

WOMENSHINE

ShreeGauri Sawant



WHAT'S TRENDING

Women Shine
Achievers-2021

SHE LEADS

Indian James Bond

TRAVEL TALES

Dam marvel

TASTE BUDS

Pineapple Panna

Cheese Corn Nuggets

#WSWhisperingThoughts

BOLLYWOOD SHINE



Neha Bagaria



CHIEF EDITOR'S LETTER

#SHINEON

APARNA MISHRA

Founder , Women Shine

fb.com/womenshinemag

womenshine.in

instagram.com/womenshinemag

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

Hope you all had a colourful Holi.

It's been 10 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 March is dedicated to **International Women's Day**. We have published many inspiring stories from women from all walks of life. One can learn from the journeys of these amazing women. Keep sharing your thoughts, suggestions on womenshinemag@gmail.com

Show us your love and subscribe for free !!!

Contents

SHINING STAR
COVER STORY
1-5



WHAT'S TRENDING
6-11



SHINE GLOBAL
12-13



SHE LEADS
14-16



SHINING STAR
17-31



TRAVEL
32-34



HEALTH
35-36



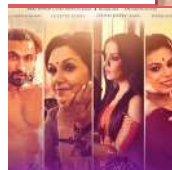
TASTE BUDS
37-38



CELEB
39



BOLLYWOOD
SHINE
40-43



#WSWHISPERINGTHOUGHTS
46-44



Magazine designed by : TEX Technology Exchange
E-mail : info@womenshine.in
Website : www.womenshine.in

To advertise:

E-mail : connect@womenshine.in
Visit website : www.womenshine.in

Disclaimer

Women Shine magazine is not responsible for any opinions, views expressed by its authors. All rights reserved worldwide. Reproducing in any manner without prior written permission prohibited.

(For editorial queries, e-mail:connect@womenshine.in)

BOOST YOUR **BUSINESS**

ADVERTISE WITH US

Advertorials, Paid Features, Brand Stories,
Full Page, Half Page, Quarter Page and more

CONTACT US FOR MORE DETAILS AT
womenshinemag@gmail.com



Be yourself, the world will adjust.

SHREE GAURI SAWANT

MEET INDIA'S FIRST TRANSGENDER MOTHER



“Indian parents can accept their kids as rapists, murderers, criminals but not as transgender. I am transgender and this doesn’t mean that I am unlovable.”

Fearless, kind-hearted, and determined are some sobriquets that can do a little justice to the introduction of **Shree Gauri Sawant**. As someone, who fought against all hardships ever for the transgender community of India, she is India’s first transgender mother and an activist working dedicatedly for society to accept and respect them for who they are.

Born as Ganesh Suresh Sawant, in a conservative family in the city of Pune, Gauri recalls her childhood as painful and traumatic for her. At the young age of 9 Gauri lost her mother, after her mother's demise, she realized that she recognizes herself as different from others.

After her mother passed away, she was raised by her grandmother and father. As a kid, she had always been effeminate and more inclined towards the female gender. In school, Gauri was always mocked by her classmates, who even used derogatory terms to tease her.

After qualifying 10th standard, Gauri finally decided to leave her house due to a lack of acceptance from her father. With the help of the Humsafar Trust, Gauri underwent a transition. Without the support of her family and no roof to live under, her journey from Ganesh to Gauri wasn't an easy one.



“A parent’s support is the most pivotal factor in shaping the lives of their children. One of the biggest reasons behind the aggression of our transgender community is the lack of acceptance by our very own parents.”

Her journey to become a mother is one of the most beautiful and treasured memory, Gauri holds. Gayatri, her daughter, was left orphaned in 2001 after the demise of her biological mother, who was a sex worker, died of HIV. Gayatri's grandmother decided to sell Gayatri to a dealer in Sonagachi, Asia's largest red-light area in Kolkata.



Gauri had decided to become the mother to this little girl and she decided to adopt her. As a transgender, it wasn't a regular mother life for her. As she walked on the streets holding Gayatri, she was looked down upon by a few people. But as a proud mother to a daughter, Gauri's life did change her into a whole new person. She raised Gayatri like every mother does, fighting all odds. Today, Gayatri is herself a mother and Shree Gauri has become a Naani.

"You don't have to be a biological mother to mother a child. I don't feel special. I became a mother because of Gayatri and she is my pillar of strength. I did what every mother does,"

In the year 2000, along with Ashok Row Kavi and two others, Gauri formed an NGO of her own called '**Sakhi Char Chowghi**' in Malad, Mumbai. Her motive was to provide a space of freedom to all transgenders, hijras, and men who have sex with men (MSMs) in the city. 16 years down the line, with a team of 150 workers, Gauri promotes safe sex and provides counseling to transgenders from the Mumbai suburbs.

She is also the petitioner of the National Legal Services Authority (NALSA) judgement that was passed in 2013. She made a home "NaniKaGhar" run by elderly transgenders who are unable to work take care of the children. The idea of starting a home occurred to her during a red light area visit where a 4-month-old was strained to her mother's saree. Gauri continues to fight for many many other rights being deprived of them.

"Nothing is more significant for transgender people than to have access to excellent health care in trans-affirmative environments, to have the legal and institutional freedom to pursue their own lives as they wish, and to have their freedom and desire affirmed by the rest of the world."

This will happen only when transphobia is overcome at the level of individual attitudes and prejudices and in larger institutions of education, law, health care, and kinship" Gauri emphasizes the need for acceptance of the LGBT community in all the domains of life.

Apart from necessities like food and water, she focuses on the basic fundamental rights everyone deserves as a citizen of this country. Her fight to no more stay as a minority and to grow along with other genders is going to be a long one, but this doesn't shake her spirits in any manner.

"Ultimately, the transgender question is about more than just sex. It's about what it means to be human. We have arrived and we will achieve, so please accept and recognize us as normal as we have a lot of love to offer to this society" concludes Gauri.

Women Shine wishes Shree Gauri Sawantji all the best in her endeavours.

Written by- Aditi Gupta



Neha Bagaria — Unstoppable. Invincible.

We all have 24 hours in a day, but only a handful of us make every minute count!

*A sense of unwavering focus and an unfettered way of living.
A determination that no storm can shakeup.*

Belief in their values and ideals.

A belief that one day, it will all come to fruition.

And that's the stuff women of the mettle are made of.



The story of Neha Bagaria — Founder & CEO, JobsForHer — is as real as it gets, but is also exceptional because of the life-altering decisions she took at the right time.

Like many women do, Neha worked right through till the ninth month of her first pregnancy way back in 2009. She went on maternity leave for 40 days determined to return to her 5-year-long-career at Kemwell Biopharma, a business run by her husband's family.

She had made strides in the company looking after the HR, Finance & Marketing functions.

But as luck would have it, Neha didn't step back into her professional shoes for the next 3.5 years!

jobsforher
START · RESTART · RISE

Finally in 2013, when her second son was still 6 months old, Neha decided it was time to restart her career, and returned to Kemwell, although still uncertain if she will be able to handle it all.

"I couldn't recognise who I was. But I knew, If I had to be a happy mother, I had to be a happy person and for that, work was important."

A sentiment that most women go through when they decide to return to a career.

Unstoppable. Invincible



But Neha was not someone to be bogged down by societal pressures. The fact that she started her first venture, Paragon, while studying for her last semester at the Wharton School of Business, proves that she dared to be different from the very beginning.

Paragon was a company that prepared students seeking admission to US colleges through the advanced placement program.

“After two years of running Paragon, my career was hit by the first two M’s that many women face - Marriage and Mobility. I got married and moved to Bangalore with my husband”, reminisces Neha.

The next 5 years of working at Kemwell gave Neha experience in Marketing, HR, and Finance, as well as being part of acquisitions of facilities in Sweden and the US.

That’s when she encountered the biggest M of them all, motherhood, and ended up taking a complete break from her career which lasted for 3.5 years. 2 babies later, Neha had the luxury of a strong career return, with her husband’s family business waiting for her to make a comeback. And so she did in 2013.

But this journey got her thinking.

A Life-Changing Decision

It got her to delve deeper into the various reasons that women all over the country might face when they wanted to return to their careers. And the more she thought about it, the more determined she was to do something to enable these women to get back to their careers with confidence (minus the guilt and the societal pressures that force them to put their professional lives on the backburner.



"I started JobsForHer, an online platform to enable women to restart their careers in 2015, on International Women's Day. We've all heard stories of qualified, experienced, and capable women who step away from their careers to look after their families. I could not ignore the fact that women needed support and opportunities to re-enter the workforce. It got the entrepreneurial drive started in me," she recollects.



JobsForHer started as a small venture, with six women - all restarters - including herself, working out of Church Street Social, a Bengaluru eatery that encourages young businesses to work on its premises for a small fee.

"A lot of companies, especially MNCs with diversity initiatives, were willing to recruit women who had stopped working," says Bagaria. "One needs to realise that attrition among men and women is about the same—it's just that the reasons are different."

Women face a multitude of challenges ranging from access to employment, choice of work, working conditions, employment security, wage parity, discrimination, and balancing the competing burdens of work and family responsibilities.

And as Neha and her growing team went on to realise many milestones along the first year, they realised that to move the diversity needle women needed to be encouraged to rise in their careers to leadership roles as well.

And so in 2019, on JobsForHer's fifth anniversary, Neha Bagaria announced that the platform will henceforth cater to the career needs of ALL women who are ready to start, restart and rise in their careers.

Today, she runs a 60+ member team with more than 7,500 companies on board, and 2million+ women who are registered on the platform.

About JobsForHer

JobsForHer enables women to accelerate their careers by connecting over 2 million (and counting) women candidates registered on the platform to 7500+ companies across the country. Besides job opportunities, the platform also connects women with professional communities, mentors, reskilling, and events through which they can showcase their skills and capabilities. No matter the stage of career, JobsForHer provides opportunities for women to start, restart and rise in their careers.

-Team WS



UN WOMEN ANNOUNCED THE THEME FOR (IWD 2021) AS WOMEN IN LEADERSHIP: ACHIEVING AN EQUAL FUTURE IN A COVID-19 WORLD

9th March 2021 Bangalore: Ahead of the International Women's Day on 8th March, UN Women announced the theme for (IWD 2021) as, "Women in leadership: Achieving an equal future in a COVID-19 world." The theme celebrates the tremendous efforts by women and girls around the world in shaping a more equal future and recovery from the COVID-19 pandemic.

NSRCEL, the start-up incubator of IIMB that is recognised by the Govt. of India and founded in the year 2000 runs programs specifically catering to women entrepreneurs with profit ventures and social ventures and NSRCEL also works towards supporting various players of the start-up ecosystem.

To celebrate women in leadership, NSRCEL organized an informal virtual meet-up and had 3 women leaders/entrepreneurs sharing their experiences on the occasion of Women's Day. This virtual meet was attended by more than 60 women across the country.

Meghna Khanna, Preksha Kaparwan, and Pinky Maheshwari entrepreneurs from NSRCEL shared some inspirational thoughts with their fellow members.



Preksha Kaparwan (LinkedIn Top Voices 2021: Next Gen) spoke about Technology leveling in tackling the gender disparity - tools, tips, and tricks on how to bridge the gap. She founded Alphaa AI - which is making analytics simple, faster, and accessible without any coding. By enabling users to ask questions on data without any involvement of IT teams or complexities of a BI tool. Users can access data through the web or mobile app or even their existing apps like WhatsApp and Excel using any data source. With AI assistance they can Build charts and data stories in seconds that they can share over email or within apps.

Meghna Khanna (featured in the Limca Book of Records for being a part of the first-ever Himalayan Odyssey by REMC (Royal Enfield Motorcycle Company) to Khardung-La) spoke about discovering one's inner stylist. She elaborated on how in order to be sustainable and stylish at the same time, one needs to put their highest self forward, showing their most confident and comfortable selves. She is of the belief that finding one's inner stylist ensures a long-term joy of knowing what works for them.

Pinky Maheshwari – founder of **Surprise Someone** spoke on How to keep the key of our happiness with us and not with the outside world? Surprise Someone's mission is to save our planet earth from the Global Warming and Greenhouse Effect and to stop deforestation and to save our forest reserves. NSRCEL through its programs for Women Entrepreneurs aims to support ambition and innovation by enabling them to transform their idea into a business venture. Their programs are designed to focus on the enhancement of the entrepreneurial and managerial skills of women leading early and ideation stage ventures. These Programs provide business knowledge for the entrepreneurs to build on their idea in the initial stage through Massive Open Online course. Finalists are selected to be a part of Incubation at NSRCEL where they will focus on developing their product and scaling up.



YOUR JOURNEY TO FEMALE ENTREPRENEURSHIP

SOME BEST ADVICES FROM SUCCESSFUL WOMAN ENTREPRENEURS

Reminding you of the days of your childhood, as growing girls, we are instructed how to walk, talk and carry ourselves. As we become wives and mothers, the world expects us to manage everything from children, careers, and the entire family. As working women, entrepreneurs, and mumpreneurs, the bar of expectations is also set very high. Adding to it, comes the unconscious gender bias, judgement, and unsolicited comments. There certainly is no doubt that it's not an easy road to the top.

In this journey of entrepreneurship, women find mentors and people whose advice makes the road easier to navigate. In this context, we have curated a list of advice from some most successful female entrepreneurs.

1. Network. Network. Network

Business networking is the most effective strategy to create referrals and build a sustainable and successful business. If you want to build a great and successful business, you cannot do it alone. You need to get over your fear of rejection and network like it's your damn job. The amount of collaboration and connections that can be gained by a large but close network is invaluable.

2. Prioritize, focus, repeat

Your journey to become an entrepreneur is a tough one and being a woman adds another layer of complexity due to the additional roles a woman is expected to play. The best advice is to keep your focus on just one thing at a time and learn how to prioritize stuff and not expect perfection at every stage.

3. Don't be afraid of pursuing an unexpected path

No matter how scared you are, your fears can't prevent you from doing something, surviving something, or succeeding at it. When we get scared, we forget this crucial truth, "Our fears aren't in control, we are." When you keep that in mind, you discover there's nothing to be afraid of. The goal is to focus on the areas in which your company creates value and makes your customers happy.

4. Know Your Audience

If you want your business plan to succeed, you need to have a complete understanding of who your customers are and the best strategy to reach them. Think carefully about your target audience and explore different ways to provide not only great services or products but also a memorable and high-quality experience. "Don't be afraid to ask your customers for feedback and to learn more about your market by talking directly to your customers.

Look after yourself and Do not forget to enjoy life

Being an entrepreneur indeed makes you your boss, however, you will have your share of ups and downs. You will have times of a lot of pressure, but do not forget to take care of yourself and also enjoy your life as you strive towards success.

Businesses take time to rise and it's significant to trust yourself. Equally important is learning to accept mistakes will and that perfection cannot be achieved at all stages of the journey. Ultimately, don't be afraid to take risks and aim to achieve the things you are truly capable of.

-Written by Aditi Gupta



Women Shine ACHIEVERS



VEENA ANAND

Co-Founder and Executive-Director (DIDI's)

Veena is a Social Entrepreneur contributing towards empowering women. In DIDI's, Veena's aim is to make girls and women financially independent by training them with skills in the field of food, Stitching, and handicrafts.

Started 13 years ago with homemade chocolates and now Veena is leading DIDI's which is managing catering and boutique work at a larger scale.

DIDI's contribution to society has been recognized by United Nations, Goldman Sachs, Bharti Infratel, and many more.



SUMAN RAWAT

National Para Badminton sportsperson

मेरा नाम सुमन रावत मेरे पिता जी श्रीराम दुलारे बुद्धेश्वर मंदिर गली भपटामऊ की मूल निवासी हूं और मुझे बचपन में बहुत तेजी से बुखार आने से एक पैर में पोलियो हो गया ; और मैं राष्ट्रीय स्तर की पैरा खिलाड़ी हूं व मैंने अभी हाल में ही हुई तृतीय राष्ट्रीय पैरा बैडमिंटन चैंपियनशिप 2019 में WH2 में प्रदेश की प्रथम महिला विलचेर खिलाड़ी में रजक पदक प्राप्त किया है। मैंने अपने कठिन परिश्रम से देश के लिए पदक जीता है

•राष्ट्रीय स्तर पर मैंने दो गोल्ड मेडल साइकिल रेस •एक सिल्वर मेडल राष्ट्रीय स्तर पर बैडमिंटन • राज्य स्तरीय मैं 4 गोल्ड वा 3 सिल्वर तथा 2 ब्राउन मुझे कई बार सम्मानित भी किया गया है अलग-अलग राज्यों में तथा अपने ही राज्य में।



POULIMI PAVINI SHUKLA

Lawyer, author, and activist

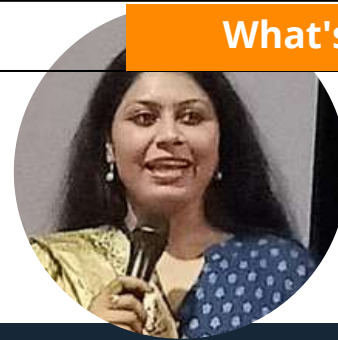
She is a Young Supreme Court lawyer who strives to give orphans a chance at education and a career, and is influencing policy too.

She has co-authored a book titled Weakest on Earth—Orphans of India, and in 2018 filed a public interest litigation seeking reservations for orphan children. Following this, the National Commission for Backward Classes recommended that orphans be considered part of OBCs for educational and job opportunities. Since then, 11 states and Union Territories have made various changes, such as extending the Right to Education reservations to orphans, increasing budgetary allocations, and providing financial aid.

She is now working towards getting orphans included under various government education schemes, grants and scholarships, which will win them access to tuition support, coaching for competitive exams, fellowships, hostel facilities, loans and cash incentives given by the ministry of social justice and empowerment.

**SUMAN RAWAT****Founder President Power Wings Foundation**

सुमन सिंह रावत पॉवर विंग्स फाउंडेशन की संस्थापिका और अध्यक्ष हैं। वैसे तो लगभग 22 साल से मैं सामाजिक कार्यों से जुड़ी हूँ। मगर पिछले 6 साल पहले पॉवर विंग्स फाउंडेशन की स्थापना की गई। जिसमें टीम द्वारा महिला सशक्तिकरण, पर उनके सम्मान, सुरक्षा और स्वावलंबन शिक्षा और स्वास्थ्य पर समय समय पर कार्यशाला और सहयोग किया जाता है। सड़क दुर्घटनाओं पर घायलों को तुरंत अस्पताल पहुंचा कर उनकी जान बचना, गरीब जरूरत मंदों को ब्लड डोनेट करना, ग्रामीण क्षेत्रों और मलिन बस्तियों में मेडिकल शिविर लगाकर हेल्थ और हाइजीन पर कार्यशाला देना, बेटियों और महिलाओं को सेफडिफेंस ट्रेनिंग देना, गरीब बालिकाओं के शादी व्याह में मदद करना, लावारिस को खाने कपड़े और इलाज में मदद करना। मौसम के अनुसार जरूरतमंदों को कंबल और कपड़े देना, टीम का मुख्य रूप से कार्य है। फाउंडेशन समाज के सर्वांगीण विकास में अपना अदना सा फर्ज निभाने के लिए 365 दिन कार्य करती हैं।

**TOOLIKA RANI****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.

**SHILPI CHAUDHARY,**
Founder President, Asra Foundation

शिल्पी- मानवता से भरी एक पशु प्रेमी जो एक बार जेल की विजिट पर क्या गई, फिर जेल ही उसका दूसरा घर बन गया उसने जेल में वोक्ेशनल ट्रेनिंग, स्ट्रेस मैनेजमेंट, खेल कूद, मशरूम उत्पादन, सिलाई प्रशिक्षण, त्योहारों पर गुझिया और नमकीन बनवाने के साथ गोद लिए सरकारी स्कूल के बच्चों के स्टेटर जेल की बन्दियों से बनवाये और इस तरह उन्हें न सिर्फ व्यस्त रखा बल्कि रोजगार भी दिया, तकरीबन 25 गरीब कैदियों के जुर्माना भर उन्हें आज़ाद करवाया। साथ ही महिला बन्दियों को आत्मरक्षा के लिये जेल में ही सेल्फ डिफेंस की ट्रेनिंग भी दिलवाई ताकि जेल से छूटने पर वे अपनी रक्षा कर सकें। मेन्सुरेशन hygiene पर 2012 से लगातार काम कर रही हैं 2015 में नेपाल में आये भूकम्प के समय उन्होंने हजारों की संख्या में सैनिटरी नैपकिन के पैकेट्स नेपाल भेजे, अयोध्या में कई सरकारी स्कूलों में सैनिटरी नैपकिन वॉडिंग मशीन लगावाई और 2020 के पूर्ण लॉक डाउन के समय शिल्पी लगातार प्रवासी मजदूरों के बीच सैनिटरी नैपकिन बांटती रहीं।

जानवरों के प्रति उनका हमेशा का लगाव उन्हें लॉक डाउन के समय सड़क पर ले आया जब रोज वो लगभग 70 - 80 कुत्तों और 40 -50 गौ वंश को खाना खिलाने अपनी परवाह किये बगैर सक्रिय रहीं तथा अन्य बहुत से लोगों को प्रेरित कर नगर निगम की मदद से लखनऊ शहर में भूख से किसी भी जानवर की मौत न होने देने के अभियान को सफल किया



DR. TULIKA CHANDRA
Professor and head department of transfusion medicine KGMU

Belongs to Lucknow and has worked for 25 years in blood banking and have tried successfully to change the face of blood banking. Besides this, she has been doing something for the community maybe as a Loreto alumna by working for various social welfare schemes as well as for women workers. She has also published national and international papers as well as authored books.



Congratulation All Women Achievers



DR. TULIKA CHANDRA
 KGMU



TOOLIKA RANI
 SQN LDR



SHILPI CHAUDHARY
 FOUNDER PRESIDENT,
 ASRA FOUNDATION



SUMAN RAWAT
 FOUNDER PRESIDENT,
 POWER WINGS
 FOUNDATION



VEENA ANAND
 CO-FOUNDER AND
 EXECUTIVE-DIRECTOR
 (DID'S)



SUMAN RAWAT
 NATIONAL PARA BADMINTON
 SPORTSPERSON



POULOMI PAVINI SHUKLA
 LAWYER, AUTHOR, AND ACTIVIST
 SHINE ALWAYS !!

Micro Finance Association of Uttar Pradesh

VIDHU SHARMA



Dr. Vidhu Sharma is the proud recipient of the COMMUNITY CITIZEN OF THE YEAR AWARD 2020 ON AUSTRALIA DAY (CITY OF SWAN), and BUSINESS MIGRANT OF THE YEAR AWARD (BELMONT AND WESTERN AUSTRALIA SMALL BUSINESS AWARDS 2020). She is also a finalist for five other prestigious Business and Community Awards to be announced in 2021 and nominated for the NAARI SHAKTI AWARD 2021 to acknowledge Women in Leadership.

A true example of Women Empowerment, she dedicates her life to Community Service, excels in leadership in advancing the needs of the community, promoting goodwill, and harmonious relations between the Indian culture and heritage and the wider community in Australia by promoting Ayurveda, the science of life globally. Her contributions make a positive difference in people's lives and have a meaningful impact on our community. Apart from leading in several meaningful Community Projects, she has contributed to the community by promoting education and raising awareness about positive Mental Health and the advancement of Health and well-being of the Community. She has immensely contributed towards Cultural Diversity and Social inclusion.

Despite experiencing, and being displaced through the catastrophic Earthquakes in New Zealand in 2010-2011, Vidhu courageously gathered herself, her young family, and made a promise to herself that then on she will lead a life committed and dedicated to the service of the Community. She considers this as a special opportunity given to her by the Almighty. Being a mother with two young children, family and work commitments, Vidhu is running a race against time, but her passion and commitment to the community have given her the strength to devote most of her time to Community Projects like Domestic Violence, especially in the ethnic community, Mental Health Awareness, Suicide Prevention, Alcohol, and other drugs related issues.

Vidhu is a qualified Ayurvedic Doctor from India and is the Chairperson and President of the World Ayurveda Foundation- Australia. She has been leading the Ayurvedic Health and Wellness Projects in WA, and also proudly represents Australia as a nation at the World Ayurveda Congress, a global platform.

Vidhu's quest for Education and Community Services work led her to further study in Australia to complete a Diploma in Community Services, Diploma in Mental Health, Cert IV in Ageing Support, and Cert IV in Mental Health. These qualifications have enabled Vidhu to work on various selfless Community Projects successfully. She is also an Australian Qualified Trainer and Assessor, and finds it very rewarding to mentor and lecture Australian students in various fields like Advanced Diploma of Ayurveda, Community Services, Mental Health, Allied Health, Aged Care, and various other qualifications under the Health Portfolio.

Vidhu was awarded an excellence award in recognition of her outstanding and extraordinary work in promoting the Cultural and Ancient heritage of India- Ayurveda, by the Indian Consulate in Perth on the auspicious occasion of the 72nd Independence Day of India in 2018. She also conducts free workshops and seminars for the wider community on Mental health issues and, improving Health and well-being. She takes immense pride in devoting time to organizing and running workshops, and also teaching the English language to people from Culturally and Linguistically diverse backgrounds, and also teaching them survival skills to lead a secure life in their new home - Australia. These people include people from India, Pakistan, China, Sri Lanka, Afghanistan.

Vidhu was honored to be the Chief Guest at the Annual meeting of the Rotary Club in December 2018 in Chandigarh, India.

Vidhu successfully organized and presented the first-ever Ayurveda Health and Wellness Awareness Seminar in Western Australia in conjunction with the WA Government's Harmony Day Celebrations in 2018 at the Consulate General of India, Perth in 2018.

Vidhu is a well-respected member of the community who is well known in WA for her philanthropic role, self-less work on Community projects, and hours of dedicated time working for the betterment of the community, and also a mentor and life coach for the Youth. All of the above achievements and more have led to the appointment of Vidhu as the Chair Person and President for the World Ayurveda Foundation- Australia. She is also the WA State Chief Coordinator for AYUSH Australia Conference 2018. On special invitation by the High Commissioner of India to Australia Dr. Gondane, Vidhu represented the Ayurveda Community of Western Australia /Australia at the Grand Reception hosted in the honor of Honorable President of India Sh. Ramnath Kovind's first-ever State visit to Australia in November 2018. Her dedicated efforts in the benefit of the Community and strengthening Australian ties, relations with other nations in particular India.

Vidhu is a well-respected International Speaker at events such as Health and wellness, Ayurveda Conferences, International Women's day, NAARI 2019, Multi-cultural Expo, etc.

She continues to dedicate her life to the service of the Community, selflessly following her passion for philanthropic work, and dreams to bring about a change in the world which she anticipates to be free of suffering, miseries, violence, and negativity, thus bringing about a change in people's lives and making a difference. Vidhu has also been appointed as the Metropolitan Bilingual Community Ambassador by MCF on Community projects like Suicide Prevention, Mental Health, Domestic Violence, AOD.

This is a prestigious position to be held by any Indian in Australia. She goes on to help women who have experienced Domestic Violence and are struggling for their survival in Australia. She conducted free workshops in the community during the Mental Health Week in October 2019, 2020. Vidhu is working towards the establishment of a Bachelor's degree program in Ayurveda in Australia along with a team of dedicated Ayurveda Practitioners. She undertook initiatives related to COVID 19 relief work in Western Australia, running regular free Community workshops online for Health and well-being, and free Ayurveda Consultation weekly to assist the Community.

Vidhu will continue with Community Services work with perseverance, and bridge the gap between Indians and the wider community. She anticipates promoting Australia to be a place free of illnesses, mental health issues, miseries, worries, and violence. She wishes to work more in areas of Domestic Violence, mental health, and providing Ayurveda services in the Aged Care Industry of Australia.

-Team WS

DR. SUNITA GANDHI



Dr. Sunita Gandhi the 'Edumonk from Lucknow' will begin the NAME LITERACY CHALLENGE as part of her Global Dreamshaala program this International Women's Day.

She invokes volunteers to join this crusade to follow up and bring in 100 % literacy to 21st century India.

Through Global Dreamshaala a unique exponentially scalable model she aims at making out-of-school children and illiterate adults literate at an accelerated rate using the Global Dream Toolkit a vastly alternative way of teaching. These segments have suffered more during the COVID period.

A Ph.D. from Cambridge University UK she returned to India after 26 years abroad to help the family with CMS, Lucknow, the world's largest school.

Dr. Gandhi is the Founder of, Council for Global Education, USA, Global Education & Training Institute, India, DEVI Sansthan: Dignity Education, India, and Education Society of Iceland. Her efforts in education have expanded a vast range, from the bottom up grassroots level in Indian slums and villages through her NGO, to top-down policy work with the World Bank in Washington, DC, where she was selected as a Young Professional and completed a ten-year tenure as an Economist.

Sunita Gandhi has also established her schools, starting with her first school at the age of 14. She has established Iceland's first two charter schools, an experimental school in the Czech Republic.

Dr. Gandhi leads the # Disruptive Education Movement through initiatives like Ed Leadership Conferences, GETI Live talks, and Teachers' Training Programs to take India's education in its entirety from its old moulds into the new directions guided by the New Education Policy, 2020.

Her research work in Iceland, the UK, and India mainstream the principle of 'compete with yourself' against 'compete with others', published in a 2017 book by Palgrave Macmillan, UK.

Over 500 schools in India and overseas have adopted her curriculum and assessments based on this principle. With this large-scale pilot, she is fine-tuning an education more suited to the needs of children living in the 21st century. TARGETplus Education, a company founded by Dr. Gandhi in 2016 focuses on reducing stress and improving the results of students taking high-stakes examinations.

The foundation of her education is created on Four Building Blocks of Education: Universal Values, Global Understanding, Excellence in All Things, and Service to Humanity.

This Edumonk from Lucknow is relentlessly moving ahead towards new education for a new India.

SHE LEADS

WOMENSHINE



MEET INDIA'S FIRST FEMALE DETECTIVE MS RAJANI PANDIT

'A DETECTIVE IS BORN, NOT MADE'.

Success is a product of learning from experiences and failures—a product of our life, our experiences, and the people we meet along the way. This is the stuff that shapes us and builds our world, it comes from within, not from an expert or a guru.



When talking about a country like India, even the most daring of men are frightened of investigating a violent crime, however, a woman who has solved over 80,000 cases in a career that spans over 22 years has made her mark. Mumbai-based Rajani Pandit has to her account the edgy brilliance of being the first female private detective in India. In her 25 years of experience, she has solved over 80,000 cases.

She began her work as a private detective when she was merely 22-years-old.

Having 57 awards and thousands of cases solved at National and International Level, Rajani is a woman of exemplary distinction.

As her father worked with the CID, Pandit feels that it helped her learn the art of a "thorough investigation"

"Each day you get a new case; and in many of them, you have to play a dual role. Like a teacher and student both. Decision making as per the circumstance is very essential in the making of a detective. Any cases can ask you for a solution"

She was in college when she became interested in investigation for the first time: "I realised that if you look around carefully, you will find many problems and mysteries in many houses. Problems that people can't solve themselves and need external help with. But they don't have any evidence and don't know where to go. That's when an investigator comes into the picture."

Rajani Pandit recalls her toughest case till date. She was assigned the task of gathering proof for a murder investigation. She went undercover as a maid for the prime suspect woman for six months to find out who killed a father and his son.

"When she fell sick, I took care of her and gained her trust slowly. But once, during pin-drop silence, my recorder made a 'click' sound. And that's when she started doubting me. She refrained me from going out at all."

"Then one day, the hitman who she hired, came to pay her a visit. That's when I knew it was my chance. So I cut my foot with a knife and told them that I had to go out to get bandaged. I ran out, went to an STD booth and called the client to come home with the police. They were both arrested that day!"

Rajani acknowledges the hardships and obstacles she has faced as a spy in this society. She has faced her setbacks and yet came out stronger. She now has a team of 20 people and her agency helping people across the globe.

"I've also received a few threats here and there—but my work is clean, my mind is clear and my courage is unwavering. But most of all...I'm a homegrown, desi Sherlock -- how's that for a Resumé opener?"

More Power to her and to all our readers.



By Aditi Gupta

KAKOLI BISWAS

**Philanthropist, Humanitarian, Social Worker – Founder
of the Juhu Philanthropic Association**



KAKOLI BISWAS IS A DYNAMIC LEADER, INFLUENCER, PHILANTHROPIST, HUMANITARIAN, SOCIAL WORKER, AND FOUNDER OF THE JUHU PHILANTHROPIC ASSOCIATION IN MUMBAI, INDIA. SHE HAS AN INSPIRING STORY AND IS THE EPITOME OF STRENGTH, LOVE, SACRIFICE, COURAGE, AND DETERMINATION.

Through the generations, her family has been an advocate of women empowerment, girl education, and stopping girl child marriage. Kakoli's mother was one of the very few women pursuing education, had a Masters's degree in Social Science, and was an all-girls school principal back in 1940's pre-Independence India. Kakoli has nurtured and nourished a very humble and supportive family unit, selflessly serving others and she has imbibed the core values of humanity, respect, love, peace, tolerance, acceptance, empathy, and courage in everything they do.

Kakoli has been the glue in her household and a pillar of strength for her two daughters. She has always inspired, empowered, and encouraged both her daughters and in a world where girl children were discriminated against Kakoli ensured they were loved and raised as strong women with equal opportunity and rights in society. Both her daughters have received academic excellence, have pursued Masters and Doctorate degrees from IVY league schools in the USA. Today she is the proud mother of a scientist and an inspiring woman leader. Both her daughters are exemplary in their fields and humbly give all credit to their mother. Kakoli's older daughter is a Humanitarian, corporate leader, innovator, and beauty queen while her younger daughter is a scientist working in the field of innovation and Nanotechnology.

While Kakoli was a dreamer and wanted to balance her dreams with raising a strong family, she focused all her efforts on ensuring she was there for her family. Kakoli started her career much later once her daughters were independent enough to look after themselves but that did not stop her from making a mark in her field. From mother to number 1 dubbing voice, an eminent dubbing director, Film Director, Actor, and Producer, a flourishing businesswoman, an iconic woman entrepreneur, and role model, her journey has been inspiring for every woman who has dreamed. She has directed the NFDC film "Amrita" which was screened for the 1999 Film Festival at Mumbai and was nominated for the Indian Panorama Film Festival. She started her own production house and provided opportunities to voice artists of multiple regional and international languages.

She was famous in Bengali theatre and had performed plays at Rabindra Natya Mandir. Kakoli is the founder of the Juhu Philanthropic Association (JPA) in Mumbai, a non-profit organisation serving the underprivileged and constituted for community betterment and handholding of the destitute of the society and supporting them.

To drive its vision, Kakoli has organised charity events and donation camps to sponsor underprivileged girls and children at Bharat Seva Ashram. She conducts cultural events to promote talent and engage in community feeding. JPA has partnered with Women Empowerment and Entrepreneurship (WEE) Foundation to focus on women empowerment and lifting and development of the downtrodden and providing a platform to underprivileged people from rural backgrounds.

JPA activities include offering a scholarship to the needy and brilliant students, donations to hospitals, and other social services. Apart from the difference she makes socially, Kakoli's vision is also to promote the cultural capabilities of our younger generation through music, dance, playing instruments, drama, and covering the gamut of art & culture and she conducts cultural programs to promote talent.



Awards and Achievements

- India Star Republic Award 2021
- Nominated for Sutra Excellence Award - Inspiring Woman Entrepreneur
- Featured as Iconic Influencer in Aesthetics Coffee Table Book
- Nominated for Indian Panorama Film Festival
- Founder of Juhu Philanthropic Association

-Team WS

Dr. Anupama Soni

BEAUTY WITH BRAINS-

Dr. Anupama Soni- Mrs. Asia International- 2018, is a mother of two and has also won pageants like Mrs. Rajasthan and Mrs. India.

She is currently Brand Ambassador Beti Bachao Beti Padhao, Rajasthan Government.

She believes that a girl can do whatever she wants. According to her, everyone is an ambassador for the cause and it is the responsibility of every individual to promote girl's education and empowerment.

She is working on Child Marriage, Menstrual Hygiene, Women n Nutrition, Female foeticide, School dropouts, Girl education, etc. She was Goodwill Ambassador for Road Safety and Jaipur Nagar Nigam Ambassador. She is the Brand Ambassador of the Jaipur Badminton Association.

She is a State Awardee for Women Upliftment by Rajasthan Government and Vishisht Mahila Samman by Women n Child Development Department, Rajasthan Government.



She is an Endodontist (Gold medalist) and Facial Aesthetician by profession. She conducts a lot of free dental camps for women and children to spread oral health awareness. She has been awarded Indian Dental Diva, Iconic Dentist, Outstanding Dentist for her contribution to community services.

Her journey to Mrs. Asia International started in her 10th class when she was awarded Miss Tenth, Miss School to Miss Freshers in college.

She started aspiring to a huge platform someday. Getting into a Medical College, gave a purpose to her life. She almost forgot about her deep-rooted dream in her practice and family with two kids. 10 years later, her son motivated her to participate in a state-level pageant. Some of her biggest challenges were to get fit again, to work on her public speaking skills, become updated with the current fashion trends, a lot of grooming was needed. She worked one by one on her hidden aspects n groomed herself to make it as Winner of Mrs. India Rajasthan.

After this, the next goal for her was Mrs. India, for which she worked on her positive aspects especially talent round. As she is a trained Chari dancer(folk dance of Rajasthan). Women from all walks participated in Mrs. India, be it squadron leader, Corporate leader, Doctor, Engineer, Entrepreneurs, and many more. Every lady had a success story, full of hardship and challenges and all were the winner in the true sense.



Soni believes that if you desire something, you have to make yourself deserving of it. Her son was one of her biggest motivators, her daughter was 2 at that time but was highly enthusiastic. Her kids were one of the things that kept her motivated on the stage of Mrs. India.

Mrs. Asia International, held in the beautiful city of Rayong, Thailand.

She was there for 8 days and was welcomed by the governor of Rayong and the director of Tourism of Thailand. She visited the local areas there to have a look at their art, culture, and religion. In the talent round, she presented a dance performance of the traditional dance form 'Chari and Kalbeliya'. The performance was hugely appreciated. The governor of Rayong and her wife came to her personally to compliment her. Soni says that this was one of the most memorable moments of her life.

When asked about the difference between the competitions of Miss and Mrs. India, she answered, 'Miss India is more about glamour and fashion. They look for the complete knowledge of fashion in a contestant. Mrs. India is more like finding a role model for society.'

At Mrs. Asia International, she was asked, 'Which crown is more important to you, the crown on your tooth, or a crown on your head?' To which she replied, 'It depends where I am, if I am here, the crown on my head is important for me, but if a patient comes to my clinic and needs urgent care, the crown of their tooth will have my complete focus and that will be more important to me'. She won the title after that.

In the end, she said that everyone needs to come out of their comfort zones to fulfill their dreams. They need to take that first step, nobody else is going to do that for them. Everybody needs to be determined in what they do.



MIC Women Entrepreneurs

ABOUT MIC

Ministry of Education, Govt. of India has established an 'Innovation Cell' with a purpose of systematically fostering the culture of Innovation in all Higher Education Institutions (HEIs) across the country. MIC will focus on creating complete ecosystem which will foster the culture of Innovation across all educational institutions from ideas generation to pre-incubation, incubation and graduating from the incubator as successful start-ups. MIC will also work on designing ranking system to identify institutions in the forefront of innovation.

Ministry of Education has established 'MoE's Innovation Cell' (MIC) with the mandate to work closely with our Higher Education Institutions (HEIs) to encourage the creative energy of our student population to work on new ideas and innovation and promote them to create start-ups and entrepreneurial ventures.

MIC -AICTE has been working through Institution's innovation Council initiative and other programs to promote the budding student innovators & entrepreneurs. In this quest MIC has identified brilliant women entrepreneurs and innovators through its National Innovation Contest Program, an annual contest for MIC approved Institution's Innovation Councils through its portal.

The select few women entrepreneurs given here has also been designated as Innovation Ambassadors of MIC and has been sent for two-week Canada India Acceleration Program (CIAP) by AICTE. CIAP is a 2-week extensive Global Business Acceleration. These women entrepreneurs have been trained and their Innovations has been seed funded by MIC- AICTE so that they can establish the startups out of their Innovation and could become self-reliant.

Vandana Thakur

Ms. Vandana Thakur is an Innovator cum Entrepreneur and honored recipient of MoE's Innovation Cell (MIC), Innovation Ambassador. She has a startup named AnV-stat -a Novel hemostatic formulation and Women Entrepreneur About MIC Ministry of Education, Govt. of India has established an 'Innovation Cell' with a purpose of systematically fostering the culture of Innovation in all Higher Education Institutions (HEIs) across the country. MIC will focus on creating complete ecosystem which will foster the culture of Innovation across all educational institutions from ideas generation to pre-incubation, incubation and graduating from the incubator as successful start-ups. MIC will also work on designing ranking system to identify institutions in the forefront of innovation. Ministry of Education has established 'MoE's Innovation Cell' (MIC) with the mandate to work closely with our Higher Education Institutions (HEIs) to encourage the creative energy of our student population to work on new ideas and innovation and promote them to create start-ups and entrepreneurial ventures.



MIC -AICTE has been working through Institution's innovation Council initiative and other programs to promote the budding student innovators & entrepreneurs. In this quest MIC has identified brilliant women entrepreneurs and innovators through its National Innovation Contest Program, an annual contest for MIC approved Institution's Innovation Councils through its portal.

The select few women entrepreneurs given here has also been designated as Innovation Ambassadors of MIC and has been sent for two-week Canada India Acceleration Program (CIAP) by AICTE. CIAP is a 2-week extensive Global Business Acceleration. These women entrepreneurs have been trained and their Innovations has been seed funded by MIC- AICTE so that they can establish the startups out of their Innovation and could become self-reliant.

Nurturing and Networking (WENN),

Nurturing and Networking (WENN), which empowers women in social and economic terms.

Being from a science background, Vandana was always curious about exploring new things. At the graduate level, her knowledge perceiving thought highlighted the need for innovative medicines to combat diseases to decrease society's health burden. This encouragement led her to admit to pharmacology at the postgraduate level to research and expand thoughts on advanced drug discovery approaches. For this, she passed the national level entrance examination to be a student of the oldest pharmacy college of India, L. M. College of Pharmacy, Ahmedabad. Here, she learned a lot about experimental modelling approaches for drug discovery. She has worked on various projects, including new target therapy & biomarker identification, and animal model development. With the passing years and her expertise in the subject motivated her to step ahead. Vandana always had a keen interest in converting her innovative ideas into business products. But being from the research background taking innovation to the commercial stage was challenging for her. The barrier was that she had an idea but had no business exposure, which every student or researcher generally faces.

With the passing years and her expertise in the subject motivated her to step ahead. Vandana always had a keen interest in converting her innovative ideas into business products. But being from the research background taking innovation to the commercial stage was challenging for her. The barrier was that she had an idea but had no business exposure, which every student or researcher generally faces.

With an interest in overcoming the barrier, she decided to learn about business. She started a Post Graduate Diploma course in Pharmaceutical Management at B.K. School of Professional and Management Studies, Ahmedabad. But that was not sufficient for her because the opportunity to practice was less. To explore more, she started participating in various Innovation Contests. Her in-depth knowledge of the subject and her ability to identify the problem has helped her think about innovative healthcare solutions. She has received recognition for her three different innovative healthcare solutions. Among them, the biggest recognition was for "AnV-stat, A Novel Herbal Hemostatic Solution."

"AnV-Stat is a herbal technology-driven formulation in the form of Medicated Gauze, which arrests bleeding in less time. Additionally, the anti-microbial and anti-inflammatory properties of the product eventually enhance wound healing without any further risk of infection. AnV-Stat is the pioneering technology to be positioned in First-Aid-Kit to benefit the population at the target site. It thereby enhances the quality of care in the emergency condition until medical care is opted to prevent a fatality."

As well all know, bleeding is a common phenomenon occurring after any injury, and injury can happen anytime, anywhere, to anyone without prior alarm. Compared to the probability of injury, the protective measures are less. If we talk about a life-saving kit – First Aid Kit, it has many medicaments to treat several ailments. However, it's surprising that there is no approach to control bleeding in First Aid Kit to date. There is no doubt that cotton and bandages are included, but they are for cleaning and covering purposes, but they are less assured in the cessation of blood. To address this limitation, there was a need to develop hemostic formulation and place it in the first aid kit to benefit the population at the target site.

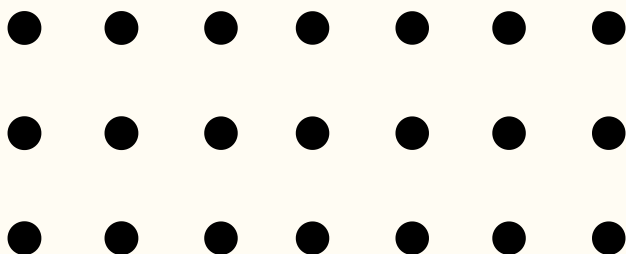
The idea for this innovation has originated from one small laboratory, and the journey of innovation has started from one competition - "Exploring Traditional Remedies in Healthcare under Student Startup Innovation Policy (SSIP) and AIC-LMCP Foundation (ALF)."

Vandana feels grateful to MoE's Innovation Cell (MIC) and AICTE, New Delhi, for their initiative, National Innovation Contest, which is implemented to identify and encourage the budding student innovators to become an entrepreneur. Participating in the National Innovation Contest 2019 has proven to be a turning point in her career. The National Innovation Contest has accelerated her dream of learning about the startup from basics through this program. The program created a launching pad for her dream of becoming an entrepreneur. She received appropriate training at each level of contest, including idea validation, prototyping, and business model canvas development, Market Research, Pitching and more. Her innovative idea was nominated and got selected from the Regional Mentoring Session to participate in the Boot camp and Exhibition stage of this contest. She got an opportunity to present her innovative idea in front of experts. Her innovation was placed among the top 5 best Innovations in National Innovation Contest and received recognition from Hon'ble Education Minister Shri Ramesh Pokhriyal "Nishank" on the occasion of the National Innovation Festival Celebration of MoE's Innovation Cell. This added wings to fly, and she was ready to fly.

She got an opportunity for International Market Exposure. Vandana was selected to be a member of the 2nd Student Startup cohort for the Canada India Acceleration Program (CIAP), for a 2-week extensive Global Business Acceleration Program by Canada India Centre for Excellence (CICE) and Sprott School of Management of Carleton University, Ottawa, Canada. The program imparted Advance Training in business start-up and Exposure to Canadian Market Opportunities for her innovation. This was a wonderful experience for her where she learned about how to start a business from scratch. With this program, she understood local and global startup ecosystem, market opportunities, and challenges related to her product.

After completing the training program, the opportunity has extended more. She received funding support from MIC-AICTE to refine her innovation. According to her, the entire journey was amazing and still on, with lots of new learning, motivation.

Being inspired by the support provided to her by MIC-AICTE, She is further encouraged to spread awareness about innovation among students of schools and colleges. She is continuously engaged in promoting innovation and entrepreneurship awareness and highlighting benefits of being a student entrepreneur, among students of schools and colleges. Her thought of empowering women socially and economically has motivated her to Co-found Women Entrepreneur Nurturing and Networking (WENN), which provides a "comfortable space" to the rising women entrepreneurs of all age groups from rural, semi-urban, and urban locality to create next-generation women entrepreneurs. Vandana believes, "Women Empowerment is a key to Prosperous Nation."



Pooja Todke

I Miss. Pooja A. Todke a PhD Research Scholar from Department of Pharmaceutical Science and Technology, Institute of Chemical Technology, Mumbai.

The journey that I am trying to depict here was not that easy, it has been the baby steps from being an average student to being an innovator. As it is well said “none can destroy the mindset until the wish to achieve the goal is as strong as a rock”, in the similar manner every step for me was full of challenges, but fulfilled with all the hope to being a researcher. In my bachelor degree, I was aspirated to discover solutions for grassroot healthcare problems. This eagerness in research propelled me towards higher education. For my master’s degree I was awarded with AICTE-GPAT scholarship to complete my education and research. But my desire about innovation was not satisfied in my master’s as well.



In 2018 to fulfil my dream, I joined PhD. Amidst the period of PhD, I was awarded AICTE National Doctoral fellowship to complete my research work. This support for my groundwork always reminds me to pay back to my nation. To mould me as an innovator my guide Prof. Padma V. Devarajan played a very pivotal role to make my dream come true. My institute and my guide provided me fruitful guidance to convert my research project into an innovation followed by product.

The Innovation was “Point of Care Blood Group Detection Kit”. As we know, blood transfusions are more often required in emergencies to save lives. Rapid and accurate blood group detection is a crucial requirement before blood transfusion to prevent fatalities. Based on evaluation of unsuccessful blood transfusions it is now realised that apart from interpretation of the major blood groups A, B, AB and O along with Rh factor, it is essential to profile clinically significant blood group of the patients like Kell, Kidd, Duffy, etc. This nano-enabled Point of Care detection system can give quick results at the patient site. This novel blood group detection method is rapid, cost effective and point of care with the promise of outreach, across the socioeconomic strata.

My institute’s IIC (Institute Innovation Council of ICT-Mumbai) provided me platform where I have showcased this innovation titled “Nano-Gr-Det” A Point of Care Blood Group Detection Kit, which was selected amongst Top 10 best proof of concept from all over India and I got nominated as Innovation Ambassador for MIC & AICTE. With this achievement, I got a chance for International start-up exposure and a visit to 2 weeks Canada-India Acceleration program in Sprott School of Business, Carleton University, Ottawa, Canada held between 19th to 31st January 2020, funded by Ministry of Education’s Innovation Cell (MIC) and AICTE under their National Innovation Contest, driven through Institution’s Innovation Council, a network established by MIC in more than 2400 Higher Educational Institutions, and still growing.

What I learned through this process extended well beyond how to be an aspiring and enthusiastic researcher to being an innovator. I learned to be open to new challenges. By giving me the space to express my own interpretation and to argue for my own values, this journey taught me the importance of being focused. That realization continues to pay dividends every day.

Neelam Bhayre

Journey from rejecting Job to rejuvenating environment and empowering farmers

I Neelam Bhayre belonging to a small beautiful town called Harda, Madhya Pradesh grew up with significant ambitions in my life. I always aspired of having a decent job and becoming self-reliant in my life. I have completed my higher education from my hometown and came to Pune in 2017 to pursue masters in Microbiology from Sinhgad College of Science. While I was studying in final semester I fetched a job from campus placement and I was extremely happy at that moment. At the same time, life gave me another fantastic opportunity i.e., BioMANS where along with me I could get employment for others as well. Now there were two options in front of me and I had to choose either.

Having business family background, I choose to work on BioMANS for getting new experiences in my life. I am a person who always try to keep awareness among people for environment cleanliness and keep maintaining its purity.

"I want to create a world with nature friendly thoughts & people to empower others"

With my other two partners, we have established our company i.e. WeWakeIndiGreen Pvt. Ltd which provide technological solutions for environmental challenges.

"It is not possible for earth to replenish at a pace that it may be relieved of all the pollution we impose upon it"- It is our responsibility to take care. With this vision in our mind, Neelam Bhayre- award winning innovator cum entrepreneur built BioMANS with my partner Aniruddha Deshpande and SamruddhiKhire.

In India, approx. 26000 mT of plastic waste generates every day. India being an agricultural country, 350MT of agricultural waste generates every year. This two major problem of plastic pollution and agriculture waste disposal can be resolve by one solution i.e. BioMANS

BioMANS is Biobased Biodegradable Advance Material which can be used to produce some of the single use plastic products like Cotton earbud sticks, lanyards, disposable cutlery, carry bags, dental bibs etc.

BioMANS USP:

- 100% Bio-based: Material is made up of agricultural waste after harvesting of crop.
- 100% Biodegradable: Material is biodegradable in 21-30 days.
- 100% Cold Compostable: For composting of the material, you did not require any conditions to compost it. It is simply degraded under natural environmental conditions.
- 100% Recyclable: It can be reused if collected in a proper condition.
- Zero Carbon Foot Print: If you through it in the environment, it will not leach any chemicals and have zero carbon foot print.

BioMANS will help farmers by saving their expenditure on agro-waste disposal and also provide secondary source of income as we are using their agro-waste for production of BioMANS.

We have received many awards from different platforms where we have showcased our product BioMANS like Abhikalp competition (2019), Assocham Launchpad (2019), Top 10 PoC's in National Level bootcamp & Exhibition of IIC Innovation Cell (2019).

I am very proud to share with you that I am honoured as one of the five MIC Innovation Ambassadors from Ministry of Education (MoE's) Innovation Cell, AICTE. I got selected to visit Canada as part of MOE's Innovation Cell for Canada India Acceleration Program along with four other participants who were selected for it from all over India. As female entrepreneurs from India, we stayed for 12 days at Carleton University, Ottawa, Canada and experienced unforgettable journey.

At last, I want to conclude that being responsible citizens we should always try and take care of mother earth with innovative technologies. Let's change the world together and make it a blissful place to live in.

With this "Be part of the Solution and not the Problem, Let's use BioMANS to replace the Single Use Plastic pollution".





NEERA SINGH

Your narrative to yourself matters the most.



Neera, a Deputy General Manager in a Navratna Oil and Gas PSU firm namely Bharat Petroleum Corporation limited, and now in the workspace for over 30 years is a firm believer of the mantra: 'Narrative Matters'. The stories we tell ourselves form the very foundation of our belief system and have the potential to shape who we are. These stories affect not only our thoughts and actions in the short term but also our outlook on life and the way we live it in the long term. Neera says, "Show me a happy man who continuously says, I am not happy".

In her 30 years of work experience, Neera has been faced with many work-related pressures, challenges, and unexpected situations. Her personal life has been thrown off gear numerous times as well with unexpected transfers, separation from family members, etc. Yet she sails on, weathering every storm and excelling at whatever she does. Her story to herself is always -Yes I can handle this; if not me who else can.

As a young LPG sales officer many years ago, Neera had to handle one of the worst domestic LPG accidents in India in her sales area in Antop Hill, Mumbai. The horrific accident left 48 people injured and 24 dead. In an official capacity, the best she could do was ensure that every victim gets relief payments in the form of insurance, but in a personal capacity, she went above and beyond by offering solace to every person affected by the tragedy.





As most of the victims were migrant workers with family in all parts of the country, creating enough documents for an insurance claim for each victim was a Herculean task. The majority of Neera's next three months were spent at hospitals, collecting stories and details of dependents of the dead and injured, and corroborating that information with the local police station. A burn victim undergoes immense suffering and pain, and it takes an emotional toll on oneself to even see a burn patient, let alone handle them and ask for intimate details, and yet Neera had to do it all with a brave face.

The deceased has many claimants for their insurance claims and it was heart-wrenching to see the mother and wife of a poor migrant labourer compete for the claim. Many life lessons were learned by her in this hard time. This nightmare came to an end after months of hard work, during which, the only thing that kept Neera going was the narrative to herself that she can make it happen and it is the least she can do for the people who suffered in this tragedy.

10 years of Neera's life were consumed by six repeated leg fractures that kept her confined at home in her college and early office days. Yet the narrative to herself that things will eventually work out and that every cloud has a silver lining helped her through this tough time. Her family often laughed at the big joke that Neera is getting fairer by staying at home and is getting loads of rest, while her friends slog it out in colleges and later at offices, so she is lucky to be breaking her leg again and again.

The power of the narrative created around a situation is something that Neera fully understood only when faced with a horrible personal tragedy. Her beautiful, smiling, loving and a relatively young mother was lost to a sudden cardiac arrest. Her rock of Gibraltar had moved. However the moment she changed her narrative to focus on the positive aspects of the otherwise grim situation everything started looking brighter.



She thanked God for gifting her mom to her for so many years of her life rather than lamenting that she was suddenly snatched away. She thanked God for a lovely life and the peaceful exit that her mother had. She chose to celebrate her mother's life rather than mourn her death. It is then she realized that her narrative to herself is the thing that matters most.

Neera has won several accolades and awards for the amazing work she has done for her organisation in this 30-year long journey, and at the same time, has managed to successfully juggle the other balls of running a house, raising two children, and staying in touch with family and friends.

Her Mantra in life is - even if we do not control what the country or a community expects from us, or the situations we are faced with, what we can surely do is choose our narrative and take charge of our lives. No one has more power over our thoughts, actions, and well-being than us ourselves. Our narrative to ourselves matters, so let us all choose wisely.

-Team WS

Ishanee Sharma

AN ADVOCATE PAR EXCELLENCE, SHE WORKS FOR THE PUBLIC GOOD



Advocate Ishanee Sharma, Managing Partner, Ishanee Sharma Law Offices, is a name to reckon within in the legal circles of the country. Under the exceptional leadership of Ishanee, the law firm is taking rapid strides in various areas of legal practice meeting all legal requirements through a practical, holistic, and commercially viable approach in consonance with the business goals and objectives of its clients. Ishanee is practicing in Delhi High Court since 2016 while in the Supreme Court, she is working as a Counsel for the state of Uttar Pradesh. Advocating for judicial reform for quite some time, she underlines that the deficiencies and lacunae in the Indian legal system hinder the delivery of justice. Even finding herself at crossroads in her profession often due to this, she never deviates from the path of integrity.



The practice areas of Ishanee Sharma Law Offices include arbitration & alternative disputes resolution, competition law, consumer protection, corporate & commercial law, disputes, intellectual property law, international trade law, media & information technology, NRI services, project finance, regulatory & policy, real estate & infrastructure, secretarial & compliance and banking, finance & insurance, etc. All these are handled by two of the firm's highly efficient divisions, the start-up advisory team, and the advisory board. An expert lawyer with a down-to-earth approach, Ishanee says, "We specialize in critical and high-value practices and our success mantra is that we always strive to improve our performance. This is why more and more customers recommend us as their trusted provider of legal services."

The young and dynamic Ishanee has been honoured with a series of accolades and awards including the Rising Star 2019 in Legal Services' award at the glitzy Power Icons 2019 event by a leading media house.

-Team WS



WOMEN WHO WIN (WWW)

Women Who Win (WWW) is a social enterprise which aims at Connecting, Nurturing and empowering women start-ups & entrepreneurs. This is done through a series of campaigns, opportunities, network development & mentoring. It is a community for women entrepreneurs, home entrepreneurs and start-ups that believes in the power of **SISTERHOOD**.

WWW started with 24 women members on Women's Day 2014. Today WWW has **20,000+ women entrepreneurs and home entrepreneurs** from India & abroad.

Currently, it has 5 chapters: Mumbai, Pune, Delhi-NCR, Gujarat and Singapore.

The product offers by WWW include:

- WWW Marketplace (online e-commerce site for women to sell their products)
- Networking Meets
- Events and exhibitions like Pitara by WWW
- Aapki Kahani with Nimbu Pani (Chat Show on YouTube)
- Corporate Tie-ups and Engagements

Women Who Win comes up with various collaborative opportunities to uplift & empower women. The latest is '**MG WOMENTORSHIP PROGRAM**' with the objective of mentoring women entrepreneurs creating livelihood for underprivileged and marginalized women. This Women's Day WWW launched the most recent campaign **WWW Wonder Womaniya 2021** to bring out some unique & inspiring stories of women. Women get the opportunity to network through WWW Facebook Groups and regional WhatsApp groups.

About the Founder

Simmi Bhasin, Founder of Women Who Win, is an HR & Admin professional with 23 years of corporate experience across various industries like The Taj Group of Hotels, Standard Chartered Bank, Strata Sports and Marketing Ltd., UK in roles like Public Relations, Customer Care, Marketing, Operations, HR & Administration & Event management.

Born and brought up in Delhi, her career took an unexpected turn when she had to shift to Mumbai. Simmi realized that whilst she had over two decades of HR & Administration experience, her natural knack was at networking and connecting people for business. The seed of 'Women Who Win' was planted! This seed sprouted and she launched her thought child "WOMEN WHO WIN" (WWW).

In this journey, she has constantly been supported by her team members and has honored by WOMEN ACHIEVERS AWARDS in the year 2015, 2016, 2017 & 2018. She is a Mentor with Cherie Blair Foundation UK and one of the Goldman Sachs 10K Women Program alumni.

She says **"Women don't need reasons for why they can't. They just need guidance for how they can."**

JHARKHAND A NEW EXPERIENCE DAM MARVELS 1

When you think of a plateau, beautiful lakes, gushing waterfalls are far from your thoughts. Chotanagpur plateau covering Jharkhand is a storehouse of minerals but it has hidden beauties of nature, helped by some manmade projects. Multipurpose dams were being built all over the world and came to India with a Second Five-year plan?

Well, finally I visited two pretty close by to where I live but had never seen one!

The Damodar Valley Project is the first major Multipurpose River Valley Development Project in Eastern India after the country became independent.

Originating from the Khamarpet Hills of the Chotanagpur Plateau in Jharkhand state and flowing thereafter over the heavily dissected plateau in the upper valley part in the west; the River Damodar enters the rolling plains of West Bengal in the east. Its total length from its source in the hills of Chota Nagpur plateau in Jharkhand to its confluence with Hugli in West Bengal is about 541 km, half of which is in Jharkhand and the remaining half is in West Bengal.



The river flows just in the opposite direction of rain-bearing southwest monsoon wind. So, during the monsoon period, the lower Damodar Basin becomes saturated first with the monsoon water, and when the southwest monsoon reaches Jharkhand causing heavy downpour; the rainwater rushes through the Damodar and causes floods of various magnitude in the lower segment very often. Thus the sobriquet 'Sorrow of Bengal' is well known.

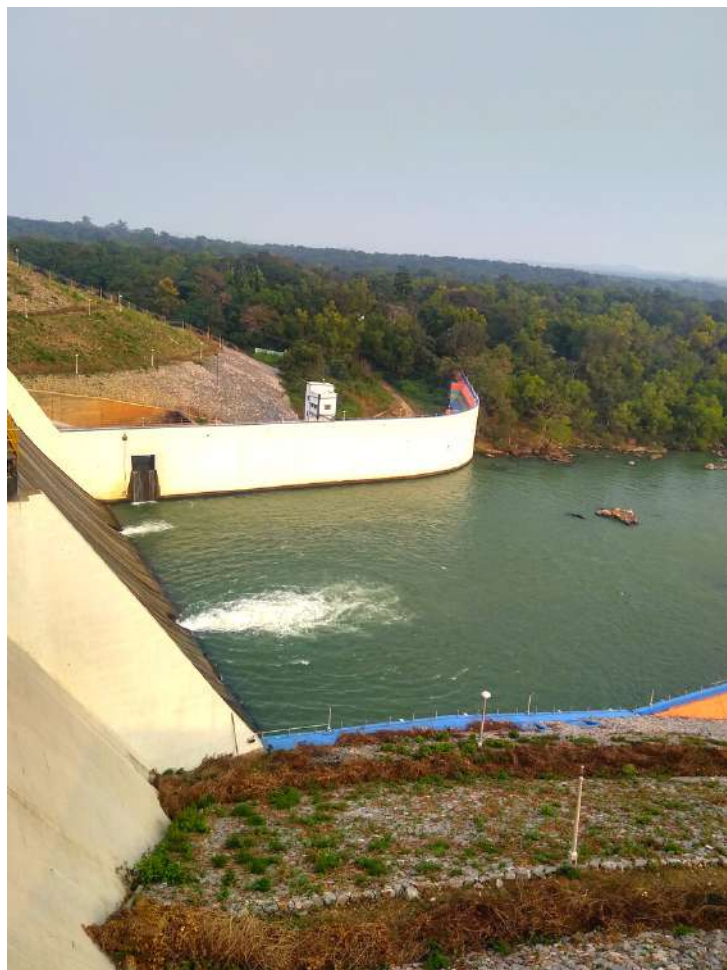
The Multipurpose River Valley Project under Damodar Valley Corporation (DVC) was initiated by the Government of India for the entire basin in 1948. In this Project four big dams viz. Tilaiya, Konar, Maithon, and Panchet were constructed in the upper valley instead of eight dams as proposed in the original plan due to a shortage of funds.

KONAR DAM is the second of the four multi-purpose dams included in the first phase of the Damodar Valley Corporation. It was constructed across the Konar River, a tributary of the Damodar River in Hazaribagh district in 1955. Hazaribagh is the nearest town to Konar Dam. The distance from Hazaribagh is around 70 odd km about, 80 km from Giridih my home town. You turn from the highway, GT Road to a town road, take an innocuous turn and as you drive down the sight hits you! What an enormous lake!

The road inside is good, with parking space and seating areas built for traveler's comfort. A good picnic spot was chosen and we settled down to laze the day away while enjoying the beauty of nature gazing at the greenery around. Leisurely walks all around, endless eating and chatting photographing nature, constituted a part of the day. Then we took an exciting motorboat ride. After months of home imprisonment in the pandemic year, this was a great respite.

The dam is beautiful too. The view from the dam over the dense forests and the river is postcard picturesque. The dam is well maintained and clean. Pisciculture is doing well here. The DVC maintains the place very well.

The lake seemed endless with the breeze making the water turn into waves lashing at the shore. The bewitching landscape of overhanging branches of trees, hillocks, and crystal blue water is enhanced by the babbling waters.





We even recorded the sounds, not merely the sights of this marvelous place. The dark rustling in the thicket, ripples in the water, the cumulus clouds dotting the sky, was the panoramic view offered all day. After the monsoons, the forests were at their flamboyant best; but I would say the water was the show stopper.

Panchet Dam was the last of the four multi-purpose dams included in the first phase of the Damodar Valley Corporation. It was constructed across the Damodar River at Panchet in Dhanbad district in the Indian state of Jharkhand and opened in 1959.

Panchet Dam is 9 kilometers from Chirkunda on Grand Trunk Road, 54 kilometers from Dhanbad, and 240 km from Kolkata. The Panchet Dam is an earthen dam with a concrete spillway. The reservoir taps a catchment area of 10,961 square kilometers.

Two units of 40 MW have been installed for power generation. In the north of the Panchet dam, is Dhanbad Jharkhand, and the southern bank is flanked by the Purulia W Bengal. The backdrop of the dam is the Panchet hill, which makes this place a great picnic spot for travelers, The ideal time to visit is at the end of the monsoon, or winter days. The small town road was uncomfortable, but mainly because of construction work happening.

Checking with people we headed for the Deen Dayal park side, and then towards the secluded riverside. The cliffs hanging over the river, and the craggy rocks ensured that the legs and heart did good work before we reached the river. The walk was short but difficult. With a bit of imagination, the rocks take on compelling forms from Ganesh to Dragon to crocodile!.

The cool water grumbled past slowly even as the younger ones sat on the rocks to immerse their feet and splash. The sky was clear while the sun's golden rays pierced the green-blue water. After a while, we shifted to the large park area dotted with picnickers and stray dogs. The ample space helped in social distancing thankfully. Packaged snacks, water, and cold drinks were available, though we didn't need them. I was happy to see clean toilets, often missing in such places! The bracing winter breeze kept us cool despite the warmth of the January afternoon.

After a couple of hours of napping and chatting, we decided to go over the Dam side to get a different view before driving back. The large road bridging the barrage offered a clear view of the gushing waters. We stood spellbound watching the beautiful landscape as the setting sun coaxed different hues on the rocks and water.

Two Dams marveled at, two more to go!

-By Prabha Raghunandan





HEALTHIER OPTIONS

As we approach hotter days, let's not indulge in Soda drinks, and sort out healthier options.

On a hot summer day, nothing beats a refreshing glass of your favorite fizzy drink. But if you're watching your weight, and are diabetic, or are keeping a track of your calories, you might be worried about just how much sugar (and in turn, calories) you're loading up on each time you down a can of the drink.

Sodas are also linked to a higher risk of heart disease, cancer, tooth erosion, asthma, kidney disease, liver disease, osteoporosis, and sleep disorders. And if you still can't resist a cold can of soda, here's all the information you should equip yourself with to make the best choices.

1. A Can Of Orange Soda Contains 13 Teaspoons Of Sugar

While commercials might make it seem like orange soda is the healthiest option of all fizzy drinks, you might be surprised to know that one can pack up to 52 grams (13 teaspoons) of sugar and 208 calories.

2. A Can Of Cola Has Around 10 Teaspoons Of Sugar

For most of us, sodas are synonymous with the dark, caramel-colored cola that pairs well with fast food. Depending on the brand, most colas have 39–42 grams (9.75–10.25 teaspoons) of sugar in them. In terms of calories, this means 165.75–174.25 calories. A 185-pound person will have to walk at a speed of 3.5 mph for 30 minutes or rake a lawn to lose the calories from one can of cola.

While cola does contain less sugar than orange fizzy drinks, it is by no means a healthier choice. Food coloring used in colas has -methyl imidazole, a carcinogen linked to lung, liver, and thyroid cancer in mice. Most dark-colored fizzy drinks are also notorious for having caffeine, which can lead to sleep disturbances and kidney disease.

3. A Can Of #Clear #Soda Has 6.5–11.5 Teaspoons Of Sugar

If you were to drink a can of soda a day, taking the average sugar content as 45 g, you would gain 35 pounds in a single year!

The sugar content in clear fizzy drinks, depending on the brand, ranges from 25.99 to 41 grams (6.5–11.5 teaspoons), costing you 104 to 184 calories.

Although devoid of artificial food coloring that colas and orange sodas have, some brands of clear fizzy drinks do contain caffeine which, as stated earlier, could cause health complications.

4. A Bottle Of Fruit-Flavored Soda Has 1–6 Teaspoons Of Sugar

Rather than buying a commercial fruity fizz for your kids, make one at home with more fruit chunks, fresh juice, and very little sugar.

Although not the healthiest options in themselves, fizzy drinks that contain fruit concentrate have the lowest sugar content of all fizzy drinks. A 160 ml bottle contains 7–21 grams (1–6 teaspoons) of sugar. This accounts for about 28–84 calories. However, you might not get a lot of nutrition out of a bottle. Still, this might be the best option out of the lot, even for your kids.

Replace your cola or diet soda with probiotic drinks like shikanji or buttermilk or our very own “Aam Panna”

If you are watching your calories, it might seem that sneaking in a can of cola and skimping out on a snack is an easy way to stick to your calorie target for the day. But while this may keep your calorie intake within the desired range, it will rob you of essential nutrition you may have received from a glass of fresh juice. Moreover, liquid calories don't provide the same feeling of “fullness” that solid foods do. Added sugars also increase your craving for sugary foods. Both these factors might contribute to a need to eat more foods and unhealthy ones at that.



Written by
Tanya Sahni

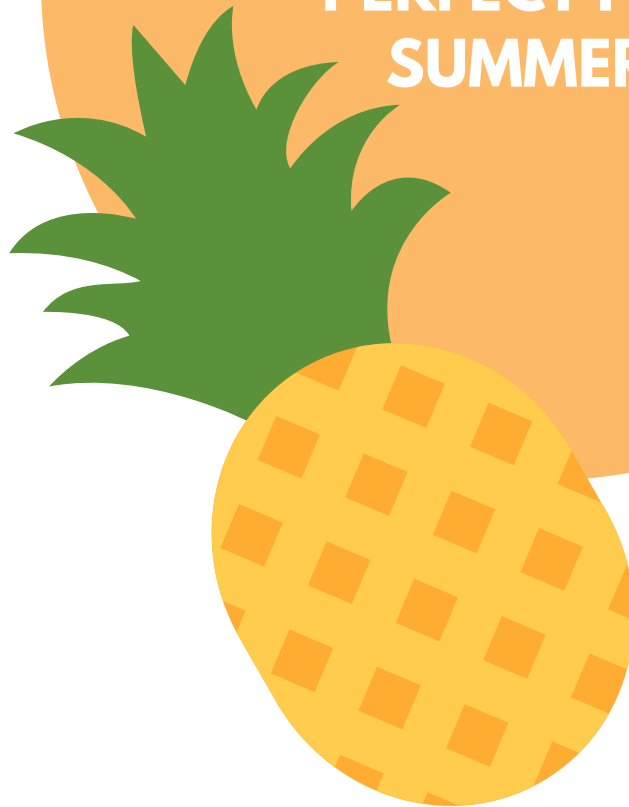


PINEAPPLE PANNA

INGREDIENTS

Pineapple-2 cups(cubed)
Sugar-according to taste,
Vinegar-3tea spoon,
Chili powder-1teaspoon
Pepper powder-1teaspoon,
Black salt-pinch
Salt-1 teaspoon
Roasted jeera powder-1 teaspoon
Mint leaf-garnishing

"PERFECT FOR
SUMMERS"



Method

1. Take a pan and add chopped pieces of pineapple with one glass of water.
2. Then add 3 teaspoons of vinegar, 1 spoon of sugar, salt, black salt, roasted jeera powder, chili powder, and pepper powder.
3. Let them cook for some time.
4. When pineapple is soft, then turn off the flame and let it cool down.
5. Now, mix everything in a blender.
6. Take a glass and add ice cubes, few spoons of pineapple mix, mint leaves, water.
7. Mix it well and enjoy.



Cheese corn nuggets



Ingredients:

- Processed cheese 250 gm (grated)
- Potatoes 1 cup (boiled and mashed)
- Corn (boiled) 3/4th cup
- Salt & black pepper to taste

For slurry:

- Maida (refined flour) ½ cup
- Corn flour ½ cup
- Salt & black pepper to taste
- Water as required
- Bread crumbs for coating as required
- Oil for frying

Methods:

1. Take a big size mixing bowl, add the grated processed cheese, nicely mashed potatoes, corn, and salt & black pepper to taste, mix and combine well with a spatula or you can also use your clean hands to mix the mixture well, make sure the consistency of the potatoes are smooth and not chunky, you can also choose to add a bit of mozzarella or cheddar cheese for the pizza pull.
2. When combine the mixture, it should be like dough, transfer the corn cheese the mixture to a flat surface or a baking tray, and shape it like a big slab further cut them into rectangles, or you can choose your favourite shape and shape accordingly.
3. Make a slurry by adding maida, cornflour, salt & black pepper to taste, and water in a mixing bowl and mix well to make into flowing consistency, adjust the consistency by adding water. Mix well and make sure there are no lumps.
4. Dip the corn cheese nuggets in the slurry to coat well and further coat it well with the bread crumbs. Do this method of dipping and coating twice so the cheese doesn't ooze out while deep frying.
5. Dip and coat all the nuggets in the same way and set it in the fridge for 15 minutes before frying. At this stage, you can also choose to put them in the zip lock bag and deep freeze, it will last for a maximum of 1 month. Just thaw it for 15-20 minutes before frying.
6. Set a wok or pan filled with oil on medium heat, once the oil is hot, put in the nuggets to deep fry and fry them until they turn crispy and golden brown. Crispy cheesy corn nuggets are ready to be served.

For Bread crumbs

Ingredients:

White bread / brown bread slices

Method:

1. Set a pan on medium heat, add the bread slices and toast the bread on both the sides until golden brown, take it off from the pan, and cool down to room temperature.
2. Transfer it to a grinder and grind to a fine powder-like texture, your fresh homemade bread crumbs are ready to be used, use accordingly.
3. You can also store them in an airtight container and refrigerate them for up to 1 month.



Recipes shared by
Neha Srivastava Johri

KEEP WORKING HARD TO REACH YOUR GOAL:

Shireen Mirza

“Yeh Hai Mohabbatein” actor Shireen Mirza feels indebted for the opportunities that she has received to showcase her acting skills. Given the erratic working schedule, Shireen does admit it can be quite stressful while working in the TV industry but what keeps her going despite all the challenges is her passion for acting. ***“However if you love something you would never get tired of it. The key is to stay sane and work harder to reach your goal,”*** she says. “My inspiration is to do bigger and better work and keep the audience entertained,” she adds. The actor says it’s the audience’s love and support that motivates her to keep working and that she would continue to act all her life. “I love the kind of love and the attention that I get from the audience. I mean who wouldn’t like it right? If I have got a chance to showcase my talent and entertain them I will do it for my whole life,” she says. As a child, Shireen was introvert but when she first performed on stage, she knew acting was her true calling. She has also won few beauty pageants, like Ms Rajasthan. After that there was no looking back, she marked her entry in the industry in 2010 with the show MTV “Girl’s Night Out” and went on to act in films and in TV shows. Going forward, Shireen has expressed her desire to work with superstar Salman Khan and Hollywood star Dwayne Johnson.



WOMEN'S DAY: CELEBS TALK ABOUT THEIR ROLE MODELS



Women have been the epitome of love, compassion, strength, courage, bravery, selflessness, sacrifices and what not; it's time to celebrate and acknowledge them.

On International Women's Day, we asked actors to name women they most admire, look up to, revere and aim to be more like.

Here's what they have to say:

Somy Ali:

Salute to those who stand against any kind of abuse

For me, any woman who has fought against injustices not just for herself, but others is a hero. We have always been taught to conform to cultural norms and sweep everything under the rug. I salute all who have taken the road less traveled and stood up against any kind of abuse.

As a survivor, no one is a bigger celebrity for me than a woman in a village fighting against child marriage or a child's right to go to school.

Rajit Dev:

Mother: She is my God

I'm in this world because of a woman. So my mother is my god for me. I'm really thankful to my mother whose constant strength and resilience have helped me to shape into the man I am today, respect other women and treat them equally.

Nitin Kumar Gupta:

Director Kathryn Bigelow: Only woman director to have won an Oscar

As a filmmaker, one woman who inspired me is director Kathryn Bigelow whose film 'The Hurt Locker' beat 'Avatar', for best film and best director Oscar awards in 2010. She is the only female director to win the best director Oscar. Interestingly, the man she beat, James Cameron, was her ex-husband.

Avinash Mukherjee:

Madhubala: She is an inspiration for everyone to follow passion

My all-time crush, the only heroine I have always been in awe of and in love with, full of grace and fantastic body of work. She is an inspiration for all girls to pursue passion.

Farnaz Shetty:

Mother Teresa: Her selflessness

It's highly unbelievable to give our life in the service of mankind with nothing expected in return. There is another woman, Utkarsha Naik ji, who does so much for animals every day and wants to bring a change in the society. I look up to them and I hope I develop such stronger integrity towards life.

Prashant Bajaj:

Mother: She is an angel and

Lawyer Seema Kushwaha, legal counsel of victim in 2012 Delhi gang rape case: She kept fighting till justice was delivered

I admire each woman but the one I admire more is my Mom. She has sacrificed a lot to keep me happy. She is an angel. Among public figures, I admire lawyer Seema Kushwaha, she fought the Nirbhaya case. Even though people lost hope but she fought and fought till justice was delivered.

Nivedita Basu:

Grandmother and Mother Teresa: Inspired by their work for society

My inspiration is my mother, my grandparents. If you ask for a public figure Mother Teresa. The kind of work Mother Teresa did back in the day in Calcutta is what my grandmother replicated in Vrindavan.

Chandni Soni:

Mother and mother-in-law: For encouraging me to chase my dreams

My mother and my mother-in-law Kanta Soni both have been strong independent women. When I got married my mother-in-law, who incidentally was my teacher in school, told me to chase my dreams and retain my individuality. She encouraged me to balance between my personal and professional life. She would remind me of Indira Gandhi, who made a mark in the man's world.

Delnaaz Irani:

Mother: She is a very strong woman

Everyday should be celebrated as Women's Day.

There are so many women who were really strong, Mother Teresa, Jhansi Ki Raani, Sarojini Naidu even the actresses. I salute all these women who are achievers.

If I have to pick one particular person I will pick my mother, I look up to her. She is very strong. She has instilled discipline, positivity, striving attitude and pushed us achieve our dreams. She is active even at the age of 78. I salute my mother.

This year is going to be special because I have started my YouTube channel and my show "Real Women Big Stories", I am super excited because my show is all around real women achievers, their struggles.

Micckie Dudaaney:

Mother and wife: Pillar of support

I would like to thank my mom and my wife, who have given me courage and strength.

My mom does everything selflessly she'll do anything to ease me out, to get me out of a problem. My wife gives me strength, supports me in all my decisions.

Celina Jaitly and Ram Kamal bags the prestigious IWMBUZZ Digital Award as Best Director and Best Actress

The noted author turned Director Ram Kamal Mukherjee won Best Director for his Hindi film Season's Greetings, a Tribute to Rituparno Ghosh at the third edition of the prestigious IWMBUZZ Digital Award 2021.

Bollywood actress Celina Jaitly Haag bagged the Most Popular Actress Award for her critically acclaimed performance in Season's Greetings.

Produced by Assorted Motion Pictures and SS1 Entertainment, the film also stars Lillette Dubey and Azhar Khan. Season's Greetings was premiered last year on Zee5 Premium and became the most widely viewed short film of the year. "I am overwhelmed with this honour, and I truly feel that the film is blessed by Rituda and audiences across the globe," says director Ram Kamal Mukherjee.

Celina Jaitly who is currently in Austria with her family added, "I am over the moon to win "best actress short film" amongst such amazing fellow actress Nominees like Kajol, Vidya Balan whom I admire deeply. Seasons Greeting's happened when I was shattered as a human being. Ram Kamal & Lillette ji rebuilt me as a performer while my husband rebuilt me as a person. This win has been a much-awaited win because after many international film festival wins and nominations, I was truly looking forward to an endorsement from my own industry. My director Ram Kamal Mukherjee who believed in me even before I did, I earned a guru in my costar Lillette ji who retrained me, my co-stars Azhar Khan & Shree Ghatak were so kind, my producers Sarbani, Aritra Das & Shailendraji's unwavering support for me were all a sign from my late parents & Rituda that I was guided /blessed by the divine. I could not have done it if my husband Peter Haag had not rebuilt me from the ashes and made me do what I do best "ACT". Thank you IWMBuzz for recognizing the hard work & talent which went through a lot of struggle to make its mark."



Producer Aritra Das thanked the entire team for making it possible. "Last year we released the film in the middle of Pandemic, and yet managed to get a massive response from viewers all across. I would give the entire credit to my team who stood by our vision and especially team Zee5 for acquiring our film and encouraging us in making the content that would make a difference," says producer Aritra Das from Assorted Motion Pictures.

Season's Greetings is India's first film to collaborate with the United Nations under the Free and Equal campaign and won many prestigious national and international awards at film festivals. The film premiered at Cardiff International Film Festival last year.

Other winners are Best Actress In A Web Series: Sushmita Sen, Aarya, Ekta Kapoor(Power Woman of the Year), Sameer Nair(Disruptor of the Year), Trendsetter of the Year: Tiger Shroff, Most Popular Actor In A Digital Film: Nawazuddin Siddiqui, Raat Akeli Hai



Dolly Thakore, Shaina NC & Arzoo Govitrikar Grace the Release of Dr. Aneel Kashi Murarka's Biography, *Uncommon Dreams Of A Common Man*

Dr. Aneel Kashi Murarka wears many hats! An industrialist, educationist, environmentalist and a philanthropist, he has generously and selflessly contributed to the society through his social awareness organisation, Ample Mission, with which he works tirelessly to bring a meaningful change in the lives of the underprivileged.

As billionaire Warren Buffet says, "If you're in the luckiest 1% of humanity, you owe it to the rest of humanity to think about the other 99%." Dr. Aneel Kashi Murarka's actions are inspired by the same! As the MD of Mirachem Industries, he always strives create a positive impact on peoples' lives. For his invaluable efforts, he has been conferred upon with an honorary doctorate for the same!

With blessings of the Maharashtra Governor Bhagat Singh Koshiyari, actors Boman Irani and Dalip Tahil and comedian Raju Srivastava, Dr. Aneel Kashi Murarka had officially released his biography, 'Uncommon Dreams Of A Common Man' for online distribution. Today, in the presence of theatre veteran Dolly Thakore, fashion designer-social worker Shaina NC and actress Arzoo Govitriker at Crossword Bookstore, Kemps Corner, the book became available for distribution in bookstores across India. The illustrious biography is published, marketed and distributed by Times Group.

Under his Social Enterprise - Ample Mission, Dr. Aneel Kashi Murarka has organized and lauded several heroes who have had the courage to do what is necessary while exhibiting extraordinary feats! In Awards Zindagi Ke, brave martyrs and true unsung heroes of the Indian Armed Forces were felicitated. With 'Bharat Prerna Awards, those have risen above their condition, whether it be a physical disability, a mental illness or sensory deprivation, and shown extraordinary feats of courage were lauded. With Shoorveer Awards, common people who have done uncommon things were honoured for the same. All in all, a lot has been done by the Ample Mission to recognize our national heroes.

This man, as his book's apt title, has lived the uncommon dreams of a common man. "Philanthropy can be our greatest asset, if we let it!" signs off Dr. Aneel Kashi Murarka.



Whiff of Change

There is a different aroma about my kitchen today. As I sit back and think about it, I realize how much the kitchen has become a part of my mundane existence. The early morning walks to the kitchen to prepare tiffin, the several hours of grilling myself in the kitchen to prepare the lunches and dinners and oh, of course the tea and coffee. I remember how the kitchen smelt the same for the past several ages. Generations of great grandmothers and grandmothers and mothers have used the same spices and everything nice in different proportions to suit the taste buds of the family.

As I conjure up images of my immediate distant female relatives, I realize that the kitchen had been an integral part of their lives, too. Perhaps, their identity. Every article in the kitchen spoke the life story of a woman. As if the kitchen is her chassis. I remember how my mother and grandmother ground chillies and other spices to fine powder and added them to flavour and texture the various stews. I now realize that those spices were similar to a woman's role in household too.

Does not a woman add beauty and grace to her father's or husband's house? Does she not function like a chilli, letting off slight snide remarks, invoking desires or despite in her man's heart? And, did not too much spice made the uncles' eyes water? How the ladies rushed to get to some sugar. Sugar. Spice. Equivalent of Woman. 5 letters and enough congruency. If anyone was sick, he or she was forced to gulp down glasses of turmeric milk.


Did not turmeric reflect a woman's role to be the care taker and healer in a household? The mint juice that we were served in summers to quench our parched throats serves as a reminder that a woman is expected to function like a coolant. She should be there to satiate the needs of her family. A woman is expected to be calm and composed. A woman with too much heat within herself is bound to lose respect in the society.

A woman is as essential as the tea. She flavours the life of her household just as the tea leaves flavour the milk. Too much and too less are harmful to the health of her survival. Above all, a woman's role to provide food to everyone in the house proves her position as the nurturer of the family and yet, is treated like the extra food that is destined for the dustbin.

There is so much about the kitchen that resembles the life of a woman. Her conduct, her ethics, her role and her life. So much that it has now become pretty difficult to differentiate a woman from a kitchen. As I think about it, my olfactory senses are stimulated by the strong smell that is coming from the kitchen. I know it doesn't smell like the food cooked by my mother or some aunt. As the smell comes nearer and nearer, I look up with gleaming eyes and thank my husband for cooking the food that night.

by Sonakshi Srivastava
ss.11.taken@gmail.com





Happiness Quotient

For a long time in my life, I am trying to understand what exactly the happiness quotient is for me. Since I was a teenager, many things influenced me towards itself like higher education that can give me Intellectual satisfaction, beautiful looks that can give me physical satisfaction, the good-paying job that can give me occupational satisfaction, friendship with influential people that can give me social satisfaction, caring and loving partner for emotional satisfaction and beautiful house for environmental satisfaction.

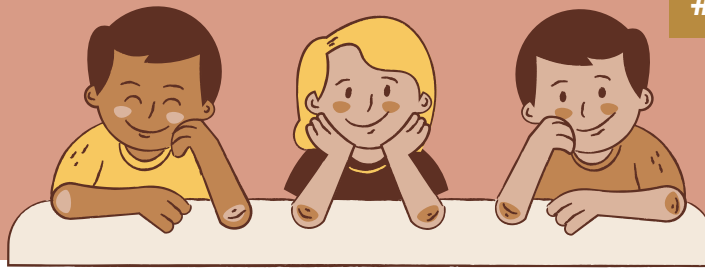
I am 31 years young and beautiful lady who did an MBA from a reputed institution and working in a France-based MNC with earning a huge sum of money, have my own house and caring partner. Honestly speaking, I have all that I always thought makes me completely happy but today I am asking this question. Am I happy? My soul asks this question to me, you seriously think you are happy and I know my answer which is NO.

It takes the right experience and realization of things to understand what makes us happy. It took more than 15 years for me to understand what exactly happiness is and trust me, for all human beings this is the same. It's no secret. It's just the experience that makes us more mature to understand the fact behind this life.

Let me take my heart out today.

Intellectual happiness - My first dream is to take higher education to make my ambitions satisfied. I did Engineering from a private school and then an MBA from the most reputed institution of India. My education cost is very high which an average human being can't even think to afford but without realizing this fact, I burdened my parents (who are just average earning people) with such high financial pressure which I never realized now. My question to myself today am I happy by financially overburdening my parents?

Occupational happiness - My next step desire is occupational happiness. I worked in 5 organizations (all are big brands) in my 6 years of experience. The reason behind such frequent job switches is that I don't feel satisfied with one profile or the same monotonous work every day. This is what keeps me vulnerable all the time. Then my question to myself am I peaceful with my job? My occupation is not letting me feel satisfied because of my pregnable personality. So, I am unhappy here too.



Physical happiness - The next big thing a girl desire is beautiful looks and personality and fortunately, I have it. But still, I feel jealous of people who are better than me. Many times I felt to change or modify myself physically to make myself look more attractive or to grab the attention of society. It seems that I feel unsatisfied with what I have and I am not accepting myself the way I am. I am not confident in my personality. So, am I physically happy? And, once again, the answer is NO.

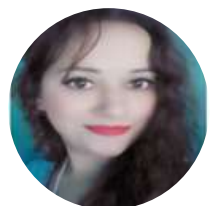
Social happiness - Most people in this world want to have a rich social status, so do I? why not? I always wanted to make myself different from the crowd and to satisfy my ego, I started having attitude, arrogance, and ignorance for the people. In my initial years, many people who need my help tried to throw my attitude on them which at that time, I didn't realize is making me rude in front of people. So this is a question not just for me but for many reputed people of society, is this behaviour acceptable? No, it is not...absolutely not. We should be kind enough and helpful to underprivileged people. I was wrong and many people in our society are wrong. Educated people like me should be mature enough to understand this thing to make our society a better place to live.

Environmental happiness - Living in a beautiful home is easy but what's difficult is to live in a peaceful and homely feeling home. Nowadays, everybody prefers privacy, no interference in each other's life and hence no connection with family members too. It looks there are many homes in one home. People talk to each other not to share or care but to beware that nobody interferes in their lives. Now, think are we staying in a happy environment? And we all know the answer.

Emotional happiness - This is one of the most important factors of happiness. Everybody in this world wants emotional security and happiness. This feeling is very hard to fulfill in our world. Depressions are quite common now. People, nowadays, don't want one long-term relationship, they are more inclined towards options. There are many criteria to get fulfilled if someone wants a partner, which is not unusual. Nobody realizes how much time they waste in searching for the options but they don't want to invest their time in one. All imperfect people are looking for perfection in their partner. Now tell me, emotional happiness is how tough to attain?

After achieving what I used to think when I was 15 years of age was exactly changed when I am 31 years now. In all the stress and pressure, I faced for many years to achieve what I have today, one thing that kept me going is spirituality which I am practicing for many years but never realized that this is my actual and real happiness quotient. Spirituality or meditation or praying to God have all the power that helps you feel confident and dream again and again. I feel energetic every morning that helps me work throughout the day so that I can sleep peacefully at night. Trust me, the only thing that makes you feel powerful is God and our strong relationship with him after our parents. Love, Care, Sympathy, Humanity, Smile, Confidence, and Trust is all expectations we should expect from us from the beginning till the end of our lives. This should be the ultimate goal of every human being on the planet.

-by Chetali Varshney
varchetali@gmail.com





See you in the next edition

womenshine.in



womenshinemag@gmail.com