



INSPIher

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# REPORTer™

India's first all women newspaper



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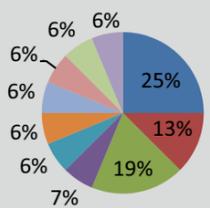
## In this edition

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## Writer's Reach

### Article Contribution May 2017

- Mumbai
- Kolkata
- New Delhi
- Jaipur
- Navi Mumbai
- Nagpur
- Aurangabad
- Bern
- UAE
- Poland



For May 2017

## Editorial Team

REPORTer wishes to acknowledge the contributions of our Editorial Team Member - Dr Shruti Sharma.

She has been compiling and editing our newspaper since the last few months and has taken up this work voluntarily.

Kudos to her for her ever lasting support.

## Wish to Contribute?

Write to us on any of the following topics:

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

Submit your articles to: [writer@reporter.in](mailto:writer@reporter.in)

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## CELEBRATING MOTHER'S DAY



Dear Readers,

With the onset of the month of May, we all have a very eventful time. School going kids have their summer break and the sweltering heat of the city is prompting us to take a vacation and travel to less hot areas for some days.

Team REPORTer wishes its readers a pleasant transition into summers and a good time with the family. This edition is special because Mother's Day falls in May. We all know and agree that mothers make our life so much better. A mother is everyone's first teacher,

our anchor in life, our best friend and our closest well-wisher. Team REPORTer salutes every mother.

At the same time, we wish to ponder over the idea that the journey of Motherhood should be pleasant, and not overbearing for the woman. In today's society, where men and women share responsibilities, the onus of bringing up children should not be on the mother alone.

Many women are forced to quit their job after childbirth. This decision should be left on the woman only, and

the society should refrain from being judgmental about it. A home-maker and a professionally active woman are both doing their best. Passing comments or reflecting our judgements does not make their life any better.

Let us all make this world a peaceful place to live. We hope that you enjoy reading this edition as much as we enjoyed compiling it for you. Cheers!

For Harshita Shah,  
The Editorial Team.

## PICK - CLICK - send it QUICK

**Do we really need one day to celebrate a personality of a lifetime? No!**  
**But we sure can take a day out to pay tribute and appreciate what the person means to us.**  
**We at REPORTer bring to you this virtual greeting!**  
**Follow the steps to send in your Mother's Day Greeting!**

**STEP 1: PICK** greeting of your choice!

**STEP 2: CLICK** on the greeting you wish to send

**STEP 3: Send it QUICK** by saving the image on your system / phone or through social media

In case you do not wish to share it on Social Media, just click a picture on your phone and send it to your Mom or any Mother you know deserves these wishes!



Licensed Images

## DON'T LET YOUR HEADACHE BE A HEADACHE

Dr. Anita Gautam, Jaipur  
Psychiatrist

**T**ension headache is the most common type of headaches. Women are twice as likely to get them as men. It is often known as "band headache" as it feels like tightness or pressure band around forehead like a clamp squeezing the skull. It lasts from 30 minute to few days.

Although tension headache is a discomfort but it does not hamper daily activities, vision, strength or balance. Cause? Emotional stress is often associated with prolonged contraction of head and neck muscles which may constrict the blood vessel.

Tense, extremely nervous or sensitive, temperament high competitive personalities are more likely to develop this headache.

Certain triggers may precipitate headache like alcohol, eyestrain, dry

eyes, fatigue, smoking, cold fever, too much caffeine, bad posture, insufficient rest.

### Symptoms:

1. Mild to moderate pain or pressure in front top or both side of forehead. nausea and vomiting.
2. Tenderness around forehead and scalp.
3. Fatigue.
4. Sleep disturbance.
5. Trouble focusing.
6. Muscle aches.
7. Noise or bright light.

### Management:

1. Avoid causes or **triggers**
2. **Massage therapy** - muscle therapy helps to relax muscles.
3. **Hot and cold pack** - Not to be more than 10 minutes at a time.
4. **Breathing exercises** - Go in a quiet room, sit in comfortable chair and take



slow and rhythmic breathing.

5. **Hydration** - Drink lots of water and avoid too much tea, coffee, caffeine, soft drink.

6. **Sleep** - 7-9 hours of sleep is must per day, follow daily sleep schedule even on weekends.

7. **Correct your posture** - Too much screen time may precipitate headache so take break in between, close your eyes for 5 min.

8. **Medication** - After consulting a registered medical practitioner.

9. **Stress Management** - Meditation and relaxation therapy.

## MAGIC HERB TREATMENT

Dr. Simran Saini, New Delhi  
Nutritionist

As the season changes and you reach home with flu, your Mommy and Granny will force you to drain some turmeric milk down your throat. Although it tastes peculiar, turmeric milk is not only beneficial in healing your nose and throat allergies, but is also a faithful helper in curing many other ailments.

You'll find that there are a variety of different components in turmeric, including antioxidants and anti-inflammatory components, which means that it is one of the best antiseptics that you'll ever find.

Any type of respiratory tract infection can be cured through the intake of turmeric mixed in milk. Turmeric is a powerful antioxidant that has anti-inflammatory properties. The deep yellow of turmeric is courtesy the constituent called curcumin. Curcumin is the anti-inflammatory component in turmeric.

The high antioxidant properties of turmeric help in increasing our immunity. When you heat a cup of milk and add a pinch of turmeric and drink it at bedtime, you are sure to have a good night's sleep. The warm milk along with turmeric has warming properties that induce sleep.

Apart from these beneficial medicinal effects one sees inside the body, turmeric milk also has healing properties for the outer body, the skin basically.

Apart from these factors, turmeric mixed in skimmed milk and taken twice daily has also been found to provide weight loss. Ayurveda has long used turmeric to ease digestive problems. The small quantities such as a pinch that you would use as ingredients in your food are more than enough.

If you have never added turmeric to your food before you might find it daunting to do so now. But be assured that the effort will be worth it. After all, the health benefits of this wondrous spice can protect you.

## HEALTH BENEFITS OF LOTUS SEEDS

Kshama Rao, Navi Mumbai  
Blogger



**L**otus seeds or Makhana can be eaten like popcorn. They can be brown or white in colour. They can be used in Kheer, soup or snacks.

Lotus seeds are found almost in every house, but many of us do not know the plethora of health benefits they have. Here is a list of the many health effects of lotus seeds.

Lotus seeds are rich in many vitamins and minerals like zinc, iron, potassium, magnesium and potassium. Lotus seeds also contain proteins. They are rich in flavonoids and have anti-inflammatory properties.

Lotus seeds are beneficial in regulating blood pressure. They are low in sodium and high in potassium. They are high in fibre and relieve constipation. It helps remove toxins from our body. They have astringent properties and provides energy. They are useful in anemia. They are used to treat various sexual diseases by increasing semen and the quality of semen. It is also used for fertility.

Lotus seeds contain anti ageing enzymes and they are rich in antioxidants. They are recommended for pregnant women. They maintain a healthy pregnancy and detoxify the liver.

Lotus seeds help in relieving diarrhea because they are rich in fibre. They improve the health of the spleen. Lotus seeds treat insomnia because they have sedative effects. They also act as nerve relaxants.

Lotus seeds have cooling effects and are beneficial to the heart. They induce calming effects. They can be digested easily. You can give them to your children as snacks. They are low in calorie. It is a great food for losing weight. Lotus seeds treat fatty liver. These are used in treating arthritis.



## RESEARCH AS A CAREER

Dr. Shruti Sharma, Kolkata  
Researcher

The important thing is to not stop questioning. Curiosity has its own reason for existing” -Albert Einstein.

If you feel the need to find reasons for something, and you dedicate yourself to that cause, you are a researcher. But taking up research as a profession needs some more formal training. This article is about the pros and cons of taking up research as a career.

If you are good at studies, one often tends to think about pursuing higher education (PhD, Post-doctorate) for better career prospects. Being a researcher/scientist in any field requires a minimum Master's degree of education. Therefore, it is important that the field you choose must be of interest to you. Then, comes the requirement of a desire to find answers to questions in a systematic way. This comes with its own set of problems like failure in experiments, non-reproducibility of data, getting unexpected results etc.

These problems lead to frustration and demotivation, but, if tackled in the right manner, these problems also train our

mind to work out a solution and ultimately give us the pleasure of discovering something new and novel. If you think this thrill is what drives you, you should consider Research as a career.

However, unlike most “jobs”, research does not have a fixed time. You might keep working on the same problem for weeks or months, with no fixed daily working hours. In addition to being a critical thinker, you should also be able to write well, because research fundings and grants often require detailed description of your work. Good presentation skills are also important, because you have to present your results to a bigger audience from time to time.

The satisfaction of finding out something before anybody else is a great feeling. To see your name mentioned in reputed science magazines and publications brings fame and happiness. However, this is not an easy path. Therefore, although rewarding, one must consider all aspects before making Research a career option.

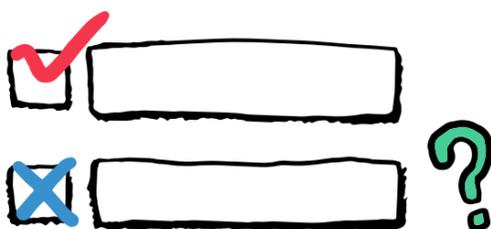
## CHECKLIST FOR PURCHASING A FLAT

Nirali Shah, Mumbai  
Advocate

If you want to purchase a flat in a registered CHS from a person who is the owner of the flat, Maharashtra Co-operative Societies Act, 1960 require you to consider the following things.

In addition to Investigating the Title, the following documents must be called for from the vendor:-

- 1) All documents of Title
- 2) Share Certificate
- 3) Possession letter
- 4) Electricity bill, Telephone bill, Maintenance bill to verify that the Vendor is the occupant.
- 5) NOC from the Society



### Checklist for Seller:

- Notice of his intention to the Secretary, signed by transferor and transferee.
- The transferor should hold shares or interests in the society for at least a period of one year.
- The transferor shall file an application for transfer of his shares and interest in the property of the society, in the prescribed form along with original share certificate.
- The transferor shall pay transfer fee .

## INSPIher

Dr. Ambika Vaidya Yawalkar

Dr. Ambika Vaidya Yawalkar is a Dentist who is currently on a break in career is actively involved in early development activities for kids. Her passion for early learning and Montessori tools is evident by the huge success of her Facebook groups Busybee Store and Early Learning world of Pihu. Here are the excerpts of a candid chat with her.



### Please tell us a little bit about yourself :

I am from Karnataka. I am a Dentist and have pursued masters in Health Care Management from Bangalore. In 2013, I got married and settled in Maharashtra. I got appointed in Govt sector as Dental health officer. In 2014, I became a mother to my little angel who is 2.5 years old now.

### How did the idea of Busy Bees happen? What were your initial concerns about the idea? What are your future plans?

After motherhood happened, I gave a small break to my career so that I could give my 100% to my daughter. I got inspired by many bloggers around the world, read many articles and books and started implementing early learning methods / activities with my daughter. I found that it was a great way to teach and interact with young babies and decided to make it public and developed different activities for sensorial development and fine motor skills for babies. I started BUSY BEES, my small venture on Facebook where I listed all I started since my baby was 3 months old 1 year back. It was not a preconceived plan. It happened after motherhood. I

enjoy doing it and my page has many followers now. Future plans will be to continue on this path as I really enjoy it.

### How important do you think it is for women to have financial independence?

No matter what is her family background, it is essential for a woman to stand on her own as it gives self-confidence and makes her strong. During break in career, a woman must get involved in doing what she likes.

### How important is family support for a woman if she wants to have a professional life?

Family support is very essential, as it is like a backbone. My parents and in-laws, my family and my hubby always motivated and supported me.

### Any message for our readers?

Mommies who stay at home and can't go out because of family responsibilities should make their hobby their passion. Don't get disappointed.

- The transferor shall clear up his dues .
- Notice of resignation of membership
- Undertaking to discharge the liabilities to the society

### Checklist for Transferee / Purchaser:

- The transferee shall fill and sign form prescribed which has the consent of the proposed transferee for the transfer of shares and interest of the transferor to him.
- Application of membership to the society.
- Entrance Fees as prescribed
- Undertaking to be given jointly by the transferor and transferee on a Rs. 100/- stamp paper about the registration of transfer of a flat under section 269 AB

of the Income Tax Act. (Such undertaking is not required where the transfer is between 2 relatives or if the consideration of the transfer is Rs. 75,00,000/- or less).

- True copy of agreement of sale with proof of payment of Stamp Duty and registration.
- The transferee has to give an undertaking on Rs. 100 Stamp paper in a prescribed form to the effect that he shall use the flat for the purpose for which it was purchased by him and no change of user will be made by him without the previous written permission of the committee members of the society.



## HEALTH & FITNESS: A Lifelong Commitment

Neha Vasdev Kaushik, New Delhi  
Senior Biller at Colt



This article is on being fit and healthy through a better lifestyle and diet changes for busy moms. Especially for those moms who cannot find time to go to the gym or devote a fixed time to exercise.

Most of us are just trying to lose weight believing it is 'the' thing for ultimate fitness. Instead, the motto should be fat loss and not just weight loss. Been there, done that! Believe me; it's not healthy in longer run. No matter what workout you do or the diet you follow, the key is to keep your metabolism running. To break this, your metabolism (digestive process) should

always be engaged burning those calories you get from your food. Higher the metabolism, lesser the fat! Following are few quick tips:

- Have only hot water. It's not just the number of glasses (average 8 glasses) of water that matter to lose fat but also, the temperature of it matters. Hotter the water, lesser the fat.
- Start your day with a powerful decoction; I use 1/2 lemon, 1 tbsp. honey and 1/2 spoon ginger juice in warm water to give your body the kick-start for starting metabolic processes.
- If you are really tight on time, just do

'Kapalbhati' for 15-20 minutes. There is a big number of Yoga videos about the same.

- Most important, keep physically active, always. Ditch the elevator, walk to the market rather driving, take frequent breaks every hour, prefer standing if in a meeting. Being a lady, you will often be offered seat but deny politely. I do that a lot.
- A decaffeinated green tea is must, at least once a day. I use Organic India decaf one.

## ENLIGHTENING FLOWER POWER

Ashna Ddhannak, Mumbai  
Holistic Life Coach



Whether it's an emotional stress that you are facing over Relationships, Finances, Health or any kind of Worry, Fear, Anxiety & Panic Attacks; Be it general Sadness or Severe Depression, Grief & Sorrow or Feelings of Anger, Jealousy, Hatred, Confusions, Low Self Esteem & Confidence issues; the **Power of Flowers** can now heal even the most demanding, burdensome & complicated emotions in you with utmost ease and comfort.

Dr. Edward Bach, a British Homeopath Doctor had developed a range of 38 Remedies called the Bach Flower Remedies. The Bach Flower Remedies, expels away the negative emotions by replacing them with the healing energies from the Flowers which can revive Happiness & Joy in humans as well as animals.

So let us see below, a few important remedies that can be used to heal various negative emotions that we encounter in our daily lives:

**Mimulus** - (Flower Essences) – They help to heal any kind of known fear within you, like fear of darkness,

swimming, flying, visiting dentist, public speaking, job insecurities, hospitalization etc. They help to restore courage & strength from within.

**White Chestnut** - (Flower Essences) – They help to heal the mind from worrying and unwanted tormenting & repetitive thoughts which becomes obsessive and seems impossible to control. They help to bring back that much needed peace & harmony from within.

**Walnut** – (Flower Essences) – Walnut is known both as A Tie Breaker as well as A Tie Maker... as it helps to cope up with the big effects of change & adjustments during transiting points in life eg – adjustments required in a new country, Marriage, Schools, during pregnancy, retirements etc & also a great remedy for breaking ties with the past like letting go of the old relations, coping with Divorce etc

The Flower Essences are generally blended in combination as per the individual's emotional need and requirement and are recommended to be taken under the guidance of a Bach Flower Therapist.

## WHO'S THE BOSS?

Dr. Sapna Sharma, Nagpur  
Spiritual Counselor

As we grow up we start believing that we are the ones controlling ourselves, our life. We grow so arrogant that we try to control others and their destiny too.

That is when HE takes things in his hand, pulls us by our ears and gently tries to tell us... wake up... I am still the boss around here.

Perhaps God created life equipped with such fine intelligence because He wished us to be independently surviving beings harmoniously coexisting with billions of HIS other creations. For that HE bestowed us with such qualities that no scientist has been able to understand fully neither have they been able to re-create even a fraction of this superb human machine.

But then we start taking ourselves too seriously. The more blessed we are the more arrogant we become. Instead of being thankful for the blessings, we assume the all consuming "ME" form. The worst comes when we start to presume and treat others to be "lower" to us. We assume the self proclaimed right of controlling and directing others. Often it stoops us low down enough to hurt others emotionally, financially and physically.

For HIM, all his creations are equal... HE has to intervene and when HE does, His ways are not always appealing...



Then we cry and curse and blame still unable to see what HE is trying to tell... "I am still the Boss my child, you be what you are and let others be."

If only we can learn to count our blessings and feel grateful for being one of HIS finest creations and remember THERE IS ALWAYS THE BIG BOSS AROUND US.

### YOUR STORY

Wish to have your story on any of these pages?

Write to us at [writer@reporter.in](mailto:writer@reporter.in)

### I WANT TO...

Is there something you want to learn or ask?

Write to us at [writer@reporter.in](mailto:writer@reporter.in)



## WORKING OUT IN SUMMMERS

Dr. Swapnali Dabholkar, UAE  
Ayurvedic Consultant

Traditionally, Ayurveda, recommends lightening the workout load especially in the summer. Avoid strenuous exercise like lifting weight and anything that makes you more drained.

Some of the best summer-friendly pitta-balancing workouts are **Pranayama, yoga, swimming, dancing**, and anything else that is light, fun, and not competitive. While many of us are used to think of exercise as a 'must do' not so pleasant activity, try to change this perception and make it more about having fun and enjoying movement this summer.

Be present in your body, listen to its cues, and trust it completely. Focus on your breath and all the transitions, letting go of the goal oriented - practice.

The amazing thing about this approach is to exercise that you get stronger really fast and exercise leaves you feeling



energized, not depleted.

According to Ayurveda strenuous exercise during this climate can hinder digestive fire and lead to fatigue and sluggish digestion. Stay hydrated but avoid drinking ice-cold water and any fizzy drinks for that matter.

After your Asana practice or any other physical workout, make sure you don't skip on the restorative poses and good quality stretching.

Put cold cucumber slices on your eyes,

and rest for five minutes if your eyes are burning or dry.

If you still feel the intense Pitta nature after completing the workout, do a Yoga Nidra to relax to a very deep level both physically and mentally.

Take a cool shower and let some cool water run on your head and eyes.

Enjoy cooling bitter, astringent, sweet foods after the workout. Salads, fresh dairy - free smoothies and fresh fruit work great! Eat food that is less spicy, sour, salty or hot. Avoid hot peppers, fermented foods (yogurt, pickles, wine, idli, dosas) and acidic foods (citrus fruits, tomatoes, coffee, vinegar).

Add moong beans, dark green, cilantro, broccoli, cabbage, celery, snow peas, summer squash and bitter gourd to your grocery list as they are very cooling.

Follow these tips and am sure ladies you are gonna rock this summer!!!

## POETRY

### MISOGYNY

Gaurav Kochar, Chartered Accountant, Mumbai

She grew in an ecosystem  
devoid of justice  
Instead she was asked to "adjust".

She was no ordinary to accept this  
unlawful paradise

She tried fighting all odds to  
everyone's surprise

But to no one's surprise, she was  
fighting this battle for a lost cause,  
She was always meant to be at the  
receiving end of course!

From her childhood days when she's  
asked to be dressed in a certain way,  
She's taught that there are some games  
that only guys can play,

To not show anger when a ruthless  
bastard stalks her

Just stay calm, run as fast as she could  
and get away.

When you're being talked about in a  
nasty way,

Its your fault that you behave in a  
certain way,

Let the brickbats bark on you, stay  
unperturbed

They'll eventually stop as they can't be  
barking forever, will they?

You're the weaker gender, all you got to  
do is "adjust"

For inviting a fight is only going to land  
you in trouble

They will outnumber you, they're  
merciless and uncouth

The problem from there on will only  
get double

So learn from the past what it teaches,  
Misogyny is just a myth no one  
preaches,

Having courage lands you nowhere  
near justice,

All we hear is how the troubled  
women screeches.

But now, time has come for the mad  
race to evolve

Misogyny is a problem we all should  
together resolve

It ain't just about women claiming their  
rights for justice,

Its a sin from which we need to get  
ourselves absolved!

We have had enough of this gender  
inequality thing,

The patriarchal society that we all are  
part of must end

It was never really a race of dominance  
or superiority,

But the question really is, who will  
bring this race to an end?

## WHAT DO YOU DO?

Jyotsna Bhat Ambure, Gdansk, Poland  
Research Fellow

What do you do?' a simple question, I never had much problem with this question, as always had a perfect answer for this like I am studying..., I am working at ... etc.

It never occurred to me that we have been trained in a pattern where the only context linked to this question is an occupation. Everything else comes under the category of hobby. When I decided to take a break from all the occupational tasks, the idea frightened me. How could I survive by doing nothing!! To my surprise, I found new me.

I apply my scientific mind in kitchen experiments; results are delicious. There is a transition in me from a bathroom singer to a kitchen singer. All school time tasks are back in force; drawing, sketching, collage, recycling and decorating my place with me made stuff. Physical activity has no limits; long walks, running, exercising and last but



not the least cleaning carpet by hand and checking biceps afterwards. All my weekends are super busy; I search for new places, plan trips for coming weekends and execute plans by visiting new places.

I volunteer in teaching English to elderly. I communicate with people having different background and different cultures, also, introduce them to our Indian culture. When one of my new friend asked me 'what do you do?' without realizing the change in my pattern I answered her, "I write poems and small articles and sometimes I sing".

We must follow the urge for happy and calm life. Quitting job is not the only solution as its not affordable always but we must find happiness in simple ways. Please give importance to each of your ability apart from job.

So, my current occupation is:  
'Re-learning to enjoy life to the fullest'.



## FIVE Low Maintenance Flowering Plants to Start with

Ankita Priyadarshini, New Delhi  
Multiple Hobby Enthusiast

I've argued in the previous posts that gardening is no rocket science, as well as shared a list of essentials. However, baby steps to build one's confidence never hurt, so in this issue I list Five low maintenance flowering plants for summer.

**1. Vinca:** Vinca / Sadabahar is commonly found across India, and is easy to grow. Available in many colours, it is very low maintenance. Regular watering and occasional compost offering is enough to keep it happy, with great ROI in terms of flowers.

**2. Aparajita:** Aparajita / Butterfly Pea is low maintenance, medicinal and used in Goddess worship. Available in Blue, White and Lilac, it is an easy way to add colour to your garden without much effort. A climber, it is best if given support to climb.

**3. Bougainvillea:** The king of low maintenance flowering. It actually flowers more if it doesn't get enough water! Water it enough to keep it alive, and watch the wonder. Bougainvilleas

come in a wide range of colours, and flower profusely once established. They need sun and loads of patience. They can be trained to climb – perfect for railings, walls and gates.

**4. Hibiscus:** Hibiscus / Gurhal – Beautiful, red, medicinal, low maintenance, great ROI and used in Goddess worship – what's not to like? Keep it well hydrated with the occasional compost offering – it'll do just fine without compost too, if planted in the ground.

**5. Mogra:** Mogra / Bela / Mallika / Arabian Jasmine is an ubiquitous plant found in almost every Indian household. Fragrant while blooms that fill up the whole plant with just a little manure, and a staple of Lord Krishna worship. Another must have!

All of these plants do better in the ground, but they're great in pots too. All native/naturalised to India, they're not expensive either. So go ahead, bring the much needed summer colour to your garden! 🌱

## CONFUSED OR CURIOUS?

Bhavna Fatnani, Mumbai  
Company Secretary



The pace at which Gen-X is headed, I'm afraid there shall be no time for oneself. The manner of decision-making has drastically changed whereby the decision is taken in the spur of the moment and then we end up analyzing its impact.

The choices available engage our minds and we end up giving a try at every possibility, analyzing what suits us the best. However, take a look at the brighter side whereby you shall end up being a happier soul by simply knowing what you want for yourself. You might want to explore the best opportunities and satisfy your thirst of being curious.

Seeing many of us enter into relationships, not knowing where it is leading us, has given me a thought to ponder upon. There's a slight difference between affection and attraction. One cannot demonstrate their affection when one isn't actually concerned.

And the other person who has invested

his time, feelings and has taken efforts to make the relationship work feels devastated when suddenly it's all over. For them, it feels like the world has come crashing down and yet they cannot express what they feel.

That feeling of wanting to scream but having to suppress the chaos you feel inside only to show the world you are doing fine is going to lead nowhere. The moment we accept the circumstances and take it in our stride, life shall be easier and much more beautiful.

Take a pause, look around, feel what you have always wanted to feel, enjoy your moment as if no one is judging or wanting you to change! Even if that means letting go of something you desire the most or upsetting people who mean the world to you, only to realise what you mean to yourself. 🌱

## POETRY

### LADY BY THE LAKE

Ruth Esther Mak, Kolkata  
Medical Transcriptionist

A calm wintry evening,  
The moon is shining high,  
Beside the lake a lady is mourning,  
I am intrigued to wonder why.

She wears a garment of white  
And moves without saying a word,  
In the stillness of the night  
Not a sound is to be heard.

On and on around the lake she  
moves  
Her face is cast down.  
I hear the sound of distant hooves  
A man approaches, dressed in  
brown.

Not a word is exchanged,  
Something is passed between them.  
Did love come to an end?  
Who am I to condemn?

Where did she stumble, where did he  
fall?  
All the love they shared.  
Through good and bad, she gave her  
all  
He never hesitated to prove he  
cared.

Memories were created, they will  
remain.  
Bygone years, bygone days.  
She'll never cease to call his name.  
He looks at her face; it's a blurry  
haze.

Forlorn and sad, she moves on,  
Around the lake she goes.  
No one knows where time has gone  
And yet, each one knows.

Somewhere, sometime their love had  
died  
Void of affection, it withered  
Neither spoke, there was much to  
hide  
But in the end, it mattered.

And so they parted without a kiss  
His imaged etched in her mind.  
He, she will forever miss  
And the love they could not bind.

You must wonder who this lady be  
Pain stretched across her face;  
Don't feel sad, for strong she'll be,  
This lady is none other than me! 🌱

## RECIPE

### ALMOND BISCOTTI



Image Source: Brave New Food

Manisha Taneja,  
Doctorant, Bern

#### Ingredients:

- 2 cups butter, softened
- ¾ cups sugar
- 2 eggs, beaten
- 3 tbsp. orange zest
- 1 tsp. almond extract
- 2-1/4 cups all-purpose flour
- 1-1/2 tsp. baking powder
- ¼ tsp. salt
- ¾ cups silvered almonds, toasted

#### Method:

- In a big bowl beat together butter and sugar
- Add eggs
- Mix in orange zest and almond extract till well-blended
- Mix in remaining ingredients
- On a floured board, divide dough in half; roll and form each half into a 10 inch by 1.5 inch roll
- Arrange rolls on an ungreased baking sheet 2 inches apart
- Bake for about 8 minutes
- Turn slices over and bake an additional 8 to 10 minutes, till lightly golden.
- Take away from baking sheet to cool on a wire rack.

Makes 2 dozens.

Bon Appetite 🌱

## YOUR STORY

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