SHAILI CHOPRA

NAVRATRI SPECIAL
9 Amazing Divas
Ramlila Story

SHINE GLOBAL
Effie Bachtsevana

HEALTH
Secrets to
Self care

MENTAL
HEALTH
SPECIAL
Celebrating mental health month

SWEET DISH CONTEST
& many more
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.

#SHELEADS is the main segment of the e-magazine; we will feature a personality who is famous, humble, and passionate about impacting the lives of Women. This month, read about Ms. Shaili Chopra.

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

‘Celeb’ of the month is Leslie Tripathy, a girl who believes in her dreams.

This month we have published a few articles on "Mental Health Wellbeing". Also as in the month of October, we have all celebrated Navratri so in this edition we have published about 9 Women who have paved their way in their lives and are working towards their dreams.

With a plethora of articles to read, subscribe to, 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.

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

Shine Aways
Aparna Mishra

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When it comes to the love and bonding between grandparent and grandchildren, it is most serene and pure. From the time a grandchild is born, date takes a special seat in their grandparent’s heart and lives, that couldn’t be filled by anyone else in the world. Now research has proven that no one can replace the role of grandparents in your child’s life.

Being with grandparents makes a child mentally strong and able to cope with adverse childhood experiences and trauma and their presence contributes to the child’s wellbeing. Even it is now said that the close bond between grandparent and grandchildren, lowers the risk of a child getting depressed.

It actually works both the ways, because when grandparents live with the kids, it keeps them occupied, and even kids feel a sense of security. It is said that grandparents are responsible for nurturing and mentoring a kid and also tend to open up to them a bit more than they would to their own parents.

Today, in some families both the parents are working and have very less time to sit and play with their kids. Here grandparents can be a playmate for your child as they have more time to devote. They are not very strict towards children; they find it easy to share their secrets with them. This bridges a generation gap and makes grandparents true and forever friends of your child.

Moreover parents feel relaxed as they can completely rely on their parents to watch or help their children in their absence. Grandparents have wealth of knowledge, leanings and experience which they pass on to the children and make them a better person. Their presence creates a sense of positivity in the house which makes it peaceful and lets us forget all our stress and tiredness as soon as we step in the house.
Children have a unique bond with their grandparents because there is so much love that is shared. The children who are raised up by their grandparents are more loving, caring and well-mannered and all of this is a part of a process that helps you to become happier and a mentally stronger person.

“What children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humor, comfort, lessons in life. And, most importantly, cookies.” – Rudolph Giuliani

-By Dr. Sandhya Dwivedi sandhya.psy27@yahoo.com
Some of the reasons that prevent people from obtaining mental health services:-

- Fear and shame: People know there is stigma in the society for having a mental illness and this is reason why they don't want to be labelled as “mentally ill” or “crazy.” They may also have concerns about how such a label could negatively impact their career, education, or other life goals which in turn keep them away from seeking help.

- Lack of insight: We may hear people saying that “there’s nothing wrong with me,” “I'm not sick,” or “I don’t need any help,” this signals a severe lack of insight. We can often see this in patients suffering from schizophrenia.

- Limited awareness: A person may acknowledge some mental health concerns but can lack full awareness of their significance or really don’t understand they have an actual illness. They may ignore or minimise their issues and say “everyone gets stressed out” or “my problems aren’t that bad”.

- Sign of inadequacy: Many people believe they are inadequate or a failure if they have to admit something is “wrong” with their mental health. Further, they believe that they must be weak or inferior if ask for help.

- Distrust: Many people express concern about “telling a stranger” about their problems. Additionally, they worry that their personal information won’t be kept confidential.

- Hopelessness: Some people have become demoralised by their mental health issues and believe “nothing will help me” or “I'll never get better.” These beliefs can be due to depression or hopelessness, and can be barriers to seek help.

- Practical barriers: Another common barrier to mental health care is inability to pay for treatment due to financial constraints. Not having reliable transportation and appointments for treatment that conflict with work or school schedules can also prevent someone from seeking treatment.

Let’s Pledge to break the stigma &seek help, when needed!!

Let’s be responsible for our mental health!!

Kritika Suri
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Gender is a critical discriminant of mental health and mental illness. The pattern of psychological distress and psychiatric disorder among women are different from those seen among men.

Women have a higher mean level of internalizing disorders while men show a higher mean level of externalizing disorder. Gender differences particularly in the rates of common mental disorders where in women predominate. Women who abuse alcohol or drugs are more likely to attribute their drinking to a traumatic event or a stressor and are more likely to have been sexually or physically abused than other women. Girls from nuclear families and women married at a very young age are at higher risk of attempted suicide and self-harm. Social factors and gender-specific factors determine the prevalence and course of mental disorders in female sufferers.

Gender roles have been culturally prescribed through the prehistoric cultures to the more civilized societies. The differences between men and women have been socially defined and distorted through a lens of sexism in which men are assumed superiority over women and maintained it through domination. This has led to underestimating the role of a woman's place in the diad of human existence.

It is necessary to understand and accept that women and men differ in biological attributes, needs, and vulnerabilities.

Mental health is a term used to describe either level of cognitive or emotional well-being or an absence of a mental disorder from perspectives of the discipline of positive psychology or holism. Mental health may include an individual's ability to enjoy life.

Gender is a critical determinant of mental health and mental illness. The morbidity associated with mental illnesses has received substantially more attention than the gender-specific determinants and mechanism that promote and protect mental health and foster resilience to stress and adversity.
* Depressive disorders accounts for close to 41.9 percent of the disability from neuropsychiatric disorders among women compared to 29.3 percent among men
* Leading mental health problems of the elderly are depression, organic brain syndromes, and dementias. A majority are women by violent conflicts, disasters and displacement are women and children
* At least one in five woman suffers rape or attempted rape in their lifetime.

All the female gender is associated with a favourable outcome, social consequences such as abandonment by marital families, homelessness, vulnerability to sexual abuse, and exposure to HIV and other infections contribute to the difficulties of rehabilitation of women. The prevalence rates for sexual and physical abuse of women with severe mental illnesses are twice those observed in the general population of women. In India, the absence of any clear policies for the welfare of severely ill women and the social stigma further compounds the problem stigma has been reported to be more toward women than men and also women caregivers become the target of stigma.

**SUBSTANCE ABUSE**

Although there are variations between countries, rates of substance abuse particularly abuse of alcohol, tranquilizers and analgesics are increasing around the world. Women are more likely to attribute their drinking to a traumatic event or a stress and women who abuse alcohol or drugs are most likely to have been sexually or physically abused than other woman. Significantly more major depression and anxiety disorders are found in female with alcoholism. Thus the profile of women with substance abuse problems different from that in male abuses. However increasing rates, services to assist women are limited.

Gender discrimination impacts all aspects of a woman’s life such as limited access to employment opportunities and qualities healthcare, which can result in poor health outcomes. Women who do not confirm to the socio cultural norms of their gender can face stigma, social exclusion and violence example ‘honour killings’. Women can hold multiple forms of minority status example due to their ethnicity.

Discrimination can we subtle or explicit conscious unconscious and permeates into all life domains and areas of society. Gender discrimination in the workplace includes harassment unequal pay and implementation of rules that puts one gender at a disadvantage.

Greater efforts are needed to reduce gender discrimination throughout society by raising awareness, level of new and better implementation of existing policies, more equal representation of females in position of power, as well as structures and environment that promote gender equality.

Women are exposed to a plethora of adverse experiences and environment that negatively impact on their health and well-being. Many of these factors are other gender specific example ‘gender discrimination’ or more common in woman example ‘child maltreatment’. This factor is intersect with many women experiencing multiple factors at the same time or across their life time, creating a lethal cocktail of risk that results in poor health, social and economic outcomes. There is an overwhelming need for co-ordinate prevention and intervention efforts that tackle these issues from societal, community and individual levels.

As a clinical and academic community we have a responsibility to raise awareness of these issues, ensuring that our structure and policies create a working environment and service that promote gender equality and women’s mental health.

- By Asha Verma
"Strongest people are not those who show strength in front of the world but those who fight and win battles those others do not know anything about".

During this lockdown, we saw so many cases of anxiety, depression, panic attacks which has now made people more concerned about their mental health.

Mental health is very important to live a healthy and balanced life. It plays a vital role as it has a great impact on our thoughts behaviour and emotions. It is an integral part of living a healthy and happy life.

Mental wellbeing is not just about a healthy lifestyle or good exercise; it is about feeling good about yourself. It doesn’t mean that you have to smile all the time, rather be strong enough to cope with challenges that life throws at us. It is normal to be stressed, but the way it is dealt with makes the difference because these negative emotions can even lead to serious mental health issues.

As physical health keeps us fit, mental fitness helps to achieve and sustain good mental health. And we are fortunate enough to know that recovery from almost all the behavioural health problems is possible.

Mental health is important at every stage of life, whether it is childhood, adulthood or old age. Being healthy emotionally promotes productivity in the work relationships and allows us to adapt to changes as well as it makes us realize our true potential and cope with the stress of life.
It is essential to care for mental health as it can affect our physical health too. There are a few things which you can do to maintain good mental health.

- Take care of your physical health: Try to stay healthy by eating well, getting enough rest and proper exercise. If physical health will be unstable then it will directly affect the mental health.
- Spend time with people you love: Being between people you love creates a positive atmosphere for our mind to relax as we feel valued and appreciated among those people.
- Get fresh air: Exposure to air and sunlight regulates your mood by releasing serotonin, a chemical responsible for the regulation of the mood in the brain.
- Work on your strength: Doing something you are good at builds self-confidence and helps you to tackle tougher tasks easily.
- Experiment and show some love to yourself: Experiment with new things and take care of yourself, by taking out time to laugh, as this makes a lot of difference in your life.

Take the power to take positive steps in your life to improve your mental health

– By Dr. Sandhya Dwivedi
sandhya.psy27@yahoo.com

“This mental health needs is more sunlight, more candor, and more unashamed conversation.”
– Glenn Close.
Sanjana* celebrates her birthday with her fiancé and she is delighted as she has been selected in the state service commission as an officer. About two years ago, Sanjana was depressed, suffered from insomnia, fear, panic attacks, excessive thoughts, and had suicidal feelings. She was diagnosed with an anxiety disorder and SSRI medication along with psychotherapy was recommended to her. During one of her therapy sessions, she revealed that her father was abusive and an alcoholic. Several years ago, when Sanjana was in school, he got terminated from the police department as he had attacked his senior with a sharp weapon. He would often abuse Sanjana's mother and hit her badly.

Sanjana's mother suffered silently without uttering a word or asking for help. She did this because she did not want the neighbours to know that she was being beaten by her husband. She kept suffering silently and was terrified by her husband's behaviour and never shared her ordeal with anyone. Sanjana also started suppressing her feelings like her mother and would often feel insecure in her own home. All she wanted was a safe place where she and her mother could live peacefully.

Sanjana was an intelligent girl and would often question her own thoughts and get confused. She would have episodes of fear, and the fear of having another panic attack would often overwhelm her. This was followed by a phase of depression, irritability, lack of concentration, excessive negative thoughts, and palpitations, Sleep-disturbance, fatigue, aches & pain in the body, edginess & agitation. She developed extreme anxiety & fear and was withdrawn from her social circle. Many times, she would feel disconnected & numb. She would often dissociate in her class and look lost in her own thoughts.
Trauma can be subtle and is subjective in nature. Small incidents may trigger fear and it is very important to understand these triggers, because of the hyper arousal, the individual becomes hyper vigilant and suspicious. Small things or incidents may generate an intense fear and cause a lot of muscle tension and other psychosomatic problems.

The individual has to learn to self-regulate her emotions and release this trauma which is withheld in the body. Animals can very easily shake off this frozen trauma from their nervous system. Humans on the other hand, especially women have a weak nervous system because of their anatomy and can easily get triggered to a state of hyper-arousal which may lead to a state of severe panic and anxiety.

Post Stress Traumatic Injury is very common in our society however most of the women who suffer from it remain undiagnosed and suffer silently. There are several somatic therapies, better than the talk therapy and can provide a fast relief. Deep Breathing/Breathwork, Pranayam, Hypnotherapy, mediation & positive affirmations, Body Talk, Somatic Experiencing, EMDR( Eye Movement Desensitisation, and Reprocessing) have been found to be effective in resolving the stress- systems. One must always ask for help and reach out for support after identifying the early signs of stress.

Trauma can be subtle and is subjective in nature. Small incidents occurring in the daily life may trigger fear and it is very important to understand these triggers as the person because of the hyper-arousal becomes hyper-vigilant and suspicious. Small things or incidents may generate intense fear and cause a lot of muscle tension and other psychosomatic problems. The individual has to learn to self-regulate her emotions and release this trauma which is withheld in the body. Animals can very easily shake off this frozen trauma from their nervous system. Humans, on the other hand, especially women have a weak nervous system because of their anatomy and can easily get triggered to a state of hyper-arousal which may lead to a state of severe panic and anxiety. Post Stress Traumatic Injury is very common in our society however most of the women who suffer from it remain undiagnosed and suffer silently. One must always ask for help and reach out for support after identifying the early signs of stress. At a community level, efforts should be made for early identification and resolution of traumatic stress symptoms in women. This would truly lead women to feel safe, resilient & empowered.

(*The name of the client has been changed so as to keep the identity confidential)

-Written By Devendra Singh ,
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A group of women from the hills of Garhwal in Uttarakhand have been pushing the boundaries of patriarchy and reclaiming spaces. More than 30 women have come together from different villages of Garhwal hills to organize a women-led Ramlila performance in a traditionally male domain.

The women say that as of now they are the only group in India organizing this women-led Ramlila. But insist that this should encourage women all over India. “If women can be part of space programs, can occupy all high offices then why can’t we be part of Ramlila performances?” asked Lakshmi Shah, 46, who took the initiative

The group that started two years ago has now a crew of more than 30 women from different villages of the hilly region. Recalling the journey of the group, Shah said that like all beginnings, this too was a difficult one, both in terms of acceptance and convincing women to be a part of the initiative. But now they are a bunch of happy woman between 40-60 years, showcasing their acting talent to the people of Uttarakhand and winning hearts across.

“The most difficult thing to start with was to convince family members of the women let them step out and perform a rather unusual role,” Lakshmi said.

“When I went to meet the village head of Srikot Village in the region seeking permission and asking for help, we were not taken very seriously. However, eventually, the permission and logistical support were extended to us with the condition that the role of Hanuman is played by a man. We were also warned that without experience our efforts could be futile. But all this did not stop us and we went ahead. To our lovely surprise, we drew crowds larger than the traditional Ramlillas in the region. This also came as a shock, not sure if a pleasant one for those who undermined us initially,” Lakshmi added.

Unlike the traditional Ramlila, this one begins after Dussehra when men are done with their performances. Explaining this delay, Rajeshwari Panwar, 54 said with a smile, “If we have it simultaneously with the men, there will possibly be a revolt in our families owing to us taking on the role of Kali when the entire family is offering Durga puja”
The organizers also believe that this has helped in improving the health of the women members. “The preparation for Ramlila also ensure that women come out to rehearse, get adequate sun, remain mentally fit and more than all the Yoga exercises during rehearsals keeps them physically fit,” Lakshmi said.

From next year the women are preparing for a female lead actor for Hanuman’s role as they have worked out a way to get permission from the elder folk. “This role will be performed by a woman who is more than 50 years of age and has reached menopause,” Lakshmi said.

Gauri, 40, another member of the crew, also a new entrant believes that more than anything else this event has given them a chance to understand the world from a women-centric perspective.

“Till now we have seen the world through the prism of men around us, in our families, they are the decision-makers of events outside the home. This is the first time in our lives that we as women have organized something on our own. We call our own shots and have the last say. This experience itself is very thrilling,” Gauri said.

Interestingly even the male skeptics are cheering for the women on stage, who are drawing large crowds. 52-year old, Himanshu, member of the Srikot Village committee recalled how other men from his village had initially overruled the idea but that now all of them were pleasantly surprised with the success of the all-women Ramlila.

“When women approached us for some help with executing their idea of all women-centric Ram Lila, many of us laughed it off. Though we decided to extend them all the help we never imagined that this would turn out to be bigger than the traditional Ramlila. But we are happy about its success and would extend all help to these women in the future too” Himanshu said.

“It is also an indication that women of India are now ready to walk along with men in every sphere of life, not just in urban cities but also in villages,” he added with a visible sense of pride.

- By Asad Ashraf
Effie Bachtsevana is a music teacher, an author and an academic educational instructor. Born in Melbourne Australia, she settled with her family in Thessaloniki, Greece at the age of ten. Since she was very little, she decided to be a music teacher and started her fascinating journey in the magical world of music.

For the past 18 years, she has worked at the Music School of the Municipal Conservatoire of Neapolis – Sykies and Head of Music – Kinetic Approach in a Private Institute of Vocational Training.

She constantly seeks new paths and inspirational creative ways to pass down to her students, her vivid enthusiasm for music.

She has created and applied a pioneering teaching method called: Let's Playboomwhackers “Learn English through Music and Play”. Both of her books are based on a new groundbreaking teaching approach of music, English and play. Acknowledging the impact that her method had on her students she created in 2012, the first ‘Boomwhackers Orchestra’ in Greece.

Her pioneering venture has been the introduction of her boomwhackers method in the kindergartens and at the first stage of music education not only in Greece but in other countries like Bulgaria, Holland, Finland and Ukraine. It is also been used at private schools, Kindergarten and Nursery schools, English schools, Special Education schools and Professional training institutes all over Greece, Cyprus, India, Turkey and Australia. Since 2012, she has been the instructor of seminars addressing educators of all stages, focusing on using her method in education.
She has presented her method in
• the Council for Creative Education, in Finland.
• the International Teachers Development Institute (iTDi).
• Twinkl Australia teaching.
• the Korea-Philippines Teacher Exchange Programme Alumni Association (KPTEPAA).

Since 2017, she has been an external collaborator training educators of the ‘Harmonia Academy’ in Turkey.
She has been awarded with ‘Dr Sarojini Naidu International Award 2020’ for Women achievements in education and the ‘IUEF Stree Shakti Combatant – 2020’ for her commendable contribution in the category of ‘Education Excellence and Innovative Practices’ from International United Educationists Fraternity. She is also nominated for Global Teacher Award 2020 by Aks Education Awards.
Her extensive multi-year experience has taught her that a child can discover the secret of happiness only when they truly love what they wish for.
Teaching for Effie is passion, is the difference we make in people’s lives. She deeply believes that we have to empower through teaching, to inspire and achieve.

-by Team WS
A multi-faceted celebrity, influencer, motivational speaker, debater, poet and an award-winning multi-lingual actress, Leslie was born in Orissa. She has acted in 14 languages including Hindi and is the author of a book, ‘Because I am a Girl’. With around 140k followers on Instagram, Leslie is hosts her talk show, ‘Leslie Show’ which has made her popular overnight.

Since childhood, she was always self-reliant and preferred to do the tasks at hand herself. Being self-reliant, she was never good at taking orders. This has helped her evolve into the person she is. She calls herself the CEO of her life and said, “When I was in school, I knew I was destined for something special. A lot of my friends and teachers used to make fun of my dreams.”

While in school, she excelled in debate competitions, got many awards at state and national levels including Governor Awards for debate and elocutions. After a brilliant academic record in her graduation with a first class in English Honours, she studied journalism and mass communication at the Asian College of Journalism, Chennai.
Tripathy has received eight Governor Awards

Her house is like a library, filled with books. In her leisure time, she relishes reading books. She treasures the books authored by her father, Dr. Sailendra Narayan Tripathi, Professor in English. Her book, ‘Because I am a Girl’, is a testament of a girl with courage and conviction to dream big and achieve her goals, breaking glass ceilings and becoming a success despite heartbreaking obstacles and impediments. And she goes on conquering the world.

Her dreams and love for acting brought her to Mumbai, the city of dreams. She acted in 14 languages - Telugu, Tamil, Chhattisgarhi, Odia, Bengali, Marathi, Haryanvi, Hindi to name a few. Her choice of roles garnered her a huge fanbase, be it her powerful double role in ‘Rangobati’ or of a beautiful dream girl in ‘Rangrsiya’.

She has acted in the award-winning Hindi short film on overcoming Depression titled ‘Zindagi’. Her upcoming projects include a Hindi film ‘Aur Nahin Bas Aur Nahin’, a Tamil film ‘Iddhu Vedhalam Sollum Kadhai’ and a Marathi film ‘Bhavishya’.

Tripathy has received eight Governor Awards - Rajiv Gandhi Samaan, Youth Icon Award, Fun Fearless Female Icon for her respective excellence in Academics and Contribution to Arts, Culture, Social Service, Activism against Injustice and Women's Rights.

She uses her fame for good causes and campaigns in Orissa. She takes part in plantation drives, spends time with senior citizens regularly and celebrates life with kids at rescue centres.

Leslie is a fitness freak. She enjoys being in the gym and takes Yoga sessions. She is a vivid traveller and is always curious to learn from various cultures, lifestyles around the world. She is a great believer of ‘karma’ and has a deep trust in God.
Meet one of India’s most dynamic female leaders who is shaping the future of the internet by championing women and bringing them a platform to share their voice. Shaili Chopra is an award-winning journalist turned entrepreneur. Recently she launched a groundbreaking show called Sisterhood with Shaili where women confess their challenges and confront their insecurities. With every new initiative in the SheThePeople fold, Shaili is pushing new boundaries.

Shaili Chopra, founder of SheThePeople has a prolific career in journalism, which has now furthered her into entrepreneurship. She was the Editor and Lead Anchor at ET NOW, the Economic Times Business News Channel and earlier with India's largest TV network NDTV where she was part of the core team that set up their business channel NDTV Profit.

Shaili received the Stanford Draper Hills Fellowship in 2019, the Vital Voices Fellowship for 2017. Beyond Diversity Foundation also felicitated her with the Woman of Influence Award 2017 for her work with SheThePeople. In March 2016 Shaili was announced one of India’s Top 50 Most Influential Women in Media, Marketing and Advertising by IMPACT Magazine.

Shaili received India’s highest honour in journalism The Ramnath Goenka Award for best in Business Journalism. She also won the Media Foundation Best Business Anchor Award for 2010 and in the same year, the Federation of Indian Industry (FICCI) gave her the Young Women’s Achiever Award for contribution to media. She also won the News Television Award for the Best Reporter.
Women Shine caught up with Shaili.

SheThePeople, India’s largest platform for women with real stories — real women doing real work. You may not see them splashed over vogue cover magazines. These women subtly and inaudibly remain in the shadows of the world’s stage, avoiding the glare and glory of the spotlight.

Shaili Chopra created a platform to bring out these real stories that inspire....

1) You have built SheThePeople.TV into Asia's first media platform for women. As an award-winning journalist and now an award-winning entrepreneur, how has this journey been?

I love a good fight. And so all my journeys have an element of that. Setting up Asia’s first media platform dedicated to women didn't happen overnight. It takes grit and guts for a person to leave primetime television and delve into a digital world when few are taking those bets. Today reaching over 80 million in India alone, with six digital touchpoints, more than 2.5 million registered on our community network and millions in monthly eyeballs, we are building the women's internet experience.

I started SheThePeople.TV to create a safe space for women to express, share, connect and grow. It all started with my work in journalism. Reporting and presenting the news for NDTV and ETNOW, for over 15 years or so helped me build a global perspective. I put my Economic Honours and academic understanding to work. Over these years I also realised that we live in a gender skewed world, we thrive on bias and do little to confront our challenges. This became my driving force to start a platform for women that viewed them beyond a market for lipsticks.

We are creating a safe space for women to confess their challenges and confront their insecurities. With our new show Sisterhood with Shaili, we talk about issues that polarise society such as the right of women to sexual pleasure or how patriarchy grows at home. With Point Toh Hai, we are presenting everyday issues young girls face from resentful relationships with the family to questioning the history of bras and why women ‘must' wear them.

We are not a tab on a website. SheThePeople is the whole universe of women, viewing and presenting them as mathematicians, homemakers, builders, readers, opinion makers, scientists, tech lovers and more. We celebrate women speaking up, we celebrate women choosing to stay silent, we pick issues that impact women and polarise society, we question stereotypes and tradition, and we celebrate intersectionality.
I fell in love with the internet back in the 1990s and then when it made a social media resurgence, I fell for it again. I am not afraid of change, in fact, I embrace it. So when it came to opt for digital over broadcast journalism, I took a leap of faith. I quit my job at a time when I was at its peak. This gave me the confidence to take a chance on myself.

Growing up I come from an armed forces family where speaking up was the norm not an exception for girls. In that respect, I am very privileged and believe in using that upbringing and privilege to support others to speak up.

I always wanted to be a journalist and by the time I wrapped school, I knew that was my path. Journalism became a way of life. It's another word for my curiosity. I chose to be a business journalist back in the 2000s, was one of the youngest tv editors and soon became the face of a business channel. We were few women reporting and presenting business news back then, just a handful. From Warren Buffet, Tiger Woods to India's top economists and CEOs, I interviewed them all.

After three channels and 15 years, I had a deeper calling. I wanted to create something new, something never done before and something that promised to be a massive challenge – creating a channel only for women. Creating a platform where women would empower, engage, and elevate. Where they would not be a ‘section’ on a website but the universe itself. Where we discuss sisterhood, being stronger together, and explore ways to live life on our terms.

In a country of 1.5 billion people, women make for half the population.

But do we have a voice?
That people view women as a category. It’s a shame, women are a tab on websites next to Opinion, StartUps, Funding. Half the world is female and we need to recognize the power of that force. I filled that gap with SheThePeople. We believe everyday women, from all walks of lives are achievers. They are breaking new ground, fighting daily struggles, and coming out stronger. We are a combination of content and community that brings women together

“You Take A Chance On Yourself, Go Up That Hill, And Make It Happen!”

2) SheThePeople and you bring out stories that inspire, women who are fighting all odds to live life on their own terms. How do these stories resonate for you?
I am inspired by every woman. every single woman. By women who break corporate glass ceilings, by women who bake bread, by our didis who look after our children, by women who are unstoppable despite being abused by husbands or family, by women who are loud and vociferous about their opinions and by those who prefer to stay quiet and let others lead their battle. I am inspired by women who are making choices every day about themselves, their lives, their sexuality and more.

3) To be successful and innovative in the digital age we need a mindset change and agile ways of working, your thoughts....
Take a chance on yourself. Whether digital or on the ground, some things just don’t change. I have been a champion of using digital and the impact social media can have. People power is a reality thanks to the scale and power of digital. We need to collective use for this for the greater good.
It's a good challenge — to keep up with technology and know where your audience is moving, what they're embracing, how soon can you play catch up or stay ahead of the curb. That, specifically, comes with the beast that is digital.

4) **Women are significantly underrepresented in the field of technology. Do you agree?**

Women are experimenting with technology and that's a good thing. Each one of us building new platforms, turning creators, exploring tech that delivers networks, opportunities, information and access are all testing the waters with tech. This is a good thing. From Grace Hopper, Kamala Sohonie or JanakiAmmal, we as women have plenty of inspiration from women in STEM. No doubt the numbers are small and what makes it harder is the general conditioning women have had, that of fearing technology.

5) **Lastly; Your advice to our magnificent women readers**

The one and only lesson – always take a chance on yourself. I never went into anything blindly; I went into it with open eyes and stared back in its face because I always felt that it was so easy for me to fall into the trap of self-doubt. Every time I have taken a chance on myself, I haven't felt bad or regretted it, and I think the reason for that is because I went in it myself rather than follow someone else.
Aparna Mishra is one of the eminent entrepreneur & a philanthropist, provided the foundation and inspiration for the emergence of the Aparna Consumer Services Pvt. Ltd. (ACSPL) & Sadbhawna Samiti (NGO) as trusted symbols of quality and excellence in the country's welfare programs.

Journey
She was born and raised in Barabanki, U.P. into a middle-class family. Her father, Lt. Mr. Kailashnath Mishra was a Doctor and the only earning person in the family & Her mother Mrs. Kamla Mishra was a housewife.

She always had the vision to serve the nation as an IAS officer but then due to considerable hardships and family challenges, she planned to join her father's NGO, Sadbhawna Samiti (Established in 1998).

She graduated with a bachelor's degree in political science, history, and Hindi and post-graduated in Medieval & Modern Indian History from Lucknow University and parallelly managed NGOs, (Sadbhawna Samiti) work which helped her to carry out awareness and development programs for specially-abled.

Before starting her own venture, she worked in Direct sales, Marketing & Insurance from 2000-2004.

She recognized the great role that could play in providing quality education and to contribute towards nation-building. Towards this objective, she decided to carry out awareness and developmental programs for the specially-abled along with inculcation of values and an appreciation of Indian culture. Her Vision and Mission has created a sustainable organization that is future-ready with a growing contribution to creating large scale societal value.

Social enterprise
Sadbhawna Samiti's “OPEN MINDS, OPEN HEARTS & OPEN OPPORTUNITIES” underlines the philosophy of the organization. This vision to SERVE THE SOCIETY is inspired by the NGO's strong values of Trusteeship, Transparency, Empowerment, and Accountability which are the cornerstones of its corporate policy. We recognize that the Company's capacity to create societal value will crucially depend on the continued robust growth of our businesses.
ACSPL’s aspiration to be a strong engine of growth is manifest in the strategy to create multiple drivers of growth that will make a substantial and ever-growing contribution to its partners. This Sustainability with its continuing theme - “All our dreams can come true, If we have the courage to pursue them.” - embraces within its covers our inspiration and endeavours to create enduring value for a better, more sustainable and secure future. It is with this commitment that we move into the future to create new horizons of shared progress and prosperity. ACSPL has a team of enthusiastic employees who works tirelessly to achieve the desired goals.

BUSINESS JOURNEY

In the same year 2008, she took the franchise of BASKIN ROBBINS. Baskin-Robbins is an American chain of ice cream and cake specialty shop restaurants. Based in Canton, Massachusetts, It claims to be the world's largest chain of ice cream specialty stores, with more than 8,000 locations. In 2012 she opened a hospital SADBHAWNA HOSPITAL and actively participated in welfare programs. In 2013, she planned to enter in the wellness industry. She associated with Kiran Bawa & Shilpa Shetty Kundra and started a wellness business in Gomti Nagar by the name of IOSIS which was a huge success and gave a remarkable response. The center is located at a very prime location in Lucknow i.e. Gomti Nagar and Ashiyana serving more than 5000 elite clients and attaining 100% customer satisfaction.

ACSPL holds more than 7 years of work experience with ISWPL.

In 2016 her father expired. After he left, she had to take a charge of her family's responsibilities and work harder as 2 of her sisters were unmarried.

In 2019, she established her own wellness center by the name of A-STHEVA WELLNESS (Owned & Operated by Aparna Consumer Services Pvt. Ltd.). A-stheva is a luxurious space for all the wellness needs nestled in the serene city of Lucknow located centrally in the hustle-bustle of the city lights. The center is designed to give an exhilarating experience with exclusive treatments and services that leaves you with an unforgettable memory of well-being and beauty.

A-stheva believes that mental health is the key foundation for happiness- that's what their treatments are all about. High safety along with hygiene standards in combination with our expertise and sincerity.
Other social activities

Aparna has been actively associated with several social-cultural and professional bodies, and held responsible positions reflecting her versatility and leadership. She has worked on Women Empowerment, opening of Sewing Centers, Diet & Nutrition projects, providing Shelter homes to minor girls, Organic Farming, and established a school of visually impaired. Her philanthropy and generosity knew no bounds, and throughout her life, she has helped the physically-handicapped and the needy with financial help and educational/vocational opportunities, thus enabling them to join the mainstream.

She thanks all of the company customers, suppliers and workers, to whom the gratitude is owed for ACSPL & Sadbhawna Samiti achieving the marvellous reputation and trust of those dealing with it.

You can visit us at below address to avail our services.
Aparna Consumer Services Pvt. Ltd. | Sadbhawna Samiti (Non Profit Organisation)
Regd. Address of ACSPL: A - 965/2, Indira Nagar, Lucknow, UP. 226016
A-stheva Wellness (Gomti Nagar Center): CF - 5, First Floor, Vijay Shree Complex, Above Axis Bank, Patrakarpuram Road, Gomti Nagar, Lucknow, U.P. 226010
Showcasing stories of 9 amazing women who have achieved their dreams and goals
I'm Kriti Gupta founder of TEX Technology Exchange, my entrepreneurial journey came as a "divine intervention" I would say as I was just an average student having basic goals in life, but life had different plans for me. I was working in Grafi Offshore Nepal after completing my engineering. Being quiet satisfied with my job when one day suddenly everything changed, yes I was there when the massive earthquake in 2015 happened. But I loved my job soo much that I didn't thought of quitting and coming back home in Lucknow. I guess god was preparing me for the challenges as after earthquake, blockade happened. When life was getting tough with limited basic amenities their I got an offer to develop an ecommerce website for a client. It was a turning point in my life. After delivering the work successfully I started getting more projects, my mind said "Let's do this!", as I was just 23 I didn’t had anything to loose soo I took this challenge.

I started my journey as an entrepreneur from Lucknow in December 2015 with a motive of providing IT opportunity and facilities to youth and clients in my own city. I believe in the concept of "beti padhao and beti employ karo" as girls are very much able to give their best in every tasks assign to them and has an inborn quality of being a great multi-tasking and creativity.

With a Quote of "GIRLS IN TECHNOLOGY", i have talent female team mates at my office.

I also started with an initiative #discoveruttarpradesh where we promote the hidden gems of our state.

I was feature as your entrepreneur in city in Hindustan times.

Bagged WEAA Women Entrepreneur of 2020 Award recently.

Awarded CWE UP Iconic Entrepreneur Award 2019 by Rita Bhahuguna Joshi

Awarded Swayamsiddha Women Achiever Award Season 8
Neena Narayan is the Founder Managing Director of ISHTA - an MSME enterprise. An alumni of the St Stephen's college Neena did her graduation in Economics honours and then went on to do Law from Delhi University. A homemaker first, Neena has been practicing law since last two decades. Passionate about nature, environment, health and hygiene, in 1998-2000 Neena set up Rain water harvesting system in the Modern School, as a parent contribution. She actively participates in programs to raise awareness about recycling and environment. As a member of Ploggers of India she participates in drives to collect plastic on runs.

One morning in 2015 while she waited at her doctor’s clinic a question struck her- “How do Indians, especially women, children and the elderly, who are increasingly outgoing - pee safely in a public toilet- and the rampant urinary tract infections and other diseases that follow from an unsafe public toilet be avoided?” She was consumed enough by the thought that she spent the next year-and-a-half in pursuit of the perfect toilet seat cover. Numerous designs and several conversations with fabric suppliers, led her to finally invent a new toilet seat cover.

An easy to carry and use, waterproof disposable cover for toilet seats with a unique fold to address the unmet need for hygienic conditions, especially for women, children and elderly, whenever they use public toilets. The covers come in little pouches which can easily slip into a pocket or a ladies purse. Papery and soft on top, and waterproofed on the bottom, the foldable flap of the cover acts like a glove, preventing any contact with the toilet seat while fitting the cover onto it and its subsequent disposal after use. “Feels like silk, shields like steel,” is the sexy tagline for this decidedly unsexy product: “toilet seat cover”. Neena’s first patent for this cover has already been applied in India.
Thus in 2017 was born - ISHTA i.e. “Initiative for Sanitation and HygieneTowards All”. ISHTA focuses on hygiene products. It supports economic independence of women by employing women from challenged economic backgrounds. While still a struggling start up, ISHTA has been contributing socially to help build actual toilets and promoting hygiene initiatives.

The Hindustan Times (July 2017) and the Global Linkers forum (...) recognised the potential in the humble beginnings of Ishta’s journey.

HT Link:

Global linkers forum link:

In 2018, Neena leveraged the learnings from the toilet seat cover to design a special and easy to carry cover for seats for police vehicles. UP Police has been using these to shift accident victims. These special seat covers help maintain hygiene in the Police vehicles and are strong enough to be a cloth-stretcher on which the victim can also be easily carried.

Neena runs long distance, loves to travel and and trek. She believes that the best gift a person can give to their own selves and to their loved ones is good health and a clean environment. Her vision is to enable all and women, in particular, to achieve this as they go about their busy lives caring for everyone else. Her ask: “Love yourselves N Carry Your Care”- good health by hygiene for all.

Ishta’s journey has just begun and Neena looks to the long road ahead with excitement and hope to address several unmet needs in areas of sanitation health and hygiene.
On my first day of the Barista course in Rome, surrounded by people from different backgrounds and nationalities I am sitting on the first row, feeling both anxious and excited to learn about coffee. Did I just waste 1,200 Eur? What did I not know about coffee? I have been drinking it for more than a decade now. My trainer – medium height Italian guy, tattooed mostly around arms and very energetic enters with two open bags of coffee beans and wants us to close our eyes and smell. I recognize this, this one smells smokey, woody and burnt just like coffee that I drink every day. Oh, how much I love it! Then I take a whiff of the second bag, it smells like freshly baked bread with some nuts and caramel and I open my eyes. My mind went (sorry for lack of better expression) Voahhh! Is that Coffee?

I called myself a coffee lover but I knew nothing about coffee. I didn't even that know that it was a fruit and the seed of the fruit is what we call coffee bean. I also didn't know that coffee is not bitter. Much like wine, it has inherent notes. It can be chocolaty, nutty, sweet and even tangy. Sadly, (not too sad as it was a great experience) I had to go to a foreign land (where coffee is not even grown) to learn about coffee. India is the 7th largest producer of coffee and more than 75% of coffee is exported. While the world is brewing Indian coffee so beautifully, we are drinking bad quality instant coffee (which has less than 50% real coffee) or burnt and badly roasted coffee. I had to come back and do something about it.

I quit my job at a Real Estate Private Equity firm (this wasn't as easy as it sounds as according to a lot of people since I am a woman and I should stick to “comfortable corporate job” instead of running a business) to introduce people to good coffee and proper brewing. Most of us were missing out.

When coffee is grown, processed, roasted and brewed with a lot of care it is called Specialty Coffee. Care at every step. We, my brother, who is also my business partner and I decided to find good coffee. Although Blue Tokai Coffee Roasters grabbed the millennial mindshare, there were other speciality coffee roasters too in different parts of the country roasting some exceptional coffee. Since I understood brewing well, we decided to bring them all together and brew their coffee well while educating customers.
In April 2019, we opened our first takeaway outlet at One Horizon Center in Gurgaon, the office complex where I used to work. We needed a slightly bigger space to conduct coffee workshops and educate people, hence we opened our second outlet in Gurgaon, a small but comfortable 300 sq ft coffee shop. At Sixteen Grams Coffee, every cup is brewed with precision and care out of respect for coffee farmers and roasters.

The coffee shop became a place where people talked about coffees from different origins, about various brewing styles. It became a space where our Baristas could teach people how to brew at home... And then the pandemic hit. While our coffee shops were shut for more than 2 months, like everyone else we had to go digital to continue our mission and save our business of course. This is when www.sixteengrams.com was born, an online space where one can not only discover coffee from country's best speciality coffee roasters or buy a coffee maker but also learn about coffee or subscribe to coffee basis their taste preference. We have partnered with more than 16 coffee roasters and listed about 100+ coffees.

Our mission is simple –to make it easy for people to discover quality coffee and every cup of coffee that they consume or brew should be the best damn cup.
I was a very studious child in my childhood and always wanted to excel in academics. I wanted to be in the medical field but couldn't get through in the first attempt. My mother had strict guidelines, if I do not get through in the first attempt, I had to opt for Graduation from Science background.

Fortunately I got through a good college in Lucknow and went with my Father for the counseling session. He opted for a newer stream at that time, CLINICAL NUTRITION AND DIETETICS. I was a little apprehensive as thought it was like home science where I had to cook and was a bit dejected. But fate had different things in store for me. It was this stream with which I did my post graduation and made me, “NUTRITIONIST Tanya Sahni”.

Since then there has been no looking back. I honed the skills of entrepreneurship and am in a happy space as of now. I have also been associated with various schools and institutions with their Nutrition counseling sessions. I have been delivering talks on healthy lifestyle in various pre schools like, Little Millennium, Red Hill etc..

I took up a complete training session of 5 days on Sports Nutrition, at Army cantonment. Also have taken up sessions on nutrition for ADHD children and their parents. The latest in the list is training session in association with Times Pro for Dial 100 personnel.

Apart from the above I have been associated with various Dainik Jagran programs on Women health and Nutrition. I was also felicitated with women entrepreneur award by Dainik Jagran for my contribution in the field of nutrition and wellness. It’s been 17 years in the wellness industry. The pandemic of 2020, was an year of courage which has led me to online counseling of overseas clients...

I have also recently introduced slimming oils and cream under the brand name, FIGOURA, for people who were unable to visit our branch and by God’s blessings and blessings of my well wishers, the response has been very encouraging.
Turn your passion into profession just a step away!!!

Nidhi Sanghvi is founder of Nidhis Art Room, where all your crafting needs are met. By education, I am an MBA graduate in finance and by profession, I am a full-time crafter and teacher. Since my childhood, I use to make cards and gift them to my near and dear ones on their special day.

So in 2017, with my husband’s support, I started Nidhis Art Room, and since then it’s dedicated to fulfilling people’s requirements. Till date, Nidhis Art room has embarked its journey with more than 200 happy clients across the globe.

I am fuelled by my passion for learning and understanding the nuances of art and craft. Which not only helped me to grow but I was able to add 20 sub-product lines.

I consider myself as a “forever student” who is eager to build my teaching career as well as staying in tune with the latest crafting trends. Few years down the line I would see Nidhis Art Room providing eco-friendly solutions to all your requirements varying from gifting to decorating.

My Motto has always been – “Spreading love beyond boundaries “

Which I truly believe and follow. I would like to tell my readers to believe in yourself take the first step of doing what your good in, keep improvising and stay connected and updated to your market.
Divyaa an Economist, Shlokapreneur, Writer and Sochcaster is the Founder of GURUKULAM - The Shloka Learning Centre, Bangalore (Regd). GURUKULAM was found on 20th October 2014
GURUKULAM is the first of its kind ONLINE SHLOKA SCHOOL which caters to kids across the globe. The main aim of the School is to keep traditional roots in place thereby tapping an area left untapped - SHLOKA EDUCATION
1. I started off Gurukulam on October 20th 2014 and worked with a few children in my apartment and found out that a lot of parents were keen on sending their children for such classes.
2. These classes are for kids between 3-16 years.
3. Shlokas are taught only in SANSKRIT (though Sanskrit is a language which children at that age ..i.e 5-9 years is not something they have been exposed to earlier....but I read that when kids as little as 3 are exposed to a variety of information...their grasping capacity is something spectacular...So push all that you can in their little brains and see them gain as much as knowledge as possible is what I believe in)
4). I used to do One-on-One classes for kids at their residence during 2014. These classes were actually called the Mother-Baby Duo classes where kids as little as 2 and 3 were exposed to learning shlokas but here the mother used to do more learning than the kids.
So here the mother was more the teacher -Mothers are indeed the best teachers!
5). Starting 2016 all our classes are ONLY through SKYPE/Watsapp videos. Gurukulam caters to kids across the globe -India, USA, UK, Canada, Germany, Nerds, UAE, Hongkong, Singapore and India.
6). At present Gurukulam has close to 90 kids. Today we are an ONLINE SCHOOL only.
Other Services: Creation of Curriculum for Schools
Milestones: GURUKULAM has been featured in CNBC TV18, FEMINA, TOI, The Hindu, The New Indian Express, Bangalore Mirror, Deccan Chronicle, RITZ Magazine, Sheroes, All India Radio-Bangalore, Aval Vikatan, Ippodhu, TV5 News-Kannada and 40 other publications...
Awards and Recognitions:
Insights Success -Women Entrepreneur 2020
TIMES She Unltd Entrepreneur Awards 2020 - Jury Shortlist
Special Recognition (Category-Women Entrepreneur 2020) by MSME World
GURUKULAM is now on www.sochcast.com
GURUKULAM today is in collaboration with Spin A Yarn India
Website: www.shlokapreneurdivyaa.com
The country's longest highway tunnel was inaugurated by PM Narendra Modi on October 3, 2020, and the people started using it since then, the riders were eagerly waiting to get the chance to cross it. Many male riders has reached to the tunnel and crossed it, but not any female rider has done that.

Pooja Yadav, a resident of Mathura, also had a dream to cross the Atal tunnel and she was aware of the fact that no female rider is planning to go solo to the tunnel, she decided to be the first female solo rider to grab the opportunity. She started her journey at 1 AM (Midnight) between 8 and 9 October and she was at the other end after crossing the Atal tunnel at 9 am on 12 October. She covered distance of 1600 km on her Royal Enfield from Mathura to Atal tunnel. It was a proud moment for her to be the first solo female biker in the world to cross the tunnel. Pooja, the first female bike rider to cross the Atal Tunnel has shown a great character and encouragement.

While riding solo, she reached Manali at 9 pm on October 11 and took a halt there. After that, she left Manali in the morning and crossed the tunnel at 9 am. She was about to return after registering her name in the history to be the first lady solo biker in the world to cross the tunnel, but it was closed for maintenance. The Atal tunnel remains closed every day between 9 to 10 AM and 4 to 5 pm for maintenance. Pooja Yadav said that people are not obeying traffic rules in the Atal tunnel so there are accidents in the tunnel she works for road safety too. She went to the tunnel, riding solo with the promise of road safety and spread the message of safe riding to others as well. An accident was about to happen with her too. Actually, while she was riding the bike with permitted speed in the tunnel, a person came with full throttle and overtakes her while that is not allowed in the tunnel.

Pooja Yadav, who has already done 12,000 km of solo rides in 18 states, tells that the southern part of the Atal tunnel is built at a height of 3060 meters, 25 kilometers from Manali, while the northern part is located at an altitude of 3071 meters near Taling, Sisu village in Lahaul valley. The horseshoe-shaped two-lane tunnel has an 8 meter wide road and has a height of 5.525 meters.
I have always painted as far as I can remember. Right from the school days, I was artistically inclined and represent my school in inter-school competitions. I then went on to submit my artworks for state-level competitions. Then there was a hiatus in my art journey as I needed more time to focus on the academics. I pursued art again on joining NIFT, New Delhi and had ample time for creative pursuits but was not completely focused on it. Recently, I have realised that art is my true calling and this is what I enjoy the most.

My life took a different turn as I completed my course in designing from NIFT. I specialised in leather designing and entered a career in export and buying houses though it did not excite me much. One day, after seeing a dervish painting, I was so mesmerized that it forced me to pick up a brush and started painting.

My fascination for Sufism found a way into my art and led to a Sufi series on canvas. It took around six months to modify and finalise my theme. During this journey, I practised on more than a hundred canvases, painting landscapes, mastering effects and colour mixing and improvising on my brush.

I worked for around 8-10 hours a day to perfect my strokes. It was then that I realised my passion for art. My first break was in Art Mall, New Delhi where I participated in a group show for Women's Day.

In my case, since I started small, I did not have any problems with funds. All I needed was some space for my art studio and some art equipment. I started with a small room in my house as a makeshift studio. The art materials came out of the savings I had made over a few years. My family has been very supportive of my work and have always encouraged me to pursue my dreams.

I believe that it is important to have courage and belief in your work. Don't get dejected by criticism. Some times, the response may come slow but if you have faith in what you do, you will get there.
The founder of a playful organization, ‘Green Buddies’, Anuya was born in Kanpur, Uttar Pradesh. She is a pharmacist and served the Pharma industry for a decade. In between, the journey continued with new roles being a wife and a mother. “Once you become a mother, your perspectives start to change and that is what happened to me,” she says. The ‘change within’ phenomenon made her jump into entrepreneurship.

On a visit to an Anganwadi in Bhopal, Ahmedabad on her son’s birth-day, she came to know that they need a swing for the kids. She de-cided to provide one to them but was in a dilemma of whether pur-chasing a swing and giving it to them or doing something better. It was then that the idea of using an old tyre and recycling it into a swing for Anganwadi scribbled in her mind. Surprisingly, children loved it. She then shared the picture of the swing with her son’s teacher. The teacher also got really interested in it and asked her to create a customised play zone for the school. And this gave birth to ‘Green Buddies’.

If you are wondering that why tyres, our country generates around 100 million ends of life tyres (and around 1 billion at world level) every year. These discarded tyres are either burnt or they go to the dumping zone which is hazardous to the society. Given this high accessibility, strength, mass and non-biodegradability, tyres are ideal objectives for reusing. This will help in preventing illegal dumping and managing solid waste in a better way. The end result is a beautiful and cost-effective recycled play station.

So far, green buddies have used 5000 discarded tyres and hence has impacted 10000 children in the country by making them happy and healthy and more interactive.

Her mantra is, “Darr sabko lagta hai, gala sabka sookhta hai, darr se matt darro, dar se aage badho, kyonki darr ke agae jeet hai!”

Additional Perks!
*Mentor of Change at AIM
*Winner, Global Recycling Heroes 2020
*Incubated at SINE IITB, Wee Foundation
Wellness is about Well Being and Well being is all inside and around you in this LIFE.

**What is LIFE?** Only opportunity to Live or you can say “TIME between BIRTH and DEATH is LIFE”

**WHAT is TIME?** Once gone never comes back

**WHAT is BIRTH?** A new LIFE

**WHAT is DEATH?** A Exit door from Life saying “Exit with No Entry”

LIFE whenever we talk about it we think about our and our Family's HEALTH and HAPPINESS. But look at the irony of mindset we forget about being healthy and happy in this life for this life and instead of it our priorities shift looking for having financial freedom, social status and luxuries in life. We take care of our home, vehicle and bank account balance but when it comes investing and taking care of our body where we actually live in we get stuck in questions like I should? I can’t and I won’t?

“Health is Wealth” a very old saying but in normal scenario health takes a backseat when we are busy earning Wealth and we forget that Nothing is as precious and valuable than a SMILE on the faces of your loved ones.

There are many people who want to look good feel good but they also think it will happen by thinking or going against nature like dieting, artificial process etc. We become what we eat. And just adapting a healthy eating habits & Lifestyle corrections we can surely enjoy Earning & being Healthy. But health like Nature only needs you to just follow the process and actually keep it simple.

Our Life revolves around Opinion vs Fact given by people around us. It's an individual choice to follow an opinion or a fact. Fact is reality and opinion is just a viewpoint. Fact is your health is your's and you are the only one responsible for it. Good health is Healthy Wealth. Life Philosophy plays a major in determining how your life functions on the basis of following facts or opinion. Transformation happens not in one day it happens with working in action to change direction every single day. Develop habits that make you healthy & happy. To build it you need to be a student in life. Know the information think over it and when you put your decision into action you will see the change.

While learning you will see Error in judgment repeated every day results in failure being healthy & happy and Success a few simple disciplines practiced everyday turn’s things around. One month one year Six years time what you are in terms of health, Money & Success will depend on how you managed your own philosophy. Things around you will not be the same .But things change because I choose success with adapting few disciplines.
Don’t expect anything to change around to make your change. When you change everything changes if you get better everything gets better every single day. Things will start changing for you. Get rid of the problem to change that is YOU. Solution to the problem is also YOU. Think and build a philosophy so that you become valuable to your loved one. BUT How?? I can help you to reach to the solution.

In this epidemic scenario when people have realized the importance of health over wealth but what is missing is a direction in which we have to proceed. Role of a Wellness Coach comes into play at this time. A Wellness Coach is a person who work with you for your well being physically, mentally, emotionally, psychology and spiritually…….

In about a decade long experience as a wellness coach I have realized under desire among people to stay healthy but they do not know how to when to and where to start. While there is no age group limit to start investing on health, I have seen in my experience that even a 7 year old child can teach a 70 year old person a lesson in healthy life. That is why I always say and believe that there should be no hesitance in taking help for starting something good. So Rather than making year lon resolution we should start immediately to work on or real wealth which is our health even if it means taking help of a professional wellness coach or taking lessons in life from a 7 year old.

SNEH HANSPAL
Wellness Coach

A GLASS OF EDUCATION
10 MINUTES A DAY
OPENS THE HEALTHY GATEWAY

ARE YOU HEALTHY HAPPY
OR
ARE YOU UNHEALTHY HAPPY

ONE GLASS, ONE CHANCE,
ONE LIFE, AND ONE
PHONE CALL TO KNOW.

9936754333
Secrets to Self-Care: No one told You about

Do you realize the difference between self-care and selfishness? Do you often indulge in self-love and self-care practices? Has it been in your list for long but you haven’t been able to execute it yet?

Procrastination has long been our enemy not only for the professional deadlines but also for personal to-do lists too. I suffered from mental health issues and my recovery phase made me realize a few important points which can be an eye-opener for you.

- Do you realize the difference between self-care and selfishness?
- Do you often indulge in self-love and self-care practices?
- Has it been in your list for long but you haven’t been able to execute it yet?

If your answer to the above questions is yes, then congratulations! You are a successful procrastinator in pushing yourself down in the priority list. But deep down we all crave for a little ‘me-time’ to just be ‘us’ for a while.
Here are a few hacks that I have incorporated into my lifestyle and might help you too.

1. Make a to-do list with all your professional and personal tasks of the day including sending texts, making calls to your loved ones, and me-time activities too.
2. Put up reminders throughout the day for taking breaks in between be it for snacking or stretching.
3. Mute your phone before sleeping. This tip works wonders as your beauty sleep won't be disturbed by any phone call or texts.
4. Once you wake up, make your bed. Post that exercise and stretch for a few minutes. This will cheer you up and prep you up for the day.
5. Do what you feel is good for you. Always listen to your inner voice and gut.
6. Make a list of the events that happened during the day. Cherish the good and bury the bad.
7. If anyone tries to bring you down or if things aren't going your way, always repeat- 'No situation or person is worth robbing you off my mental peace'.
8. Social media and digital detox for a few minutes every day. Out of the 24 hours, is 15-30 minutes without social media and devices too much? Indeed not!
9. While you are detoxing, do what gives you happiness and brings you peace. Take out some time for yourself in the day or night. Start from 10 or 15 minutes a day with small activities like reading a chapter of the book or starting your artwork, watching an episode of your favourite show, writing something down, or cooking. Once, you start doing it every day, it will become a habit which will ironically become enjoyable. You will soon find yourself prioritizing your ‘me-time’ in your to-do list.
10. Follow the 1:1:1 rule. If something is affecting you in this one second, this minute, it will affect you the next one hour as well. But it probably won't have any impact one year (365 days later) right? Them why stress over something and spoil the present? All it takes is planning, time management, and that one step of courage to make me-time your priority. The aim is to be happy and peaceful! Always surround yourself with positivity and happiness so that the negativity can't touch and affect you!

- By Garima Batra
bgarima08@gmail.com
MIRACLE HEALING WATER
Change Your Water... Change Your Life!!
with Japanese Certified Medical Grade Device.

Disease occurrence isn't in our hand, but living with it isn't wise and sensible.

* Are you suffering from High BP, Diabetes, Acidity, Constipation, Obesity, Cholesterol, Hairfall, Migraine, Arthritis, Joint Pains, Inflammation, Kidney Issues, Liver Issues, Cancer, Skin Diseases or any such common lifestyle diseases?

* Are you looking for a Healthy & Natural Solution?

* Are you Health conscious & looking for any precautionary measure which can help to prevent any lifestyle diseases?

If YES, then You are at the right place.

WATER THERAPY

BENEFITS : It Can Help In

✓ Weight loss ✓ Migraine & Headaches
✓ Hydration ✓ High & Low BP
✓ Liver Health ✓ Diabetes
✓ Digestive Health ✓ Joint Pains
✓ Alzheimer's ✓ Cough
✓ Bone Health ✓ Gout pain
✓ pH Balance ✓ Asthma
✓ Cholesterol Reduction ✓ Vein Blockages & Heart Diseases
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When you're in a place totally different from your personal norm, without any means of escape, there's no choice but to adapt to your new surroundings pretty quick. In our travels, we felt that way; even in the most foreign of circumstances, it doesn't take long to acquire a rudimentary, if far from deep, understanding of what's happening. For better or for worse, the foreign can't stay foreign long when you're stuck right in the middle of it. After travelling to 20 countries other than India, and 20 states across India over the years, we can now say that collecting tales of real experiences and encounters is definitely not easy. As we wandered looking for these, we went through occasional embarrassment, frustration, discomfort and anger. Thankfully the end product overshadowed all this.

In the last leg of our Western Europe trip, we travelled to Italy. Our sojourn started in Venice and covered Florence, Rome, Pisa, Bologna, Milan and the Vatican City in five days. It was nerve-wracking hectic but supremely rewarding too. We were out and about early in the morning till late evening. But first things first, you have to accept Italy as Italy, it's a rough and tumble country. Savour your cappuccino, dangle your feet over a canal and imagine what it was like centuries ago. Ramble through the rabble and rubble and mentally resurrect those ancient stones. There's something seductively charming about this country, its people and la dolce vita. Italy is the cradle of European civilization.
Early evening in the Italian towns is the time for the ritual promenade called the passeggiata, when shoppers, people watchers, families and young flirts on the prowl, all join the scene to stroll arm in arm and spread their wings like peacocks. In a more genteel small town, the passeggiata comes with sweet whispers of “bella” (pretty) and “bello” (handsome). In Rome, the passeggiata is a cruder, big-city version called the struscio (to rub) and people utter the words “buona” and “buono”, meaning, roughly and tasty.

In Italy, the temptations are on parade - in the streets and in the gelato shops. Gelato is an edible art form. Italy is best explored with long, meandering walks, and nothing refuels the body and spirit like cones of gelato.

STYLE MATTERS FOR THE ITALIANS

Though predominantly catholic Christian, the true religion in Italy now is life: motor scooters, soccer, fashion, girl-watching, boy-watching, good coffee, good wine and il dolce far niente (the sweetness of doing nothing).

Style matters for the Italians; it is very important to exhibit a positive public persona, a concept called ‘la Bella figura’. Italians dress well anytime they leave the house and they’d rather miss their bus than get all sweaty and mussed-up rushing to catch it. An elderly woman will do her hair and carefully put on makeup for her monthly doctor’s appointment and no matter how hot it gets, Italian men wear long pants, never shorts.
Our first stop in this eternally charming country was the romantic island city famous for St. Mark's Square and Basilica, the Grand Canal and singing gondoliers - Venice. The most powerful state in the medieval ages, made famous by Casanova, the greatest seducer and lover the world has ever known. Venice is two cities: one garishly touristic and the other so romantic and tranquil that it makes you go fortissimo in describing it.

Geographically small but culturally rich, Florence is home to some of the greatest art and architecture in the world. It was in Florence, in about 1400 AD, that the Renaissance began. After wallowing for centuries in relative darkness, Western civilization was suddenly perky, making up for lost centuries with huge gains in economics, science, and art. And Florence was at the centre of it all.

Pisa Cathedral is one of the most impressive churches in Tuscany, Italy. A masterpiece of Pisan Romanesque architecture chiefly famous for its bell tower, the Leaning Tower of Pisa. Pisa and it's Piazza Dei Miracoli have always been a fundamental stop on any trip to Tuscany. Despite the overwhelming presence of tourists from all over the world, who sometimes seem to have arrived here for the sole purpose of pretending to hold up the Leaning Tower – this sacred place still emits a timeless, evocative and powerful beauty. June is a great time to visit the city because Pisa hosts numerous local, traditional festivities, including the very famous Luminara, the Palio di San Ranieri, the Gioco del Ponte (Battle on the Bridge) and the Maritime Republics Regata (Regata delle Antiche Repubbliche Marinara), a centuries-old tradition of the Pisan Republic that, every four years since 1956, has revived a battle between the vessels of the ancient republics.

Bologna was real fun, the Neptune fountain is a major landmark in the city and has an interesting story behind it. The Pope appointed Giambologna to design and commission the fountain. Giambologna wanted to make an explicit and suggestive statue but the Pope didn't agree. Because you don't say no to the Pope, Giambologna grudgingly obliged, but secretly got his revenge. While standing behind and to the right of the statue, observers might notice Neptune's hand is extended in a particular way. His thumb pokes out past his leg, creating the illusion that the god seems very ... excited ... indeed. One need only look down at the statue's shadow (at the right time in the afternoon) to confirm.

Vatican City, a city-state surrounded by Rome, Italy, is the headquarters of the Roman Catholic Church. It's home to the Pope and a trove of iconic art and architecture. St. Peter's Basilica has so much that volumes over volumes can be written about it.

Our last stop in Italy before boarding the flight back home was Milan, a powerhouse city of commerce and fashion with spiny duomo, prestigious opera houses, and Leonardo’s Last Supper.

Enjoy the slice of Italy through our camera lens.

- by Ruchi Jain
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.

**SCORPIO**

Scorpio, being a water sign they are passionate and brave. Such persons are also loyal to friendship. They love making contacts, and always be resourceful when they are dealing with people. Trusting can be a big deal for them, they like to observe before opening up, besides this jealousy and secretive nature are some traits of Scorpio people which can make you feel that they are with you completely but when they are finally able to trust the other person that relationship last till the end, being passionate and truthful and they love spending time with people they belong to.

People who are not true to their words makes them angry and they discontinue the relationship right away.

The best match for a Scorpio is the fellow water sign
**Scorpio & Cancer**

This sign has an on going rhythm to it, when two water signs come together they flow and stay compatible to each other by understanding and fulfilling their needs, Cancer is a sign of Devotion and Dedication, they like to make people happy around them which makes the Scorpio feel secured and accepted, Scorpio likes to make the loved one feel protected and secured which makes can feel so special that they can always be enchanted with Scorpio.

**Scorpio & Capricorn**

They both are amazing together, they are like team mates, one completes the another. When life puts a task in their life, they come back to their innate qualities such as Capricorn’s patience and diligence helps the observational and imaginative Scorpio to work together and come out as a survivor, they both have an intense sensual energy which makes the life in more exciting. Only thing that they need to communicate each other about there needs, sometimes the need of acceptance and understanding can come as a topic, but it’s going to be amazing together.

**Scorpio & Pisces**

What an amazing co-incidence that you guys are in any kind of relationship with each other, Pisces with such a loving heart but always taking a back seat, asking others to move forward gives Scorpio a beautiful push and validation in every life, Pisces are full joy and childlike energy which makes the Scorpio feel in touch of himself and trust that he can be in his naked truth while in a relationship with Pisces, generally they are always happy together.

**Scorpio & Taurus**

This is a wild card relationship, this relationship is going to be so intense, transforming and magical if they are able to keep their ego aside, this relationship is like a mixture of elements, when two elements come together they become the third element because both of them are so powerful with their innate qualities that magical transformation happens.
Fashion and food are the two celebratory ingredients of any festival especially our Indian festivals. We Indian are unapologetically unabashed in all our celebrations anyway, add the element of festivity, sprinkled with some religious rituals and we are sure to take it to another level of spectatorship altogether!

Given the fact that the upcoming festivals of ‘Navrati’ rounded up with ‘Vijaya Dashmi’ and topped with the ‘Diwali’ mark the Win of Good over evil, this cannot become more metaphorical than this as we too are currently battling the evil of pandemic and seeking the end to this dark times that this unprecedented situation has brought in all our lives across the globe. We even saw the US Presidential candidate, Mr. Joe Biden, wish all the Indians/ POIs with this sentiment!

Just the way, our greeting ‘Namaste’ lead the world in the lessons of social distancing, it's only befitting that our celebrations too changes the mood from melancholic to euphoric and optimistic. Setting the stage for the same are the food, decor and Fashion! Going ethnic is the mantra and leading the way are all the celebrities who have suddenly started to wear their Indian sartorial choices on their sleeves! Let's all celebrate Indian Ethnic and fusion wear this festival season and not only that, let's add the spin of making our local win global hearts by endorsing our rich handicraft legacy. Also, today fashion has moved beyond mere trends, it is now about lasting styles, classics and sustainability. We can use fashion buying as a tool to empower self-reliance and economic revival too by investing in true ethnic products that are not just sustainable and support local crafts but also are heirloom treasures for our generations to come!
As in the current pandemic times, most of us are either going in for made to measure fashion or shopping online, be it a Sabyasachi or any online aggregator. All platforms offer a huge opportunity to support our local crafts. In terms of apparels, India is very rich and unparalleled in its offerings of textile materials and craft-based merchandise.

**CHOOSING AN ETHNIC TEXTILE**

As we advocate going ethnic this season, it is assumed we mean wearing a saree or a salwar kameez. Yes, it does mean this, along with many more apparel types to choose from but before we get into the product mix, let's take a step back and discover the world of heritage textiles that our ethnic fashion has to offer. Whether its saree or any other apparel, choice of fabric can range from Benarsi, the pride of India, to Chanderi silks, various kinds of Indian handloom silks like Tussar, Pochampalli, Kanjivaram, Jamaavart, Khadi, Ahimsa Silk, Matka Silk, Brocade, Patola, Ikkat are all finest examples or heritage textiles.

Besides the amazing weaves, we have a wide range of choices in terms of various prints and embroidery materials too. As the metallic prints make their come back, hand block printed textiles from Sanganer, Rajasthan are a cause that merit our buying support. Traditional tribal hand-painted textiles like Warli and Madhubani art too make for a breathtaking material which needs no further silhouette or styling enhancement. Bandhez and Batik are an amazing celebration of colours which complete a fabric on their own and need no further embellishment. Beautiful silks embellished with embroideries like Kashidakari, Zari Zardosi, Chikankari, Mirror Work, very much in trend too, Kaamdani, Kantha, Phulkari, Patchwork, Applique, Cutwork, beadwork, each offers its exquisite look to an ethereal attire.

**MIX YOUR STYLE AND OWN YOUR LOOK**

Besides the traditional textile material, as per the trends, we could even get the ‘in-trend’ fabrics like velvet, georgette and tulle too embellished with our choice of craft. Our fabric may be ethnic, our embellishments may be ethnic, yet our outfits could be as contemporary as we want them to be! If you are a teen or a twenty-something and are not a great fan of typical Indian attire, fret not! You could get an amazing dress, a crop top or a jacket done in traditional textile or material that uses the above-mentioned textile elements in trendiest or quirkiest of motifs and team them with a pair of jeans! Alternatively, get well-fitting brocade pants made and pair it with a cool statement T-shirt or a halter blouse or a sheer shirt! A sharp tailored skirt in traditional textile would definitely be a head-turner. How about a palazzo or wide-legged pants in a delicate sheer chikankari or zardozi material teamed with an interesting jacket or a shrug with a tank or brocade tube inside it! Or a jumpsuit in the same material for that matter would be hip too.

Dressing for the festival with an Indian feel to it doesn't have to be a limited choice of Sarees, lehengas, salwar kameez, gharaaras, shararas, sherwanis, Achkans, Sadris, Bandhgalas, Kurta-Pyjamas only. Although why not these as well!

How often do we actually don them in our regular schedule anyway?
GO INDIAN IN YOUR COLOURS

When celebrating festivals, it’s all about colours!! Marigold yellow is the hottest colour of the season. You can make a statement by endorsing the all-new Period red just launched by Pantone. Navy blue, Rust, Bottle Green and Olive, Indian Green, Purple, Maroon, Magenta, Wine etc are there to make you the cynosure of eyes. For a subtle presence, go for the pastels and soft tones like a blush rose, lilac, baby pink, pastel orange, mint, powder blue, lime, cyan, teal and the likes. Add a dash of neon to the outfit either as trims or as accessories or with your makeup to round off your festive look!

ACCESSORIES

Ethnic silver and costume jewellery, tribal jewellery, embroidered ‘jooties’, Kolhapuris, Nagras, Batuas, Potlis, Bindis, handcrafted belts embellished with shells, mirror work, handcrafted leather belts and bags, parandis, bangles, henna designs or henna tattoos, There is a whole range of ethnic accessories that can notch up your look beyond imagination!
Do anything but make sure to sport one aspect in your look that has contributed to a local craftsman’s festival cheer too!! That is what we call celebrating the festival with Indian style and spirit!

Happy Dushehra and Diwali to All!

-by Shipra Anand
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With the spread of COVID-19, we were forced to stay indoors which can be very gloomy at times. Here is a trick to change the mood - simply change into colourful clothes.

Colours and emotions are closely linked; they can make you feel happy or sad, hungry or relaxed. The reactions come from psychological effects, biological conditioning and cultural imprinting. The way you want to feel is in your clothes. Here is a list of colours to consider adding to your closet and the ones to let go.

**Yellow (to boost your mood instantly)**
Wear yellow when you are feeling down because it is the most energetic colour of all the warm colours. Yellow is not only a happy colour, it also symbolizes hope, inspiration and confidence. If it is overwhelming to wear a complete yellow outfit, consider wearing a small accent of yellow such as a scarf or a yellow bracelet; it will cheer you up immediately. If you are going for an interview, don't forget to wear yellow in some way.

**Orange (to energize yourself)**
Orange has the energy of red and the happiness of yellow. This makes it perfect for mood-boosting and is not as intense and attention-grabbing as red. Orange symbolizes determination, positivity, creativity and success. Just add a pop of orange the next time you have a work meeting or want to get something accomplished. Orange is so unique that it portrays energy yet it is inviting and friendly.

**Green (to relieve stress)**
When you are feeling overwhelmed, adore green to invite calmness and to relax. The colour represents health, new beginnings and wealth, bringing balance and luck. Its' soothing tone helps to mellow down. Green is also refreshing and reduces stress. To stay calm and relaxed during a stressful exam, add green to your outfit.

**Blue (to calm yourself)**
When you want the calmness and tranquillity of a blue lagoon, the go-to colour is blue. This restful colour symbolizes peace, intelligence, faith, and loyalty. However, if you are feeling a little down or sad, you may want to put on something much brighter. Blue is a colour that is both peaceful and calming as well as cold and standoffish.
Purple (for a creative spark)
Purple, a mixture of blue (calm) and red (intense), sparks creativity. It is surprisingly versatile and looks great with bold colours like yellow and even works well with neutral colours like white. The colour is associated with spirituality and intuition. So if you’re having trouble making a decision, wear purple and see what comes to you.

Pink or Light purple (to ooze romance)
To ignite the romance between you and your partner, wear pink or light purple. These subtle and tender colours make you feel playful and romantic. Pink makes you stand out and attract the opposite sex. You should consider wearing pink for those first dates.

Colours to avoid when you are feeling gloomy
Grey
This colour should be used with caution. You might have observed that in paintings and movies, shades of grey are elaborately used to show gloominess and sadness. While grey represents maturity, responsibility, seriousness and professionalism, the negative side of it is overly conservative, conventional and lacking in emotion. It is safe and quite subdued, serious and reserved.

Black and White
The effects of these colours depend on your cultural background and occasion they are worn on. While wearing black makes you feel sophisticated, classy, powerful, luxurious and elegant, in certain contexts, it can also refer to mourning or sadness. In the same way with a few cultures, people wear white for mourning. Otherwise in many cultures, white is to show virginity, purity and innocence. So, wear white clothes for a simple, fresh and clean look.

Now, that you know how colours can affect your mood, bear in mind changing the way you feel is as simple as changing the colours of your clothes. To get rid of lethargy, boredom and depression, wear warm and bright colours like red, orange and yellow that can energize and make you feel happy. On the other hand, when you are too hyper, wear cool colours like green, blue, and purple; they will make you calm down. Avoiding grey as well as dark and muted shades of any colours’ this will keep sadness, gloominess and depression at bay.

-by Hima Sailaja T
weavenation.india@gmail.com
Eggless Banana Cake

Banana cake/bread is one of my favourite teatime cakes. It is quick and easy to make recipe. The cake is light, soft and moist. And being made with whole wheat flour, it is not only tasty but also slightly healthy. It isn’t overly sweet and goes perfect with a cup of coffee.

**Ingredients:**

- Overripe banana – 3 (medium)
- Whole wheat flour – 1 ½ cup
- Brown sugar – 1/3 cup
- Walnuts – ¼ cup (crushed into small pieces)
- Olive oil – ½ cup
- Vanilla essence – 1 tsp
- Cinnamon powder – ¼ tsp
- Baking powder – 1 ½ tsp
- Baking soda – ½ tsp

**Method:**

1. Preheat the oven for 10 minutes at 180 degrees.
2. Blend the bananas and sugar in a blender.
3. Take out the mashed bananas in a bowl, now add oil and vanilla essence to it. Whisk all the ingredients.
4. Now directly sieve whole wheat flour, baking powder and baking soda into the mashed banana.
5. Coat the walnuts with all purpose flour and add into the mixture. This will prevent them from sinking in the batter while baking.
6. Gently fold the dry ingredients into the wet ingredients and make a thick batter.
7. Transfer the batter into a loaf pan and bake it for around 30-35 minutes at 170 degrees. Bake until the toothpick inserted in the bread comes out clean.

-By Neha Kulreshttha, Founder of Besties Bakery
Here is a superfood whose recipes you won’t have to look up because your grandmother probably garnished your meals with it anyway. Every winter, we’re sure there were huge stocks of til ke laddoo at home. And why not? Sesame is a great source of protein and has many health benefits.

The high magnesium count in sesame helps counter diabetes and reduce blood pressure. It’s chock full of phytosterols, which can keep cholesterol issues at bay. The high fibre content helps with digestion. From anaemia to arthritis, sesame seeds and oil can help your body recover from diseases and rejuvenate your health completely.

And did I mention just how amazing it tastes? The nutty flavour and crunchy texture make it easy to add sesame to anything, from salads to curries, dips to desserts.

Til ke laddoo make winters a much better time for people in North India because this seed is as warming as it is delicious. These laddoos are crunchy, sweet and just perfect for snack-time as well as dessert.

**Ingredients:**
- Sesame seeds or til - 1 1/4 cups (dry roasted)
- Jaggery - 1 cup (roughly chopped)
- Groundnuts - 1/4 cup (dry roasted, roughly chopped)
- Ghee - 1 tbsp
- Cardamom powder - 1/2 tsp

**Method:**
1. Heat ghee in a non-stick pan. Add the jaggery, and let it melt slowly. Stir occasionally.
2. Once the jaggery has formed a smooth paste, add the sesame seeds, groundnuts and cardamom powder. Keep stirring and cook the whole mix for a minute to let the flavours infuse.
3. Take the pan off the heat and allow it to cool down a little. Wet your hands, take a small portion of the mix and gently roll it into a laddoo. Follow the same process with the rest of the mixture. Store the laddoos in a dry, air-tight jar.
It creaks a thousand stories, do you hear them?
What do you relish in the musty reminiscence?
The pair of a lost earring is still looking for its twin, pieces of trinkets and baubles are all clinking.
The letters that were written once, held such a deep meaning.
The envelopes still linger that known fragrance.
Do you recognize it? It`s whose presence?
The old books have many tales but the rose kept in it tells mine.
It keeps many secrets entwined, My cupboard has a lot of recipes, my grandma apprised to me, the secret ingredients, of all the family culinary, my mom`s special oil potion, for long and healthy hair, which keeps my mane intact with care, Would have shared more if I had the time, this is mine.
What story does your cupboard creaks?

-Womenshine.in | 52
- by SIMI
Do you love them? Don't care for them?  
I'm talking about books! Life  
becomes exciting, riveting; with a  
book in hand, soar delightfully, From tales  
of fairies, talking Animals, Enid Blyton,  
Agatha Christie, it is! Move on to courtroom,  
biographies, travels, mythology, history.  
What is not there to be read and reread?  
Borrowing from library with meagre pocket money  
Exchanging with friends, driving a hard bargain  
Now blessed to have a library full!  
Family of Readers we are, and proud to be  
Books are our companions, in company  
In solitude, here, there, everywhere  
Books make us question, ponder, discuss  
Debate, make us write, give wings to thoughts!  
Kindle has entered, we have part converts  
But the touch, feel, scent of books  
That is comfort, like in Mother's lap?  
The rain splashing the windows,  
The fifty degree heat, the cold makes me  
Curl up with a book, and be transported  
Into the pages of lives of others,  
Worrying, smiling, teary eyed too!  

Reading a passion, worth cultivating  
Giving knowledge, guidance, inspiration  
Ups or downs, this friend is by your side  
Give books a chance, you will love them!
PROCEDURE

• Soak raw rice 1 cup in plain water for one and a half hours
• Drain the water and spread the soaked rice on a towel for 20 min
• Now grind it to fine powder and sieve through fine mesh.
• Now take jaggery three fourth of a cup
• Dissolve in a pan kept on the stove. Keep the flame at medium.
• Boil jaggery till the syrup hardens and could be rolled on to a ball.
• Now add the sieved flour and mix to form a paste. Add dry ginger powder and cardamom powder 2 tea spoons each.
• Add sesame oil and gingelly oil one tea spoons each
• Keep the batter for at least 12 hours. It will ferment and harden.
• Now keep a pan of oil of your choice.
• When it is sufficiently hot dim the flame to medium.
• Keep one sphere of the batter in between two folds of plastic sheets and press with a small bowl to spread evenly.
• Now put it in the oil to turn brown in colour
• Keep till brown at medium flame as it has to get cooked from inside.
• You will get crispy athirasam sweet and tasty.

INGREDIENTS

• Rice
• Jaggery
• Sesame Oil
• Gingelly oil

PREP TIME

Two days it turns slightly soggy and this is the right gut stage to eat.

Jyothi Dev
See you in the next edition