



INSPIher EMPOWher SUPPORTher

REPORTer™

India's first all women newspaper

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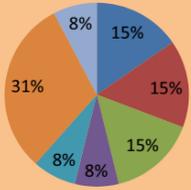
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Writer's Reach

Article Contribution September 2017

■ Jaipur ■ Kolkata ■ New Delhi ■ Gurugram
 ■ Switzerland ■ Mumbai ■ Bengaluru



For September 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 REPORTer 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

For a set of complete Writer Guidelines, visit - www.reporter.in

FESTIVITIES AROUND THE CORNER

Hello Everyone!

It's again the time of the month to value all your efforts and inputs and congratulate all of you for contributing to this venture to bring out a difference in the society by voicing out the women power in one form or the other.

Like always, this issue is filled with positive ideas, poetry, self help, counselling, finance and many more refreshingly new concepts.

September is a month of Navaratri. With the arrival of this festive occasion, I am planning a small get together of the entire REPORTer team to celebrate with enthusiasm, the colours of Navaratri.



This may be a one day event or can be a weekend depending upon the availability of the members.

Keeping in line with our motto of introducing new themes on every occasion, I am willing to introduce

Financial Stability and Awareness as a topic for this Navratri. So i am hereby inviting ideas for the celebration.

Moreover, the Micro-financing topic discussed in the past few editions is now catching up steam and many like minded people have approached me for further discussion. The work is in progress and I am sure that we will come up with a beautiful co-operative plan to accommodate one and all.

Lastly, keep up the good work friends and spread the word of empowerment. Wishing u all a Happy Navaratri And Dussehra in advance.

GANESH CHATURTHI CELEBRATIONS

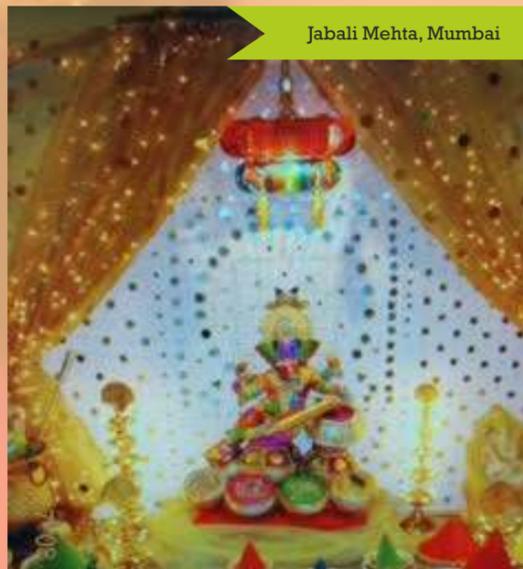
Here are some peeks to how our readers celebrated Ganesh Chaturthi



Menka Dave, Ahmedabad



Himani & Bhavnish Mittal



Jabali Mehta, Mumbai



Renuka Salvi, Kokan



MOBILE APPS FOR GOOD HEALTH - PART 2

Dr. Shruti Sharma, Kolkata
Researcher



The second part of my series on mobile apps for women emphasizes on the undeniable fact of womanhood - her menstrual cycle.

Women of reproductive age spend a great deal of time and ways trying to make their periods comfortable. Although modern Indian women are gradually coming out of the age-old rituals that prevented menstruating women from doing a lot of things, many women are still facing problems regarding their ovulation dates, fertility window etc.

A knowledge about these things is vital for family planning. Let us have a look at some of the mobile apps that make this task simpler for women.

1. **Maya** - This app provides crucial details about the menstrual cycle, predicts the next cycle and informs the user about the most fertile days of the month.

2. **P-Tracker** - This is another app that helps women to track and follow their menstrual cycle through the phases of ovulation and menstrual flow.

3. **Pink pad** - This app provides the same features as above, but also hosts an online discussion forum where women can discuss their concerns. It also has a store where products related to female

health and fertility can be purchased.

4. **Clue** - This app asks for input regarding the various mood swings and changes that the user experiences during her menstrual cycle and uses this information to predict them for the next months.

With the help of technology, women can find out so much about their bodies and its functions.

Period and fertility tracking apps are a great way to learn more about this natural process.

Having the information about our next period, ovulation dates, fertility window, hormonal changes and mood swings will make us more in sync with our bodies.

FOODS TO KEEP YOU YOUNGER

Dr. Simran Saini, New Delhi
Nutrition and
Wellness Consultant,
Fortis Group of Hospitals

It is natural for all of us to want to look young and pretty at any stage of life. But it depends a lot of what we eat, what we drink, how much we sleep and workout. All these practises effect the functioning of our vital organs and the health of our hair and skin. There are some simple lifestyle changes which we can adapt to stay sweet 16.

Eating plenty of vegetables: Eating vegetables is something which most of the people do not like. But including a lot of vegetables to anything you eat whether chicken, rice or chapatti increases the phytonutrients supply to your body. The extra fibre keeps your stomach clean and your body in a detox state.

Eating lot of fruits : Eating a lot of fruits increases the supply of different Vitamins to your skin and hair. Don't you see the name of different fruits in all those cosmetics you use. Papaya face pack, strawberry cream, orange face cream, well time to wake up and think isn't it better to eat all these fruits and get glowing skin from within rather than applying it all from the outside with chemicals combined.

Drinking a lot of water: Plenty of water to hydrate your skin, revitalise your organs, improve your blood circulation and cleanse your stomach. If we list out there are endless benefits to drinking at least 2 to 3 liters of water each day. One of them is looking younger with firmer hydrated skin as well.

Good Sleep : A good 8 hour sleep is a must for relaxing your mind and your body. During our sleep our organs are under minimal burden and hence they rest and repair their functions. A good sleep keeps your mood livelier and even your hair and skin healthier. Stress is a major cause of ageing. So a good sleep also ensures release of stress.

So follow these simple steps to being a younger you.

CREATIVITY IS GOOD FOR YOUR CHILD

Dr. Anita Gautam, Jaipur
Psychiatrist

Creativity is the capacity of a person to produce a novel or new composition, products or ideas of any sort. It is a form of controlled, purposeful and goal directed imagination that leads to serve some kind of achievement, whether in painting, block building or day dreaming.

Creativity is a process, a way of thinking; not synonymous with intelligence. There is a positive correlation between intelligence and creativity. The production of something new depends upon the previously acquired knowledge which in turn depends upon the intellectual abilities of the person.

- Creativity gives child personal pleasure and satisfaction which acts as a reward and has a positive influence on personality development. It gives immense satisfaction to child to create something all by himself whether it is drawing or making tent of blanket.

- Creativity adds spice to their play and makes it more pleasurable and in turn, will lead to good personal and social adjustment.

- They feel sense of achievement by



creating something new and the appreciation given by parents and teachers act as a source of great satisfaction especially for the child in growing years.

How to encourage creativity:

1. **Free time:** Child must have some free time to toy with ideas and concepts and try them out in new forms.

2. **Parents' attitude:** parents who are neither overprotective nor over possessive encourage their child to become independent and self-reliant, two qualities that contribute heavily to creativity.

3. **Child training method:** when parents are too strict and want their child to do as they wish, it hinders the creativity of child.

4. **Encouragement:** when child is encouraged and provided with a stimulating environment with opportunities to acquire knowledge faster creativity. All children have potential for creativity, though they differ in degree of creativity they possess. So, avoid criticizing your child and try to provide opportunities and environment for creativity to develop.



RE-RENDEZVOUS

Bharti Vaish, Mumbai
Corporate Trainer

So whenever Sodium and Chlorine come in close proximity, even after years of separation, they instantly form NaCl (SALT). The only criteria required for this reaction is both reactants should maintain their individual property when apart, without diluting their originality. The law of attraction is bound to play its role, by reconnecting two people who share a soul connection.

Despite all the misunderstandings, heart breaks and severe altercations, reconciliation occurs with certain people & with others, however close the relationship has been, neither of them care to bridge the gap. As Paulo Coelho said, if we truly desire something, the entire universe conspires to make it happen. That explains why we attract some important people back into our life. If the burning question here is "Will the relationship be same as before?" The crisp reply is NO. It can be better, it can be worse, it can be neither better nor worse but different, NEVER THE SAME.

Re-bonding can turn chaotic, if one tries to charge oneself with the same emotion

as it had been in the past. Different flavoured relationship with the same person may not entice everyone but it's crucial to accept the hard truth that with time everybody moves on, hence force-fitting the past connection would be futile. Turning indifferent and acting emotionally disconnected to protect oneself from the past hurt, is another indication that reunion is soon to hit the skids.

Few lucky ones build this new expanded connection stronger than before. With time comes experience that gives rise to wisdom which in turn makes the bond stronger as mutual respect, understanding and trust become the foundation blocks now. The same old relationship may now be mature enough to weather the storms of ego, jealousy or possessiveness that caused the separation initially.

Life is a miracle, every step embraces us with surprises. Don't fret, if your most cherished relationship came to a halt. Somewhere UNIVERSE is conspiring to bring the person back into your life. Prepare yourself for a NEW experience with the same old person.

THE PATH TO SUCCESS

Bhavna Fatnani, Mumbai
Company Secretary



Many of us aim to be successful. The definition of success is different for everyone. It may be defined in terms of fame achieved, money earned, work satisfaction, work-life balance, happiness in the eyes of our loved ones etc. While the measure of success is subjective, the common factor is the desire to succeed. This strong desire to do something is the driving force.

One thing we must all remember is that no dream is small. In order to achieve the target, we must let go of all the preconceived notions set in our minds. Once a target is achieved, don't settle, grow! We must not set a target merely because someone has asked us to do it, we must believe in it and be confident to

attain it. It has to be our faith and conviction which shall help achieve the set goal.

It is our thoughts which define our actions and therefore, it is essential to have positive thoughts. The affirmations help us in the journey. The key to success is in our hand and we must use it to our benefit. Just by aligned thinking and believing in the goal, more than half of the battle is won.

We must enjoy the journey as much as we crave for the end result. In this journey, we may not always succeed. Like it is said, failure is a stepping stone to success. Therefore, one must try again, fail again and fail better. The way you handle failure shapes your success!

INDEPENDENCE FOR HER

Srashti Suneriya Mittal, Gurugram
Stock Analyst

Independence simply means not dependent or when you don't require support of anything or anyone.

India our country has celebrated its 71th independence day on 15th of August 2017. But what often comes to my mind is that are we Indians really independent? Dictionary meaning of the term independence in self reliance, self sufficient, self rule, liberty, freedom etc

Going through these meanings what comes into my mind is "is there anything called as independence in a women's life"? From the very beginning we are taught that "father is the head of your family" I wonder why so, why not both

father and mother? Is it because she is at home and is not earning money? Whether working in a full-time job is by her choice or not? Office-going or not, she always has the job of HOMEMAKER and keeping care of each and every member of the family and house is not at all a easy job. Yet, they are always taken for granted and it is said that their husband is the more important member of the family. I personally feel marriage is a partnership between two people where both the partners have equal shares.

Women have proved themselves in every field, they are no less than men, still if you see a single mother or a separated woman, people pity them and

there are always some anti-social elements ready to hamper their respect, and they will never allow these women to live their life peacefully and independently.

Crime against women i.e. rapes, acid attacks, dowry, forced prostitution etc. are increasing day by day. Women still are not safe, they can't go outside late night on their own; they can't always wear clothes of their choice, so how are they independent?

I don't feel that there can be independence of the country even if a minor segment of the society is considered to be dependent... independence will be when all are given

equal right to grow, develop & live our life on our own conditions.

YOUR STORY

Wish to have your story on any of these pages?

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I WANT TO...

Is there something you want to learn or ask?

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SAICRED CCEREMONY – HOLY BLESSING RITUAL

Ashna Ddhannak, Mumbai
Holistic Life Coach

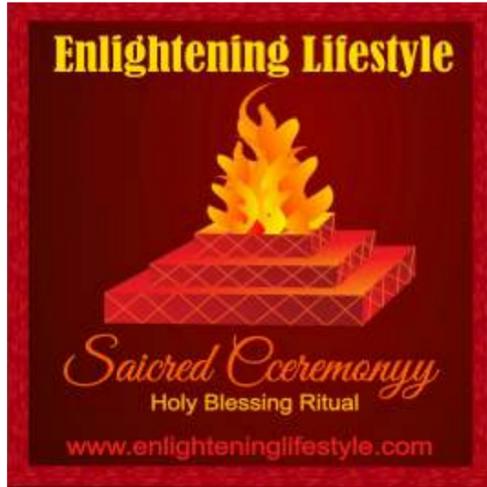
YAGYA (A Sacred Fire Ritual) finds place in all spiritual & auspicious ceremonies in the Indian culture.

Ancient Yogis have been performing Sacred Ceremonies to attain Enlightenment & Omnitude with the Higher Consciousness. Ceremonial Protocols & Rituals have been their way to reshape their disoriented mindset from a state of conflict & disharmony into a space of peace, tranquility & stillness.

“ENLIGHTENING LIFESTYLE” (Miind Wellness Boutiique) presents “SAICRED CCEREMONY” (Holy Blessing Ritual) which is re designed as A Modern Yogi’s DAILY YAGYA KIT for practising from the comfort of their Home / Office to gain Mindfulness & Illumination.

The Kit contains:

- Wooden Box
- Mini Havan Kund
- Yagya Samagri (Ritual Offerings made of 9 Sacred Wood Powder & 27 Medicinal herbs)



- Bunch of Mango Wooden Sticks
- Kapur (Camphor) Tablets
- Instruction Card

Below is a simple process to perform your own MINI YAGYA:

SET YOUR DESIRE - Be clear of your Purpose & Intention. Contemplate & recognize your shortcomings that you want to let go off.

CREATE YOUR SACRED SPACE – Select a well ventilated & peaceful area at home / office & set aside 20 min of your time. Place an Orange Silk Cloth

on a Table & place your Yagya Kit on a small wooden bench. Take a large heat resistant Copper Thali & Place the Havan Kund on the centre. Follow the procedure mentioned in the Instruction Card.

Perform the SAICRED CCEREMONY: Begin the Ceremony by igniting the Fire & chant the appropriate Mantra / Affirmation mentioned as per the Intentions in the Guidance Card. Allow the Fire to cool down & after the ritual is over, drink a glass of Coconut Water for an auspicious Completion (Poornavati) & for manifesting Glorious Results.

Regularly practicing these rituals, supports to evolve a positive Kismet & Fortune. It also reduces the Planetary Maleffects & Pitru Dosh in one’s Astro charts if any & is eventually a great channel to dissolve the Negative Karmic Cycle bringing overall Blessings in Life.

For ordering your Saicred Cceremony Kit, get connected with me:
ENLIGHTENING LIFESTYLE
(Miind Wellness Boutiique)
Raghuleela Mall, Kandiwali West, Mumbai 4000067
Mobile- +91 99209 33226

DIARO Your Personal Secret Diary

Mukti Kapadia, Mumbai
Assistant Manager, Technical Writing

If you like to have a diary but you are always concerned regarding issues such as loss of diary, maintenance of that diary and the fear of someone else reading it, then you need not worry anymore. Diaro, an android application makes sure that you note your daily thoughts as well activities in a very easy and efficient manner.

You can sync the data to Dropbox. The application gives you the flexibility to attach images, customize the look and feel of the application as well as it provides the option where you can lock the application using the password. Password protection will help you to jot down all your secrets. The application allows you to add new tags as well as new folders which will help to revisit the whole set of pages segregated in that particular folder or tags respectively in the diary.

The most amazing feature is that it allows setting reminders for particular date along with time which will help you to make sure that you jot down your daily activities and cherish them as memories.

So just download Diaro and make sure you create mesmerizing memories which nobody can steal from you!

TIPS TO STOP BREAST FEEDING

Sonika Goyel,
Bengaluru

Have you ever heard “Oh! s/he is already one, you should stop breast feeding now”? Or, “s/he is already 2 years, prolonged breast feeding will make your bones weak”. Even worst “don’t you feel shy to breast feed your 2.5-year old kid?” Why would any mom feel shy to breast feed her own child, no matter what’s the age of the kid. It’s a decision that should be solely dependent on the mother and not guided by these types of comments.

So, moms feel free and enjoy breast feeding as long as you want, since breast feeding is beneficial for the kid in many ways. But when it is time for you to stop it, here are some tips and tricks.

- **Prepare yourself and baby:**
It’s very important to prepare yourself

mentally that you’re ready to stop it completely (for any reason like medical or personal) and stick to it. Please ensure that the baby has already been adapted to eating other foods or drinking formula milk from bottle or glass, so that s/he doesn’t stay hungry.

- **Stop Gradually:**
Plan and stop gradually. Start by reducing the number of feeds during daytime. It may take a while before night-feeds can be stopped completely, especially if the baby wakes-up frequently asking for feed.
- **Avoid using neem oil or bitter gourd juices (commonly advised):**

This was one of the common suggestion I received from different moms to stop

breast feeding but nothing worked out for me. Instead, I was left with a guilt feeling of making my baby swallow neem oil.

- **Be Firm and have Patience:**
Last but not the least, be firm with your decision and don’t give in to baby tantrums. Try to divert baby’s attention to different things and offer more attractive food. It may take some time and some babies may even face sleeping issues initially.

Breast feeding is the best bonding moment and helps to improve the immunity power of the child. So, enjoy it to the fullest and breast feed till you want, unless there is any medical reason.

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!



7 TIPS FOR A GREAT GARDEN IN MONSOON

Ankita Priyadarshini, New Delhi
Multiple Hobby Enthusiast

Monsoons are a boon for gardens. No need to water for days and plants get a new lease of life. However, water-logging, pests, weeds, etc. are common issues that threaten the garden in monsoons.

Some tips to ensure that you can enjoy a trouble-free garden with very little work:

1. Drainage: Good drainage is always necessary, but never more than now. Ensure that plants don't get waterlogged. Provide a bed of pebbles at the bottom of your pot or planting pit.

2. Manure: Every time a plant is watered, some nutrients of the soil leach out. It is imperative to keep a steady supply of manure. Most fertilisers are water-soluble and get washed away, hence use organic manure that would

stay and rot near your plants and give nutrients.

3. Weeding: Weeding is a critical activity in monsoons. Keep up with weeding, or nasty weeds may suck life out of your precious flowers.

4. Pruning: Now is a great time to prune. Summer bloomers get a new lease of life and give out new shoots and sometimes even flower on the new shoots. Winter blooming perennials will thank you and produce new shoots that will hold this year's flowers.

5. Taking care of pests: Pests that are a nuisance the rest of the year, become a catastrophe in monsoons. Use Neem oil, cow urine, chilli, cinnamon, vinegar, soap solution or whatever works for you.

6. Soil loosening: Soil becomes a lump because of being watered. Soil loosening needs to be done on a regular basis. Otherwise, good rain water wouldn't reach the roots, stagnant water near the base may cause stem rot.

7. Shade to sensitive plants: Not all plants love moisture. Succulents and cacti are better off with low watering frequency. It's important to bring them in, away from the open sky. Move all plants that seem to be the worse for wear because of rains and put them in a shaded area to save them from the onslaught.

In monsoons, this little care will go a long way in giving you a happy garden!

MAMTA

A SHORT STORY

Ruth Esther Mak, Kolkata
Medical Transcriptionist

It had been three months since Maya had left home. Mamta missed her daughter immensely. She longed to talk to her, to know how her new life was going on, if she was eating right, if she was taking care of herself - so many unanswered questions. She missed her immensely.

It was hard for her to be vocal, but she was proud of her daughter's achievements. When she had been expecting, they wanted a boy, but Maya gave them so much pride and joy that she was sure even 10 sons would not have been able to give her. She proved time and time again that she, as a female was no less than a male in terms of strength, capability, or intelligence and definitely much more able. She once hesitantly suggested to her husband that it was time they made peace with their daughter, but he was very stubborn.

"She must come home," is what he said. Mamta knew that both, the father and the daughter shared the same stubborn streak. Neither would bend. She sighed. She checked her mobile phone. There had been one missed call from an unknown number. It had to be Maya's, Mamta thought. She checked the clock, it was 7 pm. She decided to get dinner ready before her husband came home.

She would make his favourite 'alu gobi sabji' to go with hot chapatis. She got busy, but her thoughts remained with Maya. She decided that she would reason things out with him over dinner. She deliberated in her head.

How would her husband react? Would he be mad? Would he understand? Should she speak up? Or should she just leave things the way they were and let time take its toll? Her hands moved automatically, but she was lost in thought. What should she do?

HILL FORT, KESROLI

A Royal Place to stay

Janki Parwal, Jaipur
Travel Blogger

Nestled in the Delhi - Jaipur - Agra triangle, Fort Kesroli is about 150 km away from Jaipur, and is an architectural marvel from the 14th century which I visited recently. The fort was constructed during the reign of the Yaduvanshi Rajputs which is now a heritage boutique hotel and also a beautiful holiday destination with old world charm and modern amenities amidst the beautiful vistas of green fields which is a must visit.

After a steep walk through the cobbled path till the reception; I discovered the whole complex was full of bougainvillea creepers, bushes and trees. Exploring the true maze of staircases, nooks and crannies, terraces hidden courtyards, walkable roofs and hallways revealed nobility.

This heritage hotel has 31 rooms, named as "mahal" like Tota mahal, Deepika mahal, etc. Some rooms are spacious but quaint some tiny but airy, some are expensive while some are budget friendly. Each room is unique with its own beauty, decor style and theme. Rooms are adorned with the furniture that evokes old times

,furnishing is tasteful, there is no television, rooms have paddle locks, windows are arched. The actual charm of this place lies in the fact that it allows you to relax in a historical setting and explore nature's beauty.

Fort Kesroli's signature lies in the hospitality. The fort houses a restaurant called "Ranawat burj" which serves a wide variety of delectable cuisines. Appetizing complementary snacks and beverages are also served at "Bulbul mahal" around sunset. At night the fort looked staggeringly beautiful with all lamps lit up adding grandeur to the ancient charm, engulfing my senses in the glories of the rich past.

Durbar mahal is the recreation room for the guest's entertainment which offers indoor games. For rejuvenation you can indulge in spa and swimming pool.

Away from the hustle bustle, Hill fort Kesroli is an ideal locale which soaks you in the royal charm of the kingly era. Well equipped to throw grandest of weddings, Hill fort Kesroli is also a perfect wedding destination.

RECIPE

BROWN SUGAR APPLE COOKIES

Manisha Taneja,
Doctorant, Bern, Switzerland



INGREDIENTS:

- 1 cup brown sugar, packed
- 2 eggs, beaten
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp salt
- 1/2 cups shortening
- 2 cups all-purpose flour (maida)
- 1 cup apple, cored, peeled and sliced

METHOD:

- Mix together all ingredients, stirring in apples last.
- Drop by teaspoonfuls on to ungreased baking sheets.
- Bake at 350 degrees for 8 to 10 minutes

Makes 3 - 1/2 to 4 dozens.

YOUR STORY

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