PREMIUM EDITION

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TO MAKE A CHANGE

Current Affairs
Limiting Air Pollution

SOCIAL
Women & girls need to be safe

Introducing Hatha yoga

Desert Voodoo
Suji ka Halwa / Sheera

FASHION SPREE
Men's Fashion Trend

COVER STORY
Aloha Kumaran :
A Man & Moghul of Aloha Empire

SUCCESS STORIES OF WOMEN ACHIEVERS IN SOUTH INDIA

Havelock Island
India's Beautiful Secret

KNOCK THE KITCHEN
Red Chilli Tender
Coconut Pulp Palada Desert

PUT YOUR LOVE ON DISPLAY

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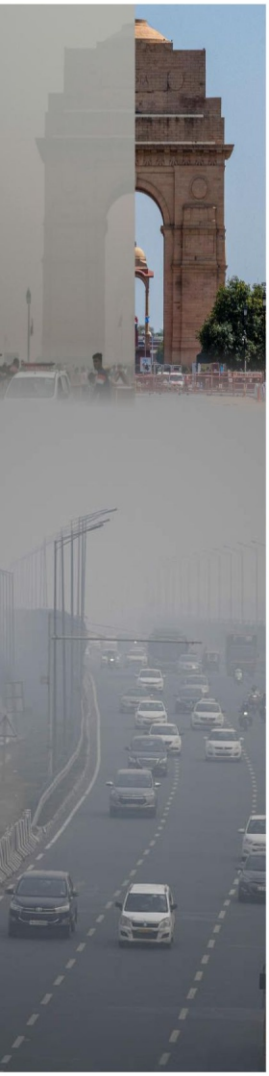

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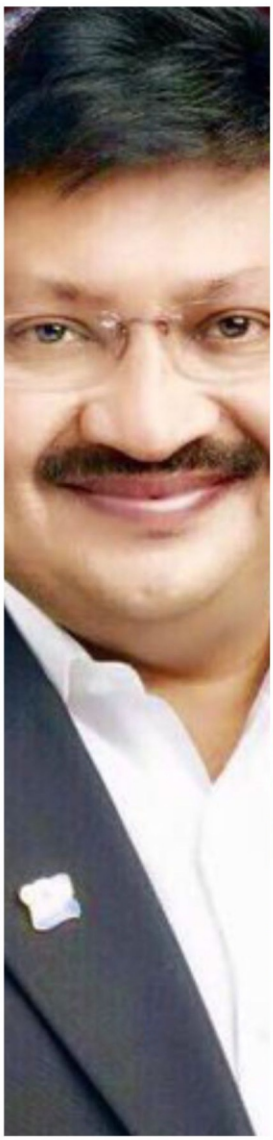

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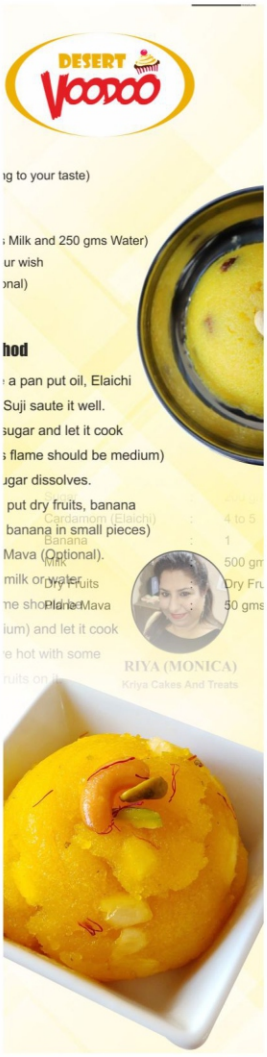

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FROM THE EDITOR

It's really hard to be on social media and not compare yourself to others. Comparison steals our joy and our paychecks and our sanity, but sometimes it motivates us to take a diversion in our journey.

TWELL, is like a child with curiosity and burning flame of learning the world around it.

Multi dots began its journey to cater their services with limited infrastructure and resources in the initial stage. We are just blooming in the media field. Our visionary towards empowering the women through recognition took us to the next level in the span of 4 successful years.

TWELL has successfully competed half a year. So, I would love to describe this journey as a journey of joys, learning, setbacks, achievement and above all connecting the right dots at the right time for the right job. This is the reason why multidots at the right time for the right job. This is the reason why we have emerged today with 4 successful Award events, recognized by nearly 650+ women achievers, emerging and promising entrepreneurs across the country. In the same way, it is the journey of benchmarking efforts of teamwork. In this story we are stepping ahead with All India Women Achievers Awards – 2021, to create another benchmark. It is the team that came with an innovative idea of doing the things out of the box and making the process happier than ever.

I know that one can never describe the sense of gratitude to the fullest extent in words, still it is a humble attempt to express my feelings of gratitude towards my team, and all the Women Achievers who have gardened us in paving a successful path. This is just the beginning of something extraordinary. We are committed to deliver something great to society. Dear Readers, your immense support means a lot for us. Thank you all.

Deepak Tater Jain
Editor-In-Chief
TWELL Magazine

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Limiting Air Pollution Could Reduce Deaths in India

Longer life expectancy is a sign of a healthy society. But cities like Delhi which get enveloped in "emergency" levels of smog every year may face the threat of lower life expectancy. In fact, air pollution, mainly the concentration of the most dangerous pollutant known as PM2.5, may cut short the life expectancy.

Though this level does not remain the same throughout the year, the high concentration of deadly pollutants shows that India's mortality rate due to poor air quality is likely to spike in the coming days, and for this, people may live around 17 years less than their expected life. However, this estimate is based on the current average PM2.5 level in the Capital.

Air pollution caused one in eight deaths in India last year, besides lowering the average life expectancy by 1.7 years, the Indian Council of Medical Research (ICMR) said in a report on Thursday.

It said air pollution contributed more to the disease burden of Indians than consuming tobacco.

The first comprehensive estimates of deaths, disease burden and life expectancy reduction associated with air pollution across states were collated under the India State Level Disease Burden Initiative—a joint initiative of the ICMR, Public Health Foundation of India (PHFI) and Institute for Health Metrics and Evaluation (IHME), in collaboration with the health ministry. The findings have also been published in The Lancet Planetary Health.

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About 77% of the populace is exposed to outdoor air pollution levels breaching the safe limit set by the National Ambient Air Quality Standards, said the report. North India recorded particularly high levels of pollutants.

More than 6.1 million people worldwide die each year as a result of exposure to air pollution, which increases the risk of cardiovascular disease, lung disease, and cancer. In India, which contains many of the world's most polluted cities, the annual death toll from air pollution exceeds 1.6 million. Now, a new study shows how implementing stricter emissions standards in India could save hundreds of thousands of lives each year.

One of the most dangerous components of air pollution is fine particulate matter (PM2.5), nanoscopic particles and droplets produced by burning fuels, which travel deep into the lungs and bloodstream and damage the lungs and heart. On average, Indian citizens are exposed to PM2.5 concentrations between 15 and 32 times the air quality guidelines set forth by the World Health Organization, and scientist's project that India's PM2.5 levels will double by 2050 relative to 2015. In New Delhi, one of the world's most polluted megacities, PM2.5 concentrations have reached more than 1,200 micrograms per cubic meter, 48 times the guideline established by the World Health Organization.

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The Indian government has policies in place to reduce the rapid rise of pollution, such as curbing emissions from buses and trucks and expanding the household use of liquified petroleum gas to replace solid fuels. In their new study, Conibear et al. decided to compare India's existing and planned policies to a more aggressive plan to reduce emissions. The team used a high-resolution computer model to estimate the pollution levels people breathe at ground level throughout India and test how different emissions policies would affect their exposure and health.

Even with zero emissions growth, India's rapidly growing and aging population means that the rates of disease and premature mortality caused by air pollution will increase by 75% from 2015 to 2040. Despite that grim statistic, the team argues, hundreds of thousands of deaths could be avoided through tighter emissions standards—like cleaner iron and steel manufacturing—and universal access to clean household energy.

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Aloha Kumaran :

A Man & Moghul of Aloha Empire

The loneliness of the entrepreneurial journey is well known to all who are on the path, which is likely why entrepreneurs enjoy gathering to share experiences and take inspiration from each other.

K Kumaran (Professionally called as “Aloha” K Kumaran) is an Entrepreneur, Academician, Motivational Speaker, Innovator with 30 plus years of experience in various Business Domains. He was instrumental in the implementation of Aloha Learning Centre in 2002 and this has grown into a movement and today it has astoundingly 1500 centres in India and 4700 Learning centres across the globe with an enrolment of over 8,00,000 children in 8 different whole brain development programs.

Aloha Kumaran begins his talk with a disclaimer. He reveals that even though he is a long term business entrepreneur he is a motivational speaker and it's easy to be a fan of Mr. Kumar. He says, “We must continue to empower women. Women continue to face disadvantages in almost all spheres. But if we want a gender equitable society, empowering women is not enough.”

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Our core work is centred on a holistic, rights-based programme to address the needs of marginalised women in conflict-affected countries around the world. Our programme equips women with skills and resources to earn and save money, learn about their health and human rights, regain their confidence and actively participate in their communities, he further added.

He has travelled across the globe towards professional engagement and has made "Aloha" as a successful Brand expanded in 44 countries. As an Entrepreneur, he started his journey at the age of 21 years with his zeal, commitment and focus.

Today he is a successful & dynamic entrepreneur with varied business interests ranging from Education, Property Development, Film Production (Regional – Tamil Film Production), Regional Tamil TV Serial Production for Mini Screens, Seafood Exports to Overseas Food Industry.

He has established his "Aloha" Brand which has become a pinnacle and stands as an example in the field of Education.

The prime objective of Pan India is to set new standards in teaching and research for school and college students which imparts Artificial Intelligence, Drones, Aero Modelling, 3D Printing, Robotics and Internet of Things (IoT). Sanctified by Brainy Innovation Lab, which is set to change the education landscape in 21st century India by setting new standards in vitally important. It started with mental maths and then included other subjects which are included in curricular activities.

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It tackles the A to Z process of starting a business -- from launching and team building all the way to marketing and evangelizing your product. With plenty of interactive exercises, anecdotal advice and real world examples.

He is also an Executive Director for "Kavithalayaa Productions" till December 2014 – a well-known film production house which started its foundations under the flagship of late Dada Saheb Phalke awardee Dr.K Balachander (KB) a famous and most respected film director in the South Indian film industry. Aloha Kumaran is the youngest son of Late. "Chithramahal" Shri. K Krisshnamurthi, the renowned producer, director, distributor and studio owner in Tamil film industry. He directed around 21 films, and he is the owner and founder of Chitramahal studios.

His entrepreneur success has been honoured by coveted awards and recognitions. Aloha Kumaran has been awarded "New age Educationist 2016" by the Centre for Media and Public Affairs.

Aloha Kumaran is perhaps the smartest, most diversified entrepreneur of our time and holds ownership of different companies. He also became a renowned tech entrepreneur, He's proof you can pivot from one industry to the next and still find success by melding your talents, experiences, and connections.

Aloha Kumaran is also a producer, distributor and exhibitor in Tamil Film industry. He has held various leading positions in different business ventures. His involvement in film production includes producing and financing over many Tamil films. While he was involved in film distribution and distributed more than 400 movies as well. His wife, Renuka, is a famous film and television actress. She mainly works in the Tamil film and entertainment industry. She has also worked in Hindi and Malayalam cinema to mark her name in the industry. She appeared in various movies and television serials as a lead and supporting actress for which she got huge acclaim.

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Family is his biggest strength. The two major people in his life are one is his mother and the other is his wife. The immense support made him reach a great height in his life. He is ready to work hard again to achieve his objective that he sets during this time.

He takes a multifaceted approach to finding and supporting social entrepreneurs globally. Aloha Kumaran created a new venture, which helps empower women and girls by advocating and spreading access to education.

He is now a leading consultant, speaker, and activist for corporate social responsibility, and a board member of various other organizations.

It was Aloha Kumaran's goal in starting Matr Boomie to use the power of trade to empower these Indian communities, provide them with resources and sustainable living, and hopefully, move the needle on lifting many of these communities out of chronic poverty.

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ALOHA

K Kumaran as a

Business Tycoon

Producer and Motivational speaker

Philanthropist and Educationalist

- Founder and Chairman of KK Academy trust and Aloha Education Management Services company which caters CBSE Schooling pan India and overseas.
- Director in PRIME INDIA Healthcare Solutions Pvt ltd. Chennai.
- Managing Director of Aloha Impex Pte ltd, Singapore and Aloha Impex Sdn Bhd, Malaysia which imports and exports spices, rice, cosmetics, organic products, herbal health care, Herbal cosmetic products and wellness products.
- CEO, Brainy Innovation Lab for the school and college students which imparts Artificial Intelligence, Drones, Aero Modelling, 3D Printing, Robotics and Internet of Things (IoT)
- Founder of KayKay Technologies, A Software development organisation focusing on developing the Trade ERP 9.0
- Founder of School bazaar online platform.
- Founder of Healthy life, herbal wellness healthcare division.
- CEO of RKN Consultancy, A Financial services firm.
- Founder Aloha Infomatics, an IT Consulting and Services company.
- Managing director of Edufly India, Training and e Commerce Company
- CEO of GT ALOHA VIDHYA MANDIR, Neelankarai, Chennai from 2010 to 2018
- CEO of GT Vidhya Mandir in PeriyaPalayam from Currently he is the advisor for GT group of institutions.
- CEO of “Chithramahal”, a famous regional Tamil film and TV content Production Company.
- Executive Director for “Kavithalayaa Productions” till December 2014 – a well-known film production house which started its foundations under the flagship of late Dada Saheb Phalke awardee Dr.K Balachander (KB) a famous and most respected film director in the South Indian film industry.

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FUTURE OF HIGHER EDUCATION IN POST-PANDEMIC WORLD

"Change is the end result of all true learning". Action is the greatest aim of Education apart from Knowledge. The post pandemic world is a situation that has changed the dimensions of our thoughts, vision and life itself. Of course it has put things on a stand still mode but has also given a mileage to most industries including Education. People do realise that awareness comes with knowledge and knowledge with education. The break through being technology instilled learning that has made lives as simple as a click of a button.

Higher education has gained acceleration and hastened its movement whether at the rural or urban front. It is said that "the illiterate of the 21st century will not be those who can't read and write but those who can't learn, unlearn and relearn'". With the state and Central Government's intervention, the leverage given to conduct online classes, overriding the traditional methods of teaching has opened a new arena to both Educationists and learners. It's a milestone for the Education system itself for the change in the face of teaching- learning process.

Emphasizing on holistic multidisciplinary education for future nation's stakeholders to create employment opportunities through a self-sustained skill-based model has become a necessity of a self-reliant society especially after the post pandemic time. Value based education with extended subjects to climate; culture etc equating to Global citizenship education has been incorporated.

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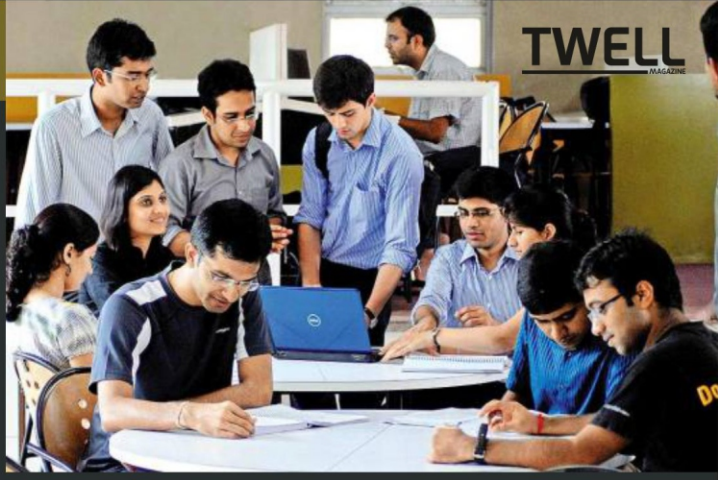
Pressing upon knowledge in terms of promoting cultural heritage, Internationalisation of higher education benefits jobs in the industry across the globe. Focussing on digital infrastructure-E-Education, digitalised pedagogy with a vision in the classroom. Universalization of Education from Pre-school to Secondary level and accessible, equitable and inclusive education for all were the primary elements for the implementation of an education policy at all levels. The introduction and planning of National Education Policy is one of the key factors for the future of higher education in the new world. The Union cabinet approved the policy in July 2020 and this has replaced the 1986 draft.

Like the Evolution theory of Charles Darwin, it's neither the strongest nor the most intelligent who survive but the one who can adapt to change. The future of higher Education is positive and promising and will create employment opportunities too by expanding career space. Thanks to technology that made it possible to adapt to the drift in the traditional methods in the changing scenarios. We take away this- to be safe, smart and kind!

Hema N
Assistant Professor
RV PU College
Bangalore



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Women & Girls Need to be Safe

Women safety has to be our priority. It's important for everyone - from the government to corporates and individuals – to join hands to make India a safer place for women to work and live.

Girls are increasingly moving to cities for work, education and opportunities. It is estimated that by 2030, approximately 700 million girls will live in urban areas.

This shift can increase their chances of marrying later and having fewer and healthier children but it also presents risks and challenges. Cities can be some of the most dangerous places for girls to live.

'Incredible India' has been in the spotlight over high levels of sexual violence against women, young females and minors for over a decade now. Needless to say, it has gotten worse over these years. The year 2018 saw the gory act of an eight-year-old being abducted and gang raped at Kathua, then bludgeoned to death. This incident was preceded and followed by many other ghastly gang rape cases like Unnao, Surat, Manipur, Delhi, Bihar, incidents that revealed that minors are the biggest victims of sexual assault.

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Every day the pages of news are filled with news of sexual harassment and rape of women all over the country. And then started the judgement of society, “A girl should not wear short clothes, this is the reason for such an incident”.

Like Really? Are you for real? What short clothes a five year and three years old wore when she was raped brutally? What provocation a right years old provides when they abducted her and crushed her body and soul?

This is high time the society changes its way of thinking and starts thinking like an intellectual and rational-minded society it claimed to me. .Try to teach some morality and respect for all women to your male child. And soon will come the day when no girl will need to cover her body to just stay away from these prying eyes.

Teach some humanity to your Male child so they could help some girl when she needed and not just run away. Women are not safe until you change the norms and view of society. What kind of society we are creating for our future generations. It's time to sit back and think where we are failing as a society and try to rectify ourselves and our way of thinking.

Women and youth must demand an end to the rape culture by raising their voices instead of tolerating this abomination silently. In the words of Gandhi, “the way to women's freedom is not through education but through the change of attitude on the part of men, and corresponding action.” Until such change comes about, we should keep asking, however, **when will women and girls be safe once again in India?**

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Secure Relationship and How the Attachment Should be

Intrapersonal trait is something to look into our own competence in recognizing & interpreting in our emotions & thoughts which matters in a relationship health; along with physical intimacy, trust, communication & mutual sense of safety. In a secured relationship the basic attachment needs are met by both partners like, to feel appreciated, desired, and accepted, to recognize our thoughts & feelings & the absence of stranded feelings of passion substantially. The attachment style defines the basics like, “I am comfortable with the closeness and at the same time, independent, and can communicate openly & honestly. I can love & allow myself to be loved.

A fine line of difference lies between Influence & Control. In a healthy relationship, partners influence each other, the way they communicate their ideas, opinions, needs, listening perspectives, without being overbearing. It helps to preserve the dignity of relationships in either way. It means you are able to find a balance between feeling firm about your beliefs, while not sending the message, “I am right or you are wrong”. On the contrary, Control can appear 'overbearing or even passive'. Partners who control each other often feed resentment, appeasement or a feeling of rebellion. The power of control emerges from 'Attachment insecurity'. Mostly in a successful relationship both the person makes an effort to work together to meet each other's psychic needs. We all enjoy the feeling of being uplifted or approved or validated.

I would like to conclude by putting my words, that it is not always ours' partner job in life to give our validation every time, everywhere. We have to keep some level of our own privacy and autonomy to make decisions, apart from reaching and connecting to friends, relatives, partner, companion, co-workers or anyone we meet in our journey, in life... for any advice or pronouncements. First & foremost, we should be able to give the acknowledgement to one self in our self-worth.

Otherwise, it will be a constant habit to seek validation from outside and we will never be completely fulfilled, as our need will be a constant supply from our partner or others to fix us, which is not sustainable in the long run.

Tumpa Datta Gupta
Educationalist,
Founder & Social Entrepreneur
Green Wings Preschool Educational Network.
Mysore

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RED CHILLI TENDER COCONUT PULP PAALADA DESSERT

A unique sweet dessert with spicy hot red chilli cool tender coconut pulp and paalada garnished with chopped tender coconut pulp dunked in tender coconut water from Sachu's Kitchen. Red chillies are used for spicy dishes, but here it is used for a sweet dessert. The basic ingredient for this is Ada or Paalada, which are essentially steamed flakes made with rice flour paste. This is available in market in the name of Rice ada which is used to prepare paalada payasam.

INGREDIENTS

Kashmiri Red chillies de-seeded and slit	:	20 Grams
Cardamom pods	:	10
Butter	:	2 Tablespoons
Paalada	:	100 Grams
Sugar	:	200 Grams
Tender coconut pulp	:	200 Grams
Tender coconut water	:	2 Cups

FOR GARNISHING

Chopped Tender Coconut Pulp	:	1 tbsp.

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METHOD

- Boil Kashmiri red chillies in 2 cups of water adding 2 pods of cardamoms.
- Cook for 5 minutes and drain the water and wash the cooked Kashmiri red chillies.
- Again cook Kashmiri red chillies with 2 cups of water with 2 cardamom pods.
- After 5 minutes wash the Kashmiri chillies.
- Do the above process for 5 times to remove the pungent smell of Kashmiri chillies.
- After 5 times grind the Kashmiri red chilli to a coarse paste and keep aside.
- Grind the tender coconut pulp with 200 grams of sugar coarsely and keep aside.
- Heat 2 tbsps. of butter and add ground Kashmiri red chilli paste and cook in medium flame for 5 to 10 minutes.
- Meanwhile cook the paalada in tender coconut water till the paalada becomes soft.
- Add the cooked paalada, and ground tender coconut pulp paste to the cooked Kashmiri red chillies paste and mix well.
- Cook till butter separates from the Kashmiri red chilli dessert.
- Remove from fire and refrigerate for some time.
- Garnish it with chopped tender coconut pulp and Serve chilled.
- Yummy unique chilli tender coconut pulp dessert is ready to celebrate your any special day.

Dr. Saraswathi N
Founder, Sacchus Kitchen
Trissur

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SIWAA

SOUTH INDIA WOMEN ACHIEVERS AWARDS

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SUCCESS STORIES OF WOMEN ACHIEVERS

Education Partners ALOHA GROUP OF INSTITUTIONS	Women Entrepreneurship Partner Do It Yourself Academy D·I·Y·A Learn | Achieve | Become	Social Initiative Partner B2W BORN TO WIN
Fashion Partner Kapture	Power Partners BOKADIA ELECTRIC COMPANY	Co Powered by N NYX WOLVES

"The true meaning of Women Empowerment"

Smrithi Krishna

Social activists are a valuable asset for anyone living in our country, they are especially valuable to women.

The lack of gender equality worldwide opens opportunities for social workers. Smrithi Krishna, who is passionate about empowering women and girls with access to quality education thereby helping them to avoid child marriage and qualify for equal pay.

All of these were possible with the right kind of support from her husband, and the best support in this situation received from her family.

Child marriage is nothing new in India or the World as many religions too subscribe to it. Smrithi Krishna encourages families not to marry off their daughters as minors but to provide them good education.

Shrimath Yoga foundation has been working diligently for the progress of rural society with a focus on Women Empowerment for the past one decade.

Shrimath Yoga is a traditional gurukul model yoga school established by the couple Krishna and Smrithi Krishna with a great vision.

The couple facilitated a trust to start an Ayurveda college and hospital in their village, Arjunabettahalli. They have helped 60 homes to set up rain water harvesting systems.

Even though the couple are post graduates, their passion to serve the needy brought them to stay at a village, adopt farming and teaching as well as spreading the holistic value of Yoga to the World.

She is the proud recipient of the India's Biggest "South India Women Achievers Awards - 2020."

Shrimath is connected with living traditions that are 2500 years old. The school offers an experience that is a blend of ashram learning, home food and simple living. They have successfully trained 63 batches of students as Yoga and Yoga Nidra teachers since 2011.

Smrithi is the proud recipient of South India Women Achievers Awards 2020. This is a notable addition to her impressive list of many awards and accolades from the reputed institutions of varied backgrounds.

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Passion turns into Profession for Chocolate Entrepreneur

Hema Akalwadi

We go deep into the Internet and Books to find inspiration to understand life, people and things, but some real life stories that come from our own surroundings tend to give exactly what we need to hear.

Hema Akalwadi, a woman of simplicity is more than she may seem. Her conviction is silent and powerful and finds her perseverance extremely commendable. Hema Akalwadi's story is the perfect antidote to a stagnant 2020 and a reminder to push through each struggle and find your zeal for life.

Hema Akalwadi is a counsellor, sexuality trainer, Culinary trainer, Angel card Reader, Gut Health and weight loss mentor. I am also a NIMHANS Wellbeing Volunteer and Civil Defense volunteer. She is a Trainer and she believes everything we learn is to help us succeed and survive and she calls these tools and techniques as Life Skills. So, thought of acquiring lots of life skills and later decided to teach and impart this education.

When Hema Akalwadi lost her husband due to cancer in 2005, she didn't just have a personal tragedy to cope with – also at stake was her career, which she suddenly found herself running little experience. Life took a new turn for Hema from her days which mostly spent in the kitchen or taking care of her tiny son.

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With time, she learnt to live with the loss. After all, once you have been a career woman, it isn't easy to just be a mom anymore. In her initial days, she made up her mind to start a summer camp, which could offer flexible timings as well as she could spend most of her time with the child. She knew that this was exactly the kind of work she needed to do .. one that offered flexibility, lucrative remuneration and the fulfilment of knowing that she was making a difference in the lives of her own child and other young students.. She taught them to make chocolates and found their happiness in that.

Then she started learning about the finer aspects of her chocolate business. It gave her the opportunity to meet and learn from the experts. Not only did she find the concept interesting but she started to find out that hundreds of thousands of women around her. She has started her chocolate business in her living room and with one student for her first chocolate class, to now having trained 100's of students from home setup to having trained in her training centre. And now during this pandemic she has also learned to take online classes in spite of being a non techie.

"It is such an exhilarating feeling to witness the transformation of my students, to see them grow, become entrepreneurs through my culinary workshops. And many have developed coping skills, techniques, through the Counselling session which has helped them grow, expand and transform," she says.

She is the proud recipient of the India's Biggest "South India Women Achievers Awards - 2020."

"There were also some downs in this journey. But the continuous support from my family has been a blessing to me", she further added.

She has a Masters Degree in Psychology, a certification in Counselling, Sexuality Training. She has won many awards and accolades. Recently she has won India's biggest South India Women Achievers Awards – 2020.

Shock, grief and a sense of duty. Meanwhile, Hema had to deal with the pressing practical issues. She never considered giving up and says she has coped with the help of grit and determination. And now she is taking the business in new directions.

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"Success follows hardwork"

Rtn. K. Nirmala

The increasing presence of women as entrepreneurs has led to the change in the demographic characteristics of business and economic growth of the country. Women owned businesses enterprises are playing a prominent role in society inspiring others and generating more employment opportunities in the country.

Rtn. K. Nirmala is one of the Indian women entrepreneurs who is the founder of Winsofts computer training centre. Winsofts is a computer software and hardware training institute in Chidambaram, Tamil Nadu, which has only one mission is to give professional computer education for the students so that they can grow their career.

It provides a bundle of software and hardware courses such as Digital marketing, Hardware & networking, Microsoft Excel, Multimedia & animation, Tally ERP 9 and more.

Through her institute "Insys & Winsofts", more than 5,000 students have completed their courses here and they get jobs in reputed companies. Winsofts centralized placement team gives an opportunity for the students to shine their future, and most of them got placement across India and abroad.

K Nirmala, the master brain, who did her Engineering in Electronics and with the support of her family started her own enterprise. Winsofts is a top leader in computer, skill, Management, and talent development. It delivers quality education to enhance the student's capability so that they can handle tomorrow's challenges. She has started her career as a Tally academician as a franchise of Insys from 2000 till 2008.

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As a trainer particularly in Tally, she has trained a lot of people working with various fields like students from Annamalai University, Government employees from Tamil Nadu and Andhra Pradesh and Government teachers as well. She has acted as a resource person at Chambers of commerce to conduct seminars on GST and VAT.

Through her institute nearly 100 students become a Tax Practitioners, Best Placement Co-ordinator All India Level – Selected by Tally Bangalore.

In 2002, their franchise was selected as a Role model centre by Tally. Then they raised the centre and won All India level 34th rank in 2003. The institute became a direct partner of Tally Education and the name was changed to Winsofts in 2004.

They have achieved the highest score 3.62 out of 4 by quality audit circle by Tally Education Bangalore.

She has won many awards and the accolades for her achievement being an entrepreneur. Recently she has won India's biggest South India Women Achievers Award 2020.

The Institution was established in 2000 and it is recognized by ISO 9001:2008 Certified Centre. It gives 100% job assistance for the students so that they can make their future in the right direction.

She is the proud recipient of the India's Biggest "South India Women Achievers Awards - 2020."

The main vision of her institution is to give smart computer experts to the country to make digital India.

"Winsofts provides quality education at affordable fees and provides live project practical training for the students. Every Trainee is trained under the guidance of the experienced faculties. Excellent Lab Facilities are available here so students can get the quality education. This is an outstanding opportunity for fresher and undergraduate students to get a job in a reputed IT Company with high salary," she says with a satisfied smile.

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She has also authored articles on grooming & wellness for Deccan Herald Metro life and magazines.

Having an educational background in Child Development & Psychology and being a hard core lover of kids, she took keen interest in schools & other educational platforms as well. She has been teaching children singing, art & value science. Making learning fun, she taps the potential of young souls, working on their skill development, spiritual & emotional IQ which is very important for personal growth & balanced mental health.

Kusum believes, “When children are emotionally strong, they are able to bring out the best in themselves with ease facing ups & downs of life with confidence”

As a singing teacher for Gurukul, at Sadhu Vaswani Mission Bangalore, Kusum made sure she left no moment or festival boring for her little souls in the 2020 pandemic where the kids were at the mercy of online classes with little or no outings. She made every festival & public holiday special, by directing kids for web shows teaching them to sing & make their lovely videos which were premiered virtually bringing in lots of excitement & fun.

TURNING HER PASSION INTO A PROFESSION WITH A STRONG SENSE OF SELF-BELIEF

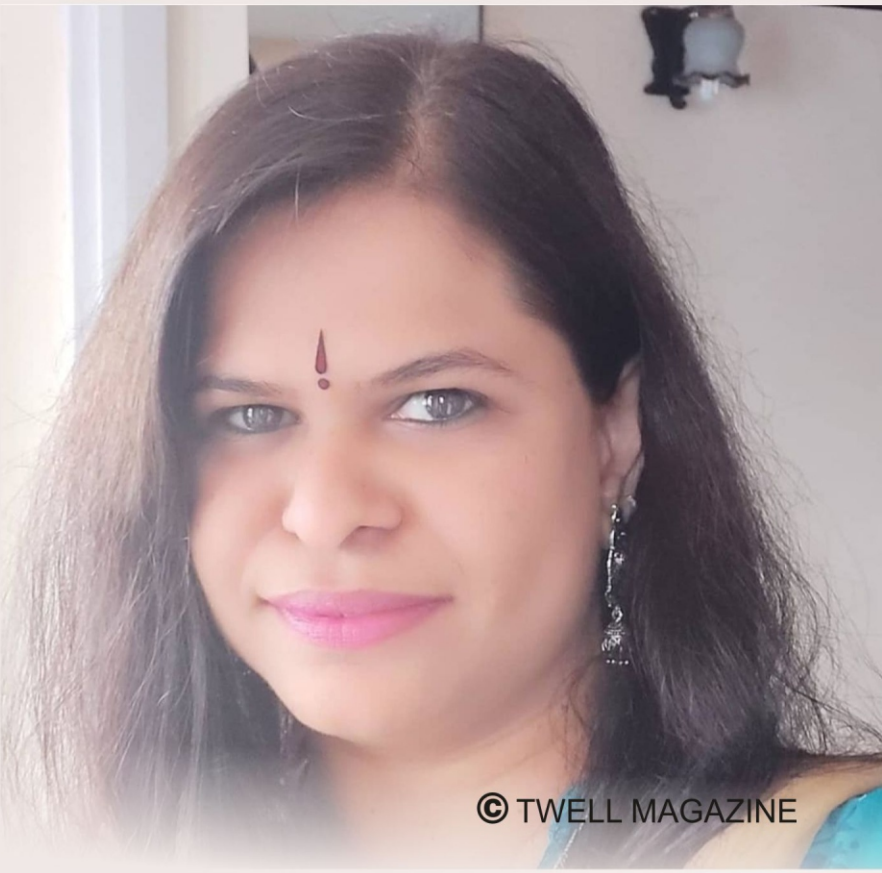
Kusum Jiandani

"Am only a little candle. The flame is thine”

The Beautiful words of her Beloved Master, late Dada J.P. Vaswani.

Our mind is like a candle. A teacher is the flame of knowledge who lights up our life, bringing direction with moral values, empathy & love.

Kusum Jiandani began her career as a training professional in hospitality with Frankfinn Institute of Airhostess Training then Taj group of hotels, where she trained professionals on grooming & soft skills.



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"I believe a parent & teacher should work towards bringing out the best in their children, not just in academics but other activities like sports & creative arts for their mental growth & personality development"

As health is defined by WHO, is a state of complete physical, mental, social & spiritual wellbeing, Kusum strongly believes a healthy body is the beginning of all learning.

She is the proud recipient of the India's Biggest "South India Women Achievers Awards - 2020."

When your health & personality is good, all other areas of your life will be fantastic. A mentally & physically active body keeps away worry & disease.

She is also certified in diabetes nutrition and is associated as a mentor/wellness coach with JC Life Skills, Chennai and a teenage mentor/councillor with Fly Higher India, Delhi.

She strongly believes the potential of a human mind has no bounds & bringing out that potential to the fullest is what life is all about. Passionate teachers are the building blocks for a student's successful learning and their future.

"Teaching is a profession which creates all other professions"

She has won many awards and accolades for her achievements. She is the proud recipient of India's biggest South India Women Achievers Awards – 2020. Kusum Jiandani is a self-taught super star. From singing to teaching, wellness coach to a Diabetic meal planner. She's done it all! She has found her own style and understands the ropes of building a career of her interest.

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Women helping women

Alphina Jos

As technology and globalisation continue to become a part of all of our eco-systems, we all begin to share each other's path.

Here is an inspiring woman who is a social worker, development feminist, and activist.

Alphina Jos, the Chief Executive Officer of BWDA Finance Limited (BFL) and Vice President of Bullock-cart Workers Development Association (BWDA). In line with the organisation's vision, she works for a "poverty free, prosperous, equitable and sustainable society". The primary objective of her work is, "Inclusion of the Excluded", through a sustainable holistic development of low income households, in South India.

Alphina ensures access to safe, easy and affordable credit and other financial services for poor and vulnerable groups which is a key factor in accelerating their growth.

She is the proud recipient of the India's Biggest "South India Women Achievers Awards - 2020."

Alphina is passionate about gender equality and has placed women's empowerment at the core of her work. She has been pivotal in the design of the Widows & Destitute Welfare Program, intended to empower widows and destitute women whose social and economic standing is agonizing.During the COVID – 19 pandemic, Alphina played a key role in organising relief supplies to 8000 widow, transgender, bullock-cart worker, auto rickshaw driver households to ensure survival.

As Vice President of BWDA, she facilitates strategy, design and implementation of holistic development initiatives that contribute to 14 United Nations Sustainable Development Goals. She manages projects in financial inclusion, water and sanitation, women's empowerment, health and wellbeing, education, widows and destitute welfare, senior citizen welfare, child empowerment, capacity building and livelihood development, relief and rehabilitation, bullock-cart worker development etc., for the upliftment of low income households.

She is the proud recipient of India's biggest South India Women Achievers Awards-2020 at Chennai. Alphina is looking towards expanding her work to smart agriculture, action against climate change, resilient livelihoods and newer methods to ensure sustainable development of BWDA's members.

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Passion For Jewellery Shines Shyamala' S Business Shyamala Gowri

"Little fingers Jewellery" is a famous brand launched by Shyamala Gowri. After a conventional academic route comprising Engineering, However, with just her passion, she took a leap of faith and started business with the initial investment of Rs. 2000. She takes inspiration from history, world culture, and music and considers other world class jewellery experts as her idols. She has claimed more than hundreds of new designs to her website every month. On offer is a huge collection of bangles, rings, mangalsutra, necklaces, bracelets, pendants, nose rings and more.

Her designs are bold, experimental, distinctive, and expressive and aspire to empower the wearer to make a statement wherever they go. She has always been attracted by colors, cuts, and gems since childhood. She designs each piece of her collections, which include a wide range of precious and semi- precious gemstone and sterling silver jewellery.

Each handcrafted piece, she says, becomes a treasured keepsake and is also scratch-resistant, non-tarnish, and hypoallergenic. The collection of silver handcrafted jewellery also incorporates Swarovski Zirconia, silver polki, and pearls. She retails from her flagship store in Chennai, also online.

"We sell and rent all types of jewellery like antique, temple, american diamond and kundan jewellery. We strive hard to provide unique quality products. And I am the first woman entrepreneur in my family running a physical store and learnt everything by myself through trial and error and learnings, she exclaims her journey.

She is the proud recipient of India's biggest South India Women Achievers Awards 2020, and won a lot of her customers' hearts through her unique jewels. She is a make-up artist too.

She is the proud recipient of the India's Biggest "South India Women Achievers Awards - 2020."

Her instagram page for jewellery is https://www.instagram.com/littlefingers_bridal_jewellery/ and makeup is https://www.instagram.com/shyamalagowri.

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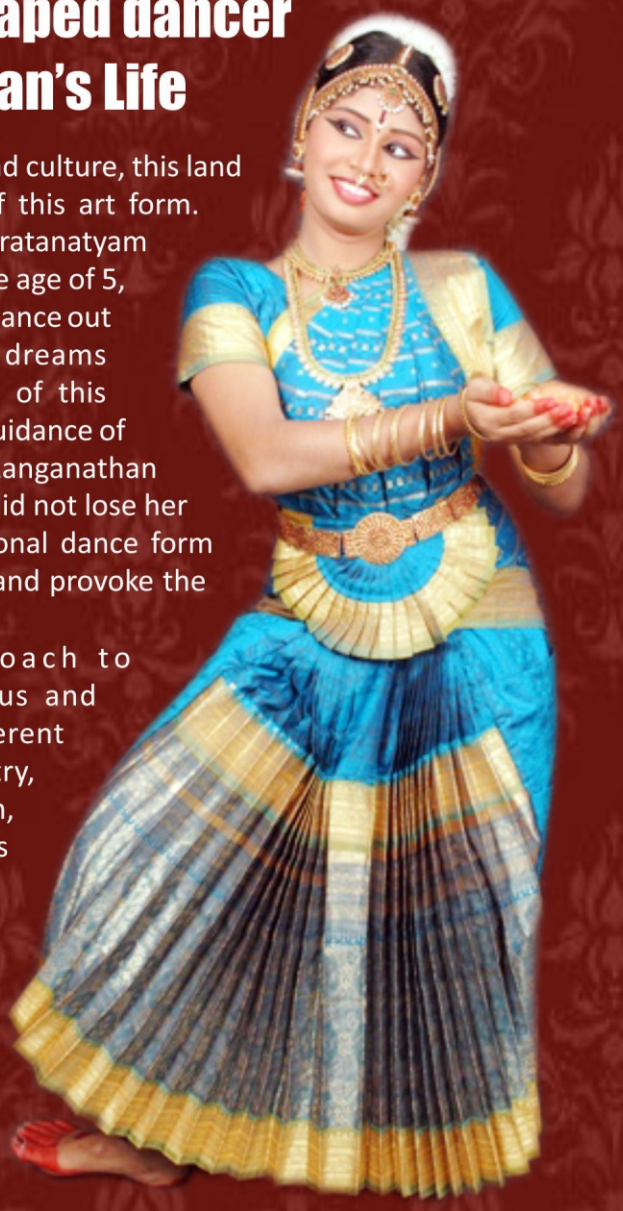
How Bharatanatyam shaped dancer Priyanka Raveendran's Life



India is very famous for its rich art and culture, this land has seen many artists who are Pride of this art form. Priyanka Raveendran, a professional bharatanatyam dancer started to learn this art from the age of 5, her parents initially made her join the dance out of their own interest. Later their dreams became the passion and profession of this young artist. She practiced under the guidance of Guru Nattuvanga Kalaimani. Sheela Ranganathan and completed arangetram in 2012. She did not lose her focus to expand knowledge of this traditional dance form which eventually led her to pursue masters and provoke the thought of research in bharatanatyam.

Priyanka Raveendran's approach to Bharatanatyam is dedicated, rigorous and layered. She has performed in different places as a soloist across the country, including venues such as Mahabalipuram, Ooty flower show, Industrial Trade Fairs organised by Tamilnadu government, etc., for several years. In her entire journey she was awarded with many awards and accolades. She was awarded with "KALAI ILAMANI" title by the Government of Tamilnadu in the year 2016.

She is also the proud recipient of India's Biggest South India Women Achievers Award – 2020 for being the outstanding artist, Rotary Club of Madras awarded her for being the Young Achiever in the field of bharatanatyam. Also, LASYA NRUTHYA RATNA Title from Lasya Nruthya Kutera and 'MANIDHI' Women achiever award by Tiruchirapalli, D.I.G. She is not only a performer but also a dance teacher in her own institution for more than 5 years. She even choreographed for many dance programmes. Priyanka's process of creation is both traditional and contemporary. She is redefining the way dance is perceived, appreciated and treated. Priyanka envisioned a school that would impart holistic art education focusing on Bharatanatyam and she strongly believes that it gives an enormous strength for a woman to succeed in both personal and professional life.

She is the proud recipient of the India's Biggest "South India Women Achievers Awards - 2020."

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Fashion inspo from Nithya's colourful vacation wordrobe

Nithya Thangavel

A dreamer and an achiever in the truest sense. A fashion aficionado who knew that fashion was her thing from a very young age. Nithya thangavel meticulously planned her labels to cater to the different needs of customers. She believes one should wear brands and not the other way round.

Nithya Thangavel, a customer's favorite designer started taking her life and education seriously only after she flunked in college while studying M.E. Graduation. Her biggest revelation was when she won the best compliments for her designing dresses to her daughters. This changed her life and, it did not stop there.

IO Fashion is an exclusive online boutique for all kinds of customized garments, started 5 years ago. Her runway collections are ravishing, yet pret-a-porter. Affordable, edgy and stylish are constant while the colors depend on her mood and state of mind. Her two daughters influenced her heavily because of all the trips she would make with her kid.

She design customized combo dresses (family combo, mom and me, sibling combo and so on), bridal lehenga, bridal blouse, kids ethnic wear and party wears brought her name and fame. She designs from newborn to all ages.

It speaks a lot without having to say anything and the perpetual efforts that go into making it all look effortless. An ideal balance of contemporary and ethnic wear is what you get from her label.

Her efforts to bridge the long gap between fabrics and style are commendable. Progressive, traditional and contemporary is what her label is about. She is shipping worldwide with her own brand name IO Fashions.

She took it upon herself to bring ancient Indian traditions to the millennial generation and deliver it in modern style. Her contribution to the Indian fashion industry is humongous, and she has been awarded the prestigious 'South India Women Achievers Awards 2020' for her contribution in the field of fashion.

However, none of this has come easily to her. From overflowing closets of painfully difficult yet beautiful handmade pieces being stagnant; Nithya has come a long way.

To check her designs you can contact
https://www.facebook.com/IOFashionforgirls/
Insta@io__fashion

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Secret behind Jayameena' s Success

Jayameena Senthilkumar

Beauticians today also known as make-up artists, have magic in their hands, they just change the person by their make-up arts. Jayameena Senthilkumar, being a bridal makeup artist understands the brides like nobody can.

She also makes sure the makeup looks flawless both in real and in flash photography. Jayameena knows which makeup brands work for which skin tone and skin type. In short she is the expert in her field.

Jayameena is one among the renowned makeup artists of this country who can transform a plain Jane to a diva within a few hours. She has her salons and bridal studio at Paramakudi. Most of her bridal makeup is done in the salons itself where the customers get maximum facilities.

There are various junior and senior artists to carry out the makeup work for her but for Jayameena you have to get prior appointment. This means beyond technical hair and beauty skills, working in the industry involves listening to and managing the emotions of clients.

The range of salon services are expanding and changing all the time. The emphasis is on providing a luxurious experience, so the customer feels taken care of from the moment they set foot in the salon.

She is the proud recipient of the India's Biggest "South India Women Achievers Awards - 2020."

Her work is impeccable and she is extremely versatile in every form – be it an ethereal Catholic to earthy south Indian style wedding. Each and every bride looks subtle yet stunning with her work. She generally travels to the venue and also offers paid trial options. She is an official trainer for Jayasri Beauty Parlour and Bridal Studio. She is destined to make it even bigger! She has experience of more than 5000 brides.

Her academy offers courses in tailoring & Beautician, typically ranging anywhere between 3 – 6 months, providing the students adequate knowledge to facilitate livelihood opportunities at the end of the training programme.

She has bagged the most prestigious South India Women Achievers Awards - 2020 for her proficiency in the field of makeup industry. She has also received many awards and accolades.

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"Nourish your Nerves through Varma Kalai"

- A Dilshad Begum

Varma Vaithiyam is the Science of Healing Injuries and Curing Ailments. This is one of the Medical Systems in the World. Though the field of Contemporary Medicine has grown up to such an extent, contemporary doctors are nothing in front of Varma Vaithiyars.

A Dilshad Begum from Chennai is one of the foremost exponents of Varma Kalai (The Art of Vital Points from India). She is one of the very few masters to have mastered Varma Kalai, Nokku Varmam and Meitheenda Kalai from One Continent to another Continent, even without eye contact.

Introducing Varmam based method to achieve profound mindful meditation. She is expertise in the art of perfect meditation just days after activation and can fully take charge of this practice to others confidently.

A Dilshad Begum always knew she would be joining her family business some day and she prepared herself well. Dilshad Begum believes this work experience has given her the much needed insight of a company from the employee point of view. She specializes in Varma Kalai method of treatment . Treatment is given through Varma Point Simulation.

Varma Kalai is a Healing art, as well as an art of Well Being practiced by Sages called Siddhars (Enlightened ones) from South India, precisely from Tamil Nadu.

She is the proud recipient of the India's Biggest "South India Women Achievers Awards - 2020."

Varma Kalai, a Tradition focuses on curing major illnesses and ailments like AIDS (HIV), Cancer, Arthritis, Pneumonia, Diarrhea, Neurological and Nervous problems, Ortho Bone and Joints related problems etc. coma to paralysis all types of seems.

They organize Free health camps, Awareness programs and Conferences periodically, Her mission is to generate awareness and spread the knowledge of Varma Kalai to the general public. Many have benefited from such free treatment and training.

All her consultations are done through appointment basis and she normally visits post telephonic consultation with her juniors and trainees. Even her staff are well trained and equipped with in-depth knowledge in Varma Kalai, thokkanam, and other complementary therapies. They give doorstep service in case of emergency.

Indian family businesses were always handed down from father to son. Not any longer. The trend is changing, with many business magnates now very open to bringing in their daughters as the heirs to the business. But she being a girl took all the charges and led the team efficiently.

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Science experiments Kids can do at home!
Have fun trying the experiment at home or use them for SCIENCE FAIR PROJECT IDEAS.

Orange Fizz

Materials Required :

- An Orange or Clementine
- 1/2 Teaspoon Baking Soda

Instructions:

1. Cut the orange into slices or peel separate into sections
2. Dip a slice or section into the baking soda
   Take a bite! As you chew, it should start to bubble in your mouth

How does it work?

When acids and bases mix, you get some exciting chemistry! Oranges and other citrus fruits are filled with citric acid. It is a safe acid, and it's what gives oranges, lemons, and limes their sourness. Baking soda is a base, the opposite of an acid. It's also safe, but doesn't taste very good on its own, and will give you a tummy ache if you eat a lot of it. As the citric acid and baking soda mix, it makes millions of carbon dioxide bubbles, the same gas you breathe out, and the same one that makes soda so fizzy.

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BIRBAL SOLVES THE PROBLEM

KIDS CORNER

How did Birbal solve the problem – let's find out. One day King Akbar announced that the post of royal advisory is vacant. Several courtiers started eyeing for that post. Seeing so many people interested in that post, the Emperor announced that he would put them to a test and the one who passed the test would be appointed as the royal advisory. Courtiers were worried and started talking among themselves about the test. Read ahead to see how – Birbal solves the problem.

Akbar ordered everyone to assemble in his court. Akbar unfastened his waist cloth (Cloak) and laid on the floor. Everyone wondered what the emperor was up to. Akbar then challenged his courtiers to cover him from head to toe with that cloak. Courtiers thought it was a piece of cake for them.

One by one the courtiers came forward and tried, but their attempts proved futile. If the head was covered, then the feet remained exposed. Some even tried pulling and tugging the cloak but all in vain. Akbar was getting tired of all this tugging and pulling.

Just then Birbal entered. He was surprised to see the emperor in this condition. He sat in a corner and observed everything. Seeing Birbal Emperor asked him if he could do it.

Birbal smiled and answered, “I would surely give it a try”. Birbal grabbed the cloak and examined the emperor's position- who was lying on the floor.

“Jahanpannah, would you kindly draw up your knees?” he said.

The emperor followed Birbal's orders and drew up his knees. Birbal then threw the cloak over him and it covered him from head to toe. Everyone in the court including courtiers, realizing that they had failed the test, quietly fled out of the room. Witty Birbal had once again outsmarted Akbar's courtiers. Akbar was impressed with Birbal's reply and praised him.

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Yoga for Mental Health

We can't deny the fact that modern medicine has made great strides with the advancements in technologies, but people still continue to suffer stress & resultant lifestyle diseases. And there's a huge increase in the number of cases caused by adverse drug reactions.

Most of the drugs used today for mental ailments are directed to sedate the brain, which may lead to worsening the symptoms of depression further. This scenario is nicely framed by our Guru Padma Vibhushan Dr B M Hegde, “While there's no pill for every ill, there's an ill followed by every pill”. Popping pills for even a minor illness means discounting the strength of the body to heal itself.

The Vedic approach to human health & wellbeing as an organic unfoldment of a universal consciousness is returning through related Vedic disciplines of Yoga, Ayurveda, Vedic astrology, Vedanta, & Tantra, which have made their mark worldwide off late. The Vedic way of living enables physical & psychological wellbeing to unleash our highest creativity & deepest awareness.

With the help of Yogic practices, we can trigger the release of happiness hormones of the brain, known as D.O.S.E.

1. Dopamine - is enabled whenever we take up a task and accomplish it. It is a brain's reward system. The path of Karma Yoga, of selfless acts of service are going to contribute to the release of dopamine.

2. Oxytocin - is associated with positive emotions like faith, love & empathy, is enabled by practicing the path of Bhakti Yoga. By culturing emotions & gain control over instabilities by properly harnessing the energies.

3. Serotonin – associated with sleep and wake cycles & moods. Practice of Yogic techniques like “Surya Trataka” , gazing at the early morning Sun with bare eyes, which stimulates pineal gland, and regulates the flow of serotonin levels. Participation in Sat-sang, Maithri-milan are also going to help improve self-confidence, social acceptance, by which serotonin levels are boosted further more.

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4. Endorphin – is a pain reliever. The Hatha Yoga practices enable release of endorphin, which leads to significant reduction in clinical depression.

"Kaivalya" is our initiative venture where a team of genuine Vedic practitioners, making an effort to simplify the techniques from Yoga, Astrology, Ayurveda, Vastu shastra, so that they can be easily grasped and adopted in daily routine by people. "Kaivalya" is a platform through which we are trying to reach out to the maximum mass and spread an awareness of holistic lifestyle, so that people organize themselves for a much healthier, happier and successful lives.

Sangeeta Keshav
Vedic Counsellor &
Yoga Practitioner
Bangalore

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Introducing Hatha Yoga

Hatha yoga is the branch of yoga that typically comes to mind when you think of yoga in general terms. The practice involves breath, body, and mind, and classes are usually 45 minutes to 90 minutes of breathing, yoga poses, and meditation. Hatha Yoga helps to relieve stress, support healthy habits, improve emotional health, ease back and arthritis pain, and even help people quit smoking.

In order to purify the mind, it is necessary for the body as a whole to undergo a process of absolute purification. So one such important thing happens to all of us through a regular Hatha Yoga Practice.

The word “Hatha” means willfull. Therefore Hatha yoga is a path towards creating a balance between the mind, soul and body.

Hatha yoga emphasizes on holding poses for a longer time and deeper breadth. Hatha yoga emphasizes on three main important techniques.

- Body postures – Asanas
- Breathing techniques
- Meditation

If you are a beginner, or new to yoga, than this is the best form of yoga for you. Because Hatha yoga is a gentle yoga that focuses on static poses. However when we hold one asana though the practice gentle, still it can be challenging mentally and physically.

Some of the major benefit of Hatha yoga

- It strengthens the core muscles
- Helps get better sleep
- Improves the mind set and helps to cure depression
- Stress management
- Tones the whole body

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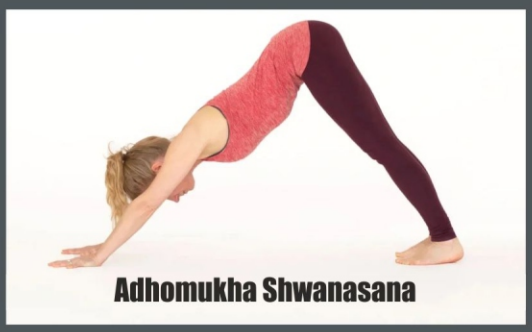
All level of Yoga practitioners can do Hatha yoga. A regular and constant practice brings best results. Some easy Hatha yoga poses:

Hatha classes provide an opportunity to stretch, unwind, and release tension, providing a good counterpoint to both busy lifestyles and cardio workouts.



If you go into a Hatha class and it feels too slow or not active enough, don't give up on yoga completely. There are faster-paced, more athletic ways to do yoga. Try a flow, vinyasa, or power yoga class, and see if that's more your speed.

Sharanya Karthik
Ashtanga Yoga Practitioner
Founder, Revive Yoga, Bangalore

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Suji ka Halwa / Sheera

DESERT VOODOO

Ingredients :

Suji	:	250 gms
Oil or Ghee	:	200 gms
Sugar	:	200 gms (Or add according to your taste)
Cardamom (Elaichi)	:	4 to 5
Banana	:	1
Milk	:	500 gms Milk (or 250 gms Milk and 250 gms Water)
Dry Fruits	:	Dry Fruits according to your wish
Plane Mava	:	50 gms Plane Mava (optional)

Method

- ★ Take a pan put oil, Elaichi and Suji saute it well.
- ★ Put sugar and let it cook (Gas flame should be medium) till sugar dissolves.
- ★ Now put dry fruits, banana (Cut banana in small pieces) and Mava (Optional).
- ★ Add milk or water (Flame should be medium) and let it cook Serve hot with some dry fruits on it.

RIYA (MONICA)
Kriya Cakes And Treats

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Men' Fashion Trends : Menswear moves to Try Right Now

Guys have been asking for a while on here for a piece on fashion for men. So I guess that makes this one a long time coming.

Fashion's important. How important? It's pretty important. It's not make or break *always*... but you know the saying : *clothes make the man*.

What you wear doesn't just define you as cool, sexy, or stylish. It also subconsciously affects how other people feel toward you.

Wear clothes that make you look amazing, and people will *feel* like you're amazing. Wear clothes that make you look different, and people will view you as different (good or bad as that may be). Wear clothes that make you look ordinary, on the other hand, and people will view you as just that: *ordinary*. Boring. Not particularly noteworthy.

They'll hardly even notice you. And thus, we have our focus on fashion: *getting noticed*, in a positive way. But not like what we discussed in the article on peacocking... the *truly* fashionable man picks clothes that fit him so well people don't even see the individual clothing items all that much.

You Should Be Wearing Size “Small”

Instead, they just look at the man himself and say "wow." You Should Be Wearing Size “Small”. **Male** or **female**, baggy clothing makes you look ***fat.*** And decidedly NOT sexy.

Unless you're a giant, or living somewhere in Asia (where the sizes are markedly smaller), you should be able to fit into shirt size "small." For reference, I am six feet tall and about 160 pounds, and size small fits me well and looks good on me. If you're significantly larger than I am, you may need size medium. If you're a bit smaller than I am, you might want to go with size extra small (I own some pieces of clothing in XS as well - cuts are different).

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Contrast is King

No doubt you've heard of "color coordination" when it comes to selecting clothing. And this is important - you want your: Shoes, Belt, Watch, Other accessories.. to match, no doubt. In fact, if you can purchase shoes, a belt, and a watch of similar design, color, and material, you can create a very "integrated" look that people will not be able to quite put a finger on, but will just know that they like.

Always Wear a Coat

If you scan back up over the images of men above considered "fashionable," you'll note that every single one of them has multiple layers. You *can* be fashionable with only one layer of upper body clothing on, but it's *hard*, and you just don't get the same level of "cool" and esteem that you do with a second layer on.

The outer layer doesn't *have* to be a coat. You can often get away with having a light t-shirt on as layer #1, and a light button-down shirt left unbuttoned and open with the sleeves rolled up as layer #2... this way, you can still look very fashionable even in warm weather.

Zippers, Buttons, and Buckles

This one's something of a fad built on top of a larger trend. The fad - what's current in the 2010s - is zippers, buttons, and buckles.

The larger trend, though - the one that's universal to human fashion throughout the ages - is clothing that's more complicated than it needs to be, in attractive-looking ways.

Why do human beings find clothing that's slightly more complicated than it needs to be attractive and appealing? My guess is it's a simple penchant for novelty. You see a standard looking leather jacket next to a jacket with some bells and whistles on it:

Shirts

No matter if you're a businessman or a barista, there are types of shirts that every man should have in his wardrobe. From Oxford button-downs to casual chambray, some styles are made for specific events and seasons and can be worn in almost any way. If you need some help deciding which type of shirt to buy, keep reading as we have done the hard work for you.

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Scarves

A scarf is a great attention-getter and a great accent to nearly any look. The fad in 2013 is BIG and often COLORFUL scarves, but I'm pretty confident you can expect this one to pass pretty quick and we'll be back to standard-sized scarves by next year (standard-sized scarves are still attractive and appealing, too, despite the bigness trend). A scarf is an item you can add to any outfit to instantly make it trendy. If you're wearing it in party / bar / club situations, be prepared to have women ask if they can borrow your scarf (and for some of them to try and make off with it).

Belts

For belts, I prefer a smooth clasp buckle, rather than the standard-issue buckle you see on most belts. Anything with the standard hole-and-tooth look just strikes me as extraordinarily plain and unoriginal looking.

Chunky/Blocky Watches

I often don't wear a watch at all, simply because I don't like the feel of having something on my wrist. It's vaguely uncomfortable, and it tends to catch on things.

However, when I do wear watches, my preference is for blocky or "chunky" watches, like the one on the right from Diesel (that's my preferred model, the DZ1114). The chunky/blocky watch face style strikes me as more modern, attractive, and attention-grabbing than the more traditional circular watch style common with most watches.

It also tends to get a lot of attention, and you'll get a lot of questions about it.

Cowboy Boots

Nothing says "style" like a good old-fashioned pair of cowboy boots:

The above are the sort of boots I like best - the shape, look, and material (distressed leather), although I usually buy brown, just because brown works with more colors.

Fashion's one of those things that most men never learn about because most men aren't exposed to it. You'll get hints about looking fashionable here and there, and there are images of fashionable men all around you on TV, in the movies, in print, and online, but if you're not paying close attention to what they're wearing, you won't learn a whole lot about how to dress yourself any better.

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TRAVEL

Havelock Island, Andaman Islands : India's Most Beautiful Secret

Paradise lies not too far from the hustle and bustle of India's large populated cities. The Andaman Islands are situated across the Bay of Bengal, in the Andaman Sea. The islands belong to India and are yet to have their own international airport, meaning they can be difficult to access, but resulting in tranquil beaches practically untouched by the tourist trail. Read on for The Culture Trip's tips on getting there, staying there and whiling away the days there.

Why visit?

Havelock Island offers one of Asia's best beaches, famous for its swimming elephants and unbeatable reef. Picture the white sandy beaches of Koh PhaNgan before backpackers, full moon parties and internet cafés, and you have Havelock Island. Note that there is no nightlife on the island.

How to get there?

Daily flights to Port Blair (the capital and main Andaman Island) depart from Delhi, Kolkata and Chennai. With no international flights into Port Blair, visitors should take this opportunity to spend some time in India on either side of your trip to the Andaman Islands.

Once you are in Port Blair, it is only possible to travel to Havelock Island by boat. You can take the government ferry service, which runs a couple of times a day and takes 2.5 hours. If you prefer the quicker and more luxurious option, the Catamaran Ferry takes just 90 minutes from Port Blair. Be sure to book these online before you go, as it can be a hassle trying to organize this once you get to Port Blair and giving yourself enough time to make the next available boat.

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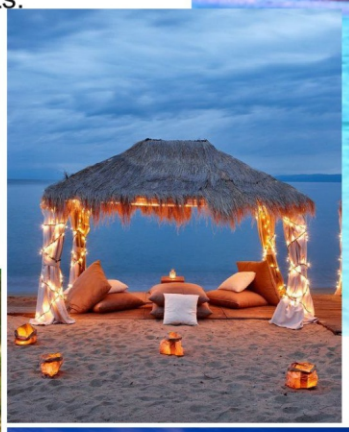
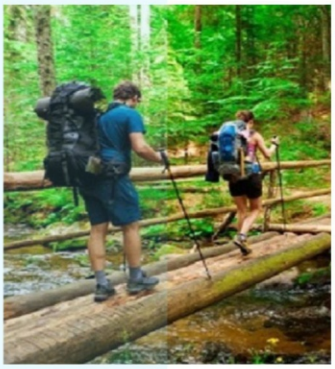
When to go

Despite having their rainy season from May to September, the Andaman Islands experience mild winters and hot summers, making it an almost year-round destination to visit. From October to February, you can enjoy temperatures from 30-35 degree Celsius, the ideal months to enjoy the idyllic beaches and water sports.





Beaches

For beach lovers, Havelock Island is paradise with over seven idyllic tropical beaches, beach bums can spend a week visiting a new one every day. The most you will see of a building are the bamboo cottages hidden behind the sweeping coconut palms. Undoubtedly, Havelock's most popular beach is the Radhanagar Beach.

The Andaman Islands are worth a visit just to see it. A stroll to the beach through a dense forest leads you through to the sight of white sand and crystal clear blue water. There is a treehouse restaurant serving light meals and cold drinks behind the beach, as well as a few market stalls set back from the beach selling fresh drinking coconuts. The sunset on Radhanagar Beach is also not to be missed. The sunset on Radhanagar Beach is also not to be missed. For water sports and snorkeling, this is the best spot on the Andaman Islands. Activities offered include an underwater sea walk, scuba diving, Jet Skiing, glass-bottom boats and banana rides. It is most easily accessed by a 20-minute high-speed boat from the east of the island, a boat ride that offers stunning views of the island.

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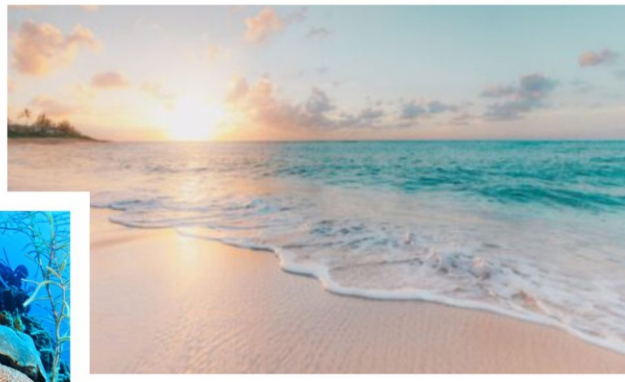
Underwater and corals

The turquoise crystal waters are perfect for a peek into the underwater world. Visit a PADI diving school to organize a scuba diving trip to see the Andaman's rare marine life and enchanting coral reef. Snorkeling amongst fish and swimming elephants is an experience you will never forget.

Adventure

Trekking through the Andaman jungle is a must-do while visiting. If trekking isn't your thing, be sure to explore hidden waterfalls and towering palm trees, home to exotic birds and beautiful wildlife.



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HAPPY SPACE

Kalyani Korner is extra special to me because this is my happy space where I share my perspective of life and my counts of teen diaries. It's been 6 months now ever since I started writing for TWELL and I still remember the day one of work for this column. It takes too many emotions to put into words to express my excitement and anticipation at that time. Oh my god! Can you believe that I feel it all over again? Because this is my personal favourite love story.

When it comes to my happy space, I have superabundant to share because every little thing that makes me feel comfortable becomes another space to bind love and concern.

"To love is to feel and to live with paws"

Every other day I return home it's my "Pawsitive" vibe that greets me gently.

Guess what, only a pet mum knows how much it means to them!

Ask the pet freaks they will tell you what love is!! Even a handful of roses and handpicked choices cannot make you feel loved like holding a pet at home.

I play, I cry, I crib, I laugh, I dance and I cuddle with my baby and the other way round. Even a day away without him cannot make me feel complete. By the way I hold a kitten at home. To me hardships are when my little boy is sick, less active and keeps his paws away.

This love tale is a perfect friction of understanding my shade, my smell, and my feel when I am away and simply happy when I am around.

He has got no expectations to work on me and 100 percent care when I don't turn up in an hour.

What else can life gift me? To all my worries that push my thumbs down I have my secret energy coming from him.

It gives me peace and plenty of whatever I require in life. As a teen, I must say pets become our brainstorming figure in life because we undergo a lot of mood swings and we keep struggling to pacify ourselves with circumstances. Try feeding the pets at home or even the stray dogs or any animal by the way and see the change happening psychologically.

"If words cannot heal you, love and strength can."

with love
Vj Kalyani
Prominent anchor of South India
South Indian Woman Achiever awardee
Ms.Fashion Icon India

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Put Your Love on Display with Your Little Heart

Valentine's Day is most commonly associated with romantic love, with millions of Valentine's Day cards being exchanged each year. Valentine's Day is observed as a day for expressing love between family members and friends, rather than that of romantic couples. Some traditions include leaving lollies and gifts for children and others include acts of appreciation between friends.

Valentine's Day is fast approaching, and with that, stores in many places are flooded with heart-shaped candies, stuffed toys, balloons, and varieties of chocolates. While stores filled with red balloons and gifting materials is a common sight during Valentine's Day in India and a few other nations, couples in Bulgaria celebrate their love with a glass of the excellent local wine, lovebirds in Wales exchange special and intricately handcrafted wooden spoons, and Romanian couples go to the forest to pick flowers and wash their faces in the snow as a sign of good luck.

Valentine's Day celebrations around the world occur in different ways that reflect local ideas about love.

Generally, we consider Valentine's Day as lover's day or a day only meant for those who are in love. But, this is not true, anyone and everyone can celebrate this beautiful day in their own ways. Even there are people who don't like idea of Valentine's Day. But, one should not forget that it is not only for lovers, you can express your love to your parents, your cousins, and friends, even to your pet, etc.

It is a day when you should share your love with your loved ones. If you are not in love, but love your family, friends, and cousins, this is your day to celebrate it differently and make it special for you and for everyone around you.

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Valentine's Day has been around for a long time, and there's a good chance that the original story of St. Valentine didn't symbolize romantic love at all. Some stories claim St. Valentine was executed on February 14th around 270 A.D. because he loved his faith so much that he refused to deny his religion. So, Valentine's Day history quite possibly honours courage and love of one's own convictions. By the Middle Ages, Valentine became one of the most popular saints in England and France. However, people didn't link this Christian feast day to romance until the 14th century, and only during 18th century England did the exchange of hand-made love notes become widespread.

Valentine's Day is meant to celebrate anything and anyone you love and cherish. Take a second to think about who really matters to you. Think about who or what you appreciate most. It might be a boyfriend or girlfriend—but it can also be family members, friends, teachers, coaches, your dog, and don't forget yourself! V-Day is arguably the best day to play cupid and sprinkle glittery love around like fairy dust—you won't believe how much random acts of kindness can lift your spirit. Don't be shy about showing your gratitude for those who you adore. Go even further and be extra accepting of someone who isn't your favourite person. The result might surprise you.

Valentine's Day is all about the love and red hearts drugged in deep in the breeze that surrounds us. It is almost a dedicated day for couples all around the world, celebrating their love with the gifts, flowers, chocolates, etc. But then again, Valentine's Day isn't only about the gifts that you give to your date or spouse or the romanticism that you indulge into, it is also about some fun and party at the most exotic places where the love could be in the air.

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