WHAT’S TRENDING
The Reverse Lifestyle

SHINE GLOBAL
Sharada Rijal

SHINING STAR
Parmita Sarma

TASTE BUDS
Healthy Quinoa

MALLIKA SARABHAI

#SHELEADS
NATIONAL AUTO CROSS CHAMPION

ARTISTS GALORE
Vandana Sehgal

BEAUTY & FASHION
Bad Hair Day

HEALTH
The Sleep Talk Therapy

RELATIONSHIPS
Animals for the sake of love

ZODIAC
LEO compatibility
I am extremely thrilled to launch my dream in the form of a wonderful collection of various themes weaved together as ‘Women Shine’.

This global e-magazine salutes all women across the globe for the amazing work they have been doing in their respective fields.

We will present to you every month, a lovely platter donning a celebrity, yummy recipes, travel tales, home remedies and interesting write-ups on beauty, fashion, entrepreneurship and many much more.

Let’s impact the lives of women, their families and their communities.
Till then take care & shine always!

#SHELEADS is the main segment of the e-magazine; we will feature a personality who is famous, humble and passionate about impacting lives Women. This month, read about Dr. Bani Yadav, the National AutoCross Champion.

‘Shine Global’ segment will feature a personality from around the world who is doing amazing work in their genre. This month, read about Sharada Rizal from Nepal.

‘Celeb’ of the month is Mallika Sarabhai, a truly multifaceted personality. With a plethora of articles to read, 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 will help us to design this e-magazine in a better way.

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Shine Aways
Aparna Mishra
A concise guide for women to achieve financial freedom by being the CFO of your home

Today, we have Money Masters and CFOs to make sure that money is not mastering you. If you think that being a CFO is tough, forget it, women can be CFOs of their own home. Considering the pandemic, it's time to wear that CFO hat for planning your household finances well.

Becoming a CFO at home implies efficient money management to live a happy life.

**Budgeting**
To manage your money well, you need to know your finances. Budgeting helps you in achieving this.

The best way of keeping expenses in check is to use a budgeting tool which captures all the figures. A list with costs of your hangouts with friends and grocery list may sound distasteful, especially because you are too busy to make one or you don't want your spouse to see it. But a simple plan can be your financial barometer.

**Manage Spending**
Planned spending can help in efficient money management. Here are some tips:

- **The DIY way:** Be it stopping unwanted eating out, outsourcing to an expensive laundry or even keeping a highly paid maid, you can DIY.

- **Distinguish the VED:** Homemakers have the best idea on how to manage the purchases smartly. The VED stands for the ‘Vital, Essential and the Desirable’ spending. Vital goods are those that are indispensable; for example, food and grocery. Essentials include telephone and internet, the absence of which tends to reduced efficiency. The desirables are those that are termed as a luxury.

- **The ABC method:** ‘Always Better Control’ is the best practice when you list out the desirables. You need to decide and understand the importance of different needs and spending before allocating money.

**Managing your Debts**
A loan is a best friend indeed, but can also turn to a beast, pulling you towards it further. So ensure that your family keeps the loans on the leash, as per the checklist below:

- Total loan payout should not be more than 50% of monthly income
- Payoff all dues on time
- Pre-close the costly ones as early as possible

**Stay Covered**
Imagine that you are leading a healthy financial life but there was one chink in your armour. If the worst were to happen to you or your spouse any time, your family would have to make a fire-sale of the investments or even the home that you painstakingly made.

So here's what you look for in insurance covers:

- Start early
- Ensure that you have covered adequately (both life and health)
- Choose plans with a maximum tenure
- Split your covers for better risk management

The logic applied by the home CFO is the same as that of the CFO in business by implementing ‘Multi-criteria Decision Making’. By being a CFO in the house, you are the backbone of the house, even if you are not the main breadwinner.

Nisary Mahesh
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IT trending skill-set for Women

Data scientists are the analytics professionals responsible for acquiring, cleaning and transforming data to glean those invaluable insights. Organizations today are looking for people who possess the interests and skills that can make them successful data scientists and these skills include:

**A love for numbers:** People with a background in mathematics, statistics and the sciences do well as data scientists.

**Technological competence:** Data scientists need to be comfortable working with computers and should possess computer coding skills. Knowledge of data technologies like Hadoop, Spark or coding languages such as Python, R and Scala is a big plus.

**Elaborateness for design:** The ability to translate data visually for business audiences is the key.

**Rational curiosity:** Good data scientists relish the idea of digging through piles of data and making connections and corollaries not readily observed.

**An artistic bent:** Data scientists need to be able to take the minute and create a big picture of the data they are seeing.

**Interactions pros:** To illustrate the value of their insights, data scientists must be able to easily articulate their findings to business people.

It is hard to know that women occupy only 25%-30% of data and analytics roles in the industry as per the recent research conducted by US-based consulting firm Innodatatics Inc.

Everyone should be able to get behind these emerging technologies. With Data Science and other emerging fields like AI, IoT, etc, we have a serious lack of qualified women data scientists (in the U.S and many other countries).

Out in Silicon Valley, companies are hostile to hire quality data scientists; this is hurting the ability to grow companies. If as many women go into the field as men, this would be a big win for the world.

Having more women in tech now will mean more female tech leaders and more girls thinking, "Yes, this is for me."

Women and men think differently on average. I can't say what of that is cultural and what is organic (and it doesn't matter for this argument), but they do, currently, think differently on average. For example, women tend to be more expressively sensitive and more compassionate. Women are also more design-focused on average. Having a firm made up of people who approach problems in different ways is good. For example, the woman on your team might be more likely to draw out the opinions of quiet people. Although a lot of organizations have strived to accelerate the women population in STEM fields, gender diversity remains a crucial issue.

Diversity of thought is good for business.
If the world was not brought to a halt by COVID 19, I would have been on a vacation, somewhere near an isolated beach. I love the sound of waves hitting the shore, the rhythm subdues my mind. With the thought of the beach, I started scrolling through the pictures of our last vacation.

There was one particular picture that caught my attention. Somewhere in Goa, I was sitting on a beach chair and looking at the sun going down. At that moment, it was just me and the sun. The otherwise blazing sun was shining slyly as if smiling at me with a promise to be back again the next morning. It took me a while to get out of the trance I was caught in. I was in a happy place with the person I love and nothing to bother about.

We all plan vacations to fancy tourist destinations to spend ‘quality time’ with our spouses, families or friends with the idea of having a good time, creating memories. Let me ask you something. Instead of a vacation in a luxurious resort, a restaurant in Italy or a cruise in Europe, if you were locked in your comfort space, with your loved ones, would you not create memories then? Why does the place we are in matters and not the people?

The imposed lockdown has been harsh on many aspects, financial and mental but is the necessity of the times. While everyone is trying to keep themselves sane and productive, let us create memories to cherish in a world where this COVID situation will be long forgotten and we will be back to running our races and chasing our dreams.

Sit together with your spouse and look at the pictures of times when you both met and rekindle the love you shared then. When you put your children to sleep, tell them stories of your childhood and laugh at the child in you. Over a cup of tea, question your parents about the times when they were young and let them get lost in their memories, creating a new one for you.

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The Power of Storytelling

*Storytelling is the most powerful medium which brings people together!*

As we stand on the threshold of evolution and extinction wondering what the future beholds, how do we want our humankind’s story to progress? Will we ever realize that we have the power to tell a different story? A hopeful one?

TED speaker and author Chimamanda Ngozi Adichie’s words and speech echo in my mind -“*Stories are powerful, but there lurks a danger in a single story*”. The result of “one story” is that it robs us of enlightenment and the true picture that a culture/people can put forth. It highlights how we are different, rather than how we are similar!

To prove the point, let me share a personal experience. For most of my life, I have lived within India, travelling often, to lands far away. Recently on a trip to Europe, whilst trying to pick a place for lunch, we were pleasantly welcomed by a cheerful restaurant owner wanting to know where we were from. The reply “India” produced a rather shocking reaction from him. “Oh, the land of elephants, crowds and Bollywood,” he said. I wasn’t startled by the response. If I had not spent my life in India, had grown up elsewhere and all I knew about India was from popular search engine pictures and facts, I too would probably think it was a land of big elephants, large crowds and snake charmers!
We do not celebrate our wisdom enough or praise the ideas that can help fight global problems and bring in a sustainable lifestyle.

The disheartening fact in this narrative is, there is always a winner and loser. What we fail to see is the fact that we are all bound by the same ‘one energy’. We are all interconnected, not only to each other but to the whole ecosystem. Despite this knowledge, we continue with ‘one story’ that keeps us from understanding our interdependence, a force which can empower people, restore faith and help us all see the importance of being interdependent and connected.
I vividly remember, it was the second week of March 2020, when the fear of an unknown disease had just seeped in and suddenly the mother earth underwent a sea of change compelling human beings to adapt to the changing scenario.

All of a sudden, the News Channel's TRP soared high and the statistics of the Corona positive and death cases flashed the screens. Even before the common man could adapt the unusual concept of the lockdown, intolerance, impatience and anxiousness spewed rapidly with a blink of an eye.

Pull your reigns and give it a thought. Has COVID-19 made us inhuman (selfish) and put our moral and social values at stake or is it the reverse? On pondering over it, I saw a silver lining and realised that, in reality, this pandemic situation has transformed us into humans in true sense. It has instilled and revived the virtues of compassion, empathy, patience, flexibility and contentment. People across the globe are voluntarily offering services in different forms in their capacities. The funds are pouring in with astounding speed, meals are being distributed to the needy and we have become aware to take a stand for the wrongdoings. We no longer shed off our moral responsibilities towards society. The nightlife has changed into family life. The bio-clock that was followed many years ago (the perfect schedule) - early to rise and return home from work at the earliest is the new compelled trend which is keeping every family bonded together. Our dependency on others has reduced considerably and we have become self-doers! Contentment with the bare minimum is the major take away of COVID-19.

No doubt heightened isolation and financial insecurity has led to depression and other psychological disorders but the corona microorganism has compelled people to remain contented in the bare minimum necessities, keep the environment and self-clean and shift your priority towards spiritualism and family. Furthermore, our creative subconscious mind has seemed to be in a super active mood with everyone changing their hobbies into a passion. “Early to rise and early back home” is the latest self-acclaimed slogan of COVID-19.

Personal space is everyone's right; so let mother nature enjoy its 'me' time and we, the humans, observe and ponder over the creation which is blooming back again. Nature has struck the right chord by reversing our lifestyle.

The ‘reverse’ has made us ‘diverse’. We have come closer to our nature, our culture, our family, our values and our soul. COVID-19 is an elixir in disguise.

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Q. Tell us about you and your family?

SR: I am Sharada Rijal Adhikari, a woman entrepreneur from Nepal. I come from a very ordinary family where my father was an ordinary employee in an office and my mother was a housewife. I have 2 children, a son and a daughter and a very supportive husband who has been my pillar of strength through every thick and thin.

Q: What inspired you to start your brand?

SR: Despite my mother being a housewife, she was full of talents. She did all the household chores and in her spare time, she used to design clothes for us and our house was always decorated with her craft pieces. Inspired by her, I started my brand. I even have an all-women staff.

Q: What was the most challenging part of your journey?

SR: I have faced many hurdles in the journey so far but the most challenging was acquiring knowledge related to information technology which I had no clue of and it made me unable to connect with international buyers. I had to hire external resources to make the process easy and now I have started to gain basic knowledge.

Q. What has been the most transformational moment for you in your journey?

SR: The most transformational point in the journey was meeting a Swiss buyer who introduced me on an international platform. It was then that the Canadian magazine gave me the name – ‘hat lady’ during the time of the 1994 world cup. There was another buyer from Japan with whom I am still working. They even called me and my staff to Japan to upgrade our skills in the field of felt making.

Q. If you had a chance, what part of your life would alter?

SR: I was born in a patriarchal society because of which my father didn't support me build my own business when I first had the thought. I was young and full of power but lacked support. Instead, I was forced to get into teaching. After 10 years, with enough courage and support from my husband and mother, I was able to work on my brand. If I had a chance, I would want to get those 10 years back.

Quickies:
Favourite Food – Nepali cuisine
Ideal Destination – Rara Lake, Pokhara
Sports – Badminton
Hobbies – Designing
Leisure – Watching TED talks and reality shows

Q. Do you want to give a message to women entrepreneurs or those aspiring to own a startup?

SR: It takes a lot of time to grow a tree from a seed; so is growing a business. There will always be ups and downs but you must have a risk-taking capacity and also the patience to see it grow slowly. Choose the sector in which you are interested and have all the basic knowledge about.

Q. One sentence that defines you?

SR: “I am a strong woman with a soft heart.”

Interview by Team WS
The migrant population in Canada comprises of people of many age groups. The majority of migrants include people from Asian countries, India, China, Japan and Korea. Irrespective of the nationality, most migrants are pretty young which includes students coming to Canada to pursue undergraduate or graduate school and young working professionals coming on a work permit or after gaining permanent residency. Working professionals are usually accompanied by their spouses and in some cases young children. The primary issues faced by such people are known as the 3 L’s namely:

**LIVING**

On moving to a new geographic location, the first thing which needs to be looked into is a place to live/stay. While some people decide to book a room online in a hotel while house-hunting, a budget-friendly air B&B is also an option for newcomers. The advantage of an air B&B over a hotel is that you get a front-seat view of what everyday life looks like in your new city. Most of these are a basement apartment or a mother-in-law apartment adjoining the main house of the owners.
LITERACY

Finding the right school for your kids is one of the biggest concerns of families migrating with school-aged children. The school system in any city in Canada is pretty easy to navigate once understood clearly. There are two main types of schools, public and private schools. Most people opt to send their children to public schools closest to their home. This means that while searching for a home, it is a good idea to question about the neighbourhood public school. Every city has its school district. The district website has a school locator. Just enter the address of your home/prospective home and find out the details about the nearest school.

LIVELIHOOD

Finding a job or a means of livelihood is also one of the top priorities of new migrants. Those coming on a work permit usually have a job as the work permits are mostly sponsored by the employer. This is a closed work permit which means they cannot work for any other employer. A spouse of a work permit holder has an open work permit which means they could work for any employer in Canada and switch jobs with ease.

People looking for jobs should have an updated resume which contains their latest contact information in Canada. They should register this resume with every recruitment agency in the city they live in. It is easy to find information about recruitment agencies online. Some agencies specialize in certain specific jobs like clerical and accounting jobs while others specialize in all kinds of jobs. Understanding your strengths, previous work experience and job preferences, they place you accordingly. A lot of temporary/contract jobs are available and they are a great source of income while looking for a better job. Now that we have understood the basic issues faced by families moving to Canada, we will learn about the issues faced by students moving to Canada and their options in the next part.
Some women inspire everyone around them and lead everyone by setting an example and some women happen to just race through your heart and lives with their success stories.

In conversation with one such fabulous and inspiring star, Dr. Bani Yadav.

**Q:** Dr. Yadav, you hold a degree in geography and a diploma in advertising and public relations, then onto your becoming India’s Ace Woman Rally Racer. Tell us about this journey and turn of events.

**BY:** Life is a series of twists and turns and you just don’t know where your journey will eventually lead you too. Mine has been equally interesting. I had to wait for 30 years to realize my dream of becoming a racer and started this at the age of 43 when generally most sportspeople retire. I have never learnt to give up and becoming The National Autocross Champion 2 years in a row is the culmination of dreams coming true.
Q: We all have our setbacks when we are out to achieve something. Tell us about one such setback and how did you overcome it?

BY: Just when I entered motorsports in 2013, I had to step back as I had a major back problem and I was bedridden for nearly 6 months. I had to undergo a back surgery which in itself was a life-threatening one. It was a slow but determined road back to recovery. I needed help with every little thing. I was not ready to spend my life on a bed and let days pass by. I had dreams not only for myself but also for my children. It needed immense mental and physical strength but I kept taking baby steps. Soon every task became a milestone for me and with my dedication and perseverance, within a year I was back to the sport I loved the most.

Q: We have learnt that you foster animals at home until they are adopted. In times when it’s tough for humans to support each other, you are supporting a cause for animals too. Is it something you always wanted to do?

BY: My love for animals comes from my parents. They always had dogs who were treated like family. As a child, I grew up on a farm among various animals and birds, so being kind and compassionate towards them comes naturally to me. My house is like a mini zoo where I primarily foster cats and dogs and I take care of various birds too. I strongly believe in ‘karma’ and I am destined to be a caregiver to the various creations of the almighty. My pets are my lifelines and my stress busters. Currently, I have 6 pet dogs and 8 pet cats and I foster 5 street dogs and 5 stray cats.

Q: You married your school friend and you have two lovely sons. Tell us how you juggle with motherhood, being a woman rallyist and a social rights supporter.

BY: Women by nature are great multitaskers and I think I have been able to master it well. I start my day early around 4:30 am with walking my dogs for 1 hour; it is my ‘me time’ where I am with nature. I prioritize tasks for my day to balance my personal and corporate life. One just needs to be able to set their priorities right and set timelines for themself. I enjoy life and live it on my terms.

Q: You are a National Champion Woman 2018 and 2019; Maruti Suzuki National Auto Prix Champion for 2015 & 2016 and winner at multiple track events and cross country rallies too. Tell us which is your favourite one and why?

BY: Rallying is all about enjoying the game in as many formats as you can. I do the Cross country Extreme Rallying, the Autocross, the Indian Rally Championship (IRC) now called the Indian National Rally Championship (INRC), the Time Speed Distance Format (TSD), Formula 4 and Carting. The format which I enjoy the most is the IRC where I created history by winning an Overall 2nd position in Rally De North in 2016 and winning Coupe De Dame and the 2000cc class in The Asia Pacific Rally Cup of the Coffee Day Rally in 2015.

"The cars we drive say a lot about us. "

Womenshine.in
Q: You pursued your dream after you got married. People often consider marriage as an end to their careers and dreams. Do you have a special message for women out there?

BY: It is very important to not lose yourself after marriage. I did not give up on my dreams even when I was busy raising my children, with my job and my responsibilities of a wife and a daughter in law. Nothing comes easy till you slog for it and make dedicated efforts to achieve your goals. Life does not end for women and their dreams after marriage. Make time for yourself; let the process of discovery of yourself be continuous.

Q: You have broken stereotypes and competed against men too. Considering the world is still tilted towards being a man’s world, how do you handle the criticism and keep yourself mentally fit.

BY: My parents never differentiated between a girl or a boy. it would be fair to say, I was always the more privileged one as compared to my brother. I have never learned to be intimidated by competition and I have learned to ignore the snide remarks. I have taken all the jeering in my stride. I have made myself mentally and emotionally strong and don’t let my focus shift from the race and the tracks to anything else.

Q: A message for our readers?

BY: Dare to dream, spread your wings far and wide and let your dreams take shape. Life is a series of opportunities and it is up to us to choose what we do when it comes knocking. Let life not pass you by as you are not coming out of this alive.

DARE TO DREAM

For those are the dreams that have the power to push your whole world forward.

-Ralph Marston

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Mallika Sarabhai
- Dance Unlocked

A dancer, choreographer, publisher, activist, writer and an actor; she shatters the glass ceiling with the sound of the ankle bells.

Mallika Sarabhai is a lady with a dynamic profile. She is a multi-award winner and globally acclaimed artist. She has worn many hats through the course of her illustrious career. No introduction can justify this gem of India; let us learn about her thoughts on various matters.

Q. You have had such a remarkable journey; do you think present-day youngsters would commit themselves solely to dance?

MS: I have not been committed solely to dance. I am committed to life and to making the world a better place to live, in whichever way I can and through whatever means I can. Dance is one very important one.

Q. You have choreographed some pieces to create awareness. Have you ever faced the pressure of being socially relevant in Bharatanatyam?

MS: In the early stages of my 'alternate' career in using arts for communicating thoughts, other dancers told me I was committing artistic suicide; that no one would want me as other than a Bharatanatyam and Kuchipudi dancer. I didn’t listen to them because I felt this was my calling. When I started reinterpreting myth and mythical women through my work from a feminist perspective, there were loud voices against that, not so much from the arts community as from the rabid upholders of a false Hinduism. Once a right-wing group in Pune tried to burn down the theatre where I was performing 'Sita's Daughters' because my Sita has the temerity to call out Rama for wanting to be a God-King in the eyes of the people. My Sita also tells Rama that she is relieved to have been sent away from him because of the Dhoobi's comments because now she was free to bring up her sons as secure boys and not with the insecurity that Rama and other men had. As far as the dance community goes, I still give full Bharatanatyam and Kuchipudi kacheris, so they can’t say that I am doing my new work because I can’t do classical work.

Q. Among all the classical dance forms, Bharatanatyam continues to be better placed, your thoughts?

MS: I think it is the mother style, the most sophisticated, with the most possibilities. To me, it is a language capable of voicing any thoughts, any ideas.

Q. Is Indian classical dancing an integral part of the religion or is it the other way round?

MS: Everything was part of religion and religion was part of everything once upon a time. The church and the temple were the social meeting points of society. They were the schools where you learnt good from bad, right from wrong and of course the
prejudices that kept parts of society in power, be they priests or rajas, and others exploited. All the arts were in this sense part of religion. To me, spirituality is greater than religion, the search for the self and greater meaning; that is what all art can do.

Q. Artists have been communicating through their form of art amidst the current pandemic. What is the message behind ‘Dance Unlocked’ by Darpana and Natarani in reflection to the current scenario?

MS: Neo global capitalism made us all competitors in a race for riches. Artists too, like all others started thinking only in terms of competition, if I don’t get this first, she will. Through ‘Dance Unlocked’, we wanted to create a sisterhood (or brotherhood – why is there no gender-neutral term for this?) where we could work and have fun together, empathize and break through the limitations.

Q. This is a beautiful ancient art. How supportive are you of the new take of this form since changing times are calling for a changing tune?

MS: These art forms are rigorous and exacting. Once one gains expertise and wants to do things with the form, one must have the freedom to do so. The problems are on two fronts – some do not want to learn the grammar but wish to steal one movement and bastardize it. Then some want to innovate but do not want to call it new or as an idea based on the original. Otherwise, language would be stuck in telling the same story with the same words. In making a point I might want to misspell a word – but I can only rightfully do so if I know how to spell it correctly and can convincingly argue for why I am misspelling it.

Q. As an actress and a dancer what are your views on today’s Bollywood dance style?

MS: What style? Women have for years allowed themselves to be made into pieces of meat that male dogs salivate over; that is Bollywood dance. I always wonder at the greed for money that makes respectable and seemingly sensible women stars do this. Is the pull of popularity strong enough that you make yourself one of the many causes of women being treated as property to be used and thrown at male will, I’d like to ask!

Q. What piece of advice would you give to those who wish to learn Bharat natyam or any form of classical dance?

MS: It’s hard. It is tedious. It can be boring learning the alphabet but if you get there, you will be bolder, stronger, more confident and you can soar.

Q. What is your message to the women of our society, since you inspire many?

MS: Always talk to and question yourself about why you do what you do, whether what you say is the correct thing or the good thing. Be true to the best and most humane in you. It is always a work in progress.

Interview taken by: Mariam Ansari
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Divya Rajput, a well known sparkling star in the corridors of entrepreneurship, a business innovation expert and a sustainability evangelist. She is also a co-founder & President of the Association of Women in Business.

Divya loves to create a blue ocean, an unchartered territory amidst the chaotic red ocean of services. She has worked to find her way through new organizations, setting up greenfield projects in education.

Born and raised in Delhi in a house of professionals, she always got the opportunity to study and work in new institutions. She performed theatres, participated in debates, sketched, painted water and oil colours and read fiction/adventure. Her parents encouraged her in studies and she worked hard from mediocrity to be among toppers in a co-ed environment. Divya never realised the disturbing differences among men and women until she got into a job.

Graduate in Applied Sciences in Electronics (Hons) from Delhi University, followed by Masters in Electronics from Banasthali Vidyapith (NAAC A++ rated Women's University). That was possibly her first stint with women, so many of them – strict wardens, passionate lecturers, empathetic seniors and affectionate classmates – all working to improve study-life balance in a highly secure environment.

Making her career among the men-dominated electronics field wasn't a cakewalk. She gave up research and opted to become a lecturer so that she could transfer correct tools and skills to the next generation. Divya was fortunate to work with leading Chairman of their times in education institutions set up by the corporate. They always created opportunities and brought out the best execution skills from her. She started working in 3 greenfield projects in higher education in 10 years which included leading a pan-India expansion for a B-School brand, working to raise VC capital, maintaining high EBITDA margins and getting a bill approved for a University in Gujarat.

Divya continued job during her two child-births; thanks to her family and spouse for providing great support. There were some incidents which were testing – her son’s paediatric commenting that as a working mother she didn't look after her 3-year old when he got hospitalized for pneumonia. So, he got to travel with her for the next 5 years of her work.

Women lead with emotional intelligence – making their ventures more profitable and employees more productive and happier!

Even when she started working at Corporate Affairs as the only woman head of a vertical, she was mentored to envision deep-rooted problems and develop solutions for a better tomorrow.

The year 2012 was interesting – the New Companies Act was being drafted and finalised and innovation was picking up. She has always been in the right place at the right time. With her DG who was very passionate about CSR, she was successful in getting a space for incubators as an activity to receive CSR funds in the New Companies Act 2013.

Divya got deeply connected to the incubator community in India and worked/ trained/ shared dais with the leading IITs, IIMs, government officials, entrepreneurs from the corporate. Just when she had reached the top, the rebel in her woke up and decided to quit her full-time, government job. She took part-time advisory with IIM Lucknow and Technology Development Board, implementing projects with the University of Texas and got to travel across South East Asia for executing US Government's projects on regional cooperation.

The year 2017 took her to Taiwan for first Women Tech Entrepreneurs program for US-Taiwan GCTF program which gave her insights into cultural aspects of women entrepreneurship. In 2018, she got an opportunity to mentor Aspiring Women Entrepreneurs from India to help them validate their business models in Austin, Texas, India and Sweden. While travelling and living with AWE, she realised the deep-rooted challenges of women entrepreneurship. It was then, Divya co-founded the non-profit Women in Business, an association to provide on-going services to women entrepreneurs who are struggling with limited resources and time at hand.

The Association of Women in Business is all about collaboration; there is a membership fees model (except during current crisis times) because the association don’t want women to fall for free benefits.
The objective of the non-profit is to unlock the true potential of women to run businesses. “I am still asked by several well-read, leading scientists that I should focus on my girls learning stitching, bakery or maybe trading and not worry about innovation, manufacturing or high worth commercial ventures,” says Divya. But that's the purpose – all the basics come naturally to women. They are empowered to make their own decisions. It is about enabling them to reach where they can showcase their worth and create a deeper impact. Her non-profit group is moving organically, one vertical at a time and very certain that it will create a mark in the community.

She has recently concluded the pre-incubation Bootcamp for Women Entrepreneurs Platform of the NitiAayog with the Indigram Labs Foundation (a TBI) for amazing 15 women entrepreneurs. She is working with 30 women entrepreneurs from North East and East India for Breaking the Glass Ceiling program of the US Consulate Kolkata. All these women and many more will add more value to her community.

The Association of Women in Business is all about collaboration; there is a membership fees model (except during current crisis times) because the association don’t want women to fall for free benefits.
What’s that?

When you say ‘brand’ for a product, you mean a product which has distinguished features capable enough of creating its own space in the market. No two brands are ever the same. Each brand has its uniqueness by which it is identified. The features of the product may be the same but the way it is positioned and perceived can never be the same.

There are so many cars but an Audi is an Audi and a Mercedes, a Mercedes. The reason for a brand recall is always a connect – a value proposition of the brand, an emotional connect, reliability, etc. Hence, for each product to have a market, depends on who you are targeting and what positioning you want. How do you want the product to be known?

The same criteria apply to human beings. We may appear as identical products manufactured by a common factory outlet. Fortunately, we all are unique in our DNA and we are all born unique brands. It is a matter of time when you realize this potential and find your own space or niche or create it.

This unique imprint which makes you a brand in the market of life is what is called ‘personal branding’.

The interesting thing about personal branding is that it comes into play behind your back when you are not around. It comes in the form of ideas, opinions and critical appreciation by others. The entire concept of personal branding focuses on “being you”. It is not difficult because it comes naturally to you.

To understand the essence of personal branding, you must know that it does not mean adding some external attributes to yourself or imitating other brands (other humans with specific qualities) but rather being comfortable in your skin, bring out what is inside you and strive to become the best version of yourself.
**Importance of Personal Branding**

The next question which might pop in your mind is **“what is the purpose of personal branding?”**

Let me answer this question by stating an example; suppose you are a businesswoman or a businessman and wish to get clients. In a world full of other business people of the same kind, what is your probability of getting a client? I guess it would be negligible. Here, ‘personal branding’ comes into play. The brand that you have created in the mind space of your clients will help you acquire a client.

How ‘your’ unique ‘you’ is identified by other people and how you can stand out from others, builds up your credibility and will determine your profitability. People do business with you because you are authentic, credible and trustworthy. You may be a good and authentic person but you need to project that image or persona for people to believe in that.

So, when you are genuine and authentic, it makes you trustworthy because you are displaying your authentic side which is one in a million with no imitation. Remember, no two people are the same – each one is born unique and somewhere growing up, it is forgotten.

Once you have established credibility and expertise in your area or niche, people shall come to you. The key here is that you should be able to add massive value to the people which would further increase your influence; you might be looked upon as a person of expertise. All these traits shall nurture your business and will eventually make you successful.

Personal branding makes you a brand of a kind and once you realize it, your professional, as well as personal life, may change forever. The art of personal branding will not make you something artificial but it will lead you to your real and authentic self.

In a world full of great business people, to make your own space is difficult but not impossible because if you tap the power of personal branding, you will surely become one in a million.

You need to identify your set of characteristics with powerful copyright.

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Making Expansion Plans for your Business

When you sow a seed in the ground, water it regularly and tend to it lovingly, it becomes a source of constant joy as you see the plant blossom and grow into a big tree over due course of time. This is growth. Taking a shoot/seed from it, planting it at another fertile soil so that it also grows into a tree is expansion.

In business, we often tend to swap the words growth and expansion. There are huge differences which need to be observed and more importantly prepared for. Let’s dig at this a little deeper.

01

Business Growth

Acquire more customers: You know your customer segment well and have a vast understanding of market economics for your product, thus a deeper market penetration can grow your business substantially. Adding more customers using the strategies which you know have worked earlier is a safe bet.

Add a team: A growing team is a healthy sign of your business doing well. More people means you have more customers or accounts to handle which is symbolic that the previous point is happening; you are selling more.

Elevate operations: Getting service providers, consultant or experts on board is indicative of you assisting yourself with skill sets and expertise that an expanding business needs. After all, as a solopreneur, there is only so much you can do. So when you collaborate, acquire or partner with other businesses to add new verticals in your business, you are expanding it.

“Without continual growth and progress, such words as improvement, achievement and success have no meaning.”

- Benjamin Franklin
Business Expansion

Adding new product lines: Introducing new products or investing significantly in new product development is expanding the horizons of your business. Like Apple developing Ipod after Mac or OYO diversifying into co-working space after hotels. It’s an unknown territory you are entering into which needs the same learning, testing, unlearning and trying as you did with your first product.

Opening new locations: Whether you open up a branch of your fashion boutique in a new locality of the same city or another city or other part of the globe, you have expanded your business. Even switching from offline to online or vice versa which is a mammoth task is like starting a new business altogether. Going Global needs deeper insights into your target market which means that business the expansion needs you to start from Point A again.

Franchising your business: This is like having replicas of you doing the same things that you had been doing and know have worked. You do not have to get much into the learning of new geographic area, culture and customer because the franchisee is well versed with it. Adding to it, they are also infusing more capital in the business. A smaller form of it is the reseller programs which you may add at absolutely no additional costs. A small manufacturer can have resellers online or offline retailing their products to a local clientele. This is a great way to climb up the ladder of growth

"A ship is safe in harbour, but that is not what a ship was built for"

- William H Shed

Maintaining the health of a tree needs certain resources. Nurturing two trees or an entire farm needs you to ramp up not only your resources but also your skills and appetite. So before you embark on a journey of doing more in your business, take a moment to answer, which way you are headed and then plan the details. Sustainable business growth is a prerequisite before thinking of expansion.

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Fatigue refers to a feeling of tiredness. It can be temporary or chronic. Almost every person has to work overtime, sacrificing sleep and rest which causes temporary fatigue. This condition can be remedied by adequate rest.

Chronic fatigue is, however, a serious problem which requires a comprehensive plan of treatment. It can result from a variety of factors. Many people constantly feel that they cannot take rest until they complete all tasks at hand. These people are usually perfectionists, tense and cannot relax until they complete the whole thing, no matter how tired they may be.

**CAUSES:**

The main cause of fatigue is lowered vitality or lack of energy due to wrong feeding habits. Fatigue is an indication that the cells of the body are not getting sufficient live atoms in the food to furnish them with the constant flow of needed energy.

The habitual use of refined foods such as white sugar, refined cereals and white flour products as well as processed, tinned and preserved food have a very bad effect on the bodily system. Such foods lead to nervousness, tiredness, obesity and a host of other problems prevalent today.

**ANAEMIA** is a very common ailment leading to tiredness. It usually results from deficiencies of iron and vitamin B12. Sometimes deficiencies of vitamin B6 and folic Acid are also involved.

**INSOMNIA** or lack of sleep can be a cause of torturing fatigue. Sleep induced by sleeping pills and other drugs does not banish fatigue. Infact the longer sleeping pills are used, the more nagging and chronic the fatigue becomes. Besides causing fatigue, sleeping pills lead to nervous tension which increases fatigue furthermore. The harmful effects of wakefulness are indeed smaller as compared to the effects of sleeping pills. Insomnia can be remedied by correcting diet and developing the will to relax.

**INTESTINAL PARASITES** can also cause fatigue as they rob the body of good nourishment and gorge themselves on rich red blood.

**MENTAL TENSION** is one of the major cause of fatigue. The person who is tense and cannot relax has all the muscles of his body more or less contracted. This leads to a needless waste of unusually large amounts of energy. Food is continuously burnt, lactic acid accumulates more rapidly than it can be carried to the liver for conversion to body starch. A person who is high - strung, nervous and irritable usually suffers from this type of fatigue.

**UNRESOLVED EMOTIONAL PROBLEMS** can also result in fatigue. Resentment to a situation, environment and even to a person can greatly contribute to the feeling of tiredness. It is better to express one's emotions rather than store them. Other emotional factors like worry, a feeling of boredom and a defeatist mentally can result in fatigue.
Lack of pantothenic acid; a B vitamin, in particular leads to extreme fatigue as deficiency of this vitamin is associated with exhaustion of the adrenal glands. It should, however, be remembered that while taking pantothenic acid separately, the entire B-complex protects nerves and increases energy by helping to nourish and regulate glands. The vegetarian food rich in vitamin B are wheat and other whole grain cereals, green leafy vegetables, unpolished rice, milk, nuts, banana, yeast, pulses and peas.

Other Vitamins play specific roles in fatigue in connection with various ailments. The fatigue will disappear by correcting deficiencies. Minerals are also important. Potassium is especially needed for protection against fatigue.

Raw green vegetables are rich in this mineral. Especially carrot juice, taken separately or in combination with juices of beets and cucumbers, is highly valuable in overcoming fatigue. The proportions considered helpful in combination juice of 16 ounces are carrot 10 ounces, and beet and cucumber three ounces each. Calcium is essential for relaxation and is beneficial in cases of insomnia and tension both.

Sodium and zinc are also beneficial in treatment of fatigue.

The patient should avoid depending on crutches for energy lift such as aspirin, tranquilizers and other drugs, drinking coffee or alcohol, smoking, eating some sugar or sweets. They only give a temporary boost and this is soon followed by a downward plunge of energy, leaving a person worse than before. Such crutches are very harmful in the long run and may result in diseases such as hypoglycemia and alcoholism.

Other measures include fresh air, breathing and other light exercises.

Proper sleep and adequate rest.

- The Arbitrary Doctor
"We, human beings, are beings of this earth, caring for the Mother Earth is what we have to do; just like we nurture our self."

These are trying times and each one of us is making an effort to adjust and cope up with this situation. It can be hard on some of us and it could be the best time for a few of us. Either way, let us attempt to turn it into a rewarding time of our life.
What is self-love?

In simple words, it can be defined as the love, care and respect that you have for yourself; a sense of love, a sense of belonging and acceptance. Many a time, we feel that happiness is all about loving someone, your parents, spouse, children, friends or pets and we forget about ourselves. You have no idea about the magnanimity of happiness you will feel when you start loving yourself. So, the question that arises is - is it so difficult to love yourself?

My answer to the question is 'yes'. It is indeed difficult to love and accept yourself. If you feel the other way round then, congratulations! You are one of the most amazing people.

Have you ever belittled yourself? Have you made statements like "something is always wrong with me" "I always make mistakes" "I am way too thin or way too fat" "I'm not attractive" "I'm a people repeller"? If yes, then welcome to learning about self-love. I have no qualms in saying that I have made many such statements about myself. Trust me, it has taken a very long time to imbibe the concept of self-love. The bright side is that it isn't impossible!

I will be sharing a few tips and some great books on self-love and in turn, develop your confidence as well. It is very difficult to feel confident if you don't love yourself.

Tips:

1) Stop making negative remarks about yourself. The world will never leave any stone unturned in doing it. So, why add to it? Stop criticizing yourself. How much ever you feel like making a hurtful comment about yourself, avoid it. Think of all your positives.

2) Start meditating. By meditating, I am not asking you to sever all your ties, don a piece of cloth and retire to the Himalayas. Just spend 10 to 15 minutes daily and meditate. Choose your convenient time and place, meditate and bask in the feeling of peace. It is a wonderful feeling and you get some perspective on things as well. You can plug in your headphones, log on to YouTube, and just listen to any guided meditation. It is a great idea for beginners as you just need to listen to the voice and follow the instructions.

3) Love and accept yourself. This is tough but, this will yield remarkable results. Stand in front of the mirror every day for at least 5 minutes, look into your eyes and repeat the sentence - 'I love and accept you the way you are.' It may sound funny, you may feel conscious and you may not even relate to the sentence but do it. Do it for 21 days and see how you start perceiving yourself differently. I can assure you that you will start noticing a difference from the 10th day.

If you are a book junkie, then there is a huge range of books on self-love. I'm listing out my top 5 favourites. Take your pick and read away.

1) You can Heal your Life by Louise Hay
2) The Power is within You by Louise Hay
3) Start where you are by Meera Lee Patel
4) A course in Miracles made easy by Alan Cohen
5) The Secret by Rhonda Byrne

All the books are extremely positive, motivating and can boost your self-confidence by leaps and bounds. Try one or all of these techniques, drop a line and let us know how it worked for you.

Make the most of this lockdown period. Do whatever gives you happiness. Wish you safe and happy time.

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UNPARALLELED BEAUTY - KASHMIR

“Gar firdaus bar-rue zamin ast, hami asto, hami ast.”
If there is heaven on earth, it is here, it is here.

Ahh... Kashmir (sighs)

Kashmir is a gentle reminder of the fact that poetry doesn't always need words. When the pages are torn and the ink fades, the living poetry can be felt with heartbeat and emotions.

My heart melted upon viewing this beautiful valley when I first visited in 2005. Witnessing the tranquillity and calmness of the valley covered with blossoming green and yellow carpet, Gulmarg was a sight to behold. “I don't want to go back home”, I told my partner and asked if we could stay for some more days.

In the back of my mind, I was wondering if I had a small hut near the river in Pahalgam where distantly, a flock of sheep were looking like cotton balls spread on the green fields. “A rice farm and an apple orchard, some walnut and cherry trees in my garden; that should be sufficient to spend entire life. It will be bliss”, I said to myself. Springwater to drink, plenty of oxygen to intake; the valley has so much to bestow upon.

We are always glued to cosy lives, a fixed pay at the end of every month, the comfort of spending weekends with family and friends. I wish I had listened to heart then. Working relentlessly in a corporate job, I always day-dreamt of the valleys throughout the years. A decade passed and I had a slight realisation that time wouldn't cling for me to embrace a rush back.

I was financially independent but agitated and asked myself if I have control over my life. A decade and more years into my cubicle-bound schedule, I began to feel outlandish to myself and yearned for freedom all over again.

With few dreams hovering in my mind, no tangible preparation and a strange sense of glee, I put my resignation.

Here's the free bird now, little realising that sitting at home would bring further errands. With anxiety and sleepless nights, I woke up with an idea to travel to Kashmir on my own. Trepidation and delights both in my wits, my heart was thumping and somehow I convinced my husband for my trip to Kashmir with my 3-year-old daughter.
I landed in Kashmir in April 2019 and to my surprise, it looked more beautiful and serene than it was in 2005. The blue skies, the milky white water flowing down the river, the jagged mountains covered with snow all over; the valley was blossoming with spring. The orchards and the Mughal gardens were blooming with flowers of apple, walnut, cherry and strawberry. The weeping willows were blushing in the valley. The Chinar leaves were rustling & whistling with the cool breeze. We enjoyed the Shikara ride in the Dal Lake. We even visited a village in Dal Lake; they sow their vegetables and have a local floating market. Sipping hot kahwa (a Kashmiri drink made by brewing up flavoured spices - kesar, cinnamon, and cardamom in hot water) and floating on the calm water of Dal was a panorama to behold.

We had a special visit to Tulip Garden for a full day. There, it felt that nature just picked up a paintbrush and dabbed all colours on the easel. We were lucky enough to see the Tulip Garden as it opens only for 15-20 days in April. There are more than a million flowers. It is said to be Asia's largest Tulip Garden. Named as the Indira Gandhi Memorial Tulip Garden, it is nestled into the foothills of Zabarwan Range with an overview of Dal Lake.

My words may fall short of while describing the beauty of Kashmir. One has to visit and breathe in the valley, as ‘Kashmir is a Feeling’. I am a regular visitor to the valley now. Unparalleled beauty for sure but another equally strong reason for me to keep going to this place, again and again, is the warmth, simplicity and hospitality of the people.

Your deepest roots are in nature.
No matter who you are, where you live or what kind of life you lead; it remains irrevocably linked with the rest of the creation.

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Sleep Talking Therapy, a boon for all the mothers out there.

It's a magic, mothers can do by talking to their kid while they are asleep. A simple yet very effective therapy.

Every child is different and has his/her own likes and dislikes which may not necessarily be correct. But as mothers we respect it. However, some inappropriate behaviour has to be changed and it's a daunting task.

Some basic behavioural problems:

- Sibling rivalry
- Bed wetting
- Nail biting
- Being dishonest or disobedient
- Poor eating habits
- Poor sleeping habits
- Being shy
- Problems with speech
- Complaints from neighbor or from school about his studies or activities.

Solution is simple – Sleep Talk Therapy.

It helps you to tap in subconscious mind of your child and get the desired behavioural change. Additionally, gives them reassurance of unconditional love by whispering positive thoughts. It is simple, non-intrusive therapy to boost self-esteem and help child overcome behavioural challenges.

Process is designed for children between 2 – 12 years of age and is easy, taking few minutes in a day at bed time. Start the therapy after the child has been asleep for 45 minutes. Initially talk for about 2 minutes and gradually go to 5 minutes.

Start speaking positive phrases to your child. Repeat the affirmations for minimum 4 weeks so that kids are familiar with the phrases and accept it. Constant repetition helps child to remember it and imbibe in his behaviour.

Try 1 – 5 things initially, don't overwhelm your child with long list. Say it as a statement. This will help your child believe the statement as a fact & not something they aspire to be.

Please remember to speak POSITIVE statements, avoid negative words & phrases. When trying to phase out a bad behaviour, phrase it positively. Remove the negatives from the sentences like don’t, no, wrong. Focus on improving & not pin pointing.

Within a month you will witness improvement in your child's behaviour. And there is absolutely no side effect. Also, it creates a beautiful connection between parent and child. You can use this therapy to change inappropriate behaviour, create values in them etc. Once you've got into the routine of using this therapy it's easy to address other issues.

Some positive phrases:

- You love eating green vegetables
- You have a shiny beautiful nail
- You love reading
- You are soft spoken
- You are obedient
- You are a happy child always smiling
- You are honest
- You are confident and calm
- You are safe, secured and loved
- You are helpful

These small positive phrases help a lot in the long run. We as parents have huge influence on our kids. It is our responsibility to help them reach their full potential and become happy successful individuals. Our children are moulds in our hands.

It’s Wonderful as kids’ benefits & the family feels happy. The best gift you can give your Child.

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Womenshine.in | 26
Things to keep in mind during early Pregnancy

The first trimester is the most crucial time for a pregnant woman as during this time, major developments take place in the unborn baby. The mother must take utmost care of herself and the fetus to avoid any complications and risks.

The moment you realize that you have conceived, it is best to make your baby and yourself the priority. The most common pregnancy symptoms are:

• Nausea or vomiting
• A missed period
• Pain in the lower abdomen
• Cramping in the legs
• Sudden tiredness

Important things to do during the first trimester:

• Book an appointment with your doctor so that you can be guided thoroughly on your weight, diet and exercise.

• If you have any other health issue which might need attention, address it to your doctor and if you are already under any medication, discuss the same.

• Your doctor will prescribe a set of prenatal vitamins which is a mandate to consume. Do not skip them under any circumstance as it could turn out to be dangerous for both you and your baby.

• Smoking, consumption of alcohol and drugs should also be stopped.

• Start with light exercise as your body needs to be physically active. If you have never exercised before, you could begin with walking 10 minutes a day and increase it gradually once you feel comfortable. But, do this after consulting your doctor.

• Include some form of meditation and do things that make you happy. The key is to be joyful and to avoid anything which will cause stress.

• Avoid junk food. Have freshly cooked home-made meals. Instead of 3 heavy meals, have 5 to 6 small meals. Make sure you drink lots of water to keep yourself hydrated.

• Include fresh fruits and vegetables in your diet. Have dry fruits and other healthy snacks in between meals to keep your hunger satiated. Try and limit the intake of caffeine.

• Folic acid supplements are very important as folic acid helps in avoiding neural tube defects in babies.

• Avoid lifting anything heavy.

• Take a lot of rest and pamper yourself.
Try and avoid these activities during early pregnancy:

• Sauna

• Adventure rides

• Running and jogging – If you have been running all your life then, with your doctor’s consent, you can continue with this activity throughout your pregnancy. It isn’t advisable to start fresh when you are pregnant. A better alternative would be walking. It is easier and the chances of losing control over your body are also ruled out.

• Cycling – Cycling is a totally bad idea for expectant mothers. Even for the experienced ones, it is only recommended until the second trimester as after that, the body’s centre of balance shifts due to the growing belly.

• High impact aerobics – It involves a lot of jerking and jumping which could increase your chances of a slip or a fall and can result in an injury. Also during pregnancy, as your body expands, your ligaments tend to become loose.

The bottom line is to avoid anything that gives you stress, be it physical or mental. Pregnancy is the most beautiful and joyous phase of a woman’s life. Enjoy this experience to the fullest and treasure its memories.

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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**

**LEO**

_Leos are the most confident and charming people among all signs. You need to beware of their temper if they don’t like something because it will be pretty evident on the face. They are pretty sensuous, loyal, stubborn and love to treat their partners like a king or a queen._

They are a perfect lie detector, so don’t hide things from them else you will see the side you would never want to see. They are also the life of a party and have their own methods in their work._
The most compatible signs with Leo considered being Aries, Gemini, Libra and Sagittarius.

The least compatible signs with Leo considered being Taurus and Scorpio.

Leo and Aries
Both signs can understand each other without putting an effort and have personalities which balance the dynamic of the relationship. One of the things which hold you together is the desire to be the best friend/lover the other person has ever had so never compare each other with someone from your past.

Leo and Gemini
Passionate and sensual is what makes these signs’ relationship fun and wild without indulging in any kind of drama or heavy emotional activity. One of the few areas of difference is that Leo needs a high level of organization and structure in life while Gemini finds order in chaos.

Leo and Libra
You both have a positive approach to life, curiosity inside you makes you to try new things and look for adventure. You both enjoy fun and drama. You’re both creative and will inspire each other. One of the few negatives of this match is that Leo would like to manage everything; this might intimidate Libra as they don’t like being forced to make decisions.

Leo and Sagittarius
You’re impromptu, generous, carefree, and enthusiastic. You both like to party hard and to let loose. Highly impulsive, will always add an element of adventure and this friendship will grow in no time. The danger in this match is that the Sagittarius outlook can offend Leo, who can be highly sensitive to personal criticism. Money may be an issue in this match because you both enjoy spending it.

Kopal
Tarot and healer
Monsoon is one of the best seasons to have a cup of chai and pakoras. But hey, with the monsoon, comes the disaster of bad, frizzy and unmanageable hair. Yes, I hear you, all of us have this problem during monsoon and I am going to help you save your hair.

The first thing I swear by is ‘oil your hair’. Despite what weather it is, your hair needs the essential nourishment. Oiling will keep your hair healthy. Just use a minimal amount of oil to massage your hair and scalp, excess oil will lead to more shampoo usage which, in turn, will dry your scalp out giving rise to itchiness.

Do you like going out in the rain and dance to the patter? Go ahead and get drenched but as soon as you come indoors, wash your hair and scalp thoroughly. The rainwater that you just enjoyed is loaded with acidic properties which are super harmful to your tresses. So clean that scalp first.

During monsoon and otherwise, you need to wash your hair 3-4 times a week. Particularly for this season, use an anti-bacterial and anti-fungal shampoo. The humid air can cause your scalp to itch.

If you are looking for a solution to your frizzy hair, change your shampoo and conditioner to ones that have anti-frizz properties and most importantly, add that anti-frizz serum to finish your hair routine. This will help you manage that frizz. Hair masks can do magic to your hair; you can buy one from the market or DIY masks for frizz.

To get rid of our frizz, we usually land up blow-drying and styling our hair. Styling products are a must to use when we blow-dry our hair or style them. But considering the high humidity levels, none of these products will be able to hold your hair in place.. So why not use a different styling way for your hair in the monsoon? Try scrunching your hair or just roughly twist your hair and tie it up for 20 minutes when it is semi-dry. This will add definition to your curls and is an easy way to style your hair without unnecessary heat exposure. You can also use hair accessories like clips, bands, or simple braiding or twisting your hair to create a fun look that will last unlike your blow-dry.

Some other things to keep in mind.
• Don’t comb your hair too often, it causes more frizz and static.
• Hold all your hair coloring and straightening treatments till the end of monsoon.
• Do not get a short hair cut in the already unmanageable, frizzy hair season.

Adapt these changes and show off a strong hair game this monsoon!

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Are you Sustainable?

Sustainability is so much more than just a buzzword; it is a way of life, influencing the way we eat, live and dress!

Because of the pandemic, the fashion industry has seen a massive shift from ‘fast fashion’, where the focus was on mass-producing garments with little or no heed to the environment, to one of careful creation and curation. Linen, organic cotton, bamboo, recycled nylon and even hemp is being used by an increasing number of designers and ‘zero waste’ is more than a marketing claim; it has become a mission statement for so many labels.

But with COVID changing the way we interact and socialize, is there any room for fashion? If so, how?

What we wear at home and to run basic errands is very different from what we wear to a lunch party or dinner. Today, fashion is about the 3 R’s – Reinvent, Reuse and Repeat.

With time on my hand in the lockdown, I've enjoyed reinventing my wardrobe and have discovered countless new ways to dress my wardrobe up. My mantra – be quirky and have fun with style; fashion is about expressing yourself and no manual defines the boundary of self-expression.
The lockdown has given me a ton of opportunities to reuse my old outfits. I’ve cut, cropped, distressed and re-coloured many outfits to make them relevant and trendy. Not repeating clothes is so last century. In today's sustainable age, the idea is to find ingenious ways of wearing the same clothes. A lot of my content and tips are centred on doing just that and I've been both amazed and humbled by how many of us are on the same page.

Another way to be more sustainable is to focus on accessorizing. 99% of looking good is making sure that you dress up the dress. It is amazing how two identical outfits can look completely different when accessorized differently. Keep it fun, go bold with colours, try neons and bright hues to breathe life into an outfit. Layer neckpieces and add different hoops to make it edgy, risqué or chic.

For those looking for inspiration, follow content creators whose style quotient matches your sensibilities. Another helpful way is to de-clutter your wardrobes; go to the forbidden part of your wardrobe, trust me I have found a treasure trove of clothes I had completely forgotten about.

Is sustainability a viable option?

Express yourself. You are what you wear. Be comfortable in your skin and do not be afraid to experiment. Be sustainable, it’s neither difficult nor expensive. True sustainability is a function of always being mindful of the environment and in finding ways to reinvent and reuse what we already have.

P.S. My current favourite fashion trend (comes with no surprise) is matching masks with outfits (sustainable, of course), fashionable shields and coloured gloves.
ADOPT, DON'T BUY

“Animals are a window to your soul and a doorway to your spiritual destiny. If you let them into your life and allow them to teach you – you will be a better person.”

- Kim Shotola

AND I SAY THAT IF YOU HAVE NEVER LOVED AND CARED FOR AN ANIMAL, IF YOU HAVE NEVER FELT A BOND WITH AT LEAST ONE OF THEM, THEN A PART OF YOUR SOUL WILL ALWAYS REMAIN UNEXPLOR ED AND UN-NURTURED.
Talking about a bond with animals, I am sure you must have noticed that children feel a natural love for all animals around them especially pet animals like dogs, cats, rabbits, some birds – it also extends to some domesticated animals like cows, goats, pigs, horses, donkeys, etc.

This is because a child's brain is functioned to love unconditionally and their minds and thoughts are not yet adulterated with prejudiced thinking. Animals possess the same childlike capacity – to love, trust, believe, give and to extend unconditional love and warmth.

Why do all of us need to experience this soulful bond with an animal? Because they are known to be the oldest and most loyal companions to humans since times immemorial. You must have noticed that most of the Gods, especially in Hinduism have a special association with some animal or the other. It is a proven fact that animals are the best link between humans and nature.

It is also a scientifically proven fact that animals are good for our mental health as they are potential stress busters and can help people recover from serious mental issues like depression, anxiety, fears, phobias, etc.

Some hospitals encourage therapy where dogs, cats and even horses are brought in to meet the patients suffering from trauma, stress, depression, anxiety and many such problems. Animals like dogs are known to be protectors and the best guards for not only humans but cattle and other farm animals as well.

These faithful friends are not only the best companions but are also the best teachers as far as learning about profound emotions like empathy is concerned – which in turn teaches us the basic importance of co-existence.

When a human cares for an animal, whether it is your pet who is considered to be the part of your family or a community animal who stays near your house or workplace, you learn and experience a sense of responsibility and love which is beyond comparison to anything else in the world. Most people who have ever lived with or loved a dog know that dogs love their humans selflessly and never hold grudges. They adore you and wouldn't think twice before risking their lives when faced with a threat to yours.

It is high time that we learn to be a bit more compassionate, empathetic and responsible for the animals around us. They do not have a voice to express themselves or take a stand for themselves. Let us come together to protect them and value their existence as much as they value ours.

ALWAYS remember to treat everybody around you with kindness and love.

If you have never done this before, I would suggest you try to –

1. Feed an animal every day and look into their eyes and notice how you experience one of the purest forms of unspoken love.

2. Help injured animals by rescuing them, helping with their medical treatment, stopping someone from abusing them physically, offering them a bowl of water or shade in the scorching heat of the summers or during heavy rainfall or try to make them warm and comfortable during harsh winters.

3. Put bowls of water and bird seeds for birds and nuts for squirrels and observe them enjoy it while filling your heart up with love, warmth and joy.

4. Adopt and get a pet home – give a chance to at least one community animal to live a life full of love and care and watch your own life getting flooded with joys that nothing else in the world can bring.

5. Treat animals with respect, love and most importantly, with empathy. They feel stress, trauma, pain, joy, happiness and love too – just like us!

Rakhi Kishore
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Womenshine.in | 35
When you were told that there exist two kinds of people - an introvert and an extrovert; did you find yourself placed in between the two. Well, there is another kind known as the ‘outgoing introvert’.

It is confusing to understand such beings but specific traits distinguish them.

• Outgoing introverts love to step out socially but need to plan their outings. An impromptu plan may not be their thing and it takes efforts to pull them through it.

• They are clear-headed and mostly figure out solutions to their issues. They would sit for hours to hear their close ones talk. They are genuinely interested in closing matters of concern rather than drag them. Quick fixes are a total win.

• Inner calm is utmost important to them. They shun shallow talks and degrading conversations. They are not the ones to know what's the weather outside or the salt in your food but are interested in stories and characters that evoke enthusiasm in them.

• Simple pleasures give them immense joy. A warm hug is their most treasured gift. They vibrate most when surrounded by their kind. Staying joyous is a reflection of their inner strength.

• Their temper is wild and their words can shear people into bits. When angry, they can be the worst person ever.

• They get annoying at times with constant bickering about their rules and are irritable with callous attitude. Cracked sounds, unwanted noise and monotony kills them.

• They seldom get bored alone, in fact, they need their alone time often.

• To them, discipline and ethics are a must.

Wondering how I know so much about them, I belong here.

Which one are you?

Nidhi Rashi Pidwani
@mamababygram
Whether it's rape or sexual harassment, both are serious offences as they not only involve physical injuries but severe emotional and mental torture. Sadly, there were no formal guidelines for sexual harassment until the final judgement of Vishakha and Others v/s State of Rajasthan on 13/08/1997, a case that started with a petition filed by Bhanwari Devi, a social worker in Rajasthan who was brutally ganged raped by Gujjar men for stopping child marriage. However, the accused was acquitted by the trial court but this injustice towards Bhanwari Devi led to several women and NGO's filing a collective petition concerning sexual harassment issue under the title ‘Vishakha’ in Supreme Court.

In the final judgement, the Honorable Bench of CJI Justice J.S. Verma, Justice Sujata Manohar and Justice B.N. Kripal highlighted the problem of gender inequality, sexual harassment at workplaces, rape and how the fundamental rights under article 14, 15, 19, 21, 42, 51A and 253 are violated. The bench laid down a set of guidelines known as ‘Vishakha Guidelines’ for protection of women that are as follows;

1) It is the duty of the employer at the workplace to prevent the commission of sexual harassment and also provide procedures for resolving, settling and prosecuting.

2) The term sexual harassment includes any unwelcome sexual behavior whether directly or indirectly:
   - physical contact and advances
   - demanding or requesting sexual favors
   - passing sexually colored remarks
   - showing pornography
   - any other unwelcome physical, verbal, non-verbal conduct of sexual nature

3) All employers at workplaces whether private or public without the prejudice to generality should take the following steps.
   - Prohibition of sexual harassment at the workplace should be notified, published and circulated in appropriate ways.
   - Rules and regulations prohibiting sexual harassment along with appropriate penalties should be included in the general rules and regulations of the government or public sector.
   - Private employers should include the aforesaid prohibitions under the Industrial Employment (Standing Orders) Act, 1946.

Womenshine.in | 37
- Proper work conditions ensuring respect of work, leisure, health and hygiene should be maintained so that there are reasonable grounds for a woman employee to believe that she isn't taken advantage in connection with her employment.

4) In case of any such offences, proper actions should be initiated per law by making compliant with appropriate authority under the Indian Penal Code or any other law. The employer also has to make sure that the victim is not victimized or discriminated for filing a complaint.

5) In case of any such offences amounting to misconduct in employment, the appropriate disciplinary actions should be initiated by the employer per rules and regulations.

6) In case of any such offences under law or breach of service rules, an appropriate complaint mechanism should be created to ensure time-bound treatment of complaints.

7) The complaint mechanism referred in point (6) should be effective to provide a special complaint committee that:

- is headed by a woman and not less than half of its members are women
- includes a special counsellor or other support services to maintain confidentiality
- includes a third party i.e NGO or any other body to avoid any pressure or influences by higher authorities
- files an annual report to the government department of the complaints and actions taken against them.

8) The issue of sexual harassment should be allowed to raised and discussed in the employee-employer meetings.

9) Awareness regarding the enacted rights of the female employees should be prominently notified as guidelines in a suitable manner.

10) If sexual harassment occurs as a result of a third party or outsider, then the employer should take the necessary steps to support and prevent the affected person.

11) The Central/State government should take necessary measures to ensure the guidelines laid down by this order should be observed in private sectors also.

12) These guidelines will not prejudice any rights available under the Protection of Human Rights Act, 1993.

Adv. Jagpreet Kaur Chandhok
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The road that is paved by your passion
your love, your obsession,
the thing that keeps you awake at night;
everyone pointed in the dark
where this supposed road existed
but nobody offered the light.
Nobody shared a roadmap.
Nobody knew how long was that road,
how hard
and whether it existed at all.
The road was an urban legend,
a fairytale,
mythology.
Everyone thought it existed,
very few were sure
and fewer were those who had dared to walk in the
dark.
Down the path that was unknown,
unknowable,
you don’t need a map
or lights,
they insisted.
Your grit will illuminate the road.
Your dream will show you the path
down the dark road of passion,
that is rough, long and uneven
but once you start walking,
you’d never want to stop;
not even when all is lost, dark,
broken.
Your resilience will keep your
weary feet moving
while your soul chases
the light
that is haunting, forbidding, beautiful;
the light,
that is your true bliss

—Runjhun Noopur
1. Tell us about that little girl who was fond of Painting in Chandigarh during her childhood days?

I do not remember a time when I did not paint. My father used to get these chart papers in bulk and my sister and I used to paint the Christmas and New Year cards in scores. I used to take part in every painting competition that was held and many times, won prizes. In the boarding school, there was an art room and I was lucky that my art teacher gave me free access to it. I painted in all my free time, mostly copying from the school’s notice boards but my father always pushed me to paint my imagination.

2. Your topic in PhD. was “Infinite in Architecture” can you tell us more about it?

Joining the Architecture College, I had arts and graphics as a subject which I was quite good at. My PhD topic was Abstract Ideas in Architecture. I had taken the abstract idea of the infinite as an example to prove my hypothesis of comparing the Oriental and the Indian architectural philosophy with the Western architectural philosophy and their impact on the contemporary architectural thought. Indian architecture is based on an ancient planning principle where the visible form alludes to the unseen. The square plan of the Garbagriha/sanctum sanctorum in a Hindu temple is based on the form of a mandala (geometric representation of the cosmos) which contains the cycles of measurable time. This cyclic continuity connotes the order of things in the cosmos - the time/space or the abstraction of the ‘infinite’. Western architecture is based on architectural principles that are logical and scientific. The representation of an abstract idea like ‘infinity’ in western architecture is limited in its scope because the moment one contains space, (as architecture is defined formally) it becomes finite.

3. Tell us more about your love for paintbrushes and canvases?

As I said earlier, I do not remember a time when I did not paint as a child. I did not know the rules and the technicalities then, which had its own advantages and disadvantages. Since I did not know the rules, I painted mostly instinctively, combining colours the way I wanted to, used the medium in my own way.

I paint mostly for myself, as a form of meditation. The feel of the colour across a canvas gives me a creative high and helps me maintain a balance in life.
I feel that my journey as a professional artist has been pre-destined. I am most fascinated by the architectural spaces and their manifestations, so my first exhibition was ‘In Between Spaces’. My father wrote his own interpretation of the Ramayana and he wanted me to paint some illustrations for it. So I painted the whole story of Ram in 65 paintings, which were exhibited in Delhi, Mumbai, Kolkata, Chandigarh and Lucknow. I did a solo exhibition on the architecture and monuments of Lucknow as this was very close to my profession and I wanted to give it expression through my brush.

My works exhibit my preoccupation with spaces, whether physical or metaphysical. These spaces are in between the sacred and the profane, the clamour and the silence, the light and the dark, and are the prime receptacle for life in reality and of the mind.

4. How do you manage the three roles - an Artist, an Architect, and an Academician apart from other roles, you play in life?

As an architect, my preoccupation with spaces is instinctive. I am trained to perceive the potency and impact of the open and bounded, the enclosure and the unenclosed, the infinite and the limited and the excitement of experiencing them sequentially or simultaneously. These spaces, not only are physical manifestations but also acquire the life, texture, smell and feel of the inhabitants. These paintings are a reflection of the spaces that are etched as ‘deep structures’ in my mind and mirror their soul. The architect in me wants to build spaces that may be impossible but the artist in me creates them on canvas. My academic bent of mind and the researcher in me fuels my themes as I want to express the mythical intangible thoughts through art as well as written genre. So basically all three complement and strengthen each other.

5. What message would you give to the readers of Women Shine?

Women have the ability to smile through any adversity and pain. If they believe in themselves, there is nothing that they can’t conquer.

-Team Ws
Have you ever seen any school children paying plastic waste as their school fee? I am sure, not. But this is happening in the far east, in Pamohi on the outskirts of Guwahati, Assam. This novel school with a brilliant concept is managed by Parmita & Mazin.

1. Tell us about you and your days with TISS.
I was lucky to be born in a family where kindness, compassion and empathy were more valued than good grades. My mother taught me to be kind and compassionate to everyone and that shaped my life. TISS was a good learning experience. I had already made up my mind to start a school before joining TISS. The experience helped me shape my goals and ideals.

2. What inspired you to start the Akshar Foundation?
I wanted to do something meaningful that could help people come out of the vicious cycle of poverty. Providing quality education to children seemed the best way. My husband wanted to change the education system to be more inclusive. Our goals were aligned: to provide better opportunities to the underprivileged and we started Akshar Foundation.
3. What is the uniqueness of the model you are working upon?

Akshar Forum is a model school where innovative teaching methods are developed and refined. It is a free livelihood school that teaches underprivileged children to earn a living, start a business, initiate development work in their communities and heal their environment. The school functions on the belief that all of the basic needs of the individual need to be met to escape cyclic, systemic poverty. Since charity can often breed dependence, rather than empowerment, parents and students are given the opportunity to earn what they need. Akshar Forum combines the functions of a school with those of an employment agency, business incubator and development agency. By addressing education and employment together, blending academics with vocational training, we can ensure our graduates secure gainful livelihoods and contribute to the development of their own communities.

4. What the most innovative feature of meta-teaching?

Meta-teaching is designed to address the problem of teacher shortage and lack of parental support. It is the training and employment of at-risk teens as teachers/coaches for younger students under the supervision of a senior teacher. We teach students how to teach and they become better learners in the process. Students are paid for teaching in tokens which they exchange for food, clothes, sports equipment, hygiene products and school supplies. This novel approach has yielded many benefits. Firstly, we have eliminated the practice of child labour among our students. Many students who formerly worked in a local stone quarry have opted to earn money by teaching instead. Secondly, employing teenagers as teachers have enabled us to arrange small classes comparable to elite schools. This way, children with no parental assistance receive valuable, daily individual mentoring from seniors. And lastly, students acting as mentors become better learners by teaching, gain confidence, work experience, leadership skills, a strong work ethic and they stay in school.

5. You received the prestigious Devi Award in 2019 by the Union Minister of Textiles and Women and Child Development, Smriti Z Irani. Can you share about the amazing work which made you get this award?

The award was for implementing plastic school fees in our school. All our students are required to pay a weekly ‘plastic school fee’. We wanted our students to work on an aspect of the environment that they can relate to. We learnt that they regularly burn plastic. So we asked our students to bring 25 plastic items every week which is recycled by teens at our school. The teenagers work in the Akshar Recycling Centre twice a week, stuffing plastic items into plastic bottles to make eco-bricks while earning some money which helps them stay in school.
6. COVID-19 pandemic must have affected students of Akshar Foundation as well. How are you coping up with this challenge?
The pandemic has affected the poorest section the most. Schools are closed but factories are open. Quite a few of our students are working as child labourers again to help out their families. We are providing food ration kits but that's not enough. Most of our students don't have smartphones. We considered providing it to them but then there is the question of electricity for charging. Also, it is monsoon in Assam now. Our students can't keep their books and worksheets dry, forget smartphones. This digital learning doesn't work for the poorest of the poor. We are giving our students worksheets twice a week, this is the best we can do for now to keep their education going but this is not enough. I just hope we can retain all our students after the pandemic is over.

7. Tell us more about Akshar Fellowship?
We are not going ahead with the Akshar Fellowship but instead, we will work in Government schools by training their teachers to implement our model. We have seen that schools revert to their original state once the fellowship gets over. We have to keep sending fellows continuously, which is not sustainable in the long run. So now we are working on a model to train government teachers to implement our model with full support from Akshar.

8. You and Mazin are a good team. Where do you both see Akshar Foundation in 2025?
Yes, we are lucky to have found each other. We complement each other's skills and that makes us a great team. We hope to implement our model in at least 100 schools in India by 2025. Our model works, we have seen how it transforms children and it needs to spread.

9. What was the most challenging part of your journey till now? How did you overcome the challenges?
We had two main challenges – convincing parents to send their kids to school instead of sending them to work to earn money and getting funding to run the school. We managed to convince some parents by saying that if your kids come to school, they will earn more as they learn more. But if they work now, they will get the same money for the rest of their lives. After about a year, parents saw the change in their children and since then, we have always had more applicants than our capacity to accommodate.

We are not a conventional school, so we didn't fit into the pre-tailored funding allocated for education. Funders also had a hard time believing that our model would work because we are the first school that hires child labourers at school to end child labour (it is controversial) and we have vocational training for teenagers. We were lucky to meet one funder who believed in us and supported us with our first government school intervention. Funding is always a challenge since the more funds we get, the more children we can reach out to, so we are always in constant need for funding.

10. What has been the most transformational moment for you in your journey?
Seeing the amazing progress of the students. Students who didn't know their ABC's in 2015 will be ready to take their 10th boards in 2021. We have seen angry and alienated kids transform into model students in our school. This gives us hope that this cause is worth fighting for.

11. If you are given a magic wand with three wishes to be granted, what will be those three wishes?
- Provide quality education to every child. Everyone deserves a chance.
- Stop the suffering of animals. They seriously deserve better.
- Universal basic income. No one should die of starvation.

12. What message would you want to give to Women Shine readers?
Trust your instincts. They are usually right. And be kind to everyone and every animal. Kindness doesn't cost anything but it can mean the world to some.
Tell us about yourself, what inspired you to become an entrepreneur.

I hail from a Feudal Rajput family located in a small town Shukulbazar, where girls are empowered but the avenues to explore their potential are limited. My Amma (grandmother), the pristine lady of her times was the best example for this, who attended the school in Princely India, till 5th standard. She used to share her accounts of schooling from seeing Gandhi Ji in her school to the perks of being a royal girl who would discreetly relish Paan(betel nut) en route to school.

Newspapers piled up on her table along with magazines and radio were quite a familiar site for us, it was her influence which led our parents to take some extra miles in pursuit of our education. My brother and sister were sent to big cities for schooling as the younger one and homesick, I remained with the family, pursued my studies with zeal but my school couldn't provide transport facility in the suburb, defying the social norms. I commuted 80 kms a day to attend school in a chauffeur-driven luxury car. I know the struggle of not having access to good schooling within our territory.

Soon after I got married, my father-in-law gave me a chance to try my stint at SJS Public School, Gauriganj. In conjunction to that I have started Priyanka Singh Foundation for the same cause. Sharing the workspace with my husband was a transient phase for me. The inspiration was a shared vision to provide the best possible resources to the students of remote areas to have access to education within our limited resources.

What is your business about and in what ways it is contributing to society?

I won’t it call it my business, in the first place as it is a shared commitment of SJS group to impart quality education in the rural parts of U.P. This comes with an affirmation to bring about a robust change in the society by nurturing the children and creating equal opportunities for every girl child in the area to have access to school, as I know the hardships and the societal stigmas attached to it.

I firmly believe the social system of our country during yesteryears and, today is quite changed but the robust impact can be brought through educating our younger generations, In defiance with the old practices of inequity, it’s our onus to be a good provider while constantly keeping a tab that equal opportunities are created and they reach the weakest section of the society not only through schooling but by creating job opportunities as well.

Apart from following the educational paradigms, we believe in creating one rather. To make our students confident and self-reliant we take them to excursions and inter-school events held on state and national level, so they become acquainted with the competitive world that awaits them outside the cocooned walls of our school!

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

I found myself in a job with no job description at all! A new entrant into the nexus, sharing the workspace with a family member and getting acquainted with the work culture was quite complex as the grapevine expands in such a system, so does the communication gap. I was surrounded by the people who believed they can do my job well. In the times of despondency, it’s the family that matters gradually those people joined us as the same.

I learnt the nitty-gritty of the system from my husband; we still work together, learn together and have our share of arguments as well. As, I am a mother to a toddler, now we share equal responsibilities that made me liberated enough to secure a degree from Harvard Business School in Entrepreneurship.

He helps me to carve out a niche for myself, in my ways, as I don’t go by any rule book.
If you are given with a magic wand with three wishes to be granted, what will be your those three wishes?

- To make this world a happy place
- To make people realize the value of their words
- To be a face in the crowd

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

I take life as it comes, am in total allegiance to the Almighty.

So how do you balance your personal and professional life?

Being a hands-on mother, my priority is to balance all the work be it professional or personal depending upon the nature of the call. My mother has sacrificed many things for the upkeep of our family business whilst being good at studies and vocals; she keeps on instigating me to maintain the equilibrium between work and family for the smooth functioning of the business.

Is there any person who has mentored/supported/inspired you in your business and how?

My Mother is the guiding force and my Husband is the guiding light, which shows me the path and keeps me grounded at the workplace.

Is personal branding important in your profession? What have you done to position yourself?

'A mistake, committed for a few generations, becomes a tradition'.

The eastern part of U.P is still the citadel of patriarchal customs, people find it difficult to deal with a lady sitting at the hem on an institution, and those subservient ones would often end up calling you ‘sir’ instead! This may-hem needs to be changed with branding, by giving women employees top positions. The branding of the institution as a whole is important which adds to our goodwill.

What is your USP which makes it unique & different from other Business in similar domains?

'You are as good as your last mistake'

Keeping the functioning of the school in alignment with the new technologies and trends, a zest to compete and the willingness to accept the failure as a lesson, this marks our USP.

Honesty and integrity are the lifeblood of our organisation.

Quickies:

- Your favourite food: Khichdi
- Your Favourite book: Gone with the wind
- You spend your leisure time by: Reading books and walking in the woods
- Favourite holiday destination: Ladakh
- The ideal person: My Mother
- Your Strength: My Son
- Favourite web series: Downtown Abbey
- Favourite Sport: Basketball

Your message for women entrepreneurs or those aspiring to be the startup owners.

An ordinary experience on a given normal day may become the catalyst of your life! Follow your instincts and choose your calling wisely. There is nothing in this world called ‘free lunch’, you have to earn it. Break the glass ceiling, there is no substitute for hard work, it pays off!

One word that defines you?

Rustic

Priyanka Singh Foundation on

https://www.facebook.com/fort
https://www.facebook.com/erst
https://www.facebook.com/erst
https://www.facebook.com/ernest
You can write to her on priyankasinghfoundation@gmail.com
**Healthy Quinoa**

**Method**
- Rinse quinoa under running water, gently rub it to clean. Strain and keep aside.
- Boil water in a pot and add the drained quinoa. Bring to a boil and reduce heat. Simmer for 10 minutes, When the quinoa absorbs the water, cover and keep it aside for 5 minutes.
- Boil an egg and keep aside (you can make a soft boil egg by boiling it for 6 minutes and cooling it immediately; the white will remain soft and tender and yolk liquid).
- Cut cucumber and avocado in triangles and tomatoes and mushrooms in halves.
- Slice the beetroot thin and then julienne (cut in strips).
- To cook mushrooms, heat a pan and add oil. Add mushrooms and sauté for 2-3 minutes add salt to taste.
- For the vinaigrette, add all the ingredients in a blender and blend. Your dressing is ready.
- Put quinoa at the base of a bowl, arrange all the vegetables on top. Keep the boiled egg in the center and pour the dressing on the salad.
- Garnish with chopped parsley or coriander.

**Ingredients**
- 75 grams quinoa (red or white)
- 150 ml water
- 40 grams cucumber
- 40 grams avocado
- 40 grams tomato cherry
- 40 grams mushrooms
- 30 grams beetroot
- 1 boiled egg
- parsley/coriander for garnish

**Vinaigrette**
- 150 grams extra virgin olive oil
- 40 grams vinegar/lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

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**- By Asian Chef from Mauritius**
Apple porridge is a delicious bowl full of health and goodness. It is loaded with fiber, calcium and essential vitamins. The freshness of cinnamon and fresh fruits along with the crunch of muesli enhance the flavors of this porridge.

This recipe is an ideal healthy meal not only for breakfast but for lunch as well, especially for the weight watchers.

Servings - 3

Ingredients
- Broken wheat rava (dalia) – ¼ cup
- Instant oats – 3 tbsp
- Water – ½ cup
- Milk – 1 ¼ cup (more if required)
- Cinnamon powder – ½ tsp
- Apples – ½ cup, peeled and diced
- Butter – ½ tbsp
- Honey or brown sugar to taste

To serve
Apple – ½ cup, cut into wedges or diced
Strawberries – ½ cup sliced
Muesli (as required)

Method
1. To begin making the porridge, clean and wash the broken wheat rava and soak it in water for an hour.
2. In a pressure cooker, add the broken wheat rava and water. Pressure cook for 3 to 4 whistles and turn off the heat. Allow the pressure to release before you can open the cooker.
3. Transfer the cooked rava to a saucepan. Add the cut apples, cinnamon powder and butter, mix well. Stir in the oats and milk and bring the mixture to a brisk boil.
4. Once it comes to a boil, turn the heat to low and simmer until the apples get cooked. Adjust the consistency of the porridge by adding milk or water.
5. Once done, remove from the heat and serve hot. Add brown sugar or honey, along with the cut apples and strawberries or any fruit of your choice and top it off with some muesli for crunch.
Stuffed Cheese Buns

Method:

• In a bowl, take flour and in the centre, add water, yeast, sugar & salt. Wait for a minute and mix it with a spatula to make a soft dough. (add more water if needed)

• Put the dough on a clean surface. Knead it for 10 minutes by stretching and then rolling it together.

• Add butter to the dough and knead again for 2-3 minutes. The dough should be smooth and soft.

• Now put the dough in the same pot and cover it with a cling foil or damp muslin cloth. Let it rest for 25 minutes.

• Meanwhile, put a pan on medium heat and saute the chopped onions in butter (caramelised onions).

• When the onions cool down, add the cottage cheese, salt, pepper and tomato sauce. Mix it together.

• Make even sized balls from the dough and flatten them.

• Put the mixture in the centre and put mozzarella cheese on it; shape them again into balls with the stuffing in the centre.

• Arrange the balls on a greased tray. Let them rest for 30 minutes.

• Brush them with milk and bake for 20 - 25 minutes at 200° F.

• Take the tray out and brush the freshly baked stuffed buns with butter and serve.

Ingredients:

(for the dough)
Flour - 250 g
Water - 125 ml
Yeast - 10 g
Salt - 1 tsp
Sugar - 1 tsp
Butter - 20 g (at room temperature)
Oil - 1 tsp
Milk - 2 tsp

(for the stuffing)
Onions - 2
Cottage cheese - 250 g
Salt (as per taste)
Pepper (as per taste)
Tomato ketchup - 2 tbsp
Mozzarella cheese - 50 g (grated)

Bubbly Nanda
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 thAs you may have read it so many times that everything in life is impermanent, even Dalai Lama recently mentioned in an article, he also face good days and bad days from time to time. All he does is to watch the thought why did it arise, what triggered it, and then asking for forgiveness and letting it go to the universe to take care of it without reacting on it. Taking 100% responsibility of what is happening in your life consciously or subconsciously, we all need to understand we attract certain thing in our life so that we learn from it, when lesson is learned you will see that pattern will also not come back. Whole point of living is to learn from every single thing, learn the art of detachment and acceptance, Still have compassion and forgiveness in our heart. But before this state you need to express your suppressed emotions through catharsis, the society we live in always ask us to behave, we are never able to express our core emotion, it gets stored in the subconscious mind, when triggering situation like this arises we fall back to hopelessness but the only way out is to express under safe place, there are various methods to do that, you need to change the stagnant energy though breath work, dance, drama, active meditation and many other ways, I can guide you though it if you want. Remember everything is impermanent, this will pass. You will get better.
Psyuni is looking for a full time intern

Qualification: Graduation
Experience: none
Skills: MS Office & Social Media
Stipend: 4K
Duration: 6 Months (likely to be absorbed)

Those interested please call 9140289280 for scheduling your interview.
Thanks for the overwhelming response for the "Monsoon Story" Contest.

Every photo, the visual story was really good.

Below are the four best photos among the rest wonderful ones.

**First:** Akash Jyotiburman  
**Second:** Ebaa Fatima  
**Third:** Vijaya Spandana  
**Consolation:** Rimzim Fuladi
See you in the next edition