

ISSUE 01

GIRLS' **ARMOUR**

LET'S CHANGE THE WORLD

12

Sprint Sensation Hima Das

A Girl who cannot afford a pair of shoes but through her hard work and dedication become a national sensation.

GIRLS' ARMOUR



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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.

WE ARE FIRST IN TIKAMGARH

THIS EDITION OF GIRLS' ARMOUR IS NOT FOR SALE

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Hers for the taking

A newborn baby smiles
Gazing at her mother
With playful eyes
So innocent
So young
The world is hers for the taking

A little girl laughs
Alone in a silent playground
Her eyes closed
Pigtails whipping through the wind
Without a care
The world is hers for the taking

A young lady cries
Tiptoeing to the edge of the cliff
She has a choice
Irreversible
But she won't because
The world is hers for the taking

A middle-aged woman reads
To a classroom of eager faces
Staring expectantly at her
She prepares to share with
Each and every one
The ultimate power
Knowledge
The world is hers for the taking

A grandmother speaks
Telling her story
To all who wish to hear
She has lived many lives
And in each one she has known
The world is hers for the taking

All these women
Their power
Their ideas
Their stories

The world
Tries to reduce them
To less than their worth
But fails
Because the world
Has always been
And will always be
Theirs for the taking

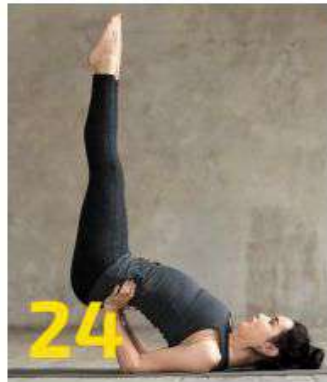
Arisha Agrawal

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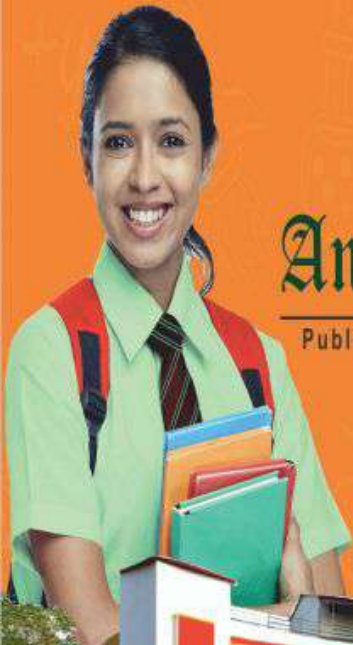
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EMERGENCE OF GIRLS' ARMOUR

By Girls' Armour

We through our magazine which is a part of our organization Girls' Armour tell you about the roles played by Girls/women in our society and make them aware about their importance in our society and problems' faced by them in their day to day life and how to deal with them. We think these lines definitely put an impact on your mind.

It is a woman who bears a child in her womb and gives birth to a new life. She is a mother. She teaches her children how to eat, walk, talk, run, read, write and succeed in various tests of life.

She helps her children to fight against failure and retry and succeed. She cares for her children till her last breath.

She is a sister. A sister you can always rely on. A sister with whom you can share your feelings, your secrets with an assurance that they would always remain hidden from others. A sister who is ready to fulfill your demands and spend her pocket money on you. A sister who would fight your and her father to get you the bike of your choice despite your parents' opposition to the idea of getting you a bike at relatively younger age.

She is your friend in school or college. A friend who will do homework for you instead of completing her own homework and accept punishment in the class.

And when you grow up and its time to settle down she enters into your best friend, stands by you through thick and thin. When something goes wrong and you are feeling lost and afraid, she hugs you, caresses you, strokes your hair and tells you everything would be fine although she herself is afraid of the situation. She takes care of your family. And it is woman as your wife who brings the proud moment in your life when you become a father.

She teaches you in school and college as a teacher. She is colleague in your office who shares your good and bad moments equally. She is your advisor in office and offers free advice on official and family matters.



She is your neighbour who prepares breakfast for you and gives you packed lunch for office when your wife has gone to her parents' house for a day or two.

She is your grandmother, your mother-in-law, your sister-in-law. She may be your doctor who cures your disease. She may be your financial advisor who helps your money grow by giving you sound financial advice. She may be a soldier who protects the borders of the country so that you can sleep peacefully in home.

She may be policeman who is out on the road so that your daughter feels herself safe on the when its late at night.

A woman is a blessing for men.

This answer is dedicated to all the women of the world.



We think we need to tell you something about women empowerment then we will tell you about our self in a very unique way so let's begin women empowerment.

First question is 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 organisation 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 organisation 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 sure that we will try our best to solve your 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.

WHO WE ALL ARE?

We all are youngsters and we have that courage valour to change this world give beautiful and glorious world to our future generation that's our motto, that's our zeal and we are damn sure we with your support definitely put an impact on the minds of people with orthodox mindset we try to break chains of orthodox mentality.

So here we came and welcome you all to this new organisation. We started Girls' Armour an initiative with great love and care for our sisters and started merely as an instagram page Girls' Armour has become a small movement and let's hope it achieve greatest heights with your support, interest and participation in landling a helping and trustworthy hand to our sisters.





Now we share a story which tell you the importance of Girl in our society.

The importance of women in society is same as the salt. Without salt everything is tasteless.

The daughter asked to father.

Pitaji (dear father) what is my importance in this society.

Her brothers got curious and they asked along with -

"Ji pitaji bataiye"

Translation- yes, dear father please tell us.

King replied - Chandrakant, you being my eldest son. Your value is that of the diamond to this world.

He continued - Suryakant, you being my younger son. Your are as valuable as gold.

Then his daughter desperately asked -"pitaji aur meri?"

Translation - Dad, what's mine?

He replied - Your importance in society is same as that of salt. The girl got very angry and disappointed as her brothers had more value than hers.

After few days, the king deliberately invited other kings to have a feast with him.

They all started eating. Few moments later their face turned red.

One of the kings screamed -

"Khana bilkul bhi laziz nhi hi, namak nhi hi isme"

Translation - Food isn't delicious, salt is absent.

The cooks' boy gave them salt. They cherished their food after this.

Finally, they thanked the king and went from the palace.

The king asked his daughter - Do you come to know your worth in this world? Your importance is similar to that of salt to the food.

Daughter smiled and replied - Yes Dad!

After this very fruitful and social message giving story we think we make you feel that how much important Girl/woman is for our society. We stop here take a break but definitely meet in our next magazine.

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7999629970

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8218644417

Chemistry by
ASHOK RAWAT SIR
9893778891



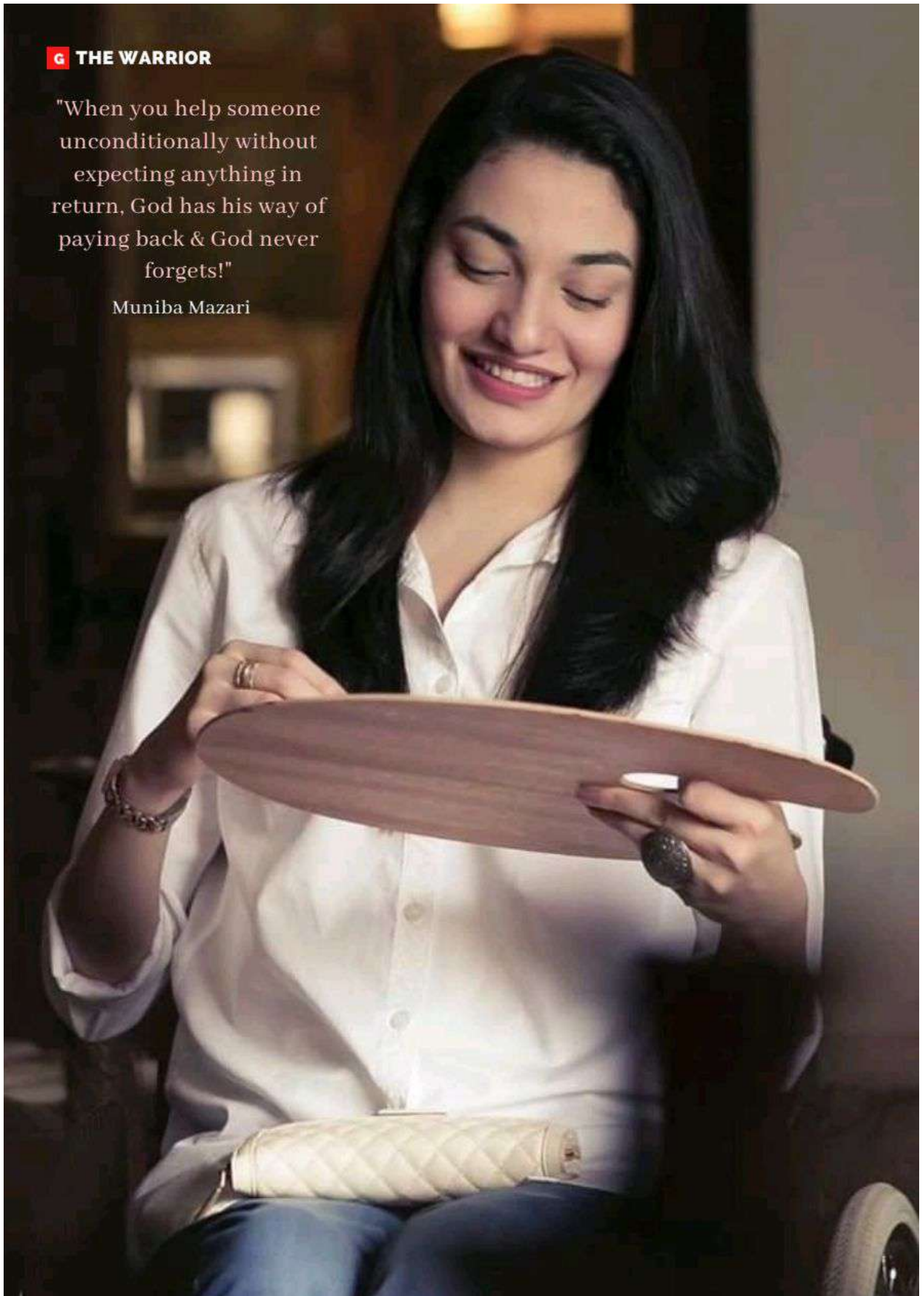
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G THE WARRIOR

"When you help someone unconditionally without expecting anything in return, God has his way of paying back & God never forgets!"

Muniba Mazari



"Behind every pretty picture, there is a story of agony, obstacles and constant struggle. Many of us are fighting an unseen battle within ourselves everyday, like warriors and we choose to live, we choose not to give in, unlike those who just exist. So be kind for it takes away nothing from you but can surely save someone's life!"
- Muniba Mazari



THE WARRIOR : MUNIBA MAZARI

BY GIRLS' ARMOUR

Muniba Mazari Baloch or famously known as Muniba Mazari or **Iron Lady of Pakistan** is a Pakistani activist, anchor, artist, model, singer, and motivational speaker. She became the National Ambassador for UN Women Pakistan after being shortlisted in the 100 Inspirational women of 2015 by BBC. She also made it to the Fobes 30 under 30 list for 2016. Mazari is also Pakistan's first model and anchor who uses a wheelchair due to injuries sustained in a car accident at the age 21.

So guys above para is overview lets start one of the most inspiring story of an ordinary girl to an exceptional speaker and anchor. So let's begin, she was born on 3 Mar 1987 in Rahim Yar khan in southern Punjab. Muniba went to the Army Public School and later attend the college in her hometown. She married at the age 18 and after 2 years of her marriage she met with an **car accident** which change her

life. When she met with an accident her spinal cord totally broken and transact from her body. She admitted in the hospital for 2 and half month and it was dreadful and painful period for her.

When she is in **hospital**, One day doctor came to her and said well I heard that you wanted to be an artist but you ended up being a housewife. I have a bad news for you. You wont be able to paint again because your wrist and your arm are so deformed you won't be able to hold a paint brush again. Next day doctor again came to her and he said that your spine injury is so bad you won't be able to walk again. She is still quiet. Next day doctor again came to her and said because of your spine injury and the fixation that you have in your back you won't be able to give birth to a child. While hearing these all thing she was totally broken, her soul was broken. How she was feeling when she heard that you wont be able to give birth because without children

women life is incomplete. How much grief and pain she has at that time. After discharging from hospital she got to know that she had a spinal infection she can not move for at least 2 years. After staying at home for 2 years on bed She think why am I alive then she asked same question from her mother than her mother said that God has a greater plan for you my child. **Don't loose your hope** these words change her life she start encouraging herself. After facing all problems and pain she still fight and never loose her hope she start painting and organised a modelling competition and became a 1st model on wheelchair.

She is famously known as Iron Lady of Pakistan not because of her deformed hand has lot of titanium in that but because of her courage. So through this story we need to discuss one of the most important point that is never loose your hope. Even if your body is deformed you loose everything in your life but never loose your hope.



SPRINT SENSATION : HIMA DAS

BY GIRLS' ARMOUR

The story of a girl who has born in a poor family but never leave her ambitions and goal after facing many problems in her life and she fulfilled her dream and still doing great, working very hard to achieve more in her life . she is in her early twenties and working very hard to achieve more in her life.

So guys lets begin the name as mentioned above Hima Das you all are very familiar with this name. Her journey begins when she was born on 9 JAN 2000 at Kandhulimari village near the town of Dhing in her home state of Assam to Ronjit Das and Jonali Das. Her parents are farmers by profession and they didn't have enough money to fulfill their daughter's dream but they still work very hard and try their best **[This shows the importance of parents in our life]**

During her school days she was interested in football used to play football with boys but seeing no scope of women football in India. Later on advice of her school PT Teacher, she changed to sprint running. So for sprint running she needs a training which is around 140 KM from her hometown but she still managed to go and start practising she returned home at 11 PM late night later she got a room near training centre with

the help of her coach. I need to mention one thing that there is two coaches who played important role first one Nabajit Malakar and second one is Nipon Das they took the responsibility of her and talked to her family to allow her stay in Guwahati for better training facilities [**This shows a role of teacher in our life**].

WE ARE HUMAN BEINGS, AT THE END OF THE DAY. SUCCESS AND FAILURE ARE A PART AND PARCEL OF ARE LIFE.

-HIMA DAS

CAREER OF DING EXPRESS

- She won gold at the World U-20 championships 2018 held at Tampere Finland.
- She qualified in Asian Games for the 400M final after clocking 51.00 sec in heat 1 and setting a new Indian National record . On Aug 28,2018 she improved the national record to 50.79 sec in 400M final however she could win only the silver medal .
- Later on Aug 30,2018 She along with her team won the women 4*400 metre relay clocking 3:28:72. Hima also won a silver medal in the 4*400 M mixed relay games 2018 and the medal later upgraded to Gold after Bahrain team was suspended due to doping violations.
- Das continued her success in 2019 winning the 200 M gold in Poznan Grand Prix in Poland On 2 July 2019 with a time of 23:65 seconds.
- Gold in 200 M at Kladno Athletics meet in the Czech Republic On 13 July 2019.
- Gold in 200 M at the Tabur athletic meet in the Czech Republic on 17 July 2019.*She won 5 gold medals in the same month of July that was exceptional.

AWARDS AND ACCOLADES

- She was awarded with Arjuna Award by the President of India on 25, Sep 2018.
- In Nov 2018, she was appointed as India's first ever youth ambassador of UNICEF India.
- Appointed as Assam's brand ambassador for sports by the government.
- Most important one that first Indian sprinter to win a gold medal at an international track event.
- Hima is lovingly called the **Dhing Express** after her achievements in the field of sports.



INTERSTING STORY

While researching on Hima Das we get to know a interesting story. so we think we need to share it with you guys. Once her father bought a pair of shoe for her which is around 1200RS which is pretty much expensive for her family, the shoe which her father brought is from Adidas company later In 2018, Adidas {we all know about this brand of shoe } make her brand ambassador, that time she definitely feel proud on herself . we add this story because we need to show you the power of girl and the importance of parents , teacher in your life and most important never leave your dreams, fulfill your dreams with great determination and dedication.

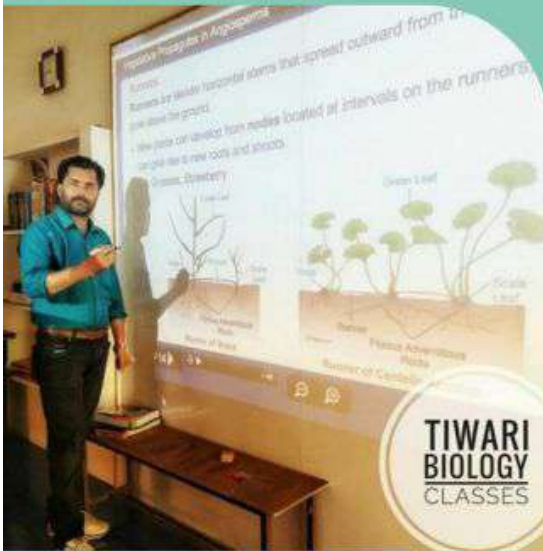


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INNOVATION

By Girls' Armour

Today we all are living in a innovative world and we all are very familiar with technology infact we all are using all new inventions and gadgets in our day to day life. Our main aim to add this article is to make you aware about gadgets that help you and protect you and informed your parents and police when somebody molesting you, harassing you. So here we discuss the gadget.



ELECTROSHOE

Electroshoe is a wearable tech that can be attached to any footwear and not very expensive. So you can use this device that will inform your parents and police. It is short of GPS that will points your exact location. Why this is important because you might forget to bring pepper sprays, tasers or any other self protection tools but no one forget to wear shoe, slippers and sandals or whatever you wear but you never forget to wear shoe because you never go outside bare footed.



SOLAR PLATE: Electroshoe recharges itself when it is exposed to the sunlight

USB-C: A single charge can give 20 days of run time

GSM: Eliminates the possibility of depending on third-party networking outlets

TECH SPECIFICATION

WRITERS SUGGESTION

Why am I writing this note after giving you information about tech device which protects you, when you are in danger. But still I am writing because I really need to discuss something very important to you guys and this is little bit personal guys instead of depending on some random devices (i.e. electroshoe) or something else for protecting yourself. Why don't you specially girls



join martial art classes and learn some good moves, so you can easily break the throat of that assaulter. The purpose of this short of suggestion is not to criticize that Electroshoe but to make you aware about these gadgets because these are helpful when you panic but again why you depend on these gadgets just break the almonds of that bloody bastard.

BREAST CANCER



Breast Cancer is the most common cancer among women it accounts for 14% of cancers in Indian Women. It is reported that with every four minute an Indian women diagnosed with breast cancer and in every 15 minute one casualty. How much important this topic is to discuss.

Breast Cancer is on the rise both in rural and urban India. A report on Breast cancer statistic recorded 1,62,468 new registered cases and 87,090 reported deaths.

So, what is it?

Breast Cancer is a disease in which atypical cells grow out of control, most often in the glands that produce milk or the ducts that carry it to nipple. to protect yourself learn the signs, symptoms and risk factors and get prompt care if anything looks or feels unusual.

Know the risk factors?

It appears to be caused by a combination of genetic and lifestyle factors. First we discussed genetic and later on we discussed lifestyle factors.

- Family history - mother, sister, daughter, or multiple relatives on mothers or fathers side with this disease.
- Having dense breast tissue.
- Risks start on set of menstrual periods before the age of 12 (but very rare in case) lifestyle factors.
- Most importance is post menopausal obesity - A BMI above 29.9 After menopause - can increase your breast cancer risk. (reason behind that - fat cells increase estrogen in low level even when you ovaries aren't working anymore. Many breast cancers are stimulated by estrogen.
- Smoking one of the another major factor and alcohol in take above are risks factors now we discuss symptoms

Symptoms :

- Nipple discharge when not nursing , discharge could include blood.
- Flaky skin or redness, especially around the nipple.
- Changes in the size or

shape of one breast.

- Dimpling of breast skin. pulling in of the nipple.

If you see any changes don't hesitate to discuss them with your doctor. In addition to reporting new bumps and lumps, woman should also get routine screening. Regular mammography can help detect cancer before symptoms appears, Early treatment allows for easier treatment and a better prognosis.

Women who is in their early 40s detect yearly basis. Because most of the cases doctors are dealing with are the women with known risk factors may never develop breast cancer, while some women with no risk factors get diagnosed. so regular screening protect women from grievous damages later in their life.

Through this article we are trying to spread knowledge and awareness among young teenage girls because this cancer is very common in women above 40s we include this article to tell you that it may diagnosed to your mother,

aunt, grandmother (we and our family are very concerned for their health). Almost 50% of cases are in the age group of 30-50 years of age.

So regularly screening is most important above written para is distressing now we discussed one fact with you that, this cancer is very rare in teenage girls (1 in 10 lakh). Most of the casualties occurs because of late screening. The survival rates in our country are low because the detection takes place late and the only way to change these numbers is by increasing awareness.



Preventive measure

Breast cancer is a treatable disease and chances of survival are higher if it is detected on time. The only way to do so is by being aware of how to detect it

This includes a healthy lifestyle and being aware of family medical histories so that if you know you're genetically inclined

towards it, you can take preventive drugs and undergo through preventive surgery. The simplest way for breast cancer prevention is by being able to do a self breast examination (like breast size, color or appearance). Women should do this on a regular basis after they turn 40 because we all know that **prevention is**

better than cure.

If you are genetically inclined towards it and there is a 100% probability of cancer. then remember 50% is genetical factors and 50% is lifestyle factors so if we cannot protect ourselves from our genetics then work on your lifestyle factors (your remaining 50%) and you all are aware that for passing mark we only need 33% but we have 50% so work on it and protect yourself (This is only for little humour that's it).

ALL ABOUT PERIODS

Periods is a taboo in our society, we can not discuss it in our family because its a taboo we simply cannot discussed it anywhere that is all and we simply needs to remove this that's why we are targeting girls because they are pretty much aware and mature enough to talk about this taboo. They can simply talk to their younger sister that's all.

What is period?

A period is a release of blood from a girl's uterus, out through her vagina. It is a sign that she is getting close to the end of puberty.

When do most girls get their period?

Most girls get their first period when they're around 12. But getting it any time between age 10 and 15 is OK. Every girl's body has its own schedule.

There isn't one right age for a girl to get her period. But there are some clues that it will start soon:

- Most of the time, a girl gets her period about 2 years after her breasts start to develop.
- Another sign is vaginal discharge fluid (sort of like mucus) that a girl might see or feel on her underwear. This discharge usually begins about 6 months to a year before a girl gets her first period.

What Causes a Period?

A period happens because of changes in hormones in the body. Hormones are chemical messengers. The ovaries release the female hormones estrogen and progesterone. These hormones cause the lining of the uterus (or womb) to build up. The built-up lining is ready for a fertilized egg to attach to and start developing. If there is no fertilized egg, the lining breaks down and bleeds. Then the same process happens all over again.

It usually takes about a month for the lining to build up, then break down. That is why most girls and women get their periods around once a month.

How does ovulation relate to periods?

Ovulation is the release of an egg from the ovaries. The same hormones that cause the uterus lining to build up also cause an egg to leave one of the ovaries. The egg travels through a thin tube called a fallopian tube to the uterus.

If the egg is fertilized by a sperm cell, it attaches to the wall of the uterus, where over time it develops into a baby. If the egg is not fertilized, the uterus lining breaks down and bleeds, causing a period.

Do Periods Happen Regularly When Menstruation Starts?

For the first few years after a girl starts her period, it may come regularly. This is normal at first. By about 2-3 years after her first period, a girl's periods should be coming around once every 4-5 weeks.

Can a girl get pregnant as soon as her periods starts?

Can a Girl Get Pregnant as Soon as Her Period Starts?

Yes, a girl can get pregnant as soon as her period starts. A girl can even get pregnant right before her very first period. This is because a girl's hormones might already be active. The hormones may have led to ovulation and the building of the uterine wall. If a girl has sex, she can get pregnant, even though she has never had a period.

How long do periods last?

Periods usually last about 5 days. But a period can be shorter or last longer.

How often does a period happen?

Periods usually happen about once every 4-5 weeks. But some girls get their periods a little less or more often.

Will I Have Periods for the Rest of My Life?

When women reach menopause (around age 45-55), their periods will permanently stop. Women also won't have a period while they are pregnant.

Should I use a Pad, Tampon, or Menstrual cup?

You have many choices about how to deal with period blood. You may need to experiment a bit to find which works best for you. Some girls use only one method and others switch between different methods.

- Most girls use pads when they first get their period. Pads are made of cotton and come in lots of different sizes and shapes. They have sticky strips that attach to the underwear.
- Many girls find tampons more convenient than pads, especially when playing sports or swimming. A tampon is a cotton plug that a girl puts into her vagina. Most tampons come with an applicator that guides the tampon into place. The tampon absorbs the blood. Don't leave a tampon in for more than 8 hours because this can increase your risk of a serious infection called toxic shock syndrome.
- Some girls prefer a menstrual cup. Most menstrual cups are made of silicone. To use a menstrual cup, a girl inserts it into her vagina. It holds the blood until she empties it.

How much blood comes out?

It may look like a lot of blood, but a girl usually only loses a few tablespoons of blood during the whole period. Most girls need to change their pad,



tampon, or menstrual cup about 3–6 times a day.

What is PMS?

PMS (premenstrual syndrome) is when a girl has emotional and physical symptoms that happen before or during her period. These symptoms can include moodiness, sadness, anxiety, bloating, and acne. The symptoms go away after the first few days of a period.

What Can I Do About Cramps??

Many girls have cramps with their period, especially in the first few days. If cramps bother you, you can try:

- A warm heating pad on your belly
- Taking ibuprofen (Advil, Motrin, or store brand) or naproxen (Aleve or store brand)

Should I watch for any problems?

Most girls don't have any problems with their periods. But call your doctor if you:

- Are 15 and haven't started

your period

- Have had your period for more than 2 years and it still doesn't come regularly (about every 4–5 weeks)
- Have bleeding between periods
- Have severe cramps that don't get better with ibuprofen or naproxen
- Have very heavy bleeding (bleeding that goes through a pad or tampon faster than every 1 hour)
- Have periods that last more than about a week
- Have severe PMS that gets in the way of your everyday activities

Looking ahead

Periods are a natural, healthy part of a girl's life. They shouldn't get in the way of exercising, having fun, and enjoying life. If you have questions about periods, ask your doctor, a parent, health teacher, school nurse, or older sister. Do not hesitate to share it and remove that taboo from your mind.



YOGA FOR BETTER IMMUNITY

By Girls' Armour

As Covid-19 scare grapples the whole country, people are getting concerned about their health. While practising good hygiene is a practice everyone must adopt, the one thing you can really do is to look for ways to boost your immunity naturally.

Yoga is one way you can naturally uplift your vitality without having to step out of the comfort of your home during this season.

In a recent past, acclaimed nutritionist and celebrity dietician talked about the benefits of the same. Yoga guru Baba Ramdev also talked about different yoga poses which could come in handy during these times of crisis.

WHY YOGA?

Yoga has been used for centuries in keeping the body functioning fit and fine, holistically. However, the benefits of yoga are not just

limited to stress relief and mental wellness.

If practiced properly, yoga can recharge your body, get rid of the toxins, negative energy and keep your vital organs functioning well. It can help you build resilience both inside and out. Certain yoga positions can help support, balance and boost the immune system. It can also help fight oxidative stress which poses a risk to the healthy cells. If done regularly, yoga reduces stress systemically in the body, which in turn, cuts down inflammation and degeneration.

Hence, while yoga does offer a great deal of wellness and support for your mind and body as a whole, here are four yoga poses which you can try to recharge your immunity and cut down your risk of danger.

➔ **PRANAYAMA**

One of the basic yoga poses, pranayama can act as one of the simplest and effective ways to boost immunity and instil some vigour and positive energy into your body.

Sukhasana and pranayama both promote deep breathing, which alleviates stress hormone, smoothen the heart rate and any nervous distress, all of which benefit immunity.



➔ **VIPARITA KARANI**



As the name suggests, practising viparita karani, which is more commonly known as the 'legs up the wall' pose forces you to invert and destress. It also boosts nerve connections, improves blood flow and vitalizes your body. It is also said to be good for those suffering from reproductive and fertility problems.

➔ **MATSYASANA (FISH POSE)**

An immunity strengthening pose, fish pose or matsyasana is an elevated pose which detoxifies you and boosts energy levels. Plus, it can also open up nasal passageways and relieve congestion, which is excellent if you have been feeling under the weather.



➔ **UTTANASAN**



Inversion exercises like this yoga pose is a great way to relieve congestion and protect the sinuses and mucus membranes, which are the first form of defence. A pose which requires you to submit to the ground and bend over, it is one of the easiest ways to rejuvenate the immune system.

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1

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2

Boots, Paris Texas
Ruched mid-calf boots by paris texas style them with a pair of leather pants.



3

Boots, Mango
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4

Boots, Monki
Denim boots by monki
interesting with lace-up
detailing.



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5

Boots, Isabel Marant
Delter boots by isabel marant
is a reliable choice to count
on at the moment.



6

Boots, Piferi
Metallic boots by Piferi
help you garb the eyeballs
at a party.

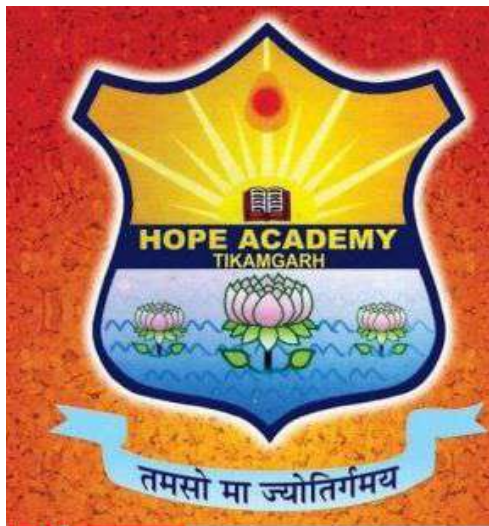


7

Boots, Zara
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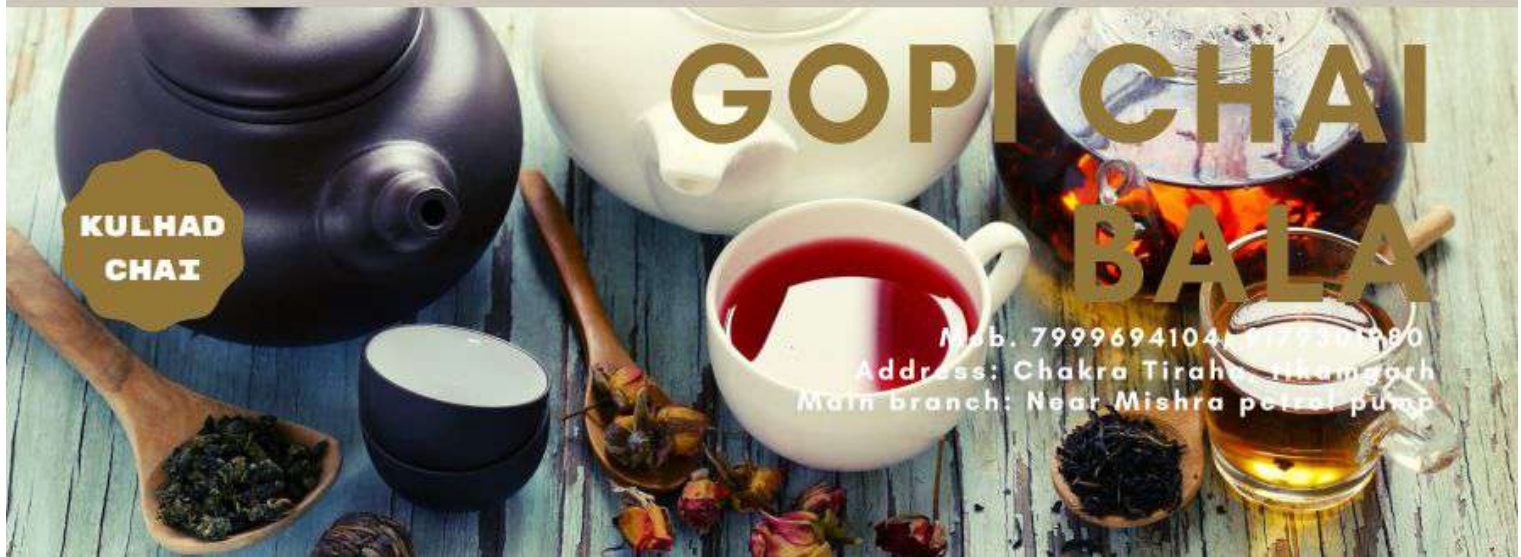
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TURMERIC FOR HEALTHY & SPOTLESS SKIN

BENEFITS



By Fatima

Turmeric benefits the skin in more ways than one. This age-old ingredient is loaded with antioxidants and anti-inflammatory components which help treat a number of skin concerns such as acne and acne scars, pigmentation, early signs of ageing and sun damage, to name a few.

This easily-available yellow spice gets its skin-enhancing properties mainly from curcumin, an active component that provides glow and luster to the skin.

From acne to stretch marks and psoriasis, turmeric is a miracle ingredient for your skin.

Here are all the benefits of using turmeric in your skincare routine.

➔ TREATS ACNE



Acne is one of the most common skin concern that requires special care and attention. Over-the-counter prescriptions or skincare products for acne

treatments may sometimes cause irritation or inflammation especially if you have sensitive skin.

While there are a zillion treatments for acne out there, natural ingredients are your safest bet.

One of the miracle ingredients that help fight acne is turmeric. With its antiseptic and anti-inflammatory properties, turmeric benefits your skin by keeping bacteria from spreading and by reducing redness and swelling of the blemish.

Turmeric mixed with apple cider vinegar makes for an effective

spot treatment because the latter has astringent properties that work in the same way as a toner.

➔ BANISHES DARK CIRCLES



The most common factors that cause dark circles are heredity, over-exposure to the sun, lack of sleep, pigmentation and even scratching or rubbing the eyes.

Waking up to those pesky, tired-looking bags under the eyes can

be a big put-off. Luckily, you have turmeric at your rescue!

Being an anti-inflammatory and lightening agent, turmeric benefits the skin by reducing the appearance of dark circles. And that's not all! Turmeric also stimulates circulation which in turn reduces puffiness.

All you need to do is mix together two teaspoons of turmeric powder, one tablespoon curd and a few drops of lemon juice. Apply the paste on the affected area and let it sit for about 15 to 20 minutes. Rinse with lukewarm water.

➔ LIGHTENS SCARS AND MARKS



Although no one talks about stretch marks, 80 per cent of women have them. Those pesky little lines are difficult to treat but turmeric can help lighten them.

Loaded with powerful antioxidants, turmeric penetrates and improves the function of the membrane cells which lighten the appearance of stretch marks.

To make your own stretch mark-healing paste at home, all you need to do is mix one tablespoon olive oil, one teaspoon turmeric powder with

a few drops of lemon juice. Rub the mixture onto the affected areas twice a day.

Regular application of this turmeric-infused paste is one of the best ways to treat stretch marks naturally.

➔ MOISTURISES DRY SKIN



Dryness can make your skin look dull and dehydrated. And, the problem can worsen during the winter months because the cold winds tend to make your dry skin look drier.

Apart from moisturising enough all through the day using a rich body lotion, it's also important to give your skin extra TLC. Did you know that turmeric benefits the skin by alleviating symptoms of dryness? This miracle ingredient which is found in almost every household, deeply hydrates and nourishes the skin and speeds up the process of removing dead skin cells.

Treating your skin to a turmeric-infused mask is sure to leave you with soft, hydrated and healthy skin. Turmeric and milk together can do wonders in helping you treat dryness. Milk helps the skin replenish its lost moisture and at the same time, works as a great exfoliator.

➔ PREVENTS EARLY SIGNS OF AGEING

Did you know you had a secret anti-ageing armour sitting on your kitchen shelf? Yes, we're talking about turmeric.

Turmeric benefits the skin by protecting it from sun damage and by preventing early signs of ageing. The harsh UV rays are the number one cause of premature ageing.

When the skin's natural oils are depleted, it tends to lose elasticity and starts showing fine lines and wrinkles. Signs of premature ageing first start showing on your neck, forehead and around your eye area. The curcumin compound present in turmeric has strong antioxidant properties that prevent free radical production which in turn controls ageing by protecting skin cells from damage.

➔ FIGHTS OFF SEVERE SKIN CONDITIONS

Turmeric benefits the skin by treating severe conditions such as psoriasis, rosacea and eczema. Its anti-inflammatory and anti-bacterial properties work wonders in treating even the trickiest of skin conditions.

The cooling properties of turmeric help reduce redness from blemishes and calm inflamed and irritated skin. All you need to do is mix equal parts of turmeric and coconut oil and apply the mixture on red, itchy, inflamed or irritated skin. This DIY recipe will help cool and fight such skin conditions.

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