

VOL 10.0 | FEBRUARY 2021

# WOMENSHINE

Love Stories♥  
Digital Dating  
Is Love Enough  
Sqn Ldr Toolika Rani

Healing for Anxiety  
Anti Ageing  
Entertainment News  
#WSWhispering Thoughts

## Shining Star

Poulomi Pavini Shukla





# CHIEF EDITOR'S LETTER

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#SHINEON

APARNA MISHRA

Founder , Women Shine

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*Let's reach for the sky  
Let's win over the world  
Let's change the story.....*

It's been 9th months now since we launched this beautiful collection of my dream. Really thrilled to know that you all are liking and loving the articles, inspiring stories, and our live sessions.

It's not just inspiring journeys but informative articles, travel tales, sumptuous recipes, and a lot of entertainment news from Bollywood and Tollywood.

"Women Shine" salutes all women who are doing amazing work globally in their respective fields.

We always try to present a lovely lineup of personalities from diverse backgrounds.

Challenges and obstacles are a part of life. The year 2020 has really taught us how to overcome such things. Everyone has a story to tell on this. Covid Times had given birth to Women Shine and since then we are #shining

We have great plans for the Year 2021. You will witness many wonderful things, happenings, and events around the year.

The month of February is celebrated as **Love Month**. In our Feb edition, we have published real "Love Tales" and articles like "Online Dating", "Is Love enough" and many more interesting topics you will love to read..

Keep sharing your thoughts, suggestions on [womenshinemag@gmail.com](mailto:womenshinemag@gmail.com)

Show us your love and subscribe for free !!!

#Shineonwomen

See you in the next edition



# Contents

SHINING STAR  
COVER STORY  
01-03



WHAT'S TRENDING  
04-08



LOVE STORIES  
09-16



SHINE GLOBAL  
17-18



SHE LEADS  
19-20



TRAVEL  
21-24



ART & CULTURE  
25-29



HEALTH  
30-31



LIFESTYLE  
32



TASTE BUDS  
33-34



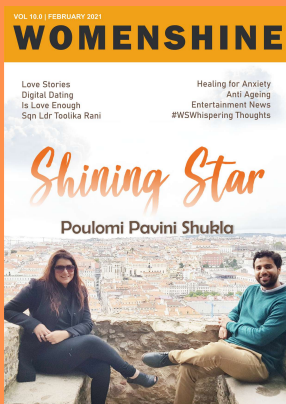
BEAUTY  
35



BOLLYWOOD  
SHINE  
36-38



#WSWHISPERINGTHOUGHTS  
39-41



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“CHAMPIONING

FOR ORPHANS EDUCATION”

Poulomi Pavini Shukla



**1. Who is Poulomi Pavini? Can you describe yourself in one sentence.**

Supercalifragilisticexpialidocious. It's not a sentence, but its a word that Mary Poppins made us believe that is means in a nebulousis manner good or nice or kind. I strive to be that.

**2. What's the best piece of advice you've ever been given?**

Never say or do anything that you are ashamed of.

My mother taught me this. It has helped me in moments of anger, in moments of distress. I've realised by taking a moment and thinking my words and actions through, I have come out stronger always.

Even if somebody confronts or tries to provoke you, when you stay calm then they look small. It is not easy but it is worth it.

On the other hand my favourite line from books is “I always advise people never to give advice.”

**3. As a child, what did you want to be when you grew up?**

I wanted to be a mathematician. I am a bit of a nerd and quite proud of it!

**4. What's is one thing we don't know about you?**

That I have 3 degrees, 12 dogs, 3 cows and 2 goats and I can have a few more !





**5. How does it feel to a part of Forbes under 30 list. What are your future goals after this ?**

I feel honoured and happy. However, more than anything, I feel that this is an opportunity. An opportunity to talk about the cause that is so close to my heart. There are 2 crore orphan children in India of which less than 1 lakh are in orphanages. Most districts do not have even a single orphanage. The issues relating to orphan and destitute children are wide ranging and complex.

As for my future goals, I am hoping to use this platform and more to create more awareness about these children and to get them basic rights like inclusion in the Right to Education in every state.

The final goal is to make orphan and destitute children a part of general public awareness. These children have no voice of their own and I am hoping that I can convince enough people to be a voice for them so that society and the system listens!

I keep saying, maybe we can't change the world, but together, for these children, we can change their world

**6. If you could learn one new personal skill, what would it be?**

I would love to learn how to sing. My husband sings like an angel and I like a crow so duets are quite impossible.

**7. What kept you motivated and inspired to work over all these years ?**

My motivation comes from my family. My parents are singularly dedicated to work and are extremely laborious. My husband is genuinely a self made man whose work ethic is incomparable. My brother is iconoclastic and passionate about his ideas.

My inspiration comes from the change I see resulting from my work. Every time I see a smile on the face of an orphan child because of me, I am motivated to be more and to do more for them.

**8. How has being married changed your life and what equation do you share with your life partner ?**

I got married when I was relatively young and in love at twenty three. Since then, my marriage has been a boon.

Prashant is quite my opposite. He has taught to be kinder to myself and to be more self aware. He is truly my best friend, from late night gossip to very serious life conversations. He is also a feminist in every sense of the word.

When we married, not only did I take his last name but he took mine too. What was even nicer, he did it like it was the most natural thing to do.

As he is such a feminist we, as a couple, are not bound by gender roles and can be equal friends and partners. We get to play off each other's strengths and make up for each other's weaknesses. For example, Prashant is better at managing the household so he takes charge of that, while I am better at planning so I take charge of that.

Marriage has been incredibly fun and a very interesting experience. It has helped me grow immensely and be a better version of myself.

### **How can people get involved in your noble work ?**

I am often asked this question. There are myriad ways in which people can get involved, from simply raising awareness to providing services.

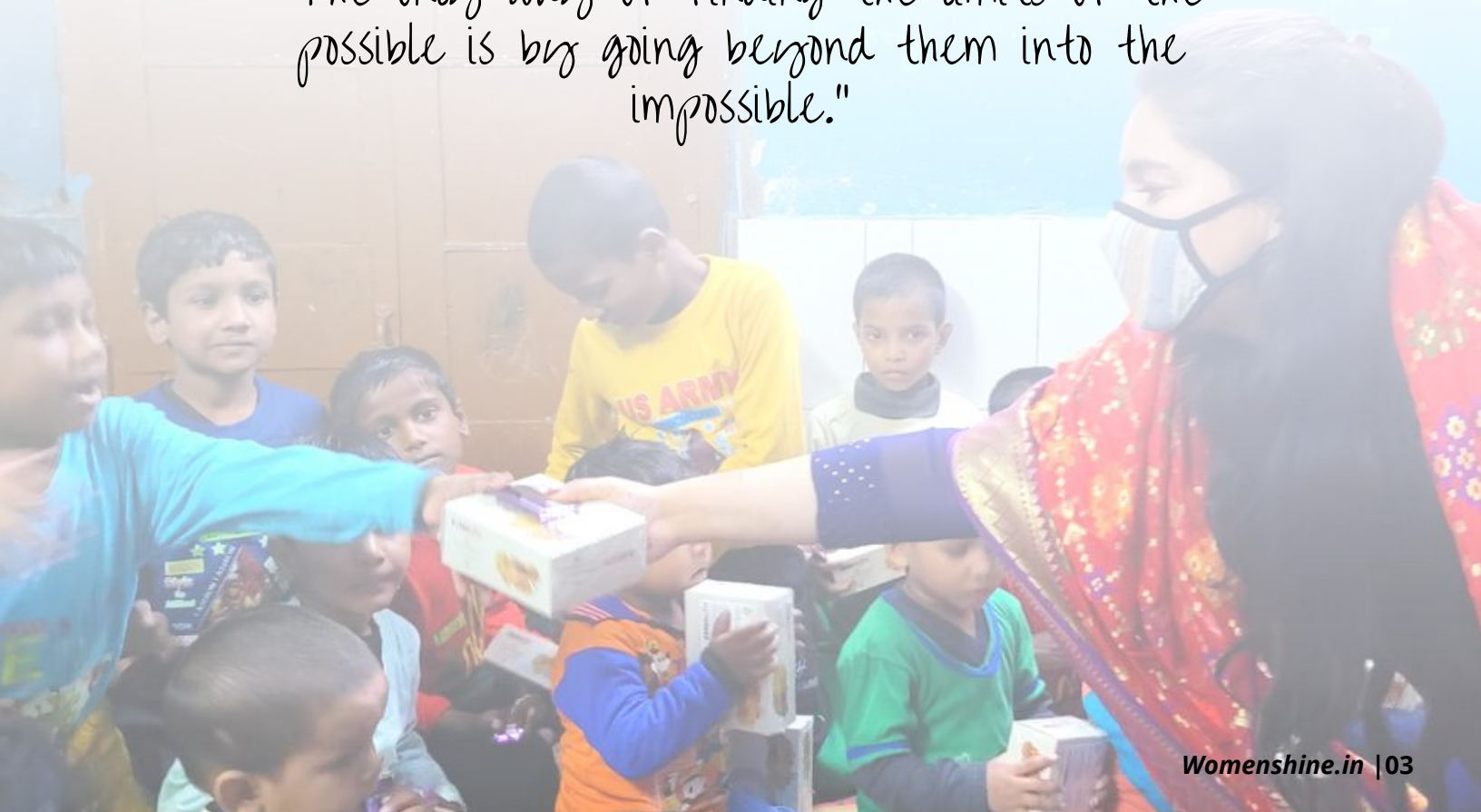
Even if you don't have the money or resources to donate anything, please give your time. Go to an orphanage, once a month or so. By simply going there, not only will you be providing company, you will also hold the people running the orphanage accountable. You will see that the children have proper beds to sleep in, and are studying.

Even if you can't go to the orphanage, when you are walking or driving, if a child asks you for alms, stop and ask them if they're going to school, are they an orphan? If you think they need help, take them to the nearest police station or to the nearest orphanage.

I also tell people to hire orphans, it is important to provide them jobs. So if you are planning to hire anyone, from cleaning staff to coffee making assistant or skilling people, please think of orphan children, they need jobs the most!

**-Team WS**

*"The only way of finding the limits of the possible is by going beyond them into the impossible."*





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# EXPLORING THE WORLD OF MEDIA AND ENTERTAINMENT AS A CAREER OPTION



The media and entertainment industry plays a pivotal role in this world of constant and spontaneous communication. The global reach and western influence that this sector is one of the major reasons behind its popularity among job seekers. The media and entertainment sector, with several potential-filled sub-sectors, is considered one of India's most promising sunrise sectors. This industry, with its interesting and challenging sub-sectors like film, television, animation, gaming, radio, advertising and many more, is a point of attraction to a lot of young talent.

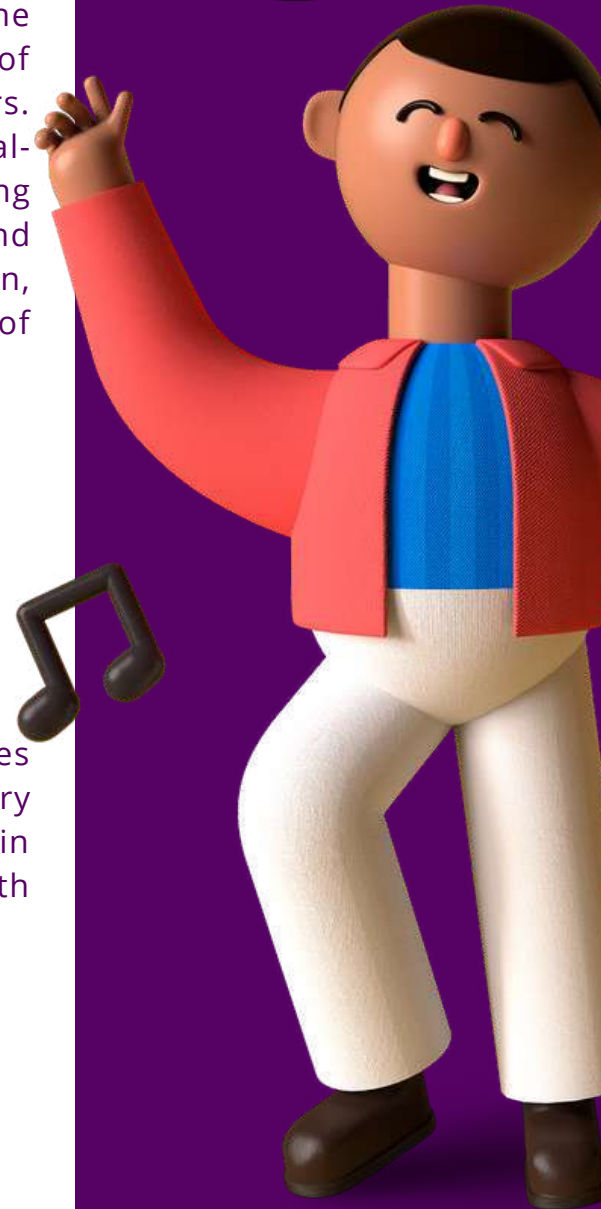
*So, let's find out why a career in the media and entertainment industry is the right choice:*

## Promotes creative talent

The Media and Entertainment industry exclusively nourishes creativity and innovation. This eminently creative industry nurtures creative talent and allows people interested in communication to combine their love for this industry with creativity and originality.

## Immense Flexibility

The different job roles available in the media and entertainment industry are huge and bendable. There are tons of options amidst which the job seeker can choose, according to their convenience and skill set. The 'gig' concept; has particularly gained a lot of popularity in this sector. Furthermore, a lot of freelancers show interest in working for this industry. It is also gaining a lot of entrepreneurial activity.





One of the most unique features of this industry is its flexibility not just in terms of jobs but also in terms of skill transferability. Few skills that are required in this industry most often overlap with several job positions. This leaves scope to transfer knowledge and skills from one sector to the other.

## **Based on the latest technologies**

This industry runs parallel with technology. Every job or position in this sector, including primary positions like lighting technicians, have a great amount of technological interaction. This leaves people working in this industry with great opportunities to experience latest and innovative technology. This constant interaction that one can have with technology is one of the biggest perks that the Media and Entertainment sector offers.

This industry, being one of the few sectors which introduce jobs with latest technologies, is now creating several jobs in the spaces of VFX, Animation, Graphic Designing, Rotoscoping, etc.



## **Wide-ranging job positions and growth opportunities**

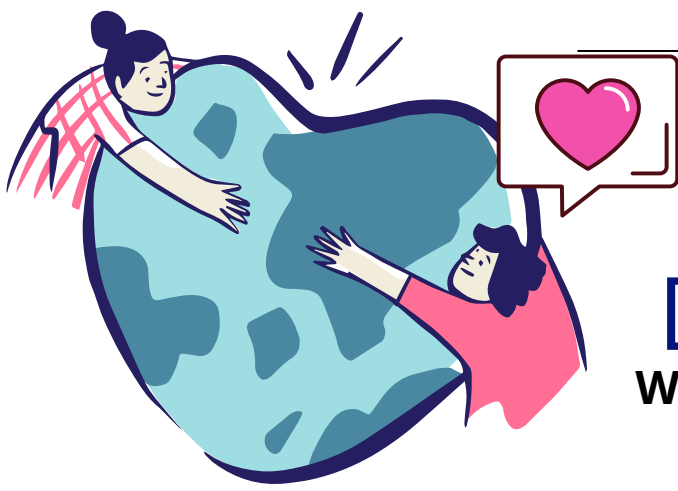
***The Media and Entertainment industry is an umbrella sector for numerous exciting and potential-filled sub-sectors such as:***

- **Digital marketer**
- **Media buyer**
- **Media planner**
- **Media researcher**
- **Music producer**
- **Public relations officer**
- **Runner,**  
**broadcasting/film/video**
- **Social media manager**
- **Television/film/video producer**
- **Radio jockey**
- **News anchor**
- **Journalist**
- **Web content manager**
- **Advertising account executive**
- **Broadcast journalist**
- **Editorial assistant**
- **Event manager**
- **Film director/ actor**
- **Magazine journalist**
- **Market researcher**
- **Marketing executive**
- **Media researcher**
- **Photographer**
- **UX designer**
- **Writer**

Remember that many employers accept applications from graduates with any degree subject, so there exist no restrictions to the subject background. The jobs offered under each of these unique and technology-based sectors are of a wide variety. Being extensively technology and skill-based, these jobs are distinctly growth-oriented. So, if you think that you are someone who has a creative bend of mind or exhibit some kind of creative talent or communicate and talk about Media, entertainment or animation then a career in this industry might be the right fit for you.

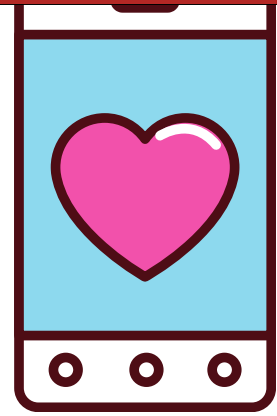


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# LOVE *and* DIGITAL DATING

## WHAT YOU NEED TO KNOW



Love is in the air and the cupid is on the go to find your right match. However, instead of sniffing the love in the air, the youth is looking for the love of their life electronically. The popularity of digital dating has skyrocketed as compared to when it originally came into the picture. User penetration in the Indian online dating market that stands at 2.7% in 2019 is expected to hit 3.2% by 2023, according to online market researcher Statista. Moreover, the dating apps and matrimony websites have given single people an easy and comfortable new way to connect with people.

However, with this convenience of use comes some novel yet basic problems, particularly in the form of safety. For instance, communicating with strangers online can expose you to the risk for frauds, digital theft, online harassment, stalking, dating abuse, cat-fishing, and other scams. Added to the fact that if you finally make up your mind to meet that "interesting" person in life, then you might expose yourself to physical danger too!

The whole purpose of finding your "THE ONE" might fail if you put your own safety into jeopardy. We have curated some tips for your journey to safe digital dating and let your love blossom.

### **1. Avoid interacting with suspicious profiles.**

If the person you connected with has no bio, linked social media accounts, and has only posted one picture, it might be a fake account. It's important to use caution if you choose to match with someone you have so little information about.

### **2. Pay close attention to the location settings in dating apps.**

Many dating apps use GPS, but unknowns shouldn't have access to information that lets them find your locality or specific neighborhood.

### **3. Upload unique photos for your dating profile.**

It is not very tough to do a reverse image search with Google. If your dating profile has a picture that also shows up on your social account, it will be easier for someone to find you on socials.

### **4. It is advisable to use the dating app's messaging system.**

It might be less convenient than texting with your phone's default messaging system, but it gives you extra safety.

### **5. The venue for your first date should be a public place.**

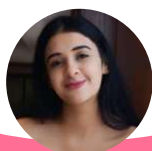
The first date is all about getting to know each other, it's a great time to try out a coffee shop, wander through a museum, or chat over dinner and drinks.

### **6. Always stay aware and attentive.**

You should be able to trust those around you to be respectful, safe, and kind, but unfortunately that's not always reality. Take extra care of yourself when you're out with a stranger. Don't leave your drink unattended, drink less than you would if you were out with close friends, and avoid staying out until you're really tired.

Remember to KEEP YOUR SAFETY AS A PRIORITY. Keep the tips above in mind to make sure you and your date feel comfortable.

Happy and Safe Dating !!



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# Is love enough?



## IS LOVE ENOUGH TO SUSTAIN THE INTRICACIES OF A RELATIONSHIP BETWEEN A MAN AND A WOMAN?

### What does your inner self long for, is;

Love, a sense of complete dissolution invoked by the presence of another person. Love is a state of being, an end in itself. Love has no fear and above all love can sustain being alone!

### Whereas, what does your mind crave for, is;

Relationship, coming together of two individuals who wish to have shared experiences. The relationship is a requirement, an initiation of desires. A relationship can't sustain alone and here starts the challenges.

Soon relationships become an indefinite cycle of maneuvering through insecurities, egos, expectations, and blames, just to name a few. Mind games are being played in name of emotions. Needs start taking precedence over compassion. Apparently, in the process, Love is soon forgotten. It is soon forgotten as to why they wanted to be together in the first place and what drove them to each other.

Women being more receptive and naturally being more adaptive are usually at the receiving end. It is not that men do not have their share of struggles in maintaining a relationship but generally women give in more readily than men. Why?... Is it because they are emotionally weak? Because they need physical protection? Or because they are financially dependent? Or maybe they are afraid of social isolation?... No!

None of the above reasons stand true for today's woman... she is strong, independent, and self-reliant. And also she hardly cares about society. So why does a woman who is capable of taking a stand for so many others around her, can't take a stand for herself in the relationship? Why does she start giving in? Why does she start losing herself? Why does she forget her likes and dislikes? Why does she start eating a certain dish because the other person likes to eat it? Why does she start wearing clothes because the other person appreciates them? Why does she start limiting her career choices? Why does she need the validation of her significant other for her decisions? Why?... It is not because a woman can't be on their own. Not at all! It is because women have a very deep-rooted thought process in them.

## When a woman is in love, she makes the other person 'the center of her universe'!

Well it is ok to do so as far as 'being in love' is concerned but it does backbite in relationships. When you give this much importance to someone, their ego bloats up. Now they want to dominate you, drive your life, and make choices for you. And once the cycle is started, it is very difficult to break it. And whenever there would be any resistance from your side, you will be snapped back!

**In the end, you are left wondering...  
Is Love enough?**

**So ladies... Lose yourself in Love, but try not to lose yourself in a relationship because you need to exist as a Person to be with the other person!**

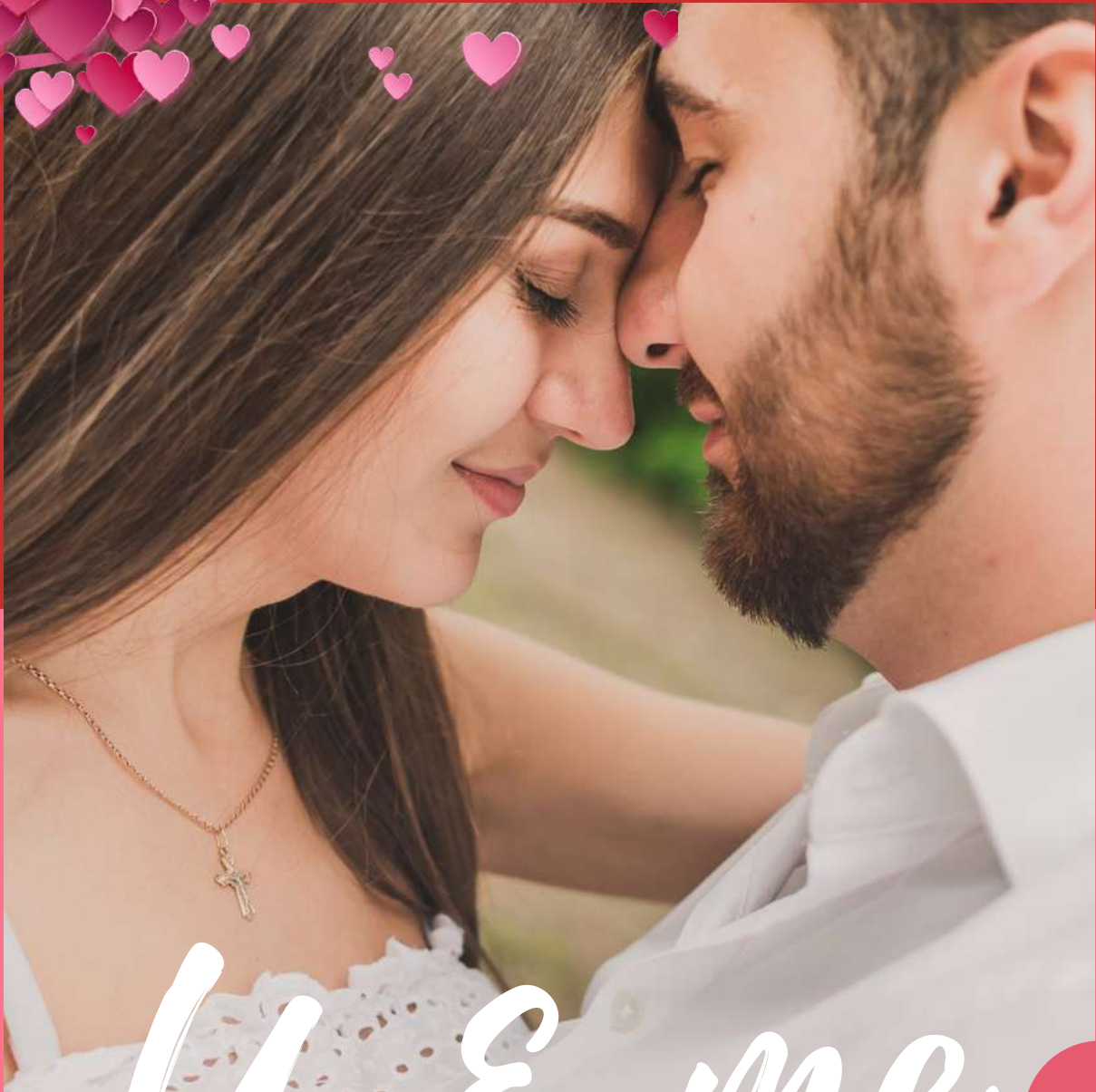
**Chaahat tumhari bhi hai  
Chaahat hamaari bhi hai  
Ye himaakat tumhari bhi hai  
himaakat hamaari bhi hai  
Phir kis baat per yun  
Akde baithe ho humdum  
Zaroorat tumhari bhi hai  
Zaroorat humari bhi hai !!**



**By Shilpi Johri**  
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# Love Stories



*u & me*

## ....he wanted to enter the next century holding my hand

1999 was about to end, and we both were enjoying our courtship period. Everyone was worried to handle the Y2K problem, which was going to trouble the software. My husband, then-fiancee, was a software professional and was very busy with his work as he was the head of his organisation in Lucknow and responsible for various things. But he said that he wanted to enter the next century holding my hand. I laughed and said that it wouldn't be possible as he was supposed to be with his Subordinates.

We managed to be together and enjoy the outing on 31st December. He dropped me at my home in the evening.

It was 23:55 the bell rang my father checked who was at the entrance gate. To everybody's surprise, my husband was there with a bouquet of red roses for my family, and a single rose for me. We held each other's hand and entered the next millennium. And then he left immediately for his work.

Every new year, I feel my husband's presence, who is living in the heavenly abode. Happy Valentine's Day to Prashant♥☐

**By Kanchan Mishra**

## The Joy Ride ♥

It was a sunny day in April 1996, and I was coming back from college. Those were the days when auto-rickshaw was one of the means of transportation.

I found a handsome young guy carrying the book of Salman Rushdie in his hand while entering the auto. The auto was full, and not an inch of space was there to sit, but he could comfortably manage to sit amidst all issues.

My friend and I were busy talking in Bengali, and never realized that he could understand all our gossips. We even gave comments on his attire. Suddenly we realized that he was smiling at our conversation. As we both were born chatterboxes, we did not stop even then. And the most embarrassing moment soon arrived, and he disclosed that he was Bengali and understood all our witty talks. From that day, we built strong bonds of friendship. The three of us nurtured our friendship with our unique strengths.





As our friendship grew over some time, my friend left for Kolkata, which brought emptiness, hence we both came closer. We admired each other for the space of individual opinion and freedom. It made us believe that living life together will help us to maintain a lifelong friendship where we both will bloom with our individuality and cherish each other of what we are when we are together and finally we tied the knot in 2005.

That Auto-rickshaw Ride became the Joy Ride for us.

**-Rooma Bal**

**North**



**South**



I met my love in the year 2002 when I joined for MBA. It is one of the reputed colleges in Hyderabad. After few days we became good friends and slowly, we got to know each other. He proposed me to marry him at a railway station when I was about to leave for my native place. It seemed like what I was expecting from him...We finished our MBA and he got a job before we finished our exams.

Ours was an inter-caste love and he was from North and I am from South. So there was a lot of cultural difference. But we stood strong when our parents opposed. Somehow we could convince them and finally, we tied a knot in an Arya Samaj on 11th May 2005. Still, we face a lot of cultural differences but somehow we are overcoming them. We celebrate all the festivals....From South as well as North. I fast for Varalaxmi Vratam at the same time do the same for Karva Chauth.

There were fights and quarrels between us, but after every quarrel, our bond has got stronger.

We faced a lot of ups and downs and we tried to be there for each other, always.

I can proudly say that our bond is getting stronger day by day.

We are blessed with 2kids. Elder son Sowmit (Sowjanya+Amit...first 3 letters of my name and last 3 letters of my husband's name) is in 8th standard and younger daughter -Aarna is in 2nd standard.

And you would be surprised to know that my kids converse with me in Telugu and Hindi with their father.



**By Sowjanya**



*...beautiful & meaningful times* 

Like many others, when I heard about the lockdown I was a little irresolute as to how things would be. For the first time, there was a complete breakdown of constitutional machinery. When April and May used to be the months of immoderate activity, with school, classes, and the heat, this time stepping out of the house was the biggest challenge. At the beginning of the lockdown, I had made many plans like others. I had chalked out a whole routine right from exercising in the morning to watching FRIENDS at night before bed. I had decided I would give more and more time to writing. With this one article at the least that has come true. But even after a lot of struggle, I couldn't do justice. Everything I wrote seemed to be lacking what I wanted to say. So before the submission of my final draft, I tore up the article and began writing again. Though it was a very tough time and there were difficulties all around us with all the bad news of people dying, or people starving, absolutely no routine, uncontrolled weight gain, somewhere I had begun to feel a strange love for this time when we are all locked down in our homes. It had been a month a half and I had never enjoyed myself so much. I failed to understand for all this time what lay at the core of this love and confinement. Was it the fact that I could wake up any time I wanted to without having to go to school? Or was it that I had 24 hours just for myself without having to worry about deadlines or assignment completion?

The answer had been in front of me all along. I just did not see it. The night when the lockdown was announced, someone had come home. A friend, brother, companion. I did not realise what living with him for so many days would be like because he had always stayed away for work purposes. But now when I look back, I wonder if the joy of eating a badly cooked Rajma would have been the same had he not fed me with his own hands. I look back upon the lonely nights made less lonely with a shared bowl of Maggi and watching a favorite sitcom for the tenth time. When the lockdown had begun, I had my routine set and goals of losing weight, writing more straight. But now I know that the joy of doing something or achieving something is consequential only when it is shared with someone. It is only now I realise that the strange love I had for this lockdown was actually for this person, the person who taught me the essence of love among umpteen other things.

It is then I realised that we keep running after things all our lives. While running after our goals we lose sight of the things that matter. So every once in a while, we should close our eyes for a second and look for our special person and see the things we achieve, the challenges we face, and the daily haste with which we live our lives from their eyes. We will realise that our time is more beautiful and meaningful than we could have ever imagined.

# HOW I MET YOUR FATHER



A decade back, on 22nd December, 2009, I was doing a regular London-Mumbai flight with half the first class cabin full. It was a night flight so it was kind of quite. I was busy winding up my first service when I heard two guys chit chatting at the bar area. I peeped out of my galley and a guy in his thirties, wheatish, a little bald, a little on the healthier side sitting at the bar. No, he was not your father.

By now their pitch had gone higher, so I decided to remind them that people are sleeping. As I walked out of my galley, I saw the other guy who was standing on the other side. A guy in his twenties, fair, lean, handsome (yeah, I am being nice here), with a drink in his hand. I actually told myself that he was too cute.

Moving on, so I asked these boys, why they were not on their seats and found out that they weren't actually friends, they were at the bar coz their entertainment screens were not working. After I had this conversation, the bar in charge asked me to relieve him for a few minutes and I willingly agreed.

That's when I had some more chat with the cute guy and I found him interesting. Although I didn't think any further since I was used to people flirting on flights. After an hour or so, he asked for my number and when I refused, he kept a bet that if he remembered my full name till the end of the flight, he will get my number. Little did I know that he wrote my name on a tissue paper just to win the bet. BIG CHEATER!!! He did follow me around mid air and use his charm to work his way into my heart and he still does till date when we are about to celebrate our 10th anniversary this year..

And that's the story of HOW I MET YOUR FATHER..

Shreya Gautam is an ex cabin crew, a blogger and an entrepreneur. She runs her lifestyle blog Four Tiny Feet on instagram and has her own jewellery line named ARTH which is available on [www.arthimperial.com](http://www.arthimperial.com)

**-By Shreya**



# Love Across Forever

He doesn't tire of being his silly, self-absorbed, know-it-all self while she doesn't tire of checking on him. He is the epitome of simplicity and happiness, while she is the deep thinker and worrier who needs just the grounding he offers. He doesn't miss a chance to crack a witty retort, while she doesn't lose an opportunity to catch his white lies and silly goof ups. My parents make the most lively and enchanting couple I have known.

Born and raised miles apart into distinct cultures, Vir and Ongmu were brought together by a lucky twist of fate. Despite all the differences of sensibilities, orientations, and perspectives, 'together', they had to be, and spend a life full of love, laughter, fights, and disagreements, but above all, a life of an unmatched partnership.

For papa, mum's the world. I wish every woman gets a man who adores his lady the way he does. And mum reciprocates his love with her undying devotion and care.

Through life's ups and downs, their partnership and love have only grown stronger and more resilient. Here's to a remarkable and dependable couple, who celebrate 50 years of togetherness this April. May there be more bonds like yours to make this world a bit more special...



**by Megha Datta**



## *30 years and still counting!*

I met him in 1991 when I was some 13 years old. He was like a fresh mountain breeze in our school when he joined as the school head boy in class XI (I was in 9th). We acted together in an inter-school play competition and I was his wife in that role.

We took it very seriously, I guess!

He was a sober and addictive guy with deep, thoughtful eyes, different from others. His ideas were contagious and by the way, I still get carried away by him. So after a lukka chuppi from school friends, teachers at school and even family - we somehow survived our relationship for 2 years while he was still at school with me as my senior. We didn't have mobile phones during those days - so it was trying to get on a landline call to hear voice, to pray to God to get his one look and to ensure that my parents never find out. So, rest of my years, even while he was away to pursue his higher education, then I was occupied in mine - he was always in my thoughts. Thinking about him was my favourite hobby!!

So after 10 years of knowing him, we got married in 2001. For all those who think kids love isn't for real, please read this again! He is the reason for who I am! My risk appetite, my abilities to strike bigger, my love towards nature and my two beautiful kids - are all because of him. He's always been there whenever I am unwell, whenever I am hurt or whenever I am unhappy.

He is Vikas, the love of my life who's a terrific father, even much better than I am as a mother. So today - I love him, his mother, his sister, his doggie, his kids, his fishes, his music, and his ambitions. And I wish that all his cherished dreams come true!

**- by Divya Rajput**



## Enwrapping my Soul!

How could you know? How could I imagine? When you shared your deep thoughts in an attempt to fill the void in your heart and then you chose silence, everything seemed not right. Because you did know what your suffering's color was and you have chosen to keep it and not show your wounds. I couldn't imagine that this discovery would cost me sleepless nights, dreaming of your scars and wounds. The ones you already have taken care of in the wrong way. Days, months, and years passed and the time came when you decided to open up your heart. There dwelled only peace and you sent ripples of your love to every human being. Confessing your truthfulness was like whispers in the wind, soft music touching my heart. You entered its secret places and I chose to heal your wounds. But you searched for your suffering's color to keep you company, wishing for redemption. You chose fear to guide your path and feed your joy. You sealed your heart's lips and silence took over. My soul desired to reach you, and show you what you meant to me. You drifted away. My heart awaits your flame.

**-By Agatha**



## Valentine Day ...the Indian way



This story rolls back two decade in time to the city of Lucknow, where I lived with my family living up to the Indian values of a patriarchal family. We had a fine education and a great global awareness, but limited experience.

Going overseas was not an everyday happenstance in the neighbourhood, overseas returnees with their culture-changing habits, an even rarer event for Lucknow – for those who went out once, found returning back to the city a trifle curtailing in lifestyle and migrated to larger of the TCS offices. There were no pubs in Lucknow, at least to my limited knowledge, to unwind on Friday evenings!!

The Valentine Day celebrations were just catching up in the city in those times, but it was an embarrassing and a taboo topic to discuss at home. Dad had high moral standards and we dared not mention frivolous items at home. He never watched movies with us, as one never knew what would pop up in the next scene – and God forbid, if he walked into the room while the movie was on, we kids would hold on to our breath... prayerfully pleading with the Heavenly powers that be, to hang on for those few minutes before the romantic scenes went back on!



Mornings were devoted to the newspaper - dad, who was a hearty breakfast eater – with pots of tea, lusciously buttered toast, cornflakes, fruits, et al....spent almost an hour over breakfast reading every line of the newspaper and before school/college or office – we would seldom find him indulging in small talk. Dinner time discussions were around science, mathematics, space, news, social causes, politics, neighbours and relatives,...anything but the valentine'ly cause and effects ☺.

Then he got unwell and had to undergo a bypass surgery. We took him to Escorts, Delhi which was one of the few viable ones in those days. But we were common people and Escorts used to have a queue full of politicians and high-placed individuals who would pull strings to get their operation dates advanced while ours shifted out day-by-day.

The hospital had very short visiting hrs of 2 hrs only in the morning and evening each – and sent us all packing home at nights. A rather trying time for us, as each morning we would be back at the hospital in anticipation of an operation that day, dad was prepared for the impending operation and then it would shift out one more day.

For dad – the worst part was the measly pre-op breakfasts of 4 Marie gold biscuits with a cup of tea allowed to him at 6 AM by the hospital in anticipation of the late evening operation– just too little for him who “breakfasted like a king” - to sustain till 11AM, by which time the list of afternoon operations was finalised. Almost for 8 days this routine continued.

And then one day, when mum returned from the morning visit to the lobby – she was crying and clutching 2 Marie gold biscuits in her hand. All our family immediately jumped to attention – what's up – we had just seen in the lobby that his name was not on that day's post lunch operations list again. So what happened??

After calming down a bit – mom told us. We had completely forgotten (not that we had ever particularly remembered before that as well) that it was Valentine Day that day. And dad had preserved two of his Marie gold biscuits that day from his scanty breakfast and given them as a Valentine day gift to mom.....

It was a revelation of sorts.... we grown up office-goers, thinking of ourselves as globally-travelled forward-looking youngsters, proud of our convent-education, thinking of the Valentine day till then with a coy smile..... and my Dad of the bygone 1940s era, who has never seen a movie with us till date, knew about the value of love that Saint Valentine wanted to teach us .....better than us.

We still don't discuss Valentine days at home (old habits die hard!), but we sure do celebrate it in our little ways ....from that year onwards.

When I see the rampage on TV that happens with people protesting the westernisation of Indian culture, I remembered the lessons of yore we learnt from dad, and pitied the misguided youths. Maybe they did not have a dad like mine, to teach them about unconditional love and small expressions.....

**-By Bandana Sinha**

# Dr. Avantina Sharma Bhandari



Dr. Avantina Sharma Bhandari, PhD Nutrition, is a Wellness Advisor. She calls herself 'a Lucknowite by heart & a global nomad by Karma' and welcomes life with open arms and a happy heart. The motto of her consulting practice is 'Be Healthy and Happy' and emphasizes the importance of mental and spiritual health along with physical health.

***She believes that “life is a book and if you don’t travel, you have only read the first page”, and this has dictated her life choices. When questioned about her values and success, she quoted, “my childhood was a wonderful phase of my life. I was wrapped in love and laughter and raised in a uniformed, spiritual as well as academic environment. It instilled in me the values of discipline, punctuality, compassion, hope, optimism, thirst for knowledge and learning. Sports came as naturally as did an evening of Geeta path and being part of school quizzes and debates as well as the Ms. Lucknow Beauty pageant.”***

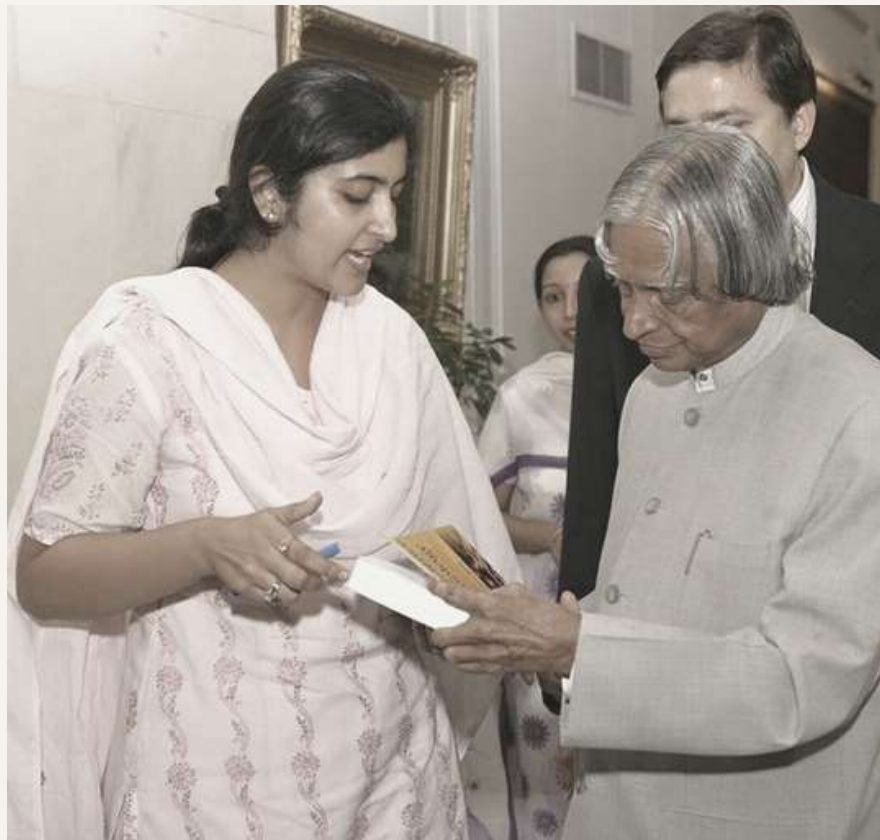
Her parents and grandparents constantly encouraged her to give everything a shot and have no fear of failure but to try to the best of her abilities. Motivated, she applied and got selected to represent India as part of a delegation in the 'Meeting of Nobel Laureates and Students' in Lindau, Germany. It was a life-changing event for her, being in the company of genius scientific minds whose energy and inspiration was limitless.

About her love for food, she said, "it stemmed from the fact that, despite being a busy professional, my mother took time to whip out delicacies from around the globe for us and my father encouraged us to try out new cuisines with an open mind and unbiased palette. Despite their hectic schedules they always made time for us and family meals were one of the most enjoyable times of the day."



After getting her post-graduation in Nutrition, she went to Potsdam, Germany for Practical training on a DAAD Scholarship and then enrolled for a PhD for meaningful research. She wrote her first book, fresh out of MSc, motivated by the lacuna in the information available and its relevance to India with a global perspective. There has been no looking back ever since and she continues to write books published in India and internationally.

Being married to a UN Professional, moving between continents has almost become second nature to her. Having a supportive spouse helped her continue to pursue her passion for health and nutrition in varying capacities. After her stint in the NGO sector in Geneva, followed by an academic setting at CUNY, New York USA; she decided to transit to become her own boss and started a Wellness consulting. Being a foodie with exposure to global cuisines, the diet plans she develops are innovative, tasty and healthy. She says, "Dr. Avantina Wellness is very close to my heart as through this endeavour, I aspire to assist those in need of wellness advice and lead a fulfilling and productive life much in tune with our own 'Ikigai'."





*"My Story-My Life |  
Squadron Leader Toolika  
Rani (retd)*

## **Ex-Indian Air Force Officer Mountaineer/ Writer/Motivational Speaker/Research Scholar**

They say that a woman can be many things in her lifetime, adorning many roles. Personifying this adage and redefining its meaning, we have Squadron Leader Toolika Rani. From controlling the jet planes to climbing mountains to public speaking, writing, and clearing civil services Mains, she is a person who stretches her boundaries each time to prove that limits exist only in minds. An Ex Indian Air Force Officer, Mountaineer, Writer, Public Speaker, and Research Scholar these are just a few glimpses of her personality and many more areas are yet awaiting her time to manifest themselves.

### **An IAF Officer and Instructor**

A performer since childhood, Toolika secured 16th place in Ch. Charan Singh University Merit list in graduation, won a Gold Medal at State level in NCC (National Cadet Corps) and was a national level debate champion. She was selected in Indian Air Force in her first attempt and was commissioned as a Flying Officer in 2005 in Administration Branch. She served in IAF for ten years as an Air Traffic Controller on Indo-Bhutan and Indo-Pak border. In her last tenure, she was appointed an Outdoor Training Instructor in the alma mater of all IAF officers the Indian Air Force Academy Hyderabad, where she trained hundreds of future officers in military training, including India's first three female fighter pilots.



## Atop the Highest Mountains

She started climbing mountains in 2009 as a member of the IAF Mountaineering team and went on to do 23 expeditions and treks in India, Russia, Nepal, Bhutan, Africa, and Iran. Toolika is the first woman from Uttar Pradesh to climb Mt. Everest and the first Indian woman to climb Asia's highest volcano Mt. Damavand in Iran. For her outstanding feats she has been felicitated with Rani Laxmi Bai Veerta Puruskar by U.P. Govt., FICCI FLO Outstanding Global Woman Award, Stree Shakti Combatant Award, Global Excellence Award, Delhi Ratan, Meerut Ratan, Prathma Women Achievers Award, Hindustan Times Woman Award, and AspiringShe Woman Award.

## A Powerful Orator

Sqn Ldr Toolika believes in the power of thoughts and words and is catalyzing society through her talks, lectures, and presentations. She has delivered 61 Motivational talks all across India including the prestigious international TEDx talk. An ardent supporter of equality, environment conservation, and humanity she delves deep into Indian philosophy to spread the message of hope, faith, the oneness of humanity, and sustainable living. Her thoughts, achievements, and powerful oratory reflect her deep belief in human capability, and virtues such as perseverance, hard work, and positivity.



## A Writer and Public Figure

As a writer, Toolika writes on diverse topics such as gender rights, Buddhism, Indian philosophy, travel, and adventure sports, and geopolitics. Her articles and research papers are regularly published in national and international journals and newspapers. She is doing her Ph.D. on Sherpas of Nepal from Ambedkar University Lucknow. As a public figure Sqn Ldr Toolika is an advisory board member of Itvara (adventure forum, N. Delhi), The Ultimate Mentors (a group of professional mentors), and is Senior Research Fellow at DRaS (Defence Research and Studies). She has recently cleared UP Civil Services Mains examination 2019 and has written UPSC Central Civil Services Mains 2020. Indeed even the sky seems no limit for this ever-expanding talented lady! WomenShine salutes her and wishes her good luck in future endeavours!







# THE FIRST SCUBA DIVE

**I HAD THE WEIGHT OF INSECURITIES AND FEARS, ALL I HAD TO DO WAS SINK BENEATH THE SURFACE AND I WAS FREE.**

Facing any challenging experience that is way outside one's comfort zone inevitably brings with it numerous life lessons. Needless to mention, this experience taught me a lot about myself and my fears, and I write this post to share a part of this with you, in case it benefits anyone else out there.

What on earth does a person need the most after a nightmarish and stressful year? Well, a vacation, obviously! My soul was craving for one. A destination to go and relax in, far away from all the stresses of work life. I started looking for places to visit and settled for this beautiful paradise in the middle of Bay of Bengal, named the Andaman.

The eye candy, jaw-dropping pictures of scenic beauty and white-sand beaches that I saw online sealed my decision. Way before touching down at the Port Blair airport, the view from up above charmed us. Those lush green trees, clean turquoise water, and a small island visible from far like an oasis; It had a rustic international charm.

It was my first-time scuba diving experience, and I had fair knowledge on how to swim. (However, you don't need prior swimming knowledge) We reached Havelock Island and immediately headed to the scuba diving centre, where we filled out forms, changed into our costume and went for training. Training took around 15 minutes where they taught us sign language and how to clear our nose, ears and mouth in case the water went inside. Both my friend and I had individual divers assigned to us and it was time to dive underwater and discover what lay beneath the water surface.







Words are not enough to describe that serene feeling you get when surrounded by colourful marine life under the water, the only sound you hear is from your breathing. I was completely awe struck. Despite random panics, there was no denying how much I enjoyed witnessing the vibrant masses of reefs and schools of fish swimming around. The life underwater is huge, vast and breathtakingly astonishing.

I accepted that at the end of the day, it was a mind game, and if I could train my mind to overcome my fear, I would be able to get through this. Here are some learnings I gathered from my first dive.

## Adopt, evolve, enjoy!

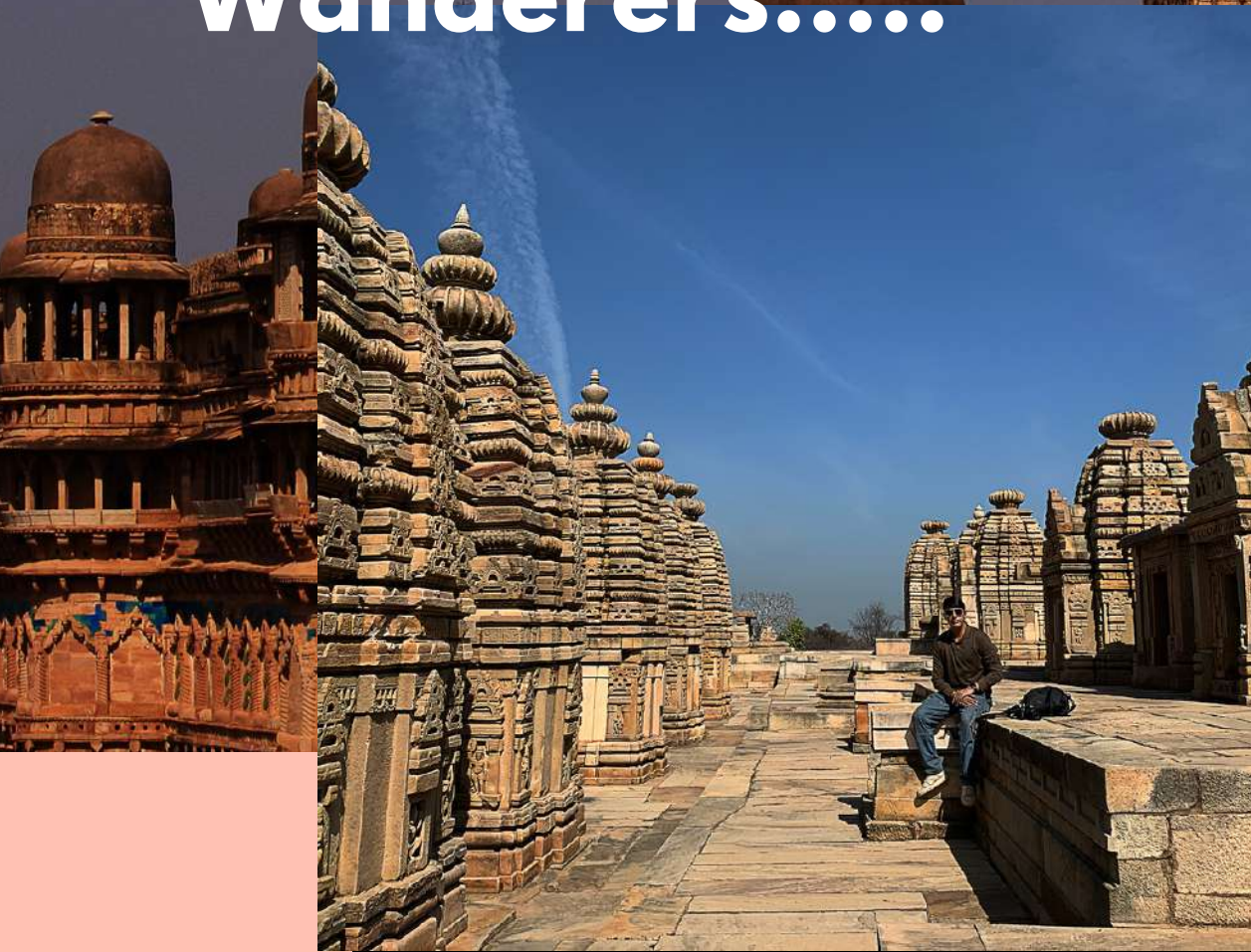
*Empty your mind, be formless, shapeless, like water. If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot, it becomes the teapot. Now, water can flow or it can crash. Be water, my friend."*

– Bruce Lee

-travel adventure by Aditi Gupta



# "Wanderers...."



HI FRIENDS, IT'S TIME FOR ANOTHER TRAVEL STORY. IN A WORD WE'RE 'WANDERERS', WE BELIEVE THAT EXPLORATORY TRAVEL BROADENS OUR PERSPECTIVE PERSONALLY, CULTURALLY, AND POLITICALLY. SUDDENLY, THE PALETTE WITH WHICH WE PAINT THE STORY OF OUR LIFE HAS MORE COLORS.

Our insatiable hunger for new experiences and knowledge led us to Central India. Though we had no fixed destination in mind, nonetheless, for convenience's sake we decided to stay at Gwalior and then explore other areas.

The drive from home to Taj Usha Kiran Palace in Gwalior took all of eight hours via Agra and NH-44.

We were particularly interested in Bateshwar Temples Complex, which is a group of ruined temples spread over the western slope of an isolated hill located south-west of Padavali village in Morena district of Madhya Pradesh. The temples are believed to be constructed during the 6th to 9th Century AD, by the kings of the Gurjar-Pratihara dynasty. Almost all temples are dedicated to Lord Shiva, and their sizes range from a few feet to 30 feet high.





It is believed that the complex had 400 temples, but an earthquake sometime in the 14th Century destroyed most of them. Ironically, the Bateshwar Temple Complex was saved from the smugglers of antique art & sculptures because of the dreaded dacoit Nirmal Gurjar. He had made the ruins his home along with his gang, and nobody would ever try to lay hands there. Somehow a few officials of the Archeological Survey of India got in touch with him and he agreed with their proposal for the restoration of the temples. Nirmal Gurjar was neutralized by UP Police in December 2005.

The temple complex of Bateshwar is still difficult to reach because the route from the main highway is all dirt track and the drive is treacherous. Besides, very few people have the gumption to go there and explore primarily because the site is still under development and quite lonely, too.

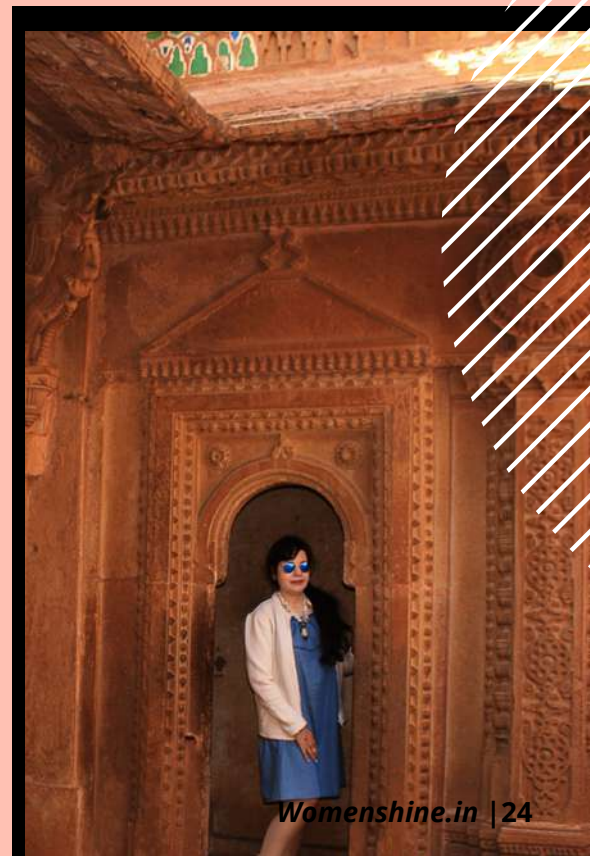
Our next stop was Garhi Padavali Temple, which was built during the 10th Century AD. It's fascinating to watch the art & sculpture made about 1100 years ago, and still surviving. Another extremely interesting place we visited is Mitavali village, The 1200 years old Chausath Yogini Temple is located on a hillock, and the steep climb to the top is treacherous, but once you reach there, it's rewarding.

There is a resounding similarity of the architectural design with the Parliament building of our country. Looking intently, it occurred to me that all I knew to date was the architect of our Parliament building was Edwing Landseer Lutyens, but he was inspired by this structure built century, without a doubt.

We also visited the Gwalior fort which houses Shastrabahu Temple (A.K.A. Saas-bahu Temple), Teli ka Mandir, Gujri Mahal, and other very interesting and historically important structures.

On a trip to the Archaeological Museum, we encountered invaluable sculptures, said to be defaced and damaged by Mughal invaders. However hard we tried to view history as history, but it was a nauseating feeling. This reminded us what Thomas Jefferson had famously said, "traveling makes you wiser but less happy."

**- Travel travelogue shared by Ruchi Jain**





## SNEHLATA- AN ACCIDENTAL WRITER

Snehlata Agarwala, is a software engineer by profession and, in her own words, an accidental writer.

Being an avid reader, she has always been fascinated by books. Her favourite genre is suspense and thriller, though she writes romance.

Initially, she started writing stories in Facebook groups, which eventually resulted in her co-founding a group, 'The Dream Weavers', with two author friends.

She has self-published two books till now, and her third book is on its way.

She wears many hats, from being a manager in office to a fierce mother bear to a five-year old. Apart from that, she is a professional photographer, a traveler, and a sitcom addict.

Born in Assam and brought up in Kolkata, she is now settled in Chennai with her family.

### ABOUT AUTHOR -SNEHLATA:

Her first book was a romantic suspense, published in 2019 - ***"Bestowed: Would you still love someone if she doesn't remember loving you?"***





## **“BESTOWED: WOULD YOU STILL LOVE SOMEONE IF SHE DOESN'T REMEMBER LOVING YOU?”**

Bestowed is the story of Rudra and Arya.

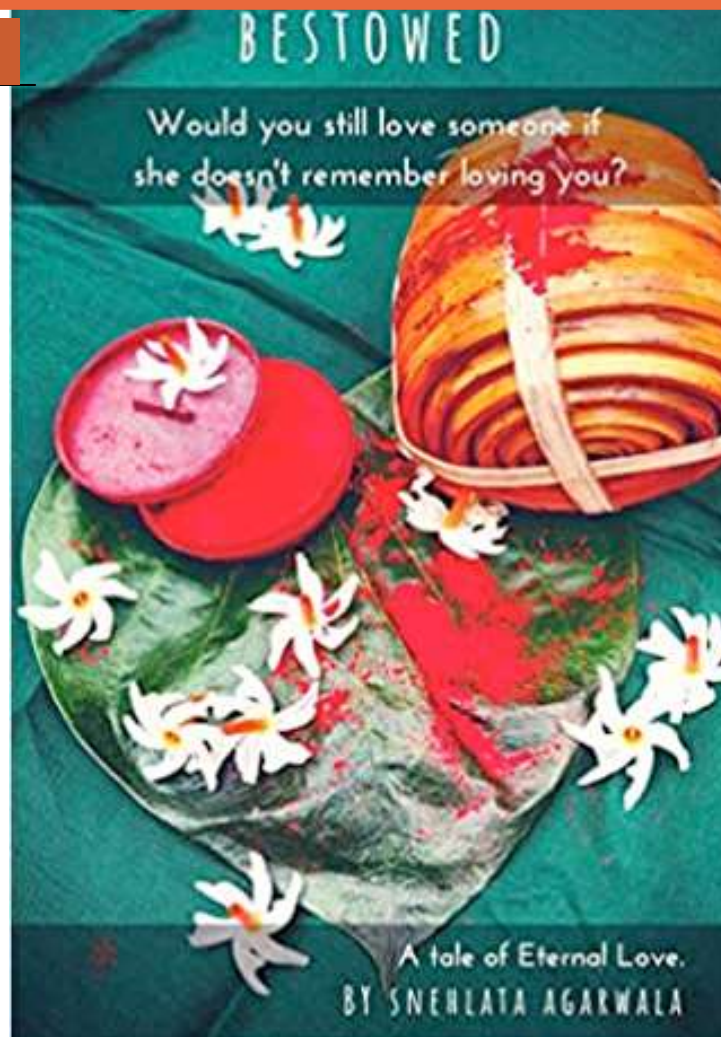
A story of friendship, love, betrayal, and obsession.

Rudra, a stranger Arya didn't remember meeting; but he knew more about her than she did about herself.

Who was this stranger? Why did he seem so familiar? Why was she attracted to him?

From the day he visited Arya's house, Rudra had wanted to take her in his arms and tell her everything. But he refrained himself and decided to wait for her to remember... and recognize him.

Will she remember him... or will he have to lose her once again.



## **“DIYA AUR BAATI HUM”, A ROMANTIC THRILLER WAS PUBLISHED IN 2020.**

It tells us the story of a love so potent; it changes lives and destinies. A beautiful story of love, friendship, faith, acceptance, hope and courage.

Embark on a journey of love in its purest form. Love between a father and daughter, a brother and sister, a man and woman; and the love above any other... love for one's motherland, and the urge to protect it at any cost.

Both the books were well received by the readers and enjoyed by over 2.4k readers and are still in the top hundred list for Romantic Suspense on Amazon.

**-Team WS**



## Someone Somewhere

Someone Somewhere

There is someone I love

Someone somewhere is waiting for me

His patience proving his love for me

His suffering at our separation at its peak

Reveals his silent love towards me.

Unable to speak, unable to express.

His love is greater than any other

But such affections are never understood

They seldom stay together

For the dreadful fate never wants true love to shine

And diminishes the golden flame.

I wait for the day when again I will meet him,

When we will sing and dance and love

Where no obstacles will stand in front of our unique love,

Where no judgments will be passed

I wait for the day when again I shall hear the voice of my loved,

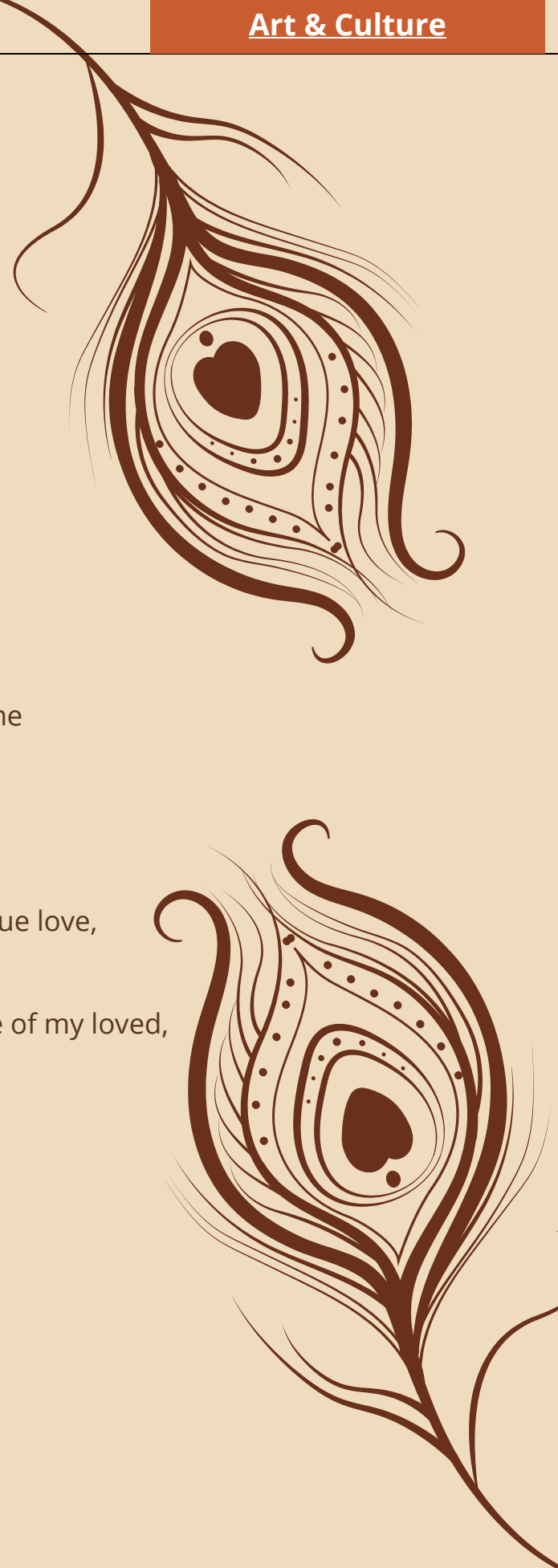
My parrot little Krishna,

I wait for the day

When I shall breathe my last

And end our long-lasting separation

-Parul Darbari





# Aloft

I hop onto the lush grass on a clement day,  
A cloud of dragonflies hovers before my eyes,  
Throwing a vivacious curve ball my way,  
"Catch us if you dare!"

Like tiny helicopters,  
The squadron darts across the azure skies,  
The foolhardy ones alight on my shoulders,  
Tickling my felicity, teasing my sleight of hand.

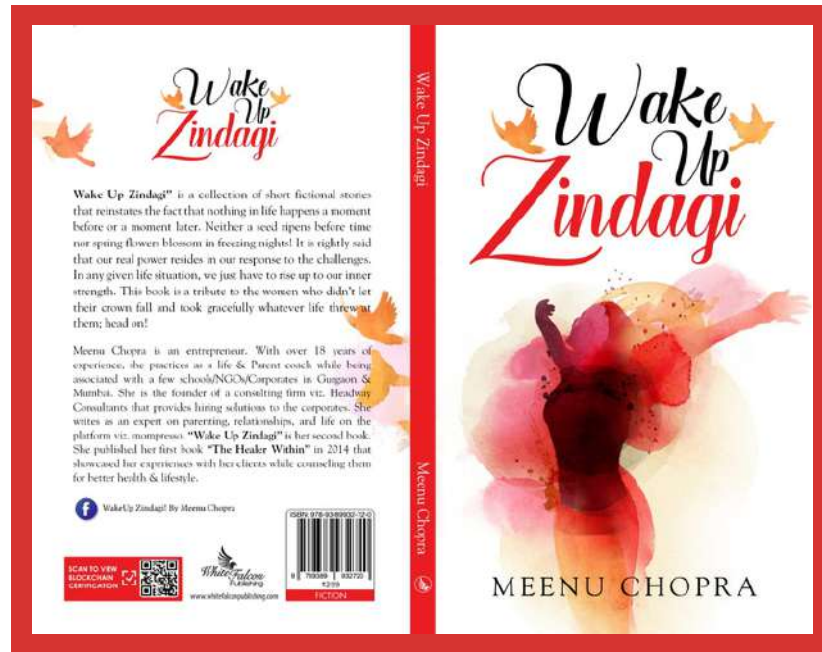
Their wizardry has me running around in circles,  
Before I swoop up a dragonfly atop a bract.  
Now, as my adrenaline rush slowly fades  
I marvel at this whimsical beauty.

Bright, emerald-green eyes stare over the horizon,  
A fevered wiggle from its clipped wings.  
And final resignation to an eerie calm,  
Jabs my heart, plummets my spirit.

"Fly high, far and wide! Sweet dragonfly o' mine!  
For love sets us free, it doesn't hold us captive"  
Wings shimmering with iridescence,  
It twirls into the twilight—My soul aloft.

-Tina Sequeira

# Book Review



## "Wake Up Zindagi"

### A ray of hope in the COVID times

While we welcomed 2020 with a positive note in India, the COVID clouds soon brought the waves of an unprecedented challenge across the globe. Every family during COVID times did bear the brunt on one or the other pretext viz. Health, Mental health, Job, Business, or Relationships. When the entire country was still coming to adjust to this new normal, as a life coach I felt the need to connect with my readers to spread some hope, and thus **"Wake Up Zindagi"** was born. I have always believed; every downswing is a hidden opportunity towards a newer dimension of life that we must not have accessed otherwise. Hence, after every fall, we have to be determined enough to rise even higher!

**"Wake Up Zindagi"** is a set of 11 short stories woven around different dimensions of life aspects. Though the protagonists are women the plot and the content are not gender-specific. Challenging situations and their response make ordinary and simple people transcend their own limitations to finally find their inner strength to become extraordinary. This is what **'Wake Up Zindagi'** is all about.

**"Wake Up Zindagi"** underlines the existential truth that no matter how far we come, there is always a way forward to go, a higher place to reach, a higher purpose of life to attain. However bumpy the days may be, life has to go on! These stories are about simple families who integrated like strings to create a chorus so pleasant that it made a melodious symphony in their homes.

If you are looking to read inspiring and motivational content that changes your life course and wish to see some light after darkness- find your answers here with me. Be a part of my stories and search yourself through **"Wake Up Zindagi!"**

# 9 INCREDIBLE BENEFITS OF DRINKING MILK

## Drinking Milk Keeps Bone Diseases At Bay

Let us find out what is milk- It is a white liquid full of vitamins and minerals essential for everyone i.e from toddlers to adults. This beverage has been enjoyed throughout the world for thousands of years. All-female mammals produce it to feed their young ones. For human consumption, milk comes from cows, buffaloes, sheep, and goats. Today glass is recommended for young to old people. Milk is said to be an elixir for curing chronic ailments.

Let's discuss the benefits of milk:

### It is packed with nutrients:

Milk is a rich source of vitamins and minerals. It provides us with Potassium, Vitamin B12, Calcium, and Vitamin D. It also contains Vitamin A, Magnesium, Zinc, Protein, different fatty acids, and Thiamine. All these help in keeping diseases at bay.

### To keep our heart healthy:

Milk helps to reduce cardiovascular diseases and chances of stroke.<https://www.dairynutrition.ca/scientific-evidence/cardiovascular-disease/cardiovascular-disease-and-milk-products-summary-of-evidence>. The peptides found in milk inhibit the formation of ACEs or (angiotensin-converting enzymes) which increase blood pressure. So drink a glass of milk for a healthy heart.

### For healthy bones:

Milk is a rich source of Calcium which is essential for the growth and development of bones. Osteoporosis can be prevented by drinking milk. Milk is fortified with vitamin D which helps in strengthening the bones.<https://www.webmd.com/food-recipes/features/milk-for-your-bones#1>

### Dental care:

Milk helps to prevent the enamel of teeth against acidic substances. Milk helps to reduce teeth decay and weakening of gums.

### Skincare:

Milk and milk products have been used for thousands of years to beautify the skin. History says queen Cleopatra used a mixture of honey and milk for her bath, to keep her skin soft and beautiful. Today milk and its products are used in cosmetics. Dry skin gets moisturized using milk and the milk solids help to nourish the skin. Drinking milk helps to give radiance to the skin.





**Milk cures stomach ailments and indigestion:**

Eating spicy food can lead to heartburn causing stomach discomfort. A glass of cold milk is the best remedy to cure this burning sensation caused by acidity.

**Lowers the risk of Diabetes:**

It is said the minerals Calcium, Magnesium, and peptides present in milk alter glucose tolerance and insulin sensitivity in our body. The whey proteins in milk help to regulate hunger thus preventing people from overeating and obesity. With such a control one can avoid lipid peroxidation, organ inflammation, and finally Diabetes.

<https://www.medicalnewstoday.com/articles/311107.php>

**Induces sound sleep:**

It is said milk contains an amino acid tryptophan which induces sleep. It also contains a hormone Melatonin which regulates the sleep-wake cycle, so drinking a glass of milk before retiring to bed can help a person get sound sleep.

<https://restonic.com/blog/milk-before-bed-2457>

**Boosts immunity:**

Milk contains antioxidants like Vitamin E, Selenium and Zinc can seek the dangerous free radicals in the body and can protect against them and boost body immunity.



**By Dr.PREETI TALWAR**  
**aktal2012@gmail.com**

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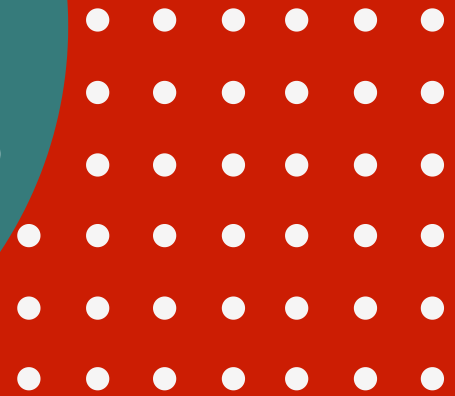
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# HEALING THE PAST RELATIONSHIP WOUNDS

THE PINK BUBBLE OF LOVE METHOD



First, relax your mind and take three deep breath. Focus on your breath for few minutes.

After you are in a deeply relaxed state think of a situation, emotion, or person that has hurt you in the past. ( Draw the Distance and Emotional healing symbol if you are a reiki channel.)

Acknowledge what is coming and just let it sit in front of you for about 30 seconds and just let it be. Thank this presence for the growth it brought to your life no matter how painful it may be. Then, immediately visualize a large, radiant, pink bubble of love energy surrounding it. To be able to better connect with the healing power of love think of the ocean of love.

Allow this loving energy to wrap around the bubble of the unpleasant event from your past. Visualize the loving healing energy radiating right through the bubble and soaking the past situation in pure love.

(Make emotional healing symbol's on the unpleasant event here if you are reiki channel). Then, send loving energy to it for 5 minutes. At the end of the 5 minutes visualize the bubble with the unpleasant event from the past start rising into the sky.

It slowly and gently floats up higher and higher. Once it is so high up that you can barely see it visualize that it is so full of love from all of the love energy that was sent to it that it bursts into a million pieces of bright pink light.

The unpleasant event is no more. It has left you. Notice how much lighter your heart and entire being.

- by "The Arbitrary Doctor "

# DARK ALMOND DELIGHT

## Ingredients

- ½ cup of soaked peeled almonds
- 1 tsp dark chocolate powder or cocoa powder
- 1 cup soy milk
- 1 tsp Grated coconut
- ½ cup toasted crushed oats
- Jaggery or honey or stevia to taste



## Method

Make a paste of the almonds. In a blender add the almond paste, soy milk, chocolate or cocoa powder and sweetener. Once properly blended pour in a tall glass and sprinkle oats and coconut flakes on top.



## Method

In a pan pour the oil and sauté the onions and ginger in it. Add the roasted capsicum and diced potatoes, salt and pepper. Cook for about 5 minutes. Place in a blender and puree well. Pour in another pan and add the peanut paste.

# FIERY RED SOOTHER

## Ingredients

- 1/4 cup roasted peanut paste
- 2 roasted red bell peppers/capsicum
- 1 boiled potato diced
- 1 inch chopped ginger
- 1 medium onion finely chopped
- 1 tsp peanut oil
- Salt and pepper to taste

**-Recipe by Dr.Avantina Sharma**



# SAVOURY MUFFIN

## INGREDIENTS

Refined flour	275 gm
Baking powder.	10 gm
Mix herb sprinkle	10 gm
Soda bicarbonate.	04 gm
Salt	05 gm
Mustard powder	05 gm
Process cheese (optional)	50 gm
Process cheese diced	50 gm
Vegetable oil.	90 gm
Yogurt	200 gm
Milk	100 ml
Worcestershire sauce	20 ml

"PERFECT FOR PARTIES AND CELEBRATIONS"

## Method

Mix together flour + baking powder + soda + salt & mustard powder in a bowl. In a separate bowl, mix the cheese, oil, yogurt, milk, & sauce. Combine all the ingredients & divide between the muffin cases in the muffin tin. Place in the oven for 20 to 25 minutes until golden brown. Remove & cool slightly on a rack. Garnish & Serve with sauce of your choice

**-Recipe by Jaya Mishra**





## ANTI-AGEING MAKE UP TIPS

Our skin ages as we grow older. It becomes thinner, loses fat, and no longer looks as plump and smooth as it once did. Years of sun-tanning or out in the sunlight for a long time may lead to wrinkles, dryness, and age spots.

With ageing- skin, women want the skin to look plumper and wrinkle free. Makeup and skincare tips will help you in restoring your youth and grace.

### KEEP YOUR SKIN PLUMP

Using the right kind of moisturizer helps the foundation or base to be applied more smoothly. On dry skin, the foundation gets much more absorbed. If the skin is hydrated, the base will spread much more evenly.

### USE A MAKEUP PRIMER

A primer will conceal the pores and wrinkles on the face. A primer needs to be applied after the application of a moisturizer as it will keep the skin more youthful.

### WEARING A LIGHT SHADE OF LIPSTICK

Wearing just a lip gloss or nude shades of lipstick adds more grace to your personality. A darker shade or full lip color can bring focus to the fine lines on the skin.

### WEARING MINIMUM EYE MAKE-UP

The eye make-up needs to be minimal with just a kajal pencil and a thin eyeliner which is closer to the eyelashes. For evenings, light glitter can be applied to the eyelids to add to the glamour.

### CURL EYELASHES AND ADD MASCARA

Adding a bit of curl to your lashes will make a huge difference. It will add to your youthfulness. Applying mascara adds to the spark on the face. You should choose a mascara that is best suited for your eyelashes.

By following these make-up tips, you can add to the youthful spark on your face

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## Valentine's Day: Actors share their dream dates!



From Nawazuddin Siddiqui to Salman Khan, these celebs share who they want to go on dates with

**Farnaz Shetty:** I only like Salman Khan amongst the Bollywood actors. Not just as an actor, but also as a human being. If you are with your favourite person then the place doesn't matter. I will first order a pastry to celebrate the day and both of us would eat that. I don't think I'll be able to utter anything at that moment but I will definitely tell him that I have seen him 4-6 times in my life but never got an opportunity to talk like this. The first time I saw him was on my birthday at Inorbit Mall when I was 18. He had come there for the promotion of his film *Wanted*.

**Aditi Patankar Gupta:** I have always been a huge fan of sir Amitabh Bachchan and would not think any other person to date. He is a legend of Bollywood and I was fortunate to meet him once. I admire his style and his work. I would honestly love to date him at the same place where he shot his first movie.

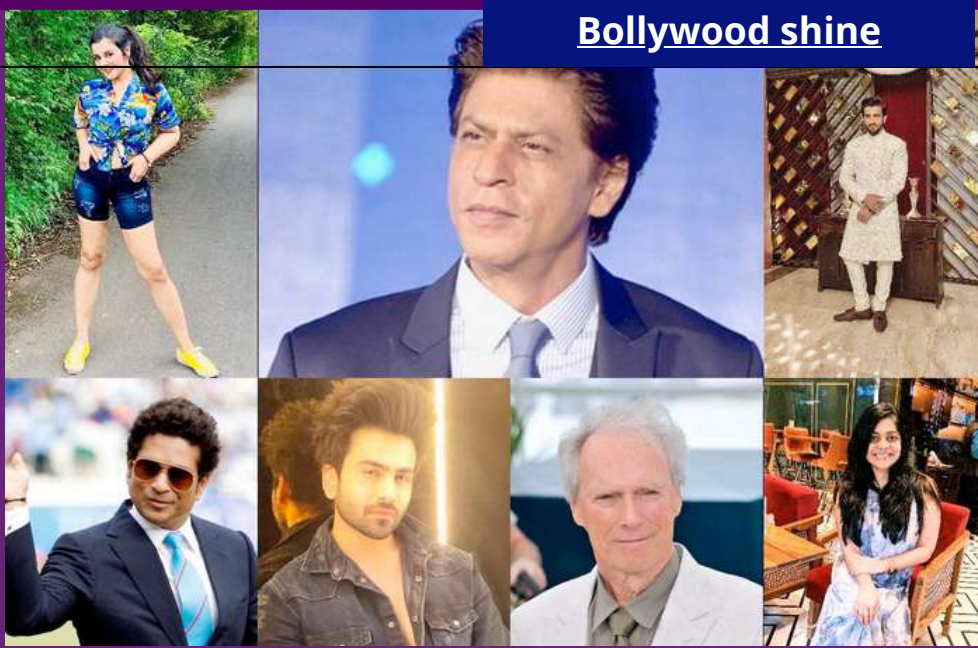
**Ankit Siwach:** I would want to go out for lunch or dinner with Nawazuddin Siddiqui. I don't think I can have a better time with anyone else, there would be so much to talk about and I am sure our food habits would also be the same as we belong to the same region. He is one actor who I look up to and would want to observe and absorb as much as possible. Our concept of "fun" would also be similar.

**Kavitta Verma:** I always was in awe of actor Irrfan Khan. I had met him and spoken to him at length a few years back. But unfortunately, I didn't get to work with such a brilliant artist. I also have an immense liking for actor Ayushman Khurana. He is so versatile and is superbly multi-talented. Given a chance, I would go out for a date with him. He is class apart. My dream date would be one with some good music, followed by a quiet candlelight dinner on a hill station and a bonfire.

**Chandni Soni:** I am a big Salman Khan fan. If given a chance, I'd love to go on a date with him. As I come from Himachal Pradesh, my dream date would be somewhere in hills. Rather than ordering from outside, I will cook Himachali food called "dhaam" for him.



# FROM SACHIN TENDULKAR, SRK TO BIG B, HERE ARE THE IDOLS OF THESE CELEBRITIES!



Inspiration is the seed to a journey of achievement. These celebrities tell us who they are inspired by on a daily basis as they make their way to success.

**Abhinandan Singh:** I am a fan of Sachin Tendulkar and Mohammad Ali. Sachin Tendulkar because of the level of stardom he has in spite of that, he has always played the role of cricketer and nothing else. His name has never got involved in any kind of controversy. The way he has maintained discipline off the field is what attracts me. His loyalty and dedication to work inspire me. I follow Mohammad Ali and his passion. He was a boxer and the way he used to take punches, his resistance power is tremendous. I also box and I know that the way he used to take blows, for that you need practice. The kind of will power he has is mind-blowing and amazing. The way he used to say, 'I am the greatest', his confidence level is just wow! When I used to do modelling, I didn't even have one roti for about one and a half years. I was on a very strict diet and was not eating any carbs. So after four, I used to go in depression and one thing which used to push is Sachin Tendulkar's speeches.

**Nivedita Basu:** Being from the media, obviously we will be fans of somebody who is related to the media. Off late, I have become a huge fan of Clint Eastwood! Look at his age and the type of content he is making, it is amazing. If I even reach 50 percent of where he is in his career, I think I would have achieved a lot. The biggest thing that I like about him is his choice of films. He doesn't do things wholesale, he does limited stuff. I think we shouldn't stop despite our age. I mean see he is the 90s and is still doing great work!

**Zayn Ibad Khan:** Well, I am a fan of all those people who started from a very small mediocre lifestyle and made it big with their hard work. I love Shah Rukh Khan. He is my idol...Not only as an actor, but he has inspired me through his entire life journey... his charisma, his aura is amazing. That man has a totally different vibe...SRK stands out in his league and no one can match him. I have been a big SRK fan since my childhood and he is my idol...He is a good speaker and I've heard a lot of his speeches. The last speech was one where I heard was him saying, "If you want to make it big, don't sleep for more than 5 hours. Make your body suffer, make your body shiver, get yourself out of your comfort zone because that's where you start growing. If you want something, do whatever it takes to get it. Don't back off, no matter what." This motivated me a lot.

**Aanushka Ramesh:** I am a great fan of Shah Rukh Khan. I admire him because he came from a completely non-filmy background and rose to the topmost levels of success in the industry. But the real reason I admire him is that, besides being one of the topmost actors who ruled the industry, he is extremely intelligent, well-spoken, witty, intellectual, with very sharp business acumen, and most importantly he is a great human being. I love his mind and the way he thinks and I identify with that to a great extent. He did not just limit himself to acting but has expanded his empire in all directions. I too aspire to be someone like that



## Anupamaa

GLAMS UP

Rajan Shahi's Anupamaa is creating new records every week. The lead actress Rupali Ganguly's stellar performance has been one of the major reasons for the success of the show. She has this typical Gujarati look with a strong accent on the show. Recently Rupali has gone for a make-over and shot a new portfolio with ace photographer Prashant Samtani. Her new look is jaw-dropping. After she posted a couple of pictures with her new look in the social media, her fans started questioning her if there is a make over of Anupamaa in the show. And few of them have also questioned whether it is Rupali herself?

***The Bong Beauty is looking ravishing in her new pictures with long hair. Though in the show we have seen her going for a makeover once, but not like this. It will be interesting to see Anupamaa in a glam avatar? What is your take?***

## The number of followers definitely add a sense of achievement: Khatija Iqbal on social media

Khatija Iqbal, who was a part of ALTBalaji's "Ragini MMS: Returns", boasts of a generous number of followers on social media and feels it definitely encourages an artist.

She said, "It is important, especially when you are excited about putting your new work out there. As an actor, you want people to know your capabilities and a sense of achievement adds to it."

Though she confessed that she always goes through the dilemma of whether social media disturbs the normal routine, she added, "Sometimes I feel if no one is listening then you have a wonderful audience to cater to and why not just dress up! Pose and post."

Asked if she feels that social media needs an artist to be responsible, the actress said, "I believe it's person to person, and I think it is important how you are presenting yourself then you will get the right attention which wouldn't make your followers think you are fake or vice versa."

Khatija concluded by asserting that social media is a great platform to showcase the great qualities and talent of a new artist, and added, "It's all up to you and what you want to achieve from your audience."





#WSWHISPERINGTHOUGHTS - DEEPA MOHAN

# The Curious Case of Jinxed leggings



Have you ever had positive associations with a piece of clothing? Lucky shoes, lucky tie, lucky suit, lucky dress, you get the drift right? These clothes are blessed with a serendipitous superpower, everything goes right the day you don them.

So if lucky clothes exist, the converse must also hold and I have evidence to believe that I own a pair of cursed, unforgiving, jinxed leggings.

I bought these nondescript cream coloured leggings in January. I cashed in my credit card points for shop vouchers and bought these leggings for free. I felt grand for having cheated the financial system, I know that's probably not true, but yes I didn't pay a dime the day I bought them. I was the new age finance guru; I had found a novel way to encash my spending sprees. I also made it a point to announce it to anyone listening. In the hindsight maybe that's how the curse started. But why were they cursed you might ask, what evidence I have, you might ask. Elementary, my dear readers, I have 3 indisputable facts to support my theory of jinxed leggings.

Fact 1: The first day, I wore these brand new leggings; I slipped on the footpath while getting into my car. I fell right next to a foul and full dumpster. Not only did I smell awful, but I also acquired a suspicious big brown stain. The realization of these however happened only after I had reached my place of work. The stares and funny faces I got through the day still make me cringe.

Fact 2: The very unfortunate stain had to be removed (thankfully, it wasn't what you thought it was). So the darn pair of leggings was soaked overnight with the most powerful stain removal detergent I could afford. Later, I duly washed and sun-dried them on the terrace. So what went wrong? Well, they went missing.

After 2 weeks of searching, questioning, observing (ok spying), they were returned by our downstairs neighbours. Alas, a classic case of mix up. Surprisingly, the brown stain had indeed disappeared, but the powerful elements had bleached the delicate cream colour into a jarring white Kandinsky style art. To add insult to injury, there were two new blobs of colour. The leggings seem to have had a community wash aka machine wash with other coloured clothes, at their temporary home.

Fact 3: I was still determined to use these pants, they were free after all. A trophy of my spending habits, a symbol of financial maturity. But, this time, after donning them merely once, it was I who made the fateful decision for community bath number two. Believing, very innocently that other clothes would behave and stick to their lines, not harming, my already fragile, cream and white and mix coloured pants.

It went horribly wrong. My trophy pants have become a symbol of all that can go wrong. I am left with is an ugly beige, dull peach piece of clothing, which quite frankly doesn't really go with anything from my wardrobe.

Symbol of financial smartness turned into a dump. I will give them away eventually, but not just yet. I am still in mourning. I am still in shock for losing my free leggings to circumstances. I am still looking for a way to make them work.

On a side note, I am planning to claim this as my tie and dye attempt at home. Feels like everyone has found novel ways of keeping themselves occupied, this could be my crowning glory. Maybe all this was worth it. Maybe it was destiny for the leggings to be honoured as my first original piece of art.

Maybe they are not jinxed after all!

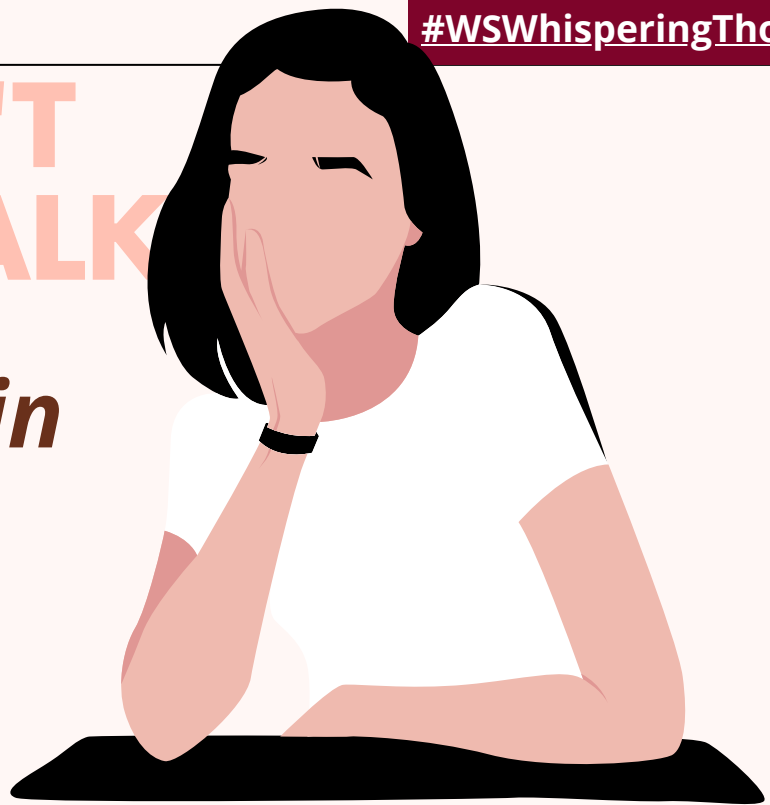


By Deepashree Mohan  
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# WHY I DON'T WANT TO TALK WITH *ex* again

Based on a true story



After 1 and half years of my breakup. Suddenly, I got the call from an unknown number sharp 5:00 p.m. on 5th January. While I was travelling from Delhi to Lucknow. I just picked the call & tried to hear the voice from that side. But I wasn't able to hear anything just because of "Pin Drop Silence" that side. I just said 'hello' "Call kiya Jata Hai to, Bola bhi Jata Hai". Again pin drop silence. Then I saw the phone number and recalled that number but unable to recall it.

After a few seconds, the Phone disconnected. After 10 minutes, I again got a call from the same number. But there was no pin drop silence, I heard a very beautiful voice and a single sentence "Pehchana Nahi". I just said "No". Again I heard the same voice from that side "Itni Jaldi Bhul Gaye". I said, "Jo bhi ho, call me after 7 January". I recognized that voice. Who is it? She was my "Ex". Again heard "Kahi Dusri Jagah Busy ho". I just cut the Call and was so confused that, What should I do? Because my heart and mind were both opposite each other. My heart was forcing me to 'Call' on that number and told the actual situation of myself but on the other hand, my mind was trying to suggest for 'Not calling' because She ditched me. She broke my heart. All these things were going in my mind and hurt.

Suddenly, My phone again vibrated but one time, This was indicating for the message. My heart was praying to God "Bhagwan Message Usi Ka Ho". I opened the message box with overthinking and murmuring. There were five messages, "Please baat kar lo, Main bahut Pareshan hun, Main tumhari life mein Wapas Aana chahti hun". After reading these messages, I was so excited that My real love has come into my life again. So finally My heart melted for her. It was heart's victory over mind.

Now I was extremely waiting for her call. I reached in Lucknow. The next day my phone vibrated with long vibration and I was thinking about her. But This was my brother's call. He asked about my journey. As My brother's call disconnected, the Phone again vibrated. This was my Ex's call. I picked the call and heard the murmuring voice "Please Maaf Kar Do Na" and started weeping.

I said, "don't worry" What's your problem? She said, "Mujhe Tumhare Sath Rehna Hai," I said, "okay, no problem". You can stay with this broken hurt. But 'Tum To Mujhe Chhod Kar Chale Gaye the'. You didn't think about me a single time. Do you know? How did I spend one and a half years without you? She said, "Sorry Babu, Galti Ho Gayi Mai Apni friends se influence Ho Gai thi". I said, "Okay Ab Chhod Ke To Nahi Jaoge"? She said, "never Babu". After hearing this, my heart was pumping fast as it got sufficient blood.

We both were very excited to know each other, as We were talking for the first time. Now everything was going well and smoothly. Slowly one week passed. One day, I called her. Her phone went waiting. After 30 minutes, She called and said, "I was not feeling well, So I was talking to my mother. I just said, "It's Ok". She said, "Tum Dhokha To Nahi Doge, Na". I said, why are you thinking negatively. "Mai To Vahi Kagaj hu Jisme Tumhara Naam Likha hai, Ab Dusare ka Naam Nahi Likh Sakta". She smiled and said, "Tum Kitane Cute aur Achchhe ho".

Suddenly She said, "You are a rude person and full of the ego". You always used to do mistakes. I said that I am a human being 'Babu', not Robot. The mistake may be happened by a human being. She became silent for some time and said "Wo Aisa nahi tha." I said, Who? She ignored and changed the topic. But I was forced. She said, "Tum Janana Chahte ho" My 'Ex'.

After hearing this, I paralyzed and thought that she again started comparing me with others. She said to ignore it 'Babu', I spoke by mistake. Just chill, your off mood I don't like. I controlled my negative thoughts and smiled. The next day, she called me and said, ``You don't care about me "Jaise Wo Karta Tha". I was frustrated after hearing this. She always used to start talking about 'Ex' with me "Aisa tha, Vaisa tha" like this.

One day, She said, Can I talk with 'Ex' only for 10 minutes? I didn't reply but I thought that those days are not away when I shell again go in 'COMA'. As I had already gone one and a half years ago. Now she was agreeing that she will talk to Ex and me both. But She will marry me. Now I was encircled in "Love Triangle". I knew the result of the "Love Triangle". It was just like a 'Life without sufficient Oxygen'. I didn't want to create problems again like COMA. So I finally decided that I will never talk with my "Ex" again.



**Doodle baba**





See you in the next edition

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