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REPORTHer™

India's first all women newspaper

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Writer's Reach

Article Contribution July 2017

■ Mumbai ■ Nagpur ■ Jaipur
 ■ New Delhi ■ Kolkata ■ Poland
 ■ Bangalore ■ Patiala ■ UAE



For July 2017

Editorial Team

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

Shruti has been compiling and editing our newspaper since the last few months and has taken up this work voluntarily. Her editing skills have ensured we REPORTHer never gets into any trouble whatsoever! Kudos to her for the fabulous work she is doing!

Wish to Contribute?

Write to us on any of the following topics:

1. Woman health, nutrition & hygiene
2. Good parenting measures / Happy child development
3. Kitchen magic
4. Pregnancy care & concerns where doctors give valuable advice;
5. Beauty, make up tips & latest trends
6. Recognizing achievers
7. Legal counsel on important cases

Submit your articles to: writer@reporter.in

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STEPPING INTO THE THIRD YEAR

Hello Everyone!

Entering the third year with all of you and a sky full of expectations is really a balanced equation. And I say so because, with you all by my side, the community is growing faster than before and sky doesn't seem to be the limit any more.

I am taking this space today to discuss and give all of you, a food for thought which might be our next big idea in the months to come.

No more guesses. You all are aware of banks and the services and returns given by banks. Here is one more institution called "Micro Finance".

Briefly, it's a personalised bank for the community and has far reaching impact than banks with better or say equal opportunity for all.

I am requesting all of you today, to please take some time off from your hectic schedule to read about micro finance and send in your queries and replies to REPORTHer.

We wish to plan a co-operative financial moment for the community. And I am sure you all must be equally thrilled. Keep up the good work friends and keep innovating and discovering things for betterment of lives.

INTRODUCTION TO GST

Good bye to VAT, Central Sales Tax, Excise Duty, Service tax, Octroi etc.

Convergence of existing laws into Goods and Services Tax.

Applicable rates shall be 5%, 12%, 18%, 28% & 40%.

Features of GST:

- It will be levied at all stages of manufacturing, distribution till final sales / services to the consumer. Basically, it will be divided into 2 parts:
 - Central GST (CGST) - Under Central Government.
 - State GST (SGST)- Under State Government; and Union Territory GST (UGST) for Union Territories.
- Both these GST will be levied on all types of taxable goods and services. If the goods or services are supplied within the state, then both SGST and CGST will be levied simultaneously at the same rate.

Integrated GST (IGST):

Normally, IGST will be levied on interstate supply of goods and services. That means, if there is a transfer of goods or services from one state to another state then IGST will be levied on such supply of goods & services. Rate of IGST will be the total of SGST rates and CGST rates. So the structure will be governed by three different Acts: CGST Act, 2017 | SGST/UGST Act, 2017 | IGST Act, 2017.

- Optional composition scheme for assesses having turnover up to Rs.50,00,000/- in the previous year.
- Rates applicable to Composition dealers shall be 1%, 2% and 5%.
- Invoice not required to be prepared for supply of value goods/services not exceeding Rs. 200/- per transaction.
- Relief from mentioning HSN code in the bills for the first year, if turnover is less than Rs. 1.5 crores.
- Tax Invoice is required to be issued at all stages of sales transaction.
- E-way bill to be prepared for every supply exceeding Rs. 50,000/-
- Facility for carry forward of refund under old laws to GST will be available, subject to conditions.

- Renuka Salvi, Mumbai



THE THYROID GLAND - THE OVERLOOKED PLAYER

Dr. Shruti Sharma, Kolkata
Researcher

Thyroid gland is located just below the neck and is about 2 inches in diameter. It secretes hormones that play a vital role in the general well-being of your body and coordinates the functioning of other organ systems. An optimally functioning Thyroid will be responsible for a general state of feeling fit, proper digestion and shiny nails/hair. Likewise, a problem with Thyroid functioning will manifest as lethargy, depression, sluggishness, weight problems etc.

This article is to make our readers aware of the importance of Thyroid functions in non-medical terms and motivate them to get a Thyroid screening done regularly. Thyroid imbalance may be 'Hypothyroidism' or lesser than normal

activity of Thyroid or 'Hyperthyroidism' that is over-activity of Thyroid. A conclusive result can be obtained by a simple and inexpensive blood test.

Symptoms of hypothyroidism:

- Fatigue / Lethargy
- Weight gain
- Dry and brittle hair and nails
- Depression
- Slow heart rate
- Constipation

Symptoms of hyperthyroidism:

- Weight loss
- Heat intolerance
- Irritability
- Restlessness

As we see, many of these symptoms are so normal in our stressful life that we

tend to pass them off as "side effects of a modern lifestyle". Weight gain or loss is thought to be due to bad eating habits; depression is usually attributed to premenstrual hormonal disturbances/menopause/post-partum blues and hair quality is correlated with air-pollution/water quality/stress. I urge the readers not to ignore any of these symptoms if they persist long enough to disturb your daily lifestyle.

Thyroid imbalance, though very common these days, can be very easily managed. So, the next time you schedule a regular appointment with your doctor, make sure that you discuss your Thyroid status.

HELP YOURSELF BREAST CANCER

Dr Swapnali Dabholkar, UAE
Ayurvedic Consultant &
Weight loss specialist

Breast cancer is commonly observed in women as they have more number of breast cells compared to men. These cells are constantly exposed to the growth-promoting effect of female hormones and undergoes changes in appearance & structure during puberty, pregnancy and breast feeding.

The kind of life style that we are living now a days, anybody can be at the risk, so being aware of the ailment will help rule out the cancer at early stage and can be cured. Those who have strong family history should take care, do regular checkups and elect for preventive methods from initial stages of life. The cancer can affect any part of the breast like lobes, ducts, tubules, and can spread among the breast tissue, lymph nodes situated in the armpits and to other parts of the body through lymphatic drainage.

The most common sign of breast cancer is a lump or a mass. A painless mass that has irregular edges is more likely to be cancerous, but some are tender, soft and rounded. You shouldn't be ignoring skin irritation or dimpling of skin, nipple pain, redness, scaling of nipples or breast skin, or any discharges should be watched for. Check your breast carefully every day when in shower, see a doctor immediately if you see anything which you feel is not normal.

Ayurveda suggests eating according to your dosha. Avoid all processed foods, sugars, refined food and food that contain additives. Patients should also avoid overeating, avoid too much water during your meals, chew your food carefully and make right food choices. The diet should majorly consist of fresh fruits and vegetables. Shatavari, Brahmi and Manjishta are strong anti-cancerous herbs that can be taken for prevention. Patients should spend more time in natural surroundings, avoid getting angry, try to keep mind serene and practice Pranayama & Meditation every day. Remember, early diagnosis can save your breast and your life.

SMOOTH SMOOTHIES

Dr. Simran Saini, New Delhi
Nutritionist

Smoothies is a drink for all the seasons. However, the craving for it comes mostly during summers. Often, we think of a number of ways to beat the heat and take a chill pill. The heat is intolerable and I see most people would go for aerated drinks or ready made sherbets at home to quench their thirst. Ask anyone what they look forward to most during summer, and most of them will go for food which is cool and frozen like ice-creams and cold drinks. But these are also laden with a whole lot of sugar, which we all know does immense harm to our bodies. So what to consume?

A perfect answer to this is having a summer smoothie. A smoothie can be a combination of fruits, a combination of vegetables or a combination of both fruits and vegetables with a healthy addition of nuts, seeds, healthy oils such as almonds oil to increase the taste, variety and health benefits. It is all about trying different combinations which suit your taste.

Let's look at a number of good reasons to try out smoothies:

- One of the prime reasons to try a smoothie is it will keep you hydrated



in the right way providing electrolyte, water and sugar.

- Smoothies are easy to make.
- Taste is a major factor when it comes

to trying any health drink. A smoothie can be made as colourful and as tasty as you like.

- A Smoothie provides you with the daily dose of vitamins, minerals, antioxidants, omega 3 fatty acids, micronutrients.
- Smoothies even help in weight maintenance.

Let's have a look at recipe of a tasty easy smoothie:

All Fruit Smoothie

Ingredients:

- 1 cup almond milk
- 1 ripe banana, slice
- 1 cup fresh fruits such as strawberry, mango, pineapple, papaya
- 1 tablespoon olive oil
- 1-2 tablespoons chia seeds or flax seeds
- 1 small pc of ginger
- 10 almonds

Combine the almond milk, banana, fresh fruit, olive oil, seeds, almonds and ginger in a blender and purée until smooth. Pour into a glass and serve immediately. Add crushed ice for refreshing taste



HOW TO DEAL STRESS AT WORKPLACE? WONDER WOMAN

Dr. Anita Gautam, Jaipur
Psychiatrist, Jaipur

Excessive stress at workplace decreases productivity and performance and has negative effect on one's physical and emotional health. Positive stress (eustress) helps you to stay focused, energetic, motivated and helps to avoid accidents and mistakes and to work efficiently at workplace.

Long hours, tight deadlines and too much stress start damaging the mind & body. Start beating workplace stress by reaching out to co-workers. During breaks, try engaging with co-staff rather than playing with smart phone. A solid support system at work buffers the negative effects of stress.

Time management with prioritizing and organizing things helps a lot. Follow a balanced schedule so that you have sufficient time for work, family life, social activities and leisure.

Plan your day and make a "to do" list so you don't miss anything. Leave 5-10 min earlier in the morning for work to

avoid rushing & unnecessary stress. Don't over-exert yourself and avoid scheduling things back to back. It's time to do smart work rather than hard work delegate responsibilities and supervise it.

Take high priority tasks first and try to complete harder things first. Take few minutes every week, to organize your workplace so that you don't waste time looking for things.

In difficult situations, do not give up and don't focus on negative part of situation, it will decrease energy and motivation. Instead feed your subconscious mind by saying positive things- "I can do it" Lastly, regular exercise, healthy & balanced diet with regular 7-8 hrs sleep is necessary for healthy body & mind.

If burn-out seems inevitable, take a complete break from work, go on vacation and try to remove yourself from the situation use the leisure time to recharge yourself.

Dr. Sapna Sharma, Nagpur
Spiritual Counselor, Life Coach, Speaker, Author

Went to watch this lovely movie with my daughter. I loved it especially because of the delicate combination of action and emotions. A beautiful woman trying to save the world with her super powers- so called wonder woman.

On the way back I had to pick up the grocery and shop for the entire new academic year stuff for my daughter, there was the laundry to be picked up and then I remembered we were out of milk and vegetables and also that my elder one needed my emotional support.

As I walked into the house loaded with 4 heavy grocery bags and feverishly trying to remember if I had everything in place that was needed for the next day to move on smoothly (pay attention- I am talking only of the next day, the one after that would be a new battle).

So as I walked it just came to me, "They never showed the wonder woman

shopping for the grocery and balancing two kids on the back seat".

"I am no smaller wonder than her".

A smile formed on my lips and my heart went out to the numerous women like me who did this tight rope walk every day. My day was still not done, it would never be done, I would just have to force myself to the bed to ensure that I wake up in time for tomorrow. WOW!! Suddenly I felt immensely proud of myself.

It doesn't matter what the world thinks or how it looks at me. I know I am a wonder woman. Perhaps even my kids would not look at me that way but I know what I achieve through the day.

The mythical Wonder woman in the movie was ensuring world peace and happiness. But I am achieving no smaller every day when I count the smiles on the faces of my family when I retire every night; very late.

STAY FOCUSSED ON GOOGLE CHROME

Mukti Kapadia,
Assistant Manager, Technical writing

Particular websites like Facebook, LinkedIn or any other websites if surfed for a longer duration can possibly hamper your productivity. To increase your productivity, Google Chrome has come up with a solution.

With a simple click, you can add sites that you feel waste your time unnecessarily. After the max allowed time set by you is over it prompts a simple message which states, "Shouldn't you be working"?

To block a website:

1. Click Settings
2. Click Blocked Sites
3. Type in the text box, the site which you want to block
4. Click Add Blocked Sites

To set max time allowed:

1. Click Settings
2. Click Max Time Allowed



3. Enter the maximum number of minutes per day that you want to be on the blocked site

The advantage of using this is that you can still access the particular websites like Facebook, LinkedIn or any other websites of your interest but with a time

limit attached to it.

The above explained is the basic functionality. You can explore more about it by installing it from the link <https://chrome.google.com/webstore/search?hl=en-US&q=stay+focused+chrome+exte>

nsion

Once you install it, do read about it more by clicking on Settings > Help/FAQ before blocking any



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I WANT TO...

Is there something you want to learn or ask?

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COLOUR YOUR LIFE BRIGHTER

Aditi Mahajan, Bangalore
Clinical Psychologist and Proprietor Dots to Lines

Amongst various skills, colouring comes first during kindergarten. As we progress in age, we learn to use smaller, thinner instruments for this, and then we gradually progress into using paints and other mediums.

Why was colouring such an emphasis during childhood? It was for various reasons that I list below:

- Colour recognition - to recognise colours, tell differences between them; and relating it to the world around.
- Control & Grip- Holding a large crayon and using it is the first step for a child being introduced to writing. This later on influences and helps him/her hold the writing instrument.
- Motor Coordination- Colouring

requires eye-hand coordination; beginning from holding the crayon, to recognising the colour, to sharpening it and moving it on the paper. This also strengthens the and develop the hand & arm muscles for complex tasks later.

- Focus/Concentration- Colouring a page requires concentration and focus. When a child is pre-sented with such a task, it ensures lesser distraction and more goal oriented behaviour.
- Sense of achievement- When a child completes colouring a page, they feel a sense of accomplishment and achievement. It is a milestone teaching them they can do it and to not give up.

Colouring and art are often used in therapy for children and adults. It is a

form of self-expression. A lot can be deciphered from the colour one uses, to what one chooses to draw. A person's art reveals their sources of happiness, fear, sadness and anger which are the basic emotions one goes through.

If there are so many benefits of colouring for children, why should this activity be limited to them? As we grow, wouldn't it be beneficial to us during our adulthood as it was when we were children? Apart from the same uses earlier, it is known to de-stress adults. Colouring calms the brain and mind and is known to have the same properties as that of any meditation. It reduces stress and anxiety giving our amygdala some rest and not over-loading it.

Music Therapy



MEDITATIVE MUSIC TO RELAX
Click on the above link and experience relaxing and soothing music which could heal you from within or simply relax you by the end of your day's work. Enjoy!

ENLIGHTENING BATH SALTS

Ashna Ddhannak, Mumbai
Holistic Life Coach

The wonders of Bath Salts have been known for thousands of years. Not only have they been used as a brilliant means of relaxing the mind, body & soul, but also practiced as a great tool to dispel away any negative vibes in one's sphere. When merged & blended with various herbs & oils under the direction of a skilful holistic therapist, their benefits also support to fulfill various goals & desires of life.

Let us see below, a few of the forthcoming range of our Enlightening Bath Salts, on how they can help to bring about a phenomenal difference in your space.

1 – Frankincense, Beetroot and Coffee Bath Salt Mix helps to attain rock solid grounding, protection and stability in one's life.

2 – Ashwagandha, Bergamot Orange and Himalayan Bath Salt Mix helps to kick in vitality, energy & sparkle within you.

3 – Pomegranate, Bayberry and Tonka Beans Bath Salt Mix helps to open up the doors for prosperity, fortune & abundance.



There are various different blends and mixes used for healing, resolving & uplifting a particular situation or aspect in life. They are also used to bring about peace, harmony and love in relationships. Using them consistently in the bath water, one can also observe radical improvements in physical and mental health as well.

CAREER VS HOME

Varsha Batra, Homemaker, Bangalore



When we were growing up we had different plans and idols which changed frequently. We were influenced by our seniors, parents, friends or sometimes our parents kept on telling over and over again that they wanted us to become someone which they either aspired to become or are inspired by.

Growing up my uncle always wanted me to become a doctor. I don't really remember what my parents wanted me to become or even for that matter if I wanted or aspired towards something. My parents encouraged me to choose what I wanted at every level. I took up engineering and started to work in an MNC.

I wanted to become successful and have a good career. I had seen the pain and lack of self respect my mother went through for being a stay at home mother and not having a financial backup. After I got married I continued to work as I

sailed in India or abroad. But after we had two kids, we decided that I would stay at home and take care of the kids. Their schooling and mannerisms needed to be watched.

Daycare was not a solution. Initially I was okay. But later I started watching TV serials and gradually it went from one serial to another. Life seemed to run in a routine every single day. Now it makes me think, life just seems to be passing by and what am I doing? I secretly envy the working class pursuing their career by hook or crook.

I know the pastures always seem greener on the other side. It's our choice what we choose but being happy is what matters. Am I not happy with my kids around? Of course I am. It's an art taking care of the house and kids. So that makes me an artist. An artist who should be self motivated and self acclaimed!



REMEDIES FOR EYE WRINKLES

Kshama Rao, Navi Mumbai
Writer, Blogger

The sensitive skin under the eye is the thinnest part of our skin on the face and is different from other parts. It is usually the first part of the face to show our age. The delicate skin is susceptible to wrinkles because the skin around eye area cannot produce its moisture and leads to loss of hydration. Facial motions like laughing, squinting makes your skin worn out. This deterioration will lead to wrinkles.

Symptoms of under eye wrinkles.

The skin area around your eyes becomes more sensitive than usual. Line and creases are formed. Due to the loss of flexibility skin is not elastic and starts to sag.

Reasons for wrinkles.

- Ageing: The skin loses its elasticity as you age. Hormonal ageing, also may be one of the causes. There will be estrogen reduction in your body when you age and will lead to wrinkles. When the skin collagen ability deteriorates the

skin starts producing wrinkles.

- Skin colour and type: People with light and sensitive skin are prone to earlier wrinkling of skin. Especially the damages by the sun.

- Smoking: Smoking generates free radicals. Free radicals destroy elastin and collagen. Smoking affects blood supply. Smoking also makes you to squint your eyes to see the smoke. Squinting can cause formation of under eye wrinkles.

- Genes: If your parents developed fine lines earlier, then you also tend to develop fine lines and wrinkles earlier than other people of your age.

Some methods to treat under eye wrinkles:

- Retinoid cream or wrinkle cream.
- Chemical peeling.
- Microdermabrasion.



CONFIDANTE TO COMPANION

Bhavna Fatnani, Mumbai
Company Secretary, ICSI

Mr. Karan Johar in his evergreen movie Kuch Kuch Hota Hai suggested "love is friendship". We often wonder who shall be the best partner to spend the rest of our lives with. It is always suggested that best friends make the best lovers. But in defence, one can not feel the romantic connect with their best friend because you end up being confidante of each others!

Knowing the secrets shared because of the rapport, being lovers, the equation changes, one would end up judging the other person. And then starts the complications!

When the sense of being with someone as friends is replaced by a sense of being with someone as a partner, insecurities creep in, possessiveness is the next issue and the list may go on.

The communication between best of friends is different from what a partner



expects. A partner would expect the romance flowing all possible time, pampering, attention etc. whereas with friends, it's manageable without being in constant touch!

Hence, keeping the two relationships separate, it'll be in the best interest as there would be no burden to keep the zeal for the partner, it'll come naturally if it's meant to be!



MAYA A SHORT STORY

Ruth Esther Mak, Kolkata
Medical Transcriptionist

He's the perfect match for you. He has a house, a well-established company, his own car, etc. You really should consider this proposal. It is not every day that someone like Raj comes along."

Maya kept thinking about what her mother had told her. She was shaken out of her reverie with Pooja calling her, "Maya, it's time for the meeting. Are you ready for your presentation?" Maya nodded yes and followed Pooja into the board room.

This presentation would determine Maya's future in the pharmaceutical company she worked in. The presentation lasted an hour long with the management grueling her with tough questions and then being impressed with her attitude and answers. She did it. She was given the promotion – elevated to the position of General Manager with immediate effect and the condition that she needed to move to the United Kingdom within a month indefinitely.

Maya was elated. She had worked hard all her life to see this day. She expected her parents to be happy, but they were disappointed. "But what about Raj and his proposal? He would not be happy to have you so busy and living in another country," said her worried mother. "Dear, you are not getting any younger. Everyone is talking, it is high time you got settled. Think about your work later," said her father.

Maya was hurt and confused. She did not want to hurt her parents and neither did she want to sacrifice her career. At the age of 36, she was still single and unmarried, but financially independent with a good career booming for her. However, society was talking and they were not encouraging or kind. What should she do? What should she choose? Should she settle or move ahead in her career?

What do you think Maya should do?

POETRY

WITH OR WITHOUT YOU

Gaurav Kochar, Chartered Accountant, Mumbai

I may not know how to
express it well,
But I just can't stop
thinking about you!
I don't wanna be with you
many a times,
Yet, the irony is that I can't live
without you!

You are the cirrus
clouds of my sky,
I don't know how will clouds
separate from the sun
It will be like lightening
without thunder
I might exist, but it'll be no fun.

The dampness in my eyes
is just an indication
Of how I feel when
you just walk away,
I don't want you to
be with me every time,
Yet I want you to stay!

You are like the heartbeat
I cannot skip
My nerves jangle at
the sight of you
I might fight with
you for hours,
But when time comes,
you know I'll fight for you!

You are like the waves of the sea,
And I am like the still sea bed!
Why do we always need a
tornado to meet?
Why can't we manufacture tides
instead?

But then again, I get stuck in a
web of confusion
Its more than just
whirlpool of emotions
I don't know how would I be
without you,
But even with you, there's always
a sense of commotion!





AMATEUR GARDENING

Five Basic Practices to Maintain Your First Garden

Ankita Priyadarshini, New Delhi
Writer, Multiple Hobby Enthusiast

In the previous posts, we've been through the essential supplies and some low maintenance flowering plants for the beginner. In this post, we will take a step further and see some fundamental practices to begin tending to your new garden.

1. **Watering** – Water is the elixir of life. Obviously, your plants can't do without water. This doesn't mean, however, that you blindly flood them daily. Understand the season and needs of your plants and water accordingly. If the soil around a plant looks wet, don't water it. Overwatering is more harmful than under-watering.

2. **Manure** – Most flowering and fruiting

plants need a lot of energy to produce a flower or fruit. Soil may not be enough. Keep them plied with cow dung or compost during their season, to provide them the energy to grow and flower.

3. **Sun** – Not as much a practice as an observation. Flowering plants need sun, as do plants with ornamental leaves. However, Indian summer can be very harsh and your plants may burn if left in sun all day. Adjust accordingly and provide them areas where they receive sun but are not left to burn all day. Morning sun is best.

4. **Deadheading** – Dead-heading is the practice of removing spent flowers. To keep your plant flowering well

throughout the season, take care to remove spent flowers weekly. If you use fresh flowers in your worship, you have no reason to worry as you're removing them before they're spent!

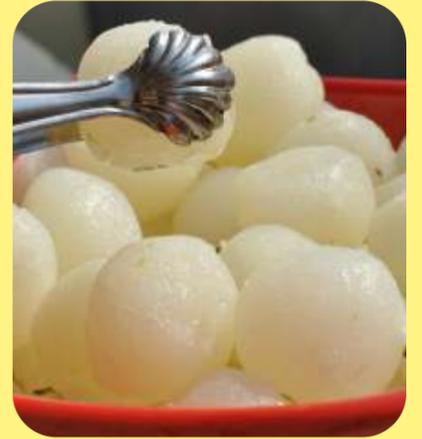
5. **Weeding** – Seeds of many unwanted plants such as grass and other weeds are in the air. They take root and steal nutrition from your plants. Pull out weeds weekly to make sure your plants get all the love you're giving them. And thus, with mindfulness and a little work, you will have your own thriving garden!



RECIPE

RASGULLA

Himani Singla
Home-maker, Patiala



Step-1:

- Take 1 kg milk & boil it
- Add one cup of curd to make fresh paneer
- Wash the paneer with water about thrice and tie it into a muslin cloth so that the water is squeezed out

Step-2:

- Put the paneer in a vessel and add 1 spoon suji (Semolina)
- Then add powdered milk (about 3-4 tablespoons) to make a dough
- Make round balls and flatten them. Keep them aside

Step-3:

For Chaashni (sugar syrup)

- 1 small bowl sugar
- 4 small bowls water
- Boil these together until the sugar dissolves completely
- Add the flattened pieces into the chaashni
- Simmer for 20 minutes.

Keep it aside for cooling to room temperature and then transfer to the refrigerator. Can be served after 3/4 hours.

REFLECTION OR SHADOW

Jyotsna Bhat-Ambure, Poland
Research Fellow

I am so proud of my 'origin', the land with the oldest civilization, with deep spiritual beliefs, birthplace of numerous great souls, followers of divine Geeta, Gyaneshwari, Bodhisattva, Quran, and or Guru Granth Sahib and many other religious books.

Sometimes we refer to it as 'Santanchi Bhoomi' meaning land of saints. The way we are raised and developed gets reflected in our actions, so, if we are built as per the guidelines of these divine rule books, why we cannot find Lord Rama, Lord Krishna, Saint Kabir, Jana Baai and Savitri Baai among us? Aren't we supposed to be the reflection of our great glorious divine origin?

Hindus believe that life is merely a suffering and after completing the circle of eighty-four births in different forms one soul can reach to its Mukti, meaning soul can be free of pain and unite with the nature.

Is it really true? Why would our creator want 'his creation' to go through suffering to reach peace? I feel it is not mandatory to go through pain for more gain. We are the ones who have created this circle of suffering through our lust,



ego and our thirst for power and money.

We are fighting for fuel, land, gold, water etc. when on the other hand most among us are deprived of essentials.

As I always feel it is never too late, we can come out of these shadows and follow the glorious path, which we are meant for. Let us reinstate our faith. If we

restrict our instincts of accumulation beyond the need, it will eradicate most of the suffering not only of ourselves but also of others'. If evil has conquered the world, let the goodness in us unite and fight the darkness within.

YOUR STORY

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