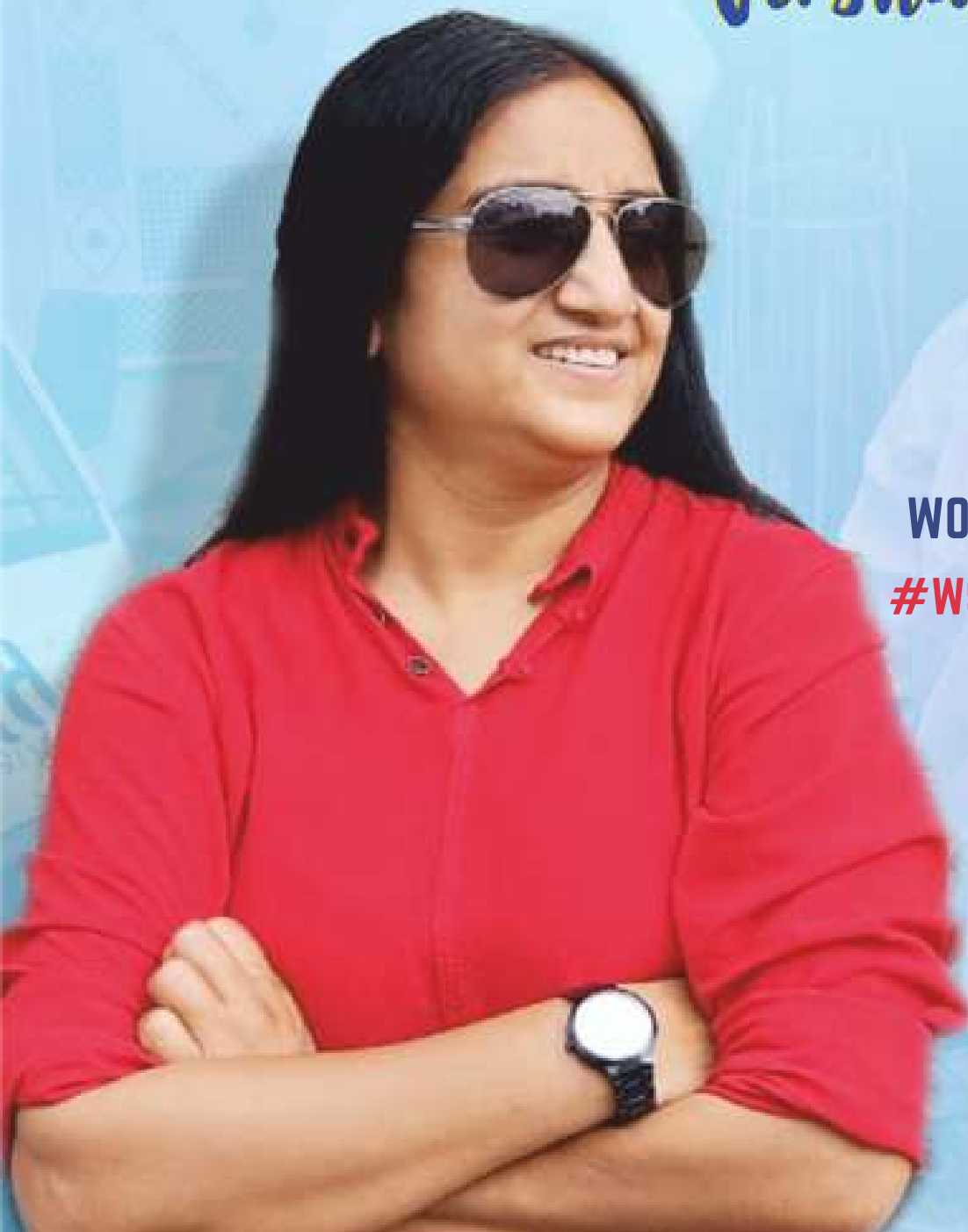


VOL 13.0 | JUNE 2021

WOMENSHINE

Daughter of Lucknow *Versha Verma*



COVIDWIDOWHELP

SOCIAL SAHELI

TRAVEL TALES

WORK FROM HOME JOBS

#WSWHISPERINGTHOUGHTS

POST COVID

RECOVERY DIET

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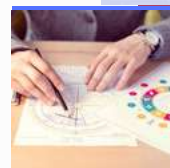
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(For editorial queries, e-mail: connect@womenshine.in)



CHIEF EDITOR'S LETTER

#SHINEON

APARNA MISHRA

Founder , Women Shine

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

I am super excited to tell you all that Women Shine has completed one year now....though the road has not been a 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

This June edition brings you a plethora of interesting write-ups on Post Covid diets, rural women entrepreneurs, shining stars, work from home job opportunities, and much more...

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

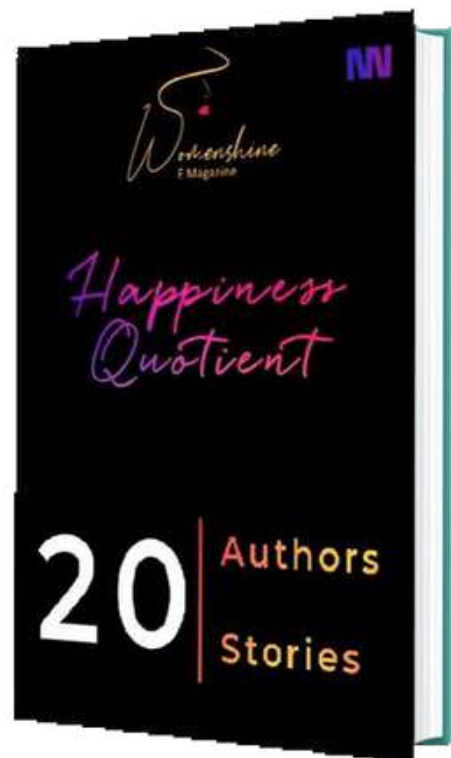
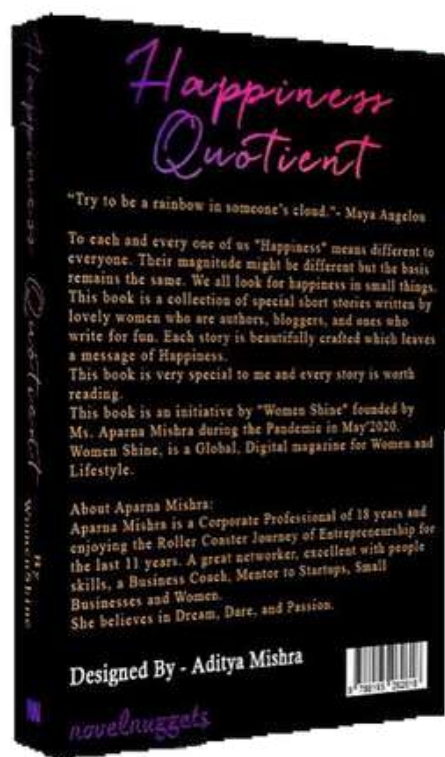
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Supporting COVID-19 Widows

#COVIDWIDOWHELP

The **Covid Widow Help** initiative aims to help women widows during COVID-19 crisis by providing them round-the-clock support in grief, career counselling, and skill development to earn a stable living. This noble initiative is launched by **Mr. Yudhvir Mor, Country Manager and Vice President of Engineering at Zuora,.**

Who are we

This initiative by our volunteer Mr. Yudhvir Mor & a couple of his friends/ex-colleagues is intended to be run as a 100% volunteer and society-driven initiative.

We built this program on three core guiding principles:

No finance & Donations: We will not be accepting any donations or funding and neither do we look forward to any monetary benefits.

Priority: Our priority is to help women who lost their partners as a result of the Covid 19 crisis. We understand there are many other equally important causes. For us : Less is More

No Corporate sponsorship : We want to run it as a volunteer driven initiative. We look forward to help from CxOs, Media and corporate houses to help us reach out to the maximum number of impacted women.

Priority: Priority:

We have set up our intentions to empower women who have lost their partners due to the Covid pandemic. When you come to us, rest assured, the first step has already been taken. Our volunteers will find the best fit for your skill sets and will try to connect you with employers. We intend to make this process swift and seamless so that impacted person finds independence and peace at the earliest.

We will be collaborating with companies/organisations that are forerunners in their fields and take their Corporate Social Responsibilities seriously. These would be the leaders who share a vision to not only provide employment to bereaved women but also to give them avenues of professional growth and career development.



At this time a lot of groups are working to reach out and help sections of the society whose livelihoods are affected adversely by the pandemic directly and indirectly also.

The aim of **Covidwidowshelp** is to focus on women who lost their partners, who may/may not have been principal/sole breadwinners of the family. We understand that some of you may have put your careers on the back burner, prioritising your families, and now with the loss of a spouse, you will need to support yourself or your kids and extended family too.

We will also strive to place women with little or no experience too. We request you not to hesitate and take the first step in a thousand-foot journey and together we shall cover the distance comfortably.

Where are we now

Started a week ago, now we have 1200+ volunteers signed up and 150+ help requests from impacted women. We are trying to streamline the whole process and soon begin with bridging the gap between employers and candidates.

Path ahead

For Volunteers: As it is a completely volunteer-driven program and with so many people coming forward for this cause, we are classifying volunteers into different groups based on their expertise.

For impacted women: Once a candidate's profile is received it will be allocated to a volunteer who will be helping the candidate in career counseling, resume building, and job opportunity.

Goal

Our goal is to help at least 1000 impacted women to start their careers and make them financially independent.

Volunteers

If you are looking for volunteering We really appreciate your passion, can you pls fill online form so that we understand how you can help for this cause effectively <https://forms.gle/XNESHZHWfAvfLKBB8>
We have now 4000+ volunteers. Truly humbled and more determined to help

Impacted women

If you are impacted by COVID19 and lost husband
Please share some details using Google-form <https://forms.gle/4C7o725aHRmyhtxYA> so that our volunteers will reach out to you.

NOTE : we will share your details with recruitment team and our volunteers (we are taking utmost care to validate volunteers) volunteers signed up with us.

Current Situation

We would agree this is an extremely important issue and many women are still traumatized. India is a big demography, and we are getting diversity of profiles with respect to education, location, language, type of support needed.

Website : <https://Covidwidows.in>

Twitter : @covidwomenhelp

Instagram : covidwomenhelp

FB -

<https://www.facebook.com/covidwidowshelp/>

WhatsApp : +91 95282 76958

Email: covidwomenhelp@riseagain.in





5 THINGS TO SUPPORT YOU EMOTIONALLY & MENTALLY DURING COVID

With the rise in the COVID cases and shortage in resources available outside, many people are finding themselves in home isolation, drained and confused, if not sad. The situation is grim and can give rise to a gamut of emotions. While we are mindful of the medication and safety measures, it's imperative to focus on mental & emotional health as well. Dr. Chandni Tugnait, MD (A.M) Psychotherapist, Life Alchemist, Coach & Healer, Founder & Director, Gateway of Healing, shares some of the things that can ease off the load and get us a tad more aligned are -

- 1) **Practising breathing exercises** - these will not only help the oxygen levels & lung activity but also help in calming anxiety, sleeping better, improving blood flow, and reducing stress.
- 2) **Connect with a closed one** - make sure you connect with a friend or a family member daily and engage in meaningful conversations. Avoid talking about the virus or your fears around it. Also, avoid talking to people who drain your energy.
- 3) **Be aware of your emotions** - accept what you feel so that you can let it pass instead of resisting it. Writing helps greatly in this case. You can also practice meditation and mindfulness for being calmer.
- 4) **Colour therapy** - sip water from a transparent purple bottle in case you are experiencing high fever and pains in the body. In case your symptoms are related to breathing and lungs, then sip water from a transparent green bottle during the day.



5) Chanting - Chanting a mantra or an affirmation not only raises the vibration to the level of what is being chanted but also helps in decreasing stress, anxiety & depression as the focus shifts to healing and relaxation. A mantra that helps in physical issues is KUNJITHA PADAM SARANAM. You can chant it 9 times in a go, thrice a day. Alternatively, you can also chant affirmations that can put you in an uplifting mood.

With all the medication, precautions, steam, and extra support of alternative therapies, you will certainly feel better sooner than later. Remember to practice gratitude for all the people & things in your life at every level. Be grateful for the life you have and keep adding value to yourself and others at every chance you get.

STAY HEALTHY!



STAY SAFE!



-Written By Dr. Chandni Tugnait


 An illustration of a woman with long dark hair, wearing a light green button-down shirt and a purple skirt, sitting on a modern office chair at a desk. She is holding a white mug with her right hand. A thought bubble above her head contains the words 'STAY INSIDE' in a playful font, with 'STAY' in purple and 'INSIDE' in pink, flanked by two small yellow stars. The background features a dark purple wavy shape with white dots, resembling a night sky or a decorative element.

STAY
INSIDE

It's that time of the year again

It's that time of the year where nothing seems to be going right and nothing is making sense. In times like these, it's difficult to not feel overwhelmed. A lot of people use terms like 'I'm feeling depressed', 'I'm anxious', 'I don't feel like eating', 'I feel blah' etc.

The term for feeling blah is '**languishing**', this term has been doing the rounds on the internet lately. '**Languishing encompasses distressing feelings of stagnation, monotony, and emptiness**', says **Dr. Leela R Magavi**.

According to New York Times "**languishing is the void between depression and flourishing - the absence of well-being**". The work-from-home culture is troublesome for a few with no boundaries of time and some, it's no work at all.

Relationships are going for a toss, whether it's familial, Platonic, or romantic. From relationships to work, one can feel stuck and monotonous, leaving us jittery and constantly wired. No matter what the individual is doing, it lacks flow.

To deal with such nerve-racking times, one should know what works for them. Learn what your mind and body are telling you in times of distress. It's key to pay attention to mind and body. No one way works for everybody, there is no quick fix to problems and no magic wand which can fix any problem immediately.

This is a good time to learn about yourself, to know how you think and behave when you are anxious or stressed.

Make a few rituals/activities which help you in calming yourself down. Write down 5 activities that you would like to do when you are overwhelmed or distressed. It could be something as small as having a cup of tea/coffee.

Sometimes, going for a run or a walk helps, and sometimes reading your favourite book does the trick too. One can choose what works for them, meditation and exercise don't need to work for every individual. For some, it could just be listening to music.

It's prime to know when to take a break from that vicious cycle of overthinking or overworking. Always remember that one cannot pour from an empty cup. Restricting oneself from getting consumed by social media or news channels can equally bring about a change.



Sticking to a routine in these unpredictable times can make a difference - which includes three meals a day on time and having a proper sleep cycle. Setting small goals and achieving those can make you feel better, try to decipher your day's capacity, and work accordingly.

Also, remaining socially polite and saving each other in the family from being high on criticality, correction, blaming, and chasing perfections are primary causes of conflict and aggression under current times.

It's prime to know when to take a break from that vicious cycle of overthinking or overworking. Always remember that one cannot pour from an empty cup. Restricting oneself from getting consumed by social media or news channels can equally bring about a change. Sticking to a routine in these unpredictable times can make a difference - which includes three meals a day on time and having a proper sleep cycle. Setting small goals and achieving those can make you feel better, try to decipher your day's capacity, and work accordingly.

Also, remaining socially polite and saving each other in the family from being high on criticality, correction, blaming, and chasing perfections are primary causes of conflict and aggression under current times.

These tiny changes can take you a long way



- Written by Anandana Trivedi

anandana.tri@gmail.com

VERSHA VERMA

Daughter of Lucknow- Ferries dead bodies of COVID-19 victim free

Some people are born tough and strong. Some choose the very difficult and unique path to pursue their dreams and get satisfaction out of that. But today we will discuss someone who is a combination of both. She is tough, strong, confident, and has chosen the path which no one can even think of doing it.

This COVID-19 has shown us how our loved ones are scared to perform the last rites of the people who died with this. But in such a situation, Versha Verma, resident of Lucknow, Capital of Uttar Pradesh performs the last rites of people who lost their lives to the Coronavirus.

She runs an NGO "Ek Koshish Aise Bhi".

In conversation with Women Shine.





WS: Tell us about " Ek Koshish Aise Bhi"

VV: "Ek Koshish Aisi Bhi" team provide medical facility to the destitute, the poor people living on the footpath, or critically ill people who have lost their hope for survival. We provide food, medicine, etc till they recover. In case of death of the patient, our NGO ensures that the deceased is properly cremated following all rituals accordingly. Provide study materials books stationery to the poor people studying in the government schools.

We also provide ration/foods to the cancer patients in Ram Manohar Lohia Hospital every Friday. Similarly in Rani Jhalkari Bai Hospital, we distribute hygiene kits, fruits to the newly born babies and their mothers and we make them aware of its benefits and disadvantages.

Ek Koshish Aisi Bhi organizes blood donation camp at least 2-3 times a year. To make our environment better we also organize plantation drives 2-3 times every year. Our NGO provides small employment to the unemployed and poor to youths and people indulged in begging to make them self dependent.

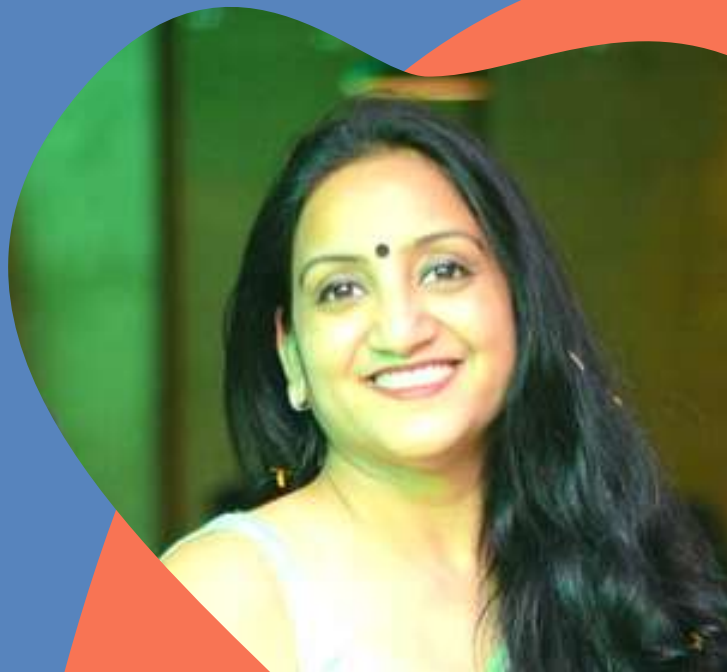
Ek Koshish Aisi Bhi is also working for the rehabilitation of mentally retarded women, rehabilitate them in shelter homes and look after them on regular basis and provide the necessary medicines, etc. We also help the stray/injured animals, rescue them, provide medical aid, etc.

WS: What inspired you to choose this line of work wherein you are ferrying bodies of deceased COVID-19 patients to the crematorium for free.

VV: Work is worship for me. I feel the same satisfaction while helping strangers or needy as achieved by a priest while worshipping in the temple.

Sometime back I lost my childhood friend due to COVID in Ram Manohar Lohia Hospital, Lucknow. I WAS TRAVELLING FOR HOURS TO GET A MORTUARY VAN FOR HER CREMATION AND THE VAN DRIVERS WERE ASKING EXORBITANT MONEY BEYOND THE REACH OF A COMMON MAN. THEN I DECIDED I HAVE TO DO SOMETHING SO THAT NO ONE ELSE WILL FACE THE SAME PROBLEM AS I DID.

From the next day, I hired a van and started ferrying the bodies of COVID patients who lost their struggle to this PANDEMIC to the cremation ground free of cost. Since the number of deaths was increasing day by day so I had to hire three more vehicles to fulfill the requirement.



And we are providing this service free of cost continuously to anyone who lost their family member. We are also running an ambulance Service free of cost for the COVID patients with oxygen support. We know that our jobs are very risky, but I believe that to save much life someone needs to sacrifice.

WS: You are an author, a national-level judo player, a multi-faceted personality. How is your family supporting you in the noble cause?

VV: If I am here it's only because of my family. They have supported me emotionally, financially, and physically. I do believe that you can't be successful without family support. I am an author too.

Whenever I write something I share it with my family and their opinion helps me improve on my writing. Being a sports person I am very disciplined. Since my childhood and I can't tolerate the indiscipline of anyone at the same time I try to keep alive the child within me and try to keep the atmosphere lively and happy.

WS: Being a Woman, did you faced any issues in doing such noble work?

VV: This is a very good question I do believe that the Women working in different fields in our society or are even in their homes are facing a lot of challenges. The field I have chosen is pathbreaking and taboo in our society.

I have gone against all odds to do what I believe in, and gradually I can change the perspective of society which excludes women for since long.

WS: You have been recently felicitated by the Mayor of Lucknow for your impressive humanitarian work? Tell us about this pls.

VV: it's a matter of great pride to be facilitated by Mrs. Sanyukta Bhatia, the First lady of Lucknow and Mayor, who herself is a reputed woman and earned so much by her noble work.

She gave me the title "Daughter of Lucknow" and I felt so honoured. She was following my social work for quite some time and appreciated me regularly.



WS: Has this affected your life and when you are back home with your husband and your daughter after a day's work?

VV: I will not lie that my service doesn't affect my personal life and family. But nowadays, personal egos are ruining relationships and families are disintegrating. Many families have been devastated and with this Corona fear close relatives or siblings are not participating in the Cremation of their loved ones. It is affecting people emotionally and psychologically more than physically.

I have my own family, my daughter and whenever When I return home after doing my work there is always a fear, concern in my mind about the safety of them but somehow I have to admit that if you want to save so many lives you have to risk your own life.

Thanks to all support that my husband and my daughter extend to my work, this has made me more strong and made me confident so that I can carry out my work fearlessly.



WS: Any incident which you like to share which has impacted your life?

VV: My sister Neetu Verma, who was merely one year younger than me. We both were known as twins right from our childhood. We were inseparable. But God has something else planned for us. She met with a road accident and I lost her. But I regret not participating in her cremation.

As in our Hindu Culture, women are not allowed to go far last rites. I wanted to break this jinx as I don't understand this logic that you are not allowed to be with your loved ones during the last moments to whom you love the most. This incident inspired me to participate in the funeral of the destitute at a later stage.



WS: Any message to our readers?

VV: I would like to extend my thanks to Aparna ji, Founder of Women Shine from the bottom of my heart for recognising and appreciating my work.

I would like to request all the readers that sometimes in your life you come across someone who needs help. So please don't hesitate, come forward and extend your help which is needed and bring a smile to that face.

We should inculcate the habit of helping the needy ones. Our small token of help will change the lives of others.

If anyone wants to extend some support to Ms. Versha Verma, you can contact her directly at +91-8318-193-805

Women Entrepreneurship- the ladies with resilience

It's challenging to be an entrepreneur and even more so being a female business leader. Women who enter into businesses may experience many daunting challenges, including finding a support network that shares their understanding and goals, balancing work and family life, and defying social expectations.

However, the benefits are countless and so we have astute and highly successful Indian businesswomen like Vandana Luthra of the VLCC fame, in the field of beauty and wellness, Ritu Kumar who excels in fashion and design, and Kiran Mazumdar Shaw of Biocon Limited to name just a few. Entrepreneurship creates the unique opportunity for women to be a part of a community and join forces with their clients in a safe and pertinent way.

Being an entrepreneur is walking on a lonely road. One may have a good support network but an accountability partner is another thing entirely. Solopreneurs and businesswomen can come together to share resources, assisting one another through empathy, a shared vision, skills, and a common mission, and encourage each other to stay motivated and on the path.

In 2020 two creative and inspiring women who were already established in their respective fields did just that. Edvanta Consulting's Founder and CEO, Katherine Ernst Mehta, works with high



school students and helps them navigate the process of admission, and CEO and founder of JBC INC (Just Because it's Children), Kavitta B Bedi brings Broadway theatricals for families and children throughout India. These farsighted and sensitive professionals soon realized that there's no platform for students to showcase their abilities and strengths.

They joined hands to devise a platform that helps students seeking college admission to showcase their special talents or qualities beyond application forms, college essays, test scores, and marks. The result of their brainstorming was 'Xtraview.'



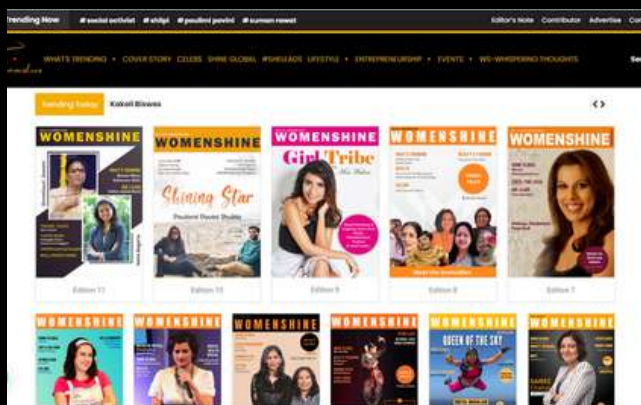
The idea behind the enterprising duo's organization was to offer students a solution to overcome difficulties related to admissions. Xtraview enables them to record and share their unscripted digital interviews that project their personality and strengths to be submitted together with written applications to provide a more impactful first impression. The service is also available to job seekers. This makes the selection process easier for job recruiters and institutions taking in new admissions.

Starting a new endeavour always comes with numerous concerns, more because Xtraview was launched during the pandemic. Though it was a unique venture with no other competitors in the Indian market, the team must have experienced hurdles regarding the market reaction. Another obstacle was educating and convincing students and parents about the usefulness of the project.

These dares only encouraged Katherine and Kavitta to develop fortitude and resilience, which helped them to work towards their objective with greater grit and determination. Today several institutes and students rely on Xtraview to make the admission procedure more transparent, straightforward, and fair.

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Womenshine



WOMENSHINE.IN

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

SOCIAL SAHELI

How women entrepreneurs in are telling their stories online



socialsaheli.com is a one of its kind platform which trains women from self-help groups in mobile storytelling and digital skills so that they are able to tell their stories, gain financial independence and build their business online using their mobile phones.

Powered by People Like Us Create (Pluc) and over 115 women from self-help groups in Uttar Pradesh, stories on **socialsaheli.com have reached out to more than 30 million people in just 5 months.** These include first-time entrepreneurs, seasoned SHG leaders, single mothers, sports players, home chefs and handloom workers among others. Let's hear their stories and the challenges they overcame to build their businesses.

From Kanchan who learned to make products secretly in a torchlight to Meenakshi who has enabled other women in self-help groups to start up, India's rural women entrepreneurs come with stories of grit, perseverance, and the determination to run a successful business. Starting a business in smaller towns in India comes with its own set of challenges but Social Sahelis from Uttar Pradesh are overcoming them. These women entrepreneurs are on the path to become entrepreneurs using their mobile phones to tell stories and take their businesses online.

The UP government's efforts to enable women of self-help groups have motivated more entrepreneurs to come forward. Releasing over Rs 445 crore to more than 97,600 SHGs under State Rural Livelihood Mission (SRLM), the state has seen a rapid rise in self-reliance of women. socialsaheli.com is supporting this trend by helping women amplify their locally-made products using digital mediums.

It all starts with training women from local SHG communities. The module covers **mobile storytelling, digital literacy and social media**. These training also include **fact-checking, consent-seeking and online safety**. The Social Saheli champions are supported by **mentors**. With an added layer of marketing support, a digital entrepreneurship ecosystem is created that supports women not just as producers of a product, **but full grown entrepreneurs and digital influencers**. Today, these Sahelis have found a platform to share their ideas freely and find business solutions to expand their viability in the market through the community's network.

Let us know more about two social Sahelis :

Gayatri Chandrawar :



The journey of Gayatri Chandrawar from Gorakhpur wasn't an easy one. Hailing from a semi-urban locality in the city, Gayatri found herself struggling with the patriarchal boundaries of her household. But a business idea kept brewing in the back of her mind, one that would involve empowering several other women like her. Many people warned her against starting the Geeta self-help group amidst the pandemic but she was on the way to become an entrepreneur. Powered by her own sewing centre where she taught sewing and stitching to women and young girls, Gayatri

began investing in training and upskilling her tribe. Her group makes several items ranging from cushion covers, macrame decorative items, dresses, bedsheets and more. Today, her self-help group has undergone storytelling training and is keen on using social media to spread the word about their products. Gayatri wishes to empower many other women to become financially stable and sustain their families and themselves.

“We are very happy that we joined a community like Social Saheli. Through socialsaheli.com we have learned new skills and are now getting more women from our network associated with this platform so that all of us can take our products to newer audiences and sell them online.” - Gayatri Chandrawar, Social Saheli from Gorakhpur, India

Vibha Vinod :

Difficult circumstances led Vibha Vinod to fend for her child alone. To find a source of income was her first goal. She landed in a self-help group training and thus began her story of finding employment opportunities.



Her perseverance led her to join an SHG and also open doors for more women along the way. Vibha has previously **helped women to open bank accounts** (Jan Dhan accounts), getting Aadhar Cards for rural women and also **facilitated establishing toilets in the local villages**.

Today, she is a samooch sakhi at the Lead India Mahila Self-help group. Her primary focus **shifted from smaller products to making masks at a large scale** when the coronavirus pandemic hit India. **Her journey of financial independence and inclusion** has own businesses through self-help groups. With Social Saheli she has learned the skills of mobile storytelling and social media to tell her story and take her products beyond her existing community.

“ I am a Social Saheli Champion. I have never excelled anywhere but here, I got a chance to shine and I am now paving the path for more women like me. I attend mentor sessions and online trainings to learn how to grow my business. I want to enable each and every woman in my village. If I can become an entrepreneur, so can they. ” - Vibha Vinod, Social Saheli from Lucknow. India

Social Saheli Initiative :

Entrepreneurs like Gayatri and Vibha in UP are learning to use digital media as part of the Social Saheli initiative, a project run by People Like Us Create (Pluc) – India's largest tech-based mobile storytelling platform run by creative professionals – which trains women from SHG in mobile storytelling and digital skills so that they are able to tell their stories, become financially independent and build their business online.

The mentors of the project are **Ankita Awasthi, Aparna Mishra, Kareshma, Runjhun Noopur and Shikha Shah**. These women have experience working in the area of business and marketing. They have a teaching module which covers storytelling techniques, digital literacy and social media. The training also includes fact-checking, consent-seeking and online safety.



With India stressing on **#VocalForLocal**, SHGs have a huge opportunity to market their products to consumers looking for existing options. The sahelis make products ranging from pickles, spices, bags, clothes, handicraft items, gifting items, dairy products, skin care, beauty products and more.

With a **pilot set in the state of Uttar Pradesh**, socialsaheli.com has been working with SHG groups across Lucknow, Gorakhpur, Varanasi and more districts.

'TOUGH TIMES, DON'T LAST, TOUGH PEOPLE DO' - DR. LALITHA REDDY

The tough decision to choose a career path put me at a crossroads 25 years ago. My passion for biological sciences won over the alternative of an easier life of any other field and thus started my MBBS career. The gruelling 5 and a half years of MBBS at the



prestigious JIPMER (Pondicherry) were the best years of my life. First time away from home, managing independently, meeting health, death, and suffering every day, frequent night duties, constant studying, delivering babies, cutting into the human bodies on the OT table, facing tough examiners for tough subjects, it was a roller coaster ride, but a ride that I loved.

The feeling of contentment and happiness that one gets when a sick person recovers is unparalleled and unexplainable. Those were also the years when I made friends for life. Of course, there were many nights of regrets, crying, thoughts of quitting medicine, but again the family and peer group support saw me through.

Life was at a crossroads again after MBBS, this time it was the question of what specialization to choose? The passion not to miss out on any organ system and the thrill of diagnosing various diseases won over the pressure of choosing the most 'in' specializations like Cardiology etc and thus started my journey as a Radiologist.

Then came marriage, an arranged marriage with Dr. Manohar Reddy, a Medical Gastroenterologist now. Soon followed two lovely kids, Hemanth Reddy and Sumanth Reddy, adding more happiness, responsibility & complexity to my life. Because of a lot of support from



my husband, parents, in-laws, and my brothers, I was able to find time to pursue academics, write scientific articles and travel the world giving hundreds of lectures.

Of course, there was the 'Mother's guilt' of leaving babies at home, but I always told myself that life is a balance and my passions are equally important. I did go through my share of issues, but I prefer to live by the principle of **'Tough times, don't last, Tough people, do'**

After practising 10 years of radiology, the monotony hit, and I moved on to administration for the next 8 years. Doing an MBA and AMPH from the Indian School of Business (ISB) did open new lines of thought. Being an administrator of a big tertiary care corporate hospital-like Yashoda Hospitals was a 24/7 job, and humongous learning in all aspects of healthcare, a journey that I enjoyed every minute of.

The thirst to be my own boss and do the best possible at everything I do, drove me to found my own company - Wholesome MedTech Pt Ltd, with the brands **ForMen and ForKids**.

ForMen is an online, Health & wellness platform for all issues of men. It offers effective, genuine, high-quality, and safe products as well as Doctor consultations. All the products at ForMen are formulated by an expert team of Doctors, Pharmacologists, and Scientists followed by extensive quality checks. Adequate dosage, efficacy, and maximum bio-availability are given great priority. The categories available right now include Sleep, Skin, Performance, Fertility, Weight, Gut, Immunity, Stress, Vitamins & Minerals. Portfolio expansion is ongoing.

Dr. Lalitha Reddy



Womenshine

WOMENSHINE.IN

Wishes

Happy Fathers Day





SHINING STAR - PRERNA PRASAD

Prerna Prasad started her career as a TV journalist and worked for almost 8 years in corporate media. It was in 2016 when she went on a holiday to Malaysia and the idea of Ecoplore was born.

Ecoplore is a curated marketplace for eco-friendly hotels. At Ecoplore, you will find hotels made of mud, wood, bamboo, stone, or any local architecture. All these hotels maintain at least 33% tree coverage inside their campus. They also follow a lot of other sustainable measures like rainwater harvesting, composting, solar panels, employment of local people, etc.

The eco-hotels have their own vegetable and fruit garden, so you are served with pure & organic food. They also provide several activities in and around the campus like trekking, mountain biking, riverside picnic, village tour, etc. And, most importantly all these properties are located near mountains, waterfall, forests, beaches, mainly offbeat locations.

Thus, Ecoplore aims to blend travel and sustainability to create an unforgettable experience for the customer. Bearing this in mind, the team at Ecoplore has had first-hand experience of over 150 eco-hotels across the country and we can vouch for all the properties we are promoting. All the guests who have travelled through Ecoplore till date have had very happy and satisfactory experiences.

WWW WONDER WOMANIYA

CELEBRATING WOMEN OF 2021

**WE COME TO YOU TO
BRING YOUR STORY &
CROWN YOU**

Happy Women's Day

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WOMEN WHO WIN

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“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 conceptualised to support women in realising 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.

Pooja Bawa –

My name is Pooja Bawa. I am 43 years old, married, and a mother of three.

I am the founder of Isham Shawls- a clothing brand. We have an exclusive collection of pure wool and cotton suits and stoles. What's special about this collection is that everything is woven.

I felt that there's a need for a brand that is authentic and true to its values. In my opinion, the strongest pillar of my brand is honesty: what we promise, we deliver!

I was only 18 when I got married, 19 when I had my first child. I come from a business class family that has patriarchal values. At an age when I had to discover myself, I had a newborn in my arms.

There was a voice inside me that kept saying "I don't want to limit myself to this". It was this 'voice' that gave me the courage to become the first daughter-in-law in my family who's working.

My biggest strength is that 'voice' and my husband and children. They have always pushed me to follow my heart.

My greatest obstacle was to unleash myself from patriarchal chains, the ones that prevented me from discovering myself and expanding my horizons. I had forgotten how to talk to people as a professional. I spoke in front of a huge crowd after two decades when I launched Isham Shawls. I learned how to handle a business page on social media.

My biggest milestone was when I earned my first income from Isham Shawls. After that, it was when I saw my mother-in-law proudly boasting about my business and very happily wearing Isham apparel.

In the future, I plan to expand my horizons, bring a wider variety of woven pieces not just in suits and stoles but also sarees and beddings. I want to take Isham Shawls to an international level! .

Walter B. Pitkins has rightly said, "life begins at 40".

Email: ishamshawls@gmail.com

Brand Name and Link: [Isham Shawls](#)



Sunita Krishna –

My name is Sunita Krishna. I am a professional Tarot Card Reader, Astrologer, Palmist, Healer, Artist, and Art Coach. I can multitask, manage my home and work with utmost passion and grace.

I launched my line of creative artworks "Sunita's Kreation" in 2017. This innovative venture caters to crafting customised art pieces according to Vaastu and aesthetics to enhance the interiors of residences and workspaces.

From early childhood, I was very inclined towards astrology and art.

Shifting my base in my 30s (I came to Mumbai) removed me from my comfort zone. I started to paint once again. To keep engaged, I also started working with an NGO and upon seeing people struggle with their personal and financial issues, I decided to help them through astrology.

My biggest strength is the support of my parents, my husband, and my kids. I have also been blessed with great friends, who have always supported my dream and my journey.

I have continuously been juggling between art, writing/blogging, family commitments, and astrological consultation, which sometimes becomes a little tiring, yet very satisfying! I am someone who can never settle for a star if I can own the entire sky!

This journey, which I believe is my soul's calling, has been blissful!

Today, I have clients not only in India but across the globe. I have been honoured with several awards. My assignments in the past have involved commissioned artwork for corporates as well as individuals. Taj Group of Hotels is one of my regular clients. I have also taken regular art classes for one of the most reputed schools of Mumbai, Bombay Scottish School, Powai.

I feel many people are fearful of astrology and astrologers! We need to understand that we can consciously try to cultivate our present by merely being open to the energies of our surroundings! This is a way of life- a happy and successful life!

Email : kr.sunita@hotmail.com

Brand Name and Link : [The Mystical Sunita](#)



Chanchal Gaur –

I am Chanchal Gaur, a single parent, proud mother of a daughter, and granny to 2 adorable angels.

I share Indian Recipes through YouTube (Nani ki Rasoi) and have recently launched an online store that specializes in Ayurvedic Hair Oils, Homemade Pickles, Spices, Handcrafted Bathing Bars.

My father was a part-time Ayurvedic & Homeopathy practitioner. So, I had been making hair oils, chyawanprash, and pickles under his guidance. My daughter, after facing hair loss issues and trying different products which were unsuccessful, encouraged me to introduce my old aged proven hair oil. In a lockdown, we used all our savings to launch our pickles.

For 35 years I was in an abusive marriage, where physical and mental torture was at an extreme. Living in fear made me stronger. The mere existence of my daughter has always been my strength. I did not leave that person, because I was afraid of society. I was deprived of any rights to the property from my In-laws as well as from my parents. The real challenge was to keep my location hidden so that my ex-husband would not be knocking at my door.

My daughter pushed me to dream again. She said, **“Maa you do not need anyone’s last name to be known. You will be known for your passion; you will earn respect by giving out the best recipes and products. You will have your own money, own property.”**

Honesty and humility have helped me sail through troublesome times.

To me- **“Life is all about moving forward and upward.”**

I wish to take my Products to the International market and create my brand. I want to give hope to all the women who are victims of domestic violence. I want to create a community where I can uplift other women by helping them earn respect, fame, and a name for themselves.

Email : chanchalgaur17@gmail.com

Brand Name and Link : [Nani ki Rasoi](#)



Nutrition value of Moong Dal (Green gram dal)



Moong dal or green gram dal is very commonly used in every house of India. Dal contains a sufficient amount of nutrients and adds variety to the plate no matter how's it prepared. It is used to prepare normal dal, khichdi as moong dal khichdi or chilla in north India (just like dosa), moong dal namkeen as snacks, moong dal halwa as dessert. Moong dal sprouts are also full of nutrition. Moong dal is very helpful for those who are on a strict diet because of its very low-fat content. It belongs to the legumes family. Green gram dal is inborn to India, afterward, it spreads to other parts of Asia. It is derived from mung beans that are known for their excellent health benefits. It can be used either split or whole. It is easily cooked and doesn't require long to get soaked.

Nutrient value – It is an excellent means of nutrition amongst our dishes.

100 GMS OF BOILED MOONG DAL CONTAINS –

CALORIES 105

FAT – 0.4 GMS

PROTEIN – 7 GMS

CARBS – 18 GMS

FIBER – 8 GMS

FOLATE – 40% OF RDI

MANGANESE – 15% OF RDI

MAGNESIUM – 12% OF RDI

VITAMIN B1 – 11% OF RDI

PHOSPHOROUS – 10% OF RDI

ZINC – 5% OF RDI

IRON – 16% OF RDI



RDI –

Recommended dietary intake or daily intake. It is the daily intake level that is sufficient to meet the nutrients requirements of healthy individuals for a particular age and gender.

Other than this it is also rich in essential amino acid like phenylalanine, leucine, isoleucine, lysine, arginine.

Why we should incorporate moong dal in our diet

Weight loss – Moong dal is full of fiber and protein. As fiber keeps you full, protein helps in repairing the cell. Dal along with rice is a complete meal for those who are on diet.

Helpful in diabetes – It has a low glycemic index. The GI of this dal is 38, good for diabetics. Moong dal is also rich in magnesium, a protein that helps to get down blood sugar levels in the body.

Reduces BP – Studies show that taking a diet rich in potassium, magnesium, and fiber helps to lower the risk of BP.

Prevents heat stroke – Studies show that taking a diet rich in potassium, magnesium, and fiber helps to lower the risk of BP.

Useful in pregnancy – As it is rich in folate, it is good for pregnant women as a healthy meal option. Folate rich food is good for growth and development of the fetus. Moong dal is also full of other essential nutrients during pregnancy such as iron, protein.

Improves digestion – It helps in the easy movement of food in digestive tract because of the presence of soluble fiber 'pectin' thereby helping bowel regulation. Other than this, it also contains soluble starch that helps to regulate the growth of gut bacteria. It is light and easily digested

Credits: medicircle.in

New device to measure glucose level from sweat

“A new device with sweat sensor measures blood glucose in sweat and personalized algorithm convert this into blood glucose level”

People with diabetes have to do painful finger prick every day to measure their blood glucose. Researches have established a device that can measure blood glucose in sweat with the fingertip touch and then a the personalized algorithm gives an accurate blood glucose level.

Self-monitoring of blood glucose is the toughest part in managing diabetes, apart from this people also avoid testing because of the pain and inconvenience caused due to pricking fingers. Scientists have developed a new method to measure blood glucose in sweat, but because the sugar level is much lower in sweat than blood, the readings may vary as per the person's sweat rate and skin properties. Thus, accuracy is not high.

The researchers have made a touch-based sweat glucose sensor with polyvinyl alcohol hydrogel on the sensor which was screen printed onto a flexible plastic strip. When a volunteer placed a fingertip on the sensor for a minute, the hydrogel absorbs sweat. Inside the sensor, sweat glucose undergoes an enzymatic reaction that results in a current that goes detected by a handheld device. The researchers also took the volunteer's blood sugar with a finger prick, they develop a personalized algorithm that translates a person's sweat glucose into blood glucose. The algorithm was more than 95% accurate in showing blood glucose levels.

To calibrate the device, a person needs to finger prick only once or twice per month. Researches say a large-scale study is still needed before implementing this device to manage diabetes.



Credits : [medicircle.in](https://www.medicircle.in)

First step towards a Healthy You

Staying fit is more important than ever during this current pandemic. Physical activities not only help us look good and feel good but it has various advantages attached to it.

It helps regulate blood pressure, diabetes, maintain a healthy heart and above all, it helps us build immunity. Regular exercise reduces the risk of mental health like depression.

According to a new study it was found that people who were most active before falling ill were the least likely to be hospitalised or die due to the illness. The current situation is taking a toll

On each one of us, so much is happening around us that the depression rate is going higher.

Exercise releases endorphins which create the feeling of happiness and euphoria ending up in making us feel positive. Studies have shown that exercise can even alleviate symptoms among the clinically depressed.

Now how can we stay fit? Well, we can stay fit by doing various physical activities. It is recommended that an average adult should do between 75 and 150 minutes of exercise a week.



The exercise can be moderate-intensity exercises like walking or it can be a high-intensity exercise like running, HIIT, aerobics, skipping rope, etc. Any activity that raises your heart rate, makes you breathe faster and makes you feel warmer counts towards your exercise.

During this pandemic, while we all are sitting at home, this is the best time to develop a good habit benefits of which can be reaped throughout the lifetime. Since we all are not stepping out so how do we stay fit?? well switch on your favourite music and dance, YouTube home workout, and try doing that.

If you have stairs at home climb it the various number of times to keep your heart rate up, practice yoga and meditation, well the choice is many... it is all about taking that first step. Expert says for you to make anything a habit you have to take the first step and continue it for 21 days and you will see it getting into a habit and a route.

So what are you waiting for?

Get up and get going...Take your first step towards a healthy you now.



- Written By Stuti Srivastava
- stuti.srivastava@airtel.com



POST COVID RECOVERY DIET

COVID -19 or Corona Virus has brought each one of our attention to the fact that's existing since ages and which is, “**Health is Wealth.**”

While no foods or dietary supplements can prevent the onset of Corona virus, but a healthy diet can make your immune system battle ready.

The heavy dose of medication can lead to gastritis , nausea , vomiting and flatulence in the recovery phase.

It so becomes utmost important to consume foods which are nutrient dense and the diet should include all the five food groups.

The main diet focus for COVID 19 patients is to consume food that would help rebuild muscle , immunity and energy levels .

Also due to loss of taste and smell the preference of food should be soft in nature which can be easily swallowed.

Nutritional Requirements

Carbohydrates - 60% of the total calorie intake

Protein - 20% of the total calorie intake or 1.1-1.5 gm/ kg of actual body weight in case of non obese person or ideal body weight in case of obese person.

Fat - 20% of the total calorie intake
Vitamins and Minerals like Vitamin A, D, E, C , Zinc etc to be provided majorly through food intake.

Also in the initial recovery days, multivitamin and minerals requirements can be met through ONS (Oral Nutrition Supplements)





Sample Diet Chart

Early Morning (6 am) - 1 glass of lukewarm water with 1/2 tsp of cinnamon powder + 2 garlic pods

7 am - 1 cup of green tea or turmeric tea with 5 Almonds + 2 figs (soaked overnight)

7:30 am - Deep breathing exercises followed by 2 minutes of steam inhalation

9:00 am (Breakfast)

Veg Poha - 1 bowl / Besan or Suji Chilla -1-2 small / Veg Dalia / Veg Vermicelli-1 bowl / 2 egg whites with 1 cup of golden milk or ginger tea

Mid morning (12 noon)

For hydration and to keep the gut cool, I include a coconut water concoction mid-morning: soak sabjaor (basil) and chia seeds along with mint leaves in fresh coconut water.

Lunch (2 pm)

Ragi flour or Multigrain flour Chapati - 1-2 small + 1/2 bowl of green veg + 1/2 bowl of Dal or 1/2 bowl of fresh curd (at room temperature) with steamed salad (to keep it soft)

4:30 pm - A fruit

Evening (5 pm) - A cup of ginger tea or Ayush kadha with sprouts Chaat -1 small bowl or roasted makhanas -20g

Dinner (7:30-8pm)

A bowl of veg clear soup or chicken broth followed by the same regime as in lunch

Post Dinner

A cup of turmeric milk or turmeric tea

Points to be considered

1. In case of gastritis, or flatulence , opt for soft foods like Khichdi
2. Try to add 5g of jaggery after lunch and dinner
3. To avoid dryness in throat, one should keep himself or herself hydrated with plenty of fluid intake like warm water with tulsi leaves , buttermilk , fresh fruit juice etc.
4. To support absorption of all nutrients at its peak, it's best to avoid all processed, packaged, preserved foods, deep fried snacks, cookies, bakery items, caffeine, sodas, sweetened fruit juices, junk food, alcohol consumption and smoking.



Written By -
Nutritionist Tanya Sahni
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UNFORGETTABLE MOMENTS-SWITZERLAND

MOUNTAINOUS, EFFICIENT SWITZERLAND IS ONE OF EUROPE'S MOST APPEALING DESTINATIONS.



WEDGED NEATLY BETWEEN GERMANY, AUSTRIA, FRANCE, AND ITALY, SWITZERLAND BORROWS WHAT'S BEST FROM ITS NEIGHBORS—AND ADDS A HEALTHY DOSE OF CHOCOLATE, COWBELLS, AND CABLE CARS.

Fiercely independent and decidedly high-tech, the Swiss stubbornly hold on to their quaint traditions, too.

Switzerland's best attraction might just be hiding between the cities and the villages. In this land of rugged mountains and picture-perfect farms—perhaps more than anywhere else in Europe—the journey is the destination. Several trains, many with special panoramic cars, run picturesque routes through the country's prettiest places.



Our first stop in Switzerland was Lucerne, the recipe for a gorgeous Swiss city. With a medieval Old Town, sunny plazas, covered bridges, and waterfront promenades, Lucerne has been Little Miss Popular since the times of Queen Victoria, Wagner, and Goethe in the 19th Century. We loved strolling on the creaky 14th-century Kapellbrucke (Chapel Bridge), spanning the Reuss River in the Old Town. The 17th Century triangular roof panels by Heinrich Wegmann are great works of art.

OUR ITINERARY

WE VISITED ST. LEODEGAR CATHEDRAL TOO, WHICH WAS FOUNDED IN THE MID-8TH CENTURY, PART OF THE MONASTERY WHICH IN TURN FOUNDED LUCERNE. A GOTHIC CHURCH PRECEDED THE EXISTING GERMAN RENAISSANCE BUILDING BUT WAS LARGELY DESTROYED BY FIRE IN 1633. ONLY THE TOWERS, ST. MARY'S ALTAR, AND A FEW RELIGIOUS OBJECTS REMAIN IN THE EXISTING 17TH-CENTURY BUILDING.



A city tour for 12 euros per person on the road train would stay a cherished memory for long.

The Lion Monument in Lucerne is a giant dying lion carved out of a wall of sandstone rock above a pond at the east end of the medieval town. It was designed as a memorial for the mercenary soldiers from central Switzerland who lost their lives while serving the French king Louis XVI during the French Revolution.

Zurich is the largest metropolis of Switzerland, culturally vibrant and efficient Zurich is one of the hippest destinations of Central Europe. We stayed here for a day. Of course! the Old Town is a must-visit.

Interlaken offers the view of dreamy mountain vistas, straddling the glittering Lakes Thun and Brienz (thus the name Interlaken), and dazzled by the pearly whites of Eiger, Monch, and Jungfrau, this city boasts exceptional scenery.

All trains to the Jungfrauoch depart from Kleine Scheidegg. Kleine Scheidegg can be reached via Interlaken - Zweilütschinen - Lauterbrunnen - Wengen, or via Interlaken - Zweilütschinen - Grindelwald. Most people start their trip to the Jungfrauoch in Interlaken, but you can board the train at any station along the way. We recommend going up via one route and go down via the other. That way you see the most of this stunning alpine area.

Interlaken, Lauterbrunnen, and Grindelwald can be reached by train and by car. The rest of the area is only accessible by train.

It takes 2 hours and 17 minutes to get from Interlaken Ost to Jungfrauoch. There are two train changes – one in Lauterbrunnen (meaning valley of the loud waters) and one in Kleine Scheidegg. You'll have 10 minutes at each stop and it's more than enough time to change trains.





The Swiss Alps is a dream destination for many people and a Mount Titlis tour combines amazing scenery with a once-in-a-lifetime experience. The journey can begin in either Zurich or Lucerne, we started from Lucerne though. It's easy, take a train from Lucerne to Engelberg, and then the Gondola takes you from Engelberg to Stand via Trubsee, don't get down at Trubsee if you want to go to Titlis straight away. From Stand a Rotair (Rotating Gondola) takes you to Titlis.

Mount Titlis is 3,000 meters above sea level and at the exit point of the cable car, we got some of the most breathtaking views in Europe. The high Alpine panorama is magnificent and it's a sight that we would remember forever. We took a walk over the Cliff Walk, the highest suspension bridge in Europe, and visited the stunning Glacier Cave.

SWITZERLAND IS GORGEOUS AND HAS ONE OF THE HIGHEST LIVING STANDARDS IN THE WORLD. THE FLIP SIDE IS; IT IS PRICEY TOO. WELL... WE HAD A GREAT TIME HERE AND COLLECTED SOME UNFORGETTABLE MEMORIES TO CHERISH LATER.

**- TRAVEL STORY
SHARED BY RUCHI JAIN**

STELLAR SILK SAREE SAGA I WEAVES OF THE SOUTH

Six yards of elegance in a myriad spectrum of hues, a soft sensuous drape, yes, that's a saree!

I love sarees and am a happy owner of several. I particularly love, cherish and wear natural fabrics, matchless pieces of cotton, and silks. As a child, I would see my mother save in a Chit fund of a saree store to buy Kancheevaram silks or buy Bengal cotton from men who would bring big bundles in a rickshaw. The fascination to know the differences in weaves, textures, identifying marks started then, progressively improving.

Through my travels, I invariably try to find local indigenous weaves and browse in emporiums to find my special sari. Even though the history and origins of each kind of sari is a delight to know, I will try to make it brief as I launch on the South Indian saree story.

Kanchipuram Silk sari is made in the Kanchipuram region in Tamil Nadu, India. The saris, known for their quality and craftsmanship are woven from pure mulberry silk thread. To weave this sari three shuttles are used. While the weaver works on the right side, his aide works on the left side shuttle. In a genuine Kanchipuram Silk Sari, body and border are woven separately and then interlocked together.

The joint is woven so strongly that even if the saris tears, the border will not detach. Temple borders, checks, stripes, and floral (buttas) are traditional designs. Sarees vary widely in cost depending upon the intricacy of work, colors, pattern, a material used like zari (gold thread), etc.

Coimbatore Silk saree is woven using pure silk in the Coimbatore region of Tamil Nadu. The specialty of this silk saree is durability, softness, and prints.

Mysore Silk from Karnataka stands out for its unique smooth luxuriant, uniquely minimalistic, texture though machine-made! The elegant sarees have a plain single colour base fabric of 100% pure silk with a narrow strip of gold zari border at both ends. Although the exact history of the Mysore Silk saree can be traced back to 1912 AD, its origins date back to 1785 AD, when the first silk cocoons were imported to Mysore by Tipu Sultan.



Bangalore Silk saris manufacturing began in 1898 by Jamshedji Tata by establishing silk farms in Basavanagudi near Bangalore. The fine mulberry silk produced were transformed into stunning soft silk sarees with a natural sheen still the best choice for many women.

Uppada Silk sarees originate from a town of the same name in the East Godavari region of Andhra Pradesh. They are made from the traditional Jamdani method which means the design is on both sides. Using only non-mechanical techniques, Uppada Silk sarees are measured by the length and breadth count of threads. These saris have two weavers operating on a single loom and entwining beautiful and lovely motifs on the fabric.

The artisans also use tons of zari work in gorgeous designs. As this is completely handwoven it takes two painstaking months before an excellent saree is made. Around forty percent of the local weavers are women.

Pochampally ikat is a saree made in Pochampally, Telangana India. Telangana is one of the ancient Ikat weaving centers in India, along with Gujarat and neighboring Odisha. Pochampally Ikat's uniqueness lies in the transfer of intricate design and colouring onto warp and weft threads first and then weaving them together, globally known as double ikat textiles. The fabric is cotton, silk, and sico – a mix of silk and cotton. Increasingly, the colours themselves are from natural sources and their blends.

Pedana Kalamkari in Andhra Pradesh is commonly found across the country. The design on the cloth is made by printing with vegetable dyes earlier available only in basic colours: red, black, and blue. However, more colours are used now. The cloth itself is first dyed in a basic colour, dried out under the sun, and block printing is done on it later.

The designs tend to be small and large motifs of flowers, leaves, etc. The easiest way to tell power loom Kalamkari from the original is by the softness of the cloth. While this cloth is soft, the power looms one is rough and stiff.

Kalamkari's lesser-known yet marvellous, colourful, expensive, and vibrant cousin is the hand-painted Kalamkari from Sri Kalahasti, in southern Andhra Pradesh. Here, artisans take months to paint beautiful designs, mostly of gods or scenes from Hindu mythology, in vibrant colours, over cotton and silk sarees.

Contrary to common belief, silks are not always difficult to maintain. Kancheevaram silks can be hand washed at home comfortably with Reetha (soap nut) or a gentle fabric wash. Dry singly on the line if possible. Sarees should not be hung but stacked. Perspiration ruins silks, so do not store unwashed if worn for long hours. Again sarees may tear on the ironed creases if stored without wearing for a long time.

Store without ironing or take them out, open and air them once in a while. Pouches of dried neem leaves or camphor among the saris will keep insects away while adding jasmine or sandal pouches will keep them fragrant. Our practices preserve our saris. I have 60plus-year-old saris of my mother and mother-in-law in wearable condition.

A lot of women are petrified at the thought of wearing a saree. Panic is of the unknown. It will take only 10 minutes. Your fright will evaporate when you see your gorgeous graceful avatar in the mirror. You will find a new love!



**Written By - A saree lover A saree wearer
Prabha Raghunandan**

The Positive Impact of Lockdown

Many of us will confess that although we miss all the social things we used to do, living in isolation has been a peaceful and productive period in our lives.



As an artist I saw an opportunity in this and started expressing my feelings on canvas. I was inspired to create and these unprecedented times did bring out the best in me. The artist in me was at her creative best And I couldn't ask for more. I was inspired and how. I did see many of my friends try their hand at cooking, poetry, writing, singing et al. Many of us discovered facets of our personalities and creativity which we didn't know existed.





The lockdown taught us to slow down and reflect, it taught us to unravel our hidden traits and have a new perspective on a lot of things that we otherwise took for granted. There was a newfound joy in what we used to do as children in the seventies and eighties. Just being at home with family, doing nothing was not so bad after all. It was an activity most of us are doing during the lockdown and quite enjoying it.

Shruti Vij is a designer and visual artist based in Gurgaon. She has collaborated with various reputed interior decorating brands with her artworks and recently started her stint as an independent interior stylist. All the artworks featured in this write-up are Shruti's artworks.



PRALAY CATAclysm

The gentle cool breeze,
The swaying of the trees,
The light clouds in the sky,
Hiding the sun behind,
Lulls you to feel all is good
On this earth; but is it?

The storm rages within, tidal waves
Of thoughts, uncontrollable tears.
So many ailing. Familiar names,
Loved ones, no more; shocked
Pining relatives, despairing progeny.
Trying their best, striving for aid,
Ambulance, oxygen, hospital beds,
Yet left to mourn, beat their heads, in
vain.

Recalling mythology, end of Kalyug?
Is this Pralay as predicted,
To rejuvenate existence?
No enormous demons to vanquish,
But an ugly tiny invisible enemy,
Wreaking havoc, causing
Infinite sorrow. Annihilation, culling?
Survival of the fittest? What is it? Is
2021 prediction of Nostradamus true?

No sword brandishing avatar seen
But unsung hero helps unknown, even as
Human bloodhounds heartlessly thirst
For more, as agonising cries rent the air
Pain unites, as Science saves,
mind strengthened, work concertedly
To defy the foe, forge a bond, rebuild lives.
Time to rectify, revitalise, revamp
Personally, nationally, globally, for earth
To heal, breathe, survive, flourish.

Is there light at the end of the tunnel?
When will it be visible? When? Scared,
Petrified, sending wordless Prayers,
On our knees, folded hands, bowed heads.

Shared by- Prabha Raghunandan



The less explored jobs market has a plethora of opportunities for skilled and experienced professionals. At JobsForHer we scout these opportunities for YOU.

Got a few hours to spare every day or in a week?

We have just the right jobs that can help you kick start your career and a journey towards attaining financial independence.

Here are a few picks from our list of freelance and part-time careers.

Graphic Designer & Illustrator - BookYourCv

Science Facilitator - GyanPro Educational Innovation Pvt Ltd

Computer Data Entry Operator - FactSuite

Member Success Manager - GetSupport

Video Editor - Learning Curve Technologies

Online Guitar Trainer - Multibhashi Solutions Pvt Ltd

... and more.

I want a Freelance/ Part-Time Job

JobsForHer is a connecting platform to accelerate women's careers in India by enabling them to start, restart and rise in their careers.



Anupam Kher Foundation, in the service of the nation, has launched Project Heal India to support our Covid warriors as well as offer other critical services to those in need during this pandemic. Currently through our generous partners Dr. Ashutosh Tewari (Global Cancer Foundation, USA) and Mr. Baba Kalyani (Bharat Forge, India) the foundation has procured life-saving equipment such as ventilators and oxygen concentrators for needy hospitals across the country.

PROJECT HEAL INDIA



projecthealindia@anupamkherfoundation.org

RUBINA DILAIK ON 'YOGA' BENEFITTING HER THROUGH COVID,

*"Yoga really did wonders
for me"*

After fighting through an unfortunate bout of Covid, Shakti actress Rubina Dilaik is now sharing happy instances from her recovery phase which has been mighty successful for her with most of her symptoms normalizing and she got back into a routine.

Among all the medication, quarantining and other covid recovery protocols followed, the Bigg Boss 14 winner claims that 'Yoga' was what actually helped her maintain a slow but steady recovery process, not only bringing in the much-required balance between mental and physical wellbeing throughout that phase, but Rubina also felt a drastic change for the better in her breathing movements. "Since yoga is a very slow and structured practice, I was able to keep up a routine throughout my covid phase, and Yoga really did wonders for me. Yoga has primarily helped me with essential lung exercises which helped me normalize my oxygen levels in many ways. On days that I was feeling low or out of focus, practicing just a bit of yoga pulled me back into focus and really helped me in building this calm aura that kept me composed without any moments of panic throughout the last few weeks. Yoga has helped me achieve the balance between my mental and physical wellbeing in no better way than through this time, which I am so grateful for. Never did I imagine that a simple practice like Yoga would benefit me in so many ways throughout a tough period like covid", shares Rubina.



What is your Number??



What is Numerology.....

In one way or another, all of life is controlled by numbers. To cite the obvious example: there are 12 months to the year, 24 hours in a day, and 7 days in a week.

The day you were born, certain powers were bestowed upon you that will be with you your entire life. Every date has 2 special numbers - known as Personality number (driver) and destiny number (conductor). These 2 numbers rule your life, dominantly and completely.

An insight about numbers :

Number 1

People born on 1, 10, 19 and 28 of any month are governed by the planet Sun.

Number 1s are the independent individuals and leaders of the world. They have the power to rise to the position of a King. They are headstrong, self-sufficient, ambitious, and extremely responsible. Being pioneers and initiators they possess rapid action-taking capabilities. They tend to dominate and force the issues in their favour .

Lucky colour - Red

Number 2

People born on 2, 11, 20 and 29 of any month are governed by the planet Moon.

Number 2s are highly sensitive, intuitive, dreamy, and imaginative. Just like the moon has phases, number 2s have mood swings. They have inborn characteristics of becoming great artists and healers. They are generally peace-loving and have motherly instincts. They are great manipulators and diplomats.

Lucky colour - White and Pearl

Number 3

People born on 3, 12, 21, 30 of any month are governed by the planet Jupiter.

Self-expression is your keynote. Intelligence and a very keen mind are your two great assets.

Jupiter is the biggest planet in astrology, a planet for expansion, knowledge, and wealth. Number 3 often reaches a high position in government-related jobs and administrative services. They have great teaching and counselling abilities. It is of super victory and success.

Lucky colour – Yellow

Number 4

People born on 4,13,22 and 31 of any month are governed by the planet Uranus.

Number 4s are productive, disciplined, organized, and good in management. They are mentally sharp and take a deep dive in scientific research and can lay a pitch for sales very well. As the planet Rahu (Uranus), they are highly unpredictable, rebellious, and can be harsh in behaviour. Rahu is responsible to cover the sun during a solar eclipse, hence showing qualities of illusion and stoppages.

Lucky colour – grey and shades

Number 5

People born on 5,14 and 23 of any month are governed by the planet Mercury.

Number 5s versatile, too elastic and rebound and have the ability to gel with anyone.

If we see the number line, number 5 comes in the centre and hence shows balance and stability. It also is a number of a prince,

hence sometimes they seek a lot of attention and show immaturity.

Lucky colour – Green

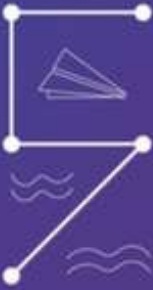
Number 6

People born on 6,15 and 24 of any month are governed by the planet Venus.

Number 6s are highly romantic, charming, and charismatic. They are naturally attracted to all the luxuries life can offer. They like to live their lives King size. Venus is a symbol of luxury, passion, love, family, and relationships and which is why Number 6s become good parents and partners.

Lucky colour – White and Blue





Number 7

People born on 7,16 and 25 of any month are governed by the planet Neptune.

Number 7s are highly spiritual, sensitive, and caring in nature. This also makes them prone to disappointments. They are also mystical, deep, analytical, wise, and excellent researchers.

They generally think "out of the box".

Lucky colour – shades of grey

Number 8

People born on 8,16 and 26 of any month are governed by the planet Saturn.

Saturn is commonly known as the lord of justice. But what is the reason? The reason is that Saturn was abandoned by his father – the Sun. It is said that Sun had not accepted the fact that he is fair in complexion (hence an illuminator) and his son – Saturn is dark in complexion. This led to a war between the two and hence Saturn got the post of Lord of Justice.

Number 8s, just like their ruling planet, are adamant, headstrong, hard-working and justice seeker. They are generally authoritative and have a deep logical mind.

Lucky Colour – white and grey

Number 9

People born on 9,18 and 27 of any month are governed by the planet Mars.

Number 9s are extremely courageous, have a good fighting spirit, and humanitarian. They have a very strong will and do not like defeats. They are impulsive in word and deed and therefore make good soldiers, leaders, and dancers.

Lucky Colour- red



*Written by :
Pruthaa S Benara*

Actress Ruchi Malviya, a Shining Star

Actress Ruchi Malviya who was last seen in Flip, a series directed by Bejoy Nambiar streaming on Eros Now, Alt Balaji's show The Verdict directed by Ken Ghosh Ruchi and a short film called The Embrace opposite Sunny Kaushal which was directed by National Award Winning Director Veena Bakshi. Ruchi is currently seen playing the role of a social media influencer in Disney + Hotstar's New show **Mukesh Jasoos** as one of the leads.

Ruchi is seen opposite actor Rahul Bagga who plays the role of Mukesh in the series in conversation with **Women Shine**.

An avid reader, Ruchi Malviya is also a fitness enthusiast. She has worked in ads with brands like Subway, Inorbit, Stariaz and many more.

WS: After Flip and Verdict, Mukesh Jasoos is the third project! where you play the lead. How do you plan to grow in the industry?

RM: There is no sure short method to grow in the industry, I believe in not missing any opportunities, and being persistent at your work is what takes you ahead. Talent sooner or later is recognised no matter what. There are no set plans to go about, I plan to just keep trying to get good performance-oriented roles, trying to meet as many people, and keep testing for good roles where I can get to play varied different characters which would enable me to make my skill stronger with time as and when I move ahead!

WS: Tell us about your experience with the National Award Winning Director Veena Bakshi for the short film 'Embrace'
WS: Tell us about your experience with the National Award Winning Director Veena Bakshi for the short film 'Embrace'

RM: What can I say, the lady is creatively sound and has a strong technical understanding of filmmaking. She was kind and treated me as her protégé while shooting for the embrace and even after. She guided me throughout the phase even off-screen. She is an actor's director, she would know just how to write words to explain a character to an actor. And she insisted not on perfection but natural instinctive actions. I solely respect her for whatever she taught me, it bought me ahead in my game.



WS: Tell us about your journey?

RM: I was born and raised in Indore. It's been quite a journey, to be honest. This is my 13th year in Bombay and each year I keep falling in love with the

hustle and bustle of this city of dreams. I took a six-month break after my job as a publicist to go back home and get groomed, lose some weight, gain more confidence, and came back to Bombay. I haven't looked back ever since. I have gone through a zillion auditions but I have loved every bit of my struggle.

Thankfully I even met great people-writers, actors, directors who helped me in some or another way. Staying alone and trying to make it in the film industry that also has a nepotism culture isn't an easy job but with a good support system (my parents) and the willingness to give your all, anything is possible.

WS: What is your dream collaboration and who is the artist you want to share the screen with?

RM: I would love to be directed by Imtiaz Ali someday. Nawazuddin Siddiqui is the actor I want to work with.

WS: Poonam Dhillon plays the role of your mother in the series. How was it working with her? What did you learn from her? Tell us your experience.

RM: It was a fabulous experience sharing screen space with her. Poonam Ma'am is technically sound in front of the camera, it clearly showed all those years of immense knowledge and experience and I got to learn a lot from that. She taught me how to take light from time to time. Few times when there have been shadows on my face she showed me how to position myself. A couple of times she fixed my hair too before we went in for a take.

WS: Any upcoming projects you're excited about?


RM: It's all pretty much in the process. Things have naturally slowed down due to the lockdown



but I am being patient. There is a web show in the line-up, too soon to talk about it. I have also auditioned for a feature film, hopefully, it goes ahead and the COVID situation gets better. We should start shooting post-July.

- WS Team

THIS TOO SHALL PASS.....



It was a routine day at home. I blissfully shuttled between my responsibility as a mother of a joyful child and making reports of my cases pertaining counselling & consultations. My kid furious at the monthly unit tests denied learning the antonyms in English and Vilom Shabd in Hindi. Hence, I thought to explain her with my professional logic. Maybe today we do not understand the deeper meanings behind our subjects, but they symbolise the existential truth of life. Be it geography that many find boring.

But I always imagined the valleys, the prairies, the rivers, and the twists and turns and the merging into the oceans as life cycles.

So our curriculum touches upon secretly the essence of our existence on this planet. She heard me candidly trying to find some meaning to what I was telling to her.

I believe, these antonyms are essentially teaching us the most important phases of our entity. The entire universe is based on duality. Each birthmark, our death, every dawn is followed by dusk, a vibrant sun has its crescent moon. Every grin has a sadness to it, each moment is just a temporary phase-overlapping and reversing it. While she agrees to my logic and starts learning, I have questions brewing up on my screen from my patients'.

2021 has been a strange year. So far, none of us ever witnessed a national crisis or a humanitarian disaster of this gravity that hit us in the name of a devastating Coronavirus. The Facebook perfect lives suddenly slipped into a shock enough to alter the life goals, aspirations, and dreams. It is natural to feel depressed, distressed and slip into disbelief and accept the tragic reality that Covid is now not just a number but sadly the name of our loved ones. Along with the patient, the families too go through similar pain, uncertainty, and the rude fluke of destiny.

These terrible shocks and the challenges thereafter are enough to hibernate from the spunky social lives and go into utmost grief.

While I just sorted out the dilemma of my kid, tough questions were being asked to me from families of Covid positive families. How do I respond positively when I hear from them, 'Our best period was going on, we were the happiest people-settled well and breathing abundance. There are so many unaccomplished life plans, everything was so picture perfect! The medical reports have shaken us to the core; 'Why Us?' How did this happen to us". Where did we go wrong?

Even as life coaches many times, we take time to help people get real answers to genuinely difficult questions. How does one motivate them to lift their spirits and gear to get out of the mess that Covid is creating at home?

While I search for the answers, I am reminded of a beautiful story that once my spiritual guru (who remains away from the limelight) had recited to me. Today I would like to share with my readers what he taught me years ago when I started my spiritual quest and made me a much more sorted individual. With deep reverence to my mentor, here's how to take into stride something as fatal as Covid.

It is a true story. A long time ago, there was a king in China having a flourishing kingdom. Life had bestowed him with the best that anybody could ever have. One day he was attacked and he lost his kingdom, his military. He ran for his life as the enemy horses were brutally following him with swords. Death was inevitable.

As a last resort, he saw a small den in a cliff and hid inside. While his heart was pounding hard, his blood rushed into his brain. While gasping for his concluding breaths', suddenly, he remembered a saint had given him a talisman once and told him to read whenever he would either think 'my time is up' or be in the 'most blissful phase' of the materialistic world.

Fear of death relentlessly mounting, he opened the talisman. It read **"THIS TOO WILL PASS"**. Meanwhile, his ears heard the armed men approaching close along with



the neighing of the furious horses. He finally gave up and closed his eyes to surrender to his death. To his astonishment, they passed over unable to see him. He couldn't believe being alive. Thereafter he never looked back, the lesson of the talisman was engraved in his memory, and in a few years, he regained the lost power and fought back with his newly build army to take over his lost kingdom.



Post this incident he was a new soul. On his throne he engraved in gold **"THIS TOO WILL PASS"** and he read it daily to keep reminding himself that whatever the life phase -power, fame, money, empire, ill health, loss, poverty, anything in this world or whatever state one is in today, always keep rhyming :

"THIS TOO WILL PASS". NOTHING IS PERMANENT. NEITHER HAPPINESS NOR GRIEF. So next time when you fail to find the answers to Covid challenges, say it loud and clear: **THIS TOO WILL PASS"**.

And today a simple grammar lesson of a 4th std. the child gave me the answers that I need to write to the numerous families who contact me with the utmost faith and integrity that may be God does some miracles through me. I am going to say them to all :

"THIS TOO WILL PASS"!



Written by **Meenu Chopra**

Womenshine