QUEEN OF THE SKY

SHINE GLOBAL
Carol Hanlon

WHAT’S TRENDING
Unbox Zindagi

LEGAL
Legal Corridor

FOOD OR NO FOOD

ENTREPRENEURSHIP
Nabomita Mazumdar

RELATIONSHIPS
Sibling Rivalry

BIR BILLING
HOT SPELL
BEAUTY & FASHION
Never go wrong with a lipstick
HEALTH & LIFESTYLE
How to be happy in 3 steps

SHITAL MAHAJAN
I am extremely thrilled to launch my dream in the form of a wonderful collection of various themes weaved together 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 to 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 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.

This month’s edition showcases wonderful, inspiring, and journeys of Shital Mahajan (Sky Diver) Nabomita Mazumdar (An Entrepreneur) Archana Garodia Gupta (Author), Carol Hanlon (Fashionpreneur), Anupama Raag (a Celebrity) and Ankita Gulati (a shining entrepreneur).

Also many interesting articles on Travel, Health, Fashion, How to be happy in 3 steps, Sibling Rivalry and many more....

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 womenshinemag@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!!

Shine Aways
Aparna Mishra

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The contemporary world order operates on the basis of globalization, where national economies are interconnected and interdependent, in terms of international trade, finance as well as travel and tourism to name a few. Within an intricate system of this nature, a global crisis such as the COVID-19 pandemic could result in a large-scale economic shock that has the potential to develop into a global economic recession in the long run.

Sri Lanka has taken necessary steps to lock down the state by imposing an island-wide curfew and by suspending all passenger flights and ship arrivals into the country until the thread of the epidemic is brought under control. Furthermore, all public and private institutions have been temporarily closed, except for essential services such as health, communication, police and defense sectors.

The foreign exchange inflow of Sri Lanka, thus, has been adversely affected since major revenue sources of the country such as tourism, apparel exports and foreign remittances have been ceased. Therefore, if this situation continues to the second quarter of 2020, it may potentially lead Sri Lanka to an economic crisis shortly.

When considering the Tourism industry of Sri Lanka, it has developed into a booming strategic sector of the post-war domestic economy and it can be identified as one of the most foreign revenues and employment generating industries of the country. However, due to the suspension of flights and the inability to accommodate tourists at a crucial and risky period such as this, it has become one of the most impacted sectors of the local economy. This inevitable halt would become an added pressure to the tourism industry, which is still recovering from the repercussions of the Easter terrorist attacks that took place in April 2019.

Similarly, the apparel industry is another major export industry of Sri Lanka that faces uncertainty and many risks at present. The industry has been completely closed down while it was already making losses from the export orders of finished goods that were being halted by the European markets. Since the United States and the European Union (which are the hardest-hit regions of the Corona-virus) are the main import destinations of Sri Lankan apparels, the industry is at risk of failing to recover their losses until the global markets return to normalcy.
Moreover, due to the rapid spread of the virus in countries like Italy and South Korea where a significant number of Sri Lankan migrant workers are employed, the Sri Lankan government has taken necessary steps to bring them back to Sri Lanka and direct them to quarantine centres. A majority of these migrants can be recognized as unskilled labour and they face the risk of becoming unemployed in the coming future until the international labour market reinitiates recruitment. This would undoubtedly result in a massive loss of foreign remittances to the country. Therefore, the impact of the suspension of key foreign exchange earning sources such as tourism, apparel and remittances in this manner has proven to be detrimental on the Sri Lankan rupee, as it continues to depreciate along with the spread of the pandemic.

On a positive note, novel solutions and innovations especially in the health sector, such as the development of ventilators, hospital beds and protective gear have already been successfully tested and directed towards domestic production lines, to compensate the lack of resources and import limitations.

It is important to note that with the suspension of imports, large scale dumping into the Sri Lankan market by global importers has also ceased, giving Sri Lanka an unexpected opportunity to initiate the improvement of domestic industries and pursue further innovation and technological advancements locally.

Furthermore, to successfully control the spread of the pandemic and provide relief to vulnerable citizens, Sri Lanka has gained both financial and material aid from both local and foreign sources including many international organizations such as the World Bank, IMF and WHO, along with multinational companies such as the Alibaba Foundation.

In conclusion, the Sri Lankan Government and Central Bank must further administer strategic fiscal and monetary measures to rebuild the economy and prevent it from collapsing into a crisis, by establishing suitable macroeconomic policies and by maintaining the exchange rate from depreciating further.

Ayanthi Gurusinghe
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Have you ever wondered how to disinfect the clothes we wear? Everyone is talking about how to wash hands or how to use masks and gloves correct but what about the clothes that protect our entire body 24x7? For sure, we need to disinfect them too.

**Can cloths spread Corona?**
Well, we all are aware that Corona virus is usually transmitted through respiratory droplets from an infected person by sneezing or coughing.

Clothes contaminated, with these droplets, can transfer disease. If someone sneezes or coughs, droplets get transferred to the clothes and when one touches the contaminated clothes and then their own self, the disease is spread.

**How long the virus can stay on clothes?**
As per public health specialists, everyday clothes we use can hold respiratory droplets. These droplets dry over time and inactivate the virus, but there is no evidence of how quickly viruses on the clothes dry out. This depends on the fabric type. The droplet can dry out under some conditions, which is faster with natural fibers than polyester, spandex-like material which may keep germs longer. Breathable cotton-based fabrics dry out faster. Some researchers believe the fibers in porous material catch the virus particles, dry them out and break them apart. Handloom fabrics are perfectly porous, unlike mill made where the fabrics are woven thick and tight by machines. Also, most of the handlooms are of natural fabrics that are breathable and easy to disinfect.
What can we do to avoid spreading viruses through clothes?
Change clothes as you reach home and preferably wash them immediately. While washing removes dirt and impurities from surfaces with soap and detergent, disinfecting goes a step ahead, killing germs using chemicals.

How to choose a disinfectant?
Disinfectants for clothes are of many kinds. Chlorine is the best disinfectant to use, but it is too strong for coloured and delicate garments. So, use Chlorine only with white garments. Based on the fabric type, use pine oil disinfectants, phenolic disinfectants or quaternary disinfectants. Here are a few natural ways to make clothes virus free.
• Dry the clothes completely, preferably in sun. Especially suits, blazers and delicates line dry in the sun inside out.
• As per the wash label instructions, wash clothes with hot water above 80 degrees Fahrenheit.
• Keep extra heat and time in the dryer for the droplets will dry out.

Bonus Care Tips
• Don't shake the dirty laundry. This will decrease the dispersing of the virus through the air.
• Clean and disinfect laundry baskets, if possible use a disposable liner.
• The washer and dryer can harbour germs and bacteria. Disinfect them with chlorine water, wipe inside and outside the machine.
• Wear rubber gloves when handling soiled laundry or wiping washer and dryer.

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With lockdown only being extended, we all have got used to a new routine contrary to the one we had. As of me, I am a mother of a four-month-old. While motherhood is new to me, I had a reality check when my bundle of joy drained all the energy I had. With all the sleepless nights, meeting with the baby's needs makes me antsy and all I look forward to is a good cup of coffee and a head free of thoughts (after the baby sleeps). But guess what? We can never really have a head free of thoughts. Sipping on my coffee, I tried to push my thoughts away but failed. “I need a break from all these thoughts too.” I murmured to myself. Unable to keep my thoughts at bay, I started to really ‘think’, which we seldom do. Do you take a break from everything and really ‘think’? We are constantly caught up with things, busy doing something or distracted by things around us. We spend most of our days, in fact, years, engaged and distracted with things that drain us mentally and yet we forget to take a break, sit, relax, think and look back.

If the current pandemic has made you look at your health, trying to boost your immunity, washing hands repeatedly and taking every possible precaution to stay safe, sit with yourself and give a thought over your mental health as well. There are responsibilities to fulfill, expectations to meet, goals to achieve and races to win. No matter what motivates you to wake up and run the race, the stress of circumstances, responsibilities and people can be draining beyond your imagination.
We all need a break from regularity. Think of it this way. We were all anxious when the lockdown was announced. The lockdown interrupted with our routines. What are we supposed to do with our days? With questions in mind, we all tried to be useful. While some had to work from home, some helped in the household chores or engaged themselves in activities that they once enjoyed but were long forgotten. We settled into a new routine.

With no hustle and bustle of vehicles and shutting down of industries, the air got clean, birds that were not seen in years appeared and chirped at your balconies, the temperature didn't rise to burn, we could see the earth revive. With our runs and chases, we were utilizing and deteriorating earth in every possible way. We were made to pause and the earth had its much-needed break to recover from all the damage. If such a large entity can revive from all the scarring, what can taking a break from regularity once in a while do to you?

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You were forced to take a break from your routine and you made a new one. Now take a break from whatever is keeping you busy these days and sit to 'think', of all you can be, all you need and all you need to shun from.
With more than 45 years in the fashion industry, Carol Hanlon is something of a design and small-business Guru.

Carol’s extensive entrepreneurial life began in the late 1960s in the famous Flinders Lane, Melbourne and later in Geelong, Victoria. From 1973 to 1993, she ran her own fashion design business, managing design, manufacturing, wholesale, retail and export components by herself.

She moved to Perth, Australia in 1993 and became the founding manager of the non-profit, community-based Belmont Business Enterprise Centre Inc. (BEC) in 1994, which assists people in starting new businesses and also helps the growth of already established businesses through advisory, training and mentoring support. Carol also identified a need to inspire WA’s youth to start their businesses and began running workshops for aspiring young entrepreneurs. She also established a Clothes Library for the unemployed to borrow corporate garments for job interviews.

By 1998, she was using her expertise in the textile and fashion industries by opening the Textile Clothing Footwear Resource Centre of WA Inc. (TCFWA), a not-for-profit national support centre run from headquarters in Belmont, providing fashion business support, specialised resources, projects and online services and training. One resource they offered was ‘TCF Australia Online Small Business Training and Mentoring Project’, with workshops on website development, web marketing strategies and online sales tools to increase brand exposure, sales and profitability. Offered to regional and remote businesses, the workshops highlighted positive role models of indigenous fashion and textile designers across Australia, using online technologies to showcase their products and talent globally.

In 2003, Carol staged a trade exhibition called ‘Designedge TCF Australia Uncovered’ to bring in international buyers. Two years later, this evolved into ‘Designedge Fashion Incubator’, a retail fashion collective showcasing over 75 WA emerging designers. TCFWA and Belmont BEC are major supporters of Designedge and every year the Designedge Innovation Festival runs Australia’s largest national community Innovation Festival with events, workshops, networking forums, displays and information and webinars, delivers online across Australia and globally. In 2007, TCF Global was established with a focus on assisting village sewing projects in developing countries. Five containers of donated sewing machines and textiles were sent, assisting 29 village sewing centres to be established in Ormoc, Philippines.

In 2011, she convened the 3rd Annual International Fashion Incubator Conference in Perth. After attending the 2nd International Conference in Atlanta USA, Carol was determined to bring the event to Perth to showcase WA to Fashion Incubators and fashion educators from around the globe. She also identified a need to establish an International Fashion Incubator Network to provide better global networking, exchange of best practices, new opportunities and continued growth and development in the fashion sector, leading her to be inducted into the inaugural WA Women’s Hall of Fame. TCF WA continues to run many annual fashion trade missions to India, Hong Kong, China, Korea and Taiwan assisting designers to research, source supply chains and/or to exhibit.
Featured in the ‘50 Western Australian Women of Success’ for achievement in business during 2013, Ms Hanlon was also named in the ‘100 Most Influential’ Perth Small Businesses Community.

Carol has been invited numerous times to host forums as part of the United Nations Commission on the Status of Women (CSW) NGO Forums. The CSW is instrumental in promoting women’s rights, documenting the reality of women’s lives throughout the world, and shaping global standards on gender equality and the empowerment of women. Taking place in New York annually, Carol’s topics usually relate to the ‘Economic Empowerment of Women Entrepreneurs’.

Having a strong connection with Asia, Carol has also hosted many delegations of Australian fashion designers to buying fairs across the continent. In 2015 she facilitated, co-ordinated and presented a TCF Global Designer Panel Intertextile Apparel Textiles in Shanghai. Due to her achievements in assisting women in small business, Carol was also announced as Australia’s Icon in ICONOGRAPH: An Exhibition of Women Icons of APEC, Philippines.

Passionate about India, in recent years Carol has presented sustainable fashion design at the inaugural India Design Confluence in Ahmedabad and led an Australian Delegation to the Women Economic Forum, New Delhi, in 2019.

2019 also saw Carol presented with ‘Woman of the Decade in Entrepreneurship & Innovation’ Award at Women in Economy Forum Perth, a global event she organised at Curtin University facilitating 120 speakers from over 24 countries to present on ‘Empowering Women Making a Difference through the Sustainable Development Goals’.

Back in Australia, Carol currently runs a series of incubator projects including:
MY Fashion Incubator Migrant Small Business Training & Mentoring Project-assisting migrants to start or grow their small businesses
MY Business Incubator Count Me IN Project - assisting employers to break down barriers by employing people with disabilities

Carol Hanlon has inspired, mentored and trained over 32,000 clients and gained much recognition for her assistance in the growth and development of small businesses. As a small business owner herself in the past and now as a Business Facilitator, Carol knows first hand about the challenges small business owners face.

She has truly earned the title ‘Business Dreams Champion’.
QUEEN OF THE SKY

EXACT GEOGRAPHIC NORTH POLE
-90 DEGREE NORTH TOP OF THE WORLD

SHITAL WITH THE NATIONAL FLAG
JAI HIND
JAI BHARAT

#Sheleads
SHITAL MAHAJAN
#Sheleads

1. Tell us about you and your family.

SM: Hi, my name is Shital Mahajan I am a professional skydiver. In 2006, I received the first National award in adventure sports, the ‘Tensing Norgay National Adventure Award’. In 2011, I received India’s fourth-highest civilian National award, ‘Padma Shri’.

In 2018, I received the first International medal, ‘Sabih Goksen Gold Medal’ from FAI - Federation of Aeronautical International. I became the first Indian woman to get this medal in the history of skydiving sport in India.

My father retired from Tata motors and my mother is a housewife. I am married to a Finland based NRI Mr Vaibhav Rane. He works in Nordic countries renowned Bank. My husband is also a skydiver and we are the first Indian civilian skydiving couple who have skydiving licenses. I have twin boys, Vaishnav and Vrushabh. They are 11 years old and studying in Finland. They are the youngest twins of India who have done tandem skydiving.

2. What was the most challenging part of your journey till now? How did you overcome those challenges?

SM: In my skydiving journey, I have been through many hurdles.

During organizing the North Pole expedition, I learnt that if you believe you can fly, you really can fly; just keep your focus on your goal. I did the first parachute jump of my life without any training over the geographical North Pole in minus 38 degree Celsius and from 2400 ft on 18 April 2004. That day, my dream of flying like a bird came true. I became the first woman in the world to skydive over the North Pole without any training.

After finishing the North Pole expedition, the government and people rejected to accept the record but I only knew one thing, “Tomorrow is my exam but I don’t care because a single sheet of paper can’t decide my future” (Thomas Alva Edison).

In 2006, on August 29, after one and half year’s hard work, I got my first National recognition by receiving ‘Tensing Norgay National Adventure Award’ by then President of India, A. P. J. Abdul Kalam. After that, I planned for another expedition of skydiving over the South Pole. I went through many hurdles and politics during the South Pole expedition as well. I worked hard but failed. In December, 2006, I organized the Antarctica expedition again and succeeded. I became the first woman in the world to perform Second parachute jump and First free fall jump of life over Antarctica.

As of now, I have achieved 18 National and 6 World records.
3. What has been the most transformational moment for you in your journey?

SM: The period between the birth of my boys in 2009 until they started going to school that was the transformational period of life. Once they got busy with school, I got time for myself and my sport.

4. Quickies:
Favourite food: Pani puri and Ghee Mysore aak
Favourite book: The Keys to Success by Jim Rohn
Favourite holiday destination: Jungles of Finland
The ideal person: I believe that noone is perfect. I try to learn whatever I can from everyone.

Your strength: My Father and Mother
Favourite sport: Skydiving

5. Your message for women or those aspiring to be something different.

SM: Have a dream or goal. Be creative to chase that dream. Take risks and create your path. Be ready for the challenges if you wish to climb towards success. Most importantly, when you reach your destination, don’t forget to look back to help others to rise with you. Always give back to society.

6. One sentence that defines you?

SM: I never forget my roots and I am grateful to all those who trusted me and my dreams.
Anupama Raag is a Bollywood music director and singer, born in Lucknow and educated at Bhatkhande Music Institute.

She works for Salman Khan productions and Yash Raj Films, and has also composed music for Lucknow Development Authority and the Uttar Pradesh Pride Song for Uttar Pradesh Government. She has also composed jingles for TV Commercials for various brands.

Let’s read more.....

1) Taking you back in time, share with us your working experience with Rahat Fateh Ali Khan for the album Saware?

AR: Working with Rahat Sahab has been the most cherishing experience of my career. I look at Saware as a melodious and exceptional composition which came to life only because of Rahat Sahab, otherwise, it was a body without a soul.

The video of Saware was shot in Lucknow. He came from Pakistan because he had immense respect for my composition. I take it as a privilege for having such a fankar coming to my place just to shoot my song. It was a moment to cherish. He, despite all the odds with burning locations in the heat of June and breaking of conflicts and local riots, shot his part without complaining and went back with an unforgettable smile. Saware will always be my most endearing possession because of these prized memories.

2) Any moment that you would like to share with us of your debut song.

AR: I will always respect Anand Raj Anand Ji for giving a chance to a fresh voice like me. ‘Shalu ke thumke’ was next in the series of Sheela/Munni item songs; these songs were a rage at that point of time.

The song was an instant hit. It was all over the nation. I felt like I was a discovery for everyone and was presented as one on many news channels. I was fortunate that my first song was such a hit. It got me many playback offers later. It was the dream launching pad, any new singer can wish for.
His demise is something I still can’t come to terms with. I can’t believe that he is no more. We were always in touch and he was hoping that his health will improve soon despite the fact he was admitted in the hospital for many months. He was a man with a beautiful soul; always making people around him smile and in high spirits. We have lost an exceptional composer and human being. It is tragic.

5) How is your music helping you during this quarantine period?

AR: I think this quarantine and lockdown period is working best for people connected with creative fields, especially music. We need some alone time, reclusive lifestyle to create something new. So it is proving a blessing in disguise for me. I have been able to churn out many new compositions including four songs dedicated to the difficult times we are stuck in today. The songs have even got massive appreciation and have been featured in the news channels oftimes.

I feel that every difficult phase in life and society gives birth to new genres in literature and music; so will this phase. As they say, literature is a reflection of the happenings in society, so I am hoping that this fire and frustration will find its way out in these creative vents and make a mark in the history of the world.

6) What is your message to other women out there?

AR: I feel women should be economically independent in their lives. It gives us control on our lives and also the power and confidence of being useful not just for us but also for our loved ones. Even if you are not working, one should be at least eligible for work so that you are prepared for any kind of eventualities in life.

We women have been programmed for multitasking. It is a unique quality which the male counterparts lack. No woman should ever miss a chance of exploring this side of her personality.

Interview taken by: Mariam Ansari
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Womenshine.in | 13
Tell us about your journey from XLRI Jamshedpur till here

XLRI was a dream come true and then started the fairytale I never I thought I would live! During the final term at XL, we were introduced to HR communities during a presentation. I didn’t like what I saw, so I spoke about it to Dr Madhukar Shukla, a faculty. She asked me to create an HR community that would be omnipresent and free-to-use. All the discussions and documents were to be available for free too. I was inspired by it and started looking for ways to build such a community. I eventually found one and started the offline chapter that grew to many offline chapters across the country and even abroad. I executed the growth strategy and led the product to the top-three HR communities worldwide from 2010 to 2016 as per Alexa, serving nearly 3 million professionals, worldwide.

In 2016, I moved on to start Nabomita.com, a platform for evangelism. We create communities for brands, corporates, startups and educational institutions. We proselytize the cause, product and practice. We are a Media-tech firm with people working from different geographies. We have served business, finance, retail, investor and health care companies. We help companies scale up their business along with mentoring CEOs, CXOs and startup founders.

Our journey has been eventful, with starting in India where the market was not even ready, to being celebrated by Silicon Valley. I am grateful to have received the Top 100 Women Achievers Award by the Ministry of Women and Child Development, President of India and numerous Industry awards for the work I have delivered so far.
We have read and heard you address many forums on diverse topics. Which one is the closest to your heart and why?

Everywhere I have been, has been a part of my journey. I am grateful for being able to deliver talks and gather some wonderful experiences. I have grown with what I have learned from each place. It’s impossible to name anyone in particular. Right from Hubli to speak at TIE Healthcon, to Pune, Delhi, Meerut, Ahmedabad, Vadodara, Goa, Tirupati, Kolkata to Silicon Valley, I have met some wonderful and talented people along the way and made some heartwarming connects. The experience and the knowledge gained is something I will always be grateful for. I have been invited across the length and breadth of the country and internationally and it’s been a memorable journey all along.

A lot of people draw inspiration from you. The world is battling a situation that no one foresaw. What are your words of hope and optimism for everyone?

Crisis and change are the only constants in life. They do not define the constraints. As a kid, my Grandma taught us “you will never need what you do not have”. That has worked like a miracle for us during the testing times. Building business to survive the volatile times can only ensure that you will be able to run it no matter what. Nature has its own cycle to take them away from us, right when we are least expecting it. The better we are prepared, the less we have to worry. Change is a constant thing and we must learn to adapt to it.

The quarantine has given some of us time to get back to reading. We also know that you are ranked amongst the Top 25 Influential Women on Twitter, alongside J.K. Rowling. I love reading J.K Rowling, who has been your favourite author. Is there any book you resonate with?

There are plenty of them that have changed my life. Books, tweets, quotes and everything by Tom Peters is my oxygen! When I love a book, I read it repeatedly. ‘Man's Search for Meaning’ tops the chart too. Anything by Rumi keeps me happily awake every night!
You have spoken and educated people about technology. How do you suggest one can optimize it during these times?

Identify the dependencies to your work delivery and figure out a solution to every bottleneck. You are here today to be better prepared for tomorrow. As long as you train yourself to deal with every unforeseen challenge you are optimizing yourself to the most! Keep building on your capabilities.

What would be your word of advice to the budding entrepreneurs and today’s youth?

I say this as it guided me on my path, hope it will guide you too. Start up only when you find your 2:00 AM problem. Build only when you find that problem that keeps you awake at 2:00 AM. That is the problem, which will push you beyond every limit and you will happily stretch. It will ask you for every sacrifice that you will proudly make, only to solve the problem!

Talking about entrepreneurship, we have more women entrepreneurs than before. As a woman I am elated however I still feel we lack the right kind of support. What are your thoughts?

As long as we remain numbered, we know we have a very long way to go! Our needs are entirely different. So is our mode of operations, most of the time. The solutions we commonly find were not designed with women in mind. However, the Pandemic have shifted this paradigm where geographies have become irrelevant and talent non-gendered. It took such a natural calamity to shift such an important culture that could have created a level playing field for women. Hopefully, we will see more paradigm shifts soon, with the right reason for sure! Once we truly have such non-gendered systems and processes, support in real sense will arrive for women as well.

Lastly, we all know that your plate is full. While your plate looks beautiful, I am sure you need to unwind too. How do you do that?

I love to cook. Be it a Wheat pizza without yeast and soda or variations of sweets that we can cook with Soy milk! I love healthier variations. It’s a happy adventure for me. Travelling will, however, remain my favourite.

Shine and glow, Help everyone grow. Be it a moment or a new place you go, You make it better as you flow! May every victory be your goldmine, The world is waiting for you to shine!
Initially, the plan was to run a Physiotherapy clinic, as a Physiotherapist it's important to be updated with the latest techniques. In 2013, Therapeutic Pilates was a new thing that got my attention. Every exercise in it was designed keeping in mind the anatomy of the human body and the physiology of the movement that was being done. The results I got with my patients were splendid. Hence I moved to fitness Pilates, took my training and the results were even better. Then there was no looking back for me; I took every possible workshop available for fitness Pilates. It was no longer work for me; going to the studio and training clients became equivalent to fun.

Dr Shilpa Narang is a resident of Surat. She is married and has a 12-year-old daughter. She started working as a Physiotherapist immediately after finishing B. P. T (Bachelor in Physiotherapy).

In 2014, she started with her physiotherapy clinic 'Care N Cure' and to support that, she started learning and teaching fitness Pilates. She has taken various pieces of training from Yasmine's Body Image, Radhika’s Balanced Body and Be Fit Pilates, London.

Shilpa Narang is currently running a successful Pilates studio Fitmotivation in Surat.

Why Pilates?

SN: Initially, the plan was to run a Physiotherapy clinic, as a Physiotherapist it's important to be updated with the latest techniques. In 2013, Therapeutic Pilates was a new thing that got my attention. Every exercise in it was designed keeping in mind the anatomy of the human body and the physiology of the movement that was being done. The results I got with my patients were splendid. Hence I moved to fitness Pilates, took my training and the results were even better. Then there was no looking back for me; I took every possible workshop available for fitness Pilates. It was no longer work for me; going to the studio and training clients became equivalent to fun.
What obstacles did you face in setting up the studio?

SN: I had all the support from my parents and my in-laws. I was always encouraged to start something of my own. Even with all the support I had, I would work in other clinics. My biggest obstacle was my self-confidence, self-doubt. I was never sure if I was capable enough.

Even after I started, I would be nervous about the satisfaction of my clients and taking care of the staff. With time, I learnt to handle everything but I still felt the guilt of ignoring my family and not giving enough time to my daughter. Eventually, I understood that you just have to keep going; everything falls into place and balances out.

How do you deal with competition?

SN: This part is not easy. It can sometimes get on to you. But the key here is to remember that this is your passion and you are doing this for yourself. You get better, keep learning the latest techniques and give your best every day.

What are your futures plans?

SN: I am planning a bigger and better setup. It’s going to happen very soon. I also hope to open more branches. I want the maximum number of people to experience the magic of Pilates. Also, looking at the current situation, I want to launch online Pilates.

Healthy lifestyle advice for working women?

SN: First and foremost, breakfast like a king. We all know this but always ignore it. Find time to exercise regularly. Always keep a bag of nuts in your bag. Almost all nuts are packed with protein and good fat they will provide you instant energy and help you avoid eating junk. Find one day in a week for yourself, to relax, read, do whatever you like to keep stress away.

Advice for upcoming women entrepreneurs?

SN: Identify the talent you have. Every woman has a talent that is very unique to her. Identify your passion and then work crazy hard towards it. Success will follow sooner or later, so be patient and believe in yourself. Only if you believe in yourself the world is going to believe in you.

Manasee Agarwal
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Ankita Gulati is the Founder and CEO of TouchVision (Anaavaran Technologies Private Limited). TouchVision is an IIT Delhi incubated Department of Industrial Policy and Promotion (DIPP) recognized social enterprise aiming at social inclusion for 1 billion people with disabilities globally. Starting her career as a software developer, she felt a need for a larger purpose in life. In her own words,

“I want to serve people through my work, not through charity”.

Her Master’s thesis eventually led to the birth of TouchVision, an inclusive design firm incubated at IIT Delhi where a portable scanner for the visually impaired was designed at just Rs. 1,800 (international variant costs 3 lacs). Persons with visual disabilities ranging from a 10-year-old school student to an IAS officer are accessing notices, books or any long document to study and work in an independent and dignified manner.

Realizing that students with visual impairments struggle to study maths and science after class 8th, as diagrams aren’t accessible, she started working on interactive tactile graphics in 2015. This has opened doors to the sciences for many blind students. Since diagrams are excluded from the curriculum, children with visual impairment are not encouraged to study Science, Maths and Geography in schools. This hinders inclusion in the education ecosystem and eventually limits employment opportunities. Her work over the last 5 years has been recognized at multiple national and international platforms. TouchVision has received support from the Department of Science and Technology, MHRD and Ministry of Electronics and IT and working with global accessibility leaders for the dissemination of affordable products to empower people with different abilities.
Being a non-disabled individual and having no direct exposure with people with disabilities before 2015, she is often questioned about what got her interested in working towards the empowerment of people with disabilities. Her answer to this and what she calls as her biggest learning over the last few years is the ability to empathize. Undeserved sections of the society are often viewed from the lens of sympathy but inclusion can only be achieved when the needs and problems of the marginalized sections are met; show empathy and not sympathy. People with disabilities are people first, they are a part of society and require different rehabilitation measures to realize their true capabilities.

Ankita’s vision is to empower people with special abilities to learn and thrive in an inclusive world. TouchVision is holistically contributing to the community through research and technology-driven human-centric solutions to accelerate inclusion in education and employment ecosystem. TouchVision’s core strength lies in innovative and user-centric products. The products and services are designed for the global audience as they work in regional languages and come at an affordable price, making them accessible for people from all sections of society. Ankita has recently been honored with the National Award for the Empowerment of Persons with Disabilities 2019 by the Honorable Vice President of India.
Beyond the horizons, I looked upon,
Standing at the end of the shore I wondered at the dawn,
To the rustling wind and the crashing waves, my soul was drawn,
Couldn’t help but travel, to explore what memories would be born.

Backpacking travel with friends sounds fun, right? It is popular in this millennial age, but it is still very hard to go on a solo backpack trip. But, as they say, “That a man who goes alone can start today, but he who travels with another must wait till that other is ready”. With this thought in my explorative head, I decided to travel solo and begin my journey of discovery.

Because of the travel bug in me, I am a person who desires for everything in life and wants to live life to its fullest. So, before I share my experiences, here is a small piece of advice - don’t be scared to want more for yourself. I have known so many people who have killed their desires more in imagination than in reality. It is the fear of failure that restricts us to enjoy the triumph of experiencing the unimaginable journey.
One of my adventures includes the thrill of water rappelling from Bikare Waterfalls from a height of approximately 110 meters. To begin the trek, I went up the hill where a group of special mountaineers demonstrated the techniques of rappelling and made us comfortable with the harness and ropes. After the harness was tied, I stood at the edge of the rock in the waterfalls, fighting with myself, between confidence and phobia. After 20 long minutes, I released myself from the edge and completed this Herculean task with strength and confidence. The heavy rain showering from the sky, and the force of the water made me panicky for a moment. I was breathless and froze under the waterfall for about 4 minutes. It was a near-death experience for me, but the accomplishment that I felt after overcoming the acrophobia was unfathomable and immense.

Solo travelling allowed me to explore the unchartered territories without being laughed at or judged. It is a golden chance to just be yourself, be crazy, do the weirdest things you have dreamt of and contemplate nature at your sole discretion.

Believe in yourself, put on your shoes of adventure and wear a cap of positivity and you are ready to conquer the world and become a go-getter! Why let anyone else write your story? Empower yourselves by choosing tough over easy, making insane connections, and tell yourself, “that was some ride!”

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In the picturesque Dhauladhar range of Himachal Pradesh, lies a small beautiful settlement of Bir, a quiet hamlet situated at a height of 15,000 feet above sea level and is regarded as one amongst the best for Paragliding.

“It would be thrilling,” I thought, when we zeroed on Bir-Billing, shivering at the very thought of paragliding amongst the snow-clad peaks in the freezing month of January 2020.

“If you try, there is absolutely nothing which you can’t achieve”, was the moral of the bedtime story which I was reading to my 10-year-old, a few days earlier.

As the story goes, a wounded eagle’s penchant to fly again motivates a snake to fly! “Will I ever be able to fly, Mumma?” my son had asked sleepily.

“Yes, my child. The day is not far.” The bedtime story and this journey later had more than just a proverbial resemblance.

We reached at Bir almost at midnight. The stay was at a mountain camp. The unforgiving night chill kept all of us huddled together underneath double quilts with all our heavy woollens still on, including our caps and socks. But the next morning, we woke up in a different world altogether. We were in a green valley nestled between lofty snow-covered peaks. The golden radiance of the early morning sun on the snow was a sight to behold.
Next on the agenda was Paragliding. The Billing take-off peak was an hours’ drive. The take-off peak was a snow-covered mountain with steep gorges on three sides. The weather was clear with the green Bir valley visible below. Parachutes were laid out neatly, the strings unravelled and tested, the safety harness and helmets were worn and finally, the parachute was hooked on to the flyers. Time stood still for me. I was nervous, anxious and excited, all at the same time. I could see the serpentine road leading down into the valley, the very road through which we had come up. We now have to go down, through the air!

“Serpentine road”, was I the snake of that bedtime story who was attempting to fly by jumping off a cliff? But where is the eagle here to motivate me? “Madam, do not worry. I shall be right behind you. You just have to jump off the cliff into the valley and the parachute will take care of the rest”, assured the Pilot. He resembled the eagle in the story. “You have to jump into the valley”...echoed the snake within me. “If the eagle can fly, why can’t I? Let me see what an eagle feels at those heights!”

With my eyes closed, I ran vertically down into the cliff 3000 feet below. After a couple of steps, I felt as if I have suddenly lost weight. “What happened? Have I fallen into the valley? Am I dead, or alive?” I opened my eyes in disbelief to see what was keeping me afloat. I was soaring in the open skies. The Pilot was behind me steering the blue & white parachute. The parachute suddenly started seeming like the eagle – helping me soar in the skies! The next twenty-odd minutes which I remained afloat in the open skies were like freedom personified. The icy winds were our companion at those heights. The winds also started seeming like the eagle – helping us soar.

Both my husband’s and my son’s words kept resounding in my ears. I had realised – the eagle was not the Pilot, not the parachute, not the winds and not even my flights of fantasy. The real strength of my life, the one who has kept me soaring, never let me fall, held on to me through my ups and downs, made all our dreams come true, our harness, Ishim– who stood firmly on the ground so that we could fly! The snake within me has long since died. And I know where my eagle is perched! In my heart!

The evening was relaxed with music, booze and bonfire. At the bonfire, my son remarked “The snake in the story was foolish to have injured himself. He should have taken the parachute”. I was happy that he had learnt an important safety lesson in life. “But Daddy, why didn’t you fly? Don’t you like flying?” he asked my husband. “I do, but I prefer standing firmly on the ground so that you people can fly”, replied my husband. I don’t know what my son understood, but he ran away shouting happily “I loved the winds, the parachute and the pilots”.

Priya Pandey

We took the Go-Pro Camera flight videos after landing – a memory to cherish. Those who did not paraglide came back by the same serpentine road – my husband being one of them!

Womenshine.in | 24
I am bewildered with the presence of fad diets our economy is dumped with. Every meal, every item in the refrigerator demands a huge amount of explanation from my husband and brother.

What happened to my mom's way of cooking and serving up a delicious scrumptious meal? Are these recipes forsaken now in newer homes? Maybe.

Our outlook may have become western but our style of cooking remains indigenous. I vouch for expert opinions - how can someone decide about the food on my plate? Don't get me wrong, what I mean is that my grandmother was an expert in guiding us and educating us about the right measure, nature and characteristic of food, so in that manner aren’t all grandmothers and mothers nutritionists serving their families exceptionally well?

Anything which reaches me in the rawest form is best for me. Fresh produce from the farm to my table with lesser distance is my idea of nutrition. Packaged food should be distant on my platter.

I do acknowledge and accept that with the advent of international cuisines and foreign imports-spices from all over the world just a grocery store away, we have a new arena to explore.

The world is in our kitchen now and I'm delighted with the choices. My concern lies with the obnoxious behavior and attitude with which people have shunned rajma chawal and ghee and chosen black bean gravies, olive oil and brown/black rice. This disharmony leads to my agony.

During times when there was no pollution, lesser stress levels, ample time to prepare meals and enough workout sessions on the field and doing household chores, staying fit was a necessity and not a luxury which it is today.

A healthy lifestyle is not about lifting weights, running endlessly on machines, your protein intake or calorie count. It's about conscious awareness you create within yourself about the circumstances you breathe, eat and work in. You cannot triumph with physical fitness over mental balance, it would not last long. Therefore each diet dies within a month of its inception.
The Indian meal is rich in vitamins and nutrients required to satiate you. Eating well has to be your lifestyle, not a fashion journey you take on every month. You don’t have to buy the expensive ‘low carb’ or ‘no-fat’ foods. Just check your portion of food you have been eating. Anything in excess is harmful, be it ghee, butter, egg whites, no carbs, no sugar or any other fad comfort food you relate to.

Only if you eat well, you think well; when you think well, you surely get into making life-altering decisions with your physical regime work and health. Everything only falls in order once you are satisfied and in-sync with all your energies. Do away with the unnecessary bit and eat clean.

A healthy, well-nourished brain and body are enough to keep you afloat and roaring. It’s not about how soon you reach your target, it’s about how well you did on your journey to reach the mark. Create healthy habits, not restrictions.

While I write this bit, I’m relishing my Aloo paratha and tea.

Bon Appetit!

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As the blistering June Sun is beating down, it's time to establish a diet that includes foods that will keep your body temperature down. Hey, don't just think of the foods that you extract from the cool recesses of your refrigerator - your favourite aerated drink or that pint of lager, but think beyond, because there are foods that themselves act as cooling agents. And believe it or not, Indian food rituals have traditionally been prepared for this. So you need not look any further than your kitchen.

While only the thought of pouring some chilled Cola down your throat on a hot summer day can bring you chills, let us get our facts clear. It's a myth that Cola quenches your thirst. Though it does help for a moment, within minutes, you will feel thirstier than you were before. This is because Cola is a caffeinated drink, and caffeine has a drying effect on your body; plus, it is zero in nutrition, zilch.

So if not Cola or just any other soda, what you ought to reach for is Nariyal Pani, the cheap, undisputed health drink that is sold at every street corner. The list of health-boosting properties of Coconut water is a never-ending one - it is an oral rehydration medium; keeps the body cool; if dabbed on the skin, it prevents prickly heat and boils; kills intestinal worms; and prevents kidney and urethral stones. With it's mouth-watering white part, the copra, it can serve as a small meal and not just a cooling drink.

Coconut is not the only ally in your fight against the crippling heat, there are other foods that can guard your health this season: watermelon, aam panna, khus sherbet, nimboo pani, green tea, grape juice and even onions. Yes, you read that right; onions are known to prevent heatstroke.
1. See your stomach space in three parts: one part solid, one part fluid, one part empty and eat accordingly. This will keep your metabolism in control.
2. To get rid of the bloatiness, soak some fenugreek (methi) seeds overnight and drink in the morning. It certainly will be nasty for your taste buds, but it works.
3. Don't skip meals, especially your breakfast. Drink small glasses of juice through day. Have your lunch as close to noon as possible.
4. Keep your dinner light; make a soup, some sprouts and a salad, or roti or some rice with a light sabzi.
5. Don't head out in the sun on an empty stomach. Mango can help reduce photosensitivity.

6. If you don’t have much time on your sleeves to plan your meal, toss some fruits and curd into a blender and make a smoothie.
7. Aloe Vera is a known herbal medicine. Extract its juice from the gel to drink and its leaves can be used to heal sunburn.
8. Avoid red meats in summer. They make the body temperature rise, which may hamper with your digestion in the warm weather.
9. Stick to stir-fry dishes throughout summer. Deep-fried foods irritate the system already coping with the heat.
10. Try having a glass of green tea through your day. It is rich in antioxidants and is known to inhibit the growth of cancer cells.

Things to Avoid

1. Resist the impulse to top up your drinks with ice. The ice will only cool you down temporarily but over time, you may find your tolerance for heat getting lesser and besides, ice-cold foods and beverages disrupt your digestive power.
2. Avoid drinking any soda or preserved juices. The synthetic, preservatives and sugars in these processed drinks do nothing good to your body. On consumption, your body begins to work harder to digest these and your metabolism is thrown out of whack, which can result in unwanted weight gain, loose bowels, aggressive behavior, skin eruptions and heartburn.
3. Limit your caffeine consumption. The caffeine present in coffee, tea, cola, energy drinks and chocolates, when consumed largely can dehydrate you and can even cause general toxicity, palpitation, high blood pressure and decreased bone density.

So folks, drink tons of water and keep your body and soul hydrated.
Stay healthy and refreshed this summer!

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The internet is replete with complex happiness hacks and theories. But sometimes what true happiness needs is simple, personal strategies that one can implement (mostly) from the comfort of their couch. So, here is a list of 3 simple happiness hacks, 3 simple steps distilled from extensive personal experience and experiments, that give you some quick fix, easily applicable strategies to get you started on your happiness quest.

Step 1: Be Lazy. Procrastinate (...Your Stress)

Sometimes the best way to deal with stress is to be too lazy to be stressed. It isn’t complicated. It is just a mind game. Feeling too stressed? How about you put it off until tomorrow? Or at least until after a refreshing nap? Or a good lunch? Or idle chit chat?

When life hits you with a storm, sometimes the best way out is to lay down and let it pass. Putting off stress is an ever more complicated art that needs to be finely honed. But it is totally worth it. So, if you really and truly want to be happy, you will have to learn to be too lazy to be stressed. Procrastinate. Sometimes, that is your shortest long cut to happiness.

“Happiness depends upon ourselves.”
Step 2: Be A (Temporary) Fool. Stop Thinking
A meditation teacher recently told me, “Brain is the seat of all trouble. If everyone could just stop thinking, life could be so much easier, simpler, happier”
We think and over think and over analyze and go round and round in our head until everything becomes so overwhelming that we either break down or shut down. The result is a persistent state of worry and unhappiness about things we have half imagined and mostly have no control over. Whatever is the cause of your stress, you only have two options. You can either do something about it or not. If you have the former option, great! Stop thinking and do whatever it is that you can do. And if you are stuck with latter, well, then thinking about it is not going to help you anyway. So, stop overthinking!

Step 3: Let it go
Let it go. Because if you really want to start being happy, you have to stop holding on to all the mess that life keeps piling up around you. Guilt, embarrassment, blame, hurt, caustic people, negative thoughts are just some of the things in the long list of things that you have to let go.
Allow yourself to just move with the flow of life. Because happiness rarely means getting what you want. Often it is just a realization of the value of what you have. But in order to know that, you have to first let go off everything that is clouding your vision and blurring your blessings.
Once you cut off the complexities, being happy can be simple. If only you are willing to give it a try.

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Children clothing should be upcycled, as children tend to outgrow their clothes in a short time. If your daughter has outgrown her dress, it can substitute as a top. You could mix and match Indo-western outfits like a sharara set to alternate as palazzo pants with different tops. Dyeing an old pair of jeans or a dress could modify it into a new outfit.

Altering old outfits into new styles can also be considered, a dupatta could be stitched into a kaftan or a beach cover-up.

While fashion and clothes are important to showcase our personality and build a positive vibe, being environmentally sensitive in our fashion choices is pertinent to the well-being of mankind.

The current pandemic and the ensuing lockdowns across the world are a wake-up call for us to reuse, recycle and restyle our garments rather than binge on the new and the trendy. In my endeavor to be more socially responsible in my fashion choices, I create different styles out of the same silhouette.

Organisations like PETA have unendingly promoted the cause of ethical fashion—discouraging the use of natural leather, and the greed that endangers our wildlife in the name of fashion.

Assessments show that the fashion industry is responsible for a tenth of pollutants in the world today.
NEVER GO WRONG WITH THAT LIPSTICK

If you are a makeup junkie, then a lipstick certainly makes a big portion of your makeup collection. But tell me, how many of you have bought a lipstick at a store inclining to its colour and never used it with the reason being, it did not suit your face or made it look dull. Wrong shade of makeup on your skin will make it look dull and even dark. So how do you pick the right lipstick for your face?

You need to understand the undertone of your skin to select a lipstick that will compliment your skin the best. The simplest way to do this is by looking on the inner side of your arm under good lighting, preferably daylight. If your vein is green, you have a warm undertone. If it is blue, you have a cool undertone. And if the vein appears a mix of green and blue, then you have a neutral undertone.

Go a step ahead and figure if you are fair, light, medium, wheatish or tan depending on the melanin content of your skin. Your jawline in natural sunlight will give you the exact shade of your skin.
Deep red shades are usually the best for wheatish to tan skin and can never fail. If you are fair/light-skinned, go for a brighter red and ditch the maroon. You need shades that will complement and flatter your skin and not pull your face down.

If you are out to pick a nude shade, first apply the shade to your lower lip and if it almost matches the upper lip or is one shade darker, then that should be the right shade for you.

As about the texture of the lipstick that you should use, if you are someone with fuller lips, opt for matt shades and if you want to make them appear smaller, a dark shade of a lipstick that compliments your skin should do wonders. On the contrary, if you have thin lips, use glossy and shinier lip shades which will make your lips look plump, giving an illusion of fuller lips.

On a closing note, choose the right shade of lipstick for yourself and wear it with confidence. Your lipstick adds drama to life, so make the world your runway and carry the drama with all the confidence you have.

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MOTHERHOOD

It's nothing like a filtered capture on social media - well-behaved babies or an organized home stocked with educational toys.

The naive pre-baby me never knew that motherhood is raw. Being a mother is the most exhausting, emotional, rewarding and life-enhancing journey with its own set of challenges. The little creature does not come with any manual so you are afraid to make mistakes. That tiny being seems fragile and you are scared to give it even a scratch. You are on your toes all the time. It's beautiful though, it smells cute. Trust me, linger your nose on that cheek and you will only smell love.

Every night, I collapse into bed only to wake up just as tired as I felt when I laid down. But for all the emotionally taxing moments, I'm rewarded with love beyond compare. Before my first son was born, I never knew I could love in this capacity. Yes, feeling something so purely and deeply comes with some baggage. I only realized how strong I was after becoming a mother. I can withstand pain like nobody's business.

It's funny how I survived being a mombie - a sleep-deprived mom. This journey is beautiful, it's mine and it completes me. It takes every bit of my energy and then falls asleep like nothing ever happened.

I quietly went to my little monsters and whispered “I love you” in their ears, a peck on their cheeks and sit here writing... One day, my floor will no longer be littered with toys. I won’t find cereal under the car seat and I won’t even think to grab a package of wipes before I head out for a day of errands. One day, my little ones will be grown and the messes will gradually fade away...

I'll miss it all. So, for now, I'm embracing it, the love and the mess that comes with it. I embrace the clutter and the cuddles, the spills and the snuggles. I'll take it all because that is where the beauty lies.

From a not-so-perfect Mama

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Remember the very famous TV Soap, Hum Panch?

I grew up watching it and always thought having a sister would be a cool thing! Those sisters were so different from one another yet so united against the world. They always had each other's back and were together in all the mischief. It all looked so much fun. We are three siblings and the relationship I have with them is like sugar and spice. So when we hear about sibling's rivalry, is it really a thing? Like how we choose our friends or partners, we don’t have a choice over our siblings. We are biologically tied up. It's the longest relationship we live with. Even longer than with our parents, friends, colleagues and partners. Like how we say “blood is thicker than water”.

Your childhood with your siblings can either be a base for a future friendship or a long rivalry for life. How it is dealt with in the very beginning, is how it will shape up in the future. Some cannot live without their brother or sister, whereas some cannot bear the sight of each other. Disagreements along with frequent fights are a normal part of growing with your siblings. Psychotherapist Philip Hodson quoted, “Siblings fight because one has displaced another.” Reading this quote, I once had a very different thought at a time when I was visiting my relatives over Rakhi. My father was patiently waiting for his turn for the Rakhi to be tied on his arm, whereas I felt a bit of jealousy on my brother's face while I was tying one on one of my other cousin's wrist.
I wondered what the reason could be? Was he more important than any of the other brothers? Did he envy them for trying to take his position? The other day he was fighting with me over a toffee but now he wanted his sister to be only his. There, I saw a stark difference between the two generations; where parents earlier had 7-8 kids who never had such rivalry and nowadays, children who have 1 or 2 siblings struggle for their personal space and attention amongst themselves and even when it comes to attention from the parents. When there is an age gap of more than 3 or 4 years between siblings, the elder child who once enjoyed all attention and privileges to himself will struggle to share and compromise.

We as parents can take a few steps to maintain the right balance between them. We should give them time and space to resolve their issues amongst themselves and counsel each of them separately. Be fair and never make any one win the argument. Teach them to negotiate and compromise. Understand that their aspirations, fears, inhibitions and way of looking at life are at a very different horizon from the other child.

Parents have a very crucial role in shaping the personality of each of their child. Only they can make their child feel that he is no less a priority when his sibling needs them more than he does. They should share the love and affection and get acquainted with the fact that, after their parents, if they can rely on someone, it is their siblings. The bond will then grow beautiful with age.

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We sometimes hear parents say that “They are unable to control their child” and that they are frustrated with their child’s behavior and that their child doesn’t listen to their orders and commands.
Like us adults, kids too don't like when they are imposed with too many rules, demands, orders and guidelines. From the time they are born, some parents already decide what they kids have to do when they grow up and how are they suppose to live their life while growing up.

But remember, any relation, which has restrictions and power struggle, can never be an enjoyable be it parent and a child, boss and an employee, husband and wife. No one likes control and domination.

With your child, it should not be about power struggle but more about emotional connect. Spending more time with the child, understanding their emotional and mental needs, what are their abilities and desires is what makes you a good parent. Setting unrealistic expectations for your child only makes your child feel like a failure.

If your child gets 70%, instead of being happy for your child, you say, you should have got 85%, all you are doing is killing the joy of your child. You may think you are motivating your child to do better for the next time, but in reality you are demoralizing and not inspiring your child.

However, it doesn't mean that you don't succumb to your kids completely. Your kids can't damage things at home, throw a fit around and be the boss of the house.

As a parent you need to set standards, guidelines and duties as per age for them to follow.

As a parent, you should listen to your child's issues. Allow them to express their frustrations by lending them an ear.

Speak to them daily and allow them to express their sadness, anger, emotions and disappointments. Parenting is not about setting expectations but to genuinely seeing your child grow in their own special way.

As a parent you are the matured one and are expected to show more patience while you hear your child out, thoughtfulness while you guide your child, self control when you feel anger towards your child and be more understanding and calm when conflicts arise.

We as parents start believing that the entire control of our kid's life is in our hands and they have to live as per our experiences. But not all experiences can have the same result.

What you may have experienced may be completely different for your child. Times have changed and the environment in which our kids are being raised has changed.

So next time, remember, instead of saying “I am the adult so you should listen to me” think and say “I am the adult so I should listen and understand my child first”.

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It was 2016. We were returning home after attending a birthday party. While entering the building, I met my husband’s distant relative. She was surprised to see me and asked what was I doing there. “We shifted here last month, aunty,” I said. She replied, “Oh, I will come to meet your mother-in-law. I met her just the other day in the market, she didn’t tell me that you all have shifted here.” I smiled and corrected her, “No aunty, just the three of us have moved here. My husband, my son and I have been staying here.” She snarled. I could feel it. Without even an iota of reluctance, she said, “You left your in-laws there? What is the matter?” I smiled and ended the conversation, “Nothing aunty. We wanted to stay on our own.”

Our society has seldom acknowledged moving out of parent’s home, and unfortunately, time and again, looked down upon it. For a woman, it’s never a hiccup; ironically, it’s her duty to leave her parent’s home and move in with her husband. However, how many times have you heard a husband leave his parent's home? Such situations occur only when the husband relocates for work. Usually, that’s the only time I have seen such nuclear families. A family that moves out is mostly frowned upon. There is a common misconception that the daughter-in-law brainwashes the husband into moving out. A wedding is still a family affair, and society still expects family involvement in every decision that a couple has to take. So how can move out of parent’s home be welcomed? We were no exception. In the initial days, I heard hilarious stories about us. But we were strong and sailed through it together. If you ever face such a situation, remember, you do not owe an explanation to anyone except the ones who really care about you.
Moving out is a beautiful process toward independence and self-realization. It teaches you immense patience and propels you towards self-confidence. It also makes you aware of numerous small privileges that you often take for granted when you stay in a joint family. Paying your bills, buying supplies, attending society meetings, are a few things that you don’t realize until you do them on your own. However, it is a beautiful feeling when you decorate and arrange your own home, prepare budgets for yourself, and create lovely memories with your own special people. I have revelled in the greatest freedom by cooking whatever I wanted, wearing the most comfortable clothes, while not being questioned by anyone. Having said that, moving out is a big decision and you have to be financially and emotionally prepared before you take the plunge.

We now stay away, yet quite close to my in-laws and my mom's house. This has been one of my best decisions until date and I have no regrets. Childcare is an important aspect that needs to be carefully thought out before you take this step. We both work, but we had access to a good daycare that smoothened out the process. Also, my mom was more than willing to take care of my son so we eventually ended up dropping my son there, and picking him up every day after work.

Happiness is quite elusive. The best lives make headlines on social media, and the grass always appears greener on the other side. It’s normal to feel helpless in such situations. However, nuclear or joint family, there are innumerable reasons to be grateful for your current situation. It just takes a while to find your calling, but once you do there is no looking back.
At present, the Supreme Court has a total number of 34 sitting judges, out of which only 3 are women. In the history of Independent India, we have had a total number of 47 Chief Justices, all men. The total number of Senior Advocates in the Supreme Court is 420, out of which only 6 are female lawyers. The situation is even worst when we descend to lower courts. More women are coming into the legal profession, but when it comes to moving ahead as judges, they tend to fall off the radar.

Some women have received the glittering prizes that success at the Bar enables. The course of the journey for them has been much more challenging than others since the beginning. They continued to overcome the many obstacles throughout their careers, while there still was a clear disparity between men and women in the field. Women in almost all areas of the workforce are confronted with sexism, stereotyping, and lack of awareness of intersectionalism among other challenges.
The courtrooms, the decorum, the role of conduct and, above all, the court proceedings inspires and motivates budding young lawyers to excel and contribute to the legal system and any female lawyer is no exception. Hence the legal profession in our country has now started welcoming women lawyers with of course, not complete open doors; though progressing, still far behind for this century.

While women outnumber and outshine their male counterparts in courts across the country, their presence is almost non-existent in the top echelons of legal practice and the judiciary.

Gender segregation remains a recurring theme across litigation, regardless of size and area of focus. Over time, the definition of competent lawyer has become clearer as the one who can think to forget the gender biases.

When the legal profession was almost entirely male, almost no one thought of examining the tensions between work and family. As the number of women in the legal profession has increased, now reaching about 40% of students finishing law school each year, interest has grown in the problems of balancing family and work.

To conclude, it is not wrong to say that women in this profession also need to be more proactive. We should come together to tackle issues of gender biases in the corridors of law and while it may not change things overnight, but certainly can change. In recent years, the courts have made several gender-friendly amendments and have now started appreciating the services of many talented women.

"There is also pressure for women to be better than their male colleagues, and women lawyers or judges who fight to make their voices heard are often described as aggressive."

ADV. SURANGAMA SHARMA
surangamasharma25@gmail.com
In present times, flats are the biggest assets and common form of housing for all categories of people as the membership of the flat provides them with a feeling of security, comfort and satisfaction. Our day to day work-life keeps us tied up and as a result of time constraints we usually don’t get time to attend the housing society meetings, but there are several society bye-laws that we should be aware of to know which rules are applicable in our society as any major violation may lead to losing our property ownership. Though this seems pretty tough, this in return also helps us keep a check with the managing committee and its members while ensuring that there are common interests and the fundamental rights are duly taken care of by the society.

Though the general laws for all the members under their own state cooperative societies act are common, every society can have their own bye-laws that apply to all the members registered under that particular society. The common rights that we hold as members of the housing societies are:

• Every member should be provided with a copy of bye-laws (with latest updates) of the society by the society.

• Every member can nominate an associate member who holds the right, title and interest in the property individually or jointly with others, but whose name does not stand first in the share certificate.

• Every member has the right to reside in their flat or with written consent authorize the associate member to reside in their flat.

• Every owner or their authorized members have the right to cast vote in any society election.

• Every member is entitled to attend the Annual General Meetings, the agenda for which includes the annual budget, financial statements, audit reports and other crucial developments related to the society.
• Every member has the right to ask for a copy of the minutes in case they wish to know the whereabouts in any of the three meetings i.e. Annual General Meeting, Special General Meeting & Managing Committee Meeting as all the discussions of meetings are recorded in the minutes' book.

• Every member is free to inspect the society accounts book during office hours and also demand a copy of the same and get verified by an external auditor in case there is any suspicion about the mismanagement of funds.

• Every member can sell, lease or sublease their flat after informing the society and by submitting a copy of the agreement and police intimation report.

• Every member has to provide a three months prior letter to the secretary in case they wish to resign from membership, whereas an associate member can resign anytime by issuing a letter to the secretary.

• Every member has a right to RTI but any member causing damage to the structure of the building or weakening the building by any illegal means of repair or renovation can be expelled from the society and lose his membership as well.

On that account, a smoothly functioning cooperative housing society is the best for everyone but being aware of our rights as members of that society to report in case of any breach to the registrar against the society or its specific members for taking stringent actions is equally important.
She was born to shine,
said the proud dad
without any gag.
No, she can't for she's weak.
She has to sit and take a back
seat.
Oh, no she can't, else how
would
I be able to beat?
A man of ethics,
a man with pride
had only kept this pact
as a matter of fact
before making her his bride.
After all, he was a man;
thought how can I let her shine
without making her mine?
But man! she is God's creation,
Almighty has his own plans.
He made her strong
to shut all the wrong.
He let her outshine,
for she's worth,
a **WOMEN SHINE.**
Unlock 1 it's being called, Unlock 1!!
It's becoming the norm to have
Numericals with name, fashionable perhaps!
I ventured out after eighty odd days,
The sight bewildered, hit me hard.
Made me want to run home and hide.
Chaotic traffic was back, people were
Freely gossiping at road ends, latest Covid figures, not cricket scores, mind you!

Every day TV news rattling figures,
Every day like polling analysis, graphs and curves!
Every day hearing of friends' friend dying,
Every day patients increasing in the town.
Everyday Essays articles, stories, webinars,
Every phone call listen to message on protection.
Every whatsapp group has endless safety messages,
Every day only Covid related, mind boggled.
Everyday Anguish, Inspiration, worries comforts!

The people on the road wore masks,
Cyclists, motorcyclist, hawker, customer,
Unmasked were the Literate uneducated!
At the Social gathering, I think local divas
I'm building my immunity, I am safe.
Faces unmasked? No intellect Unmasked!
Irresponsibility Unmasked, ignorance Unmasked,
Arrogance Unmasked, nothing will happen to me.

Unlock their intelligence, I pray to God!
Unlock their sense of Responsibility!
Unlock Sensibility, Understanding Reasoning!
Then the world will be a better, safer place!!
1. How did you decide to venture into writing a book?

AG: I have been a very passionate reader all my life and have read on a wide variety of subjects. I have probably read one book every day all my life. I think writing was a natural progression, though I came to it quite late.

2. You have written a book “History of India” for children, which is in two volumes. How was the experience of writing for young readers and what inspired you to write for children?

AG: I have always loved telling stories to children, especially about this wonderful world of ours. History has always been a passion. Children learn best if there is an element of fun and they get to think and work out things themselves. The strong element in these books is that they are fun and each historical person is presented as a relatable character.

3. “The Women Who Ruled India: Leaders. Warriors. Icons.” A book written by you wherein you have showcased the amazing stories of 20 strong women from Indian history to limelight. Please share insights on this book and why is this topic so close to you?

AG: As I said earlier, history has always been a passion. I have also been working in the field of women’s empowerment for the last 30 years and gender issues and challenges concern me a lot. This book combined these two passions. It was very interesting for me to see how these women overcame challenges and triumphed in such hostile environments. These women can serve as role models for us even today. I also feel that the stories of these amazing but relatively unknown women need to be told.
You have played an integral role in various positions of several Industry Chambers. How do you think you have created an impact in the lives of women during your tenure and thereafter?

AG: I was the National President of FICCI Ladies Organization and thereafter Chair of FICCI National MSME Committee. My focus was economic empowerment of women. I was instrumental in setting up skilling programs for women which to date have helped thousands of women at the grassroots find employment. I have also set up mentorship cells for women entrepreneurs under SWAYAM. I am also working to get women entrepreneurs onto ecommerce portals as I feel it is the way of the future and particularly easy for women.

You are a leading national quizzer and also seen as the member of expert panel on KBC, how was your experience with the Quiz Master Mr. Amitabh Bachchan?

AG: Quizzing is a passion which comes out of my love for reading. I have been on KBC as an expert for two seasons over more than 20 episodes. It was indeed a pleasure working with Mr. Bachchan, who is extremely warm and encouraging. He makes you feel very special even in brief interactions. His behavior is always impeccable.

You play two major roles of an author & an entrepreneur. How do you balance them as both demand a lot of time & focus?

AG: It is quite hard and I do face the conflict. I try to keep aside days for writing and for going to the office, but given deadlines, or unforeseen emergencies, quite often the schedules get disrupted. However, I enjoy both the processes and sometimes a change is as good as a rest.

What do you enjoy in your free time?

AG: As I mentioned earlier, reading on any subject is a great passion. Besides that, I am very fond of travelling and have been to many countries. I am also quite a foodie.

What message do you want to give to the readers and aspiring ones to become authors & entrepreneurs?

AG: The first thing I would like to say is that never underestimate yourself or be afraid to start something. Never think you are not good enough. As women, we tend to hang back. One should just start what one is interested in and the way ahead will keep opening up. There always has to be a leap of faith. It is important to keep going on step by step and not give up. You are better than you think!

It is also important to understand that there are bound to be failures. This is part and parcel of life. It should not stop you from trying again. Just analyze what went wrong and try and correct it. Failure should be taken cheerfully, and quickly forgotten, as we move on.
For Daman, creating means living, whatever form it comes in, she just wants to create things. Painting and writing together bring out the human in her. Where she likes to experiment with bold and bright colours in her paintings, she delves into the black and white realm while she writes; she paints merging colours and lines into a pop art form, she likes writing about the deepest human emotions in verse form. Being an avid reader and a keen observer of things and people around, she is fond of mingling imagination and reality.

Painting and writing came naturally to Daman. She grew up in an artistic atmosphere where her mother loved collecting paintings and crafted decors while her father was fond of creative writings. She believes that painting and writing, both relate respectively to the body, the mind, the emotions and the essential balance between these three, taking us away from the hustle and bustle of life. She strives for originality in her works and endeavours to touch hearts.

Experimenting with different forms of painting, from abstract and contemporary to realistic and landscape painting, Daman was the most inspired by the bold imagery and bright color palette of Pop Art. Though originally, Pop Art paintings included imagery from popular and mass culture, such as comic books, advertising and cultural objects, Daman has tried to merge the technique into Indian themes.

DAMAN SINGH

To buy any paintings from the artist, call at 8198888099
We have all grown up reading Linda Goodman and other books and magazines, reading our horoscopes and finding our perfect match, for friendship, love affair or even to do business with. If you always have questions on the secrets of compatibility, we are here to help.

In this section, we will share insights from our Tarot reader about zodiac incompatibilities. Find out how you fare now

If you enter a room full of strangers, this is the sign who would welcome you with their whole heart. Cancer sign is a lover of peace and appreciate that with family, friends and lovers. They are always the first person to help you but they hesitate to share their problems.

Cancer people are creative, imaginative, faithful, caring, generous, adaptable, sensitive and have a poetic mind but they do have a dark side which makes them passive, anxious, unrealistic, moody, lazy and touchy.

If you belong to this zodiac sign and want to know who your like-minded people are, here is all you need to know.

The most compatible signs with Cancer are considered to be Taurus, Virgo, Scorpio and Pisces.
The least compatible signs with Cancer are considered to be Aries and Libra.
Cancer and Taurus

Both, Cancer and Taurus have a great love for family. To them, financial security is very important and they like to keep things stable. They appreciate affection, love to be nurtured and are likely to be crazy for food and cooking. Negativity in the relationship are minor. Both signs can be jealous and possessive.

Cancer and Virgo

You both like to feel secured and loved and tend to provide this to each other. Both Cancer and Virgo like structure, stability and a routine in their relationship. Both being highly affectionate, you'll be comfortable with each other from a very early point. On the negative side, both the signs can be somewhat critical at times and this may lead to nagging and some irritation.

Cancer and Scorpio

Cancer and Scorpio, both like privacy, are intense and romantic. They are intuitive to the point that you can almost communicate without words. Scorpio needs some alone time to recharge and Cancer can overthink if they feel insecure, and they may start to associate recharge time with some form of dissatisfaction with them.

Cancer and Pisces

Amazingly intuitive, caring and showing affection are the innate qualities that both Cancer and Pisces share. They are deeply romantic, emotional and telepathically understand each other providing sensitivity, warmth, compassion and stability they both crave for. On the negative end, there can be such a deep connection between them that they can isolate themselves from the real world.

Kopal
Tarot and healer
TASTE BUDS

CHOCOLATE CAKE USING CURD

Ingredients
1) Maida-140 gm or 1/2 cup OR (Whole wheat flour-90gm + Maida-40 gm or Whole wheat flour- 1 cup+ Maida-1/2 cup)
2) Thick Curd-150 gm or 1 cup
3) Sugar- 100 gm or 3/4 cup
4) Refined Oil- 65gm or 1/2 cup
5) Cocoa Powder-2 tbsp
6) Cornflour- 2 tsp
7) Baking Powder- 1tsp
8) Baking Soda-1/2 tsp
9) Vanilla Essence- 1tsp

Method
1. Sift maida, cocoa powder, cornflour, baking powder and baking soda.
2. In a bowl mix curd, essence and sugar.
3. Add oil & maida mix and beat well.
4. Pre heat oven at 160 degrees. Pour batter in a greased mould and bake at 160 degrees for 30 minutes or till done.

Chef Rainna Gupta
rgnotes@gmail.com
Chia Seed Parfait
best for hot summer’s day

This fresh fruit coconut chia seed parfait can be enjoyed for dessert, breakfast, or snack! It's creamy, easy to make, and requires no baking. Chia seeds have high fibre content and have the ability to reduce blood sugar levels. Effective for weight loss, chia seeds are a perfect health food.

Servings-4

Ingredients
- 14 oz. lite coconut milk
- 6 tbsp chia seeds
- 5 tbsp unsweetened shredded coconut
- 3 tsp pure maple syrup
- fresh mango - diced and chilled (or any other fruit)

Recipe

1. In a bowl, combine the coconut milk, chia seeds and shredded coconut.
2. Let the mixture sit for about 30 minutes at room temperature.
3. Mix once more, cover and refrigerate for at least 3 hours (for best results, refrigerate overnight).
4. Remove the bowl with the pudding from the fridge about 15 minutes prior to serving.
5. Layer some pudding into the bottom of each serving glasses. Layer some diced fresh mango on top of the pudding layer.
6. Alternate layers of chia pudding and freshly diced mango until glasses are filled to the top, ending with freshly diced mango.
7. Top with some shredded coconut and serve immediately or keep in the fridge until ready to serve.

Easy and yummy, it will suffice your taste buds for the sweet thing.
AVOCADO TEMPURA

METHOD

• Take a nice ripe avocado (should be firm, not overripe) cut into thick slices.
• To make the batter, add all the ingredients and mix well with the whisk.
• Make sure that the water is chilled for the batter or chill the whole batter before frying (keeping it chilled will make the tempura crispy).
• Take the slices of avocado, dust nicely with flour, add them to the chilled batter and deep fry (oil for frying should be at ideal 185°C). Do not overcook the tempura. Just cook them for 1-2 minutes and take them out on a tray lined with paper to absorb the excess oil.
• Lastly, arrange the slices of tempura on a plate and garnish with chilly and sesame seeds.

By- Asian Chef from Mauritius

INGREDIENTS

• Avocado - 1
• Tempura butter
• 200 gm tempura flour/refined flour
• 15 gm rice flour
• 30 gm mayonnaise
• 240 ml sparkling water/chilled water
• 1.5 tsp salt

To Garnish:
• 1 gm Chilly powder
• 1 gm white sesame seeds

Oil to fry
CONTEST

Mocktail & Smoothie

JUDGED BY
Neelima Kapoor

1st TROPICAL SMOOTHIE
Neha Kulshrestha

2nd MANGO SMOOTHIE
Abha Srivastava

3rd PAAN MOCKTAIL
Priti Gupta
**01 Tropical Smoothie**

**Ingredients:**
- Coconut water – 1 cup
- Pineapple – 1 ¼ cup
- Mango – 1 cup
- Lemon – ½
- Honey/Maple syrup – 1 tsp

**Method:**
1. In a mixer, add all the ingredients and blend smooth.
2. Serve chilled

While it is super easy to make, this smoothie is rich in vitamins and minerals and will help boost your immunity which is the need of the hour.

Winner: Neha Kulshrestha

**02 Pomegranate and Chocolate Smoothie**

**Ingredients:**
- Mango – 1
- Curd – ½ cup curd
- Milk – ¼ cup milk
- Honey – 1 tbsp
- Mint leaves
- Ice

**Method:**
1. Peel and chop the mango.
2. In a mixer, add the chopped mango, curd, milk, honey, ice and some mint leaves.
3. Blend smooth and serve chilled.

2nd: Abha Srivastava

**03 Paan Mocktail**

**Ingredients:**
- Paan leaves (betel leaves)
- Gulkand – 1 tbsp
- Rose Syrup – 2 drops
- Sprite
- Ice

**Method:**
1. In a glass, put gulkand at the base and add finely chopped paan or betel leaves.
2. Add some ice and pour rose syrup on it.
3. Tilt the glass and add sprite.
4. Garnish with paan leaves and enjoy the mocktail.

3rd: Priti Gupta
Q1: I always feel like others are superior to me. If I’m with someone I always ask this question to me that why this person wants to be with me there are other hot

KS: Self Criticism happens when we do not receive enough validation in our childhood, if that is not provided by the peers and the family we become critical about our appearance and start pushing people away thinking that we are not good enough. But my dear beautiful soul, you are uniquely amazing and that’s why they are with you because they can see how amazing you are. You need to practice self love, write down 5 affirmations (ex- I am a strong and courageous woman) for yourself, everyday in the morning repeat it by looking in the mirror.

Q2: My husband has a drinking habit. He doesn’t create any drama upon drinking but drinks a lot. Due to which i have mental stress, I am not happy and this relationship which was once pure bliss has now turned really stressful. Will my husband and I be able to come out of it anytime???

KS: Issues from the past have come back, something related to childhood and validation of doing well in life. To subside the pain he is drinking, As soon as He does these things drinking will go away -:
1) Let go of things which are not serving.
2) Give him more validation.
3) He has to practice self love.
4) He is made for good things in life; he is pushing it away due to his own mind of staying at different places at one time.

Q3: Self sustaining self is what I want to achieve. Unfortunately because of some reason of the other, it just can’t happen. Any suggestions on how to achieve inner peace?

KS: It’s amazing to know that you want to walk on the path of spirituality, to get inner peace, you need to train your brain for 21days doing lot of Meditation, Yoga, Chanting, Breath work

Q4: We are ttc for 3 years.... I m diagnosed with pcod now I have 3.3cm follicular cyst. N m lmp was 13march and from 2 months I have not seen it.

TS: Since you have a overdue of 2 months, first I would advice to get UPT done. Send us its report. Can advice further after the report.

Q5: I always feel like I’m less than everybody in the room, because of this feeling I sometimes get nervous and hesitate in having a conversation with people. I start comparing myself with other people and think that why somebody want to be with me. How can I overcome this and be confident in front of others

NP: I would recommend that you analyze why you think you are less than others – appearance (looks, dressing style, etc) or communication (ability to talk to strangers, communication style, and knowledge of English). Try to understand whether you are uncomfortable with a certain kind of people or everyone. You need to also see whether the complex that you have is a result of people mocking at you or passing remarks or something that you have been holding on to for a long time.

You need to understand that only when you appear confident, people will speak to you. Just be yourself and people will accept you the way you are. When we try to project something we are not, we are not comfortable and get a complex. You can to write affirmations and repeat them on a daily basis. Work on your self-confidence and start with smaller groups where you know people well and where you are comfortable. Make a list of your good attributes, your successes and why people should like you and stick that on your cupboard. Read that list every day.

A golden rule to remember is some will like you some won’t, so what?
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_position your "Brand" on a Global Platform_

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Live Streaming on FB Live
Topic: Technological Interventions for Grassroot Innovations
Time: 6.30 pm to 7.30 pm IST
Date: 2nd July, 2020
Details
See you in the next edition