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*(For editorial queries, e-mail: connect@womenshine.in)*
Let's reach for the sky
Let's win over the world
Let's change the story…..

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. We are now 8 months old.

The year 2020 is been really kind to Women Shine as during this pandemic Women Shine Was born.

In our December Special, we have covered many stories of amazing women who have challenged themselves and living gracefully by impacting many more lives.

You will be inspired reading about Dhanya Ravi, Benzy, Anshu Rajput, Pramodini, Asha Devi (Mother of Nirbhaya) who are proud of their lives, despite so many odds they have gone through. Also, meet Tanushree Sharma and Sunita Bansal who are making an impact in the lives of many by pursuing their passion.

Meet a Woman Entrepreneur under #SHELEADS, Smita Sahay,Founder of Medicircle, who is following her dreams to make it big.

With a plethora of articles to read on Relationships, Health, Beauty, Arts, and Culture, Recipes, Travel Tales, etc.

Subscribe, and be a part of my beautiful Initiative.

You are most welcome to share your suggestions on womensshinemag@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.

A very Happy New Year to all my readers. May the year 2021 brings a lot of happiness, good health, and many opportunities.
The case is still going on. Anshu wants that whatever be the punishment decided for the perpetrator, he should understand that for a girl, her face is the most important thing and it means a lot for her. It can change her life to the worst. Due to the attack, only 30% vision left in one eye and the face is all disfigured with injury marks on chest and hands.

She has been rehabilitated by CHHANG FOUNDATION and is working in Sheroes Hangout, Lucknow since 2015.

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Through all the struggles and hardships, Anshu Rajput is now, a TEDx speaker at IIM LUCKNOW (2018). She was the Face of Courage Award in 2019 by The Quint. She visited Spain to represent Sheroes Hangout for SEP with the Partner ORG, Bekoz Beko, SPAIN. Anshu has walked the ramp with Bollywood celebrities (Mugdha Godse, Tisca Chopra, Preeti Zhangiani, Mahima Chaudhary and Soha Ali khan). She was also a TCM Speaker at RMLN University, 2019 in Lucknow.

We wish her luck in the future!
Acid! Just a vial of it was all it took to change my life and turn my world upside down.

And the bearer of it?

A soldier. A man in uniform who took an oath of service before self.

What an irony!

It was in 2009. Santosh Kumar Bedanta, a 28-year-old paramilitary officer in a camp in Tirtol, Odisha, near my college, had approached me. I politely said no to him. After all, I was just 16. I was in school. I had to work hard to make my dreams come true. Later, he met my parents, who gave him the same response. But Santosh couldn’t take it.

How dare she? What he did next was nothing short of heinous.

I was going home with my cousin, riding pillion on his bicycle. All of a sudden, two men on a motorbike came next to us and poured acid over my head, I recall in horror. My cousin didn’t know what to do. No one there had seen an acid attack before.

I was rushed to a hospital but lacked the initial first aid. I was burnt beyond recognition, lost my eyesight and was left paralysed. The case was reopened after I met the Odisha CM, Naveen Patnaik. Santosh, who was then at a military camp in Jammu and Kashmir, was arrested in November 2017. Though he tried to abscond, the police finally arrested him in West Bengal. Today, he is behind bars with a non-bailable sentence.

I left Orissa and started working at Sheroes Hangout Café with my mother, Kavita Roul. We were earning enough money to find hope for the future while I strived to recover my vision. Earlier in 2014, I went through an eye treatment at Dr. LV Prasad Eye Hospital in Bhubaneshwar. Due to lack of funds, I couldn’t continue.
In 2016, our campaigners gained some grip with the state government of Uttar Pradesh. The same year, I got along with other survivors who also had acid injuries, like me. I could attend the eye treatment at the Sankara Nethralaya Eye Hospital in Chennai. I had finally recovered my vision after the last surgery. I gained some sight of the world around me and decided to tell my mother to stay back and help run our family in Orissa.

This is Pramodini's story. She is now a motivational speaker. She has been doing campaigns for Stop Acid Attacks and Stop Child Sexual Abuse. She has done PGDCA, is a classical dancer and a writer.

She got rehabilitated by CHHANV Foundation. She has worked in Delhi for two months, Lucknow office for seven months, Agra Office for three months, Udaipur Office for six months, Noida office for six months and in CLAP (Committee for Legal Aid to Poor), Odisha for three months.

**ACHIEVEMENTS**

- ISD Women's Award
- Preerna Award (Otvy)
- State Award – International Day of Persons with Disabilities 2018
- JD Annual Design Awards 2018
- Human Library Bhubaneshwar
- Odisha Mirror Award 2019

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Whatsapp : +91 97922 01002
A well-known name in the startup and corporate sector for over 12+ years, Tanushree has left an immensely positive impact in all the places she has worked. She did her Masters, PG in International Business from WTC.

Her Mantra - "confidence is not just a feeling, but core perceptions of ourselves." She's someone with a golden touch, and her touch turns things positive and impacting.

Dynamic, multi-tasker, and an influencer would be the best way to describe Tanushree. She's someone who always works on the grassroots level to support people on various fronts. With a belief in the ideology of doing good, she leaves an impact where ever she worked, and that is what makes her special.

She is currently working on her dream project LoveActually.Me, a social enterprise focusing on people with disabilities (PWDs). Her motto of starting LoveActually.Me is to foster independence among PWDs on the social and professional front and bring behavioural change among people to treat PWDs with equality.

The LoveActually.Me work with an online and offline approach. Online they are coming up with an inclusive socializing app and offline they have been doing interesting activity iGNiTE - An Evening With PWDs, focusing on the performing arts skills of people with disabilities and boosting their confidence. She is personally mentoring one of the disabled digital content creator, and a product of their iGNiTE activity.
The interesting fact about them, they have a small team of ten people and four of them are PWDs. One of them is since their inception and the other two joined late and they are elated with their association with LoveActually.Me. Most of the NGOs and relative bodies focus on skilling people with disabilities to help them become employable, but no one ever tried to focus on making them entrepreneurs.

LoveActually.Me partnered with SP-TBI (Sardar Patel Technology Business Incubator) and coined Firstpreneur one of its kinds of incubation program focusing on PWD entrepreneurs. Their first batch will commence in Dec'20. They will handhold PWD entrepreneurs for 12 months and educate them on various facets of the startup arena. They partnered with NAMAN Angels India Foundation, for any startup which is working for PWD or related sector seeking funding and investment.

LoveActually.Me core idea is to represent people with disabilities from a different point of view. They should be seen and considered as a regular individual, not someone who's seeking validity of their existence.

They are working on a few projects which will be helpful to people with disabilities on a long-term basis. If anyone wishes to be a part of the incubation program of SP-TBI can connect with her at tanushree@loveactually.me

loveactually.me
Meet the Invincibles

Dhanya Ravi

Dhanya was born with a rare genetic disease called Osteogenesis Imperfecta (OI). She is known as India's glass women and is a recipient of State and National awards. She is a TEDx and JoshTalk speaker as well.

Academics & Profession
She was tutored at home until 10th grade by Mrs Victory and distant education; Bachelor of Preparative Program from India Gandhi Open University and Online Novel Writing Certificate Course from The Climber Knowledge and Careers Private Limited (An NSRCEL IIM Bangalore incubated company).

She is a sought after speaker in educational institutions and private establishments. It was her early life difficulties of having more than 200 fractures in her body and a lack of awareness regarding rare diseases that compelled Dhanya to be the voice for the disability community. Dhanya has addressed more than 4000 people globally. She has personally inspired many differently-abled people to improve their lives and careers.

She is active in mobilisation and sensitisation for OI, rare diseases and disability community individually and collaborates with different non-profit organisations (NGOs) in India and USA. She advocates for a more inclusive society and strives to raise awareness about rare genetic conditions. Dhanya is also one of the founder trustees of Aasmaan Foundation Trust and one of the facilitators for an inclusive dance group called 'The Invincible'. She also volunteers for audio reading for persons with visual impairments.

Her life stories and her experience of meeting different people around the globe through the Disability Awareness and Advocacy Program have brought her many testimonials. During the lockdown, she has been part of many webinars for college students and cooperates and has spoken on topics like inclusivity, mental health, social responsibility etc.

She is a freelance content writer, digital marketer and disability evangelist. Dhanya advocates the need for a more inclusive society and strives to raise awareness about rare genetic conditions. There is no permanent cure for OI but she wishes to bring in a policy wherein it is mandatory to screen for genetic diseases at the early stages of pregnancy. She is actively functioning with empowering projects at various Non-profit organisations and most importantly, playing a key role in creating awareness about the disease through public speaking, news shows, interviews, theatre performance and raising funds for drugs to treat rare diseases of people who fight with similar challenges.
Public Speaking & Activism
It was in her early 20s, a newspaper report compelled her into something she identifies as her purpose in life. She was instrumental in the formation of this organisation and was an active member of the organisation from 2010 to 2017. With Amrithavarshini, she began creating awareness about OI through public speaking, news shows and TV interviews.

She has appeared on television programs including Idea Star Singer - 6, Ningalkkum Akam Kodeeswaran (Who Wants to Be a Millionaire) and Ashwamedham (quiz show), Happiness Project and two times TEDx to name a few. She has been a part of many rare diseases program by raising campaigns through talks, social media, short film, theatre drama and participation in walkathon and marathons.

Recent Activities
- Volunteered to raise awareness of Covid-19
- Raised funds for the essential needs by AFT during the lockdown
- Nartana, inclusive dance by differently-abled individuals by AFT on August 15, 2020
- Helped raise 1,58,000 Lakh for people with rare diseases for their medical and assistive aids through crowdfunding. (2019-2020).
- Conducted India's largest fashion show for differently-abled individuals by #AFT on February 29, 2020
Awards & Recognition

- Recipient of D-30, 2020 by Diversability
- Walking Mind Docudrama | Bharath Chand | Sandeep Balan
- Celebrating inclusiveness on World Environment Day-2020
- Lack of awareness, stigma affects people diagnosed with Brittle Bone disease, Wishbone Day 2020
- Personality Development | Dhanya Ravi | Josh Talks Malayalam
- Recipient of Kerala State Award for the empowerment of persons with disabilities (Best Private Sector Employee – 2019)
- Winner of Spoorthi special award 2019 by Karnataka Women Achiever Award
- Recipient of National Award 2018 in the Role Model category by the Department of Empowerment of Persons with Disabilities under the Ministry of Social Justice & Empowerment, India
- TEDx Speaker 2019 decoding with disability
- One of the facilitators for an Inclusive Dance called 'The Invincibles'
- Speaker at KWAA - Karnataka Women Achievers’ Awards
- Speaker at Snehadeepam 2018 fundraising event, Boston, Massachusetts
- Speaker 2018: International Autism Conference hosted by Cadre the Autism Center, Trivandrum
- Visibly Invisible – interact One Step at a Time
- Won annual Inspired Indian foundation award (IIF) 2014 for initiating activities for social causes (from the governor of Karnataka, His excellence H. R. Bhardwaj at Raj Bhavan, Bengaluru, Karnataka)
- Speaker at We The Women Asia at Mumbai in 2018TEDx speaker 2017 Celebrating the joy of pain
- Speaker at Bangalore Tech Summit 2017 (Bio-Technology session for Rare Diseases)
- Won Certificate of Appreciation from ICICI Bank (advantage women)
- Have addressed motivational talks at various platforms including schools, colleges, corporate companies and public events (Kerala, Karnataka, Mumbai and U.S.A.)
- Recipient of Brave Bangle Award 2012 for the extraordinary women by film-brew (Kochi, Kerala)
- After witnessing her physical struggles, the building authorities at a hostel hall created accessible space (Global Accessibility Awareness Day 2019) in Bangalore
- Appreciation and messages on disability empowerment from some of the most influential people in India for enabling persons with disabilities to live independently and participate in the community-based program
- Many articles about her life journey were published in journals like DailyMail (U.K. edition), The News Minute, Times of India, Deccan Herald, Indian Express, The Better India, Your story, Vanitha Magazine, Manorama News, World Through My Eyes (Singapore edition) and Mathrubhoomi news.

Dhanya’s disability taught her to unlock her potential. This action of being able to connect those who could help with those in need helped me recognise a higher sense of purpose in her life. With a desire for Rare-disease free and inclusive India! She continues her journey by spreading social awareness and supports the community within her limitation.
आधी आबादी को एक समान अधिकार दिलाना ही मेरी प्राथमिकता - सुनीता बंसल
महिलाओं का बहुत कम योगदान देखने को मिलता है। पर सुनीता बंसल ने भाजपा संगठन में कई पदों पर कार्य किया है। इन्होंने माहिति महिला मोर्चा, उत्तर भारत में प्रदेश महिला प्रभारी और प्रदेश मंत्री के रूप में भी काम किया है। 2017 में हुए विधानसभा चुनाव में सुनीता बंसल को पोलिंग एवं मतगणना एजेंट भी बनाया गया था। इसे 2019 में हुए लोकसभा चुनाव में बलरामपुर लोकसभा क्षेत्र का प्रभारी भी बनाया गया था। इन्होंने लोकसभा चुनाव संचालन समिति में सामाजिक संगठन रुप में भी कार्य किया है। सुनीता बंसल ने कई समारोह पहलों में विभिन्न पदों पर रहते हुए 15 साल तक कार्य किया है। इन्हें पत्रकारिता के क्षेत्र में उनकृष्ट कार्य करने के लिए न्यायाधीश शोभा दीक्षित द्वारा सर्वश्रेष्ठ प्रदर्शन समान से समाधान किया। महिलाओं और निर्धारित के लिए किये गये काम के कारण इन्हें कई समागमों के द्वारा समाहित किया गया है। इन्हें रोटरी क्लब, लखनऊ के द्वारा तृणमूल अविवाहित अवार्ड और अखिल भारतीय वैश्विक महासमिति के द्वारा महिला सशक्तिकरण समान से भी समाहित किया गया। इन्हें पिछले वर्ष ही स्कूल फाउंडेशन, लखनऊ के द्वारा सेवा श्री समान से समाहित किया गया है। वाले स्वयंसेवा से मुक्ति दिलाई। इनका मानना है कि हम सभी को सड़क दुर्घटनाओं में घायल लोगों की तुलस मदद करनी चाहिए। सुनीता बंसल ने उत्तर प्रदेश राज्य महिला आयोग की सदस्य के रूप में उल्लेखनीय कार्य किया है। सुनीता बंसल का एक ही लक्ष्य है कि आच्छादन को एक समान अविकार मिल सके और उसके लिए उनका मानना है कि सभी को साथ आना होगा। 2020 में वैश्विक महामारी कोरोना के दौरान भी सुनीता बंसल का योगदान सराहनीय है। उन्होंने प्रायोजन और सहयोग अनेकों लोगों की मदद की। इस समय कोरोना और उसके बाद उपरोक्त हालत को देखते हुए प्राथमिकता गोद में आल्फिनर्म भारत अभियान की सुरुआत की। कोरोना महामारी के समय मस्क बहुत जरूरी हो गए है। सभी को यह भी जाना होगा कि उस समय प्राथमिकता ने घर पर ही गर्मियां और कपड़े के गायब से मस्क बनाने का आवाहन किया था। सुनीता बंसल इसकी महिलाओं के स्वयं से अवसर के रूप में देखती है। क्योंकि जब तक आयाम आवश्यक यानी की महिलाएं आल्फिनर्म नहीं बनेंगी, तब तक भारत भी आल्फिनर्म नहीं बनेगा। इसी दिशा में सुनीता बंसल काम कर रही है।
Benzy is an exceptional singer with Autism. She adopted the Indian classic ragas as therapy at a very tender age which gave some extraordinary results. Though her journey was not smooth, the determination of her parents brought colours in her life. She is not able to communicate herself properly but expresses her emotions through music. She began learning the Indian classical ragas from a very young age to help her voice & speech. Singing the ragas resulted in her feeble voice turn strong and melodious. At the age of nine, her first audio cassette ‘Basic Raagas’ got released. Her cassette ‘Koshish’, presented by Hrithik Roshan & marketed by Nupur Audio fetched her First National Award in 2004 from the President of India at the age of ten.

She is the holder of two Limca Book of Records – 2005 and 2015. She received a second National Award in 2006 from the Ministry of Women & Child and honoured by the Prime minister of India. Though all contestants were from the general category, Benzy won the gold medal despite her disability. She was felicitated by the National Karamveer Puruskar and A.I.R graded her as a permanent artist.

She is the brand ambassador of ICONGO & DHOON FOUNDATION NGOs. Her story has been featured by all print & electronic media. She has given more than a thousand performances all over India and internationally.

She used to sing old melodies from Hindi films. In her new album ‘Aashayein’, a ray of hope, she is singing for the special needs children for the first time. The album is presented by Ms. Lata Mangeshkar and is marketed by Nupur Audio. The album contains ten songs of devotion, mother's sacrifice, dedication, passion and heart touching emotions, all non-film based and fresh music.

With this album, Benzy breaks the myth that special needs children can seldom sing on freshly composed music, a must for playback singing. There is a need to revive music therapy which in turn can revive the lost hopes of the parents of special needs children who are otherwise treated as worthless.
Benzy has also received the Zee Astitva Award for rare achievement in Mumbai. Her song is a feature in International album, 'Songs of the Disabled Underground Vol. 3'; she is the only artist from India who got selected for the album. She was also honoured Dr. Batras Positive Health Awards. Shahrukh Khan blessed her instrumental album.

In her album, 'A Rosary of Raagas', she has sung all the sixteen ragas in one take and was highly appreciated by eminent classical singers Padma Bhushan Girija Devi, Sri Rajan Saajan Mishra and others. At present, she is being assisted by her Guru, Pt. Ramjee Mishra from Dumraon Gharana.

She has also been the recipient Best Creative Adult of India and Goodwill Brand Ambassador Award from the Grihlaxmi Magazine. Her music album was released by Amitabh Bachchan and Sonu Nigam.

You can watch more of Benzy on www.benzymusic.com or youtube/benzymusic.com
Meet the Invincibles
“SHE DIED LONGING FOR A SIP OF WATER. CAN YOU IMAGINE MY GRIEF? IT STILL HAUNTS ME.”

Avenging Nirbhaya

(In an insightful conversation with Asha Devi, the mother of the daughter of the country.)

"Since the beginning, we initially pinned our hopes on the district courts, later on, the high court and eventually when the Supreme Court also upheld capital punishment, we were optimistic that our daughter will get justice. When convicts’ review was rejected in 2018, we were always on the move for months. I have never skipped any hearing. I only focused on fighting to get justice. I had all my faith in the judicial system and was hopeful of justice." she said.

“We kept waiting for her outside the house”

Asha Devi recounts the day of December 16, 2012. It was a regular Sunday afternoon and around 3 pm, Nirbhaya left from home and told me she will be back in 2-3 hours. It was around 8 pm that we could not reach her and we started looking for her. We kept waiting outside the house when around 11 pm, we received a call from Safdurjung Hospital. As soon as Jyoti saw me in the hospital, she started crying.

"The doctor said he was unable to understand what to do, what to fix and what to mend," she added. After multiple surgeries, when she regained consciousness, she asked for water. The doctors told us there is no system in her body which can take even a sip of water. It still haunts me, I live in regret that my daughter was alive for 12 days but she could not even get a drop of water from this world.

“My daughter's misery fueled my strength to continue the fight for justice” Asha Devi fought for eight years with her applaudable perseverance. The justice got delayed by eight years, but finally, it was served. Her entire life tossed after losing her daughter. She had been moving from pillar to post to prevail justice and finally won after all the convicts were hanged to death on March 20, 2020.
“My family was humiliated, abused and mocked”
"People would say that the rapists have been framed. This used to break me and I felt that a crime like this does not just happen once, but again and again, in court, in society, at home because we had to repeatedly prove that our daughter was raped."
“Even today, nothing has changed in this country in terms of female security. If victims go to the police station and seek redressal, they don’t get proper treatment. Our judiciary is flawed, and people encourage such crimes by hiding them.
“The criminals get the strength from these delays and loopholes of our system and commit crimes because the exemption rate is so high.

Nirbhaya Jyoti Trust
Asha Devi, with her husband, founded and established the Nirbhaya Jyoti Trust to support women who have experienced violence and need legal assistance. Direct aid is provided through this trust to the survivors. Asha Devi fought for every woman in the country and stands for them even now. Her spine chilling journey is full of courage and exemplary perseverance.

-By Aditi Gupta
aditigupta0523@gmail.com
5 Offbeat New Year Resolutions

TO KICK START YOUR NEW YEAR

This coming year, it's the right time to put you first. Your plans for New Year’s 2021 are obviously going to be a lot different than what they used to be earlier — and the resolutions you make may look different, too. However, it's still a tradition to decide on a few New Year’s resolutions before the ball drops on December 31, and this year, a renewed focus on your health may be top of mind.

For 2021, fill your resolution list with easy, good-for-you goals. We’ve curated a list of some most meaningful New Year’s resolutions that you can pick up, put down, and re-engage in anytime you feel the urge. Moreover, they'll inspire you to achieve your best life while looking forward to the year ahead. By choosing to complete one (or more) of these intentions, you're officially well on your way to furthering your own happiness and fulfilment.

1. Develop A Good Relationship With Your Body

Most of the conventional New Year’s resolutions centre around changing our bodies in some way, whether by following a diet or joining a gym. In 2021, make it your resolution to start to love the body and skin you've got instead. While this absolutely doesn't mean you can't make changes to your diet and fitness regime if your health requires it, it does mean starting to positively affirm yourself in the process. Focus on improving your body confidence by looking at the things you do like rather than those you don't, and learn to dress according to your body shape, flaunting your best features.

2. Prioritize Eco-friendly Choices

Making a positive impact in the world might feel futile as an average person. Little decisions add up as a whole, though. Being environment friendly simply means having a lifestyle that is better for the environment. It’s just taking small steps towards looking after the mother earth to make this planet a better place for our communities and generations to come. A good way would be to start with conserving water, driving less and walking more, consuming less energy, buying recycled products, eating locally grown vegetables, joining environmental groups to combat air pollution, creating less waste, planting more trees, and many more.
All of us like having white noise in the background while doing stuff. Music is a nice alternative to flipping on a show. Why do we live for live music? On the molecular level, research shows that listening to music improves our mental well-being and physical health, it’s motivating and way less distracting. Plus: There are always better things to be doing than watching TV!

When you get into the habit of writing down your dreams every day after you wake up, you are sending a message to your brain saying that your dreams matter. Therefore, you will become better and better at remembering them. Chronicling your dreams can help you understand why you feel the way that you do each day. You may even be able to identify triggers for your thoughts and emotions that you may not always be consciously aware of.

If you’ve got the travel bug and want to see a bit more of the world, why not make it a New Year’s resolution to visit five interesting places you’ve always wanted to see? Even better, make a visual record of the year by making sure you get a photo of yourself taken in each place. Use your imagination to think of your own – the world’s your oyster after all.

Aditi Gupta
aditigupta0523@gmail.com
"Women Shine" have come forward to "Share The Warmth" with needy people. For most of us, winter is the time for comfort, good food, and warmth. But once think about those lesser fortunate people, who have no shelter, no blanket, no shoes, and no warm clothes. Hundreds of people die of shivery cold every year due to the lack of woollen clothes.

All the clothes were taken at various stores of Spencers. People donated their new and old clothes, footwear, blankets, stationery, etc in large numbers at various stores. These stores were in Fun Mall, One Awadh Mall, Lekhraj Dollar, Crown Mall, SRS Mall, and Vrindavan Yojna Spencer outlets.

This campaign continued for 10 days and got great support from Lucknowites. Extensive promotion on Social media gave really good results, told Ms. Aparna Mishra, Founder & CEO of Women Shine.

The Warm clothes were donated to an NGO Jeev Aashray which works with needy people and animals. Every Winter, they conduct a drive to give clothes to needy people.

The Chief Guest of the program was Ms. Ruchita Chaudhary, DCP Crime against Women and Security. She appreciated and applauded the initiative.

Mr. Ashish Sharma, Area Business Manager, and Mr. Ram Ashish Yadav, Manager Human Resources, from Spencers were also there. Few renowned personalities of Lucknow like Shri Anil Rastogi, Mr. Ravi Bhatt, Mr. Kiron Chopra also supported the campaign. Among others present were Mr. Partha Chaudhary, Mohd. Shameem, Ms. Versha Kumar, Mr. Amit Shukla, Mr. Osama, Ms. Tanya Sahni, Ms. Vanita Yadav, Ms. Shilpi Chaudhary, Ms. Parvati Yadav, Mr. Ajay Verma, Mr. Parag Mathur and many others.

This campaign will save thousands of valuable lives and help them survive the harshness of nature as poor people suffer most in the winters.

Let's defeat the harsh winter together!!
Sometimes
SANTA'S
BIG BAG OF GIFTS
IS FULL OF HAPPINESS

THANK YOU EACH ONE OF YOU FOR BECOMING A SECRET SANTA AND SHARING THE WARMTH
Actively engaged as a Serial Entrepreneur, Smita Sahay has created various successful endeavours like Caresoft, Medicircle, Hospital Suggest, Medical Exchange, to help society benefit from the powerful innovations of Information Technology in the healthcare domain.

A small-town girl from Patna, Bihar, she came to Mumbai with dreams in her eyes to make it big someday. "I'm not sure if I have reached my destination because, for me, the journey of success is not enduring", she says. Smita believes in the saying, “success is a journey, not a destination”. The doing is usually more important than the outcome.

Smita is an entrepreneur, a mentor, a mother, a human being. She has 15 years worth of experience in Technology and Product Development and in-depth knowledge of the healthcare insights and the overall industry practices. Her domain expertise and experience have helped individuals and organisations improve productivity through her products, blogs, consulting, and keynote speeches.

She has been awarded the Indian National Small Industries Co-operation for ‘Women Entrepreneur Award’. She was one of the entrants in ‘Your Story’, an Indian platform which recognizes the entrepreneurs of substance.

Being a mentor and a healthcare IT transformer, Smita actively participates in startup mentoring and other networking sessions conducted by Startup India and other bodies. She is also a Growth Hacker and Keynote Speaker.

Smita is Co-Founder and Editor at Medicircle (Voice of Healthcare) which is an exclusive Healthcare News Destination. It is India’s fastest-growing healthcare news portal. In just 12-months, it has gained more than 6 million unique visitors and 10K visitors daily and is growing across India. Alexa 15K in India, they have a viewer base of 2 lac+ in Daily Hunt.

She is also Co-Founder of CARESOFT Group of companies, a global healthcare IT company based in Mumbai, India. She has helped several healthcare organizations recognize their goals and automate processes by using their solutions. Caresoft (www.caresoft.co.in) is India’s leading Healthcare IT firm, providing solutions to 500+ healthcare providers across India with a decent global presence in 9 countries for over 14 years.

Passionate about communication and effective usage of IT, Smita believes in helping others achieve enduring successes and dreams. She is skilled to blend extensive empirical research with interesting case examples and user experiences to yield practical ideas that help businesses grow, adapt, and consistently outperform themselves.

In her deep urge to benefit the end-user and one of the key stakeholders of the healthcare ecosystem, the Patient, she founded Hospital Suggest (https://www.hospitalsuggest.com/): an aggregator platform to connect patients with their preferred healthcare providers for planned medical treatments. She is also working on automated insurance claims by tying up with multiple insurance companies to automate claim that would revolutionise the healthcare especially, the insurance sector.

When asked about herself and everything she has achieved, Smita said, "I keep on learning every day and am a go-getter. I’m good at execution and believe that success has no shortcuts; it requires hard work, dedication and perseverence. I empower and inspire the next generation entrepreneurs and leaders to make our world a better place to live. Whatever I am today, I owe my success to my mother, (Late) Mrs Vidya Sahay who despite being a homemaker and not a businesswoman, inspired me in every sphere of my life."
A Solo Trip to Nepal

Turning 35 in 2018, I had visa stamps on the passport from my numerous family vacations. However, I was determined to go on a solo trip. The most troublesome part was convincing my husband that I could manage alone for ten days. After weeks of persuasion, he believed I could survive myself just fine.

The sense of freedom is terrific! When to wake up, what to eat, where to go, schedule your day is liberating.

Though a beach lover, Nepal was on my bucket list and this was my first experience to a foreign land. I did a thorough recce of the local places, supermarkets, hotels to stay with quick accessibility points like the nearest police station and embassy. The biggest challenge was self-safety; reading the insights of other travellers helped me plan my itinerary.

Finally, the day of the most awaited trip arrived. I was in mixed sombre emotions of missing my son & being homesick. I bid adieu to Mumbai, shopped at duty-free and boarded my flight to Kathmandu. I took a catnap in the flight and woke up winks to the mesmerising view of the Himalayas once the plane entered Nepal aerospace.

Voila! After 3.5 hours, I reached my destination. The airport is in the centre of the city. I took a cab and reached my hotel in the bustling streets of the tourist Thamel area. Before heading out, I contacted a local tour operator and joined a small trekking group, mostly of foreigners.

Next day, I took a short flight to Pokhara, a base for most trekking expeditions. Flying past the mountains, the view was magnificent. I put up in a hotel close to Fewa lake, a major tourist attraction with cafes and snack bars along the promenade.

On the day of the trek, I woke up to a cold morning, geared up in warm clothes with my backpack. Soon, the group reached Kande, trekked up Australian base camp via Dhampus village. On reaching the top, I was awestruck, watching the closer magnificent view of Annapurna, Machchapurche and Lamjung Himal ranges of the Himalayas.

We continued our week-long trek through quaint villages, jungles, crossing rivers, bridges, eating Nepali food and meeting and cooking with the local people till we reached our final destination of Ghorepani Poon Hill located at 3210 m.
The trek to Sarangkot, the haven for paragliding is enthusiastic. We stayed awake overnight to catch the first glimpses of the morning sun-rays that fall on the mountain tops. On completing my trek, I reached Kathmandu. Before flying back, I visited Buddha Stupa and World Heritage UNESCO site of Pashupatinath Temple, the holy abode of Lord Shiva and the world's open burning cremation site where women are allowed. I sat afar looking at the pyres burning and thinking of the ying-yang of life that gives you a reality check.

I brought mementoes and artefacts from the Durbar Square which has prominent Chinese influence. My camera was my trip buddy. I captured great clicks and made vivid memories. The Nepalese locals are humble, soft-spoken and hospitable people who happily obliged to click my pics.

As of now, I have backpacked alone to few Northeastern states of Guwahati to visit Maa Kamakhya temple, Shillong, Cherrapunji, Haridwar, Rishikesh and Mardi Himal in Nepal (did my second trek too). My more recent journey to Kedarnath temple.

The experience of 'me' time sends flashes of thoughts, pulls out tears, reminiscing personal life experiences. One returns enriched as a better decision-maker and more self-confident. I aspire to travel solo to Europe someday.

**Quick tips -**
- Keep a map and GPS handy.
- Learn a few words of the local language.
- Adapt to new surrounding and adjust as per the situation and the climatic conditions.
- Carry dry snacks.
- Ensure to keep a swiss knife handy for self-safety and emergency.
- Wear well-fitted shoes and keep your fitness levels up.
- Keep your family well informed about your daily itinerary.
- Go optimistic because age is no barrier to see the world.

**Travel tales by Shrutika Mudaliar**
My trip to the scenic location, Udaipur, was a very special one since I had the chance to celebrate my silver jubilee wedding anniversary in this mesmerising place. Since the onset of a pandemic, our priorities of celebration had changed and we decided to make our special day a private affair. I had always been enthralled by the grandeur of Udaipur, however, never had a chance to visit the city. We riveted on the place and set for our trip.

Our trip was not just a holiday but an experience of a lifetime. With comfy flight services from Lucknow to Udaipur, we reached the beautiful city in time. Our stay was arranged at the majestic 18th-century fort palace of Raas Devigarh, a quiet oasis nestled in the Aravali hills.

On the way to our hotel, we did a short stopover at Dhabalogy, a fusion Dhaba on NH8 that left me intrigued with its creativity. It was a sheer delight to enter the dhaba, themed on Bollywood movies and roadside dhabas. The Fort of Devigarh was renovated over nine years to transform it into the luxury boutique hotel.

The heritage property showcases contemporary designs using marble and semi-precious stones. The spectacular view of the Aravali ranges and the Delwara village below is breathtakingly beautiful. The courteous staff of the hotel left no stone unturned to make us feel special.

Since our stint was short and with a curfew imposed in the city from 8 pm to 6 am, we did our sightseeing with caution. From visiting the 17th-century pilgrimage temple of Shrinathji at Nathdwara to the historic site of Haldighati, every aspect of Udaipur fascinated me immensely.
What fascinated me most in Haldighati was its topography of the hill pass of Aravalli Mountains which had turmeric coloured yellow soil. The valour of Maharana Pratap and his horse Chetak are well portrayed through a light and sound show.

The next day I visited the much-acclaimed City Palace. The magnificent heritage property speaks volumes of the affluent Mewar rulers. Built in granite and marble, the architecture of the Palace is a splendid blend of various cultures. Surmounted by balconies, towers and cupolas the imposing engineering genius sits over the peaceful lake Pichola.

A boat ride at the breezy Lake Pichola with a stopover at the upbeat island of Jagmandir is a cherry on the cake. The Lake Garden Palace or Jagmandir boasts of the prettiest garden along with the splendid Palace. The market place displayed the colourful hustle-bustle and creative Rajasthani culture at its best.

A treat to your palette is the local and fusion cuisine readily available all around the city at an affordable cost. A must-try for vegetarians is the Ker Sangri, Gatte ki Sabzi and Daal Baati Churma to name a few. The deliciously fiery Laal Maas is a non-vegetarian’s delight for sure. The city certainly left me wanting for more. It is unequivocally one of the best places for photo ops. I wrapped my trip with beautiful and enduring memories to cherish on.

-Travel Tale shared by Rachita Vyas
We all have seen, shared and admired pictures of women with four or more hands and handling all the work at the same time. Women have taken pride in being called a multitasker but today in this questionnaire, your belief might be challenged.

**So, what is multitasking for you?**

Multitasking, I believe is a word that has been the worst marketed. So much so, that we even make our kids multitask and take pride in the same. You should not try to catch all chickens at the same time, do it one at a time.

**How does multitasking affect children?**

Multitasking, as proven scientifically, lowers kids’ performance and even damages the brain. Stanford studies have proven that multitaskers have a problem filtering out irrelevant information and are slower in switching from one task to another. One-thing-at-a-time doers are multiple times more efficient as compared to multitaskers.

**So, will the child be good for only one thing?**

No, here is the trick: do one thing at a time. While the child is eating, let him eat, don’t incorporate TV time with it. Or when he is playing, don’t put in mathematics problems with it. These habits create the basis of a child’s personality. Let them make entertainment an important part and he will learn to put 100% to everything, from play to learn. Therefore, learning to grasp better and efficiently.

Follow the following:

- No TV with mobile
- No mixing many toys (If it is lego, then don’t take out 5 more toys. It creates distraction in a child’s mind.)
- No food with phones
- No playing with conversation
- No no’s with yeses (This one is confusing but is important to keep a mind without chaos. Diplomacy is okay but there should be no confusion.)

**What are the benefits of doing one thing at a time for kids?**

- Increase in concentration and dedication
- Shoot in performance
- Emotional quotient increases
- Increase in brain density
- Kids are happier and content

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**What are the hacks to achieve this?**

At crestekids.com, we have a new concept of adding empathy to learning. So, firstly, be empathetic towards your children’s achievements, big or small. At Creste, 98% of the children complete the activities wholeheartedly. We have a person dedicated only to make kids feel happy and accountable. Appreciate their efforts with love and make them feel accountable.

Ask them to make a timetable and encourage them to follow it. At Creste, we send weekend challenges, every Saturday at 3:30pm. If you ask kids to make their schedule, they will segregate their work and will give 100% to every task because they will more organised.

Help them explore. At Creste, we have activities from craft to art to chemistry, gardening and more. So once a child explores different things, he knows what he likes the most. We, as parents have to help them explore so that they know what makes them focus or center. If we don’t show them what all is available, they will not be able to make a great choice.

Written by

Nidhi Sethi,

Founder of Creste Kids
GET YOUR BRAND FEATURED...

In one of the Global, Digital Magazine Women Shine. In just few months from the launch this digital magazine has got the global readership. Reach out to various Countries, States by featuring your Brand stories, Brand launches in this digital magazine. Women Shine is a “Women and Lifestyle digital magazine”.

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Connect if you want to contribute for this e-magazine.

Reach us:
WA-9792201002
Or email womenshinemag@gmail.com
The morning newspaper, now and then, throws horrifying stories of road rage, a violent brawl or an altercation leading to severe injuries and many times, unfortunately, deaths too. One wonders to read, who are these people who fight over parking issues, a hit, or a misinterpreted turn? I am sure, my readers too will agree, there is hardly any crossing where we do not see liberal scenes of arguments, shouting and fights increasing commonly. One avoids such scuffles and thinks, “thank God, I am not the one” or many times, a wife calming a husband or a brother, to let go of it, after all, we never know what the other person may be carrying in his mind or his pocket. It is easy to fix a broken vehicle than a broken leg!

These incidents have led to an unseen fear and anxiety among everyone who snails through the maddening traffic on roads and hears the shrieks of the horns. As a therapist, I sometimes wonder, what raises the panic buttons, the anger alarms among people encouraging them to argue, quarrel and hit people on roads. The compulsions of the time management, stressful lives, the lifestyle race and the challenges of the inflated prices can be a reason to settle down. However, there is one explanation of why things are going out of proportion leading to excessive and serious offences.

This took me back to the memory of child-rearing and particularly to the one most common thing that I have observed happening with our generation, our previous one and getting passed over unconsciously as a legacy to our upcoming ones, too. I am sure you all will agree to have done this, presently doing this and have seen this always.

So let me ask a question to all of you today. When a small child, say six months or beyond, falls or gets hit with a toy, a chair, the corner of a bed, any furniture or just slips. What do we all do to console the child? I am sure the answer is unanimous irrespective of our cultures, backgrounds, languages. We console the child and pacify by saying, “who hit you? Say ‘hup’(the utterance can be different) ie. hit back and surprisingly, the innocent child follows and stops crying.”

Have you wondered by doing so, what we have unmindfully sown forever in the child's mind? The answer is - whoever creates pain or hits you, hit back in life always. This largely becomes the foundation of a violent response when something later in life happens.

As an alternate, we can teach our flowering little tiny tots, to hug, embrace and love whatever has caused hurt or it is alright to have fallen. This way the subconscious mind of the child registers forever, that he or she can have a much compassionate reaction. It is not the Gandhian doctrine of ‘give the other cheek’. The simple idea is an aggressive backlash is not always the best solution.

Experiment it. You will be surprised to see that a child stops weeping while being empathetic. Let us vow to bring up a generation that has a peaceful, humane orientation from the very beginning. While these little ones still get groomed to face the Indian roads, let us bring them up with utmost positive attitude. For others, steering a courageous drive on twists and turns, I wish all of you safe travel amidst the ever boiling society and may each one of us reach our destinations without ever facing the madness, the altercations and the road rage and fall victims to the fury of an angry, impulsive, unknown mind!
Among all living beings, only humans come with consciousness. But unfortunately, we are the only life force on the earth that lives indiscipline, unconscious and sedentary life till some MRI/CT Scan/Ultrasound knocks us down. If we wakefully notice animals and birds, they live much better than us when it comes to a regulated lifestyle. Is it necessary to encounter death to wake up to life? Certainly not!

In the year 2014, I published my first book 'The Healer Within' penning down my experiences with my patients who changed my life perspective. They were ordinary people but resolved along with me to fight back their respective illnesses to come out healthy and joyful. Hence, we worked as a team in their days of excruciating pain-both physical and emotional but finally when they triumphed- we won! Since then, the line of diseases' has been varied and patients too have changed. Particularly in the last 3 years of my practice as a Life coach.

I have staunchly believed that 70% of the dis-ease of the body is a result of a junk thought process and an infected emotional quotient that wasn't timely sent to the recycle bin. The repercussion is later felt in the body to which we may medically term it as malignant or tumours, heart disease, an autoimmune disorder, Alzheimer's, depression or cancer. The very names tear apart the confidence and the hope initially, till a patient reassemble the courage to fight back.

While I study the reports of my patients diagnosed by the best of the medical fraternity, my work corresponds to a shadow treatment to cure the reasons behind a terminal illness. I take up the challenge to increase the survival instinct of my patient injecting in them the will to live by shedding off the unnecessary baggage of rigid patterns and an unbending mind. Those who change, mostly survive; others pass on the phase gracefully and consciously while dealing with the health crisis. I am sure most of you will second to my thought that sadly we hear about these ailments more often nowadays. Unfortunately, people below 60 years are getting diagnosed by some form of a critical illness. I believe 60 minus is not an age to get succumbed to something life-threatening, especially when the reasons behind it is a senseless and an unconscious way of living 'life'.

As a therapist, I share with my readers a small checklist for a nourished life free from dis-ease. Small positive changes are capable to reverse destiny. Mostly, these dreadful diseases are a result of an imbalance of thoughts, emotions and feelings that enter one's mind much before it shows signs in the physical body. But the foundation is laid many years before. When we socialise, as a healer we can perceive from looking at the people's lifestyle, the health challenges they may be inviting unknowingly in their life span be it physical or emotional.
To retain the abundance, we have been gifted with and block any untoward dis-ease that may encroach our body and mind at a wrong age, here are a few thoughts:

- Early to bed early to rise-is, not just a phrase. It is the most important principle of life. The maximum cosmic energy on earth is till 11 AM. Try to sink in while it is intense. But for that, sleeping at night at the right time is the key. Cheat days are fine but make sure primarily the routine goes right.
- For the men and women intoxicated in a pseudo lifestyle and drunk in the shots of tequila/vodka/whisky considering it as the highest gratification, probably haven't yet touched upon the mysticism of being alive. When the life is about getting up from the hangover of the preceding nights, gradually the emotional body and the aura gets infected, opening up to low immunity and invitation to a plethora of complications later.
- Emotional turmoil of relationships or childhood memories should not be junked inside for long. Find ways to unload the baggage of unwanted mind garbage. Being born in a spiritual hub like India, if we fail to awake our consciousness, it is a shame.
- Physical intimacy with many, illegitimate associations and too much muddling creates body memories that confuse the mental body. Your intellect is much smarter than you, so one can cheat the world but not the self. Free yourself from creating detrimental karmic accounts.
- Keep a check on your old and current love angles; do not get entangled in relationships while being in a committed relationship. WhatsApp and Facebook may have rekindled old tie ups-keep a check on your impulses.
- The low self-esteem and the compulsion to be someone other than your true persona-mentally or cosmetically is hitting people hard. Too rigid about the body structure, ridiculous starvation and the sheer foolishness of being in constant limelight, forces people to stretch beyond limitations directly effecting the inner peace and calmness. Compete wisely, earn smartly yet your living standards should not be based on comparisons. Quest for your comfortable niche. Obsessive materialism takes a toll on the mind-body. Work with utmost integrity but don't let your profession dominate you to forgo the little pleasures of life.
- Lastly, be careful about what you eat. The abdomen is not a garbage bin. Eat right and on time. Go the traditional way or the Japanese way as they say. More than the unfiltered information all around, listen to your body. That is your best dietician. It tells you what to eat, when to eat and how to eat. Sharpen your wisdom to strike a chord with the rhyme and rhythm of what your body requires.

I hope, I was able to put across that more than a healthy life, it is the conscious life that helps to stay fit and live long. If your emotional body is swasthya, take a bet, your physical body cannot encounter serious illness menacing your survival. Make your karmic threads clean and clear. Don't fall into the valley of a mechanical unconscious life. We are not born for it!
My author’s journey has been recent, barely six and a half years old and without any prior plan. I come from a science background with no formal training in the nuances of writing.

Social media is where I cut my writing teeth. I started writing little notes to overcome a particularly tough year - a year of loss, its attendant ugliness, followed by a major illness.

I would write random posts on the daily humdrum, current events, or on anything that caught my fancy. The ‘likes’ on my posts became my energy boosters, gave me the strength to cope with life by putting the smile back. Through my writing, I found a release.

One day, in a group, someone shared a story on infidelity. I shared my take on the same. Mine dealt with the effect of infidelity on children. The story then became a part of my first anthology.

Someone added me to a writing group where I saw Readomania’s post, asking for story contributions. I started contributing and participating in various competitions regularly. I became a part of 10 anthologies, (one is a LIMCA 2016 record holder, India's first Composite Novel) and penned my first published novel, ‘When Padma Bani Paula’. A shortlisted tale in a humour competition was its seed. Recently, I brought out my short story collection - ‘Masala Mix: Potpourri of Shorts’.

Meanwhile, I also blogged. I was introduced to Mosmpresso where I blogged for multiple brands, won many awards. I then started writing for Women's Web. I won for my flash-fiction stories, monthly muses, and humour pieces. In July 2017, I was listed by them as one of the top 10 feminist bloggers, readers must follow. I also did commission write-ups (Pop-Culture-Curator @Women's Web).

I write a satirical piece at readomania.com - ‘AJ Wants to Know’, a wry take on the quirky world around. I blog at akkaacerbic.wordpress.com which listed in the Best Indian Blogs Directory 2018 under The Topical Matters and Current Affairs Category (only 328 were listed).

My novel When Padma Bani Paula, available in bookshops across India, has been a part of Lit Fests, found many loving homes, has been listed as one of the 5 best books of 2018 - Fiction, by readwriteinspire.com

I am the founding member of SeniorSchoolMoms, and am also the Head - Content, Collaborations and Marketing at Incredible Women Of India.

My mantra has been to ‘never give up’ even when the chips are down and the going gets difficult. Because this too shall pass!

The woods are lovely dark and deep.
I have miles to go before I weep or sleep.
The slate will be smudged and coloured with revamped compositions.
A long look at reflection with all its imperfections but I have promises to keep before I sleep.
I Will Wait for You

Deep down in the forest where the road drifts, I will wait for you. They may not let me wait long there but I will anxiously wait for you.

There may be many anglers passing by, sniggering at my futile wait, snickering at my puerility but worry not; I will keep waiting for you.

And some may tell you that it has been long and that I may have moved on, you should find your journey but believe them not for deep down in the forest, where the road drifts I will wait for you.

- ADIL MALIA
Beetroot Halwa

The Ingredients

- Beetroot – 250g (in a paste form)
- Mawa/Khoa – 100g
- Milkmaid – 50g
- Ghee – 25g
- Cardamom Powder – 1 pinch
- Sugar (as per taste)
- Dry fruits (almonds, cashew nuts, pistachio – finely chopped)
- Silver leaf (optional)

Method

- Heat a pan with ghee and add beetroot paste. Cook on a medium flame till oil leaves the sides.
- Pour the milkmaid and add mawa, cardamom powder and half the dry fruits. Mix and cook for 5 minutes.
- Add sugar as per your taste and cook till the sugar dissolves.
- Serve the halwa in a bowl. Garnish with silver leaf and the remaining dry fruits.

BY SHEEBA ANEES
If you are waking every day fatigued, irritable and unable to focus on the day’s tasks, then probably you are doing these 3 things.

Feeling powerless to fall asleep at night even after being tired? Relax, you are not the only one. Do you know the worst part of not getting a good night’s sleep? You tend to feel like a zombie during the day and the feeling is less than ideal.

Even though most of us are spending all our time indoors, good quality sleep seems to be evading us – and it has hardly got to do anything with how we’re sleeping. Yes, the lockdown is the reason partially, but the remaining 50 % of the reasons, is on us.

So, if you are hitting the bed overnight only to have irregular phases of shallow sleep, then probably you are doing these 3 things.

You Are Always on The Phone or Computer

We have talked about the importance of night routines earlier and one of it consists of unplugging from any screen time at night. And there’s a good reason why we recommend that you keep your phone away, especially if you are grappling to fall and remain asleep: your circadian rhythm is off. Circadian rhythm is your body’s internal clock which tells you when it is time to do things and the blue light emitted from your screen, completely messes it up. What does that mean? You can’t fall asleep or stay asleep.

Solution: Make a vow of ‘no-screen time’ after 9 pm.

You Follow Zero Routine

While excessive exposure of blue light from the computer and phone screen is a confirmed way to disturb your sleep patterns, it also cripples your overall lifestyle rhythm. And there’s a valid reason behind it: while being in the lockdown, maybe you are constantly worried about your employment, finances, relationship with your partner or your child, keeping a disciplined lifestyle is the last thing on your mind. So, what do you do instead? Spend hours on the phone or computer on top of your work from home responsibilities. You stay up late, skip meals and work out and are just ‘floating through the day’. Not surprisingly, because your schedule is off-balance, it is pushing your body clock out of sync, too.

Solution: Your body thrives on a routine. Do not sleep longer than you used to before the lockdown. Instead, maintain strict timelines for working, eating and exercising so that your brain and body stays aligned.
**Your Mental Diet Is Full of Junk**

The world is chaotic right now but that doesn't mean that your mind has to follow suit. If you are mindlessly viewing YouTube videos all day or scrolling through your Instagram feed just because you are bored, your mind is saturated with useless information which is affecting not just your sleep but also your mental health. That's why if you wish to stay anxiety-free and productive during the lockdown, carefully select the information you are feeding your mind and soul. Choose content which is uplifting, educative and cheerful and give news channels a break. Trust me, if there's a piece of life-altering breaking news, you will find out sooner than you think.

Solution: Keep the phone away and pick up a book instead. Give YouTube a break and listen to a podcast. Cultivate a hobby and practice every day.

**So, what now?**

Your inability to fall asleep or to get a good night's rest is a cry for help from your mind and body and its time that you pay attention to. No, you do not have to opt for alternative methods such as melatonin for sleep but instead, ditch the above practices starting today. And most importantly, start to practice Yoga, which is simple and the benefits you will reap will be transformative for your whole mind and body. You will sleep sound, your mental strength will be high and overall, you will feel a deep sense of balance and peace.

Just remember that sleep and recovery are very intricately connected, so, begin your practice from today.
GESTATIONAL DIABETES - WILL IT AFFECT MY BABY?

Diabetes is a sickness wherein your blood glucose or glucose levels are excessively high while gestational diabetes is a condition where your glucose levels become high during pregnancy, and high glucose levels are bad for your baby.

In India, It is estimated that about 4 million women are affected by Gestational diabetes and it occurs unexpectedly when a lady is pregnant. More often than not, it disappears after one delivers. Yet, it builds your risk for developing type 2 diabetes later on. Your baby is additionally at risk of obesity and type 2 diabetes.

There are two classes of gestational diabetes:

- Class A1 can oversee it through eating routine and exercise.
- Class A2 needs to take insulin or different prescriptions.

Gestational Diabetes Symptoms

Ladies with gestational diabetes typically don’t have side effects or may credit them to pregnancy. Most discover that they make them during a normal screening.

You may see that:

- You’re thirstier than expected
- You’re hungrier and eat more than expected
- You pee more than expected

Gestational Diabetes Causes

At the point when you eat, your pancreas produces insulin, a hormone that helps move a sugar called glucose from your blood to your cells, which use it for energy.

During pregnancy, your placenta makes hormones that cause glucose to increase in your blood. Ordinarily, your pancreas can convey enough insulin to deal with it. However, in the event that your body can’t make enough insulin or quits utilizing insulin as it should, your glucose levels rise, and you get gestational diabetes.

Gestational Diabetes Risk Factors

You’re bound to get gestational diabetes in the event that you:

- Were overweight before you got pregnant.
- Are African-American, Asian, Hispanic, Alaska Native, Pacific Islander, or Native American.
- Have glucose levels that are higher than they should be nevertheless not sufficiently high to be diabetes (this is called prediabetes).
- Have a relative with diabetes.
- Have had gestational diabetes previously.
- Have polycystic ovary disorder (PCOS) or another ailment connected to issues with insulin.
- Have hypertension, elevated cholesterol, coronary illness, or other unexpected issues.
- Have brought forth a huge infant (gauging in excess of 9 pounds).
- Have had an unsuccessful labor.
- Have brought forth an infant who was stillborn or had certain birth surrenders.
- Are more than 25 years.
Gestational Diabetes Tests and Diagnosis

Gestational diabetes normally occurs in the second half of the pregnancy. Your primary care physician will check for it between weeks 24 and 28, or sooner in case you're at high risk.

In case you're at high risk however your test outcomes are ordinary, your primary care physician may test you again later in your pregnancy to ensure you actually don't have it.

Gestational Diabetes Treatment

In the event that you have gestational diabetes, you'll need treatment as quickly as time permits to keep yourself and your infant healthy during your pregnancy and delivery.

Your primary care physician will ask you to:

- Check your glucose levels at least four times each day.
- Check your pee for ketones, synthetic compounds that imply that your diabetes isn't leveled out.
- Eat a healthy eating routine.
- Make exercise a habit.
- Your primary care physician will monitor your weight and your infant's progress. They may give you insulin or other medication to monitor your glucose.

Diet and Exercise for Gestational Diabetes

- Eat a healthy, low-sugar diet - Converse with your PCP to be certain you're getting the sustenance you need.
- Exchange sweet bites like treats, sweets, and frozen yogurt for regular sugars like fruits, carrots, and raisins. Add vegetables and whole grains, and watch your portion sizes.
- Have small frequent meals each day.
- Get 40% of your everyday calories from carbs and 20% from protein - Half of the carbs should be complex, high-fiber carbs, with fat being somewhere in the range of 25% and 30%.
- Focus on 20-35 grams of fiber daily - Nourishments, for example, whole-grain bread, oats, and pasta; brown colored rice; cereal; and vegetables and fruits will help get you there.
- Cutoff your absolute fat to fewer than 40% of your everyday calories -saturated fat should be under 10% of all the fat you eat.
- Eat an assortment of nourishments to ensure you get enough nutrients and minerals. You may need to take an enhancement to cover your bases. Inquire as to whether they figure you should take one.
- Exercise all through your pregnancy. You can practice when you have gestational diabetes as long as your PCP says it's OK. Being active is a decent method to help deal with your glucose. Remaining fit during pregnancy is likewise useful for your stance and can control some basic issues, similar to spinal pains and exhaustion.
- Get active as quickly as time permits. Focus on 30 minutes of moderate movement on most days of the week. Running, strolling, swimming, and trekking are acceptable alternatives.
- Exercise can bring down your glucose. So when you work out, consistently have a type of speedy sugar with you, for example, glucose tablets or hard sweets.
- Get the privilege of pre-birth care: Not just can your PCP screen you for this condition; they can offer counsel on food, action, and weight reduction. They can likewise direct you toward other wellbeing experts, similar to nutritionists, which can help.
- In the event that you have morning sickness, eat little bites. Snack on saltines, oat, or pretzels before you get up. As you experience your day, have little suppers frequently and keep away from greasy, singed, and oily nourishments.
- On the off chance that you take insulin, ensure you have the arrangement to manage low glucose.
Will Gestational Diabetes Affect My Baby?

Your infant will most likely be sound, on the off chance that you and your PCP deal with your glucose while you have gestational diabetes.

Just after you give birth, specialists will check your infant's glucose level. On the off chance that it's low, they may need to get glucose through an IV until it returns up to ordinary.

Gestational diabetes raises the opportunity that you will have a child who is bigger than typical. It’s likewise connected to jaundice, in which the skin looks yellowish. Jaundice for the most part blurs rapidly with treatment.

Despite the fact that your kid will be more probable than different children to get type 2 diabetes, later on, a healthy way of life (counting a decent eating routine and loads of physical activity) can cut that hazard.

Will I Get Type 2 Diabetes?

Since you had gestational diabetes, you have a more prominent possibility of having type 2 diabetes. However, it won't occur, and you can make a move to forestall that.

Your glucose levels will probably get back to business as usual around a month and a half after labor. (Your primary care physician will monitor that.) If it does, you ought to get subsequent tests at regular intervals.

To bring down your risk:

- Attempt to keep your weight in a solid reach. Not certain what that is? Ask your primary care physician.
- Eat a decent eating regimen that incorporates bunches of vegetables, entire grains, natural products, and lean protein.
- Make practice a propensity.
- On the off chance that you intend to have another infant, remember that you are bound to get gestational diabetes once more. Inquire as to whether there is any way of life changes that would assist you with maintaining a strategic distance from that.

Courtesy by Medicircle https://medicircle.in/
The year 2020 has been the year of adapting the situation and responding to in accordance. Technology has helped us going beyond continents but at the same time, it has its flip side on health and our lifestyle.

In the pre-pandemic time, parents had been trying to restrict the screen time of children and engage them in physical activity but post-pandemic, the health safety of children has been utmost important.

As adults, our screen time has increased manifold and this has also caused us to be extra concerned about our health and diet. Here are the health hazards which have resulted from the ‘online’ culture and also the practical approach to avoiding its negative impact.

1. **Digital eye strain**
   Prolonged use of gadgets has led to a new word, digital eye strain. The uninterrupted screen time causes blurred vision, dry eyes and headaches.
   Children and adults, both need to take a break off the screen for a minute after every 20 minutes so that our eye muscles get relaxed and the stress on our optical nerves is reduced.

2. **Reduced motor skills and increased musculoskeletal issues**
   The uninhibited use of fingers-on computer device, mobile phones or tabs, harm our fine and gross motor skills. Also, the position while being ok gadgets puts a lot of stress on your neck, shoulders, and spine. Promote gross and fine motor skill activities like playing with clay and writing rather than just surfing, which will help in developing these skills. When spending time in front of the screen, take frequent breaks to stretch and maintain correct posture.
3 Adverse effect on the right nutrition
The sitting time required on the gadgets has hampered our nutrition and diet severely. During the pandemic, a lot of people complained of being overweight or some underweight as well as for knee and joint pains.
The ‘online’ culture is here to stay and this requires us to be more aware of our nutritional approach. Follow these dietary guidelines to stay fit and healthy.
1. Increase the fibre content in your diet with the incorporation of veggies and fruits.
2. Snack on nuts, seeds, roasted rice flakes, roasted black gram, roasted makhanas, rather than fried and refined flour snacks.
3. Increase the intake of water to avoid gastric troubles like constipation and flatulence due to reduced physical activity.
4. Have all the healthy options in the kitchen rather than processed foods so that the kids are left with no option but to grab a fruit or ask for homemade lemonade rather than chips and fizzy soft drinks.
5. Engage in physical activity for about 30-40 minutes for the proper functioning of all the vital organs, heart, liver and kidneys.

4 Sleep problems
The lockdown has caused us to have more adhered to OTT platforms. The erratic sleep hours have led to major health issues. The ‘work from home’ culture has also extended the work hours beyond the usual physical working hours, depriving one of sleep.
Set hour limits for work as well as entertainment. Whether you are feeling sleepy or not, stay in your bed with lights off. Also, have a half glass of milk with 5-6 cashew nuts as it will induce good sleep.

5 Emotional Problems
Using social media can make you feel more connected to the world. But, comparing yourself to others can leave you feeling inadequate or left out.
If social media use makes you feel anxious or depressed, try cutting back to see if doing so makes a difference. Meditating for 15-20 minutes daily (at a chosen time) can also help in calming down.
Hence, there should always be judicious use of technology in our lives.
There are several misconceptions about menopause. Many women feel that this marks their growing old and that they are well past their full physical vigour. Others think that it's an end to sexual pleasure. These apprehensions are far from the truth. Menopause is considered an end to woman's fertility but certainly not to her virility. It does not decrease a woman's feelings of capacity and sexual vigour or enjoyment.

**Symptoms**
During menopause, the entire chain of the endocrine gland is disturbed, particularly the gonads, the thyroid and the pituitary glands. In healthy women, the menopausal change takes place without any unpleasant symptoms; there is only a decrease in menstrual flow.

Many women do not enjoy good health due to dietician errors and a faulty lifestyle. In such cases, the change often leads to hot flushes, night sweat, nervous tension, insomnia, no interest in sex and even depression. Other symptoms are a feeling of fatigue, palpitations, dizziness, headaches and numbness. Not every woman will have these symptoms; they depend upon a variety of factors such as general health, previous surgery and radiation. The problem is usually over when menstruation stops.

**Causes**
Anything which interferes with the normal functioning of the ovaries may also bring about these symptoms. The same strange feelings may occur if the ovaries are removed by surgery because of a disease. These can also result from heavy X-ray therapy or the use of radiation (even cell phones). Hormonal imbalance may also result in a severe backache because of a low level of estrogen in the bloodstream. Unless properly treated, this may eventually lead to a collapse of one or more vertebrae.
Treatment

Menopause cannot be avoided but it can be postponed for 10-15 years and can be fair and smooth when it arrives. Diet is of utmost importance in such a scheme of treatment.

The diet should consist of 3 basic food groups:
- Seeds and Nuts
- Grains
- Vegetable and Fruits

The emphasis must be on Vitamin E rich, raw and sprouted seeds and nuts, unpasteurised high-quality milk, homemade cottage cheese and abundance of raw organically grown fruits and vegetables.

During menopause, a lack of ovarian hormones can result in a severe calcium deficiency. Women having difficulty through this period should supplement her daily diet with 1,000 IU of natural Vitamin D, 500 milligrams of Magnesium and should obtain 2 grams of Calcium which can be supplied by one quart of milk. The need for Vitamin E sores 10-50 times more than normal.

If estrogen therapy is undertaken, it should never be administered at the same time as vitamin E therapy. Ingestion of estrogen and Vitamin E should be separated by several hours.

Plenty of outdoor exercises, such as walking, jogging, swimming, horse riding or cycling, is imperative to postpone menopause. Other helpful measures in this direction are avoiding mental and emotional stresses and worries, especially stressing about growing old.

The healthier a woman is, the fewer menopausal symptoms she will experience. She will begin to experience these as the most carefree days of her life. A whole new life is given to her if she is wise enough to prepare for it and accepts it as such.
Caring for Your Skin

Mirror, mirror on the wall! What does your skin reveal us all? It whispers to the world, three things about you - your age, health and how much you care about your skin. How we look is largely defined by what we see of ourselves in the mirror. It is not the heart or the brain, not the liver or the lung but our skin.

Flawless skin is a woman's best friend, for it enhances her attractiveness and sex appeal. That's probably why we give the skin so much of our attention, time and money. The skin mirrors our emotions by changing colour. We turn pale when we are sick or frightened, we blush when we are embarrassed, and we break into a cold sweat when we are nervous. A rash heralds a food allergy, deficiency or disease, while hormonal changes of menopause cause hot flushes.

Advances in beauty and skincare products have helped reduce the effects of ageing, conceal blemishes and even fight sunburn. Yet, with each passing year, you can see the changes on your skin - fine lines, wrinkles, a coarser texture, less elasticity, spots of hyper-pigmentation (age/sun spots), sagging and a less attractive skin tone and appearance.

There are several reasons for this besides ageing - heredity, general health, one's lifestyle and exposure to the sun. Heredity includes things that we wish our parents hadn't given us like dark circles, enlarged pores and hair loss and greying. Your general health does affect the appearance of your skin. Medications and ill health can slow the skin's natural rejuvenating processes and increase skin problems.

Lifestyle plays a significant factor in the appearance of your skin. Insufficient rest, a diet that lacks the proper nutrients, lack of exercise, frequent weight changes, insufficient water, smoking, drinking, all hurt the skin.

Exposure to the sun is one of the biggest culprits in the ageing process. It can result in premature wrinkling besides sunburn and darkening. Extreme exposure can even lead to skin cancer. Using appropriate skin care products can often deal with issues like excessive dryness or oiliness, dehydration, and help in improving the tone and texture of the skin. Indian skin rarely burns under the sun but tans profusely. Use of a sunscreen lotion is a must which offers protection against UVA and UVB rays.
Tips on Skincare

• Use a cleanser, rather than soap to wash your face.

• Wash your face in the morning and at night. Use a toner that doesn't contain alcohol.

• Use a moisturizer every day. It helps protect your skin from dirt and pollution in the air.

• Regularly use of a masque that is appropriate for your skin type. It helps tighten pores.

• Regular use of scrub helps deep clean your skin and makes your complexion bright and clear.

• Have a well-balanced diet which is a careful mix of items from the milk group, meat/fish/poultry or pulses group, vegetables and fruits, chapattis, breads and cereals. Adolescents need extra nourishment to fuel their growing bodies. On the other hand, the middle-aged burn fewer calories, they should cut down on fats and carbohydrates while fortifying their bodies with vitamin and mineral supplements.

• Constipation is nature's way of telling your system needs roughage to function regularly. Drink plenty of water. Skin looks its best when it is well hydrated.

• Regular exercise promotes blood circulation, gives skin a wonderful healthy glow. Swimming, hiking, tennis, badminton, bicycling and yoga can do wonders for the face and figure. For the elderly, walking is the best and safest.

• A good night’s sleep does a lot for your daytime beauty. Sleep has a miraculous power to renew and revitalize the skin. Beauty sleep means more than just flopping into bed. Before retiring, cleanse your skin of day's impurities and make-up. Shavasana helps you to relax mentally and physically before you drift off. Seven to eight hours of sleep a night is adequate.

Your skin will retain its smooth and firm texture and youthfulness when it is cherished with day-to-day beauty care.

Stay happy and young forever!
By this time, she also got an opportunity to work in Gujarati Films and had performed positive, negative characters. Her expressive face and eyes are the most plus points in whatever work she does – be it print media, television or films or web series.

By this time, she also got an opportunity to work in Gujarati Films and had performed positive, negative characters. Her expressive face and eyes are the most plus points in whatever work she does – be it print media, television or films or web series.

Her slim body, dark brown eyes and dusky complexion helps her in getting assignments. Bhawwini’s ambition is to keep herself with busy all the time and though there was a bad time during the pandemic but still kept her engaged seating at home and did few home shoot assignments whenever she got an opportunity.

She has worked in web series too but not crossed the limits and maintained her dignity as she believes that passion and intimacy can be expressed through eyes and not drop the clothes and turn cheap in the eyes of viewers.

Bhawwini through the help of her intelligence has been able to win many critical phases in her life and has also faced good and bad situations during her this journey. Besides, being an actress – she is also a creative person and takes keen interest in whatever work she does. She is sympathetic and also loves to help others selflessly and also shares her joyous moments with her friend circle. She believes in fate and immediately takes charge of every situation she comes across in her life. She try to find the main cause of any problem and solve it too. She has set her goals in life and makes every attempt to achieve it.
Tulsi Kumar is enjoying the best phase of her career as an independent music artist. The talented singer has been consistently delivering back to back hit music and giving her fans much to look forward to, during this challenging lockdown period.

Her solo love ballad ‘Tanhaai’ which falls under the pop-rock genre, continues to make waves and has crossed over 60 million views on YouTube since its release. Raw, real, and filled with emotions, the song that is extremely close to Tulsi’s heart, won her praise and accolades not just from her fans but also from some of the biggest names in the music fraternity.

‘Tanhaai’ has been quite a motivational and inspirational song, speaking to the youth in the most relatable manner. It’s no surprise then that the pop-rock song has been winning hearts across the world, with the viewership numbers growing every single day.

Interestingly, at a time of collaboration, came a fresh, vibrant song that was entirely female-driven and treated fans to a whole new side of Tulsi Kumar’s personality. ‘Tanhaai’, composed by Sachet-Parampara, was also one of the front runners in the pop-rock space, opening the Indian market to a whole different genre of music.

Ecstatic with the success of the song, Tulsi Kumar says, “The feedback and love ‘Tanhaai’ has received is truly overwhelming. This song was a new experience for me, not only because it attempts a new genre of music but also because I was so heavily invested in the song from start till finish. I’m so glad and happy that my fans and artists I respect and admire from the music industry, have loved the song and embraced it the way they have.”
Actress Kate Sharma has been busy shooting many projects during the whole lockdown. She did many music videos and web series and, her projects are not stopping.

She shot music videos with director Mudassar khan. Kate shared that her experience while working with the director has been fabulous and so it was her second project with Director Mudassar. He is very sweet and a person at ease.

Recently she finished her short film co-starring Ashmit Patel which will be soon coming on the OTT.

She expressed more happiness explaining the beauty of all those locations she shot on and, how much she liked Jaisalmer and working at a vintage place, exploring ancient things.

Her last release is the web series "paper" available to watch only on ULLU. She played a prostitute for the first time in her life and Kate took this character, she says she lived her life and pain, so this has been great learning. She did absolutely amazing work in that.

She shot one music video co-starring Vishal Pandey and another with Ashish Bhatia which are already released.

She looked super excited to announce her upcoming works sooner. Not disclosing everything, she speaks that she is so grateful for her different experiences with people and sets. She says, "2020 was a blessing and she wishes good for the people, everything will fall in place".

Actress Kate Sharma believes that this year was a blessing in disguise.

"2020 was not good, 2020 was too troublesome...." Where many are complaining about this year, Kate speaks about her beautiful times this year.
Roshni Kaur brings home the most promising upcoming singer award from IFEFA Awards Australia 2020

Indian based singer, writer, and composer Roshni Kaur is currently on cloud nine after winning the most promising upcoming singer in the International Film and Entertainment Festival Australia (IFEFA). This talented singer won the award for her beautiful vocals and her outstanding quality and singing for her cover of the song ‘Kalank’.

“I am very happy as IFEFA recognized my hard work and honoured me. It is different and out of the world feeling to be winning an award and representing our nation at such a prestigious award show.” Roshni said. The singer has dedicated her award to her later father who was also her inspiration and guru.

The singer has a number of songs lined up for release along with a single with singer Mika Singh for a soon to be released Indo Canadian feature film.

Roshni’s next single to be released is the female version of the song ‘Sunwai’ which is composed by music director Naresh- Anand and sung by Benny Dayal.

So watch out for this new and very promising talent coming soon with some more beautiful music videos and songs soon.
Urvashi Rautela adorable video of eating Banarasi Paan going viral

Urvashi Rautela Yesterday was seen in Raipur. The actress Urvashi’s video of Eating Paan is going viral on social media. The fans can’t get over the fact that how anyone looks so adorable eating Paan in Banarsi style.

Urvashi Rautela is super active on social media and there is hardly any occasion whose photos or videos she misses sharing on her account. A funny video of Urvashi shared on her social media, in which she is seen eating Banarasi paan. Urvashi also tagged Big B, to which she captioned, ‘Will you eat the Banarasi Pan Special?’ In this video, Urvashi is making funny faces while chewing the paan. Urvashi tried copying the same style as Amitabh Bachchan did in his film 'Don' acting in 'Khaike Paan Banaras Wala'. Urvashi has a lot of Banarasi paan on her plate, which she is seen offering to the fans. On the work front, Urvashi after delivering the finest of her acting skill in "Wo Chaand Kaha Se Laogi" now is working on many projects and is coming up with "Teri load ve".
Sunny Leone Talks Vegan Fashion and Cruelty-Free Make-Up on Instagram Live With PETA India

Bollywood actor Sunny Leone participated in an exclusive Instagram Live event with PETA India to talk about vegan fashion and cruelty-free make-up – two issues close to her heart – today.

At a time when minks are being massacred after contracting coronavirus and spreading a mutated version of it and as experts are warning that the exotic-skins industry can spread other diseases, Leone felt compelled to share why she opts for vegan fabrics and why the products in her make-up brand, Star Struck, will never be tested on animals.

“We live in a world with such amazing advances in vegan materials and options for everyone. There is no reason for anyone to support cruelty in any form. Synthetic leather, mock croc, and even faux fur are some of the many great options,” says Leone.

Star Struck uses PETA US’ Beauty Without Bunnies cruelty-free logo. Of this, Leone says, “Increasingly, consumers today want to be confident their purchases do not support harm to animals. PETA US’ cruelty-free logo helps Star Struck proudly show that we are firmly against caging, poisoning [and] killing animals in any tests.”

PETA India – whose motto reads, in part, that “animals are not ours to wear” – notes that millions of foxes, minks, rabbits, and even dogs and cats are bludgeoned, electrocuted, and skinned alive each year for fur coats, collars, and cuffs. Lizards are cut apart with machetes, snakes are nailed to trees, and alligators and crocodiles are impaled with metal rods for exotic-skin accessories, while cows and buffaloes killed for leather in India are often hacked at with dull knives while they’re still conscious.

More than 3,000 companies around the world have banned all animal tests in favour of effective, modern, non-animal methods. In India, following efforts by PETA India, the testing of cosmetics or their components on animals was banned in 2014, as was the importation of animal-tested cosmetics. However, China still requires most companies that wish to sell cosmetics there to have their products tested on animals, and many brands still choose to subject animals to painful cosmetics tests in which substances are dripped into their eyes, smeared onto their shaved skin, sprayed in their faces, or forced down their throats. Because of the vast physiological differences between humans and the animals used in these tests, the results are often misleading.

With so many cruelty-free cosmetics and fashionable animal-free alternatives to animal skins, it’s easy to get a killer look without killing animals.
Capricorn are born with a very practical and methodical approach towards life, generally they are very self empowered which makes them say anything as they just don’t like any of their routines getting hampered, they will not tolerate any kind of blunder.

They are not a romantic partner but when it comes to giving support, comfort, protection and advice they will be the first person to give you that, they like faithful and forward thinking people, they like to keep changing themselves according to the norms of the society.

Capricorn will have very good compatibility with Taurus, Virgo, Scorpio and Cancer. Capricorn should be away from Gemini, Leo, Sagittarius.
They both will have a sensible approach towards the relationship, cool and empowering Capricorn will always make a very head turning impression on Taurus and while walk for a while together, Taurus's strong will power fascinates Capricorn so much. This is a great compatible connection should not be avoided.

Capricorn and Virgo

They are also highly compatible like Taurus, only catch here is Virgo tends to loose their calm in a troubling situation, Capricorn's feels they are giving too much in the relationship but don't worry, as Capricorn can also see how Virgo makes day to day life amazing which adds on to the life time goals, which helps Capricorn to see the whole picture in the long run. They should also consider to do business with each other because this companionship is about vision and implementation.

Capricorn and Scorpio

They both are quite similar in many ways, they both can plan things really well, solution oriented and great communicator in terms of work. They don't invest in small talks, time is money fo them. However they are similar but they have very individualistic personality where you will see Scorpio's romantic side and who keeps the warmth in the relationship, and Capricorn helps in practical and logical solutions of the things. Like Virgo, Scorpio and Capricorn can be very good business partners.

Capricorn and Cancer

They are absolutely opposite from each other, there will be lot of tension in between but there will be adventure, chasing and intensity in the relationship, if they will keep their ego aside, this can be the best relationship of their entire life. Scope of creativity will be wonderful among each other.
Meet the Media Veterans, is a talk series for the Instructional Media Centre, at Maulana Azad National Urdu University. It recently invited Children's Author Monarose Sheila Pereira, known as India's Enid Blyton, to talk about 'The Portrayal of children in the media'. The talk was an eye-opener and very educative.

The talk analyses the complex relationship between the media and the mind of the child. Author Monarose Sheila Pereira has worked in various facets of the media and is also a media professor. Her vast knowledge and experience truly make her a versatile children's author and yes, India's Enid Blyton. She has indeed kept a watchful eye on the relationship between the media and children and has much to offer if you are ready to listen. Monarose rightly points out, 'Children are our future and it is the duty of the media to improve the lives of children'.

Rizwan Ahmad, Director, Instructional Media Centre at MANUU (A Central University) Ministry of Education, says, "Noted author Monarose Sheila Pereira's talk was very enriching and thought-provoking. She rightly pointed out the stereotypical images of children in print and electronic media. Children's images in media are not realistic and stereotypes have been created around children which is not good for any developing society. Media has a huge impact on the lives of people therefore realistic narratives should be created around children. As children are the future of any society, this becomes yet more important to portray children in a realistic manner. Monarose, very rightly analyzed the portrayal of children in media during her extremely structured academic talk. She has truly enriched the audience on this important aspect."

Analyzing the tremendous psychological value of the talk, Psychiatrist Dr. Nirmala Rao, from the Aavishkar Centre of Self Enrichment, observes that Author Monarose has presented the subject well with examples of how the media influences the minds of children and the various nuances of the media on children; which is very much needed to make people more aware.

Framroz Ghaswala, the Consultant, says, "The talk was informative and well researched. It was a delight even for professionals."

Adding to the accolades is Ramesh Tekwani, Filmmaker, trainer in ethics and personal competence, and skill enhancing. He says, "I am proud of Author Monarose Sheila Pereira, who was my Media student at The Xavier Institute of Communications, some years ago and who is now known as India's Enid Blyton. Her talk was an amazing session. So enlightening! So comprehensive! So thorough! Spanning history, media, and mindsets. A treatise unto itself. Monarose has gone beyond the 'portrayal' of children in media! Instead, she has presented, layer by layer, their use or, rather, misuse by media, in media, to manipulate the masses. OMG. From a gentle student to an unassuming author of adorable tales for children, this talk for vocal revelation and advocacy was simply marvelous.

Thank you for an enriching, educative session; and, I dare say, a wake-up call."

- Monarose Sheila Pereira, known as India's Enid Blyton,
See you in the next edition