



INSPIher EMPOWher SUPPORTher

# REPORTer™

India's first all women newspaper



Edition 29

Monday, November 13th, 2017

Mumbai, India

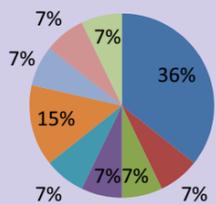
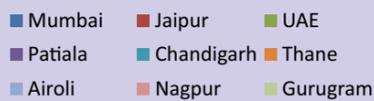
Pages - 5

## In this edition

1. Grow up kid
2. Right Choice for Right Skin
3. 7 Golden tips for Investment
4. NEW - Music Therapy
5. Toilet
6. Kanyadaan
7. Woman of Substance

## Writer's Reach

### Article Contribution November 2017



For November 2017

## Editorial Team

Editor - Harshita Shah, Mumbai  
Associate Editor - Himani Mittal, Punjab

Himani has compiled and edited our newspaper for November 2017 and has taken up this work voluntarily.

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](mailto:writer@reporter.in)  
For a set of complete Writer Guidelines, visit - [www.reporter.in](http://www.reporter.in)

## HAPPY CHILDREN'S DAY

Dear Readers ,

Ready to bring the child within you alive through REPORTer? Yes?? Then let's go for it. It's the month of November and we wish to celebrate the upcoming Children's Day through our e-paper.

Irrespective of age, sex, place, we all wish to get back and cherish our childhood days, when there was so much innocence and less worry. We dared to do the most risky things with a smile and used to get away as well so easily. I am sure each of you would have some story in mind as we are discussing this. It's time to share it with us on [writer@reporter.in](mailto:writer@reporter.in) and the chosen best stories would get a column in our newspaper & some assured gifts .

REPORTer is experiencing a variety of writers from all over the world who are coming up and sharing their



interests, but we wish to take this space and reassure our old dedicated writers that in case if your articles are missed in a particular edition they are equally important and would be definitely covered in the future editions to come.

Lastly I would take this platform to

announce that I have started my full fledged practice as a lawyer for civil, criminal and corporate assistance from Mumbai. As a social contribution, I would be more than happy to lend my skill and time for welfare of people at large, so in case of any legal assistance my REPORTer team can feel free to claim my time.

With the year coming to an end, we hope to do an activity or an event in December 1st week. Suggestions are welcome. Write to me with your ideas on [harshitashah@reporter.in](mailto:harshitashah@reporter.in)

Meanwhile please keep sharing your stories at [writer@reporter.in](mailto:writer@reporter.in) within a word limit of 350 - 400 words and help us keep the motto of REPORTer alive to INSPIher , EMPOWher, SUPPORTher and REPORTer .

Thank you  
Warmth and love  
**Advocate Harshita Shah**

## GROW UP KID

**Gayatri Panchal, Mumbai**  
Graphic Designer / Content Writer

This is the cliché that all of us have heard fewer times on children's day and almost daily in our childhood. That merry childhood when we believed in Santa and fairies! When a hug from parents meant the world and hiding toffees from siblings was a skill we mastered. Ah, that carefree childhood!

During those days the words grow up kid made me wonder what's so exciting about growing up. Since no one explained to me what growing up was like, I began observing grownups to understand what it was like. Starting from my parents who worked the whole day, I had fewer chances of observing them. So I shifted my focus to the people in my locality. The irony of growing up had just begun and the excitement became something else.

I learn about sound pollution in school and see an educated grown up playing loud music at late night. I learn about hygiene and see people throwing garbage on the streets. I observed so many ironical aspects of growing up that I eventually realized that growing up is something else.

It came with sacrifices, adjustments, happiness, worries and what not. Sometimes growing up also meant separation from our own people. I remember visiting Ma Niketan children's home and an old age home with Team REPORTer in 2015. Little girls were living without their parents and elders without their children. There was a sense of delight on the faces of girls who were so happy when we met them on friendship day. I also remember the cheerful faces of all the members of the old age home who

were very happy to celebrate Christmas with us.

Coming back to growing up - over the years I have asked myself, is growing up such a bad thing? Well, not so much. For me growing up is believing in that child within us who wants to live no matter what. If we could believe in Santa and fairies, we can definitely believe in that child within us. Faith in the self is one of the highest expressions of love and the world needs love. Love to make this world a better place for generations to come. This children's day let's take a trip down the memory lane to see how far you have come. You have been through countless adventures and are still going strong. Aren't you? Remember to love that child within you.

**Happy Children's Day!**



## EMOTIONAL SKILLS AT WORK

Dr. Anita Gautam, Jaipur  
Psychiatrist, Gautam Hospital

The secret of success is not a tough one, IQ not a degree, not even technical know-how or years of expertise, but way to success is use of emotional skills in job and day to day life.

**1. Self Analysis:** Analyze yourself, know what are your weakness and strength. Know how others perceive you and your work and take it as valuable information for your betterment in career.

**2. Have control on your own emotions:** Emotional awareness is recognition of exact emotion a person is feeling and reason behind it. Our emotions and mood exerts a powerful pull on

thoughts, memory and perception. In bad mood, our thought become preoccupied and it decrease our productivity and efficiency. One may use workout, mediation, yoga session or long walk to master one's own emotions.

**3. Motivation:** Motivation guides and facilitates a person to reach his/her goal. A successful person is result oriented. He/she should set challenging goals, take calculated risks and have high drive urge to meet the objective and standards.

**4. Have empathy with others:** People express their emotions via their tone of

voice, facial expression or non verbal gestures. The ability to feel and touch others mood and getting emotional cues helps a lot in dealing with clients and colleagues and helps a person to be more skillful in negotiation and management.

**5. Communication:** Being an adept communicator is keystone of all social skills. In simple, asking astute questions, being open minded understanding, not interrupting and seeking questions.

Keep in mind; emotional skills play a far larger role in superior job performance than do cognitive abilities and technical expertise.

## VACCINES

Himani Singla, Patiala, Punjab  
Homemaker, Diamond Jewellery Dealer

Parents do everything possible to make sure their children are healthy & protected from preventable diseases. Vaccinations are the best way to do so.

The viruses & bacteria that cause infectious diseases & deaths still exist and can be passed onto those who aren't protected by vaccines. Adolescents who are vaccinated in childhood but whose immunity has waned are common transmitters of the infections to the infants.

Vaccinations protects children from serious illness & complications of vaccines- preventable diseases which can include amputation of arm or leg, paralyse, of limbs, hearing loss, convulsions, brain damage, measles, mumps, whooping cough, meningitis, influenza, HPV (a virus that causes cancer), rubella, hepatitis A & B and death.

In general vaccine- preventable diseases are more serious for infants & elderly people, by getting vaccinated your protecting your family, friends & others around you.

People cannot catch the diseases from vaccine, some vaccines contain 'killed viruses' & it is impossible to catch the diseases from them. Others have 'live' but weakened viruses designed to ensure that you can't catch the diseases.

Vaccines are among the safest medical products available & can prevent the suffering and the costs associated with infectious diseases. The potential risk associated with the diseases that vaccines prevent is much greater than the potential risks from the vaccines themselves.

Vaccines- preventable diseases can be deadly, for example: Meningococcal infection can spread quickly, causing death within 48 hours.

Like eating healthy food, being active and getting regular check-ups, vaccines play a vital role by keeping all of us fit right from the day of birth. Keep yourself updated with the best & latest vaccines by having a check with your doctor.

## RIGHT CHOICES FOR THE RIGHT SKIN

Dr Swapnali Dabholkar, UAE  
Ayurvedic Consultant & Weight Management Specialist

Ayurveda believes, true beauty is composed of three vital elements, a well-nourished body, balanced mind, and a peaceful soul. Achieving all three will ultimately reflect in healthy & radiant looking skin, which is indeed a sign of good health.

Flaunting a glowing skin is a dream of every girl and it's not that difficult. Ayurveda describes three types of skins.

**Vata skin (Dry skin)**

**Pitta skin (Sensitive skin)**

**Kapha skin (Thick & greasy skin)** more tolerant to sun.

**Pitta Skin** types should reduce the consumption of sour, salty, and pungent foods like pickles, papad, chips, soy sauce, and salad dressings etc. all of which aggravate the pitta (fire) in the body and are prone to allergies, rashes, and breakouts.

**Dry-skinned Vata** types can indulge in oily foods without breaking out, although too much spices or dry, cold dishes can cause a great deal of imbalance. Vata skin tends to wrinkle more as it ages, due to its dryness. If you have Vata skin, you are particularly sensitive to mental stress, which tends to show up as a tired or dull skin.

**Kapha Skin** types are very lucky as the skin is smooth, moist, normal, do not

have breakout if they follow a well-balanced meal. For all skin types, a good skin care routine is very essential on daily basis; make sure you use natural ingredients. Just remember one thing when it comes to skin less is always more.

Cleansing, toning & moisturizing should be a daily ritual, with natural ingredients. According to the law of "like increases like", the best diet for you is one that compensates for you.

Ayurveda recommends certain foods to nourish all skin types, and overall health as well. Eat plenty of sweet, juicy fruits like papaya, watermelon, pear for breakfast, preferably on empty stomach. Choose one fruit at a time to have optimal health benefit, as each fruit has different enzymes and temper. In order to enhance suppleness of the skin, eat variety of whole grains to nourish your skin with a variety of minerals. Recommended grains include quinoa, couscous, millet, barley, rye and wheat. Combine them in different ways, or eat a different grain at each meal, no multi grain, wheat flour or breads as they may hinder each other's absorption.

Essential fats like coconut oil, homemade ghee, castor oil, almond oil & olive oil are great to add to your cooking. Dry fruits like peanuts,

almonds, walnuts, apricot & figs should be eaten in moderation and eat them separately as a snack.

Eat a variety of vegetables cooked in skin-friendly spices. Avoid gravies as it has lot of oil. Leafy greens & fruit vegetables are especially good for all skin types. They really do make your cheeks rosy, because they provide nutrients such as iron and calcium, which help to nourish the blood and skin tissue.

Fresh butter milk is great for all skin types, include it in your meals or even use it as a toner. It is an excellent appetizer, good for digestion & excellent blood purifier. Drink lots of water, adding lemon juice will make sure you get your daily dose of Vitamin C. Once in a while drinking wine or indulging in chocolates will never do any harm if 80% of what we eat is right.

Keep in mind, when the skin is in absolute balance, a little bit of anything is ok. The need to eliminate something entirely from your diet comes when there is already a health or skin condition present. We can use food to regain balance and then enjoy just about anything in moderation.

**Keep Glowing Ladies.**



## HER MONEY, HIS DECISION

Amehya, Mumbai

India, which is the 2nd most populated country in the world comprises of two major categories rural population and other is urban population which is divided between males and females. Particularly in urban area there are women who are supporting their families financially and are independent.

Generally women are fond of Life Style which they manifest in copying constant improvement in standard of living.

So hardest thing for them is saving money & it's difficult to figure out simple ways to pursue their financial goals; however there are many women who take wise investment decisions. These decisions are restricted to the asset investment in commodities like buying a house or car when it comes to investing money in liquid investments like stock market, tax free schemes; buying medical insurance or life

Insurance they still depend on their husband.

In investments there are mainly two different approaches one is male perspective which is more into creating an asset & other is female perspective which is more into creating source of Fixed Income so that they can spend on their life style.

Now a days with the awareness about finances and investments, many women are becoming more and more inclined towards various investment options like stock market and mutual funds; however there is difference in portfolios of both genders.

Although there is awareness about Finance & Investment, one question is still unanswered, when it comes to buying Insurance for family why men take less insurance for their wives & more insurance for themselves??

## ENLIGHTENING BOOOT CCAMP I CAN & I WILL

Ashna Ddhannak, Mumbai  
Holistic Life Coach

Have you ever felt your world going down Topsy Turvy with a feeling that you have been churned, whipped, thrashed, choked, hammered, attacked, huffed & puffed out of your mind & existence just like a piece of dirty linen being put in into a washing machine with full force washing. You can't hold your inner most crap anymore, anything & everything you did is not getting you anywhere. Being in a state of refusal & self denial cannot be coped or handled anymore.

Have you also discovered that the reason for all these pessimistic emotions within you is none other than YOU YOURSELF. That is the self sabotage playing at its peak. ENLIGHTENING BOOOT CCAMP is all about setting a new space within yourself for Enlightenment, through a set of strict discipline modus operandi procedures and techniques which brings in the ultimate transition & transformation for living that Amazing Dream Life.

For making a significant shift, it's mandatory to go through a step by step structured & powerful process involving a psycho – spiritual rock & roll with the 5

natural elements known as "Panch Bhutas" which will help you to bring to that edge of a life altering break.

ENLIGHTENING BOOOT CCAMP is a no nonsense training camp with groundbreaking & Incredible Journey of 4 night & 5 Days Spiritual Retreat at the Sacred & Magnetic Land of Hrishikesh, which is a priceless opportunity to experience an authentic, radical & exhilarating transformation from within, eminently designed & led by me.

Venture into the magnificent power of River Ganges, Saicred Yagya Ceremonies, Melodious & Tuneful hymns, Satsangs, Vedic Wisdom, and Stringent & Unsparring Phenomenal Sequels to acquire a powerhouse of Fortitude & Courage to live life on your terms.

To completely re-caliberate & shift your life to a 360 degree turn, the perfect timing is JUST NOW, THE TIME TO CHANGE IS JUST NOW. Get enrolled today for the ENLIGHTENING BOOOT CCAMP to become vibrantly alive & step forward in a fresh brand new way. For further inquiries & assistance connect with me on:

[ashnaddhannak3@gmail.com](mailto:ashnaddhannak3@gmail.com)

## 7 GOLDEN RULES FOR INVESTING IN A STOCK MARKET

By Vibhu Gupta, Chandigarh  
CEO, SUPERB HIDDEN GEMS

Making money in equities is not easy but not difficult as well. It not only requires oodles of patience and discipline, but also a great deal of research and a sound understanding of the market, business, among others.

Added to this is the fact that stock market volatility in the last few years has left investors in a state of confusion. They are in a dilemma whether to invest, hold or sell in such a scenario.

Although no sure-shot formula has yet been discovered for success in stock markets, here are some golden rules which, if followed prudently, may increase your chances of getting a good return:

- 1) Take Informed Decision:** First of all understand the business and companies based on data available on portals. Do proper research of companies on your own.
- 2) Invest in Business You Understand**

**welll:** Focus on consumption stories or brand image .Great example Maruti Suzuki created huge wealth for investors, stock moved more than 25 times from IPO price in 15 years.

**3) Invest with your own Capital:** Never invest in stock market with borrowed money.

**4) Give Time to your Investments:** Time value of money plays important role in the growth of your investments. Give time to your investments. Example: we sow seed it takes time to become tree and give fruits, the same process applies with our investments.

**5) Follow a Disciplined Investment Approach:** Historically it has been witnessed that even great bull runs have shown bouts of panic moments. The volatility witnessed in the market has inevitably made investors lose money despite the great bull runs.

However, the investors who put in money systematically, in the right shares

and hold on to their investments patiently have been seen generating outstanding returns. Hence, it is prudent to have patience and follow a disciplined investment approach besides keeping a long-term broad picture in mind. "Be fearful when others are greedy, and be greedy when others are fearful!"

**6) Don't put all eggs in one Basket:** Diversification of portfolio across asset classes and instruments is the key factor to earn optimum returns on investments with minimum risk. Level of diversification depends on each investor's risk taking capacity.

**7) Monitor Regularly:** If you can't review your portfolio due to time constraint or lack of knowledge, then you should take the help of a good financial planner or someone who is capable of doing that. "If you can't even do that, then stock investing is not for you. Better put your money in safe or less-risky instruments.

*Music*  
**Therapy**



15 Minutes of **MEDITATIVE MUSIC**  
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!



## TIPS FOR A HEALTHY FACE

Kshama Rao, Mumbai  
Writer

Skincare contributes a lot of your looks and how you feel about yourself. Natural remedies can bring a glow in your face. A proper skin care routine is essential for a youthful skin. Here are some beauty tips for fresh and glowing face.

**Cleansing, toning and moisturizing:**  
You can cleanse your face with rose water or raw milk. Take a cotton ball, dab it with rose water and apply all over your face. You can use Tulsi (Basil Leaf) water, diluted apple cider vinegar or cucumber juice as a toner. Make this as your daily cleansing routine.

**Scrub:**  
Mix sea salt, lime juice and almond oil. Apply these granules form of a paste to



your face. Gently rub in circular motion. This will remove the dead skin cells from your face and brighten your skin giving a glow.

**Get rid of tan:**  
Mix one teaspoon of Besan (Gram Flour), with one teaspoon of curd. Apply this mask on your face and leave it for an hour. This face mask makes your skin glowing and beautiful. You can also apply tomato pulp mixed with curd on your face. Tomatoes are rich in antioxidants. Leave this paste on your

face, overnight. Next day morning wash your face with water. You will find your complexion brighter and sparkling.

**Moisturize and massage:**  
Choose a moisturizer, which suits your skin. Too much heavy moisturizer can clog your skin pores. The massaging stimulates the muscles of your face. Start from the lower part of your face to upward direction. Applying a sun screen is a must. Excessive, sun exposure may cause wrinkling, dark spots and freckles. Say no to smoking and opt for a healthy diet. Drink at least eight glasses of water. Sleep well for seven to eight hours. Keep away all the electronics from your room. Strip off your make up before going to bed.

## IT'S HIGH TIME TO PAY BACK

Srashti Suneriya Mittal, Gurugram  
Equity Stock Analyst, Home-maker



Air pollution is one of the most hazardous threats in India these days. Nations capital Delhi is among the most polluted city not only in India but in the world. Pollution in Delhi, which spikes during winter, hit almost 30 times the World Health Organization's (WHO) safe limits. The cover of smog on the city has made headlines worldwide, and cemented its position in one of the most polluted cities across the globe. Not only Delhi other states like Punjab, UP, Haryana, etc are also covered by smog.

What is Smog? Smog is one type of outdoor air pollution that can cause particular problems for people with existing health problems, including chest, lung or heart complaints. Children & old aged people are the most affected by this condition.

**Who is responsible for this condition is it the government? Or We?**

Is this only the responsibility of the government to keep air clean? To take measures to control air pollution? I accept it, that government has the major power to control this situation but being a responsible citizen we should also take measures to make our city better rather than to blame each other.

We all enjoy the hi-tech India; all wanted smooth roads, big building, advanced India, so when are we PLANNING TO FOCUS ON OUR ENVIRONMENT? Is this what we are going to gift our children for their future? We must take measures to make India green and healthy. What is the point of getting great technology at the cause of our health?

## TOILET - Sauchalay wahi soch jahan!

Manika Iyer, Thane

This word is very sensitive. They will never understand what it means, who hasn't had to go through some testing time without it.

A place in Brahmand in Thane (Mumbai), the person who bought a house, he had three daughters and he said the only reason to buy my place was for the toilet. 'Bless this father'. They lived in a chawl system at Azad Nagar at Brahmand and he didn't want his girls to go through an ordeal of public toilet or using open-to-sky-toilet. Everybody knows that OTKT (open-to-sky-toilet) is still there at Azad Nagar jungles.

That man had a valid reason and got him the place for his offer, there are many stories not exactly OTKT but with a toilet in the compound of people's house; however no door latch, sometimes no door, where snakes & other animals, insects also had their abode.

A bunch of girls who lived in Mulund were also adjusting in a chawl for 30 years with public stinking toilets. A family in a village near Nagore, TamilNadu, had the whole field to squat



around and a big pool to clean as many arses. Cheers.

We have one collective dream to have a decent dignified life. Hence you know what we as a family can do? Educate each other towards hygienic living, especially safety of girls. We are also proud of Modi government and his Swach Bharat Abhiyaan and we really

believe that his toilet system is working for the betterment of our country & its citizens.

The initiative by our government towards "swachbharat" is making a difference to a lot of families. Everybody is actually conscious of their surroundings and by now all of us know what is wet garbage and dry garbage. This is life and "mera desh badal raha hai."

Girls are genuinely the only return or yield we have in all the investment we do. She is the only person who rewards us with love and takes care of us. Hence her dignity is of prime importance.

Let's all celebrate women and take care of young girls and bring her up as we do to our goddesses and let's cheer them.

So women out there, please voice yourself, be it rural or urban, you are the world, you cannot be taking any discrimination but also you can't let anyone run you over and trivialize this topic of toilet as nothing. This is everything. "Sauch Banao, Betiyan Bachao"



## NOT WHAT YOU SEE IS A REAL STORY

Karishma Engineer, Mumbai

Writer by choice; Editor by chance but currently a home maker

6 am when it's time for me to get out for work. 'Mazdoor union' is what my uncle quotes me. More work and less money is what all MNC is about. So here I was walking down my lane where I saw this women dressed in a pale yellow saree, many frowns on her face, walking towards me hurriedly. The area where I stay is surrounded by hills, Mulund, the queen of suburbs is what it is rightly said. Many people come for morning walk on the lane but the area looked scanty maybe because of the winter monday morning. Her speed increased as she approached me, "Didi apka phone chahye. Meri beti ko call karna hai", she said. Early morning such scenes always remind me of thieves and many savdhaan India and crime patrol episode saying "Satark rahiye". "Kyu kya hua?", I asked her. To which she replied, "Didi meri beti apne doston ke

sath pahad pe gai hai. Hamare paas mobile nai hai. Aathvaan uski dost ka number hai mere pass. Thand ke wajah se abhi bhi andhera hai. Bahut chinta ho rahi hai. Usse baat ho jati to apki meherbani hogi."

Continuous fight between the left and the right brain with one side saying she will harm and elope with your phone and the other saying you should help her. And when suddenly my humanity devi appeared and I gave the phone to the lady.

Dialling the number in a hurry, "Sejal hai waha?"

"Ha aunty", the friend replied.

"Mein neeche swapna nagri bus stop ke waha intezaar kar rahi hu. Kitna waqt aur. Sambhal ke aana tum sabhi", she said in a concerned tone.

"Bas 15 minutes mein aarahe hai. App

chinta na kare".

Keeping the phone her face was suddenly out of frowns. She was now calm and at peace. She thanked me for the phone.

I bit my nails and cursed myself for the negative thought. The lady said she stayed in the slums with her child and husband. Her girl Soonie (now I knew her name) likes trekking with her friends on the hills. As there are many leopard attack cases coming up she was just concerned for her girl.

I left from there as I was getting late for work. But this incident surely had a deep impact on me. Yes you never know who's good and who's bad. But we should keep the fire of humanity lit inside us.

## WOMAN OF SUBSTANCE

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

Recently I was invited to present awards to the winners of "Woman of Substance Award". This time I attended the ceremony out of curiosity. Who are these women who particularly deserve to be bestowed with this award from among the scores of women in the city.

So then the awardees were summoned one by one and introduced for the reason they were chosen the winners. To my disappointment the awards were given for achievements in business, sports, academics, job and other likewise activities carried on outside the house.

Why was there no award for the mother who has sacrificed her career to bring up her children and to give her entire attention to make them worthy of the world? Why was the daughter in law not awarded who has been serving her ailing in-laws for years? Why was there no mention of the dutiful wife who had decided not to make a career so that she can accompany her husband on his promotions and transfers to ensure that he does not have to eat the unhealthy mess food? Today's awards could have been called as Achievement awards or similar. But why "Woman of substance"?

And then none of the introductions of these woman award winners mentioned the huge work she does at home before she steps out or the sleepless nights she endures to do her work because there is no alternative for her chores at home?

This trend is disturbing. We want our daughters to study and take a career but then we want them to get married and have children and have a happy life too. But as a society we are giving a loud message with each such ceremony that this world respects only the women who step out of the house and earn. For everyone else the words that we spare are, "Oh, she is just a house-wife."

Isn't it time for us to think?

## KANYADAAN

Manikaiyer, Thane  
Lecturer



### Rituals of Kanyadaan:

Before taking pheras the father of the bride places the hand of his daughter in that of the groom's. Along with this betel nut, fruits, money, gold and flowers are placed in the couple's hand. Vedic mantras are chanted.

The girl's mother pours water on her palms. This water flows down to the hands of the groom. This symbolizes that their lives are now linked. A white cloth is tied around the couples shoulders to protect them from the evil eye. They take pheras and holy vows together to be loyal and committed.

### Significance of Kanyadaan

The bride now accepts the new family and becomes the part of her husband's family. The responsibility of a parent towards their beloved daughter is fulfilled. The father of the girl officially hand overs all rights and duties towards his daughter to the groom. The parents of the bride & groom bless their married children, and wish them the best of life with each other.

## POETRY

By Meharun Tole, Airoli, Advocate

Everyday life teaches us a new lesson to survive.  
Sometimes we learn to accept the certainty we denied  
and sometimes we learn to withstand the torments in our life.  
Sometimes we learn to accomplish what we thought we never could.  
and sometimes we learn to do those things which we thought we never would.  
Sometimes life teaches us in a way which we find unfair.  
But those are the lessons which give us strength in moments of despair.  
And then life teaches you the toughest lessons.  
When you lose your way and see no directions.  
That's when life teaches you to make a new way with your own convictions.  
When you have to live without those persons without whom your life would be incomplete.  
That's when lesson life teaches you that they will always stay as memories though not meet.  
Life teaches you that people come in your life as a part of your journey.  
And when their part ends they need to move on though it leaves you in agony.  
That's when life teaches you the true meaning of being happy and content.  
Letting people move on even if it's without your consent.  
That's when life teaches you to rejoice in their success and not to whine.  
Because not every time you get a chance to be someone else's sunshine!!

Kanyadaan is a popular Hindu ritual in which the father gives away his maiden daughter in marriage to the groom and is referred as Mahadaan. Kanyadaan literally means "gifting a girl". This signifies that the father gives away his daughter to the groom as a part of his duty as a parent. Kanyadaan is performed just before "Phere (seven circumambulations)". This is an emotional moment for every parent.

### Views about Kanyadaan:

Kanyadaan purifies the couple from every sin, they have committed. The groom is considered to be Lord Vishnu. The father of the bride asks a promise from him to look after his daughter in three goals of life named kama (pleasure, sensuality, emotional fulfilment), artha (material prosperity, income security, means of life) and moksha (cycle of rebirth).

The bride is considered as goddess Lakshmi. It is believed that goddess Lakshmi is given to Lord Vishnu in marriage so that it brings happiness and prosperity to both the families. The groom promises to take care of her and cherish her.