

VOL 12.0 | APRIL 2021

# WOMENSHINE

## WHAT'S TRENDING

Mothers Day  
Special

## SHE LEADS

Food-preneur

SHINING STAR

Rasika  
Dugal



## SHINING STAR

Women Achievers

## HEALTH

Healthy lifestyle

## TASTE BUDS

Immunity based recipe

## FASHION

Summerina



# Contents

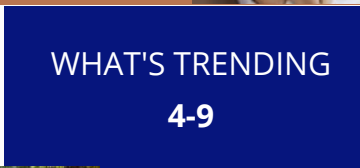
COVER STORY

1-3



WHAT'S TRENDING

4-9



SHE LEADS

10-13



SHINING STAR

14-19



HEALTH

20-27



FASHION

28-29



TRAVEL

30-31



TASTE BUDS

32



ART AND CULTURE

33



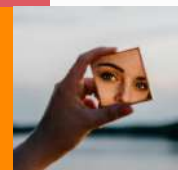
WS CLASSIFIEDS

34



#WSWHISPERINGTHOUGHTS

35-37



ENTERTAINMENT

38-39



VOL 12.9 | APRIL 2021

## WOMENSHINE

WHAT'S TRENDING

Mothers Day Special

SHE LEADS

Food-preneur

SHINING STAR

Rasika Dugal

### Cover Picture Credits:

White gown: Window pane

Wearing: Zara, Alamelu, Advaeita Mathur, MISHO

Photographed by: Meetesh Taneja

Assisted by : Rishabh Batra

Styled by: Akshita Singh

Assisted by: Nishtha Parwani

Hair and Make up: Nidhi Agarwal

Artist PR: Tree-Shul Media Solutions

Magazine designed by : TEX Technology Exchange

E-mail : [info@womenshine.in](mailto:info@womenshine.in)

Website : [www.womenshine.in](http://www.womenshine.in)

### To advertise:

E-mail : [connect@womeshine.in](mailto:connect@womeshine.in)

Visit website : [www.womenshine.in](http://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](mailto:connect@womenshine.in))



# CHIEF EDITOR'S LETTER

---

#SHINEON

**APARNA MISHRA**

Founder , Women Shine

[fb.com/womenshinemag](https://www.facebook.com/womenshinemag)

[womenshine.in](http://womenshine.in)

[instagram.com/womenshinemag](https://www.instagram.com/womenshinemag)

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

I am super excited to tell you all that Women Shine has completed one year now....though the road has not been quite smooth one still we survived.

Women Shine is a 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 Everyone is going through tough times these days. Let us all pray to God almighty to keep us protected and safe.

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

Show us your love and subscribe for free !!!



# Center Stage with Rasika Dugal



***You cannot continue to be a good actor if you don't constantly improve on yourself.***

## **1. When did you know that you wanted to become an actress?**

It was never on the plan! I think the ability to follow a whim, a constant need to experiment, and a general inability to strategize got me there.

I was working as a research assistant after a post-graduate degree in social communication media which was interesting at the time but I didn't see myself doing that for many years. At the office one morning, I was browsing through the newspaper and found that FTII was restarting their acting course. I had enjoyed doing theatre in college (in LSR), had thoroughly enjoyed the paper in film studies at my post-graduate course, and was mesmerized by the idea of being in a film school especially one with a history like FTII.

So, I applied and was one of 20 students to be selected. Even at the time of joining the institute, I didn't look at this as a serious career decision. I was just going with the flow. But six months into the course at FTII, I knew that I hadn't felt as connected to something as I did to acting work and the process of filmmaking. I knew then that I will be doing this for a very long time.

## **2. How supportive was your family with the decision?**

I didn't know where I was going with this journey of experimentation. Neither did they. If I had turned up home one day and said 'मुझे actor बनना है' I don't how they would have responded to it. But things didn't pan out like that. It was more like 'I want to try out this fun course at FTII'. I guess neither of us took me seriously 😊.

I realized I wanted to pursue this line of work seriously only once I was at FTII. I think they understood that only once I was working in Bombay. Since then, they have always celebrated my small victories and been there for me through the not-so-great times.

### Credits:

Wearing: Aroka, ALAMELU, Studio Metallurgy and CAI

Photographer: Meetesh Taneja

Styled by: Akshita Singh

Assisted by: Nishtha Parwani

Hair and Make up: Nidhi Agarwal

Artist PR: Tree-Shul Media Solutions



### 3. What are the things you are most grateful about?

For the kind of stories, I have had an opportunity to be a part of and the people I have had an opportunity to collaborate with. I have had the opportunity to work with some of the finest actors our country has and with some of the most sensitive and skilled directors. What more can an actor ask for!

I am also really grateful for the support system I have - Friends and family who are there for me when I need them. And with a sense of humour which helps me not take myself too seriously.

### 4. You have worked on numerous projects. What was your breakthrough moment?

I guess there wasn't one breakthrough moment but different kinds of such moments.

My breakthrough moment as a performer was with a film called Qissa. I got an opportunity to work with talented, committed, and caring co-actors like Irrfan, Tisca, and Tilotama. And with a sensitive director like Anup Singh who could create an environment for a performer to thrive in and explore possibilities that you never thought existed within you.

With Manto, I got pulled out of the slump I was in because of the many rejections I had had in the preceding years. I hadn't had work for a while and Manto kind of put me back on the map.

With Mirzapur, I had the opportunity to play a part that was dramatically different from me and from the parts I had done before. It helped me showcase my range as an actor and prompted creators to imagine me differently. It also allowed me to reach a much wider audience and to experience the thrills of being part of something that has a huge following.

These were all breakthrough moments for me in different ways.

### 5. What was the hardest phase in your life as an actress and how did you overcome it?

The time between Qissa and Manto was probably the hardest. I had offers to work with five filmmakers on very interesting stories but none of them eventually worked out because the producers said 'she is not well known enough'. I was at a loss because I didn't know what I could do to change this around for myself. I felt someone would have to take a chance on me to change this. And Nandita did with Manto. She fought very hard to keep me on the film and I will always be grateful for that ☐

### 6. Which one of your roles was the most challenging for you?

Beena Tripathi in Mirzapur. Beena is everything I am not. And for this reason, it's always so much fun revisiting her. She is a masterclass in manipulation, nobody will know what's happening in her head, she wears her sexuality on her sleeve and unapologetically so. Beena made me access a side of myself that I possibly don't allow myself to be in my real life. I lived vicariously through Beena 😊!

### 7. One of your roles you connected with the most on a personal level?

Neeti Singh in Delhi crime and Safia Manto in Manto.

Neeti's idealism and her spirit reminded me a little of myself in my college days. It was like reliving a phase in my own life. And it was beautiful to do that.

Safia was a lot like the women I grew up with. Gentle and soft on the exterior but fierce within. Women who were always there for people around them. Women who responded to life with so much sensitivity, grace, and dignity.

## 8. What has motivated you to always keep on improving over the years?

The love for the work. You cannot continue to be a good actor if you don't constantly improve on yourself. Reinventing yourself, in my opinion, is a necessity in this line of work. So improving myself is the motivation! Otherwise, the work gets dull.

## 9. Tell us about your upcoming projects

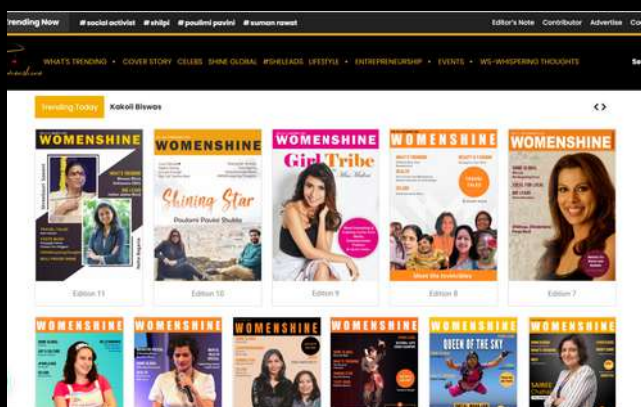
This year, I look forward to reprising some of the characters I have lived with for two seasons and also look forward to sinking my teeth into some new ones. So it looks like this year is going to be an interesting mix. But who knows! If there is anything I know for sure about this line of work it is that it never ends up being the way it looked like it was going to be in the beginning of the year 😊 This year, I look forward to reprising some of the characters I have lived with for two seasons and also look forward to sinking my teeth into some new ones. So it looks like this year is going to be an interesting mix. But who knows! If there is anything I know for sure about this line of work it is that it never ends up being the way it looked like it was going to be in the beginning of the year 😊



By Aditi Gupta

Subscribe Now!

Womenshine



**WOMENSHINE.IN**

A global digital magazine for women, lifestyle and more...



# ***SOMETIMES... JUST SAY NO!***

Do you hear yourself inadvertently saying 'I am tired' or 'I am not feeling normal'... well that's an alarm bell your body is ringing. It's a sign that you are stretching yourself beyond your current abilities to handle your situations. It's a sign that you are feeling overwhelmed and need rest, both physically and emotionally. It's also a sign that it is time to say No to incessant expectations you have from others and from yourself. It is also a sign that it is time to say No... to the expectations... that others might have from you. Sometimes... you just have to say No.

In fact somewhere we all are victims of unmet expectations. And surprisingly, closer we are to someone, higher will be our expectations from them and vice versa. Sometimes these expectations are cleverly disguised under name of love and responsibility for our near and dear ones. And sometimes they are camouflaged as our own goals and aspirations. But can we take our minds off these expectations and rest?

I would say... very difficult! Particularly when our virtual life is a constant reminder of overachievers around us. When you see your Facebook friends flooding their walls with 'darling spouses, best friends forever, my daughter is my princess and my papa strongest', you are left wondering if you are the only one struggling in your relationships? Or when you see profile of your countless LinkedIn connections writing 'Entrepreneur, Head, Blogger, Traveler, Expert', you start asking yourself if you are the only one doing the same job for years and still feeling under confident about it?

Also when your Instagram pops up filtered photographs taken under perfect lighting, suddenly your reflection in the mirror is sullied with your own unfiltered frowned look. Contrary to what we may feel, our virtual life is not a respite from our daily routines. In fact it is adding to our woes by constantly forcing us to ask ourselves... Am I doing enough?



And in order to fill the gaps, some of us start trying harder. We start making ourselves more available to our relationships, our jobs and our social circles. Soon to realize that it is an unending cycle of unfulfilled desires and unmet expectations reinforced by unresolved emotions.

This unending cycle is making us an easy prey to various mental and physical diseases like depression, anxiety, thyroid, cervical pain and even heart attack. So now the question is... can we give from an empty cup?

Friends, let's just get it straight... we are not born to be Superwoman or Superman. We are here for a limited period to enjoy our being and learn from our surroundings. Let us not kill ourselves before time. Let us just BE!

So next time when somebody asks you... 'Wassupp'? ... Don't feel the pressure to tell tale your list of achievements, instead just say... I am taking it easy!

**“ ZINDGI KOI RACE THODI NA HAI  
 JO DAUD KAR JAANAA HAI  
 ZINDGI KOI DWAND THODI NA HAI  
 JO JEET KAR DIKHAANAA HAI  
 ZINDGI EK MARHALAA HAI  
 EK KHWAB HAI JO TUIHE MILA HAI  
 ZARAA DUM TO LE HUMDUM  
 ZINDGI KOI MEHBOOB THODI NA HAI  
 JO MARNAA HAI MIT JAANAA HAI! ”**



*Written by - Shilpi Johri*



# YOUR WORK FROM HOME HEALTH AND WELLNESS REGIMEN

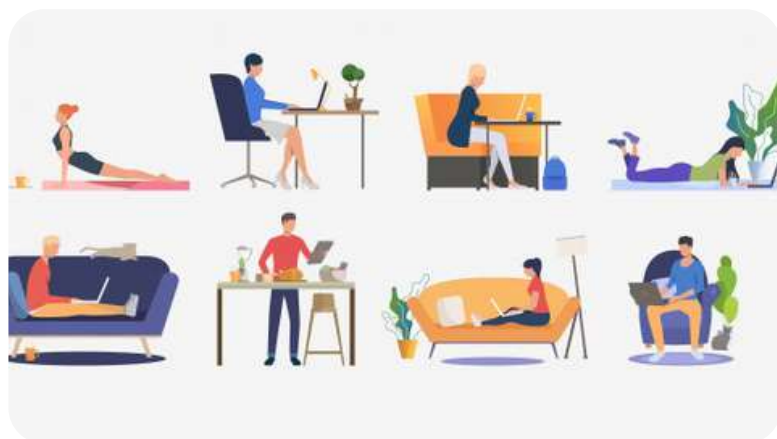
**S**ince the pandemic hit, for almost all of us, going into the office doesn't even require heading out the door. Working from home can be beneficial in many ways, but it can also present several physical, mental, and social challenges.

Health tips for those working from home include wellness fundamentals, such as eating a nutritious diet and getting regular exercise. The abundance of alluring snacks in the kitchen, the lack of social stimulation, and the temptation to work in an ergonomically unsound position, like in bed, can all sabotage an otherwise virtuous worker's best health intentions.

**Here are my top 6 tips for staying fit, healthy, and on task while working from home:**

## CARVE OUT A SEPARATE WORKING SPACE

Utilize space in your home that's designated solely for work. Your bed activities should be limited to sleep only. Bringing in work materials can interfere with your ability to relax later on. Even if you live in a tiny space, set up a desk and chair and separate the professional from the personal.



## STOCK THE KITCHEN WITH HEALTHY SNACKS AND MEAL

It can be easy to wander into the kitchen when you know it's packed with treats, so keep temptation at bay by buying fresh fruits and vegetables, and keeping the candy and junk food out of sight.

## KEEP YOURSELF HYDRATED

Drinking enough fluids is essential for preventing dehydration, water is the best beverage choice, but drinking moderate amounts of coffee and tea is also acceptable. It is best to avoid sugary beverages, such as sodas, energy drinks, and fruit drinks.

## PRIORITIZE MENTAL HEALTH AND WELLNESS

Transitioning to a remote-first environment can take its toll on mental health and wellness. Without the physical separation of leaving home for the office, some people find it harder to disengage from work and take care of themselves.

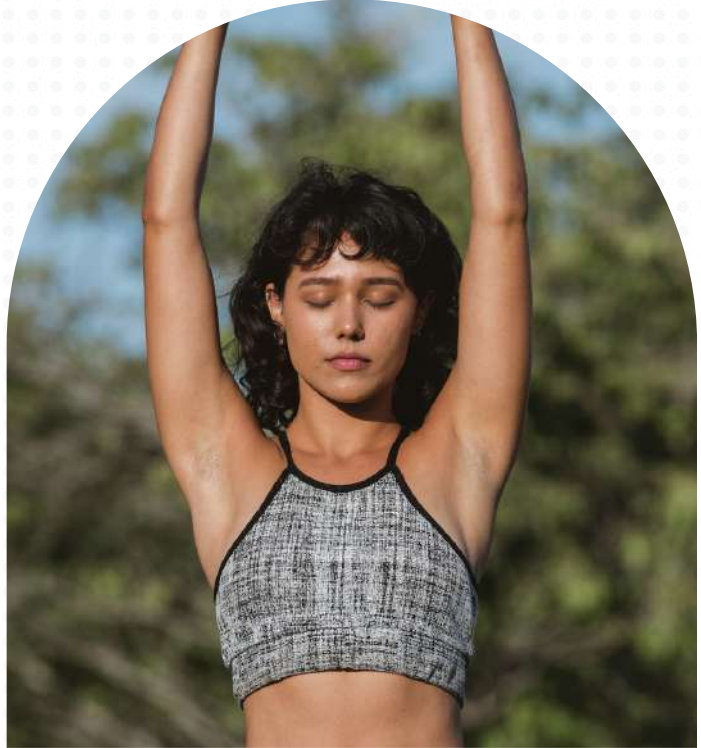
Meditate before starting and/or after completing the workday. Enjoy a hobby that requires physical engagement (e.g., yoga, painting, riding a bike).

### STAY SOCIAL BUT FROM A DISTANCE

You may not realize the amount of face-to-face socializing that occurs in an office setting until you can't do it anymore. Socializing is good for your mental health. It provides the opportunity to connect with others and helps prevent feelings of isolation. Look for new ways to stay social with friends, family, and coworkers — without being close to one another.

### CONNECT AND CELEBRATE

Congratulate yourself and your colleagues for a successful work week. Schedule a virtual social hour on weekend nights. Or end your workweek by playing an online game with friends or colleagues. Working from home is an adjustment — for everyone. You're not alone. Take time every day to care for your own physical and mental health. It will help you remain productive and healthy.



By Aditi Gupta

M

BEHIND EVERY  
GREAT HUMAN  
IS AN EVEN  
GREATER

M



**WOMENSHINE.IN**

Wishes

**Happy Mother's Day**

# My Superhero



## Unloved, Unwanted...Yet Unfazed

No..she isn't normal. Her energy is superhuman and her courage beyond salutes.

She doesn't have anyone to lay back and relax for a while from her duties. She doesn't have anyone to lay back and relax for a while from her duties.

She's the Santa in Christmas, the Diya in Diwali, the sole caregiver in illness, and alone companion in playtimes for her little one. She coaches the sports she never played or becomes the tough guy against a bully for them.

She doesn't have any pampering as weekend brunches, movie dates, Anniversaries, or Valentine's. Birthdays are about buying a cake for herself and cutting it with a broad smile.

Menstruation cramps or soaring fevers, she endures all, yet wears a smile and gets prepared to face a new day. She leaves no stone unturned to nurture the physical, mental and social development of her child. She has to strike a balance between being a trusted confidante and a strict disciplinarian for her child.

There are days she feels low, drained, and exhausted. But she doesn't have the luxury of breaking. She's anxious about their future, hurt by the social judgments but looks back and realises she's the world to those little eyes watching her and makes look everything natural again. Her pillow witnesses her tears. There are days she feels low, drained, and exhausted. But she doesn't have the luxury of breaking. She's anxious about their future, hurt by the social judgments but looks back and realises she's the world to those little eyes watching her and makes look everything natural again. Her pillow witnesses her tears.

She devotedly fulfills the promise she made to that soul in her womb and that's what keeps her going..unfazed!!

Single parenting is double the responsibility. It's emotionally draining and absolutely no way to vent out. Single parenting is double the responsibility. It's emotionally draining and absolutely no way to vent out.



This is just a sneak peek, but enough to know why single mothers are rising patients of depression. The worst thing a society can do to demean her offers sympathy or judgements. Stop! Be empathetic, be respectful of her strengths. It's no less than a heroic deed and a brave heart to raise a kid single-handedly without an iota of support

If you know someone who is a single parent, reach out and see how they are doing. Offer a helping hand if you can. Never question their decisions or offer unsolicited advice. They are the most resilient superheroes.



**-Written By Ritu Parelkar**



# Celebrating Mother's Day 2021: (THE PANDEMIC EDITION)

*Motherhood: All love begins and ends there*

Mother's Day is a celebration of persistent and continuous love, sacrifice, and affection that a mother provides. A mother's love is always unconditional and angelic for her children. It was first celebrated in 1908 by Anna Jarvis in memory of her mother in West Virginia which now has the International Mother's Day Shrine. This special day is when we thank our mothers, express our love and gratitude to them in all special ways. In India, we are celebrating it on 9th May. As we battle through a pandemic, all of us are tight in our homes waiting for all this to get over. While we are, inside the walls, know how you can make this Mother's Day special without stepping out.

- **Cook a meal for her**

Since the beginning of our existence, our mothers have always been cooking the most delicious and healthiest meals for us. She always ensured we enjoy the breakfast or liked the surprise meal in our tiffin box, or when we were stressed over exams. They have spent hours in their entire life cooking for us, and probably still do it to this day. Let's turn the tables, and cook their favourite meals for a change!

- **Give her a Pamper session**

We will be unable to count the number of times when our mothers have gone out of the way to make us feel special by giving us immense care, comfort, and love. From giving a massage to coffee-in-bed, our mothers have never missed a chance to make us feel important. It is our chance to make them feel valued by planning a full-fledged pamper routine – this could include a marathon of her favourite series, a pedicure manicure session, a relaxing bath, or maybe just a therapeutic massage.

- **Curate a beautiful message for her**

Ask family and friends to send heartfelt messages for her. Print them on coloured papers, put them in a jar and present them to her. If you want to add a personal touch, ask them to send a video message to surprise her with their presence virtually.

- **Make the quality time count**

Everyone's busy, we all are busy in our respective lives but while we're with our momma dearest make the time count! Ask about how's she doing, what she's reading, teach her something new you have learned... anything at all! Remember, to let your mom know that she is the most Important Woman In The World.

## Let her know: You have got her back



-Written By Aditi Gupta

# FoodPreneur- Act Locally, Think Globally

**Kshetrimayum Vedmani Devi** has a strong background in food and nutrition studies, having worked with tribal communities in the uplands of Manipur in North East India. She studied the foods and food habits of few ethnic tribes for her doctoral thesis.

With this academic experience in her repository, she started working as a food entrepreneur in the year 2014. She started an entrepreneurial venture **Vedam Agro Enterprises**, registered in 2015 with MSME-DI, Manipur, as a platform with two broad objectives in mind.

Firstly, as a micro-level business entity focused on foods with specialization on local food products. Secondly, as a source for networking with various food entrepreneurs and farmers working in different locations in the State, with emphasis on the marketing of their produces locally, and at sub-national and national markets.

In 2019, Vedmani initiated the formation of a cluster of women food entrepreneurs, named as Women Agro Entrepreneurs Cluster, to focus on networking various women food entrepreneurs working individually and women farmer producers into a group on a common platform for marketing their products to buyers outside of Manipur.

The objective further seeks to address enhancement of the livelihoods of food farmers and entrepreneurs through better working conditions and networking with government agencies and outside buyers for bulk selling of the goods produced by the cluster unit.





**She has received various recognitions to date, some of which are:**

Vedmani has been recognized for her entrepreneurship as well as for her efforts to usher in better working conditions of the women food entrepreneurs and food workers, as a contribution towards achieving goals 1,2,3,5,8,9,12 of the Sustainable Development Goals of the United Nations on the thematic note: Act Locally, Think Globally

- (a) Best of India.BIZ Award in the category of Best Agro Products at the 17th International Edition of World Expo & Conference, Mumbai, 2019;
- (b) Best North-East Woman Entrepreneur 2019;
- (c) Iconic Faculty Award 2019;
- (d) Lady Legends Award 2020;
- (e) Best Community Leadership under National Leadership Awards 2020 (awarded by Confederation of Indian Micro, Small and Medium Enterprises);
- (f) 51 Humanitarian of the Year 2020 (ICAP Foundation, India);
- (g) selected for Great Indian Women Awards (GIWA 2021).

-Team WS



# LADY WITH A MIDAS TOUCH.....

.....

Jalpa H Vithalani is a Reconnective Healing Foundational Practitioner. She is the Creative Head & Director of Cosmic Heart Gallery in Mumbai. She is also the Founder & Director of Global Agritech (I) Pvt Ltd. & the Vice President of Western India Floriculture Association. She is also the President of BPW South Mumbai (under establishment). Delphic Advisor to Asia, International Delphic Council, State Director, Humans for Humanity (NGO) .

Let's know more about this amazing person, the wonderful work she is doing.

## What inspires you most?

When I think of inspiration, I think of life. Everything around me – the moments of complete stillness, a conversation with my father, the melody of a song, and the exhilaration of exploring something new. Inspiration comes to me through the things I feel passionate about. I believe in going with the flow and making choices spontaneously. When something touches me deeply and makes a transformational impact in my life, I get inspired. I express that transformation and share its power with others. This unravels my creativity, makes me happy, and motivates me to give back to life.



**1) Farming & Women Empowerment**



**2) International Award for Excellence in Air Cargo - Global Aviation Services Pvt Ltd awarded as International General Sales Agent of the Year Region India by STATTrade Times Integrated Leadership**

## You are engaged in so many different industries? What keeps you going to the next thing?

I have always followed my instinct and done what makes me happy. So, whether it was engaging in floriculture, paving my way into the art world, healing, taking decisions for the Global Group, philanthropic work – it has all come from a place of passion and complete joy. It never felt like work, it felt like fulfilling my life purpose.

If some work or an opportunity is coming my way, all I ask myself is, "Why not?" This is what has kept me going. Before I make up a reason to say no, I give myself several reasons to say yes!

## Tell us something about the creative gallery?

Before the Cosmic Heart Gallery became a reality, it was a dream. I dreamt it all - from the name, location, logo to the philosophy of the space. It took me an entire year to bring my dreams to fruition. As an artist, I knew how to put brush to canvas. The Gallery made me see the art world in a new light, I met up with creatives around the world and it evoked within me a vision of a space that embraced all art forms. The Cosmic Heart Gallery is based in South Mumbai and has hosted over 200 events & exhibitions. It is a space that celebrates exquisite art, diversity, true expression, positive frequencies, and the power of the innate creativity that resides in every person. Every exhibition is curated thoughtfully to engulf patrons in experiences that they will



**3) Jalpa H Vithalani President, BPW South Mumbai representing India at the UN Headquarters in New York at CSW62 Summit**

carry with them. From a virtual medium to a musical evening, the Gallery is devoted to bringing art into people's homes and hearts.

Other than being one of the few Reconnective Healing Practitioners in India, you are an entrepreneur as well. What are the core values you work with?

Everything starts with an idea, and that idea needs passion and hard work to bloom brilliantly. Starting small and building a solid foundation that is ever-evolving is important. I would say follow your passion, you become associated with your work then...it is no longer about just doing it. Always work within your set of values and principles. This is very important and something that I have learned. Do not compromise on what you believe in, trust yourself, and always put in your best.

I am a people's person and have dealt with people be it, employees or clients. I believe in a flat structure and each one becomes a stakeholder, a member of

the family. So we are very close-knit in terms of interpersonal relationships and goodwill. The important thing is to value the people around you. This is true wealth.

I have learned from my father that there is always a solution even in tough situations. So one must sit back, reflect and involve others in making important decisions.

I've also learned that one must take risks in life. If you limit yourself, you will never attain your full potential. So go out there, enjoy yourself, and prove your mettle. You are unique!! So bring your uniqueness and creativity into your work.



**4) Jalpa H Vithalani - Main Profile Photo (Photo Credits: Rhea Kewalramani)**

### **What is BPW International? How does it work?**

Business & Professional Women (BPW) International is the largest organization in the world for businesswomen. It is prevalent in over 100 countries and stands to empower, promote women and women-led enterprises. It connects women representatives globally, encourages conversations on women's issues, and consecutively drives change through several initiatives held around the world.

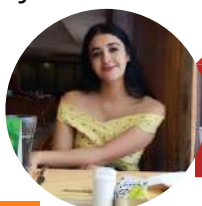
Besides the President of the BPW South Mumbai arm, I have also been appointed on the International Task Force of Arts for Peace & Intercultural Understanding. BPW South Mumbai recently won the international award "BPW Power to Make Difference, Excellent project recognizing the arm's efforts in the category "Empower Women by Improving Health and the Environment". We are also working on several projects that are in line with the Sustainable Development Goals of the UN.



**5) Raja Ravi Varma Exhibition at Cosmic Heart Gallery inaugurated by Producer Ketan Mehta & Actor Nandana Sen**

### **Your message to all the women who aspire to unveil their professional potential and enter the business world?**

I would say, embrace your individuality and wield it to make a mark. The professional world embraces those who can speak their mind and back it up with a reason. Hone your skills, present them in a manner that is authentic to you. Dreams change and evolve, you must be fluid enough to change with them. Seize every opportunity that comes your way for you never know which one can lead you to unlock your highest potential.



**By Aditi Gupta**



**6) Speaker at STREE event by Sipping Thoughts & Humans for Humanity**



## WWW Wonder Womaniya: Celebrating the Women of 2021

“*There's power in allowing yourself to be known and heard, in owning your unique story, in using your authentic voice.* – Michelle Obama”

With this objective in mind, Women Who Win gave an opportunity to women to celebrate their unique stories through our campaign 'WWW WONDER WOMANIYA 2021'.

This campaign was conceptualized to support women in realizing their dreams. We aimed to empower women to embrace their journey of identity, independence, setbacks and achievements.

The event was graced with the presence of our esteemed jury members, some special guests of honour and all our sponsors who very graciously agreed to sponsor amazing goodies for our participants. The winners were: Chanchal Gaur, Pooja Bawa, Abha Mehta and Anupama Sharma from Delhi, Rachna Narang, Sunita Krishna, Nipa Thaker and Avani Bhayani from Mumbai, Rumpa Biswas from Pune and Neelima Thakur from Pondicherry. Deepali Gocke won the 'Best Travel Story' prize whereas Meena Baid bagged a special recognition.

All the winners' stories are being published here in WOMENSHINE MAGAZINE.





# Rachana Narang

## Home Chef

Shining Star

I am Rachana Narang. My journey from nowhere to somewhere started more than 5 years ago. I am a Housewife mother an entrepreneur and a mother-in-law too. I started my journey as a home chef through social media where I enrolled myself and started getting orders and I was a preferred chef and people started knowing me as "Rachana The home chef" I was associated with as Captain cook at that time. There was no looking back after that. I became "Kitchen Queen" in the Cooking contest organized by WOMEN WHO WIN(WWW) and Telebrands HBN released on the youtube channel\*\* Zukazo. I had people working under me and I became an entrepreneur as I also entered the corporate world. I was able to cater to many offices and many children staying as pg in and around my vicinity. I am very proud to say that I was called as a guest speaker to share my story on \*InstaLIVE interviews \* with WWW and according to the feedback was able to inspire many people. My only key to success is \*Never say NO\*. I am happy for myself and I can vouch that my family and friends are proud of me.

E-mail: [rachana.knarang@gmail.com](mailto:rachana.knarang@gmail.com)

Brand Name and Link: The Home Chef's Kitchen



# Avani Bhayani

## Educationist & Passionate Chef

I'm not everything that has ever happened to me, I'm everything; I became while I healed.

Stronger but softer. Focused but not obsessed. A teacher but still a student. I'm not broken; I'm beautiful; I'm a survivor. Hello everyone! I'm Avani teacher by profession and a passionate chef. First of all, I would like to thank the fairy who has touched my life with her magical wand; she is none other than Simi Bhasin (founder of WWW) who gave me the opportunity earlier to participate in the '**Kitchen Queen**' contest which helped me in many ways though I wasn't the winner still my achievement is big. I got the opportunity to come LIVE on the very famous show 'Zayka ka Tadka' and I'm also invited to many highly esteemed schools to judge for cooking skills and conduct workshops as well. My story begins here...

When I was born; it was a disgrace for the family, especially for my grandmother, because I was a girl child. She used to jeer my mother for not having a boy child. I started overthinking at a very tender age. Later, I made up my mind and thought I will prove not only her but the world; Women are equal to men. I was good in academics.

I started teaching when I was just 15 years old (9th standard). I used to teach not for financial support but to prove myself. There was a lot of pressure with growing age again because I'm a girl. Along with teaching, I also had to learn all the household chores. And during this phase, I got to know my interest in cooking. Believe me; I use to not only teach students but also cook for them during their exams. These students are my extended family and my one of the reasons to live. I studied and completed my graduation with teaching more than 42 students in the same year and also completed a few certified courses. 1) Diploma in Child Education and Child care for 2 years. 2) Remedial teaching (1 year). I was the gem of the college for all the professors as I was always ready to help in organizing Cultural programs. After leaving college with a heavy heart; I completed my B.Ed all by myself without taking any financial support.



During this phase, I learned I'm suffering from many health problems like hypertension, Water retention, Low blood pressure and also did Bariatric surgery as I was putting on weight due to all this stress. Still kept faith in myself and fought all these battles. Later, I got a job in a reputed school. Here my skills were recognized by my mentors. And I was given the opportunity to teach students Cooking without fire, Creative Writing along with teaching. I am still teaching those who can't afford to go for tuitions and special children and conduct workshops in orphanages which is the biggest secret I'm sharing here. My future motto is to work for my country; educate girls and teach basic cooking to all the young generation. I want to teach & cook for India. Today I'm standing with my head high; only because of the support from my husband and my parents.

Email: [avani.bhayani1008@gmail.com](mailto:avani.bhayani1008@gmail.com)

## Neelima Thakur

### Entrepreneur



I am Neelima Thakur. Basically from Mumbai now I am settled at Karaikal in Pondicherry. I started my business from home in 2015. A sudden spark to do something was behind my mind to keep it engaged as worrying over my health made me depressed. I kept researching the natural properties of different oils which rendered hair health as well herbs which enhanced hair health and then gradually I landed upon an idea to launch a combination of different natural oils as a product to solve multiple issues like dryness, dandruff, hair fall, itching scalp, and scanty hair. It's few applications gave good results thus slowly the oil gained good customers who recommended to their family and friends. After 3 months I formulated another oil for Reversing and Preventing Greying in growing children. Again after some time, I launched a nourishing combination of Natural oils and slight herbal extracts blends for the baby's regular applications. Slowly I added a few more hair care-related products which are effective and safe for the entire family.

I have 3 grown-up children. In my leisure time, I nurture my brand, Shine Herbals which deals in homemade, herbal hair oils specifically for Regrowth in hairless areas. It works well on hormonal imbalance, psoriasis, alopecia, thinning, bald patches, hereditary baldness, chemotherapy treatment undergone by people, postpartum hair fall, and many more hair-related issues naturally giving 100% satisfactory results.

We have many types of specific oils for different complaints and Skin Care Products. All-natural and safe. Shine Herbals has a range of almost 9 Hair Care and 8 Skin Care Products. Effective, Economical and Eco-Friendly Products is our Forte

Initially, we could not find a suitable courier service as almost every shipping service refused to accept oils delivery, then we found not good quality bottle supplies regularly, some courier service didn't even deliver products and shipments were lost. Facing adversities made my decision stronger not to quit come what may and today I have almost 6500+ clientele around the globe to my credit maintaining faith and understanding with ever improvising high-quality products range. I want to support Differently Abled Women gain confidence and a steady income through my brand.

Miracles Happen At Shine Herbals ❤️❤️  
Email: [shineherbals.in@gmail.com](mailto:shineherbals.in@gmail.com)

**Brand name and Links: Shine Herbals**



# WOMEN ACHIEVERS



## PURVI BHAVSAR

She is the Co-founder of Pahal Financial Services Private Limited, AHMEDABAD, a first-generation entrepreneur, a mentor to many startups is from Ahmedabad, is working in the area of microfinance and enterprise lending. She has a prolific experience of over 27 years in the areas of BFSI (Banking and Financial Services Industry) and Telecom having worked in some of the most reputed organizations of the country like Kotak Mahindra, HDFC Bank, ICICI Bank, and Vodafone India. She has very diverse exposure across the entire spectrum of Corporate and Retail Banking, Consumer Finance, Stock Broking, Distribution, and Customer Service. For her pursuits, she was awarded one of the "leading women in telecom industry" during 2010-11. She was recently recognized as Top 10 women in Finance - 2020. She is currently serving on the board of an affordable housing finance company. She is currently undergoing a program run by Stanford Seed India and has received a scholarship.

## KALPANA CHAURASIA

Kalpna joined Sonata Finance Pvt Ltd in the year 2007. She joined as a BDA and promoted to the aof Branch Manager. This was an outcome of her hard work, persistence, and dealing with the fear of being a lady.

She is the eldest of all children to her parents. She belonged to a very conservative family which was led by a responsible father. Her father was working to serve the family but there was not enough money to handle the expenses of the family properly.

When Kalpna was 24 years old, her husband got ill and lost his consciousness. Kalpna was having a family of four including her two kids as well.

Things got worse as there was no earning member in the family. Her in-laws were not so supportive; however, it was the time when Kalpna decided to take charge and earn bread and butter for her family. While working in a school, Kalpna was introduced to one of Sonata's employee and she availed a loan for herself to meet up the expenses of her family.

## PREETI BHADURIA

Preeti is working as a "Customer Relationship Officer" at Swaroop branch (Kanpur). She joined Ujjivan as a fresher and she is extremely good at adopting Ujjivan work culture. She is managing 350 approx borrowers.

She was very active during the lockdown. She helped customers to protection from Covid-19. She had shared multiple videos on social distancing, the uses of the mask, and hand sanitization to her customer. With the help of Preeti, their borrower was able to collect payment from their customer digitally and she educated their borrower to pay EMI digitally to Ujivan and other lenders.



## KANYA VISHWAKARMA

She is the Co-founder of Pahal Financial Services Private Limited, AHMEDABAD, a first-generation entrepreneur, a mentor to many startups is from Ahmedabad, is working in the area of microfinance and enterprise lending. She has a prolific experience of over 27 years in the areas of BFSI (Banking and Financial Services Industry) and Telecom. Kanya Vishwakarma belongs to the small village of Ranipur, Urwa bazaar block, Gorakhpur district. She joined Utkarsh in Sep. 2013 as a trainee credit officer. During the training period, she learned about how microfinance is helping socially & economically deprived women in improving their quality of life. She realized during her work that women are willing to work hard to raise their standard of living however are unable to do the same due to financial challenges.

She has conducted various financial literacy programs for rural households to educate them on various financial products and security measures to be adopted during a financial transaction. Her contribution to financial inclusion is admirable. Currently, she is managing approx. 26 cr. Portfolio of 10 thousand clients. As branch manager, she is leading 25 women employees at the Girdharganj branch of Gorakhpur district. She has worked in some of the most reputed organizations of the country like Kotak Mahindra, HDFC Bank, ICICI Bank, and Vodafone India. She has very diverse exposure across the entire spectrum of Corporate and Retail Banking, Consumer Finance, Stock Broking, Distribution, and Customer Service. For her pursuits, she was awarded one of the "leading women in telecom industry" during 2010-11. She was recently recognized as Top 10 women in Finance - 2020. She is currently serving on the board of an affordable housing finance company. She is currently undergoing a program run by Stanford Seed India and has received a scholarship.

## UZMA SALEEM

She is associated with Saija as HRBP (Human Resource Business Partner) and Talent Acquisition Manager for Uttar Pradesh. She joined Saija as a Management Trainee in the year 2018 and after 3 months confirmed as Assistant Manager - HR and further promoted to Deputy Manager. She is responsible for the management of employee life cycle of more than 200 staff strength in UP. She is deeply involved in balancing gender diversity in the workforce. She also takes care of manpower planning and allocation as per business projections. She did excellent work in bringing discipline in UP branches which helps in the growth of Quality manpower and Quality business and conducted multiple employee engagement activities. She did excellent work to reduce the attrition in UP Branches. We thank her for the valuable contribution.



## NEHA SINGH

She is born and brought up in the city of temple, Varanasi. Being eldest among her two siblings, one sister, and one brother, she was responsible, generous, and very sensible and this part of her life encouraged her to do for people. After completion of her MBA from the University of Lucknow, she joined Sonata Finance Pvt Ltd with the motive to contribute towards women empowerment. In the last 8 years of her career, she left a remarkable footprint to inspire her colleagues and other stakeholders. One of her major contributions is shown in implementing a women-friendly policy at Sonata and bringing the concept of the full female branch.

Apart from the association with Sonata her keen interest in empowering women led her to create a virtual platform for women to learn from each other. Motivating women of all background like a banker, Professional, housewife, the teacher even the poor girls to join this free self-learning and growing platform and building a culture where one support other and inspires to be independent for future challenges.

## SANGHAMITRA SAMANTA

Sanghamitra is 24 years old, B.Tech in mineral engineering, and full of confidence. She joined Fusion 2.5 years ago which allowed her to work towards the empowerment of women at the grass-roots level. She feels proud of being a part of the microfinance sector because it provides her an opportunity to contribute to the entrepreneurial success of underprivileged women. To improve the livelihood opportunities of clients, Sanghamitra has helped around 15 clients to take admission in tailoring courses in a nearby tailoring center. She has proved to be a good leader since her college time. She had formed a group of friends who used to help the elderly in bank-related matters. Being an achiever in her education she values the importance of education for girl children and motivates clients to educate their daughters. Considering the economic condition of some of the clients, she took the onus of giving tuition to around nine children in her spare time.

## DIVYA TRIPATHI

Having more than 15 years of experience in Human Resource Management in the area of people management, performance management, training & development, various HR software handling, statutory compliance, recruitment & selection, process making & implementation, our Micro Power Girl, Ms. Divya joined Margdarshak in November, 2016 at the designation Assistant Vice President. A single mother of two children, she is a very strong personality who is managing her home and work with utter sincerity. On one hand she was introducing the benchmarked practices in

**MICRO POWER GIRLS**

**CONGRATULATIONS**

PURVI BHAVSAR  
MD PAHAL MICROFINANCE

KANYA VISHWAKARMA  
UTKARSH SFB

SANGHAMITRA SAMANTA  
FUSION MICRO FINANCE

DIVYA TRIPATHI  
MARGDARSHAK FINANCIAL SERVICES

PREETI BHADOURIA  
UJJIVAN SFB

UZMA SALEEM  
SAJJA FINANCE

KALPANA CHAURASIYA  
SONATA FINANCE PVT. LTD.

NEHA SINGH  
SONATA FINANCE PVT. LTD.

**Micro Finance Association of Uttar Pradesh**

Human Resource, like Employee Engagement Practices, including Behavioral Trainings, making 'Work from Home' ahead in times of COVID. On other hand, SPM vertical was conceptualized under her supervision and it focused on the wellbeing and development of Employees and Clients as well. The idea was to engage and develop the Clients and Employees in activities which brings a ray of hope in their lives. At the same time, she was going through a tough time in her personal life. But she managed both the lives in a much matured way. While at one moment she was attending the Office Calls & Meetings, on the other she was teaching her daughters to complete their homework. Currently, she is heading the HR & Social Performance Management vertical as Deputy Vice President of the organization, to give strategic direction for building a respectable reputation for the company by engaging the Employees & Clients at the same time.

# ADVERTISE WITH US

For advertising in the E-magazine  
Whatsapp at 9792201002

# HEALTHY LIFESTYLE

**FF FINE-TUNE AND BUILD YOUR CURRENT HEALTHY HABITS THAT CAN IMPROVE YOUR QUALITY OF LIFE. ESTABLISHING A GOOD PATTERN OF HEALTHY LIVING CAN DEFINITELY WORK WONDERS FOR YOU WITH THESE TOP 3 LIFE HACKS. FF**



A healthy lifestyle is a key to divine life. A holistic treatment of mind, body, and soul is a must to lead a successful life. There are many lifestyle management programs that help you recover from disorders and may prove beneficial to you. A regular check-up of your body through a blood test and another diagnostic test can provide evidence of a healthy lifestyle. Lifestyle management programs improve your health creating a better impact on your future. We have brought some lifehacks that can help you in coping up with good health and overall well-being.

Stress causes many physical and mental issues. People who are more prone to stress have more health issues. Everyone goes through stress, it very natural but how you cope up with stress is very important. Beat stress with exercise, yoga, and meditation. Stress results in many cardiovascular health problems like hypertension, diabetes,

thyroid problems, hair fall, autoimmune disorders such as vitiligo, psoriasis, acne, or other skin conditions. It can also affect your mental health.

## Solution

- **Go for stress management**
- **Practice Mindfulness**
- **Reduce workload**
- **Practice Mindmapping or other brain training exercises**
- **Be happy and productive at work**
- **Laughter is the best medicine**
- **Physical exercise or activity can be the best stressbuster**
- **Keep yourself occupied**
- **Go for motivation therapy and counseling**
- **Enjoy small moments and reward your self**



# Anger Management

Anger is very injurious to your health. Getting frequently angry on small little things can be a signal of an unhealthy state of mind. It can lead to difficult relationships resulting in fights and quarrels. Learn to control your anger. Anger can lead to mood swings and later cause mood disorders that can affect your mental health. Don't let anger take a toll on your mental health. Understanding anger is very important. It's a natural and healthy emotion. However, when it goes overboard, it can result in triggering your health. It can harm your decision-making skills. Feeling anger often to an extreme degree can affect your lifestyle.

Recognizing the early signs of anger

## **Frustration**

**Anger on trifles**

**A rapid heartbeat**

**A faster breathing**

**Restlessness**

**Tension throughout the body**

**Sweating and trembling**

**Clenching fist and jaws**

**Shouting loudly**

**Harming others**



The sudden outburst of emotions

## **Solution**

- **Exercise or go for a short walk**
- **Practice deep breathing by counting 1 to 10**
- **Go for counseling therapy**
- **Learn to calm down**
- **De-stress therapies can help**
- **Stay away from triggers that make you angry**
- **Change your thought process in a constructive way**
- **Find alternative channels to anger like practice kickboxing**
- **Create distractions like writing, listening to music, or watch the tv shows**
- **Ease physical tension and focus on the moment**
- **Sleep well**
- **Take your vitamins regularly**
- **Eat and drink well so that it keeps you contented**
- **Deal with frustration in a relaxed manner**
- **Control your reactions**

## Time Management

Always being in hurry can lead to panic situations. Learn to avoid them if you want to lead a successful life. Managing your time can improve your career. Today life is full of hectic schedules and meeting the deadline. To perform best and stand out in your professional life, you need to have a very balanced life. Learn to create and define a line between your professional and personal life. Once you attain this, you can definitely live a successful life. Learn to pay attention to yourself and how you present and project yourself in front of others. Taling out time for self-care and self-grooming is very important not only for professional life but also for your personal life. Time management can help you achieve a great successful career which you are dreaming of.



### SOLUTION

**Get organized**

**Use your time management tools like reminders and alarm settings**

**Create a checklist and make sure to go through it at the end of the day**

**Maintain a diary to list down important appointments**

**Set priorities**

**Take out time for yourself**

**Spend time with family like during dinner**

**Try multitasking if you are good at it**

**Avoid wasting time**

**Do something valuable in your free time**

**Read about motivational quotes and get started**

**Avoid delaying things**

**Plan your future**

These are the life hacks that can change you completely.

**Credits: [www.medicircle.in](http://www.medicircle.in)**



## • Why is breakfast an important meal of a day?

“Eat glitter for breakfast and shine all day. A good breakfast is a good start to the day. So make sure to indulge in a healthy breakfast to roll out your day with motivation and make the most out of it.” Breakfast is the most important meal of the day. All happiness of the day depends on the breakfast you eat. A good breakfast fuels up your day and gets you ready for breakfast. Never work before breakfast. Eat your breakfast first and start your day.

## • Why is the first meal of the day called “Breakfast”?

Once you have your dinner at night, it is a general attitude to end the day and doze off to bed for 8 - 9 hours of good sleep. During this span of 8 - 9 hours, you do not eat or drink and tend to “fast” all throughout the day. When you wake up in the morning after your resting phase, your body needs some energy to bounce back into the “active phase”. This is the point of the day when you “break” your “fast” with a cup of refreshing morning tea or coffee and some energetic foods.

## • Breakfast is a very important meal of the day for all age groups

Whether you are a kid going to school or an adult going to work, “Breakfast” is a must-have in your daily kitty which will boost your energy. Without breakfast, showing up to work or school can make you feel dull, lethargic and affect your productivity. When you wake up hungry, having a meal is very important to jumpstart your day.

## • Fuel up your body

A car needs fuel so that you can drive it. Without fuel, you cannot drive your car. The same goes for your body. Without food and water, you may feel weak and low on energy. Getting up and eating healthy at the beginning of the day helps to fuel up your tank. It provides you with glucose and energy which is required not only for your body but also for your mind.





- **Skipping breakfast is not healthy**

Breakfast provides you with all essential vitamins and nutrients for your body. Skipping breakfast will lead to the loss of these important nutrients. You cannot make up for this loss of nutrients in the latter part of the day. So having breakfast like a king and making sure you include all the sodium, potassium, and other important minerals can help you a lot and make you feel energetic.

- **Make breakfast your top priority**

Focussing on health and self-care is the best way to a healthy lifestyle. Giving importance to work is very important but your lifestyle is equally important. Indulge in healthy food that can pep you up and motivate you. Focus on yourself when you get up in the morning before you kickstart with your work.

- **Healthy foods for breakfast**

Include these simple foods for breakfast which are quick and easy. Breakfast can be simple and filling which is a great idea to stay healthy.

A happy mind and body can be achieved with good breakfast foods.

Some foods are included as staple breakfasts.

- **Bananas**

It is just as simple as including a banana, which is full of sodium, potassium, and tryptophan which is a mood booster and can help you stay motivated.

- **Milk**

Whether you take it in tea or coffee, milk is a great liquid drink to re-energize and pump you up with energy. Just having a glass of milk will make sure that you get enough calcium for the day.

- **Eggs**

Eggs are the staple food for many fitness freaks. They are easy to quick and easy to eat and provides great protein which will make you feel full and energetic.

So make sure to start your day with energy with breakfast which is important for you.

# CHILDBIRTH



Childbirth, in the normal way, should be a purely natural function with very little pain or discomfort to the women concerned. It is so even today that with primitive races. But many civilized women appear to find the bearing of children a task fraught with grave risk and suffering and attended by numerous minor or serious after-effects. This is solely due to wrong dietary habits and a faulty style of living. Healthy mothers will always have an easy time when pregnant.

Pregnancy makes many demands on the prospective mother, the most important being her nutritional needs and those of the unborn child. Studies of the nutrition of women during pregnancy show a definite relationship between the diet of the mother and the condition of the baby at birth.

These studies have also shown that some of the complications of the pregnancy such as anemia, toxemia, and premature delivery may result from a diet inadequate in the nutritional needs of the mother and the baby.

The process of childbirth becomes painful mainly due to a large foetus in the womb. This results from an excessive intake of denatured foods such as white flour products, white sugar, refined cereals, meat, and other flesh foods during pregnancy. Other factors contributing to the suffering of the women include lack of exercise, unhygienic habits of living, and restrictive garments.

It is quite wrong to assume that the larger the baby at birth, the healthier it will be. The weight of the baby should be about three to three and a half kg. at birth. If the

weight is more than that, delivery will be painful for the mother. Such a child will also be covered with unnecessary fat and watery tissue, which is waste matter and an impediment to health.

A proper diet during pregnancy is the most important factor for not only having painless childbirth but also for giving birth to a healthy baby. The idea of "eating for two", which is so prevalent today, is absurd and it leads to overeating, resulting in an unusually, heavy baby. The diet during pregnancy should consist of natural, vital foods and minimum intake of today's denatured food products. The unborn child will require an adequate amount of organic minerals from its mother for the building of bones and tissues and this can be supplied by natural food such as fruits, raw vegetables, wholemeal bread, and milk, unnatural foods like white bread, sugar, meat, pudding, and pies are very deficient in organic mineral matter and their intake during pregnancy leads to loss and decay of teeth, general debility and other ailments after childbirth.



Pregnancy is rendered more difficult in case of habitual constipation. IN the advanced stage, this is aggravated by the pressure of the enlarged uterus on the bowels. This can be avoided by eating plenty of fresh fruits and vegetables of high fiber content. The expectant mother should drink eight to ten glasses of water. She should not delay going to the lavatory when there is the urge. In severe constipation, a lukewarm water enema may be taken once every week.

The diet for expectant mothers should be planned along the following lines by securing safe and easy childbirth and a healthy child :

### **Breakfast:**

Fresh fruit in season or grated raw carrot, or any other raw salad and milk. Prunes or other dried fruit may also be taken, if desired.

### **Lunch:**

Steamed vegetables, as obtainable, whole wheat chappatis, and a glass of buttermilk.

### **Dinner:**

A good-sized raw salad of any suitable vegetables, sprouted mung beans, whole wheat bread, butter or cottage cheese, and prunes or other dried fruit as dessert.

Besides proper diet, the expectant mother should be given daily dry friction and a cold sponge during the first five or six months of pregnancy. A dry friction bath can be taken with a rough dry towel or with a moderately soft bristle brush. If a brush is used, the procedure should be as follows: take the brush in one hand and begin with the face, neck, and chest. Then brush one arm, beginning at the wrist and brushing towards the shoulders. Now stoop down and brush then the ankle and leg. Then do the other foot and leg and next to the hips and certain portion of the body. Continue brushing each part until the skin is pink.

Use the brush quickly backward and forward on every part of the body. If a towel is used, it should be fairly rough, and the same process should be followed. This bath excites to increased activity all the functional processes lying at or near the surface of the body.

The expectant mother should also take breathing and other mild exercises. After the sixth month, tepid water may be used for the sponge. Exercises should either be modified or suspended altogether. A good walk should be taken daily right up to the end of the eighth month and all household duties should be performed in a normal way.

This will keep the muscles of the womb and pelvis in good condition and will ensure safe and easy childbirth. The exercise should, however, always be well within the capacity of the prospective mother, and all undue strain, worry, or excitement should be avoided.

### **Recoupment**

For a healthy woman, recoupment after childbirth poses no problem. Women among primitive races can rise and go about their duties immediately after delivery. The woman of civilized nations is, however, seldom able to do so. It is customary to keep them in bed for a considerable time after childbirth. It is usually due to abnormal slowness with which the generative organs assume the former position.

As in the case of pregnancy, diet plays an important role in recoupment after childbirth.





The diet of the mother for the first two days after confinement should consist of only fresh juicy fruits with some warm milk. A salad with thin wholemeal bread and butter may be added to the diet the next day. The diet may thereafter be extended gradually until it approaches the pre-natal diet outlined above. The diet should exclude white bread or white flour products, sugar, jam, pastries, puddings, pies, heavy, greasy, and fried foods. Strong tea, coffee, alcohol, condiments, pickles, and vinegar should be strictly avoided.

It is most essential that the baby nurses at the mother's breast stimulate the production of milk, especially during the critical period following birth. This is important for several reasons. The infant, nursing at the breast, causes the uterus to contract. The contraction of the uterus will help expel any portion of the placenta which may remain following delivery. It will also stop the mother from hemorrhaging. If those mothers who are afraid of losing their figures would try nursing their babies, they would discover their figures improve after childbirth.

## FEEDING OF CHILDREN

During the first forty-eight hours immediately after birth, the mother's breasts generally do not produce milk. This is following nature's plan that the infant should fast during this period. He will not need food and none should be given. All children after this period should be breastfed where possible.

Breastfeeding is the natural and ideal way of feeding the infant. Mother's milk is pure, fresh, and easily digestible. It helps the child to grow. The child should be given four feeds a day at four-hourly intervals but no feeds should be given during the night. If the child wakes up at night only water should be given.

Babies should be breastfed for at least 8 months as this is nature's way of providing all the required nutrients during this period. Recent research has shown that the mother's body can react to infections in the child and the bacteria in the baby's mouth leads to the production of appropriate antibodies in the mother's milk.

Breast-fed babies are, therefore, less prone to gastrointestinal and respiratory diseases. If for any reason, it is impossible to breastfeed the child, it should be fed on goat's milk or cow's milk, diluted with water, with milk sugar added. The child should not be given artificially prepared, patent, or tinned milk foods.

Have a safe and healthy delivery

**Written By - The Arbitrary Doctor**





## SUMMERINA..!

...as the chills and frosts make their way out... the shimmery sunshine decks up all the soirées. Attractive, breezy, coy, dainty ...become the new alphabets; pastels and peaches are now the staples. As a summer lover myself, I enjoy dressing up, designing, and styling several folds more this season. The liberty to unwind from several layers and enjoy the play of colours, prints, patterns are simply meditational. Let's have a look at what's on our summer racks this year...!





**Written by:**  
**Aditi Rastogi**

One can check her fab work on  
**Insta @AditiJaggiRastogi\_pretcouture**

## Ivory –

Go pristine with shades of Ivory. Go Lacey, Go crotchet, Go sheer and Go beaded..! It's Ivory all the way.

## Prints –

Geometrics, patterns, gradations, amber, florals, abstracts, shibori, tie n dye, and so on...Get your printed maxis, shift dresses, bell sleeve tops, layered skirts, cover-ups, flared bottoms, and all sorts of printed scarves and stoles. It's a Print wonderland!

## Workwear –

Linens, rayons, muslins, cottons all of these cut into sharp pantsuits, slim skirts, even trousers. Get your summer game strong with printed or solid pantsuits (even sleeveless), bright-coloured trousers paired with crisp cotton shirts, the tie n dye kurtas with Lacey broad pants has been a necessity.

## Resort wear-

The vacay season requirements include Lotsa brights, neons, and abstracts. The bikini, monokini, and the must-have cover-ups. The sheer lacey maxis, printed dresses, solid coloured hot pants are essentials. Not to miss... Kaftans!

## Summer weddings-

The latest fad of the year...summer Shaadi!  
With everyone pushing November to April ...designers have curated their best looks for pastel-themed, day weddings. The sexy sequin sweeps away all the attention, the pastels go a big way in making the wedding look young and royale at the same time. The latest colour palette includes tangerine, corals, mints to lavenders for brides. Floral theme weddings are stealing the show leaving behind the fairy lights and chandeliers for winters maybe..!

## Sari –

You can never go wrong with a sari. Go plains, mulmuls, chikankari, organza, sequin, draped, gothic....it's always the correct option.  
Invest in a Sari!

**STAY STYLISH this SUMMER!!**





## Travel

We were confused – besides being perplexed at the ambiguity of our purpose to travel to different places, our choices have given us exuberant highs and abysmal lows. Exploring new places widened our worldview and made us sensitive but has also induced occasional fatigue.

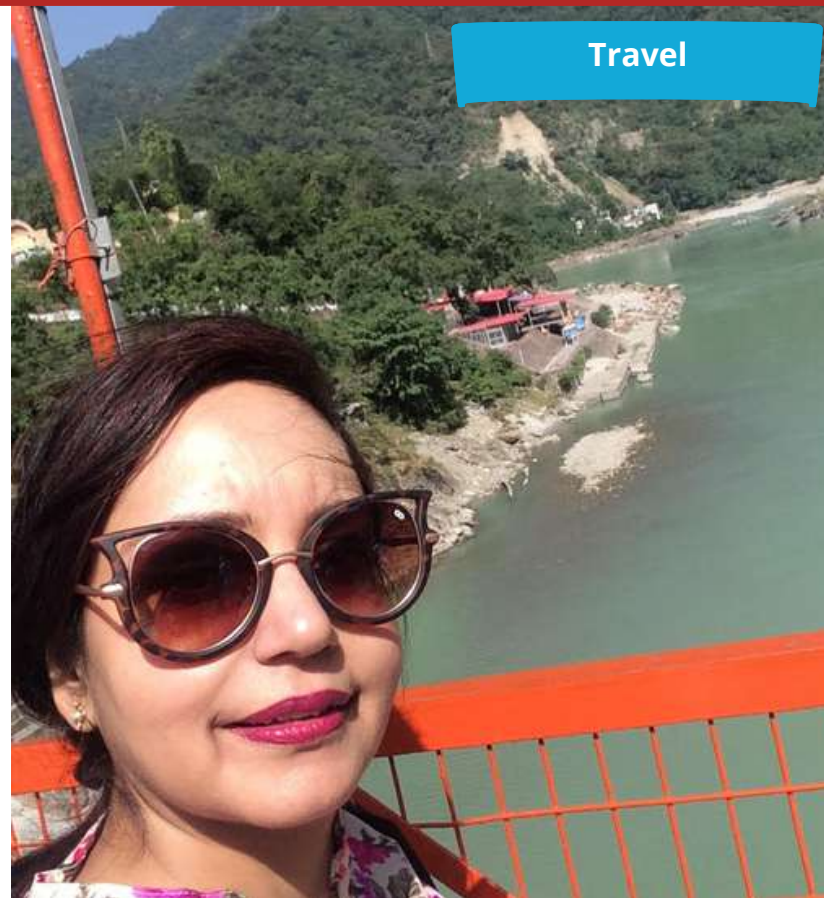
For us, going out is a quest, not knowing what the Holy Grail is...

This time we went out to a secluded place somewhere deep in a tiny hamlet of the Himalayan valley in the Tehri-Garhwal region. Choice of the place of stay was entirely Kamal's and I was completely clueless about what was in store.

Our flight was delayed, and by the time we reached our destination after taking a precarious road trip from the Dehradun airport, it was already dark. As we reached there and stepped out of the taxi, I came across a place with some rustic-looking log huts in lush greenery. I was kinda bamboozled, but before the initial shock could fade away, came another – that there's no TV, no newspaper, no magazine; absolutely nothing in the name of what we call relaxation, entertainment, or what you will. Anyway, we took dinner and slept.

The next day began with the chirping of birds right on top of our hut and soft sunlight peering through the window. We explored the area around, which caressed our senses. It was a whole new world with an incredibly beautiful view of the mountains, trees, lush green forest, birds, butterflies, and flowers. The morning was awesome. As the day progressed, I felt a bit anxious about the evening without TV or even any reading material. Anyway, after some cribbing, I managed to pass time leisurely walking around.





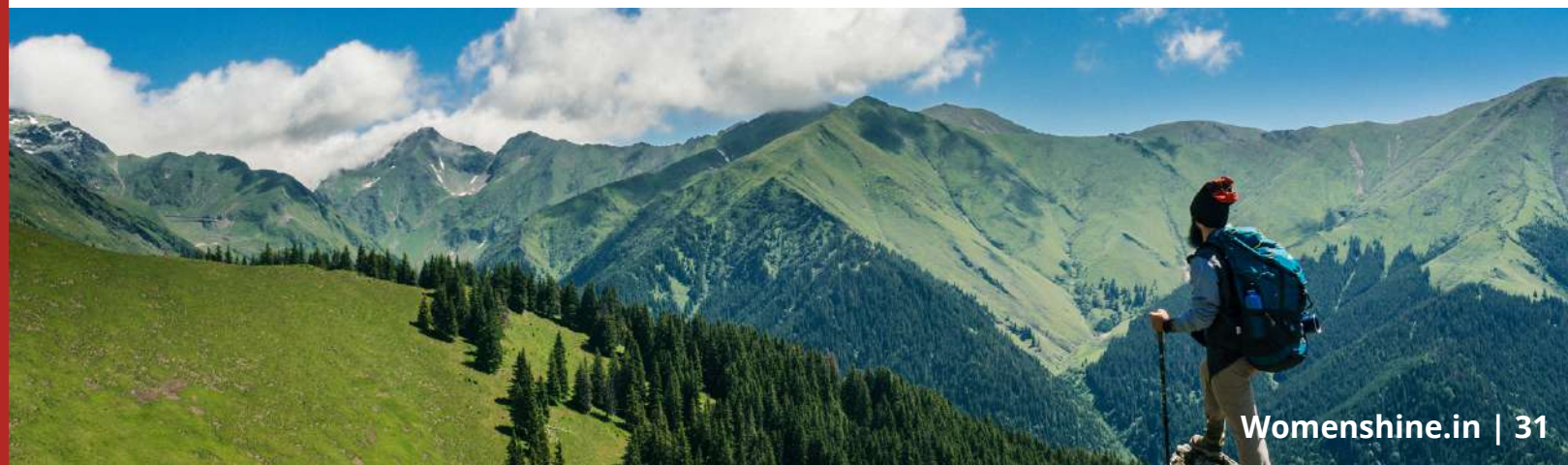
The next day felt comparatively better, especially as we realized that ensconced in our comfort zone, how incredibly tiny our world becomes. We live in a cocoon, existing in artificiality. Watching the mountains, birds, butterflies, trees, and the serene surroundings, I realized that, unlike TV shows, nothing is recorded in nature. Every moment the frame changes to a new realm. The twig you watched a moment before would not be there the very next moment, the birds chirping on a nearby tree branch would hop to another, butterflies keep moving all the time, and a zillion other things we couldn't observe closely.

Apart from this, the resort observed the 'Silence Zone' from 3 pm to 6 pm and meditation sessions from 8 pm to 9 pm. There were people from other nationalities, especially Europeans. We briefly chatted with a couple from Helsinki, Finland. There was a 'natural swimming pool' and hot water spring within the resort premises.

While trekking on the mountain path, we saw a small waterfall, we stood there for quite a while just watching the flowing water. It was a perfect time to reflect...

'Life is like a waterfall, always moving, and there's always uneven flow to it.'

Shine Always !!





## Immunity Boost Recipe

# *Aloo-Quinoa-Veggie Chatpate Tikki*

I am back with a healthy and yummilicious recipe that is sure to tantalize the taste buds and nourish the body. This preparation is all about my motto "Healthy and Happy" which is what I follow in my counselling practice. So here you go - prepare-indulge-enjoy!

## The Ingredients

- 1 cup cooked Quinoa
- 1 cup parboiled vegetable mixture (peas, corn, finely chopped carrots)
- 1/2 cup finely chopped onions
- 2 medium boiled potatoes
- salt and pepper to taste
- 1/2 tsp chat masala
- 1/2 tsp garam masala
- 1 tsp amchur
- 1/2 tsp turmeric
- 1/2 tsp coriander powder

## Method

- Mix all the ingredients together and mash to form a even paste.
- Shape this into flattened round tikki shapes.
- Cook on grill, griddle or tawa till golden brown.
- Serve with fresh coriander chutney

- SHARED BY DR. AVANTINA S. BHANDARI





# SHE

She has a silent fire inside her,  
Don't ignore better mind her,  
She is not just another woman,  
With adoration and oozing passion,  
She is a woman she is a feeling,  
She is a fire and she is caring,  
She is a diva and she is daring,  
She is alone and she is enduring,  
Alluring persona shining through her soul,  
Every patootie has a story to tell,  
The fathomless emotions babble out with noise,  
And the scariest secrets buried with poise...  
The vicious menacing savage inside her,  
Forgives the cruel flock that's behind her,  
One word of false regard and admiration,  
Can make her a fool of spurious assumption,  
She is a tomboy and she is feminine too,  
Her eyebrows fixed and books scattered ado,  
Her tea is perfect but she is not,  
Sometimes persuasive other times touch me not,  
It's hard to explore this exotic mystery,  
The fun loving lass who will never scurry,  
With the scars on her soul she walks the aisle,  
Deep belief and mettle that meets her style ...

*-Smita Kishore*

# WS-CLASSIFIEDS

## WFH JOBS FEATURE



Every once in a while, each of us could use a little push to take that leap of faith.

At JobsForHer we do just that. We are a connecting platform for women to accelerate their careers by enabling them to start, restart and rise in their professional journey.

We know you have what it takes to rise to the top. We simply provide you with the fuel to keep going with opportunities, mentorship, and help you build a network of strong like-minded women - just like **YOU**.

Embark on a journey of growth with our curated list of work-from-home jobs.

- Sales & Marketing Manager - **Kantharos Foods**
  - Designer - Colour Consultant - **Aapkapainter**
  - Business Head- **Pothi.com**
  - Subject Matter Expert/SME (Technology) - **Learning Curve Technologies**
  - Virtual Assistant - **Growup Technologies**
- ...and more.

**I want a Work-From-Home Job**



# *The Broken Mirror*

---

I had just come out of the room when I heard a loud thud. Inquisitively I walked back in. There, what met my sight was unbelievable! Thousands of tiny pieces strewn all across the room, some heaped onto each other as if swept by a powerful force, some flung far isolatedly into the corners. The floor, the mattress, the carpets all shimmered by the agonizing presence over them of these shiny little particles. I froze at the entrance because from there to the far corner of the room, it resembled a mini studded battlefield. The impact of the scene on me was harder than the thud. Unthinkable! Unbelievable! Never in my wildest imagination, had I conceived such a possibility.

I gaped at it in a stunned state and then at the almirah door. The wooden sliding door looked beautiful but empty. The white plastic hinges at its corners that had held the mirror to its surface spilled the beans. They were broken. How could it happen! Weren't they fixed properly by the carpenter or the glass fixer whoever was it? Or was it the force with which I had closed the door before walking out which had loosened the hinges? I did frequently open this almirah on which the huge full-size mirror was fixed, to mix my face pack with rosewater, apply it looking in the mirror, placed the little bowl in again, and close the door. Or did I slam it hard? Did I take the holding capacity of the hinges for granted? To be true I had never paid attention to it because for me it was there fixed firmly (or supposedly so) on the almirah, and there it was supposed to remain- forever. But reality had proven otherwise.

As the impact of the shock settled in, emotions swelled. The full-size mirror the lack of which we had felt in our previous home and which was so thoughtfully fixed at this prime location in the living room of our new home by me and my mother, the mirror to which I rushed every time I wore a new dress or got ready to deliver my motivational talks, the mirror which each time so sincerely obliged me with a head to toe view that it bolstered my self-esteem or at times made up my mind to change into something better until my loyal friend who always cared for me before him (him?)..... before it and was content to show only my reflection, approved of it, saying, "Yes! You look beautiful!" That mirror, my friend, my companion was no more there. Even crueller was that it lay there-broken into innumerable tiny pieces. Not my usual symbol of strength and support but a mere helpless, shattered object. How could it happen! What a loss!

As if the grief wasn't enough, there sprang a pang of guilt in my heart. What would mother say? The glass was very expensive. Moreover, to fix a new mirror, she would not only have to bear the financial burden but also would have to take the entire trouble of calling the glass dealer, who would send his boys home to take the measurement, but not before a minimum of two-three reminders from mom. After measurement, the glass would be prepared, then more reminders before the boys come and fix it on the door again. Merely imagining the whole drill made me sadder. To add to my mom's chores and accompanying tension was the last thing I wished to do but that's exactly what I ended up doing ever so frequently.



The enormity, the unexpectedness of it, and the sense of loss left me paralyzed for a few moments. What to do? How could I even clean it? There were three or four big chunks and the rest was shattered into pieces, scattered all over. For a moment, a weird idea flashed in my mind.

**“Should I just let it be like this and do nothing about it?”**

**“But, what if you need to get across to get something?”** the inner voice countered. Hmm, this can’t be. Even mom was supposed to come home a day after.

How I wished Nanke, our watchman-cum-house aid could do it on my behalf! I even visualized giving him instructions to be careful and clean it properly. But no, he had gone to his village to take care of his fields and wouldn’t be here before at least a month. There was no escaping this situation. **“It’s me who will have to do, like it or not”.**

The moment I stopped looking for an easy exit and decided to take charge, I felt something transformed in me. A wave of quiet determination, a renewed belief in my capabilities, and a hope of something better. The worst had already happened. I went through the other room to the courtyard and fetched a broom, a dustpan, and a dustbin. These were my arsenals, my new support. But I still didn’t know where to start. It was all so messy. So, I simply focused on what I could handle easily and segregated the bigger chunks to one side. One of them though broken, still showed my reflection. I looked disheveled, pale, alarmed, and sad. But it still brought a sweet memory back and soothed my nerves. To make it easier to sweep, I first removed the cushion from the chair kept near the entrance and then brought the chair itself out. That gave me enough maneuvering space. Now, as I swept and gathered the tiny pieces together, pushed those further onto the dustpan and into the dustbin, the synonymy of the situation with our own lives stuck me.

At some point or other we have all found ourselves in a similar state; where something or someone we loved and had believed to be there till eternity had unexpectedly broken, where our own heart resembled the shattered pieces of glass strewn all over, each piece emanating an excruciating streak of pain... were what had just happened left us numb, shaken and at a loss for what to do....where everything around seemed an agonizing mess. A loving relationship got over. How was it possible! A career built so assiduously lying in

ruins...How could it happen! And all we could do was wonder what went wrong? Sinking into gnawing guilt, all that whirled in our mind was, "could I have done it better, handled it more softly, wisely, maturely, professionally, etc., etc." When the thought of our loved ones' impending hurt at our doing tormented us simultaneously, pushing us deeper into the well of misery. When the frightful and uncertain scenario of what would happen next; how would I live without him/her/it had haunted us constantly.

But what is the choice? Continue staring at it and wallow in the pit of self-pity? Runaway through the nearest door, jump out of the window? But for how long? The only option is to steady yourself, fetch a bloom and start clearing the mess. Sooner or later you will have to do it. So, let that be NOW!

Easier said than done. As I carefully but determinedly swept, the magnitude of the task and the effort it took kept shocking me. Over the bedsheet, under the bedsheet margins, on the cushion, behind the cushion, under the furniture, stuck in the carpet frills, even behind the other closed door, where weren't they present- the broken fragments of my darling mirror. Every time I discovered one hidden shiny piece, it reminded me of its erstwhile magical beauty, our special bond, and the care with which I used to wipe any imaginary or real dust particles off it to keep it smiling brightly at me. It broke my heart to see a tiny part of it peeping from beneath the carpet, half visible, half-hidden. Well, whatever. Despite the enormous vortex of emotions, it generated in me, I did clean it and shoved it all into the dustbin, except the bigger chunks which couldn't fit in.

I held the biggest broken piece. It smiled at me. I admired it for a while, feeling its texture beneath my fingers, and still amazed at its sparkling clean reflective ability. Then I walked to an open unused plot in front of our house and carefully placed the glass against the wall, its reflective side hidden from sight. Goodbye, my friend! Perhaps some waste disposal guy would pick you up and put you to some use. Farewell, buddy! You treated me well and I never meant to harm you. Good luck with your journey whatever that may be. We all have our destinies to fulfill.

My room shone clear and clean, except for the dustbin which was still placed there. As I lifted it, it felt heavy- very heavy. But it had to go, and so it did.

I put the chair and the cushion back in and did a final inspection for any remaining pieces. There seemed none. Where I had stood frozen a few minutes ago, afraid of stepping into, due to the fear of being hurt by the glass, there now lay a clean pathway, inviting and open to walk freely upon. My eyes fell on the almirah door, its beautiful wooden ply, and the broken white hinges. A sigh escaped my lips but in my mind, there was already a new mirror being fitted there, this time more firmly and I would take better care of it.

Not to say that the events of the past half an hour could be forgotten so easily. They had been so profound that it was hard to contain it within, pretend as if nothing had happened, and carry on as usual. So, I rushed to my diary and scribbled-

**"It is possible to clear the mess, however messy it is!"** and thus born the first story of a series called The Fountain of Hope. Whenever something ends, something else is born. Isn't that the law of life?

**"Oh yes! It very well is."**

**-By Squadron Leader Toolika Rani**



# ENTERTAINMENT NEWS

Feeling happy to announce that on the occasion of this Mother's Day, a very special song "Chehra Salona" is being launched written & composed by a very talented Zuhaib Khan. Keep loving & blessing

Feeling happy to announce that on the occasion of this Mother's Day, a very special song "Chehra Salona" is being launched written & composed by a very talented Zuhaib Khan. Keep loving & blessing



**Releasing on 08 May 2021**

Subscribe to Music Fitoor for further updates :

<https://youtube.com/c/MusicFitoor>

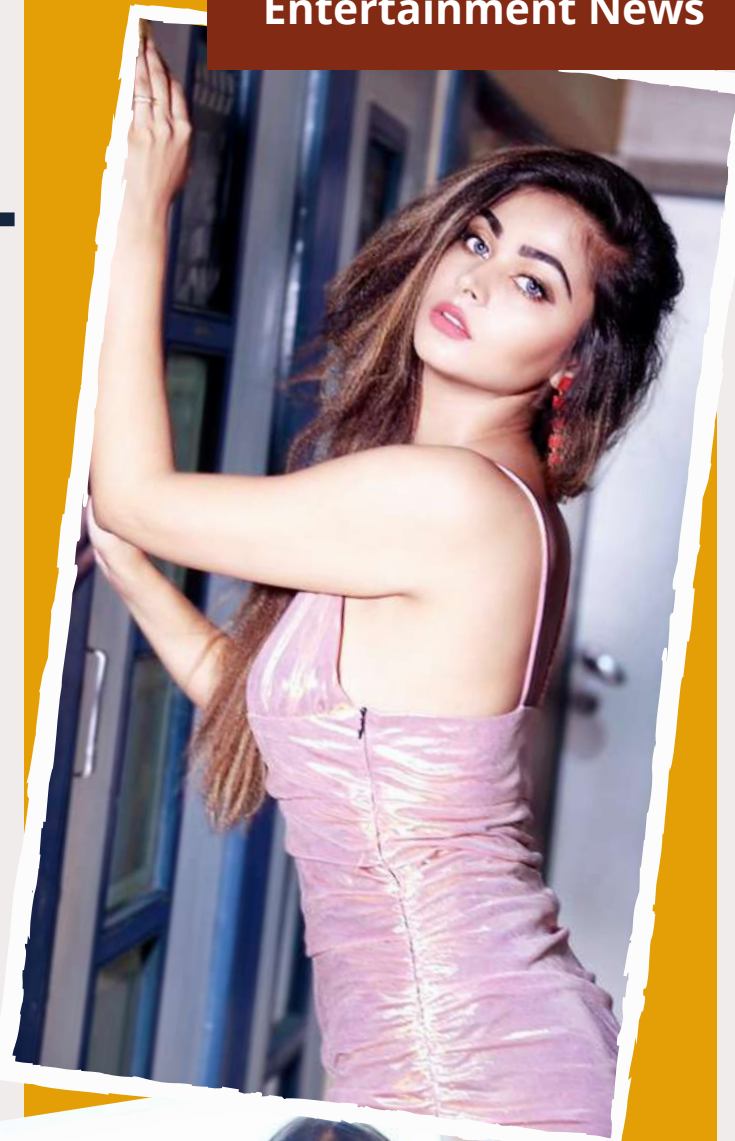


# ENTERTAINMENT NEWS

Model and Actress Ankita Chouhan is all set to make her Bollywood debut through the upcoming movie BA Pass 3. The film is produced and directed by Narendra Singh. It is penned by Deep Chugh and Narendra Singh and shot by ace cinematographer Anmol Dhiman. The music is composed by Altaaf-Manny and stars Sunny Sachdeva, Ankita Chouhan, Armaan Sandhu, in pivotal roles. The film revolves around those unwanted relationships, which are made, and then they are punished as well. BA Pass 3 narrates the story of a jobless Anshul and how his life changes upside down when he meets a married woman and gets into a relationship with her.

While talking to the media Ankita Chouhan said, "BA Pass 3 is my debut film and I am super excited for the film. BA Pass is already a big franchise and I hope that everybody will love my work".

While talking to the media Ankita Chouhan said, "BA Pass 3 is my debut film and I am super excited for the film. BA Pass is already a big franchise and I hope that everybody will love my work".





See you in the next edition