

ISSUE 02

GIRLS' ARMOUR

LET'S CHANGE THE WORLD

07

Sensational Entrepreneur Ankiti Bose

A girl on a trip get an idea which worth \$1 billion at present time only because of her hardwork and dedication.

GIRLS' ARMOUR

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HELPLINE NO. 7400680786

We are here to help you at any point of time. Through our helpline number which is a part of Girls' Armour initiative. In any emergency situation you (girl's) can call us through this number and share your problems with us, which we try to solve with our best efforts. We not only solve problems but we also organize counselling sessions for you at zero cost or in simple language without any cost. We try to help you and promise you that we maintain full privacy during solving your problem and not to worry about your name, your number or anything related to you. Only think we are like a messenger of God who works for upliftment of status of Girls' in our society.

LET'S CHANGE THE WORLD

THIS EDITION OF GIRLS' ARMOUR IS NOT FOR SALE

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I WILL RISE AND WIN THE RACE

Yes I am a girl,
a woman, a daughter,
a sister, a friend and
I will rise
I will climb
Think anything of me
But i will reach my goals one
day.

The society and the thoughts
Can't stop me
And if you cut my wings
I will walk alone.

You send all enemies
I will fight.
You burn me on fire
I will make it my power,
You throw me in water
I will swim till the goal.

You break me
I will come up as a magic
You put allegations
I will turn them into
compliments.

You stop me
I will run
You hold me
I will free up myself and will
turn.

You feel me
I will be a flower
You treat me
I will become heaven.

You just try to give me a brick
I will build up the home
You just try to understand
me
I will give you the place in my
home(heart).

-Shambhavi Johri

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Our life is running with technology. We all are living in this innovative world

Scan to connect with us



1 Scan QR Code

2 Click on link

**3 Follow us on
Insta**

girlsarmour@gmail.com



INTERNATIONAL WOMEN'S DAY

Women's day is very auspicious and important day for women. On this day women's try to aware people about their problems as GIRLS ARMOUR is trying to do, to aware people about their problems and not to discriminate women or girl .Why we are telling you these all things because we think its our duty to tell you all about Women's day all their history.

So we start from very beginning and try to answer you in question answer format because we think all questions starts from WH words.So guys lets start.

WHEN IS INTERNATIONAL WOMEN'S DAY?

International Women's Day takes place on March 8 every year to celebrate globally women's rights and inspire people to act in the ongoing fight for gender equality. This year, March 8 falls on a Monday.

WHAT IS INTERNATIONAL WOMEN'S DAY?

International Women's Day is a United Nations-sanctioned global holiday. It celebrates women's contributions to society, raises awareness about the fight for gender parity, and inspires support for organizations that help women globally.

WHAT IS THE INTERNATIONAL WOMEN'S DAY HISTORY?

According to the United Nations, International Women's Day started in America in 1909, when the Socialist Party of America took to the streets to honor garment workers who had protested against inhumane working conditions the year before. They called it National Women's Day, and it took place on February 28. The following year, the Social International established Women's Day in Copenhagen to celebrate those working for women's rights and universal suffrage.

In 1911, Austria, Denmark, Germany, and Switzerland celebrated the first official International Women's Day on March 19. More than one million people attended rallies focused on suffrage, representation, education, and workers' rights. Over the next few years, more countries in Europe marked the holiday on March 8. It wasn't until March 8, 1975, when, during International Women's Year, the United Nations celebrated it as an official holiday. Since 1975, the holiday has gained awareness around the globe as a way to recognize women.

WHAT IS THE INTERNATIONAL WOMEN'S DAY LOGO?

The International Women's Day logo is a looping, arrowed circle with the female (or Venus) gender symbol at the inset.

Groups and organizations that would like to use the logo, and align with what International Women's Day wants to represent, can get more information on the terms of use and how to register the necessary IWD account on the International Women's Day site.

WHAT IS THE INTERNATIONAL WOMEN'S DAY THEME FOR 2021?

The International Women's Day theme for 2021 is #ChooseToChallenge, which highlights the importance of challenging biases and misconceptions in the interest of creating a more inclusive and gender-equal world.

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EMERGENCE OF GIRLS' ARMOUR

Woman really need empowerment who is powerful enough to create, nurture and transform because person with these qualities is very prosperous and important for society but that's the dilemma that in our society there is huge gap in boy and girl in everything like in education, in employment, in schools everywhere and We (Girl's Armour) are like bridge between these gaps. We are trying to provide lots of basic facilities through our organization these things only possible through your support.

We start from very beginning and try to answers all questions arise in your mind while reading our magazine and we think there is no question arises except Why, What, Where, When and how we are doing?

WHAT IS GIRLS ARMOUR?

Girl's Armour is organization which works on the ideology of feminism. We works for girl and try to provide help care and resolve problems related to them. We start this initiative to make you aware about the position of girl in our society and problems faced by them in their day to day life, through our magazine. We tell you about where we need to work and how we up lift the status of women in our society.

WHY WE USE ARMOUR?

We use Armour in our name because meaning of armour is a protective layer, a covering. We are like a shield for girls and our sole motive is to provide them protection, prosperity in our society and we are very determined for our duty, we work like a private police.

WHERE WE START ORGANISATION?

We start our organization at initial level like in our city because we are well aware about the problems faced by a girl in our city specially in our locality something they cannot share their problems with their parents and take very hard step, to remove all the mess form their life now we are here to help you instead of taking hard steps we are here for you and you can freely share your problems with us, and we are damn sue that we will try our best to solve you problem.

HOW WE HELP YOU THROUGH OUR ORGANISATION ?

We not only solve your problems but also provide you platform to show your talent because we are aware that in our city there is no such platforms. We provide you that platform to excel your talent in front of audience, we organise modelling, dancing, singing, painting, acting competition that's all our motive.

WHY WE ARE UNIQUE IN OUR WAY?

We are unique not only from our work but also because of our thoughts we think in a different way because we all are youngsters.



GIRLS' EMPO WER MEET

05

MARCH 2021 | ISSUE 02

EVA : A BOON FOR WOMEN

By Girls' Armour

Our life is running with technology. We all are living in this innovative world, where every new innovation helps us to make our life easier and more comfortable in every field.

This time we bring something very helpful to your mother, aunt or any other female relative. In previous magazine we told you about Breast Cancer.

Now in our innovation column we add Eva Bra which detects Breast Cancer in its early stage because Breast cancer detection is never easy especially when the women is in her 30's and one women dies of Breast Cancer in every 13 minutes making it most prevalent cancer among Indian women.

Women in India are generally diagnosed at a later or at most advanced stage that's why we add Eva Bra. Now question arises in your mind what it is and how it works and who made this.

WHAT EVA BRA IS?

The bra will be early warning system for breast cancer symptoms. It detects the symptoms in their early stage.

HOW WOULD A CANCER DETECTING BRA WORK?

Cancerous tumours may turn skin a different temperature due to increased blood flow. The idea of the Eva bra is that biosensors would measure temperature log them in an app and alert a user to any



disturbing changes. Women using the bra would need to wear it for 60-90 minutes a week to accurate measurements.

WHO INVENT THIS BRA AND WHY DID HE INVENT THIS BRA ?

A teenager from Mexico, Julian Rios has invented this bra. He is only 16 years old when he invented this bra so questions arise why he invented this bra. He had a personal motivation for this project. When he was 13 his mother nearly died after her breast cancer was not detected early.



A doctor told his mother that the lumps she had found were not malignant but after six months later, a second mammography found that they were cancerous in nature and in the end both her breasts were removed. After researching the illness and current diagnostic practices, Julian came up with his idea, filed a patent, gathered some friends, to help in the business and even about making a product.

WHY EVA BRA THIS TIME IN INNOVATION COLUMN?

About 1 in 28 women are expected to develop Breast Cancer during their lifetime. Why we are focusing more on this because in this upcoming decade breast cancer will cause most deaths among women in India than any other disease. We add this thing because we care for you and for your family. We understand the pain you suffer when someone from your family faces illness specially our mom. Our sole motive is to make you aware about things that are beneficial for you.

TO BE AN
ENTREPRENEUR
YOU HAVE TO BE A
PATHOLOGICAL
OPTIMIST.

Ankiti Bose



ANKITI BOSE

SENSATIONAL ENTREPRENEUR

BY GIRLS' ARMOUR

Ankiti Bose who is she, you can call her a remarkable entrepreneur or a girl with aspiring dreams and she fulfilled them with her hard work. She worked very hard and now at the age of 29 she has \$1 billion in her pocket. What she did for this let's starts.

Ankiti Bose graduated in economics and mathematics from St. Xavier's college in Mumbai. In June 2012, she joined McKinsey & Company in Mumbai to work as a Management consultant. After working here for nearly two years, in May 2014 Ankiti Bose joined Sequoia Capital in Bangalore to work as an Investment analyst.

Her work at Sequoia Capital was to analyse start-ups and this work experience later helped her while starting Zilingo. Ankiti Bose wanted to become an entrepreneur while working here, Ankiti Bose became determined to become an entrepreneur. Meanwhile, she met Dhruv Kapoor, a software engineer who graduated from IIT-Guwahati who had the same ambitions and skill sets as hers. Both of them founded Zilingo in 2015. Ankiti Bose and Dhruv Kapoor quit their jobs and invested their savings which amounted to \$30,000 into Zilingo. Ankiti Bose's hard working nature greatly helped in the success of Zilingo. In the initial days, she used to work 18

hours a day for her start-up. Zilingo is headquartered in Singapore and it receives tech support from Bangalore, India. Zilingo operates in many countries like Indonesia, Hong Kong, Thailand, Philippines, Australia, India and the United States.

A TRIP TO BANGKOK

Ankiti Bose got the idea of Zilingo in Thailand. Ankiti Bose got the idea of starting Zilingo after visiting Bangkok on a holiday trip along with her friends. While at Thailand's Chatuchak market she observed that many merchants hailed from small remote villages and weren't able to sell online because they lacked the required technical expertise and financial support. At that time, that market had around eight thousand small merchants. Ankiti Bose decided to help them by selling their products online and this gave birth to Zilingo. This is a win-win situation for both the merchants and customers. Merchants are able to sell their products to a much larger audience whereas the customers enjoy a variety of products.

Merchants are able to sell their products to a much larger audience whereas the customers enjoy a variety of products. Zilingo offers free listing of products by sellers; they do not need to pay any licensing fees or registration fees. It charges only

between 10 to 20 percent commission on sale rate, and they charge commission only when the product is sold, not when the product is ordered. Zilingo developed several technological tools, which facilitates her clients across various countries to connect seamlessly. The tools also play a pivotal role in inventory management, shipping to any part of their network by cross-border shipping.

ZILINGO: GIFT OF GOD

This start-up also developed a huge network by establishing a separate company called Asia Mall by which its clients can purchase raw materials from any country at a very affordable price. Asia Mall works on Business to Business service model. In addition to all these support, Zilingo also helps its small clients in documentation, training, keeping them informed about future fashion trends. Zilingo also empowers local communities by providing them with employment opportunities. The word Zilingo means the gift of god

WRITERS VIEW :

Don't think you are only a girl think that you are everything who achieve anything what she wants in her life. She has ideas, vision and courage to make these ideas alive so start from today to achieve your ideas and something extraordinary in her life.

ARUNIMA SINHA



By Suyash Nagaich

We always admire girls for their courage and this time our Worrier is Arunima Sinha, a girl changing accident happened in her 23 years of age do which change her whole life something extraordinary, so we call her Warrier now she is amputee and her life forcing 32. An amputee girl with her courage and valour climb Mount Everest. She is world's first female amputee to climb all the seven highest mountain peaks in all seven continents with what, only with one thing that is her courage and determination. We need to know about her journey, how she achieve that feet in her life. So let's start another adventurous story.

WARRIOR'S JOURNEY

She was born on 20 July 1989 in Ambedkar Nagar, Uttar Pradesh to an engineer in the Indian army that's her father and a supervisor in the Health department that's her mother. She was one among three children of their parents. From early age she love to play football and volleyball. She is former national volleyball player you can also call her sports

women who represent India and wants to join paramilitary forces until and unless that life her to live it on someone's grace but why we call her warrior, what is the actual meaning of warrior, a person facing problems in his life but never lose courage because of these problems but to fights back and make these problems into achievements.

After this terrible accident her life totally change she lost her left leg and got one prosthetic (artificial) leg. Now she had two options in her hand one is to live life on someone's grace and second one do something which inspire people to do something with their life even if this whole world is against you. She choose second option and make a goal to climb MT. Everest. She contacted Bachendri Pal [the first Indian women to climb Mount Everest] in 2011. When she met her and

she told her story to her. Pal said " My child you decided to climb mount Everest in these situations with prosthetic (artificial) leg. You had climbed, Mount Everest my child now just the date is remaining to the World to know. Then she started her basic mountaineering course from Nehru institute of mountaineering and Tata Steel Adventure [TSAF] in Uttarkashi India. She was always supported by her elder brother. [This shows the importance of family in our life]. In 2012 under the guidance of Hendrick pal After hard toil of 17 hour. She reached the summit of Mount Everest and became the first female amputee to achieve this feet this is shows her courage and dedication.

TRAIN ACCIDENT :

She boarded the Padmavati Express train at lucknow for Delhi on 12 April 2011, to take an examination to join the CISF. She was pushed out of general coach of the train by robbers wanting to snatch her beg and gold chain.

**Abhi to is baaz ki asli udaan baki hai,
Abhi to is parinde ka imtehan baki hai,
Abhi abhi maine langha hai samundaro ko,
Abhi to pura aasman baki hai.**

- Arunima Sinha



She recounting that accident, she said *I resisted and they pushed me out of the train, I could not move. I remember seeing a train coming towards me. I tried getting up by then, the train had run over my leg. I don't remember anything after that* Immediately as she fell on railway track and another train on a parallel track crushed her leg below the knee.

After climbing the Mount Everest, she decided to achieve more feet in her life and she set up her next goal is to climb all the seven highest peaks in all seven continents. She climbed them too and achieve these feets in her life. While losing one feet and achieving more feets is sounds good .Now she proudly said this to anyone that I have more feets than ordinary man

Awards and Accolades:

She achieve something extraordinary so its time to praise her efforts.

- Government awarded her with fourth highest civilian award of our country Padma Shri.
- She was awarded with Tenzing Norgay national adventure award (2015).
- First lady award (2016)

Many more accolades and honors for her achievement. We need to inspire from her and if you wanted to read more about her journey do read her autobiography: **Born Again on the mountain**. You can also achieve your dreams. Always try to chase down your dreams that's it.

CERVICAL CANCER

Cervical cancer is a type of cancer which is second most prevalent and diagnosed cancer among women in India. In our first magazine We add Breast cancer which is most prevalent cancer in our country so this time we add cervical cancer because people are not aware about this cancer and most of the casualties happen due to late scanning and it is most painful.

WHAT IS CERVICAL CANCER AND HOW ACTUALLY DOES IT OCCUR?

The cervix is the opening of the uterus, the neck of the womb at the top of the vagina and is very sensitive opening. If it becomes infected with the Human Papilloma Virus (HPV) and if that virus stays there then the surface of the cell lining of the cervix becomes abnormal with uncontrolled growth and then it develops into one of the world population has cancer. so, this infection is a very common infection and around 85 percent evidence of HPV at some point in their life. It's transmitted sexually from men to women or women to men. As

soon as someone becomes sexually active there is a risk of developing infection because it is transmitted around population.

Most of the times the virus clears up and disappears but sometimes for whatever reasons it doesn't disappear and if it stays long enough it can develop these changes which eventually can turn into cancer. That cancer can be picked up by some screening techniques known as Pap smear test and then that can be treated and prevented from turning screening techniques then it can go into cancer.

If it's not picked up by some sort of on to form true cancer like in the form of bleeding, abnormalities, pain, discomfort and that person eventually dies.

If the person is treated for cervical cancer then what is the probability of getting that disease again.

It depends on stage, how successful the treatment has been, if you got advanced cancer then the treatment might not be successful and you can die. If you get treated at

precancerous stage and the treatment has been took successful then there is not so much of chance of getting it again.

WHAT IS THE AVERAGE AGE OF GETTING INFECTED BY THIS VIRUS .

It's relatively present in young women so the age is late 30s and early 40s, so it's very important in terms of women's life because those young women at that time are mothers and wives are dying due to cervical cancer is a major concern. The infection starts developing into late teenage age. Any woman who is sexually active has the chances of getting infected by the HPV virus.

WHAT IS DONE UNDER PAP SWAB TEST? HOW IS HPV VACCINATION DONE?

We need to do vaginal examination of the cervix. We need an instrument to insert into the vagina to expose the cervix and then take sample of cervix. We scrape the cell peel from the cervix, wipe it on the

slide and then it goes to pathologist who sends it to laboratory and experts in laboratory looks every cell under microscope. It's a complicated procedure and each laboratory has very experienced expert who examines for abnormal cells. Usually the results come in one week. If there is abnormality in the cells then the woman is called back for further examinations. HPV vaccination is basically course of two to three injections over six months.

WHAT IS THE SCENARIO OF CERVICAL CANCER IN INDIA?

Nelther the urban nor the rural wornan is much aware of cervical cancer. There are nearly 1 lakh 30 thousand new cervical cancer patient every year, Cervical cancer was the highest cancer among women a year ago but now breast cancer has taken a leap over it not because the cases of cervical cancer has come down but because of breast cancer going up. Out of 1 lakh 30 thousand new cervical cancer cases nearly 65000 to 75000 patients die. The reason is elther the disease has too advanced or they didn't approach at the nearby health facility at the early stage.

WHY WOMEN DON'T COME FOR CHECK UP IN HOSPITAL ? IS THERE ANY TABOO RELATED TO IT.

There is no as such taboo related to this. The thing is when you consider the whole population of India, how many

of them actually approach the hospital for diagnosis when they are ill. You may access a health facility once you go there, The person examines you and tells that you need a Pap smear or a small biopsy and that's the end of the story and you go back home and never come.

WILL THE SEX LIFE BE AFFECTED AFTER THE TREATMENT ? WHAT ARE THE SIDE EFFECTS OF THE TREATMENT?

It depends on the treatment. Sometimes side effects make it difficult to have a happy sexual life. But if the disease is treated in its precancerous stage with a minor procedure then there is no such difficulty in sexual activity. The side effects of radiation are very serious. It can damage the wall, the bladder, it can cause menopause. It can even cause scars around the vagina. Radiation can destroy ovary. Some of them can cause long-term side effects. So, the radiation is very substantial and yes the treatment is very costly that's why 70,000 women die of it because they can't afford it. This is the reason we add it so you will aware about it and raise your concerns to government.

WHAT IS GOVERNMENT DOING FOR IT ? IS GOVERNMENT RUNNING ANY PROGRAMME FOR IT

The government doesn't have any special hospital for this disease. It is taken as a part of cancer. It does have a screening programme in the form of Pap smear test. Again,

only 1 to 2 per cent of population accesses the facility. Unfortunately, we don't have any facility to really call in a big way as programmatic approach and even if we do have that Pap smear test then that is more on paper than actually accessible by the patients. We have everything in our country, the budget, etc. The thing depends on how many patients are turning up for pap smear test, how many women are coming for mammography test, how many women are coming for HPV vaccination. There is a lack of knowledge, lack of preventive attitude among women and that's why India is adding up one third of the cervical cancer in the whole world.

HOW CAN WE PREVENT CERVICAL CANCER?

HPV vaccination at young age is the major preventive measure from cervical cancer. It can totally eradicate cervical cancer. The another being Pap smear test it's not for prevention, but it can help in detecting the disease at an early stage or in precancerous stage so that patient doesn't suffer and even the treatment expenditure also becomes less, your ovaries don't get eradicated, your uterus is not removed and all the long term effects can be prevented just because of early detection of precancerous stage of cervical cancer. After the age of 21 years each women should go for regular Pap smear test till the age of 65.

DOMESTIC

VIOLENCE MARITAL RAPE- LICENSE TO RAPE PERFECTLY LEGAL CRIME

By Vedant Mishra

Domestic violence in India is an entrenched problem and it has only been exacerbated in recent years. According to National Crime Records Bureau's NCRB - "crime in India" 2019 report about 70% of women in India are victims of domestic violence and one such manifestation of this domestic violence is marital rape.

So what is Marital Rape?

Marital rape the act of forcing your spouse into having sex without proper consent.

"It is an unjust yet not uncommon way to degrade and disempower woman.

Where Does India Stand?

Today Marital Rape has been impeached in more than 100 countries but unfortunately India is one of the only 36 countries where marital rape is still not criminalized and it becomes - "A non-criminalized crime in India" so we can say it 'Perfectly Legal Crime'.

Data Speaks:-

National Family Health Survey [NFHS] 2015-16 data indicates that on estimated 99.1% of sexual violence cases go unreported and that the average Indian woman is 17 times more likely to face sexual



violence from her husband than from others. In this case we are bound to say marriages are '**License To Rape**'.

Oxfam international report- 'Towards violence free lives for women'.

Speaks that budget proportion which was allocated for women helpline and crises centre establishment and to train officials for gender sanitization have not been spent.

- As per the International Men and Gender Equality Survey (IMAGES) of International Centre for Research on

Women (ICRW)- 2011 says- 1 in 5 men has forced his wife or partner to have sex.

- As per the US Population Fund- more than two-third of married women in India aged 15 to 49 have been beaten or forced to provide sex, regardless of their socio-economic position.
- Committee on Elimination of Discrimination Against Women (CEDAW) recommended that Indian government should criminalize marital rape. Also J.S. Verma committee said the same in his report to government in 2016.

Where Does law Stand?

As per current law a wife is presumed to deliver perpetual consent to have sex with her husband after entering into marital relations. The concept of marital rape in India is the epitome of what we call 'Implied consent'.

Defeats the spirit of section 375 of IPC-

375 of IPC- The purpose of section 375 of the IPC is to protect women and punish those who engage in the

property and merged the identities of husband and wife under the 'Doctrine of coverture'.

Violative to constitutional provisions

- **Violative of Article 14 of Indian Constitution**
- Marital rape violates the "right to equality" enshrined in Article 14 the exception creates two classes of women based on their marital status and

- **In State of Karnataka VS Krishnappa.** The Supreme Court held that sexual violence apart from being a dehumanizing act is an unlawful intrusion of the right to privacy and sanctity of a female.

- **In Sucheta VS Chandigarh Administration.** The Supreme Court equated Right to make choices related to sexual activity with life to personal liberty, Privacy, Dignity and bodily integrity.



inhumane activity of rape moreover married women conditions at home.

Doctrine of coverture - Non-criminalized nature of marital rape emanates from the British Era. The marital exception to the IPC's definition of rape was drafted on the basis of Victorian patriarchal norms that did not recognize men and women as equals, did not allow married women as equals and also did not allow married women to own

immunizes actions perpetrated by men against their wives. In doing so the exception makes possible the victimization of married women for no reason other than their marital status while protecting unmarried women from those same acts.

- **Violative of Article 21 of Indian Constitution-** Right to Health, Privacy, Dignity, Safe life & living conditions, and safe environment are right enshrined in Article 21.

- **In Justice KS. Puttaswamy VS Union of India** - The Supreme court recognised the right to privacy as a fundamental right of all citizens. It reflects decision in respect of intimate relations.

Indian Law now accept husbands and wives separate independent legal identities. Therefore it is high time that the legislature should take cognisance of this legal infirmity and bring marital rape within the purview of rape laws.

FOODS TO EAT DURING PERIODS

Periods, a painful time for a girl and we are very much aware about this, so this time we add some food items which lessen their pain and what to avoid during periods.

First we tell you symptoms :-

- Abdominal cramps
- Headaches
- Nausea
- Fatigue
- Bloating
- Mood swings
- Diarrhoea

If you experience any symptoms mentioned here. Do add these foods in your diet to relieve from pain during periods.

FOOD TO EAT DURING PERIODS.

→ WATER

Drinking a lot of water is always important, and this is especially true during your period. Staying



hydrated can reduce your chances of getting dehydration headaches, a common symptom of menstruation. Drinking plenty of water can also stop you from retaining water and bloating.

→ FRUIT

Water-rich fruits, such as

watermelon and cucumber, are great for staying hydrated. Sweet fruits can help you curb your sugar cravings without eating a lot of refined sugars, which can cause your glucose levels to spike and then crash.

→ LEAFY GREEN VEGETABLES

It's common to experience a dip in your iron levels during your period, particularly if your menstrual flow is heavy. This can lead to fatigue, bodily pain, and dizziness. Leafy green vegetables such as kale and spinach can boost your iron levels. Spinach is also rich in magnesium.

→ GINGER

A warm mug of ginger tea can improve certain symptoms of menstruation. Ginger has anti-

inflammatory effects, which can soothe achy muscles. Ginger may also reduce nausea. Few studies confirm this, but a 2018 study found that ginger effectively reduced nausea and vomiting during the first trimester of pregnancy. Since it's safe and relatively cheap, it's worth trying.

→ FISH

Rich in iron, protein, and omega-3 fatty acids, fish is a nutritious addition to your diet. Consuming iron will counteract the dip in iron levels that you might experience while menstruating.

Omega-3s can reduce the intensity of period pain, according to a 2012 study. Subjects who took omega-3 supplements found that their menstrual pain decreased so much that they could reduce the amount of ibuprofen they took. A 2014 study showed that omega-3s can also reduce depression. For those who experience mood swings and

depression around menstruation, omega-3s may be helpful.

→ TURMERIC

Turmeric is known as an anti-inflammatory spice, and curcumin is its main active ingredient. A 2015 study looked at the effects of curcumin on .

PMS symptoms and found that people who took curcumin had less severe symptoms.

→ DARK CHOCOLATE

A tasty and beneficial snack, dark chocolate is rich in iron and magnesium. A 100-gram bar of 70 to 85 percent dark chocolate contains 67 percent of the recommended daily intake (RDI) for iron and 58 percent of the RDI for magnesium.

A 2010 study Trusted Source found that magnesium reduced the severity of PMS symptoms. According to a 2015 study Trusted Source, people with magnesium deficiencies were more likely to have severe PMS symptoms.

→ NUTS

Most nuts are rich in omega-3 fatty acids, and they're a great source of protein. They also contain magnesium and various vitamins. If you don't want to eat nuts on their own, try nut butters or nut-based milks or add these ingredients to smoothies.

FOOD TO AVOID DURING PERIODS.

While all foods are OK in moderation, you might want to avoid certain foods that worsen the symptoms of your period.

→ SALT

Consuming lots of salt leads to water retention, which can result in bloating. To reduce bloating, don't add salt to your foods and avoid highly

processed foods that contain a lot of sodium.

→ SUGAR

It's OK to have sugar in moderation, but eating too much of it can cause a spike in energy followed by a crash. This can worsen your mood. If you tend to feel moody, depressed, or anxious during your period, watching your sugar intake can help regulate your mood.

→ COFFEE

Caffeine can cause water retention and bloating. It can also exacerbate headaches. But caffeine withdrawal can cause headaches, too, so don't cut out coffee completely if you're used to having a few cups a day.

Coffee might also cause digestive issues. If you tend to get diarrhoea during your period, reducing your coffee intake could stop this from happening.

→ ALCOHOL

Alcohol can have a number of negative effects on your body, which can exacerbate the symptoms of your period. For example, alcohol can dehydrate you, which can worsen headaches and cause bloating. It can also lead to digestive issues, such as diarrhea and nausea.

Plus, a hangover can bring on some of the same symptoms that occur during your period, including:

→ SPICY FOOD

Many people find that spicy foods upset their stomachs, giving them diarrhea, stomach pain, and even nausea. If your stomach struggles to tolerate spicy foods or if you're not used to eating them, it might be best to avoid them during your period.

→ RED MEAT

During your period, your body produces prostaglandins. These compounds help your uterus contract and get rid of the uterine lining, resulting in your menstrual flow. However, high levels of prostaglandins cause cramps.

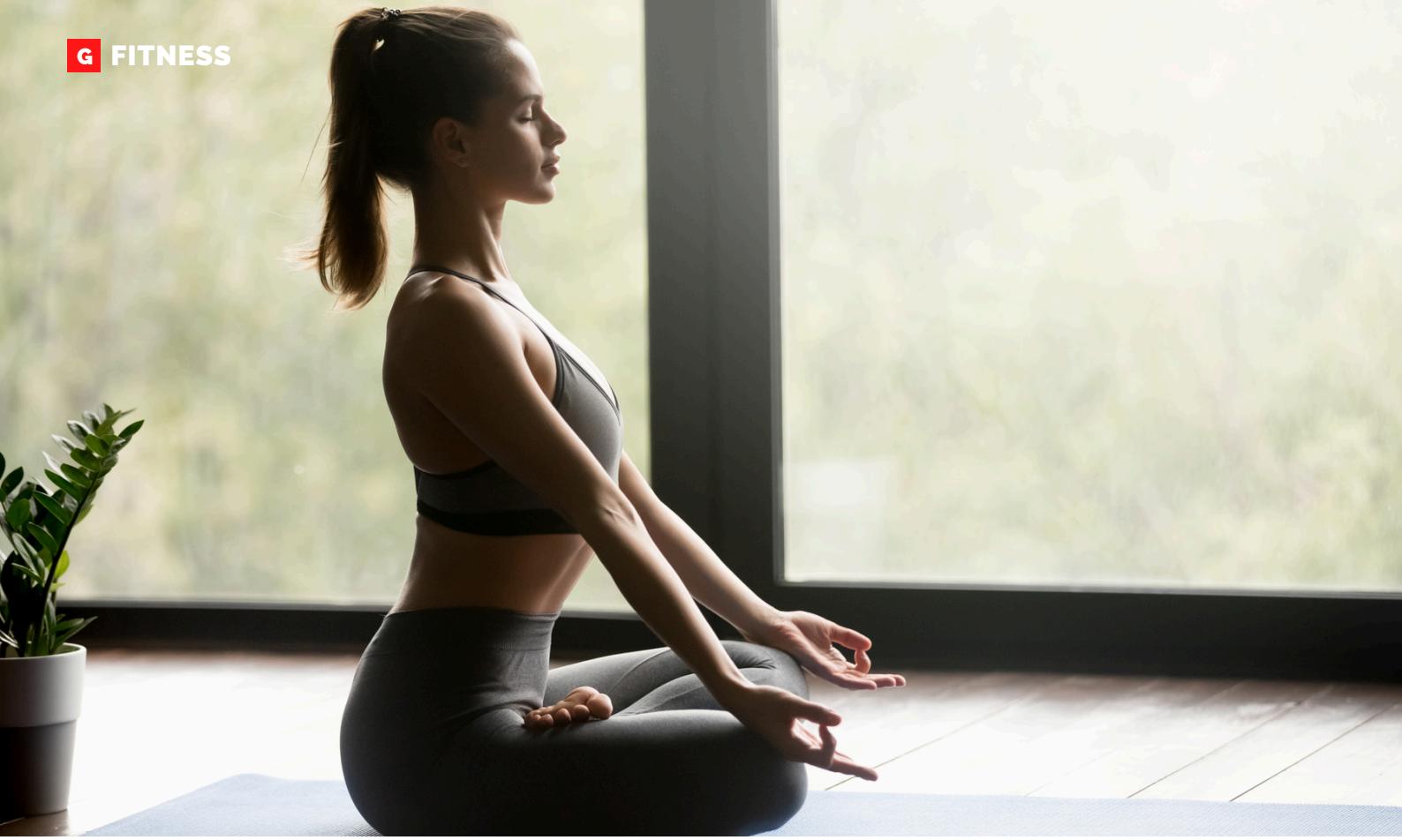
Red meat may be high in iron, but it is also high in prostaglandins and should be avoided during menstruation.

→ FOODS YOU DON'T TOLERATE WELL

This might seem obvious, but it's worth emphasizing: If you have food sensitivities, avoid those foods, especially during your period.

If you're lactose intolerant, you might occasionally treat yourself to a milkshake, regardless. But during your period, it's especially important to avoid the foods that can trigger issues in your body.

Eating these foods can cause nausea, constipation, or diarrhea, which will only add to your discomfort when you're having a painful period.



FOUR YOGA POSTURES FOR PREGNANT WOMEN

Source: *Times of india*

Yoga: It is this ancient form of exercise that has contributed in the holistic living of individuals in the most natural and trusted way since years. Yoga is like a spiritual route to a relaxed mind and healthy body.

In times of pregnancy, when women are battling mood swings at varying levels, fatigue and sickness, painful leg cramps and breathing problems; yoga exercises, techniques and postures ease all such conditions ensuring a period of relieved nine months followed by an easier labour and smooth delivery.

Women who are regulars would require minor modifications to their yoga routine during pregnancy months when the body is undergoing hormonal changes. The aim of pregnancy yoga is to help the mother bring the unborn into the world with minimum hassle and completely no health complications. Positions and exercises practiced across the three trimesters of pregnancy differ with every phase. It isn't just about yoga; it is

about doing it under expert supervision and favourable environment.

A pregnant woman must take into consideration her health history before beginning with the exercises. For those who are doing yoga for the first time and have not been following a regime otherwise should not rush into the same without prior medical consent. The first three months are the most crucial and chances of miscarriage are high; therefore utmost caution is paramount during this time.

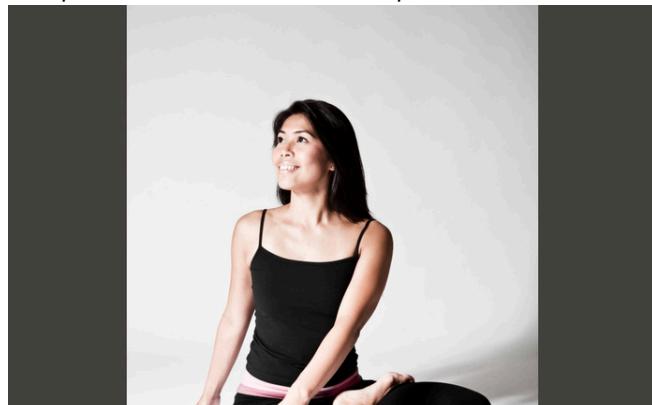
With all clauses and health tips in mind, let us now move forward to the 'asanas' most recommended for would-be-mothers. Yoga postures mentioned below focus on strengthening the pelvic muscles that help enhance the womb space for the healthy growth of the foetus. Yoga teacher and nutritionist Abhilasha Kale believes that, "The benefits of asanas are many. By doing regular exercises, a lot of happy hormones are released called 'endorphins' that keep a mother energetic

and positive sans the deterring and erratic mood swings coming in way." Here's a list of the top exercises that definately helps women to attempt during pregnancy months.

⇒ VAKRASNA (TWISTED POSE)

Benefit- Your spine, legs, hands, neck are exercised along with gentle massage to abdominal organs.

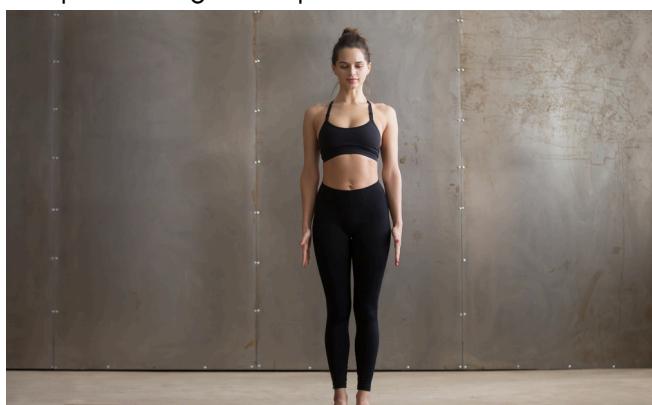
- Sit erect with feet stretched in front (parallel).
- Inhale and raise your arms at shoulder level, palms facing down.
- Exhaling, twist your body from waist towards your right moving head and hands simultaneously to the same side. Swing arms back as much as possible. Do not bend your knees.
- Inhale and come back to original position maintaining your hands shoulder level and parallel to each other. Repeat on other side.



⇒ PARVATASANA (MOUNTAIN POSE)

Benefit- Improves body posture, relief in backache.

- Sit on the mat in sukhasna, padmasana or ardhapadmasana.
- Sit straight and while you inhale, raise your arm and join your palms in 'Namaste' position. Keep your elbows straight. Hands are near to your ears. Hold the position for a few seconds and come back to normal position again. Repeat 2-3 times



⇒ BHADRASANA (BUTTERFLY POSE)



Benefit- Strengthens inner thighs and pelvic region

- Sit on the mat with legs fully stretched.- Keeping the legs in contact with the mat, form 'Namaste' with your feet.
- Sit erect, without leaning forward. Place your hands on knees or thighs. Hold the posture till the time you feel comfortable.-Straighten your legs and repeat again.

⇒ KONASANA (ANGLE POSE)



Benefit- Flexibility of waist and fat remains under control in the waist region

- Stand erect with feet 24 inches apart. You can do this asana with the support of wall.
- Raise your right hand up keeping elbow straight. Give a nice upward stretch and while you inhale, bend sideward towards your left. Exhale and come back and put your hand down. Repeat the same with other side.

SOME IMPORTANT REMINDERS/SAFETY MEASURES.

Mothers with condition of asthma can try the above mentioned asanas but shouldn't hold or suspend breath during the practice of pranayams/asanas.

WEDDING OUTFITS WE ARE EYEING FOR

Fashion is not only carry out with high standard rich peoples. A Postmaster is also scandalizing a fashion trend if he wears his uniform with confident attitude and grit of doing good".

Fashion is a tremendous process in which a person highlights itself with his or her trait or streak. Fashion is something that is not only popular in youth but also a catchy eye in new born and old generation. The father of fashion is Charles Frederick, he was a first fashion designer in 1826. Fashion is most noteworthy, it is something that is in vogue. In this Era fashion certainly has become a part and parcel of human beings.

Fashion is a nonverbal way of communication that conveys a lot about the Person's Personality, Background and Style. Fashion always influences in many ways like first is "Politics", influences on fashion a lot many Politicians become

fashion epitome in this era common peoples follow dressing sense, hairstyle of Ministers. Second significant influencer is "Technology" like 3D printing technology and internet has a vast effect on this generation on the trending outgoing topic "fashion" and the third most significant influencer is "Social" influencer many Music star are followed by many Youngsters these days and these Youngsters love to emulate the fashion sense of their celebrity. We can say that the concept of fashion is always at a flux.

By conclusion we can say that fashion is one of the most critical industry in our world today. Fashion is a way how to carpet yourself in front of others without wearing an outlet cover but with your inner Optimistic soul. Fashion has direct knocks with Culture and Tradition. Briefing my words I want to say that 'Style or Fashion is something each of us already have, all we need to do who is find it'.



1



2

4

Navy Blue thread embroidered
bridal lehenga choli with
blouse in velvet material
embellishes with thread,
zari, dori, and sequins work
featured with leaf work comes
with attached can-can inside.



#myfashion

5

dark green embroidered
traffeta silk bridal lehenga
choli showcase your best
ethnic look with this
mesmeric dark green colored.



6

purple embroidery traffeta
silk bridal wedding lehenga
choli showcase your best
ethnic look with this
mesmeric purple colored
bridal wedding lehenga choli
for woman.



7

coral pink embroidered art
silk partywear lehenga choli
for women richly embellished
with heavy zari embroidery
studded by stunning mirror
and sequins work.



#myfashion

BE HOLI READY WITH THESE SKIN CARE TIPS

By Dr. Anju Methil

Beauty means a lot in our generation. So we add beauty products that helps you to enrich your beauty. Holi festival of colours is around the corner, our favourite festival is near and we cannot play with colours that's impossible.

This thing is in our mind so we add products which helps you to protect yourself from chemical colours and some basic tips to protect your skin from these chemical colours.

And here is how to protect your hair and skin from holi colours

So we try to answer your questions in question answer format where some of basic questions arises in your mind.

THE HOLI COLORS STAY ON MY SKIN AND HAIR FOR A FEW DAYS. HOW CAN I PREVENT THIS FROM HAPPENING?

A day before Holi, apply body oil all over your body and massage it into skin. This hydrates skin so that it absorbs less color the next day. You can also oil your hair to form a protective shield on strands. We recommended Bio Skincare Oil.

WHAT PRECAUTIONS MUST ONE TAKE ON THE

DAY ITSELF?

Just an hour before you play Holi, apply body lotion on your body. Protect the area around the eyes by applying Vaseline and rub a dash of baby oil on eyelashes and nails. Always wear full sleeved clothing to avoid direct exposure to colors.

We Recommends: Vaseline Original Pure Skin Jelly

WHAT IS THE POST-PLAY ROUTINE FOR EVERYONE TO FOLLOW?

Use a gentle facewash and body wash all over and gently scrub skin with a loofah to get rid of the color. Use a clarifying shampoo to rinse color from hair. After the shampoo, apply conditioner on the lengths of hair. Leave on for a couple of minutes and rinse with cold water. Use color protect conditioner for color treated hair. After your shower, don't forget to apply a nourishing body lotion and face moisturizer as the skin tends to become dry due to excess color and sun exposure.

I'VE JUST HAD A RE-BONDING TREATMENT DONE. WILL PLAYING HOLI AFFECT MY HAIR?

If the re-bonding was done in the last three days, then playing Holi is a strict no-no. Re-bonded hair takes three

days to settle and contact with water is strictly prohibited in that time. Other than that, playing Holi is safe. Just make sure to use shampoo and conditioner specially meant for chemically treated hair.

Recommends: Love Beauty & Planet Murumuru Butter And Rose Aroma Blooming Colour Shampoo + Conditioner.

MY SKIN TENDS TO ITCH AFTER EXPOSURE TO CERTAIN PRODUCTS. HOW DO I MAKE SURE THE HOLI COLOR DOESN'T AFFECT MY SKIN?

Make sure to use organic colors to play Holi and remember to apply either oil or moisturizer all over your body, especially exposed body parts before playing Holi. **Recommends:** MCaffeine Naked & Raw Coffee Body Polishing Oil.

HOW CAN I SAFELY PLAY HOLI?

Protecting your skin and hair during Holi requires you to follow all following all the pre and post care do's and don'ts mentioned above. It's always a good idea to use more water and flower petals and less color. If you have to use color, go organic. Alternatively, use natural colors like haldi and organic gulal.

GIRLS' ARMOUR

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SUGGESTION

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We through our magazine try to aware people about every problem faced by women and we hope that this is not a simple work to do, it requires lots of patience, hard work and courage but we still doing it because it's our passion. We believe in improvement because people always learn from each and every thing. So we are giving this QR code to help us through your valuable suggestion. How we improve ourself.

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- Cervical cancer
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- Dowry
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Inspiring Story

- Female centric
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- Someone from family
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- Beauty
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