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# REPORTer™

India's first all women newspaper

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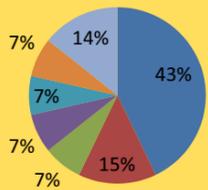
## In this edition

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## Writer's Reach

### Article Contribution April 2018

■ Mumbai ■ Jaipur ■ Bangalore  
■ UAE ■ Ahmedabad ■ Nagpur  
■ Thane



For April 2018

## Editorial Team

Editor - **Harshita Shah, Mumbai**

Despite a full time job, both as a professional and as a mother, Harshita has edited the articles, investing her time into this edition and making your 34th edition of REPORTer a special one. Enjoy some great articles and learn how to lead a beautiful life this summer.

## 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)

## IS THIS OUR LAST PAPER EDITION?

**Harshita Shah,**  
Editor-in-chief

With support from you all , REPORTer has marked its entry to its 34th edition this April. The journey so far has been an interesting and life changing experience to our team and every person associated with us . We take pride to share that we have had lot of women & men also who started off and built their confidence and reached new levels of work and life through REPORTer and its activities .

We have our writers who have turned authors of books, journals, entrepreneurs and taken up their personal and professional life to great new heights.

REPORTer now wishes to take a step ahead to come out with a whole new revised version of its theme for Women Empowerment. We wish to progress from monthly online editions to weekly updates and use our web portals to the fullest to market our work and the reach.

So henceforth, we don't need to wait for just 13th of every month. We plan to have regular updates of articles, advertisements and updates on our website [www.reporter.in](http://www.reporter.in) and subsequently our Facebook page would be the first source of spreading

the awareness.

Slowly we would take up other portals as well. For this purpose, we call for volunteers who have a profound knowledge of web and social media access. Those interested , kindly email your availability at [harshitashah@reporter.in](mailto:harshitashah@reporter.in)

Thank you all for the endless support and warmth. Let's together keep up the spirit and work together for the cause of empowerment within us and for the society.

## LIFE BY CHOICE

**Bharti Vaish, Mumbai**  
Corporate Trainer

Today's celebrities are living proofs that age is just a number. At every growing stage of life, they have been the trend setters, endorsing the fact life has its own beauty, the task is to find it. Here are a few simple techniques to the approach:

- Make amendments – Take a moment to introspect. Are you really satisfied with your job, personal & social life and financial situation? Restructure immediately.
- Unleash the wanderlust – Humans thrive on novelty and travelling quenches that thirst. By now, we have amassed enough bank balance to savour our dream vacation.
- Dress to express – Enhancing the assets and camouflaging the curses of the body is what dressing is about. Dress size doesn't matter, but confidence does. Be authentic and create your own personal style.
- Support a cause – Contribute in bringing about a much needed change in the society that you always envisioned.
- Flirt with confidence – Wisdom,

money and experience are at your disposal. Not only your classy appearance but your grace & humility add on to your attraction quotient. If you are single, go ahead & compliment that cute guy in the bar without hesitation.

- Keep the spark alive – Never let the energy in the bedroom dwindle. It's not the quantity but quality that matters.
- Master Chef – Enough of koftas, pakodas & bajjyas. It's time to widen your horizons and create your own brand in food and drinks. Surprise your folks with your own created brand of a cocktail or a salad platter.
- Attain the unattainable – Solo trips are possible. Sky diving is fun. German can be learnt. Free yourself from limiting beliefs. Social Networking Sites may flood with pictures of extended abroad trips, career successes or a table full of mouth-watering dishes, but your idea of enjoyment may be to join a theatre group. Develop your own interest, without being hackneyed. Stop being a substandard version of someone else. Explore the strange realms even if it

seems bit off the wall at first. Be an exemplary.

- Keep your heart as light as a feather – What weighed you down emotionally years back has no power on you now. Forgive & embrace those back who were once close to your heart. With a wide grin, disregard the ones you never connected with. Be strong and sensible enough to focus on fulfilling your desires, rather than peeping into other's life and their achievements, every now and then. Your peace is your responsibility.
- Control your diet – Decline in metabolism with age is enough of a reason to follow a balanced diet to ensure freshness is intact. Hit a gym to work off your stress.

Break free and pursue more independent ways of thinking even if it leads you to an unknown territory. In the meanwhile if anyone says "you aren't young enough".... Give them a wink and say "Challenging me, it's going to be fun now".



## SAVING A MARRIAGE AFTER A BABY

Dr. Sapna Sharma, Nagpur

Once a child is born some typical Indian things happen:

- The child is made to sleep in between the parents, thus disturbing their natural intimacy.
- The parents are not morally allowed to have any 'me' time or 'couple time'... considered almost sin.
- They are so overwhelmingly attached to the idea of the child that they seem to believe their life now has to be only about the child.
- If they are a bit liberal the elders in the family make them feel all of the above.
- Sex becomes infrequent and then takes the bullet.
- Parents are supposed to be enjoying only with the children and never other wise.

Out come- by the time the children are grown up the couple has become just parents and lose the beauty of their couple-dom. Many even call each other – mummy- papa thus losing the romance in the marriage.

Some rules should be categorically made and followed by the couple to save their couple-dom and the marriage:

- Children should be made to sleep at least in a crib if in the same room.
- Couple should ensure on a couple time at least once a week. Even those who do not have anyone to take care of the child can collaborate with other parents to share one weekend off while the children play with one set of parents.
- Frequent sex ensures intimacy, resolves small conflicts and keeps the relationship alive. Keep yours fresh.
- At least one parent should consider not working full time so that they both don't end up frustrated.
- If you are both earning hire full time baby sitter so the attending parent is not all drained out.
- Remember to date your spouse as frequently as possible.
- Let children know at the earliest that parents need their time too and every outing is not for the children.

And do not underestimate the effect of a good hug, a passionate kiss, casual hand holding and just being close together physically.

## SHATAVARI FOR WOMEN

Dr Swapnali Dabholkar, UAE  
Ayurvedic Consultant & Weight Management

Shatavari (Asparagus Racemosus) this Sattvic herb is fundamental in Ayurveda and no herbal education is complete without it...Shatavari has many names. It is also called Asparagus Racemosus, Satavar and Shatamull. Many people know that it's good for female health but today will discuss how effective it is on men's health as well and how together we can make use of this herb.

The herb is said to very effective; that it can even help your ovaries nurture healthy and mature egg cells. It also prevents miscarriage, relieves morning sickness, increases breast milk and regulates menstruation. Not only pregnancy it also helps in Perimenopause and Menopausal symptoms like hot flashes, irritability, mood fluctuations and all the associated symptoms with menopause. When you combine it with Yoga & Meditation it will make a smooth ride for all the women who are having tough time handling this phase.

Shatavari works as an aphrodisiac for everyone. In the world of Ayurveda, an herbal aphrodisiac goes way beyond supporting a healthy sexual appetite which, Shatavari does, for men and women both. It is a stress reliever and regulates a sound sleep in

both. Aside from promoting reproductive health, Shatavari is also used as a nutritional supplement. It is filled with isoflavones, anti-oxidants, fiber vitamins and minerals, which includes vitamin B, calcium and zinc. Shatavari can be effective when taken on its own. Its rasa is bitter and sweet, and it actually tastes good, making the powder easily palatable. It can be taken as a tea by simply adding Shatavari powder to warm water. There are also many formulas that mix Shatavari with other herbs to enhance its ability to support women's health.

To start, you need to use 1/4 to 1/2 teaspoon of Shatavari powder. You can blend this in a glass of warm milk, added with sugar or honey. Basically, you can add it to any of your favorite healthy liquids. For people who are on the go, Shatavari tablets are more convenient. Aside from this, they do not have a strong taste which is noticeable in the powder form. Shatavari capsules are taken together with water or warm milk. It is also best to take it twice a day, after meals. Or follow the instructions on leaflet inside. Powder form promotes better and faster digestion. Liquid extracts are also good because they are easy to take and have longer shelf life. Like the powder form, liquid extracts tend to have a faster effect. They can easily activate the body's digestive process and other supportive mechanisms.

Celebrate health people...!

## STOP PHUBBING

Dr Anita Gautam, Jaipur  
Director Clinical Operation and Consultant Psychiatrist

We are social being, our personality, our views are shaped by society, by surrounding people with whom we talk and share. The ability to understand another person's emotions is empathy, which has basic role in any relationship.

For a relationship to grow and flourish we have invest in that. We have to build rapport. Rapport demands joint attention- mutual focus. How it is possible when at every another minute we are checking our phone. Imagine you are talking to your friend, suddenly his phone buzz and he totally ignored you, got engaged in his phone. How will you feel? This feeling of hurt and indifference coined as term "Phubbing". Today it is a norm.

This problem is much bigger than what is look like. Smart phone not only affects our concentration and attention but also our emotional part. While talking, not only our mouth says words but our eyes and body also utter our emotions. This non verbal talking increase real bonding with real people in real word.

Digital engagement comes at a cost of losing this ability of conversation. Now people care much for virtual friends in virtual word ignoring what is breaking between them and their near ones.

These all leads to feeling of loneliness, emptiness in relationship, absence of warmth in husband and wife, increasing gap between parents and children.

Is checking a phone really worth losing a friend over? Yes technology and social media are important part of modern life, but we should not lose what is clearly a crucial contributing to our health and well being: HUMAN CONTACT.

### Why Advertise with us?

**REPORTer is  
India's first women's  
only newspaper;  
By the women,  
for the women!**

**An ad that goes to a  
woman of the home  
goes to the entire  
family of the home!**



## WOMAN OF INSPIRATION

By Kshama Rao, Mumbai

Today we are talking about multi-talented **Harshini Sudarshan**. Harshini is the owner and founder of HS Elite's - Desi Beats, Singapore. She is from Mysuru, Karnataka. Harshini is a dancer, a choreographer, fashion event director and a designer.

### Harshini's Achievements:

- Winner Noel Celebs – Most popular mummy model
- Mrs 'Poise and Grace' - Second Runner Up
- Top Designer, Singapore Fashion Runway
- Event co-ordinator for Lunav Mass Fashion, creating a Guinness World Record
- Top contributing participant as choreographer, Singapore Fashion Runway are the significant ones to mention

### Tell us about your work? How did you get motivated?

As a child, I was inclined towards dance and drama. After getting married I found my new abode in Singapore and along the journey found the joy of motherhood. Along the years I wanted to explore a career, I was passionate about, which was flexible and enabled me to find a work life balance. This work-life balance motivated me to start my Dance company. A few years down the line my explorations in the Singapore fashion runway and other events led to my career in Fashion / events industry. That's when HS Elites was born.

### How long have you been teaching dance? What forms of dance do you teach in your studio?

It has been six plus years. We teach Bollywood dance, freestyle western, contemporary, hip hop and folk.

### What age group of students do you prefer?

I do not have any age group preference. In my classes the joy quotient is definitely high regardless

Harshini Sudarshan



of age.

### Tell us about your family?

I have doting parents and in-laws, loving sisters, my pillars of strength my hubby Sunil and my ten year old son Pranav.

### What are your strengths?

Self motivation is my key.

### What are your plans for the future?

Adding more value added services to the clients.

### What advice would you give to young woman readers who want to follow a similar career path, as you?

Take the leap of faith and do what you love. Provide value added service, changing lives is beyond money making.

REPORTer team is grateful for the valuable time she has given to us and we wish her good luck in her future endeavors.

## BETTER OF BOTH THE WORLDS

Ameya D Vaidya, Thane  
CFA

In today's world investing our money is huge concern. Deposit rates are going down; Inflation is going up; Taxation is rising & there are very few Investments which will give handsome returns after applying filters of Inflation and Taxation.

Today we are going to talk about one such Investment Vehicle; it is called **Unit Linked Insurance Plan (ULIP)**. As name suggests it's an Insurance Product designed for specific type of Investors.

When we invest money we assume some risk and based on that risk our returns vary. ULIPS are mixture of good return at considerably less risk.

### How ULIP operates?

Like traditional Insurance Plan we pay premium & some portion of that premium is invested in market. Any investor with having long or medium term time horizon can gain from ULIPs.

Also we need to consider that part of premium is set aside towards Insurance Cover. That means ULIP gives us dual benefit of Insurance & Investment.

### How to go for right ULIPs?

Before choosing ULIPs we need to consider few things; first of that is we must think about the company that is providing ULIP. Say for example if particular Insurance Company is having tendency of distributing big portion of the premium; it cannot generate good returns in ULIP. Another consideration is our risk appetite. Accordingly we can choose which plan we need to invest. Budget is also must be considered. ULIPs are blend of Insurance & Investments.

## FUNNY BONES

By Anushree Aggarwal, Hyderabad / Bengaluru

- Alcohol: Because inner demons are thirsty too!
- If the movie "Pati, Patni aur Woh" gets remade now, the title wud be "Pati, Patni aur Smartphone"!!
- Best time to break a reactive news to a woman is when she has her nailpaint wet!
- Wife and Wifi... both are capable of driving men mad when they decide to switch off.!!!
- Justice or just ice... Depends on which Bar you're in!
- Q: What do you call a responsible stranger in hindi ?

- A: Gair-Zimmedar!
- The two major causes of depression are:
  - a) having a job
  - b) not having a job
- Bread is like the sun..
- Rises in the yeast and sets in the waist !
- A man asked a fairy to make him desirable & irresistible to all women.
- She turned him into a "credit card"
- You call them "cuss words"... I call them "sentence enhancers"
- People who drink to escape their problems are... Booze-dils!!

- Facebook profile is your virtual "aadhar" card!!
- What are the three most popular words in the world?
- Made in China
- Who are the most important people in Indian society?
- 'Chaar log'!
- There are two types of people in the virtual world:
  - Those who have a Facebook account, and those who shouldn't have a Facebook account.



## Enlightening Your Connection With The Higher Self

Ashna Ddhannak, Mumbai  
Holistic Life Coach

The seeds of evolution were manifested by the Divine. Our consciousness decided to take a journey on earth and get an enriching experience in the form of a human body. The life script was formed and the spirit decided to encounter the life lessons on the Earth's dimensions.

### YOUR HIGHER SELF IS ACTUALLY "YOU YOURSELF" IN YOUR HIGHEST AWAKENED FORM.

The Higher Self has the custody of our sacred transcript which is the deal that one has made before advancing to Earth. It has your guide book and your detailed itinerary of all your experiences and wisdom gathered over several lifetimes and your overall soul plan for the present lifetime.

In the dimension of our awareness, at one end, we have our physical body with all its rational perceptions that gets entangled with multiple problems and on the other side we have our Enlightened Self which has the answers for all our dilemmas and complications. Therefore it's very important that we

often stay connected with our Higher Self in order to see through a way forward for making our journey more comfortable, joyful & hassle free on this planet.

### Ways to connect with your Higher Self:

1. **Use your intuition** - Many times in the midst of all the hustle and bustle of the busy lives, we tend to overlook our intellect, the small profound voice from within. It's very silent yet extremely strong feeling that has all the answers we are seeking in this lifetime.

Daily exercise your intuition and have small pep talks with yourself on how to progress on your path forward with utmost ease & comfort. Your sixth sense can be at its highest when you are silent, in nature, while doing creative projects, while driving, during prayers & meditation & journaling your feelings.

2. **Transforming your pain into your most profound lessons of Life** : Endless Pain & Agony virtually enables us to blossom and connect with our Higher Self as it has our best interest at heart and the moment we get disaligned from our purpose of life, we may start feeling

miserable. This discomfort reminds us to start evaluating our mistakes and propel us to come back to our true self which deserves an outshining growth in our overall existence.

3. **Loving yourself unconditionally** – Treating yourself with absolute love, care & compassion is very vital for your overall spiritual growth. Your Higher Self is the most Angelic part of you and when you pamper that part of you, it flourishes and so does your connection with it!!!

To learn more about Consciousness and Enlightenment, connect with: Ashna Ddhannak, Holistic Life Coach, Mumbai



## MY LIFE'S GUIDE

Gayatri Panchal, Thane  
Graphic Designer, Copywriter

For designers, a well thought of style guide is their time and life saver. A style guide serves as a reference point, with all the details of what colors, patterns, fonts, and elements will enhance the brand's value and image. It is used in Interior Design, Photography, Creative Writing and many other creative professions.

What happens without a style guide? A designer can mess up a brand with fonts, colors, themes which may not enhance the brand's value. But with a style guide, the designer can always stick to what looks good on the brand. Now let's relate this idea to our daily lives.

Have you thought of creating a style guide for your life? We make our decisions based on the society, trends, opinions, news and so many external factors. How about turning inwards sometimes?

To make a style guide for your life, ask yourself the following questions.

- What is my favorite music? | Which outfit looks very good on me and why? |
- What colors enhance my beauty? |
- What kinds of movies make me happy? |
- What are the things that irritate me? |
- What food is my favorite? | Which places inspire me to travel?

All these questions will lead to more questions and then you will realize that there are numerous things that make you happy, but you don't think much about them. Write down all of them, and then do more and more of all these things that make you happy. Your life's style guide is all about you. So many times we say that this is my life and yet we hand over its control to our family, situations, and friends.

When something is yours, own it before anyone else owns it. Own it 100% so that it will be yours 100% always. As you do this, you will realize how many times you have stopped hearing to your best friend within you. This friend was and is going to be with you now and forever. Make this friendship as strong as possible.

Think about it and begin to create your life's style guide today itself.

## MONKEY AT FORTY

Menka Dave, Ahmedabad  
Fashion and Business Consultant

Life just gone in getting scared from all adventurous activities and thinking 'I can't do it' OR rather say, listening from my parents 'You can't do it, it's not for us'.

Then suddenly I saw a trek with physical challenging activities; but at forty? Again the same stereo type thought started, 'I can't do it' but this time, I said NO to that thought, like Mr. Amitabh Bachhan said in the movie Pink, NO means NO.

So I prepared myself for it and somehow managed to join the Trekking and Camping group; and guess what? Found most of them were under twenty five!

Actually, Only I was 40; Well my heart just broke when one cute guy called me 'Aunty'; wanted to reply badly but actually I was '40', so I accepted... reality is bitter hahahaha

At every stage of adventurous activities, such as hiking, rock climbing, chimney technique, rappelling, caving etc. this '40' challenged me; but step by step I cleared all of them leaving behind 'Aunty' image and become their 'Didi'; though I had to threaten them to call me didi or I won't give my stuffs to them hahahahaha and I succeeded. But it was not only that threat, but my confidence



and the way I cleared all rounds well on time, forced them to call me Didi...I thank Trekon team(Organisers) to support me irrespective of my age and helping me to bring that confidence in me which made me "Monkey At Forty".



## PROJECT WIPE THE SEAT

Jabali Mehta, Mumbai  
Architect

India is a land known to be both materially and spiritually rich. The Yogic Lifestyle is something that has originated from this land and has spread globally. Now we celebrate International Yoga Day too on June 21. Slowly and gradually people are opening to Yoga for greater well-being at all levels, mind-body-soul. Shauch or Cleanliness is the first niyam or rule of yoga. Even if you are alien to Yoga, you must have experienced or you must have observed how cleanliness is one of the important necessities for a healthy and peaceful life.

It is appalling to see how India is ridiculed globally to be a really filthy place. It is not uncommon for visitors to arrive and fall sick the next day. While the majority of population that are living in rural areas is dealing with availability of toilets and washrooms, with women having to bathe in open, it is surprising to see how those living in urban areas and having access to toilets use it, rather misuse it. It is no surprise that the number of women reporting urinal infections or other such infections owing to unhygienic toilet use is fairly large in cities.

Most public toilets including those at International airports or reputed hospitals in metropolitan cities remain dirty, smelly and wet. This is despite the housekeeping staff cleaning it. You must have of course experienced it yourself at above places, and more regularly at malls, restaurants etc. Yes, you have experienced it, the question is have you been sensitive yourself to ensure that when you leave the toilet in a public place, you leave it in a condition that you'd like to use. As they say, do unto others as you'd like them to do to you. It may be that you are not aware, considering you are reading this article, it appears this case is less likely or even if it is, you are able capable of finding the right way to use it. It could be that you are aware; however, you have been

bugged by the contagious virus of others being disrespectful of your space. What is better- to take care and take responsibility and initiative, or to let the whole mindset spread and simultaneously the infection probability and visits and payments to doctor. Being Indifferent or Being Well - The choice is yours.

Would you care to see that housekeeping staff is there to assist and keep the area clean? However, they are as human as you are. They have chosen to clean areas where others drop not out of choice but out of needs. "Apna kaam swayam karein" has been an old adage in our country. Can we start by not creating a mess by practicing simple toilet etiquettes and cleaning if we do so. Can we choose to save ourselves from 3 hours of discussion on unhygienic toilets and labeling other women as unhygienic and rather save ourselves days and months of misery by investing 3 minutes to use toilet hygienically ourselves and responsibly leaving it clean for the next user. Can we sensitize our kids from an early age to be responsible and respect other's needs too which includes keeping it orderly and clean for others as we'd like to for ourselves.

Jabali Mehta, a young and reknowned architect from Juhu, Mumbai has taken the lead to keep it clean herself and educate and sensitize others to keep it clean. Her Project WIPE the SEAT program is an ongoing educational initiative that is enrolling human beings from a young age such that being responsible towards self and others come naturally to them. The context of the program is to:

- Inculcate Good Toilet Etiquette, Personal Hygiene Habits and Social Responsibility in the Students.
- Raise the Cleanliness Standards and Overall Image of School Toilets.
- Discourage students to control themselves and avoid using

public/school washrooms  
Project WIPE the SEAT easy to follow  
TO Dos are:

### Rule #1

IF YOU SEE SOMETHING...SAY SOMETHING. If you see that a washroom is not clean, please bring it to the attention of an attendant or the authority. If you notice that the previous user had not cleaned up after herself, remind her that it's her social responsibility to do so, in a manner that's not offending.

### Rule #2

ALWAYS CARRY TISSUES AND CLEAN UP AFTER YOURSELVES. There are still some public toilets that don't have toilet paper. You can keep some tissues handy in your carrybag. Please wipe the seat before using the toilet. Make sure you clean the seat after you have used the toilet...IF YOU MESS IT...YOU CLEAN IT.( just imagine if the next user is your boss or friend or someone you know...it would be really embarrassing., wouldn't it????)

### Rule #3

DISCARD TISSUES IN A BIN. If there are no dustbins, ask the attendants for a bin bag. You may carry a little disposable bag when you're traveling to discard the tissues.

### Rule #4

BE HYGIENIC ALWAYS and that includes Washing your Hands. Always carry tissues, soap or sanitizer to clean your hands after using the washroom.

Here's what Mumbai's famous Gynaecologist Dr Sejal Desai shared with Project WIPE the SEAT. <https://www.facebook.com/579255392205487/videos/583634945100865/>

Hope you'll enjoy an easy, happy clean experience and share the same with others.

## FIREWALKING

Aishwarya Sarin  
Mumbai

Firewalking has been a religious ritual in our cultures right from ancient India. I recollect the first time I walked on blazing pieces of red coal and all the voices in my head screaming out saying, "Shalini, you are crazy!!" I can't but stop smiling. The biggest lessons are learnt from the elements in nature. When I first stood before the blazing coal and was to walk my first fire bed, I remember staring down at the red-hot pieces of burning coal. My coach said the Fire was the Master, it teaches you things that no human being can teach. I never believed the stories told or the scriptures, but that night, the Fire was indeed my Master. With a lot of fear but all the techniques vibrant in my head, I walked past the heat and sharp pieces of coal. Unharmed, untouched. When I looked back at them, the fire smiled at me. Almost as if to say, "you respected me and treated me as Master, so I didn't burn you." My experience with walking on the bed of broken pieces of glass was more or less the same. I remember freaking out at the sharp, shiny glass that stared at me, as if challenging me to move forward and they will cut me. However, when I pushed that determination within me, I made past the bed of glasses, unharmed. Isn't that how life is, if we follow our techniques to a 100% perfection, high chances are, we won't be harmed, but it is when we miss out on something in between, we get hurt. Relationships, job, business, social life....everything has a prescribed technique of fulfilling it. Tight communication, respect, understanding and trust serve as techniques to run these. The question is how much do we follow? Today, these activities form a part of my training programs, along with many such challenging processes that break frozen beliefs and coax you to look beyond.

### 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 / ask?  
Write to us at  
[writer@reporter.in](mailto:writer@reporter.in)

Music  
Therapy



Play the 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!

### THE THERAPY



## POETRY

### SCHOOL

Gaurav Kochar, Mumbai  
Chartered Accountant

Today, as I passed by my school building,  
It reminded me of my old sweet memories  
Memories that are affixed in one corner of my brain,  
Memories of me getting late for school,  
Running against the wind with the sole intention to get in before the  
gatekeeper shut main door!  
The gatekeepers' smile when he saw me panting, breathless and opening  
the gate to let me is still afresh.

In one corner of the field, I could see myself playing football  
Uniform stained with brown mud, but eyes seeking victory  
The whistle is about to blow and the goalpost is still far away  
People calling my name, perhaps waiting for a pass which I never gave!

The chant of the prayers echoed in my ears,  
I could feel the atmosphere of the assembly room on a lazy morning  
And the hazy yet colourful picture of the classroom can never be  
forgotten  
The breeding ground for learning the art of conquering the world

I could see myself laughing in joy after winning an elocution round  
I could see myself standing out for not doing my History home work  
I could see myself getting scolded for syntax error in the computer  
I could also see myself hogging the stage in dramatics during the annual  
day

With just one glance at my school building, I could see myself evolve.  
The small boy who didn't know how to fix his shoe laces to the young  
adult who believed that he could turn his every dream into reality!  
Now, looking back, everything feels like a dream!  
Then and now.. Reliving those days makes me wonder, did I live another  
life in between?

# SINGAPORE

## A KID'S PARADISE

Janki Parwal, Jaipur

Is there a better place to visit in the world with kids than Singapore? Undoubtedly no, as Singapore spells its charm on travellers from around the globe as this lion city is a blend of a kid's paradise, heaven for shopaholics, a treat to adventure enthusiasts and joy to connoisseurs. So, I contemplated a visit to this buzzing country this year with my family which offered a host of activities for my little one. Here is a sneak peak of some must visit places of Singapore which add fun and frolic to your child's visit.

**Singapore Flier:** Singapore flier claims to be the largest ferry wheel in Asia. Enjoy the breathtaking view of Singapore from 540 feet with all iconic landmarks right in front with the bird eye view. Advisable to visit the place in a clear weather.

**Gardens by the Bay:** It is another eco friendly man made wonder which is fairly designed for families to enjoy the pleasure of music and nature together. It is a huge manicured garden which is advisable to take a audio tour shuttle when you are accompanied with kids .The outdoor garden features Super tree grove which consists of multiple 50 meter high vertical gardens with large shady canopies .As the dusk falls, these super trees are illuminated with lights which add beauty to the entire scenery hence a photographers delight. Super tree light and sound show is a must watch held in the evening at fixed times which is true audio visual treat for young children. In addition, this place also houses two conservatories namely Cloud forest and Flower dome.

**Cloud Forest:** Cloud forest is artificially created rain forest inside the glass dome which is sure to leave you amazed. Entering this place will certainly let your soul feel the actual forest vibe. The indoor waterfall with the mist rolling in is the key attraction. There are ponds, unusual plant life and tree top walkways which will interest every child while they explore. It is advisable to carry warm clothes as this dome is a bit colder.

**Flower dome:** Step in to this climatic controlled glass dome and you will stand in awe .Galore of countless beautiful blooming flowers of different climatic zones from around the world adorn the dome. The fact is that it is largest glass green house in the world hence a photographers delight. A place not only

for enjoyment but also educates kids about values of plant life and know the importance of conserving our environment.

**Jewel in the crown Marina Bay Sands:** Your trip remains incomplete without treating your eyes to the tallest hotel of Singapore swaddled in luxury, Marina bay sands which is the jewel in the crown. It houses Sky Park observation, soaring 57 levels above the heart of the city. The place offers world class cityscape, including the vistas of stunning Super tree grove. A place from where you can marvel at the spectacular spectra light and water show and the entire skyline of the city. Hence the best vantage point in the city from where you can hone your photography skills.

**Singapore Zoo:** A family holiday would be completed only after a visit to the zoo, which is not only a unique attraction for the children and animal lovers but also educates them about the animal kingdom . The zoo is set in the natural rain forest with spacious landscaped enclosures with plethora of animals including rare ones like sea lion, puma, otter etc. in the live form .To add more amusement to the young children there are animal feeding programs and shows at fixed times. Elephant and seal shows are must watch as they perform their best skills and stunts which will leave you engrossed and spell bound, while breakfast with orangutans is a rare chance which elevates the entire zoo experience and hence not to be missed.

- Night safari and the river safari
- River safari is a new attraction where kids of all ages would love to indulge in .It houses largest collection of fresh water fauna.
- Jurong birds park
- Highlights of Sentosa island (A must visit)
- Universal studios
- Trick eye museum
- Cable car ride Segway ride and luge ride
- Adventure cove water park
- Wings of time
- For the children below 7 years of age, it is advisable to carry a stroller as the distances are long for the kids to walk.

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