

Are you on your period?

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This question is posed in an argument where your opponent fails to refute back with logic, and diverts the conversation to your hormonal imbalances. But if the question was taken out of context and asked literally, I honestly do not know my period schedule.

If you are an individual like me, I have just the apps to save you from unwarranted blood stains.

Period-tracking apps keep tab of your menstruation cycle and notify you of the next one. You need to input the start and duration of your period every month, based on which the app draws its predictions. Of course, it is not a 100 per cent accurate and doesn't work for women with

irregular menstruation.

Apart from period tracking, the apps predict your ovulation. If you are concerned with your biological clock ticking, the apps can help you conceive. However, the apps merely estimate your monthly cycle and should not be your means of birth control.

Another advantage is that the apps store all your previous cycles to help you pinpoint irregularities. They also allow you to log in your menstrual flow, cramps, sex drive, emotional state, vaginal discharge, etc., using which the apps analyse your symptoms and give health insights.

From the countless period trackers, here are 5 popular ones- Period

Calendar, Flo, Clue, Ovia and Eve.

These apps fulfill the aforementioned functions with varied features.

'Period Calendar' or 'Clue' is good for starters because of its simple features and user-friendliness. If you are trying for a baby, Ovia is especially handy as it rates your daily fertility. Eve is an interactive app having quizzes, chat groups, expert advices and tips on all aspects of feminine health. Flo is an all-in-one app with a period tracker, pregnancy mode and even a fitness mode, making it the most widely used in the lot.

Now, the next time someone asks if you are on your period, you are one tap away from letting them know when it's not a good time to argue with you.




Mobile photography tips to up your travel photography game

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be more suitable for you than a DSLR. With a few tips and tricks added to your skills list, you can take your smartphone travel photography to the next level and bless your Instagram handle.

Avoid generic content

Two similar shots, one taken with a DSLR and one with a smartphone, will give two drastically different results. While a smartphone snap might come out great, the DSLR one will be far better in quality with limitless editing options. So to take pictures with smart phones that stand out, choose an interesting angle. Seek out a unique object and make it the subject of your photo so that it stands out. Try to tell a story or at least set up a context for a story with your photo instead of taking a basic snapshot of a mountain and leaving it high and dry.



Use camera features

Your smartphone camera comes with a hefty pack of features that you should be using to their full potential. Adjust your camera focus by tapping on the screen before you take a photo to make sure your subject is not blurry.

The gridlines will ensure your pictures come out straight or at a desirable angle,

while keeping it consistent with the rule of thirds. The rule of thirds dictates that the subject of an image falls at the intersection of the three dividing lines placed both horizontally and vertically.

Finally, adjust the lighting properly before taking a photo. Many of us tend to forget this, but the mood you set with the lighting will tell a lot about the photo.

Invest in editing apps

If you really want your smartphone pictures to stand out, start using the right editing apps. Snapseed is a free app that fabulously serves the purpose. Use Snapseed to increase the saturation and alignments, and make any other small corrections and edits as required. The in-built Instagram editor is also quite decent. If you want to take it up a notch, invest in paid apps like VSCO and Afterlight.

In the age of Instagram influencers, every other person with a smartphone is a photographer. Smartphones these days are packed with so many top-notch photographer-friendly features that they are replacing DSLRs for many, especially when it comes to travel photography, where many prefer the portability of a smartphone.

Nevertheless, a smartphone cannot yet completely replace a DSLR when it comes to professional photography. But if you are a traveller who's constantly on the move, a smartphone camera might


