SHINE GLOBAL
Beauty with brains
WHAT’S TRENDING
Work from home & for home
MEET
COVID warriors

SAIREE Chahal
CEO of SHEROES

#SHELEADS
MONEY GAME
Where to invest

20+ TIPS
FOR A HEALTHY LIFESTYLE

BEAUTY & FASHION
Fashion in & post COVID-19
CELEBRITY CORNER
Shovana Narayan
RELATIONSHIPS
Mommy Guilt
ART & CULTURE
Path to self discovery
I am extremely thrilled to launch my dream in the form of a wonderful collection of various themes weaved together in one thread, which is “Women Shine”.

This global e-magazine salutes all women across the globe to the amazing work they are doing in their respective fields. We will present you every month a lovely platter, which dons a celebrity, yummy recipes, some travel tales, few home remedies, and interesting write-ups on beauty, fashion, the business journey of a woman entrepreneur and many more interesting things.

#Sheleads is the main segment of this e-magazine; we will feature a personality who is famous, humble and passionate about impacting lives of Women. “Shine Global” segment will be an interesting read, as in this we will feature a personality from out of India who is doing amazing work in their genre.

I am proud to feature our few fabulous COVID Warriors who are helping people day and night. A big salute to them.

Read, Like & Subscribe and be a part of my beautiful Initiative. I look forward to seeing you all every month. You are most welcome to share your suggestions on womenshine@gmail.com. This would help us to design this e-magazine in a better way. Let’s impact the lives of women, their families and communities. Till then take care & shine always!!
As a world, along with COVID-19, we are battling a lot many things - depression, anxiety, bleakness, violence and the obstinate behaviour of many people. While some people are constantly deriving new ways and means to stay adrift, some are offering themselves to the service of our community. Here is a list of such brave hearts working selflessly, who are COVID warriors for sure.

Our Doctors & Nurses are the biggest and bravest warriors of all who are working round the clock and even beyond to ensure that we all stay safe and healthy. Along with the dangers of the virus, they are also battling the dangers of public's behaviour towards them. They are indeed determined to help save as many lives as they can.

Women can be caregivers and warriors all at once. In this battle against COVID-19, people, especially women from different walks of life are coming forward to be the frontline combatants. The spread of the virus has been extensive in the country and these women have stood strong amidst this global health crisis.

Indian American Dr Nita Patel, Minal Dakhave Bhosale, Shilpi Chaudhry, Suman Singh Rawat and a lot more women have gone beyond their normal call of duty to help save the world.

A huge salute to their grit, determination and selfless spirit.

‘HAPPINESS’ is the highest form of health.
-Dalai Lama
Globally, people are striving towards developing a cure and vaccine for COVID-19. In Maryland, USA, Dr Nita Patel, the Director for Vaccine Development and Antibody Discovery at Novavax, is leading a team of all women scientists in pursuit of the same. They are tirelessly working on developing a vaccine against the Novel Coronavirus. The team has advanced towards the second stage of developing the vaccine too.

Dr Nita Patel-

Minal Dakhave Bhosale –
While she prepped for welcoming another life into this world, she also worked relentlessly towards developing, India’s first COVID-19 testing kit. India was under the scrutiny for not having enough testing kits. However, on March 26, 2020, Mylab Discovery, a Pune-based diagnostic company was able to successfully manufacture the first Coronavirus testing kit and even obtained the permission to sell them. Minal was the one who led the team of virologists and was able to complete this project in a remarkable time of just 6 weeks.

Minal Dakhave Bhosale –

Shilpi Chaudhry
Amidst the warriors, some people are taking care of animals. Shilpi Chaudhry, a social activist and an animal lover has dedicated her time to help, feed and rescue animals.

Before the Lockdown was announced, Shilpi was already feeding stray animals in her locality and the nearby market. Then she moved to other parts of the city, feeding 20-25 dogs initially, and then looking at the condition of the strays, she initiated a dialogue with the local government authorities to help and feed them. As of now, she is feeding more than 1200 dogs and around 300 cows per day in the locality of Gomti Nagar, Lucknow, with the help of some volunteers and friends.

During her drive, she has taken in many injured and ailing animals and treated them.

Suman Singh Rawat-
Some people are angels in real sense. Suman Singh Rawat is one such angel who is there to support the needy, help the ailing ones and give lessons to the rogues. During the COVID crisis, one can see her among people distributing food, water and other things essential. Even before the lockdown was announced, she had been helping people in all means she can.

Suman Singh Rawat-

Sabiha Gulrays
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Our life, unquestionably, runs its course. We all have classes to attend, meetings to prep for, friends to chill with and families to feel loved. We have our roles in every aspect of our lives, which we start to call, our normal life. But did you ever ponder that there might be a situation which would alter everything in your life that you called normal?

With the break of COVID-19, the definition of 'normal' has certainly changed for everyone. What is the 'new normal' now when there is going to be a shift in the ways we do everything; be it shopping, work, travel, eating out, visiting a salon or going out for a movie?

We at Women Shine surveyed what India has got into and what has become their new normal. What we found out, that the imposed lockdown has brought with it a positive change in people. Well, yes, only for some but let us focus on the positive for now.

With ample time on their hands, people have gotten into activities and hobbies they had long forgotten. While many got into honing their skills, some stepped into the kitchen for the first time and chopped vegetables, helped in the household chores, picked up a book to read, a brush to paint or simply, just had their me-time.

With changing the ways of people’s actions, the lockdown has changed their mind set as well. Where the women complained of not having a helping hand with the household chores or other family members not valuing her input, families are bonding over maintaining their house together.

We got an amazing response to our survey. What most Indians are occupied with is cooking which mostly included first-timers; thanks to all the online cooking and baking sessions.

It was astonishing to know that many have given up on scrolling through their phones and got themselves into reading and listening to music. People are reviewing books, playing karaoke, learning to play a musical instrument and even recording their voices to the beats of their favourite songs. This is proving to be the best time to bond with their families, the working mothers especially are grateful and not burdening themselves with the “mommy guilt” they go through.

Some people have even found their new normal in gardening, cleaning the ignored places in their house and adorning the walls with the paintings they are making or pursuing their passion for photography. To talk about friends, people are catching up over video calls. The fitness freaks are getting their gangs together on video calls and enjoying their sessions of Zumba and Yoga while some have started to dig into fitness.

How is your new normal? Have you enjoyed a cup of coffee with yourself or laughed with your family? Have you cherished getting back to a forgotten hobby?

Let’s welcome all the positive this lockdown can bring us and bring the most out of this “new normal”.

Daman Singh
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HOW TO MANAGE WORK FROM HOME AND WORK FOR HOME

aren’t we all juggling these two facets of the lockdown, work from home while working for home? With the pandemic keeping us indoors, there is an entirely new lifestyle that we have got introduced to. Many people are observing that the timelines and availability for personal and professional work are blurring. While we women have been known to juggle work at home and professional work pretty decently, having everyone at home trying to do the same is something even we were not familiar with.

So be it the husband who has set up his home-office alongside yours or the kids who are having online classes or the absence of your only life support- your house help, it’s a new paradigm that we are witnessing within the walls of our homes. Work from home and work for home in this twisted situation is a balancing act which we might not perfect instantly but here are five things which can help you with it.

1. Look for the silver lining:

It might sound and feel very counterintuitive but there is always an opportunity in adversity. Are you seeing that dear husbands in many homes are extending a helping hand in household chores? It might have been an ongoing phenomenon for some, kudos to them, but for a large part of our patriarchal society, it is a welcoming change. This allows us to normalize and equalize men sharing the load of house care while women step up to prioritize their business calls and office work. If this sharing of the load becomes a 'new normal' it is going to be a huge step towards gender equality.
When tough times strike, you need to look inwards to find the courage. This is precisely the time where you should put yourself first to balance your mind, emotions and body because as the flight attendant says, put on the oxygen mask yourself first and then help your co-passenger. So do not miss out on your daily exercise, meditations and health regimes. If putting on the face pack and plugging in the music rejuvenates you, go ahead and do your beauty routines more often! Having ‘Me time’ is important on all days, but more so during this lockdown.

2

Indulge in self-care

When tough times strike, you need to look inwards to find the courage. This is precisely the time where you should put yourself first to balance your mind, emotions and body because as the flight attendant says, put on the oxygen mask yourself first and then help your co-passenger. So do not miss out on your daily exercise, meditations and health regimes. If putting on the face pack and plugging in the music rejuvenates you, go ahead and do your beauty routines more often! Having ‘Me time’ is important on all days, but more so during this lockdown.

3

Choose what you consume

Not as in the food but content. Yes, the information we feed on guides our thoughts, actions and emotions and might even go on to influence how we are going to behave with our people at home for the entire day. So choose what kind of online content, books, articles or conversations you are making yourself present to. Being aware of the Corona updates is important, but you need not do it every hour of the day. Instead, look for positivity by following hashtags such as #COVIDkindness to know and contribute to the good work people are doing.

4

Don’t try to be the superwoman

Those shoes are very big and it makes no sense trying to fit into them. You cannot possibly do everything by yourself. So it’s okay to ask for help from your family. It’s okay to talk to friends about what you are feeling. It’s okay to prioritize only the important tasks and just focus on what you can complete right now. Having an overloaded platter isn’t going to serve you well, so take only what you can eat. Declutter your headspace and workspace to keep only relevant stuff.

5

Commit to coming out as a winner

Many businesses have been really quick to adopt the new formats of product offering or service delivery. So if you are a business owner, it’s your moment to see what best you can create in your business. And this needs not be a complete overhaul of your business model. It can be a small pivot or a new product that fulfils people’s needs during this time. Systemizing and aligning of processes in your business is also something you can do right now. And even if there isn’t anything new you can do in the business, you can invest in yourself to acquire new skills. Whatever form it might be, make sure you bring yourself in the creator zone and change for the better during this downtime. Being a woman is a matter of great pride. Being an entrepreneur is a choice of huge significance. Being a human is above all the greatest gift we all have. Let’s blend all these facets and contribute to the progress and sustenance of ourselves and of those whose lives we can touch and impact.

Want to write for us

Women Shine is proud to have wonderful writers associated with us. In addition to our current team, we are always looking for talented writers, Entrepreneurs, to contribute for Women Shine. We accept original articles for our columns.

All submissions should be a minimum of 300 words and a maximum of 500 words, unless approved by Editorial team.

Mail your articles at info@womenshine.in

Visit us:

www.womenshine.in

Roshni Baronia
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A corporate leader, visionary, motivational speaker, innovator, singer, humanitarian, philanthropist and a Beauty Queen – Mrs India UK Universe 2019.

She continues to be inspirational by launching RASA – Rise and Shine Again an initiative to empower you to build a better you.

Adrija inspires, motivates and helps women find purpose and raises awareness against abuse through her education, survivor, expertise series and fitness, dance, health and well-being boot camps building stronger and peaceful communities.

She has three degrees from three continents. From India, she completed her Engineering from Mumbai, Masters in Electronics & Telecommunication Engineering from Columbia University, New York, USA and MBA from Warwick Business School, London, U.K

Adrija is actively supporting and passionate for social causes such as sustainable earth, environment protection, allergy awareness, domestic violence awareness, women leadership, human trafficking prevention, save the girl child, serving underprivileged society.

"I seek a world where women are able to re-create their stories against all odds and make their lives beautiful. As a 9/11 survivor, I believe life is a blessing full of miracles and encourage women to live their lives with positivity, resilience and courage – we can and must win. I continue to inspire many others to adopt a miracle mindset and that despite trials and tribulations life doesn’t end, one can always build one’s future. Let us build a stronger future by educating our next generation, teach our daughters to be fearless, and teach our sons to respect women."

Awards & Recognitions

She has many awards to her credit. To list a few - Ambassador of Peace – Universal Peace Federation UK, an affiliation of United Nations on International Peace Day, International Progressive Women Award – Aesthetics International Council for Progressive Women, Innovator and Inventor Showcase Award – Hold a Patent for Banking App, Panache Global Entertainment (PGE) Awards UK – Outstanding Achievement in Community Empowerment and Support, Beautiful Survivor Award - Ladies of All Nations International (LOANI), Naari Tujhe Salaam (Woman I Salute You) - National Human Rights Organization, Social Worker Award 2019 – Elite Club on 73rd Indian Independence Day, Featured as one of the 100 Expert voices to inspire and empower,
FAMILY’S ROLE IN HER LIFE

Being a 9/11 survivor I have an optimistic perspective towards life. I am blessed with a beautiful family of amazing parents, a brilliant sister, loving husband and two adorable children. I believe having a loving and caring family forms the foundation of peaceful people and communities with no room for abuse.

When I had an arranged marriage at a young age, I did not recognize the signs of abuse. Family was essential to me; hence I thought to be tolerant was the right thing to do and I interpreted the signs as love and possessiveness. I’ve had firsthand experience of women giving up on hope, struggling through challenges, losing the will to live and then rebounding back from their lowest points. I am now re-married and my family plays an integral role in my life.

LIFE AMBITIONS AND PLANS

As a motivational speaker, woman leader, mental health ally and Ambassador for Peace, Domestic violence and Human Trafficking, I want to continue to motivate and inspire women and help them find purpose – no matter their background, education or scars – to be unapologetic in recognizing ourselves as massive forces in society. To come forward and take on those leadership roles not just building strong families, but also strong companies, communities and nations.

I seek a world where women can re-create their stories against all odds and make their lives beautiful. Irrespective of our past hurts or challenges, we are capable of incredible things and can rewrite our destiny and make our lives beautiful.

We are capable of incredible things and can rewrite our destiny and make our lives beautiful.

Through my project RASA – Rise and Shine Again, an initiative to empower you to build a better you, I want to inspire, motivate and help women find purpose and raise awareness against various abuses.

-by Team WS
NEW BEGINNINGS
STARTING A NEW LIFE IN CANADA – PART 1

The start of a new life in a new country is also the beginning of a new chapter in the life of a person. A lot of hope and promise exists in these chapters along with apprehension and fear of dealing with the unknown. The best way to approach such a situation is plenty of advanced preparation. When moving to a new country, apart from a change in physical location, there is a change in language, culture, rules and regulations. Some prior preparation or reconnaissance will smoothen the transition process to a large extent especially for families with very young children.

Canada is one of the most common migration destinations for Indians apart from USA and UK. An Indian family moving to Canada will usually be worried about the 3 C’s namely:

- **Climate** – British Columbia is a hot migrant destination primarily due to its weather and scenic splendor. Winter lasts from November to February where subzero temperatures might be encountered. The weather is usually bearable for the remaining parts of the year provided the right kind of jackets, caps and gloves are used.
- **Conveyance** – Public transport is available in almost all provinces making mobility a lot easier for people. New migrants usually need to get a driving license and then purchase a car. Buses and trains connect almost all parts of every city making life a lot easier for new migrants.
- **Career** – Finding a job is the next item on the list for any new migrant in Canada. The good news is that there are many small and mid-sized companies all over Canada and there is plenty of short-term as well as long-term work available. Your first job is most likely going to be a temporary or a contract job. The good news is that it is possible to find contract jobs in almost any field. Temporary jobs help in gaining the required Canadian experience in order to get a full-time permanent job.

In the first part, we have covered the basics for any new migrant to Canada. In the next part, we will do a deep dive into other family requirements like issues for new immigrant parents of young children in Canada.

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**Culture** – The language spoken as well as general lifestyle

**Community** – The people living in the surroundings

**Cooking** – Availability of familiar ingredients for cooking meals

Indians comprise a sizeable chunk of the Canadian population which usually takes care of these basic 3 C’s for any Indian family moving to Canada. Hindi and Punjabi are the predominantly spoken Indian languages while there are small pockets where other Indian languages are also spoken. A large Indian presence has prompted the emergence of many Indian Stores selling all kinds of Indian foods and ingredients for Indian cooking. This also helps to reduce the culture shock.

While it is possible to move to Canada by getting permanent residency, some people move there on a work permit and apply for permanent residency after reaching there.

Canada comprises 13 provinces and territories and it is important to decide on which specific one works best for you. The 3 Cs below can help with that decision.

Pooja Rajeendranath
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Sairee Chahal, Founder CEO of SHEROES (Women only social network) is a trailblazer who brought out the change to empower women by strengthening them up on the platform of SHEROES. Every woman is a trailblazer.

Let’s know more about Sairee Chahal, who wears multiple hat of a Technology Entrepreneur, Mentor, Mother and an Evangelist.

Q: What does building a lasting legacy mean to you?

SC: Leveraging tech to solve deep-rooted problems in a creative, cool, consumable way. Making it scalable, inclusive, aspirational.

Q: What were some of the pivotal decisions you took in your career?

SC: I grew up in Muzaffarnagar – coming to Delhi alone for further studies was a big step for me – it pushed me to think autonomously. Plunging into entrepreneurship while still in college was another one – it pushed me to hustle, collaborate, leverage tech to build something from scratch. I bought my first car with my own money while still in college, and people knew me as the girl got her own wheels. Starting SHEROES was the biggest decision – rethinking the Internet for women, growing this conversation, building a superior product for women, from the ground-up. It’s been a phenomenal journey.
Q: What role can we play as a path maker for other women?

SC: Be generous with support, appreciation, recognition and recommendations. Join or start your own community. Let’s face struggles, celebrate ambitions, together.

Q: What are the struggles women have faced during the lockdown and how is SHEROES app helping?

SC: Women are experiencing some universal struggles - cases of domestic violence and abuse have gone up, emotional labour and home responsibilities, keeping kids engaged, managing professional work and house chores, also access to medical and mental health support are challenges. SHEROES helpline has become even more active at this time with women chatting with our counsellors, our health communities are also seeing a diverse range of queries. Interest in upskilling, building emergency funds, and overall crises management conversations are seeing a lot of traction, and a lot of our experts are hosting discussions around these various topics. It’s a time for the community to come together, struggle together and support each other. The sense of community has made a lot of difference in this time, more than ever before. So topics. It’s a time for the community to come together, struggle together and support each other. The sense of community has made a lot of difference in this time, more than ever before.

-by Team WS

SHEROES is a women-only social network accessible via Sheroes.com and the SHEROES app, offering over communities, a free-to-use counselling chat helpline, resources, mentorship peer-to-peer conversations, a marketplace, a reproductive health tracker and opportunities for women.

SHEROES is reimagining how women use, experience and benefit from the internet. It is specifically aligned to using internet as a tool for change, especially for women in high gender gap countries offering a space for appreciation, recognition, growth and interactions. Safety, empathy and trust are tenets that are built into the platform at every level.

About SHEROES

Are you not able to decide right business for yourself?

Do you have an amazing idea and need help from experts?

Are you a Woman with Perseverance, Determination, focus and want to achieve success, wealth & fame?

Want to take BUSINESS to new heights?

Connect with us at

- info.cwehub@gmail.com
- www.facebook.com
- www.cwehub.com
“Be strong enough to let go, and Patient enough to wait for what you deserve.”
Q. Tell us a little about you and your family?

A. I was extremely lucky to have been born into a family that, despite being traditional, was very forward-looking and gave me the fullest support to be who I am. After my parents introduced me to the world of dance, music, Indian philosophy and literature, even though they never came from a family of artists. However, in our family, particularly my mother’s family (for her forefathers were very being great freedom fighters as well as progressive in outlook), cultural education in all its aspects along with scholastic education were greatly encouraged in the family.

Right from childhood, I have been straddling two paths, one of dance and the other of academics. I often laugh and say that even though not hailing from a traditional artiste’s family, yet my foray into the world of dance preceded formal schooling (academics). I entered the civil service (IAAS) in 1976 and worked till my retirement. Throughout this period, Kathak dance continued unabated. Even today, post-retirement, this passion continues unabated.

Q. What inspired you to pursue Dance?

A. I am a classical Kathak dancer. I entered the world of dance at the tender age of two and a half (even before I went to formal school education i.e nursery). I was born into a family where music, dance, literature, etc formed an essential part of the upbringing. Added to it, was my personal inclination to dance. When my father was posted to Bombay, it was Guru Kundanlal who continued to hone my skills in Kathak. I was trained by Birju Maharaj Ji. Early in life I learnt, courtesy my mother, to focus, concentrate, go into the depth of the subject and give one’s whole to whatever one was doing at that moment. Thus time management with dedication, devotion, sincerity and depth became second nature since childhood. This allowed me to maintain my top position academically and in the field of dance. I was recognized as a young Kathak dancer on the professional scene. Then there was no looking back and it has been over 50 years that I have been recognized as a professional solo Kathak dancer. However, I have been on stage for over 65 years.
Q. What was the most challenging part of your journey till now? How did you overcome those challenges?

A. The challenges were mainly because of health issues. Born with a weak constitution, it was dance that gave me life and emotional and mental sustenance. From the mid 90s, series of medical issues started re-surfaces such as skin problem, brain stroke resulting in paralysis of the eye nerves leaving me with only half peripheral vision in both eyes, knee and shoulder problems, to list some of them. It was dance and total immersion in it that gave me strength, courage and a nonchalant approach to face life on my terms. For me Kathak dance is yoga; it is total meditation; it is bhakti-yoga and bhakti marg to elevate the inner self.

Q. If you are given with a magic wand with three wishes to be granted, what will be your those three wishes?

A. I do not have wishes and desires. But yes there is one prayer that I have and that is to die with my ghunguruos on. And in case you insist on 2 other wishes, then I do hope and pray that (1) humanity and sensitivity should prevail in the world and (2) that people learn to accept differences of all kinds — caste, colour, race, creed, ism and that they all should co-exist harmoniously.

Q. What is the part of your life experience you would alter if you had the chance to?

A. Nothing. I am happy with what life has given me with all its challenges, ups and downs.

Q. One sentence that defines you?

A. A contented soul

Q. So how do you balance your personal and professional life?

A. Early in life, courtesy my mother I learnt that one should always be passionate and focused on what one is doing, without overlapping one task into the other. This has helped me not only to balance my two professional careers but also balance my personal and professional lives.

- by Team WS
ENTREPRENEURSHIP

LET’S GET DOWN TO BUSINESS
How ready you are to scale up

Do you go for summer vacations each year?

I am sure you do and so did I last summer to the beautiful valley of Bir Billing in Himachal Pradesh, India for camping and paragliding. Being the meticulous person I am, there was a checklist drafted for items to be carried along, ordered online so that it arrives well in time, recharge the power bank for charging back up, downloading e-books and The Good Wife episodes for binge-watching on the go. Planning, preparation and checking on all the must-haves are needed for a hike up the mountain. Very much similar is scaling up your business. You need to plan and the journey starts by answering a plethora of questions such as these:

Have you defined what scaling up means for you?

To decide to scale up you need to uncover the most basic element which is of what you want. The small idea with which you started now needs to transform into a big vision. As you will ramp up your business, you will need help from experts, investors, professionals to help you reach that vision.

Are you in the mental framework of scaling up?

The entrepreneurial mind set with which you started, now needs a shift. Going from a solopreneur to being the boss is a sea change and you have to prepare yourself for it. Managing a team of 3 is very different from managing 20 people. Building a global business means traveling very often. Wait did you think of building an online business that serves globally? Well, it might need working at nights to match client daytime. Are you ready for it? I know this would be sounding counter-intuitive. But the purpose here is to have realistic expectations from yourself so that you can plan well for a sustainable growth.

Is your business robust enough to withstand the turmoil?

Scaling up might need a sudden influx of cash, hiring of staff or having technology integration. You also have to look into the legal and financial compliance. Your value and supply chain has to be steady and capable of taking on the spike in order and execution. Does your business has that profitability or funding to cushion for these added expenses. As the business owner, it’s your job to think through these things and then get on board the right resources.

And when you do that scaling up can look like one or all the below-

- Adding more team members
- Increase the price
- Investing in product development
- Making the operations more robust
- Going global with your current product

It is exhilarating and rewarding to build big businesses and there is not one but many ways of doing it. You just need to start by looking into these three questions to take the next valid step. Once you answer these, you can build global businesses sitting out of your kitchen also.

Roshni Baronia
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‘Growth Series- 1, by Go-Global Strategist Roshni Baronia.’
“Be Frugal”

So the mantra is “Reset your Life”

Being an Entrepreneur is hard work. Once you are committed towards doing the hard work, success is sure to follow. Time is money for everyone indeed. If you are someone who has just stared their own business, you know time is as precious as a treasure. The current situation that the world has been engulfed in is the hardest for everyone. The world and the economy stuggers towards stabilization. While there are limited things you can do as an entrepreneur, you sure can follow these small steps to survival

**Look Ahead**

While the future seems uncertain now as an entrepreneur, you need to look ahead. We need to begin planning for the times after the lock down ends. You would need to take the same baby steps as earlier to make your entrepreneurial venture bounce back.

**Slow down on your expenses**

You may have created a substantial balance before the virus situation. However, now you need to close the loose ends of unnecessary cash outflow. It is time to relook at your expenses and minimize the one that do not impact your ability to create business.

**Look at short-term revenue options**

You need to get back to the basics of bringing in the buck. Start with small revenue generating ideas. You are definitely not able to serve your customers right now. Use this time to build on earn some extra revenue through other sources. You can consider keeping your customers engaged virtually but at the same time you need to get some cash inflow for yourself too.

**Future Planning**

We have already considered looking ahead for times after the virus is over. Now is the time we need to plan for our businesses based on consumer behavior. The consumer behavior will continue to stay impacted, long after the virus is gone. You need to look at different ways and means to make your consumers stay. Revise your business and financial goals now

**Save effectively**

Look at financial plans where you can invest during these times. You may want to carefully measure the market and invest some of your saving for future. Look for plans that have a low risk and guarantee keeping your money safe for a longer period. This way you have part of your savings that will not be impacted by your business at all.

**Virtual resources**

Everyone is conducting zoom meetings now a days. You need to consider analyzing e-learning opportunities for yourself and also establish a virtual connection with your consumers. You need to accept the fact that the virus is destroying more than just lives. This process of creation through destruction is not new and you need to consider the same strategy for your entrepreneurship. Simultaneously, you need to stay connected with your customers. This is the best time to re-iterate your values and beliefs. Simple tips like these may help your entrepreneurial venture stay adrift during these tough times.

Sabiha Gurlays
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Mrs Anju Handa is an educationalist, philanthropist, social reformer and a woman of diverse talents. She rose to excellence through her grit and determination rising over the challenges of life, proving right what is said of life, that it gives a test first and lesson afterwards. Her success story truly amplifies what Swami Vivekananda said that education is the manifestation of perfection already existing in person. All knowledge and wisdom is intuitive - the external world just a stimuli to set you to study your own mind.

She created herself from the challenges of life and made a monument from all the stones hurled at her. The simple opportunity as marketing head of a preschool chain in the national capital, culminated into the creation of ‘Greens’ - a preschool consultancy transcending it to first ever event management outfit offering complete solutions from opening of preschool to all operational and management solutions.

The professional success of Greens provided the impetus and motivation to move nearer to her dream as all along she always wished to do something constructive for Women for the societal imbalance had always bruised her psyche. The uneasiness in her led to creation of “SHEconnects”- a collaborative all women platform to promote women empowerment. She had always believed that women emancipation, is perhaps the only way to a perfect social system, presently plagued with rape, murder, violence, hate and selfishness. The idea was to bring women under one umbrella, creating a networking sharing their ideas and knowledge, connecting them globally through seminars and workshops.

The launch of Sheconnects in 2017 was her dream realization giving her the emotional fulfillment as she independently took the mantle to go forward with her dreams finding her collaborations. Dr. Sandeep Marwah, has always been great strength and guiding force. The two books on women entrepreneurs, titled Inspiring Entrepreneurs- Journey from Can I to I can, edited and scripted by Mrs Handa were released on the occasion of global literary festival at Marwah Studios and are presently available on every national and international platforms.

The third edition of the book is all set to release this year. In between her dream realizations of her creative pursuits, she had been associated with social organizations for philanthropic support. Adopted an old age home in Rewari under an initiative ‘Touching lives’, wherein she shares the joys and smiles of inmates creating some sunshine to their impoverished lives. Also providing fulcrum of Support to NGO, “Earth Savior” run by Mr. Ravi Kalra. The compassion in her were expressed through social work, wherein she always wished to assist and help the down-trodden and helpless in society.

The transformation from simple house wife to women of substance is itself a moving tale from Can I to I can. Born into a middle class family at an obscure village in Punjab, she completed her post-graduation from Punjab University. She took up odd jobs before the destiny brought her to Delhi, in marriage. The persistence with her dreams gave her the creative fulfillment. Every successful person must have behind them tremendous integrity, tremendous sincerity and that is the cause of signal success in life. She nurtured her visions and dreams and blossomed it to fulfillment through her focused prerogative. She had been felicitated and awarded for her achievements by Government of India and social organizations of repute.

Awards

#WOMEN ACHIEVER AWARD
#EXCEPTIONAL WOMEN OF EXCELLENCE AWARD BY WOMEN ECONOMIC FORUM (WEF)
#SOCIAL ACHIEVER AWARD BY GREEN EARTH PATRON FOUNDATION
#WOMEN WITH SPIRIT AWARD BY HEART AND SOUL
#10TH NATIONAL WOMEN EXCELLENCE AWARD 2017 BY GOVT. OF INDIA
#WOMEN ACHIEVER AWARD BY INTERNATIONAL WOMEN FILM FORUM
#SOCIAL ACTIVIST AWARD BY SOCIAL UMBRELLA
#WOMEN ENTREPRENEUR AWARD BY MAGICKA WOMEN CLUB
#WOMEN AUTHOR AWARD BY 3RD GLOBAL LITERARY FESTIVAL

Mrs Anju Handa

-by Team WS
While counselling my clients, I am frequently asked about what breakfast options can help maintain weight. Let me share my insights on it with you.

1. Food items which have high protein content keep you full for long and help in muscle development and increase the metabolic rate which helps you in work out rigorously and reduce belly fat.

2. Low-calorie food, rich in dietary fibre also keep you full for long and reduce food cravings.

3. Weight loss food items include whole grains, fresh fruits and vegetables, oats, sprouts, beans, seeds, peanut butter and low-fat yoghurt/milk.

Fat burning ingredients that can be included in breakfast
Some food ingredients are a must to be included during your weight loss regime.
These include flax seeds, cinnamon, chia seeds, lemon, cumin powder, black pepper.
These food items are helpful in weight loss by increasing the metabolic rate, detoxification of the body, giving thermogenic properties, providing high fibre content and reducing belly fat.

What to avoid in breakfast for weight watchers
You should avoid food items such as high-fat yoghurt, sugary juices and dishes made up of maida (refined wheat flour), soft drinks and sweets as they are high in calories and fat content.

Healthy choices make for a healthy lifestyle and the most vital part for it is played by food.
FOR COLON DETOX OR COLON CLEANSING

Colon cleansing, also known as colonic irrigation or colonic hydrotherapy, involves flushing the colon with fluids to remove waste. It’s a practice that’s been around since ancient times, and the benefits are based on the premise that digestive waste can be a toxin to the body.

Ginger
Ginger has antiseptic properties and is beneficial as it stimulates digestion. It can be added to any juice or can be eaten directly. Add one teaspoon of ginger juice and honey, mix it in one cup of warm water. This mixture can be

1 tablespoon of ginger (peeled)
1 apple (sliced)
A cup of spinach
1 carrot (sliced)

Blend all these ingredients with 1 cup water and your smoothie is ready. Drink it once a day to ensure the proper functioning of the intestinal tract.

Juices made by using apple and lemon
Apples and lemons are both rich in nutrients that improve digestive action such as vitamins C & A, antioxidants, and Fiber. You can make delicious juices from these fruits:

Take ½ cup Apple Juice, add 2 tablespoons Lemon juice and a teaspoon of ginger juice.
Mix it in ½ cup of warm water. You can drink this mixture once a day to help detoxify the colon and encourage proper digestion.

Apple Cider Vinegar
Unfiltered apple cider vinegar helps flush out waste from our body while retaining the useful bacteria. It can be taken along with honey to cleanse the colon and restore the digestive system.

Mix raw apple cider vinegar and honey in equal quantities (2 tablespoons)
Mix it in one cup of water and drink it once daily. It will not only remove the toxins but has tons of other benefits such as preventing diabetes and lowering bad cholesterol.

Eating Fiber-Rich Foods
Fibre is excellent for keeping your bowels healthy and cleansing the colon by eliminating waste out of our body. You can include grains such as beans, lentils, quinoa, oatmeal or vegetables like peas, Brussels sprouts that are high in fibre. Raspberries, mango, figs, and coconut also help nourish the colon.

Sea Salt and Water
Water plays a significant role in detoxifying our bodies. When the colon is dehydrated, it is easier for the toxins to stick inside and form a build-up. You need to consume at least 2-2.5 litres of water every day to ensure optimum functioning of the colon.

Add one teaspoon of sea salt to half litre water and drink it before breakfast (before you eat anything else). Drinking the mixture encourages bowel movement and improves digestive health.

Chia and Flax Seeds
Both these seeds are superfoods that are high in fibre. They also contain Omega 3 fatty acids that reduce inflammation in the colon and remove the built-up toxins. You can add a teaspoon of the seeds in water and drink the mixture, make a pudding or sprinkle them over salads.

Soak a tablespoon of chia seeds in one cup water for 5 to 10 minutes so the fibre can perform its optimum function by absorbing water
Mix the seeds in about 1 cup of yoghurt
Consume this mixture 4 times a day for about 4 weeks to cleanse the intestinal tract.
Performing a colon cleanse is vital because it doesn’t only eliminate bacteria and improves digestion, but also promotes weight loss and prevents various diseases.

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STRESS
“A state manifested by a specific syndrome which consists of all the non specifically induced changes within a biological term” by Dr Hans Selye.

The term implies any condition that harms the body or damages or causes the death of a few or more cells. The body immediately tries to repair the damaged cells but it can do so only if the diet is inadequate, providing a generous supply of all the essential nutrients. If, however, rebuilding of cells is not able to keep pace with destruction, the condition will result in disease.

The most common diseases associated with STRESS are: Heart Disease, Peptic Ulcer, Ulcerative colitis, Diabetes, Head Ache, Sexual Disorders.

SYMPTOMS:
A number of physical changes take place at the time of stress induced arousal. The brain and nervous system becomes intensively active, the pupils of the eye dilate, digestion slow down, muscles becomes tense, the heart starts pumping blood harder and faster, blood pressure increases, breathing becomes faster, hormones such as adrenaline are released into the system along with glucose from the liver and sweating starts.

Stress in its earlier and reversible stage leads to poor sleep, bad temper, continual grumbling, longer hours of work with less achievement, domestic conflict with wife and children, repeated minor sickness, feeling of frustration and complaints of lack of cooperation and increase in alcoholic intake. It is essential that these symptoms are recognized early. If however stress is continued frequently, a variety of symptoms appear such as dizziness, stiff muscles, headache, vision problems, asthma, allergies, palpitations, digestive disorders, blood sugar irregularities, backache, skin disorders, bowel disorders, sexual difficulties.

DIETARY TREATMENT:
In dealing with stress, the life style of the patient needs complete overhaul.
One should be placed on proper diet, regular exercise and adequate rest.
If this is done many diseases caused by stress can be eliminated.

Diet plays an important role in the prevention and healing of stress-induced diseases. Certain food associated with STRESS and ANXIETY should be scrupulously avoided. These foods are caffeine in coffee, and many soft drinks, which can cause nervousness, irritability and palpitations.

Salt which has been associated with heart Disease; cigarettes which have been linked with cancer and alcohol which depletes vitamins of the B group considered essential for reducing stress.

Certain nutrients are beneficial in relieving stress. These are vitamins A and B, minerals such as calcium, potassium and magnesium which reduce the feeling of irritability and anxiety. Vitamin A is found in green and yellow vegetables, yeast, sprouts and bananas.

An element of vitamin B-complex, pantothenic acid is important in preventing stress. It had a strong effect on the adrenal glands and the immune system and adequate amounts of this vitamin along with vitamin A can help prevent many of the changes caused by the stress.

Potassium deficiencies are associated with breathlessness, fatigue, insomnia and low blood sugar. Potassium is essential for healthy heart muscle. Nuts and whole grains are good source of potassium.

Calcium is a natural sedative. Deficiencies may lead to fatigue, nervousness and tension. Dairy products, eggs, almonds and soya bean are rich source of calcium.

Magnesium is known as natural tranquillizer and is associated with the prevention of heart attacks. Deficiencies may lead to excitability, irritability, apprehension, and emotional disorders.
Magnesium is also necessary for absorption of calcium and potassium and is found in many fruits, vegetables, seeds, dates and prunes.

Yoghurt is rich in vitamin A, D and B complex. It relieves migraine, insomnia and cramps associated with menstruation.
HAVE YOU EVER BEEN ON A SOLO TRIP?

Traveling solo is one of the best things to do if you’re willing to challenge yourself in a quest to discover yourself.

The concept of solo traveling amuses many and there was a time when I thought it was not my cup of tea. Coming from a joint family and getting married in a joint family, I was only used to living amongst people and before solo happened, never lived for a day alone. The thought itself was both challenging and exciting.

The dependency on others for your trips, not getting me time and also to rediscover myself (as you are always playing so many roles) motivated me to go for a solo. And after six months of contemplation, I finally decided to take one and have my own experience. I also want to thank my friends who have taken solo trips and motivated me to do the same. People ask me 'Why a solo trip?' My reason was... I wanted to meet myself, let go off my fears, talk aloud, be responsible and make my own choices. My life revolves around people, a whole lot of, and what you yearn after some time is solitude and a place where you can listen to your inner voice, a corner where you can enjoy that meaningful silence, let go of everything, shed tears and also meet your inner-self. My first solo destination was MUSSOORIE. No itinerary, no timings to be followed, no responsibilities (except for taking care of your self). It’s you and only you. I aimed wonderlessly, enjoyed the sunrise with the cup of tea, watching the sunset, the sight of the night all lit up, going for a soft trek and sitting in cafes are the things I enjoyed most.

While I am writing this so many memories are popping up. I overcame my fear of sleeping alone and letting go of many unwanted things in life. I felt liberated.

You enjoy solo when you learn to love solitude, it teaches you to rediscover yourself, gives you the strength to do things independently. When I thought my first solo will be just experimental, let me tell you that after having that experience, there was no stopping. Though I started my solo at the age of 40 and have taken three trips altogether to date, my next trip was to Rishikesh.

It was a different experience altogether as I stepped out of my comfort zone and stayed in a hostel just to have a feel of it. I went for trekking and river rafting and further learnt a very important lesson of life, that to be strong you have to challenge yourself mentally and physically. I have always been a mountain person so for my third solo, I thought of going to Alibaugh. To sit and listen to the shore and watch the waves coming towards you, is a feeling which cannot be expressed in words. Different places not only gave me different experiences but memories forever.

As I wait for my next solo trip to happen, I can say that you learn best when you’re not enclosed in rooms. Who can be a better teacher than nature and experiences like these add value to your life?

To sum up, will say "Traveling solo means getting to know the real you." Would love to hear your experience of Solo.

If you are a solo traveller, we would like to hear more of your experiences, adventures and other exciting stories...do mail us at womeshinemag@gmail.com

Roli S Chauhan rolisinghchauhan@yahoo.com
Pregnancy Care during COVID – 19 times

The current ongoing COVID – 19 pandemic has changed the way, doctors are managing to take care of pregnant women. The most common mode has become online consultations limiting exposure to the outer world, but online consultations have their limits, baby’s heartbeat to be regularly monitored which becomes a challenge to be noted. So, pregnant women are advised to attend pregnancy care classes where not only pregnancy information is shared, but also what exercises and do’s and don’t’s during pregnancy along with mental health is taken care of. Many such classes are available online. Guidelines have been changing based on evolving research. Everyone will adapt soon, Have faith.

According to the CDC (Centre for Disease Control), pregnant women are at the same risk as any other adult so they are advised the same protective measures. So, get educated, aware, careful and keep following what is advised. Pregnancy is like the second phase of life or a woman and the experience is unforgettable. She goes through various physical tolls like weight gain, hormonal imbalance, physical discomfort, nausea, fatigue, anxiety etc. visit hospital further aggravates a sense of fear and insecurity in her mind for her growing baby in her womb. This is a challenging situation not only for her but also for her family members.

Sharing a few tips which will be useful for pregnant ladies:

• Follow a routine, this will help to plan your day and keep you engaged.
• Read some positive books, like baby care, breastfeeding education etc which will help you in parenthood journey.
• Listen to some soft music.
• Engage yourself in a hobby of your choice.
• Listen or read the news just once a day that too a trusted source.
• Do exercise and yoga (Check for your medical condition from your doctor and join any yoga class from a pregnancy yoga expert). Many online classes available these days.
• Practice Garbh sanskar for a positive pregnancy experience and to give good values to your baby.
• Join online Antenatal (Pregnancy care) classes.
• Talk to your friends and family members and spend good quality time with them.
• Concentrate and talk to your baby. Experts say that talking to your baby regularly helps to make your bond stronger with your baby.
• Eat a well balanced and nutritious diet.
• Think positive, convert your fear and anxieties into positivity. Take help if required.
• Take good sleep and rest.
• Practice meditation. Experts say stress is not good for pregnant women as it may affect the growth of her baby in the womb. So just relax and focus on compassion and wisdom. This will help to raise your immunity too.
• Practice social distancing, personal hygiene.
• Cover your face with a mask while going out for check-ups or investigations.
• Join an online course according to your interest which may serve as a purpose for professional career growth.
• Stay hydrated. Drink at least 10-12 glasses of water. This will keep you fresh too.
• Have your regular supplements of Iron, Calcium, Multivitamin etc as prescribed by your gynaecologist.
• Keep your medicine stock checked to avoid unnecessary panic.
• Smoking, alcohol, tobacco consumption can be harmful to the baby during pregnancy.
• Spend quality time with your husband, it’s a good time to share your feelings with your husband so that he too feels involved and engaged with you and baby.
• Lend a helping hand by listening and talking to your friends in need. Your counseling can help them and this will improve your confidence too and will help you to feel good.
Learn new technology, help your family members in their business. This will not only keep you engaged but also you will learn something new.

- Gather experiences from your elders or friends who have passed this phase and are enjoying fruits of parenthood.
- Involve yourself in some fun physical activities like dance etc, which is an excellent way to keep physically active and a medium to rejoice too.
- Remember, it is a physical lockdown that too for everyone, not a lockdown of mind and soul.

Everything happens for a reason. Always keep firm faith on the supreme power. The positive side of this lockdown period is that you can spend more time with your family members who otherwise are busy in their social and professional lives.

Last but not the least, one happy news is that no vertical transmission (Transplacental transmission) are reported till now. So enjoy this wonderful phase of pregnancy and take very good care of yourself and that small innocent life inside you for whom, you are the world.........be a positive one.

Tanimasinghal

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In times today, when we are all locked down at home and Beauty and Personal care products are not under essentials to be delivered, we realise the importance and availability of DIY masks at home. Long before this, I had discovered that, there are so many ingredients in our kitchen which do so good to our hair. Your problems from dandruff, brittle hair, frizzy hair, adding moisture, hydrating your hair, relaxing the waves, can all be taken care with a DIY mask made of ingredients we have at home.

Of course, hair masks on the market have their own different advantages but why not use natural ingredients, fresh from your kitchen when they can offer you the same benefits at a much lower cost.
Listing some of the most powerful ingredients here

**Blended Banana** – Has antimicrobial activities that will help your itchy, dry and flaky scalp, relieving the dandruff symptoms. It makes your hair super soft and deep conditions it. Rich in natural oils, carbohydrates, potassium and vitamins, banana will help prevent split ends and protect the natural elasticity of your hair.

**Olive oil** – Deep conditions your hair, adding shine and preventing breakage.

**Curd** – Known for its many benefits, in a mask, curd will help your hair look shinier and smoother, also relieving scalp itchiness. Minerals and fatty acids in curd, helps preventing hair loss.

**Apple cider vinegar** – Helps relieve dandruff and cleanses the scalp and hair. Either use alone with water or as an ingredient in a mask.

**Lemon** – When added to a mask reduces the oiliness of the scalp, in turn helping relieve dandruff.

**Honey** – Moisturizes dry hair and scalp, reduces frizz, adds shine, reduces breakage, making the hair soft.

Now you can mix and match a lot of these ingredients to make a mask for your hair type. For eg. Hair mask for Smoothening hair waves

What you need

1 Blended banana | Half cup curd | 2 tbsp olive oil | 2 tbsp honey.

Over consistent use, you will see the waves relax, hair softens instantly, added shine and no itchy scalp.

Use the egg mask for your hair breakage issues once in a week or once in two weeks at least but with an egg, washing instructions are most important.

Remember to wash the mask with cold or less than Lukewarm water, so as the egg does not cook up into your hair.

An egg mask will need a double shampoo and good combing out but the results are going to be fabulous. You can simply use a whole egg or an egg white depending on your hair type and mix it with 1 tsp honey and 1 tsp olive oil as a mask for Hair fall remedy.

As we all know Aloe Vera, is a natural ingredient sourced straight from the plant. The goodness of this is sometimes much underestimated for hair.

You can use a fresh blend of Aloe Vera and apply it all over your hair and scalp and leave it on for 45 minutes to see the magic of deep conditioning.

Since it is plant based, chances of you getting a reaction of the same are very low.

**Add the other powerful ingredient; lemon to any of these masks about 2 tsp to help your dandruff.**

With the changing weather, also comes change in the hair condition and hair issues.

So analyse the change your hair has gone through with the changing season and whip up an appropriate mask each time for more better looking and healthier hair.

All DIY masks are safe to use and for best results, use it as soon as you make it without letting it stand for too long.

On an end note, remember to consider allergies you have while choosing the ingredients. If you are allergic to something when you eat it, there are chances you will be allergic even when you apply it.

Other than that, go ahead and make one of these happy potions and enjoy the magic they create.

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Start of 2020, none would have imagined how our lives would change, rather come to a standstill in a matter of months. This never before seen Pandemic, has not only caught the world off guard but also thrown the life as we knew it out of the window. One thing seems very clear, our lives are not going to be the same again, even when we are un-locked. Unprecedented times call for unprecedented measures and bring unprecedented changes. We all will now form new habits of personal hygiene, will take greater care of following protocol at offices, social distancing will be a norm- our Indian 'Namaste' will be the global greeting style (it already is and will stay on),

work from home will be more norm than an exception, personal protection will be the core of our wardrobe and style decisions, we now need to be more responsible for reducing our carbon footprints, we all need to chip in our economy's revival with our buying habits and many more such measures await our timely response.

Fashion has been an integral driving force of our lives and just when the fashion-conscious Indian was getting used to international exposure, shopping experiences, trends and brand awareness and an average 'Jai/Jia'(Joe/ Jane) was learning the difference between formal and casual wear, trying to align his/ her wardrobe with suitable mix & match pieces that we are all forced to be cooped up in our homes and buying the essentials from our local 'kiranas', buying only what we need, staring at economic slow-down and impending recession, working from home with uncertainties, not knowing how long is the tunnel which might have the light at its end.

Despite all the gloom around, it is also a fact that two factors have kept us going bringing cheers to our lives cooped in FOOD & FASHION. Where the former has taken up-scaled prominence, FASHION has seen interesting twists: on one hand, the celebrities have begun sharing their moments for their fans on various social media. We can see two kinds of tribes here, one that has believed in being their natural homebound selves, sharing their casual, no makeup looks and other who still takes pains of dressing up, curate a suitable backdrop and shoot to keep up with their projected image. This is bound to impact how fashion will stand in times to come. Given the fans' acceptance with the pressure of looking good off the celebrities' heads, Fashion is going to be more casual. This bodes well with the newly discovered WFH culture. Personal style will be more important than following trends blindly. A casual striped tee is good to be paired with a jacket/ blazer for a video conferencing. The focus shall be on torso dressing teamed with casual pyjamas,
good hair, makeup, neck & hair jewellery & accessories. Runways are going digital, requisites of social distancing and may prefer continuing with it, thus broadening their reach and hence buying prospects. The media and buyers save on a lot of costs of review and coverage on location. The new ‘IT’ accessory here to stay is our masks, face shields, veils, scarves, stoles, face covers. They will accompany every outfit to match, contrast or highlight a look. Coming in all sorts of avatars like shibori, batik, embroidered, studded it will be seen on and at every juncture. The good old bikini has already been updated to ‘trikini’, served with matching masks! It will be exciting to see how they will take runways by storm, being served with couture, prêt, avant-garde, bridal wear, casual, vacation, formal and uniform wear too. School dresses too will have masks prescribed in school colours. We can see, how designers in India and abroad are already dedicating their resources to create masks for distribution as their contribution to fight against the pandemic, the same limited set of artisans might just continue as mask unit to produce for the lines to come.

Along with masks, gloves too will be important accessories and will find their way to our regular wardrobe. We shall see our favourite jumpsuits graduating to overalls. Extreme silhouettes will be used as a tool to facilitate social distancing. The current trying times have served as nature’s warning to mankind about how we are treating it. Sustainability is another key, not only organic, purely natural raw material but also a versatile wardrobe mix will serve the purpose. Zero waste is the new purpose of fashion for it is one of the top three dumpsters in the world. As Stella McCartney’s zero waste, 100% compostable line of up-cycled socks, in collaboration with Osom Brand. This line not only didn’t use any chemicals or pesticides but was also made 85% out of upcycled yarns. This is the beginning of something big, which will soon be the norm among designers and brands i.e. to turn the fashion waste into their raw material resource. This is one of the key elements of zero waste. It also reduces the demand for fresh raw materials considerably hence reducing the exploitation of resources. ‘Slow fashion’ is also the key to sustainability. It is the most direct and universal way to contribute to reducing fashion waste which can be practised by anyone and everyone. Prolong & repeat usage of products, which is newfound by the West, with celebrities like Duchess of Cambridge and the FLOTUS being hailed for repeating their outfits, will be the new norm. However, we Indians have always followed this dictum since times immemorial and it was the digital exposure that was prompting us into being consumed by Fast Fashion to be counted ‘in’. ‘Slow Fashion’ means going back to our wardrobe ways before our internet days. We bought what we needed and only when we needed, as much we needed, passed on what we didn’t need/want, discarded only when fit to be, recycled to DIYs before dumping as waste. This prolonged the waste cycle of any product. This is only possible when we dress per personal style, balance our wardrobe with staples with fewer trendy pieces and developed the knack of mix and match i.e. discover styling and be okay with being seen in the same outfit more than once on our social handles, however, we can style ourselves differently each time.

More than trends, learn to experiment with looks and find your style, this goes a long way, among Indian celebrities, Re kha & Vidya Balan have found their style mantras. Reducing carbon footprints has now gathered steam in the wake of preserving nature. This is a big prompt for designers to source locally. Today, thanks to the digital world, no part of the world can be labelled a fashion laggard as we all have quick access to information now. This ensures that our designers, even our city-based local designers are abreast with the latest trends and give us the same. We need to put faith in our local sources and resources and patronise them as much possible.

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There’s an extreme discomfort that every mother lives with. It’s called 'Mommy Guilt'.

Feeling guilty leaves you incomplete and remorseful. It can leave you anxious in between a movie, weigh you down while you’re with your friends and scatter you when you’re on a date with your husband; basically just about anywhere. A not so good feeling creeps in and takes you away from the present.

We doubt ourselves with tons of questions - breast milk/formula milk, quality over quantity time, right food habits over occasional junk, which board is right for their future or am I too strict or do I give in easily?

When I ponder over these thoughts, I never manage a sure shot solution. On the contrary, there never can be one. Tough emotions are a part of our contract with life, being a Mother certainly is the toughest journey you’ll embark upon.

There is no cure for this guilt because no Mother ain’t ever similar nor is her journey. There never is a right/wrong way of parenting. Even if you have been a parent several times over, you still are fallible and realise that each child demands a different approach. One may be a good eater, the other may be brilliant at communication skills while there may be others who are fantastic at extra activities. The comparisons are petty and huge, hence judging your motherly instinct is never a good idea.

No mother is a bad mother ever. She’ll only want the best for her child. While staging everything at stake she would still feel ‘guilty’ for not doing enough.

And remember.
‘A HAPPY MOTHER EQUALS A HAPPY CHILD’

We mothers feel miserable in treating ourselves better. We are afraid to loosen up sometimes. Hence any activity that gives us air beneath our wings is considered 'not appropriate'.

Do you know it’s said that the fact of not being a good mother crossing your mind indicates that you are one? The bad part-It's unavoidable. The good part-It happens to every mommy on planet earth.

A Mother is only a Mother. Any other adjective attached to it holds no reverence. So breathe in deep and let the negative thoughts come by and drift away as soon as they occur. If you’re struggling, it means you’re progressing.

Fellow mothers, you are doing wonderful. Pat your back, brace yourself and gallop your way to your child’s heart. It’s the most beautiful place to live in.

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Have you ever wondered how the fears, certain beliefs and negative thoughts formed inside you? Wouldn't you wish if you could teach your children to be optimistic and confident so they don't have to fight with any fears or pessimism later in life? Well, you can!

First, you must understand the brain and the formation of memory. Two types of memories form our long-term memory - implicit and explicit memory. Implicit memories are those that are available to us unconsciously such as singing a song or riding a bike etc. Explicit memories are the ones we knowingly recall such as an event, phone numbers, definitions we learned in a class etc.

Implicit memories are very important as they start to form from the womb itself and till 18 months, a child encodes only implicit memories. They majorly form our reactions, behaviours and our fears. Implicit memory is all about associations that we make from our present experiences to our past.

It is very crucial when it comes to children, it can help you have a better understanding of their fears and beliefs. As parents, if you can identify moments where the memory is creating fear or negative belief, you can help your child change or alter it to make it a positive one. The key to knowing such moments is just making your unknown memories into known, making yourself aware of them. This is the power of integrating your two types of memories, which leads to a balanced mind.

How to help your children integrate memories?

Replay memories again and again – a lot of times children are not able to remember full events or because it was unpleasant or scary, they don't want to talk about it. So go slow, part by part! Doing this, you will be able to pause and allow your child to go through the difficult parts easily. It will also allow you to help fill in the missing dots or give better suggestions that your child might not be able to see. This exercise will allow him to put the whole event together in a better and meaningful manner and turn an unpleasant, scary memory into a positive one.

Make 'remembering' a part of your family's daily life – This will automatically teach your children to go over their daily events again and improve the integration of memories. You can incorporate 'remembering' by doing some of the following:

1. Ask questions that will help your child remember
2. Encourage them to write a journal
3. Play games to help them open up – for example, say two things that are real and two fake things which occurred today.
4. As a family, share one good and one bad thing that happened to you in the day

As you try these methods, just remember that always offer the child a safe place to express themselves. Also, as parents don't forget that sometimes, some events just occur because the child is either hungry, tired or wants your attention. So don't over think it!

Memory integration can help your child lead a more balanced, healthier and happier life.

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Where to Invest?
A Dilemma faced by Every Homemaker!

My mother always said, “Boond boond se sagar bharta hai” (Little droplets fill the ocean). For Indian homemakers, their savings are those little droplets. The Indian homemaker is apt at saving. In fact, to save is in our DNA. However, the dilemma comes as to where to invest and multiply our savings worth. Just keeping the money in the wardrobe tucked away in a corner won’t reap any benefits. It will only erode the value of money as inflation and other factors come into play. This article will provide you with certain avenues where you can invest your saved money, hassle-free.

The easiest modes of investment which offer a plethora of plans are 1) Banks and 2) Post Offices. If you want to go a bit further ahead, you could also invest in Mutual Funds, Equity etc. Let’s take you through them one by one.

Post Office

Recurring Deposit: The tenure for such a deposit is up to 5 years. You can decide upon an amount starting from Rs. 100 and then deposit it every month to this account. For the average home-maker, this is the best and the easiest way of investing money. Since it is a monthly deposit scheme, you need not have a handsome amount at hand. You can take a decent amount which you aim to save every month and put it in this account. The interest rate is 5.8% with quarterly compounding. Therefore, if you are saving Rs. 1,000 per month for 5 years at this interest rate, your maturity value would be around Rs. 69,000.

National Savings Certificate (NSC): The tenure for this instrument is 5 years, the rate of interest is 6.8%. You can purchase this as and when you want. There is no fixed instalments or anything. Each investment is treated as a separate investment and a certificate is issued for the same. So, if you invest Rs. 10,000 in this for 5 years, you will receive Rs. 13,895/- after 5 years. No tax will be deducted at source.

Kisan Vikas Patra: It is the same instrument as NSC except that the rate of interest is 6.9% and the duration is 10 years and 4 months. The amount invested will double in this tenure. So, if you have invested Rs. 10,000, you will get Rs. 20,000 on maturity.

Sukanya Samriddhi Account: A new scheme by this name was launched by Government of India specifically for the girl child. Rate of Interest is announced by the Govt. every year. The current rate of interest is 7.6% p.a. The maximum investment possible is Rs. 1,50,000 in a single year. However, once deposited you cannot take out the money before your daughter turns 18. Even at 18 years, partial withdrawal is allowed. Full maturity of this account is at 21 years.

Banks

To save your money in banks, you need to open a savings bank account. Once done, you can invest in Fixed Deposits of various tenure’s (currently the highest rate of interest that is being offered is 5.8% considering you are not a senior citizen), Recurring Deposit where you can deposit your monthly savings or Sukanya Samriddhi for your daughter. The only issue is, they are liable for a Tax deduction at Source (TDS) if the interest exceeds a specified limit of Rs. 40,000.

Mutual Fund, Equity

If you have a risk appetite, you may consider investing in these instruments. The investment in them is subject to market risk. Mutual Funds give you an option of SIP (monthly deposit of a fixed amount). So you can choose a fund and put in a fixed sum of rupees every month.

A mutual fund having exposure to debt funds is relatively safer than equity funds but gives you a lesser value in return as well. Investing in equity is simply how the share market works. This form of investment needs a dedicated article but I would close here by saying that investment in these instruments is advisable only and only if you have some knowledge of how these work and are okay with...
Today we feel caged, suffocated; losing our freedom, we feel helpless.

This is how birds and animals feel as we take over their lands; this is how the forests felt as they are ruthlessly plundered.

The sky didn’t seem blue, rivers and seas turning black, sighed! If only Man would pause and see around him. “Listen to us!” they shouted. We had to pause and so were we stopped. We saw that the sky can be blue, a night sky full of twinkling stars, that the air we breathe can be fresh and pure and the rainbow can be seen.

Freedom lost perhaps, Knowledge gained immense! Let’s value it!

-By Prabha Raghunandan
Path to Self-Discovery

**Smita Jayakar**, a very familiar name in Bollywood, a theatre artist and an author of two books namely “Before Tomorrow” & “In everness”. She is also a Spiritual healer. A lady with grit and filled with lots of positivity.

"Who is Smita Jayakar?"

If you ask me this question on a materialistic plane, I will say I am a lot of things.
If you ask this question on a spiritual plane, I will say that I am still finding 'Who am I'? My one and only wish is to find out WHO AM I. When I die people would refer to me as a body isn’t it? So this is the same body which was referred as Smita for so many years suddenly it becomes Smita's body. Where is Smita gone? Where is she disappeared? I can't disappear into thin air. So these questions are still there in me. My search is still going on and I am doing all my Sadhana and processes to find out the Truth behind our existence.
I keep telling my master Maitreya Dadashreeji all the time that this is what I want to know, 'Who am I'? What is the part of your life experience, you would alter, if you had a chance to.
This will sound very strange but believe me because of my spirituality, I am able to absorb all my ups and downs which happen in life. Had I not been into spirituality, probably I would have been complaining about everything that is happening around. Hence I would have liked to alter everything possible. Spirituality has helped me to understand life better. I would not like to alter anything. Acceptance and surrender comes to you when you walk on this path. Life is perfect as it is. Nothing should be altered. If anything needs to be altered is YOU. Spirituality has balanced your life actually Yeah, so, that's why I always feel spirituality is a very important part of human life which keeps you so balanced, otherwise this period would also have driven me crazy, which is driving so many people crazy. But I am on the contrary enjoying it. Some others are also may be enjoying it. Certain things are unfolding about me. Search is going on. Also I am doing Zoom calls every day.

So what was the most challenging part of your journey of 32 years till now and how did you overcome those challenges?

I have never faced such challenges in my life. It is just Grace that the things just started falling in my lap. I was all over the place and before I could say Jack Robinson, I was everywhere and so much in demand. It was a different high, again in deep gratitude for what I received from the Divine, which I had no clue of.

So there have been no road blocks till now in your life
I lived in a joint family after marriage, so everyone was there to take care of my two sons. They all were very supportive, which I am really thankful for. Barring few challenges nothing major I could remember.

In that case I can say that it’s a blessed package which you have got
I really can't stop thanking the Divine enough for what I have got in this lifetime which was never in my dreams. This was not my plan at all. When I was studying like another College girl, I always thought of getting married to nice guy, have children, be a homemaker.
I never thought that life is going to unfold in this fashion, honestly.

If you are given a magic wand with wishes to be granted. What will be your wishes? See now that I am on spiritual journey, I would say,
So how do you balance the professional and personal life? You are too much into zoom sessions, spirituality, family, films. So how do you maintain a balance?

It is, as I said earlier I was in a joint family, so I did not had any pressure that I have to cook for the people at home and I have to finish home chores etc. So that was never a problem. Now the boys are big and settled. I have a beautiful granddaughter, who is 5 years old. They are all on their own. So, now I really can do lot of things. Infact, this is the best time to do anything.

Between' Before Tomorrow' and 'In Everness', which is your favourite book?

The second book is written better because you have learnt more, understood more but I am attached to "Before tomorrow" because it’s my first book.

In short both the books are on spirituality and lot of people who have read these books have felt that, lot of shift has taken place in their lives and it has impacted a lot of readers.

Any more books in the pipeline?

Yes, I am planning to do one more. I take one thing at a time, I don’t think of writing 20 books at a time. It is still in a very fluid stage.

So how much time, it takes you to complete a book?

It took me two years to write one book My problem is you know that .... When I start writing my thoughts, my mind stops and I can't write so fast I prefer to talk and then give my editor to write it properly for me. The editor has to do the job of rewriting & rephrasing it, that’s how I go about. So I need to have a proper editor, who will understand my thought process and have a spiritual bent of mind. First book “Before tomorrow” was edited by Mr. Shiv Joshi, and second book “In Everness” was edited by Ms. Prakriti Venkatesh. Both of them are fantastic.

What made you write these books on spirituality?

I used to take chakra classes for many years and I always felt, that if I pen down this knowledge, tomorrow when I am not there, it can come of use for the next generation. So my advice to you all that knowledge, should be passed over, whichever way you wish. It need not be only spirituality. It could be anything else. This is selfless service. I believe in giving more, than receiving. So I think of various ways of how I can give back to the society.
I thought writing a book is the best form of giving back. So that’s why I started writing.

So, according to you what is the road map to happiness? Happiness is a myth, happiness is never outside of you. The roadmap to happiness is inside you. Go inside, go within, it’s all there. Like for example, when the apple fell down due to gravitational pull that’s when Newton realised that this was the gravitational pull. He did not invent it, he discovered it. Got the Difference? Gravity was already there on planet earth. He has not made gravity. He just discovered that, this falling apple is gravity.

The same is with us - the happiness, joy, discomfort, whatever is there everything is within us, but an external experience brings out that feeling inside which is already inside us.

Like going on a world tour gives me happiness. So, happiness the emotion is already there. External stimulus has given rise to this feeling inside.

I love doing spiritual things. I love teaching, writing books and doing something in spirituality. That gives me happiness. But that does not mean that if I don’t do this, happiness is gone from me. It can’t go anywhere.

What’s your message for women who aspire to do something different in their lives and create, a mark in the society?
I have a full module on this topic “Empower Women Spiritually”. This is a subject which is very close to me. Unfortunately women have been suppressed for so many years and they have taken this suppression, which has made them very negative.

We have allowed ourselves to be suppressed, to be dominated and now we complain. You have allowed this to happen. If you connect with that "Shakti", which is their inside you, it could be in any divine form the "Kali Mata" Parvati, Durga, Vaishno Devi. Invoke that form of shakti inside you. Everything, every person, every spiritual master also needs to have a female form with him. The Shakti is that powerful. We can’t do anything without Shakti. Why can’t we understand this? Why can’t we tap that energy? Why are we crying constantly? Why are we in this negative frame of mind all the time? Why are we complaining constantly? Why are we criticizing constantly?

Like in my case I am a firm believer of “Kali”. I talk to her like a friend. She is always there with me like a strong support. This really gives me immense energy and lot of confidence.

Your favourite book (not yours)?

You spend your leisure time by?
By reading, by watching videos of spiritual masters on YouTube.

Your favourite game?
When I am very tired or bored, I play "candy crush"

Your favourite holiday destination?
My favourite I would say is Austria’s - very beautiful.

Any ideal person you really look upon
My Master " Maitreya Dadashreeji”

Your strength?
My strength is my attitude towards life.

One sentence that defines you?
I would say compassionate. I feel a lot, I have a lot of compasion.
Donuts made of curd without using yeast

Donut Ingredients:
Maida- 1 Cup
Sugar- 2 full tbsp
Curd- 1/4 Cup
Oil- 2 tbsp
Milk- 1 tbsp
Baking Powder- 1/2 tsp
Baking Soda- 1/4 tsp
Oil for frying

Method:
1. In a big bowl take Maida, sugar, baking powder and baking soda.
2. Add oil, curd and milk. Mix with hand to make a sticky dough.
3. Cover it with a small bowl and keep aside for half an hour.
4. Roll the dough to a consistent thickness of half an inch.
5. Cut donut shape with steel rings of 3.5” outer circle and 1” for centre.
6. Heat oil for frying. Fry donuts on low flame flipping them constantly till they turn golden.
7. Let them cool down for 1 hour. Decorate them with melted chocolate, powder sugar and edible sprinkles.

Chef Rainna Gupta
rgnotes@gmail.com
Multigrain DOSA

Step by step process:

1. Soak the ingredients mentioned under To Soak with plenty of water for 6 hours.
2. Remove the water and transfer into a blender/mixer.
3. Add the green chilies, ginger and garlic cloves.
4. Blend nicely till air bubbles form. Keep adding little water to get a medium consistency batter (should not be too thick or watery).
5. This Dosa does not require fermentation.
6. Heat the tawa/pan and pour a ladleful of dosa.
7. Spread out the dosa, add oil or ghee as per choice and cover it.
8. Allow it to cook for half a minute, the dosa changes its color to golden.
9. Flip the dosa on the other side and cook.
10. Remove the dosa and enjoy it with chutney.
Q. We are manufacturing homoeopathic medicines how we can create our image for promotion of our products? 
- by XYZ

A. Personal branding is all about people trusting you first. You are the brand when it comes to Personal Branding. If you are in the space of homoeopathic medicine, you make want to give a lot of value to people about your product without directly selling the product. You need to walk the talk. You and your team should be advocates of homoeopathic medicine. You need to talk about the benefits of using this medicine, tips on how it will be beneficial etc. While doing so, you are creating an awareness about the product without directly selling on the face. Any brand image should be that of helping people through alternate medicines (no chemicals). You can contact me for more details.

Q. How to create a positive impact with my persona, as many a times I get labelled as egoistic or too straight forward ?
- by Confidential

A. Dear Confidential,
You first need to understand how is this image affecting you and who are the people talking about it. Are these people important in your life, if yes then you need to understand how are you projecting yourself – what behaviours of yours are resulting in this type of an image. My suggestion is not to change your personality to please others. You may want to consider a different communication style to put across your point of view or maybe look at changing your body language, behaviour and tone. You need to decide what image you want to project and by working on you communication and behaviour you can create that image without compromising on your values.

Q. Wanted to know about my parent’s health? -by Confidential

A. Dear Confidential,
General reading of your mother’s health is
- Her physical health looks fine , if she wants to get harmony (mentally, physical and spiritual) she needs to start experiencing the gratitude in small little things from morning till the evening, falling in love with the ordinariness of life.
- And try not to think of same old patterns, she needs to see hope in everything.
Things will be getting better as soon as she starts believing in life.

Q. I am a 22 year old girl who is 5’6” and weigh only 42kgs. I am too underweight as per my age. My diet includes everything in quantity that I need to eat but my metabolism is so fast that I feel hungry after every 2-3 hrs and I eat regularly still have weak immunity and so skinny body shape. What Should I do for this?
- By confidential

A. Dear Confidential,
There can be various reasons for being underweight like:
1. You need to get your Hemoglobin checked as it could be a reason for lower immunity
2. You need to undergo weight training workouts under proper guidance so that you have a gain in the muscle mass
3. There has to be a personalized diet schedule, as your dietitian will guide you the right way of eating.
4. Lastly, let’s not blame our genes; it is us who can have the right body type.

Q. Sir I want to start my own business but don’t understand what I should start. I have completed my CA intermediate and pursing LLB 6 semester but don’t know what to do? Please suggest me how I can channelize my energy and focus on one place.
- by Aparna Saxena

A. If you are experiencing any disturbance inside, like confusion, anger or irritation, all of that is energy, immediately use this is a trigger to accomplish some task, be it cleaning or writing, something creative. Channelize the energy to do something creative, arrange things.

Examine what you like and dislike about your work life as well as what traits people like and dislike about you. Finally, ask yourself why you’re seeking to start a business in the first place. Then, when you’re done, look for a pattern to emerge (i.e., whether there’s a need for a business doing one of the things you like or are good at).

“Women Shine” presents our panel of experts who will answer your queries on the topics: Parenting, Health, Beauty & Skin, Tarot, Healing, Fashion, Pregnancy, Women Health, Life & Relationship, Legal, Career, Entrepreneurship or anything you would like to ask. We will try to answer your questions as we have best of the minds. Answer will be published in the second issue on 30th June’20. Your identity will be kept confidential, if you want to.
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