INSPIher

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REPORTHer™

India's first all women newspaper

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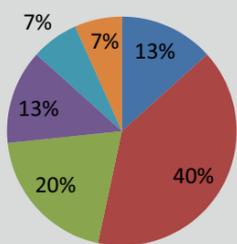
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Writer's Reach

Article Contribution January 2017

■ Delhi
 ■ Mumbai
 ■ Bengaluru
■ Kolkata
 ■ Jaipur
 ■ Lonavala



For January 2017

Write to us

REPORTHer is planned to be India's first Women Only Newspaper. We invite articles in the following sections:

1. Highlights on important news
2. Woman health, nutrition & hygiene
3. Good parenting measures
4. Happy child development
5. Kitchen magic
6. Gynaec check where 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 one women achiever & her cover story
14. Legal counsel on important cases
15. & many more...

Submit your articles to: writer@reporther.in

Happy New Year 2017

Hello Gals,

Its 2017 and in short just another new year for us to recalibrate our old wishes and resolutions and give it another try.

Lets look at it like this: its 17. I mean its seventeen. Our teenage is at the very middle if i may say so. And before we loose out on the number of opportunities that this teenage offers us, we have to make every single day, every single minute and every single opportunity count.

Friends, didn't you just feel re-energised with the very thought that we all are in 17. Yes!! Its all in a state of mind gals. And so this time, I have addressed u all as gals.

This year as usual has arrived with great expectations for new starts, new journeys, and new destinations. But the bottom line remains the same. Its just another opportunity for us to wipe



out the negativity and disappointments and look forward to gaining control of our future by exercising all that was left undone in the past.

So gals, this supposedly teenage will be full of fun, encouragement, engagement, development and a whole lot of noise making for the world to know that REPORTHer is a movement in the making which will surely exhibit woman as the true spirit of the dynamic global culture.

REPORTHer plans to introduce a variety

of activism initiatives to voice out safety, education, skill development, cultural, social avenues of day to day life of HER.

The new website in this teenage aims to analyse popular vote regarding various current affairs happening around, may it be social, political, scientific, cultural or you name it.

We are planning a whole new interactive web with some exciting features for quick access.

With this curiosity at its peek, let me welcome you all in to this sweet Seventeen journey.

On behalf of REPORTHer and its entire TEAM, I wish to reassure all of you that the success that we are enjoying today is the reward of your faith and consistent support towards our motto of INSPIHER EMPOWHER SUPPORTHER!!! REPORTHER!!!

CRITICAL v/s IMPORTANT

Shalini Gamre
Mumbai

What is the difference between 'Important and Critical'?

In our lives we mainly handle 2 types of activities, one Critical and one that is Important.

What is Critical? Something that needs to be attended to right away.

What is Important then? Tricky question!

An urgent Board Meeting? Critical. Your time with your family. Important. A heart surgery? Critical. Fitness and Diet. Important.

Critical activities, if not attended to immediately can result in huge losses. Important matters if ignored can create permanent damage. Critical things will get sorted by someone as they are urgent. For example, if you don't attend the meeting, someone



else will attend. That is not the case with Important things. They only need your action.

How do you then choose one over the another? It's simple. Your heart already knows the consequences. It already feels the pain of the loss of time that you've invested doing critical acts. Your heart already knows where your happiness really lies.

When time passes and you turn 80, you will remember sadly all the **Important things** you didn't do for all the **Critical things** you gave your life to. You wanted to drive, you wanted to spend a quiet evening with your loved ones, you wanted to attend the annual day of your child, you wanted to build your own business, you wanted to play a sport.

But work and your priorities then didn't let you focus on those **important things**. Then when you got the time, health beat you down. We spend all our lives running after **critical things** without realising that Important things are what makes your life complete. This New Year promise yourself to do more of the **important things** that give you permanent happiness for that is what is **critical** for your overall real well being. Happy Living!



HEART ATTACK VS CARDIAC ARREST

Priya Vijaykrishnan
Founder – Privik Pharma Solutions
Nerul, Navi Mumbai

These two words are used so interchangeably, but mean a lot different. Today let's try to understand the difference between the two.

HEART ATTACK: Occurs when the blood flow to the heart is blocked. When a blocked artery prevents oxygen-rich blood from reaching a section of the heart, a Heart Attack occurs. It's a "CIRCULATION" problem.

CARDIAC ARREST: Occurs when the heart malfunctions and stops suddenly / unexpectedly. When the heart malfunctions (irregular heart beat which is called Arrhythmia), the pumping of blood to the brain and other parts of the body is disrupted. It's an "ELECTRICAL" problem.

WHAT HAPPENS?

During a Heart Attack: Symptoms of heart attack may be sudden & may



include extreme discomfort in the chest, upper body, breathlessness, perspiration, palpitation, nausea etc. Usually the heart doesn't stop in a heart attack. The longer the person goes without treatment, the greater the damage.

During a Cardiac Arrest: The heart beat becomes irregular. The person becomes unresponsive within seconds, not breathing or only gasping. Death occurs within minutes if not attended.

WHAT TO DO?

During a Heart Attack:

- Try to keep the person calm
- Make them sit / lie down on an upright position
- Loosen their clothing
- Give aspirin (if not allergic) to chew
- Call for an ambulance immediately

During Cardiac Arrest:

- CPR is the only immediate first aid that can be given
- Push hard & push fast and keep checking the breathing until the paramedics / experts arrive

NOTE: Urge all to have Aspirin, Digene & Sorbitrate medicines at home for emergencies

FOODS THAT LOWER CHOLESTEROL NATURALLY

Kshama Rao, Navi Mumbai
Freelance Writer

High cholesterol is caused by unhealthy lifestyle choices. Cholesterol is a fatty substance present in your blood. If your cholesterol is too high you may be wondering what to eat to lower it. Here are some superfoods which help you lower your cholesterol levels when you eat them:

- **Cinnamon:** Half teaspoon of cinnamon powder will lower the cholesterol levels and reduce your risk for cardiovascular diseases. It has antioxidant property which help prevent oxidation of LDL cholesterol. Cinnamon helps prevent inflammation of arteries
- **Olive oil:** Olive oils are rich in antioxidants and Oleic acid. Oleic acid is a monosaturated fatty acid. Monosaturated fatty acids help in lowering LDL cholesterol
- **Apple Cider Vinegar:** Apple Cider Vinegar lowers your total cholesterol level and triglycerides. Mix two teaspoons of Apple Cider vinegar in a glass of water. Drink this two times a day for a month
- **Red Wine (in moderation):** The Resveratrol and saponins present in red wine lower bad cholesterol
- **Orange Juice:** Drinking three cups of orange juice will help in reducing cholesterol levels as it is rich in vitamin C and flavonoids
- **Oatmeal:** The fibre in oatmeal mix with cholesterol in the small intestine and lowers the cholesterol level naturally
- **Almonds:** Almonds are rich in monosaturated fat and high in vitamin E content. There is evidence that almonds can lower total cholesterol level, LDL and increase HDL cholesterol. Almonds contain flavinoid, fiber and unsaturated fats which can lower lipid content
- **Lentils:** Lentils contain high amount of fiber, protein and it helps in lowering the cholesterol levels. Eating lentils on a regular basis helps in reducing serum cholesterol and triglyceride levels
- **Dark Chocolate:** Dark chocolate lowers LDL cholesterol and increases HDL
- **Apples:** Two apples a day can lower your cholesterol level. Polyphenol an antioxidant found in apples can inhibit the oxidation of LDL cholesterol

FEMALES AND HEALTHY BONES

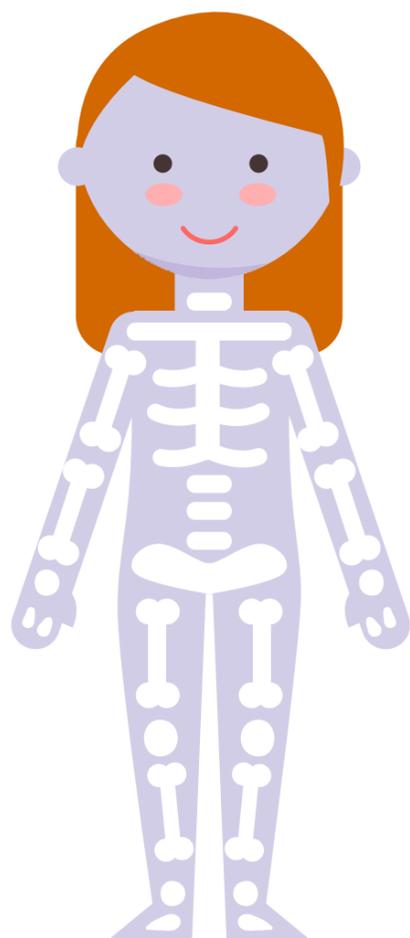
Dr. Simrann Sainni, New Delhi
Wellness and nutrition consultant,

Females build most of their bone mass during their childhood and teen years. If they do not build strong bones then, they face a greater risk of osteoporosis later in life. Osteoporosis is a disease that weakens bones to the point where they break easily. More than half of women over age 40 have osteoporosis.

To build bones and keep them strong, your body needs calcium and vitamin D. Calcium helps bones develop properly and grow strong. Vitamin D is required for utilization of calcium in the body. If your body doesn't get enough calcium from foods and drinks, it takes the calcium from bones, which can weaken your bones.

Adult women need around 700 mg of calcium a day. It is possible to get sufficient calcium from a balanced diet and exposure to early morning sunlight provides us with rich vitamin D from active skin exposure to sun. Certain good sources of calcium include:

- Milk, cheese and other dairy foods
- Green leafy vegetables, such as



- broccoli, cabbage and okra, but not spinach
- Soya beans
- Tofu

- Nuts
- Fish where you eat the bones, such as sardines and pilchards

Good sources of vitamin D through food are :

- Oily fish, such as salmon, sardines and mackerel
- Eggs
- Fortified fat spreads
- Fortified breakfast cereals
- Some powdered milks

Physical activity causes new bone to form. All women should do bone-strengthening activities, like walking, running, or jumping rope. Especially young females should be very regular with a good regimen of physical activity to form strong bones at an early age.

Certain practices which harm your bones include excessive alcohol intake, smoking, sedentary lifestyle, very low exposure to sunlight, intake of aerated drinks and sodas. Eating a lot of sodium makes you shed calcium. So lets take a pledge to have stronger bones to win the race of healthy life.



CAN PEOPLE'S ATTITUDE BE CHANGED TO ACHIEVE 'CLEAN DELHI'?

Gayatri Panchal, New Delhi.

India is preparing to undergo a massive change from being a filthy country to a clean one. While a lot is being done to that effect, some voices are suggesting we need a sea change in our attitude towards littering. Is it possible to change an indifferent attitude towards garbage, in a matter of a few days, that sadly became an acceptable part of our culture? And that too in a city like Delhi where people lack a sense of belonging?

Perhaps **We Mean To Clean (WMTC)** can provide answers. **WMTC** is a citizen-led initiative conducting spot-fixes and cleanliness drives in the region. The group celebrated their second anniversary on Oct 2, 2016 by conducting a spot-fix. Considering it coincides with Bapu's birth anniversary and national cleanliness day, there couldn't be a more befitting ode to the day's significance.

An image representation of a street in Delhi which has been transformed into a beautiful space



WMTC discovered that a boundary wall of a government dispensary in Tilak Nagar, Delhi, had turned into a garbage dumping yard. The group collaborated with the Municipal Corporation of Delhi (MCD) to fix the issue for good. **WMTC** planned to transform the spot into such a place it would prevent people from dumping garbage at the place.

So, while MCD helped in clearing the big pile of garbage, **WMTC's** own army

of volunteers beautified that spot. They not only painted the dispensary wall but also made some abstract artwork. Positivity inspires positivity! The local shop-owners got so moved with the whole gesture they also joined in. MCD further helped by keeping potted plants along the entire stretch of the wall. However, there were many who cast a doubt over spot's sustenance.

Notwithstanding the negative

speculations it was seen after a week that the spot was sustaining well. **WMTC's** drive not only transformed the spot but it also transformed the nearby people's minds! It made people aware, conscious and responsible about cleaning their surroundings clean. What was a matter of a few days became a matter of hours. With such determined people, dream of clean Delhi certainly looks possible.

SAY NO TO HARASSMENT

Sweta Tiwari, Mumbai
Advocate



Women are often exposed to sexual harassment. Be it while walking on the streets, while travelling, or at their workplace. People consider us to be fragile and weak and because of this, we become easy targets.

Women have been granted protection under the law wherein they can fight and protest in a case of sexual harassment at their workplace under the Act named Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act 2013.

Let us take brief idea of this Act.

"**Sexual Harassment**" includes any one or more of the following unwelcome acts or behaviour (whether directly or by implication), namely:

1. Physical contact or advances;
2. A demand or request for sexual favours;
3. Making sexually coloured remarks;
4. Showing pornography;
5. any other unwelcome physical, verbal or non-verbal conduct of a sexual nature.

This Act tries to explain the following

aspects:

Workplace Sexual Harassment: What is it? Who is an Aggrieved Woman? What is a workplace? Forms of Sexual Harassment, its Prevention & Prohibition, who all are the Preventive Authorities, Who is a District Officer (DO)? Responsibilities of the aforementioned Authorities, Redress - it provides helpful information on who can complain, to whom, and what a complaint should contain. What can an employee/worker expect? Do's and Don'ts for Complaints Committee, Non-negotiable during the inquiry process, the Sexual Harassment complaint process, Duties of the employer, Penalty for the non-compliance.

The above information is just a brief idea about the Act as to what all it includes, to know about your rights do refer the Act completely. Even knowing about your rights does make you feel safe. So, after going through this Act do try to find out the arrangements made in your working place regarding this, so that when any such mishap occurs you should know where to head and what to do?

WOMEN EMPOWERMENT

Neha Goenka Nathwani
Associate, Bangalore

If you educate a man you educate an individual, however, if you educate a woman you educate a whole family. Women empowered means Mother India empowered - Pandit Nehru

There has been amelioration in the position of women, but their true empowerment is still awaited. The real problem is the issue of women empowerment being mistaken for female chauvinism.

The real question still remains: **What is women empowerment?**

Women empowerment means emancipation of women from the vicious fetters of social, economical, political, caste and **GENDER** based discrimination and granting them freedom to make life choices by imparting knowledge, skills and self confidence. Women Empowerment means replacing patriarchy with parity.

Various enactments have been enforced in India to address the gaps between what the law prescribes and what actually occurs in India which are Dowry

Prohibition Act, 1961; Protection of Women from Domestic Violence Act, 2005; The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 to protect women and uphold their fundamental rights and live with dignity.

Constitution of India's 'Right to Equality' (Article 14) guaranteeing women equality before law; 'Equal pay for equal work' (Article 39(d)) guarding economic rights; 'Maternity relief' (Article 42) guaranteeing secure conditions at work and maternity relief.

We must not let gender define our rights and duties. When women are able to make their own decisions, achieve self sufficiency, speak their mind without being labeled bossy, we can say they are truly empowered.

To achieve true empowerment, men must be able to break free from the social stigmas as well. They must be able to ask for help in difficult times without the fear of being less of a person, fathers must be appreciated for their role in a child's life and should be able to cry out loud if necessary without being judged.



STRESS FREE LIFE

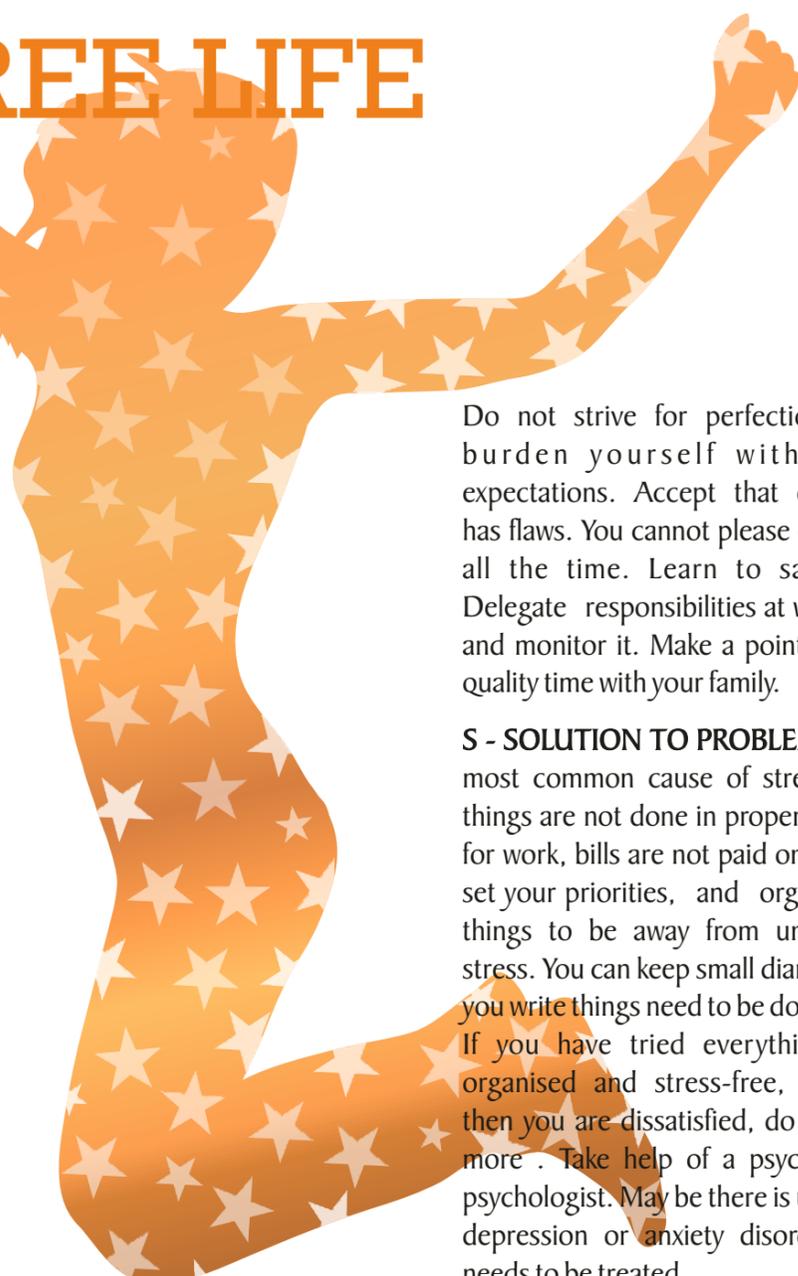
Dr. Anita Gautam, Jaipur

Stress is psychophysiological reaction of mind and body to any change or danger. Current lifestyle of most people renders them susceptible to stress and affects their health, personal life as well as their career. Here are few steps to be followed to tackle with stress.

P - PREPARE YOUR BODY: Regular exercise, healthy diet and good sleep prepare your body to withstand any stress. It increases blood circulation, and decreases stress releasing hormones. Almonds, milk, oranges, green leafy vegetables, and fresh fruits increase body-stamina. Do not take excess caffeine (teas & coffee). Try yoga and meditation for relaxation.

L - LIGHTEN UP: Feeling happy reduces stress hormones. Listen to your favourite songs. Always keep in touch with your friends that make you happy and share your feelings with them. Start your day with positive thoughts in your mind as it gives you energy to cope with stress.

U - UNBURDEN YOURSELF:



Do not strive for perfection. Don't burden yourself with excess expectations. Accept that everybody has flaws. You cannot please everybody all the time. Learn to say "NO". Delegate responsibilities at work place and monitor it. Make a point to spend quality time with your family.

S - SOLUTION TO PROBLEM: One of most common cause of stress is that things are not done in proper time (late for work, bills are not paid on time). So set your priorities, and organise your things to be away from unnecessary stress. You can keep small diary in which you write things need to be done. If you have tried everything to be organised and stress-free, and even then you are dissatisfied, do not suffer more. Take help of a psychiatrist or psychologist. May be there is underlying depression or anxiety disorder which needs to be treated.

TURNING INWARD: PRACTICING PRANAYAMA

Eela Dubey,
Kaivalyadhama Yoga Institute, Lonavla.



It's no surprise that the social fabric of the 21st century is quite different than a hundred years ago. As women, especially we are in a transformative epoch where we are constantly redefining gender norms while trying to maintain some semblance of 'balance' in our lives.

We are busier than ever working 12-hour work days, maintaining our social life, finding time to exercise and for some of us, evening running families. We are "strapped for time," it's easy to forget the value of taking some time out for ourselves and self-reflection. At face value, we are preoccupying ourselves with a whole slew of different activities, but in reality, how many of those things are we actually doing for us?

In today's day and age, making time for one's personal practices, such as meditation and yoga, is of paramount importance. Even more, these practices are so dynamic that they can be practiced anywhere, including the work place.

They needn't be limited to a fancy yoga studio with an overpriced mat. So what are the practices that one can try to incorporate habitually in their daily schedule? One of the most highly sensitized parts of the body, that has a massive affect in calming the nervous system, is your breath.

In yogic parlance, this practice is referred to as "pranayama," which involves the controlled inhalation, retention, and exhalation of the breath. A form of deep breathing, pranayama is known to activate the brain's parasympathetic response, stimulating the vagus nerve, and in turn calming the mind and body as well as reducing your blood pressure and heart rate. It effectively helps to manage the body's stress response, while reducing the strain on the muscles of your neck and upper back.

Pranayama has been widely studied for its effects on the nervous system and is a great way for individuals to introspect and reap the rewards of various health benefits. All it takes is a good teacher and dedicated practice for a lifetime of positive changes.

RECIPE

GAJAR KA HALWA

With the winters kicking in, the most perfect dessert to eat is Gajar ka Halwal



Ingredients :

- Carrot (grated) - 1 kg
- Condensed milk - 1/2 tin (200gms of Nestle Milkmaid)
- Ghee - 1 tbsp
- Sugar - 3tbsp or more depending on your taste
- Cardamom powder - 1/4tsp
- Almond - 10 chopped
- Cashew nuts - 10 chopped
- Raisins - 10 to 20

Method:

1. Pressure cook the grated carrots and give it a whistle on high flame
2. Once pressure is released open and leave it on high flame to dry the water.
3. Add the condensed milk and stir it till it leaves the sides.
4. Add ghee and sauté for 2 min.
5. Add cardamom powder and the dry fruits. Sauté and the sugar. Sauté for 3-4 min till everything has come together.

Serve hot.

DID YOU KNOW?

Carrots are naturally sweet in winter and is a winter crop. In the olden days due to abundance of carrots & its sweetness, the chefs then came out with this wonderful hot dessert that is high in calorie but also helps as the best winter food!

Sunila Mahajan, Artist, Bangalore



ENLIGHTENING ZODIAC PREDICTIONS

By Ashna Ddhannak

Holistic Life Coach & Qosmic Reading Expert

Predictions have always been everyone's curiosity & wonderfully awe inspiring specially at the onset of the NEW YEAR. Qosmic Reading is a medium of legendary channelling used through various oracle decks like Angel / Taarot Cards for forecasting the future, receiving guidance and understanding & making the best use of the circumstances lying ahead of us.

Let's flash a snapshot of what 2017 holds for each of the Zodiac Signs below:

ARIES (March 21 - April 19):

Work will see positive escalation in all forms... Great year for people looking for starting up their own business as an Entrepreneur... Be quick to Forgive and Forget for healing the voids in relationships. Place a Tulsi plant in the North Corner of the home and surround it with 6 Clear Quartz crystals to see through harmony and blessings in the relationship sector.

TAURUS (April 20 - May 20):

Learn to let go off a situations that are beyond your control & take inspiration from the Holy Scriptures for instilling peace & Harmony in your space. Avoid wearing the Red colour for the first quarter of the year. Donate 50 grams of Green Moong on every Wednesday for strengthening your luck.

GEMINI (May 21 - June 20):

Year ahead is full of clarity to re-write the script of your dream life. Fierce & Determined will be your second name. Use White colour liberally in your wardrobe. Apply everyday a drop of Rose essential Oil on the sole of your feet to harmonise your Base Chakra for increasing stability & vitality.

CANCER (June 21 - July 22):

Biological Age Clock insists to look deep within for nurturing of the inner child which has long been suffering from fear & negative emotions. Daily chanting of OM NAMA SHIVAY mantra & wearing a 5 mukhi Rudhraksh mala beads will help to heal the karmas of past life & also resolve the current destructive self sabotage patterns.

LEO (July 23 - August 22):

Your Self Conscience will be your biggest Guru & Guide this year to help



you get victory out of a long time disturbing situation. Having a street smart & secretive attitude will take you through ease during any crucial confrontations. Having 1 tsp of curd with a pinch of sugar daily will strengthen your blessings & prosperity.

VIRGO (August 23 - September 22):

Emotional and Mental well-being must be your highest priority this year. Moon cycles contribute very significantly in this aspect, therefore it's frequently recommended to meditate with the Red Jasper Crystal during the waning moon cycle for grounding and contentment. A bunch of Purple Grapes kept on your dining table will perpetually help to increase abundance & prosperity.

LIBRA (September 23 - October 22):

You will be all set to achieve MONEY, POWER & GLORY!!! The time would be fully favourable between June to August for investing in properties, long term shares and bonds. Keep a small potli of Mehndi Powder in a red wallet as a good luck token. Keep alert while removing clutter, as there are chances of finding a lost / misplaced valuable.

SCORPIO (October 23 - November 21)

Health will improve on all folds and responsibilities are taken care of, but still a void experienced with your INNER CHILD. Going for short quarterly holidays will revive it in full swing. Burning pure sandalwood fragrance in your space will boost cheerfulness from within.

SAGITTARIUS (November 22 to December 21):

Walk, Run, Fly... Wake up & Shake up the Super Women / Man from within !!! Year will begin like a vibrant race with time... Highly recommend to initiate &

connect with individuals who can benefit from YOUR advice in their relationship zone. Taking 7 circular clockwise turns on Thursday mornings before leaving your home will magnify your progress significantly.

CAPRICORN (December 22 - January 19):

DISCIPLINE will bridge the huge gap between your Goals & Achievements. Sparkle, Fun, Wine & Dine... Be a complete social this year and see a positive shift coming in your personality. Keeping a strong bond with your Parents will see through miraculous healing in your relationship territories. Use a few drops of Mandarin Oil in your bath water for having an enlightening day ahead.

AQUARIUS (January 20 - February 18):

Business will expand to new horizons. Number 9 will bring you substantial Good luck. BEWARE of Addictions of any kind & SAFEGUARD your personal assets as a precautionary measure in the event of any unforeseen crisis. Repairing of Car, Insurances etc should be monitored frequently to avoid any last minute chaos. Writing 3 times daily - I AM SUCCESSFUL in a Mirror with your second finger metamorphically will set your wheel of progress in motion.

PISCES (February 19 - March 20):

Being Submissive and Reconciling with a traditional approach is the only best way for reviving old relations in your life. Avoid being overly critical. Remove Clutter and make space in the North Zone of your home / office for inviting prosperity. Chanting / Listening the Lakshmi Kavach mantra on Fridays will turn around the financial mess if any in your space.

YOUR STORY

Wish to have your story on any of these pages?

Write to us at writer@reporter.in

I WANT TO...

Is there something you want to learn or ask?

Write to us at writer@reporter.in



Jyotsna Bhat, Research Fellow, Kolkata

We are familiar with the concept that in Indian society women are dominated by men at many levels. The scenario, however, is changing since the past few years. In urban areas, women have been treated equally at educational as well as financial level. Women have started playing both the roles as home-maker and money-maker thus ultimately they have gained strength and independence. On the other hand, burden to fulfill all the responsibilities at personal and professional fronts is increased by many folds. This is resulting into building of stress in women. Her efforts are being criticized by society if she fails to prove herself perfect at certain task. This is a well discussed issue.

Here, I wish to mention about those men (GEMS!) who have made this herculean task feasible for women. Behind every successful man there is a woman, similarly, every successful (and success seeking) woman must be supported by caring men. Caring 'daughter, sister, wife and mother' are abundantly available but population of caring 'son, brother, husband and father' is also on the rise. I see men doing household chores, and taking care of their children when women are not around due to career linked tasks. HE helps her equally in each and every task, involves her in decision making, gives her space whenever needed and helps her live life with equal dignity satisfaction.

Gentle qualities of women and heroic deeds of men are lauded since centuries as they have been praised and worshiped intensely. Today, the need is that the sensitive and caring aspect of men must be praised and famed with equal intensity. Sharing such positive experiences will definitely help in adding more qualities in the definition of phrase 'PURUSHOTTAMA'.



W-SITTING POSITION IN CHILDREN

Rittuu Goel, Bangalore

What can teachers and parents do when a child is w-sitting?

Have you ever noticed a child W-sitting and wondered why they do that?

First, let's define exactly what w-sitting is. W-sitting occurs when a person is seated on the floor with one leg on each side of their body in the shape of a "W".

Is W-sitting bad?

The position of W-sitting compromises the knee and hip articulations (joints) by positioning them in ways they are not anatomically designed to support. Think about your knees for example. Knees move in and out like hinges. While knee

articulations are designed to move like hinges, they are not designed to move in rotational patterns, which "W"-sitting necessitates.

Why do children W-sit?

Children may develop a habit of W-sitting as a way to establish increased stability in their bodies when they have difficulty assuming and maintaining the criss-cross (tailor) sitting position. You may frequently observe w-sitting when young children are playing in centers on the floor or while seated in whole group. Unfortunately, w-sitting compromises knee and hip joint positioning, inhibits trunk stability needed for sitting, and may impact the development of proficient

hand skills.

What can teachers and parents do when a child is a W-sitting?

Teachers and parents can gently, but firmly discourage "W"-sitting in young children at school and home.

Allow for a variety of sitting positions at home or in the classroom, especially if your kids are struggling to sit comfortably or have pain sitting in the criss-cross (tailor) position.

Young children learn best when their bodies are safely and comfortably positioned. When you support a variety of appropriate sitting positions, you are setting all children up for sitting success.

DO IT YOURSELF

Old Vegetable Strainer or a Plant Pot?

Ankita Priyadarshini, New Delhi

'Reduce, Reuse and Recycle' is the mantra we all must live by, if we want to leave behind the planet in a liveable shape for our children. In some cases, it isn't possible, but a little imagination can work wonders. One such decrepit item I reused as a plant pot was a rusted vegetable strainer. Read on to know how:

- I bought a small pot of oil distemper and a brush, painted the strainer in layers until the opacity of paint was as desired. Drying time between two layers – 24 hours.
- I lined the bottom with coconut fibres, put in a layer of broken terracotta pot shards and lined the sides with moss.
- Filled the container with soil-compost mixture and put in suitable small plants.
- Covered the top layer of soil with moss and pressed down the moss with colourful pebbles. This also gives it a very pretty look.
- Watered the container, hung it at a proper place, and voila! I now had a beautiful sunny yellow hanging basket!

A few more ideas for reusing & repairing:

- Curtains/upholstery/potli bags out of old sarees.
- Left over Holi gulaal for making rangolis.
- Painting old vases/bottles and using them as showpieces.
- Piggy Banks out of old plastic / carton boxes.
- Kitchen waste as manure for plants.
- Old socks as heat treatment bags (filled with rice)
- Gift wrappers out of old sarees / dupattas
- Quaint utensils painted in bright colours as showpieces – I painted an old hand-operated dosa grinder set orange and lime green.
- Saucers from old tea-sets as showpieces.

Where there is a will, there is a way, all we need to do is open our eyes, and make the effort!

HAIRCARE

Dr Shweta Dixit, Mumbai

Hair are like a crown for a woman. It is a dream of every woman to have dense, silky, shiny tresses and a nightmare when one faces hair-fall issues.

Causes of hair-fall are multiple:

- Stress induced hair-fall
- Inadequate nutrition
- Ageing process
- Genetics
- Improper haircare regime
- Certain medicines and diseases

We can avoid hair - fall by abiding to certain dos and don't's:

EAT WELL: Healthy foods like nuts, eggs, poultry, carrots, and green leafy

vegetables should be included in your daily diet. **PROTEIN RICH DIET IS NECESSARY.**

NO COLOURING: As far as possible, avoid chemical procedures like straightening and colouring. These are harsh on the hair. If you still want to get these done, be sure to follow the after care and the products as per the procedure done.

WET COMB: Never comb the hair when they are wet. The hair are least elastic when wet and are easily breakable.

NO HAIRDRYER: Let the hair dry naturally by just dabbing them. Do not pull them or twist them into a towel bun.

HAIR TYPE PRODUCTS: Use hair products as per the hair type only. Shampoo, Conditioner, Hair masque, hair serum, Leave-in conditioner and hair oil are basic haircare products.

OIL MASSAGE: Oil massage for 15 minutes followed by washing after an hour. Its a myth that one has to keep oil on the scalp overnight. If the scalp is oily then one can completely skip the oil application.

MEDICAL INTERVENTION: Beyond this if there is still hair-fall of more than 100 hair per day approximately then medical intervention is a must and one must consult a doctor for diagnosis and treatment.

MAKE THE MOST OF TIME

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With the changing roles of women in our society, we observe a change in social-mentality as well. It is heartening to see women and men challenging these pre-conceived notions about the role of women in our society. Today, women are performing equally, if not better than men in their chosen profession. Men are also coming forward to lend a helping hand to women when the matters of house-hold arise.

However, there is still a large number of

women who stay-at-home. They manage the house and take care of all family members. While staying at home is not a bad thing at all, I recommend a serious thought to the following points:

- **Pursue your hobby:** Hobbies are great stress-busters. It is never too late to start painting, drawing, sketching, singing, or learning a sport. Find your calling and pursue it.
- **Contribute to the betterment of the environment:** Follow the practice of "Reduce, reuse and recycle" and spread the same around you.

• **Travel when possible:** Staying at one place stagnates our mind. We all need a break from time to time. Plan a holiday with your family or friends at least once every year.

• **Work for the community:** We all know that there are thousands of less-fortunate people around us. We should try to work for their betterment in some way. Taking part in community drives to help the poor and the needy is a great way to spend free time and bring a positive change in someone's life.