

VOL 14.0 | JULY EDITION

WOMENSHINE

Lillete Dubey

WHAT'S TRENDING

Emotional
distress helpline

FASHION

Monsoon tips

UNBOX TALENT

Poems, articles etc by children



TRAVEL TALES

Krabi travel story

दिल से

Hindi section

TASTE BUDS

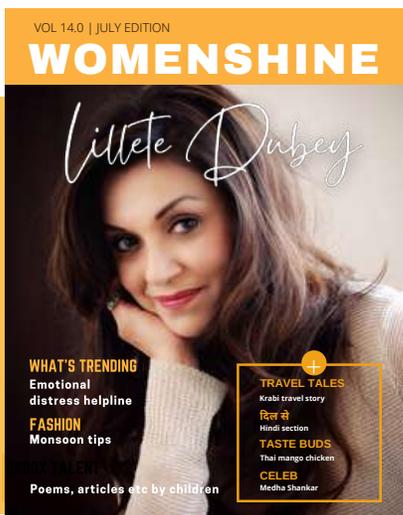
Thai mango chicken

CELEB

Medha Shankar

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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 quite a smooth one still we enjoyed it..

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 with a good lineup of articles.

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 July edition brings you a plethora of interesting write-ups plus two new segments on " Unbox Talent" in which children can share their articles, poems, paintings, etc., and a Hindi segment " Dil Se" wherein readers can share their poems, articles in Hindi.

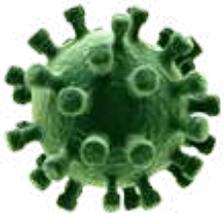
Everyone is going through tough times these days. Let us all pray to God almighty to keep us protected and safe.

Keep sharing your thoughts, suggestions on womenshinemag@gmail.com

Show us your love and subscribe for free !!!

#Shineonwomen

See you in the next edition



Corona- A dreadful Virus

WHAT IS COVID-19?

Before last year most people had not even heard the name of this Virus or disease and it existed just as another species in Medical Textbooks. This is a type of Coronavirus. Infection with this causes flu-like symptoms. But in elderly people who already have a major illness and if not checked or treated properly, this mild infection can take a very severe form and can even lead to death in some patients.

WHY IS IT CALLED COVID-19?

Co stands for Corona, **VI** for viral **D** for disease. Since its first case was found in 2019, it is called **COVID 19**

HOW DOES IT SPREAD?

This virus spreads by touch from one person to another. If someone has an infection and if he touches his nose or mouth or any secretions, then he will get the virus in his hand. If that patient shakes hands with someone, touches someone else, or touches a surface, then the virus will be transferred there. Anyone else can take the virus from there. That's how it spreads.



HOW DID IT SPREAD SO FAST ALL OVER THE WORLD?

It started in Wuhan, China where the first case was recorded. It spreads from one person to another very easily i.e. by mere touch. The International Travellers present in China at that time are mainly responsible for its spread to almost every country in the world. But everywhere there is some difference or mutation in this virus due to which and due to the immunity of the people there, the symptoms are slightly different and the death rate is also different.

WHAT IS MEANT BY COMMUNITY SPREAD?

When the cases in an area, community, or class are so large that the chain cannot be traced to whom or where it started, it is called community spread. In this, it is not possible to trace from where the patient got the infection.



CAN IT BE SPREAD BY MOSQUITO BITES OR BY ANY ANIMAL?

Some animals have come out positive in the symptoms and test of COVID, but there has been no evidence that it is spreading from animals to humans.

HOW CAN THIS DISEASE BE AVOIDED?

1. Wearing a mask is most important.
2. At least 6 feet distance should be maintained from anyone and everyone in offices, schools, colleges, markets, etc.
3. The hand should not be brought or touched near the mouth, nose, face, or eyes.
4. The hands should be washed with soap and still cleaned with sanitiser.
5. Mask used should be N95 or multiple-ply which is impermeable to the virus.
6. Stay away from closed or crowded places.
7. All children above 3 years should also wear a mask
8. The shape of the mask should be such that it fits snugly above the nose and below the chin and on the cheeks on both sides in such a way that the air only filtered through the mask goes inside the nose or mouth.
9. Try not to get out of the house if not needed and until it's really important and urgent.
10. Make sure to cover your mouth with your arm while coughing and sneezing.
11. From time to time, clean all the surfaces, that might have come in contact with anyone, with sanitiser.
12. One must get vaccinated.



IS THE VACCINE SAFE?



Yes both the vaccine named Covaxin and Covishield which are available in India is safe and effective. There may be an infection of COVID even after taking 1 or both doses. But in such a situation, there is no need for hospitalisation, oxygen intubation, because the disease does not take a serious form due to the presence of antibodies.

After the vaccine, mild fever, body pain, cold can occur. If an adverse reaction is felt or there is a high fever, one should immediately rush to a hospital.

WHAT IS THE TREATMENT OF COVID?

In case of mild phlegm, first of all, one should take Homeopathic or Ayurvedic medicine, which increases immunity but only after consulting an AYUSH physician.

Homeopathic medicine named Arsenic Album 30, Phosphorus 30, and Tuberculinum 200, the APT Protocol, can also prevent COVID 19 to a great extent. One should take it by consulting a Homeopathic Physician.

Allopathic medicines prescribed by the government should be used immediately in case of a high fever or sore throat.

Meanwhile, fever, BP, oxygen, pulse rate should be closely monitored.

If the oxygen is less than 94, then homeopathic medicine named Aspidosperma, Carbo Veg, Vanadium, Antim Tart, Antim Ars, Blattta can be taken. Along with this, an oxygen cylinder should also be arranged at home. The patient should lie down in a prone position and do deep breathing exercises.

A doctor should be consulted immediately if any trouble, coughing, Oxygen saturation or fever, seems to aggravate and he should be hospitalised if the Doctor says so.

WHY ARE SO MANY PEOPLE DYING?

Older people, or those who already have a major disease such as Blood pressure, Diabetes, Kidney or Liver problems, if they are not alert from day one and do not pay attention to oxygen saturation and other vitals then the virus will reach the lungs, cause Pneumonitis and Pneumonia and will consolidate the whole lung or the whole lung will be filled with fluid. Then there will be no room left, for exchange of air.

The same is happening with young people who are getting Happy Hypoxia or low Oxygen in blood and almost no symptoms. They remain

oblivious until it's too late especially if they are infected with a mutated virus, which may reach inside the lungs in flat 3 days, Immediately the oxygen level drops precariously, and it is late before anything could be done.

WHY SO MANY PEOPLE DIED IN 2ND WAVE IN INDIA?

This time the virus causing the infection is a mutated or mutating virus that is too fast to spread and is causing very serious symptoms in a very short time and going straight into the lungs and blocking it completely, due to which there is an acute lack of oxygen in the body. If corrective steps are not taken immediately, the patient collapses and dies before even actual treatment begins.

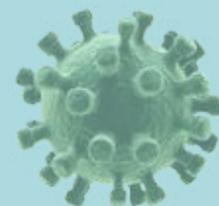
WHAT TO DO IF SOMEONE IN THE HOUSE GETS COVID?

In such a situation, immediately isolate the patient. According to their symptoms, start their treatment as soon as possible. Do not give anything cold to eat or drink. If possible, separate their room, toilet, utensils, towel. The patient needs to be examined and their oxygen, temperature, BP, pulse rate must be measured daily. If symptoms are severe, take appropriate advice from a Doctor or rush to a hospital.

IF YOU MEET SOMEONE WHO IS HAVING THIS INFECTION THEN?

First of all, quarantine yourself for 14 days. Get proper medicine and test if you develop any symptoms of COVID.

Stay Safe !!!



Shared by Dr. Lubna Kamal

Emotional distress helplines

Doctors, frontline workers, emergency services workers and the general public are facing a tough time due to the ongoing pandemic. Mental health is being challenged. Therefore mental health professionals have generously introduced various helplines across India to with an aim to guide and counsel people who are emotionally distressed. These services are a boon. Hope people will make the best use of them to resolve mental health issues.



DR. NIRMALA RAO, PSYCHIATRIST, DIRECTOR:



Aavishkar Centre for Self Enrichment, who has started one such helpline, says, "Our frontline-workers have been at war-footing treating patients, for over 400 days, regularly seeing cure as well as loss and tragedy unfold before them. Working tirelessly and selflessly is not easy. It has its risk of stress issues, spillover into personal well-being and extreme exhaustion and burnout. This helpline is a way to provide them with an option of choosing counselling to help them deal with this breakdown or what is also called 'compassion-fatigue'. It is a pro-bono service for frontline-workers, and a way to help them in my capacity and also express my undying gratitude for their

noble service."Our frontline-workers have been at war-footing treating patients for over 400 days, regularly seeing cure as well as loss and tragedy unfold before them. Working tirelessly and selflessly is not easy. It has its risk of stress issues, spillover into personal well-being and extreme exhaustion and burnout. This helpline is a way to provide them with an option of choosing counselling to help them deal with this breakdown or what is also called compassion.

Dr. Kshipra Vora, Clinical Psychologist and Academician,

says, Our frontline-workers have been at war-footing treating patients for over 400 days, regularly seeing cure as well as loss and tragedy unfold before them. Working tirelessly and selflessly is not easy. It has its risk of stress issues, spillover into personal well-being and extreme exhaustion and burnout. This helpline is a way to provide them with an option of choosing counselling to help them deal with this breakdown or what is also called 'compassion-fatigue'. It is a pro-bono service for frontline-workers, and a way to help them in my capacity and also express my undying gratefulness for their noble service.



Kiran Makhijani, Founder Psychologist, Mind Mechanics Management,

says, "I started the helpline to provide a personalized and focused approach through the services we offer at Mind Mechanics Management. We aim to not only provide short term help/relief but also long term counselling services at subsidised or no costs for those in need. We follow a systemised approach and ensure that the caller is supported and connected to a professional best suited for his/ her concerns. Along with we also have Queer affirmative therapists onboard. Our team of experienced professionals are available all week.



Usha Rao Konakalla, a recruitment consultant and a counselling Psychologist is a volunteer for Dr. Nirmala Rao's helpline. She says, "I joined this initiative as I have personally experienced a lot of tussle due to the second wave. When I got this opportunity to help those who are serving in the front and helping us fight the virus, I felt this is a great way to pay back and also a responsibility as a citizen. I really feel this is a great opportunity to help those people who've been caring for us non stop for an entire year tirelessly.



Dr. Rajiv Kovil, Dr Kovils Diabetes Care

Centres, says, The pandemic has exposed the psychological framework of all health care workers. Never before have we been exposed to so much morbidity and mortality over a prolonged period in close friends, relatives and patients. It will have a huge impact on our thought process. These unique efforts to take care of the mental health of Health care workers will go a long way. Stress wrecks havoc on your emotional equilibrium, as well as your physical health. It narrows your ability to think clearly, function effectively, and enjoy life. It may seem like there's nothing you can do about stress. Effective stress management helps you break the



hold stress has on your life, so you can be happier, healthier, and more productive. I hope a lot of us take advantage of this and prevent us from emotional burn out.



Shared by - Monarose Sheila Pereira
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SUPPORT IN THE
PANDEMIC**

Team Mind mechanics management

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YOU**

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8356831821
10am - 9pm

mindmechanicsmanagent@gmail.com

HIGHLIGHTS

“ *Sirisha Bandla, the second Indian-origin woman to fly to space* ”

Met Sirisha Bandla who embarks on her journey on July 11. This 34- year-old Aeronautical Engineer is among the six-member crew of VSS Unity-Virgin Galactic’s suborbital rocket-powered plane. The first Indian-origin woman to achieve the feat was Kalpana Chawla.

Sirisha was born in Tenali, Guntur district of Andhra Pradesh and raised in Houston.



During the space flight her role will be to evaluate research experience.

Bandla tweeted on Friday (July 2), " I am so incredibly honored to be a part of the amazing crew of #Unity22, and to be a part of a company whose mission is to make space available to all. "

Sirisha Bandla @Sirisha... · 2d ...
I am so incredibly honored to be a part of the amazing crew of #Unity22, and to be a part of a company whose mission is to make space available to all.

- Team WS



Virgin Galactic @... · 2d

Join us July 11th for our first fully crewed rocket powered test flight, and the beginning of a new space age. The countdown begins. #Unity22 virgingalactic.com. @RichardBranson

Kashmiri girls break social taboo



Pic credit: First Post

Believe it or not ...but this has happened finally in the State which is called "**Paradise on Earth**". For the first time, at least 1500 Kashmiri Girls took part in the Police Recruitment drive.

LILLETE DUBEY, ACTOR

“ *It's a love that seizes you and never lets you go* ”

Lillete Dubey is known for her amazing performances in Film and Theatre. She has worked in National & International theatre, television and films. She talks to Women Shine, about her life, her acting love and numerous things.



WS: *How was your early life and did you like acting since childhood?*

LD: I come from a highly professional family of doctors, judges, and engineers and my father was in the Railways so we travelled a lot around the country, which meant changing schools every few years. This was of course in some ways difficult as a child, but in many ways, it was also a blessing. One got to see large parts of the country travelling in grand style in the old railway saloons of yore (coaches that contained



beautifully appointed bedrooms, bathrooms, a dining room, a kitchen, and a sitting room, sometimes with even a balcony to boot.)

Changing schools regularly helped me to learn to adapt to different environments and make new friends, together with inculcating a sense of independence and confidence.

As a child I believe I used to put up shows and performed them solo, forcing neighbourhood children to watch my antics!

WS: *When did you start acting? What got you started?*

LD: I started acting in school in my early years, but the first role of some importance that I remember playing was Cecily in 'The Importance of Being Earnest' by Oscar Wilde in the 9th standard. And I got seriously hooked when I joined LSR (Lady Shri Ram College) in Delhi to do my Masters in Eng Lit. I started with a play called 'Mixed Doubles' directed by the very talented Barry John for Yatrik (one of the

foremost theatre groups of Delhi at the time with actors like Roshan Seth and others). I was all of 17 and fell completely in love with the stage and acting. A passion that's lasted almost half a century!

But of course, I didn't think it was a viable career option at the time, so I did another Masters in Mass Communications to give myself a career choice in the media. But I went back to acting after my studies again.

WS: *Who are your biggest influences?*

LD: I think one of my earliest influences were my parents, in different ways. My father who I called a Renaissance man, introduced me to Western and Indian classical music, painting, philosophy, literature, poetry, etc at a very

young age. That certainly shaped my artistic sensibilities.

Much later in my life, he told me that he had done a fair deal of acting in his Engineering college in Lahore when he was young too!

My mother and father both had a passion..my mother for medicine, my father for physics, and both didn't shirk from hard work and discipline. Both also had a high degree of integrity in their work.

These qualities are something I inherited from them, and they have influenced me both as a person and as an artist all my life.

The other big influence in my life was of course Barry John. He ignited the passion and fuelled it with his love for his craft and his excellence at it. I believe my initial 15 years of work with him as an actress laid the foundation for me both as an actor and as a director.





WS: *What role, if any, deeply affected you personally, perhaps even permanently changed you?*

LD: Actors, if they immerse themselves in a part, are coloured and influenced in some manner or another by all their roles and on rare occasions, even sometimes somewhat changed by them.

I have resonated with many parts I have played, especially on stage, and have had to go to some very dark places in myself to explore them. One role that disturbed and moved me was playing the role of a mother whose daughter has suffered sexual abuse at the hands of a close family member and the mother is in complete denial about it. I think it was even more poignant for me because at some points during our numerous shows, both my daughters Neha and Ira played the daughter's role on stage with me. It was a performance that always shook me and changed me a little too.

WS: *What, according to you, is the best and toughest part of your work?*

LD: The best part is that it's not work!. It's a joy and a thrill and I'm so blessed to be doing something that excites me every day. The worst part is, that it can consume you, sometimes take you away from family and friends, as many passions do.

Also, artists are fragile creatures. And this is a business that constantly judges you since you are in the public

eye. So you have to learn to believe in yourself, have faith in your talent, and not get destroyed by either the adulation or the abuse.

WS: *What's challenging about bringing a script to life*

LD: Oh! That's the most wonderful part of the direction. To see the script, the story as visuals in your mind's eye first. When I read a script and I can visualise it, then I'm sure I want to do that play. When I can imagine the characters, the lighting, the costumes, the palette, hear the music in my head, then the script is beginning to come alive already. And then it's the process of working with actors, designers, and technicians to realise that vision that you first saw in your head. Another big challenge is how to make an audience see what you saw in the story, and why it fascinates you so much that you want to share it.

WS: *How was your experience during the pandemic? Did it teach you anything specific?*

LD: The pandemic taught us many things and changed us all in some way.

For me the first lesson was gratitude. For all that was good in my life. The second lesson was the realisation that time is finite and life short, and to seize the day, every day!

The third lesson was a corollary to the second-to nurture and make the most of everything...relationships, work, everyday joys and to do some of the things immediately that were relegated to the bucket list!

For me, it was a filter that clarified what was important from what was trivial and extraneous.



-By Aditi Gupta
aditigupta0523@gmail.com

WS: *Your message to the readers who want to pursue their theatre love.*

LD: It's a love that seizes you and never lets you go.

That is why so many great actors worldwide return to the stage. To the fountain that refreshes them and helps them hone their craft. They come back to feel that unique adrenaline rush of acting on stage, which is a magical shared experience with an audience.

WS: *Theatre is the true teacher of your craft.*

LD: But do not come to theatre seeking glory, fame, or money. Fulfillment is its real reward. But if you want to live your life on the edge, thrillingly... it's the thing for you!

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Womenshine



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

  @womenshinemag

SHUBHA JOSHI

IMAGE CONSULTANT

“

Why are you quitting this job?
Building a business is no joke!
"You know how many people are
dying to have a job like this?"

”

Well, people might still be dying to have a job as I had but for me, it was about living my life and my dream. These comments were from my boss, colleagues, and even some of my friends. But as the saying goes- When there's a will there's a way. So, I thrust back such demotivation and made my way towards my goal. "How did I make it possible?" The answer is simple- I believed in myself when no one did. Believing in yourself is powerful. If you have it, you can WIN anything, If you don't have it you can LOSE everything you have.

I lost my father at the age of two and a half. This made me vulnerable and weak in front of those who were complete in all ways- more beautiful, intelligent, wealthy, and having the love from both their parents. Many of us concentrate on what we don't have instead of what we have, so did I. Being an average student I felt insecure among brainy folks. People around me told me I was "ok" and not "beautiful" and I started believing that I was just "ok". We used to have financial hiccups in the family so I thought people were judging me for who I am, and I did feel incomplete and broken without having the love of a father.

This worm of negative critical self-judgment crept in me turned into under confidence, and it continued to grow in me until one of my teachers in the last few years of my schooling prodded me to identify my qualities.

The real journey began when I joined college. I became a part of a Theatrical group and also started working as an Intern at one of India's leading Commercial Banks. I could pay my college fee and help my mother financially too. I knew I could fight the odds and win any battle. I had started to believe in myself more than ever.

Right after college, I joined India's biggest Media Conglomerate. Earning good money was luring. Years passed and after serving for 9 years I realized that I was earning money but losing the right attitude. My confidence was dissolving like metal in acid.



Shubha Joshi, AICI CIC

ON BEING AWARDED
THE AICI RISING STAR AWARD 2019-2020



Recognized by AICI Global for **achieving accelerated success** within 3years of joining the industry

I was tearing down between the dissatisfaction in life and the existing lavish lifestyle. I was unsure whether to quit my job or not. It was hard but I challenged myself to turn my flickering confidence into a torch. I took a sabbatical and went to Georgia, the USA to get certified in Image Consulting. This was a turning point in my life. When I came back to India, I made a commitment to myself and to the society at large that I WILL be a torchbearer for all those who want to become confident. I founded The Image Launchpad in 2017 and since then I've trained more than 20000 people and helped clients based in India, USA, Singapore and the Middle East.

I never looked back. In **Dylan Lauren's** words, "believe in yourself, listen to your gut and do what you love"

Shubha Joshi, AICI CIC (among the only 3 AICI Certified Image Consultants in India)

Image Consultant | Youtuber | Behavioral Trainer

- Founder of The Image Launchpad
- Co-founder of Lucknow chapter of Toastmasters International
- Coached more than 20k people through group training and individual makeovers
- Nominated 'Best Mentor' and 'Best Service Provider' categories at the 9th National Small Business Awards 2020
- Featured as top Image Consultants in India by CEO Insights in March 2020
- Awarded AICI Member of the year 2019-2020
- Official Image Consultant for Forever Star Miss & Mrs India 2021
- Awarded Women Excellence Award 2021 in the field of Image Consulting and Training
- First-ever Speaker from India at the AICI Global Conference 2021
- Honoured by the 'Rising Star Award' for 2019-2020 at the AICI Global Conference 2021



-WS Team

SHIPRA SHARMA BHUTANI

a role model for many

“ Success and Happiness is achieved when something inside us is much positive than all the negativity outside ”

This is the life mantra of Shipra Bhutani

Shipra Sharma Bhutani was born in Mumbai. She lost her father when she was just 10 years old. She studied at Birla Balika Vidhya Peeth, Pilani. She was an all-rounder in her school. Her father Late Raj Kumar Sharma was an industrialist and her Mother Aruna Sharma was a writer and well educated.

Shipra Sharma Bhutani is a first-generation Woman Entrepreneur. Also an alumna of IIM Calcutta. She has also been an Economics Professor of Birla Institute of Technology, Mesra.

In 2006, she had one incident which made her do something bigger for Women. That was the turning point in her life.

Shipra is the Founder and Director of two companies, Jaganraj Professional Studies, NSDC funded training partner, and Capacita Connect - NSDC innovation partner .

There are 120 skill centers and provide employability-linked training to war widows, jail inmates, police, RBI, manual scavengers, etc. Every year, 15,000 people at the bottom of the pyramid are trained. It is also a National apprenticeship partner and India International skill centre. Her students are also placed Internationally.



Shipra gives entire credit to her husband Nimish Bhutani and two sons Dev Bhutani and Darsh Bhutani. Her husband motivates and supports her at every stage of life. Both the kids are very responsible and loving.



Awards and Achievements

In 12 years of entrepreneurship journey, Shipra and her companies have won more than 25 national and international awards -:

- # she's Mercedes by Mercedes Benz
- # Forbes india 2019
- #she leads tech India, by Facebook
- # woman entrepreneurship award by NEN, Wadhvani Foundation
- #CII industrial innovation
- # Global woman in leadership
- #Excellence in placement by Rajasthan government
- # Festival of globe ,by Indo American association
- # Bharat Shiksha Ratan



Shipra thanks her late parents and brother Prashant Sharma for giving good values and good education.

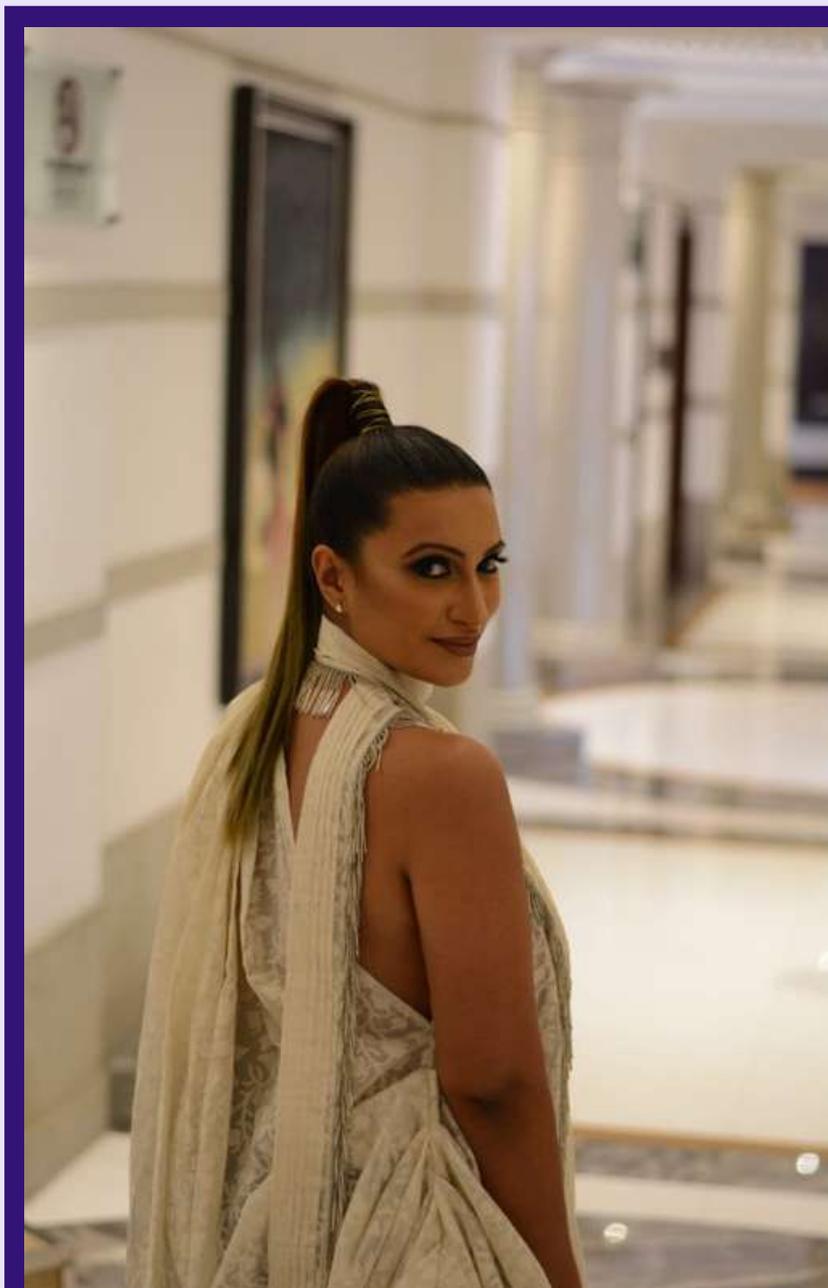
-Team WS

WEAR YOUR POWER KAVEA CHAVALI

1) From engineering to anchoring on TV and then on stage, co-founding Kalaneca, and also trying your hands on acting, how do you manage? Tell us about your journey.

The traveler and explorer in me is suddenly very happy reading this question. While all this sounds fancy, honestly it all comes down to curiosity and a whole lot of time management. I come from a beautiful town of Andhra Pradesh called Kakinada. It was during my engineering at NIT Warangal where it struck upon me to change my friendship from Transformers to Microphones. It was pretty seamless, thanks to the support of my friends, seniors, and my professors too. After working with HCL Technologies and producing my own show on TV, I chanced upon an opportunity to host a LIVE show. It was ironic because even Google didn't apprise me of this career opportunity. After hosting my LIVE show I knew that this is what I wanted to do. I packed my bags and came to Mumbai, had some major stumbling blocks in terms of mindsets and people but I knew just one thing that I wanted to become an Anchor / Emcee. The shows started happening more

regularly, I started travelling internationally launching the best brands across the world, and within the first 2 years, I won my first award of the Rashtriya Sanman Award as the Best Anchor of India. Having a background in theatre and being a trained Kuchipudi dancer allowed me to do a lot of plays and act too. I feel like an Artist, only the mediums change but the expression and desire to give your best shot always remains the same.



2) You are featured in Clymbe's 'Hey Careers' book! Tell us something about that?

That was a beautiful milestone to achieve and contribute towards. The CLYMBE team created a pathbreaking book just at a time when unconventional careers such as mine were paving way for That

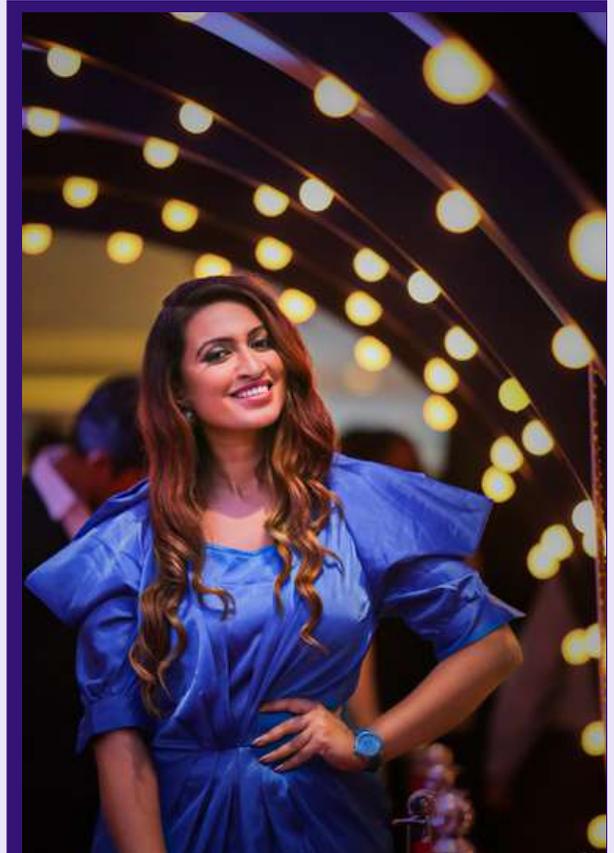


was a beautiful milestone to achieve and contribute towards. The CLYMBE team created a pathbreaking book just at a time when unconventional careers such as mine were paving way for greater success & prosperity. It's important for the present generation to be able to make choices based upon their interests and their skills and not upon the preconceived notions that having a degree in a particular subject will guarantee a job. This book is creating an opportunity for people to believe that myriad careers now hold the key to the future. I absolutely enjoyed reading the book as it covered different careers that I was completely unaware of. I was not only intrigued by the possibilities but it also brought back memories of the 16-year-old Kavea from Kakinada who focussed only on Engineering just because nobody could guide her on the many other possibilities that could help her not just achieve a job of her choice but also make an impact way earlier than she anticipated. Honestly, I would urge everyone to pick a copy of this book and deep dive into the numerous careers

that are shaping the economy of the world while focussing on skills than mere degrees.

3) Tell us about Kalaneca. How was the idea born?

It started off as a passion project with absolute love for handcrafted sarees that I would wear for my shows. My twin sister, my mother, and I would always draw parallels of life with a saree and how it indeed is the Six yards of freedom and expression. Kala which means Art and Neca comes from the Arabic/ Urdu word Nikah which means marriage. The idea was born to appreciate the beauty and intricacy of everything handwoven. As a fauji kid, I take huge pride in our culture and heritage and we realised that the world of fast fashion is temporary. We started off by collaborating with few weavers of Uppada, a village that my mother helped in empowering some of the artisans initially. We now work closely with more than 68 weavers across 8 villages weaving on 165 looms. Our narrative is around the amalgamation of the Art, the Artist, and the Artisan. Our brand is a fluid, fashion-forward yet sustainable brand that believes that with handcrafted sarees you can definitely WEAR YOUR POWER



4) What advice would you give to women who want to start a business?

Just Start! Park aside a stipulated amount, 20,000/- or 1 lakh rupees, and give yourself a deadline of 6 months to use up that amount so that whatever business and money decisions you make within the deadline you will know you gave it all.

Don't be afraid to fail or lose that amount that you kept aside.

Watch and observe how others are doing business, what you like about their offerings from product to packaging, from social media communication to strategy. Please don't mistake inspiration for copying an idea. 10 people can think of the same idea but execute it differently so don't worry about others. Do it because you know you can make a difference to yourself and the community. Please do not chase titles, they look fancy in media articles but as a co-founder, I am also doing the job of an executive if I have to.

6) What is your future goal? Any upcoming projects? Acting gigs?

While on one hand, I am living the dream of fulfilling my passion every day, I am definitely adding newer goals. One is to complete my Book- MIC CHECK 123 that I started writing in April 2020. I am excited about this book because it has all the secret nuggets towards becoming a speaker/ Anchor along with navigating through the different challenges. I have been coaching and mentoring some of the key business leaders over the last 6 months so I hope to connect with more such leaders and add value to their business strategy and communication. With hands and mind full, acting gigs are something I am taking up only occasionally. The team at Kalaneca is weaving new moments and impacting the lives of the local weavers and we are hoping to make our presence felt in the international market besides the USA and UAE.

- WS

5) What does a person need to work on to become an anchor? What are the pros and cons that the profession brings forth?

Firstly be a good listener, your talking skills are already something you are blessed with but you will only be able to comprehend/respond to the audience's mood, energy or questions if you listen.

Also focus on the skills and the spotlight will follow. Don't chase the perks and the lifestyle as it's definitely glamorous and very enjoyable but it's a lot of hard work behind the stage. The pros would be meeting amazing personalities and leaders, travelling across the globe. The pay is good too. However, the industry and the work are so dynamic that one has to embrace changes every minute, be it in script or even in work culture. Then there is irregular sleep and food habits.



Fashion: Monsoon tips



It's July already and the monsoon is in full swing but don't let the rain dampen your sense of style, have a look at some simple styling tips and keep your fashion game-high.

Say hello to shorts

Playsuits, short dresses, cotton capris, shorts, knee-length skirts are some of the best picks in monsoon, to look trendy as well as to stay safe from the muddy waters.

Choose the right footwear

Give your stilettos and peep toes a break and go for rain-friendly footwear. However, this doesn't mean it should not be stylish at all. Invest in a pair of rainproof boots they are comfy and come in a variety of colours to brighten up the otherwise gloomy weather.

Go minimal with makeup and wear the right jewellery

Invest in some waterproof make-up and remember when it comes to make-up and jewellery, less is more. Just try BB cream, eyeliner, and a tinted lip balm and you are good to go. You can wear weather-friendly jewellery, lightweight earrings, or a statement neckpiece that would be fine according to the occasion.

Layer it up to look classy

Beat the chills this monsoon with a layer or two. Add drama to mix up muted formals with a printed scarf. Add animal print or floral print scarf to your simple and solid outfit. You can wear it around your neck warding off cold gusts of wind, and quickly wrap it around the head when the rain starts to splash.

Carry a big waterproof purse

A big waterproof tote bag during the rainy season is very much like a secret weapon. You can use it to protect all your belongings that are prone to damage if they get wet, from your cell phone to your makeup, and from a trusty paperback to the cash in your wallet.

Make a statement with an umbrella

Gone are the days when umbrellas were used just to protect against rains. A multi colour or bright-coloured umbrella can make your outfit look vibrant. However, if you want to settle on something more sophisticated, you can go for umbrellas in pastel colours or try the classic combination of black-and-white.



- By Grishma Upadhyay
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Frustration-it's causes

Frustration is an emotion that occurs in situations where a person is blocked from reaching the desired outcome. In general, whenever we reach one of our goals, we feel pleased and whenever we are prevented from reaching our goals, we may succumb to frustration and feel irritable, annoyed, and angry. Typically, the more important the goal, the greater the frustration and resultant anger or loss of confidence.

Causes :

Frustration is experienced whenever the results (goals) you are expecting do not seem to fit the effort and action you are applying. Frustration will occur whenever your actions are producing less and fewer results than you think they should.

The frustration we experience can be seen as the result of two types of goal blockage, i.e. **internal and external** sources of frustration.

Internal sources of frustration usually involve the disappointment that gets when we cannot have what we want as a result of personal real or imagined deficiencies such as a lack of confidence or fear of social situations. Another type of internal frustration results when a person has competing goals that interfere with one another.

The second type of frustration results from external causes that involve conditions outside the person such as physical roadblocks we encounter in life including other people and things that get in the way of our goals. One of the biggest sources of frustration in today's world is the frustration caused by the perception of wasting time. When you're standing in line at a bank, or in traffic, or on the phone, watching your day go by when you have got so much to do, that's one big frustration.



External frustration may be unavoidable. We can try to do something about it, like finding a different route if we are stuck in traffic, or choosing a different restaurant if our first choice is closed, but sometimes there is just nothing we can do about it. It is just the way life is. Our goal in dealing with external sources of frustration is to recognize the wisdom of the Serenity Prayer... **"God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference."**

One can learn that while the situation itself may be upsetting and frustrating, you do not have to be frustrated. Accepting life is one of the secrets of avoiding frustration.

To be continued.....

Shared By : An Arbitrary Doctor.

Role of Nutrition in controlling Hair Fall in Monsoon

Come Monsoon, and the unusual HairFall leads to those scary days. Humidity and hair fall go hand-in-hand. So if you dread combing your hair and are scared of losing some more of your precious locks, you are not alone.

So if you need to work upon your hair-fall, check on the below list of foods:

1. Whole grains

Whole grains are rich in an essential nutrient, Pantothenic acid or Vitamin B5 that strengthens the hair follicles and reduces hair fall. It is also called the anti-stress hormone. However, it can get destroyed with processing. So, it's advisable to consume whole grains.



2. Fenugreek seeds or Methi Dana

Methi dana (or fenugreek seeds) are an ancient remedy for hair loss. They contain large amounts of vitamin E that help treat hair damage and hair loss. They are also antioxidants that will help to help reduce hair loss. One can soak some methi dana in a tumbler, leave it overnight, strain and keep sipping into the drink as and when you get time.

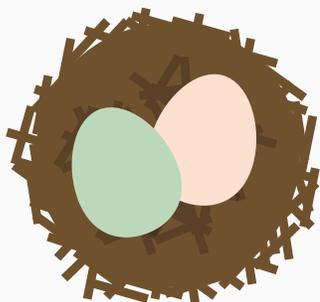


3. Jamun or Indian Blackberry

Jamun has a lot of Vitamin C and Vitamin A. They are abundantly available in the summer and monsoon season. Vitamin C is for collagen production, and collagen helps protect hair follicles and strengthen your hair from the roots.

So include Jamun as a mid-meal fruit and enjoy its benefits.





4. Eggs

Eggs are a good source of protein and biotin, and they are crucial for healthy hair growth. Biotin is there in the production of keratin that helps boost hair growth and the overall health of hair.

5. Fish.

A rich source of Vitamin A, protein, and omega-3 fatty acids, fish has always been attributed to promote hair density and stimulate the growth of hair follicles.



6. Nuts and oilseeds

Nuts and oilseeds such as almonds, walnuts, pumpkin seeds, flax seeds, melon seeds are extremely rich in Omega-3 fatty acids, and hence consuming these in moderate quantities can help in reducing hair fall

7. Spinach

Spinach is one of the most versatile vegetables you could add to your diet for various health-benefitting properties. The green leafy vegetable has lots of iron, folate, and B vitamins that help boost hair growth. Iron deficiency may cause anaemia, which causes hair loss.



-Written By : Tanya Sahni
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THAI STICKY MANGO CHICKEN

INGREDIENTS

- 1) 500 gm boneless chicken cut into small chunks
- 2) 4 to 6 tspns of corn flour n all purpose flour to gather
- 3) tspn ginger garlic paste
- 4) 1 1/2 tspn salt
- 5 1/2 tspn chilli flakes
- 6) 1 inches galangal or Thai ginger
- 7) 1 lemongrass stick
- 8) kafir lime leaves 2 to 3
- 9) Thai basil leaves 5
- 10) Thai chillies
- 11) soye sauce 1 tspn
- 12) sugar
- 13) vinegar
- 14) olive or sesame oil 1/2 cup
- 15) white sesame seeds (roasted) 1 tspn
- 16) red yellow n green bell peepers chopped
- 17) carrot 2 diced
- 18) pulp of 3 ripened mangoes . I used 1 dasahri 1 langada 1 chausa variety.



Method -

- 1) In a plate add corn flour n refined flour add some salt mix it well
- 2) in a bowl add chicken. Add salt ginger garlic paste n half of soya sauce . Mix well n let it marinate for 30 minutes
- 3) Coat chicken pieces in flour mix one by one n deep fry. Sauté chopped carrots n bell peppers in the same pan .
- 4) in a grinder add mango pulp galangal kafir lime leaves lemongrass basil leaves Thai chilli vinegar soya salt sugar n salt . Grind all well .
- 5) in a pan add this sauce mixture add little bit water n cook for 3 to 4 minutes or till u get required consistency.

Check the taste it should be a great mix of sweet sour n salty . Add fried chicken n chopped sautéed veggies. Toss in sauce . Sprinkle sesame seeds n serve with steamed rice .



Exclusive recipe shared by
Rakhi Lakhan

MY BEST TRAVEL STORY

KRABI TALES



My best travel story goes back to our before lockdown days when we were in Krabi for our annual holiday. Sounds like an annual ritual. Isn't it? We got back and for days I walked like a penguin with both my legs and my hands spread apart. The reason, I went kayaking with my family in Krabi. Normally I don't participate in such silly activities but since the whole family was going, I too got excited. Didn't realize, the DOMS the next day would be so bad that I would be walking, sitting, getting up, and even craping like a pregnant woman. In fact, on the first day, except for my face, everything hurt badly. I was so stiff that I actually must have looked like a walking mannequin on the roads.

I, in fact, applaud my courage to walk back to the hotel in that condition. Imagine, what if my family had to carry me back. How would have we looked? My Miyan holding me by my upper body and my son holding my legs. Both of them carrying me with their right hands. Something like how you see a store's staff carrying the mannequins.

Coming back to the point. Being unfit or having a bump is not always bad. The whole of my journey back home, I got a very special treatment. Right from the hotel staff to the airline staff, everybody treated me with utmost care and love. They all assumed that I was pregnant and probably in my second trimester. Hence, did a gateway walk. The cabby offered to hold my bag, held my hand, and helped me inside the cab. I am visualizing what if the poor guy had to push me inside. I was so stiff. The hotel staff bid me goodbye and wished me good luck. One of their girls even complimented me for my glow, which in my opinion was my TAN. Maybe I looked like a 'glowing eggplant' to her. The ground staff offered a wheelchair at the airport and the air hostess an extra pillow and some lime juice, just in case, I felt puckish. Overall, not a bad outcome of having a bump even after nineteen years of my having delivered a child. Of not having exercised ever in spite of my parents telling me for my whole life. Of never eaten anything healthy. Of course, this simply means that I am physically unfit and that I most definitely am.

Now, the moral of the story. Either get into an exercising regime NOW or don't get carried away into these mad sports even if your whole family does. When I think now, staying back would have been a better option.

However, even if you do, then keep these activities for your last day so that your whole holiday doesn't go for a toss and you enjoy those extra perks way back home. Like I did.

Shared By Somali Bammi
@somalibammi



Guide to travelling solo in India: Female edition

The world is indeed astonishing, don't you agree? India, being an incredible country is known to be a land of wonders. Including its assorted natural and city scenes, rich cultures and cuisines, India is a country that never fails to surprise. However, at the same time, it can be strangely overwhelming for solo female travellers. Nevertheless, with the right information, a confident attitude and a little homework, travelling in this vibrant country will be a rewarding experience. |

01. Plan ahead and read up on the background

Being aware of the culture, history, and upcoming events of where you're visiting can help you assess what is or is not appropriate. Explore it on the web, google all required information, watch vlogs of other people, read books to get a better knowledge of the historical and political background. All of this knowledge gives you the necessary roadmap for your interactions.





02. Do not stand out and dress like locals

What I am talking about gaudy clothes and charming backpacks that seem all new and shiny. It doesn't hurt to look good, of course, but keep in mind that you might spot yourself in really poor areas and it's better not to flash your camera and smartphone everywhere. Take a simple-looking backpack and don't overdress. Look what women around you are wearing. Dressing traditionally is always advisable. Always carry a scarf or a stole.

3. Be confident and assertive instead of being polite

One of the most significant concerns for women travelling in India, or anywhere else actually,

is to be bold, assertive and hold yourself properly. Forget about being urbane, it may be taken as a symbol of weakness, be prepared to stand up for yourself and don't be afraid to speak out. Make a scene if you feel like someone is hassling, cheating or 'eve teasing' you, often someone will come to your help.

4. Start and end your day early

If you are travelling someplace alone, make sure to start your day early and be aware of the timings of the places around. Be cautious about moving around at night

alone. It is much safer to travel in daylight.

5. Always stay attentive, aware and careful

You can't be naive and trust everyone. You do need to be on your guard to avoid the scams and hassles when travelling alone, always trust your gut instinct. Be mindful of what you eat, drink and live at. And at the end, enjoy and travel with an open heart. India is a beautiful land, and exploring it solo will be one of the most rewarding experience you will have.



By Aditi Gupta

STELLAR SILK SAREE SAGA: WEAVES OF THE EAST



The elegant traditional costume for Indian women yes, that's a saree! Sari is a common and integral form of clothing for women across south Asia, draped around the body in different styles to form a garment. It is a seamless rectangular piece of fabric measuring between five to nine yards of varying pattern, colour, design, texture, and styles. The etymology (origin) of the word sari is from the Sanskrit word Sati, which means strip of cloth. This evolved into the Prakrit sadi and was later anglicized into a Sari.

Sarees of Eastern India combine rich tradition with artistic creativity and designs. Weaving and dyeing are distinguished art and techniques perfected over years. Each piece woven at home has a story. It speaks of natural creativity, love of colour, designs, and motifs of the people who create them. Saris are identified and named after their place of origin. Their story too is woven there and we will trace this story through the eastern states of Odisha, Jharkhand, Bihar, Bengal, and Assam.

Odisha has multiple varieties of saris a few of which, I am discussing here. Ikat is handwoven wherein the warp and the weft are tie-dyed before weaving. It is produced in the Bargarh, Sambalpur, Bolangir districts. The Bright vibrant Sambalpuri saris are traditional handwoven embroidery style sarees in Tussar silk or cotton. Motifs like a wheel, temple, fish shells, all inspired by local coastal life add charm to these saris., For a sari enthusiast like me, these saris spell comfort and durability.



The ethnic Bomkai sarees are decorated with patterns inspired by natural surroundings and tribal art. The Jala Technique is used to make patterns. This sari is unique with interwoven motifs, contrasting colors, and pallus designed with intricate threadwork.



Bengal handloom with its wide range is the most ancient one in India. Saris from here narrate a rich weaving tradition that highlights the artistic culture of the state. Besides unbeatable pieces of cotton, Bengal is also known for Tussar silk, Muslin, and Linen sarees. Needless to say that the women from THIS REGION have not only been wearing saris for eons but they have epitomized the grace and elegance of it's drape.

Gorod or Garad means white or silk which is not dyed, these saris

are an integral part of women's wear for the auspicious occasion. The papery texture red or maroon border gives it that pure look symbolic of Bengal.

The most exquisite Baluchuri Saree of Bengal is known for intricate weaving depictions of mythological scenes on the pallu of the sari. The square blocks are decorated with thread embroidered motifs. The process of making Baluchari sarees includes cultivation of cocoons, processing the yarn, and making motifs using the technique of Jacquard weaving where two weavers work to produce one saree. The silk used is polished after weaving. Baluchari Sarees historically dates to the 18th century when under the patronage of Nawab Murshidkuli Khan, the craft flourished in the village of Baluchar on the banks of river Bhagirathi in Murshidabad in West Bengal. Modern-day Baluchari sarees are mostly weaved in Bishnupur where the weaving technique was revived in the mid-20th century.

Bishnupuri silk sarees are known for their fine, smooth soft texture. They are a fusion of modern geometric motifs with tradition.

Like most of the states in eastern India, West Bengal also produces Tussar silk sarees. However, Weavers also combine silk with other yarns like cotton and wool to come up with a richer knitted fabric. Depending upon the region various motifs like fish, conch, rudraksha, flowers are woven into the sarees.

Katha stitch is the 'running' hand stitch, famous of Santiniketan traditionally was used for homemade quilts perhaps, but with time it is being recognized by international fashion industry; used in all kinds of garments and accessories. Kantha stitch reinforces the fabric and creates lines, motifs. Sarees of pure silk, tussar silk, and cotton have Kantha embroidery. Depending upon the embroidered patterns, a saree takes a few weeks to several months to prepare.



Batik sarees with picturesque designs on silk are eye-catching. The breaking of the wax, allows colour to run through and gives a cobweb look to the base fabric. The creativity of artisans is magnificent. Tussar Silk, from Bhagalpur in Bihar, is made from silk obtained from several species of caterpillars, Hand spun and coloured with vegetable dyes, they are eco-friendly A non-mulberry silk that is also known as 'Wild Silk' is produced from a wide-winged moth that is yellowish-brown in colour and feeds on forest foliage. It is a coarser variety of silk and is a lot cooler, porous, and breathable than other silk varieties. The most notable feature of this silk is in its dyeing technique that gives an interesting look. Another beautiful artwork is the Madhubani painted sarees. Having a distinctive painting style, nature and mythology are handpainted on saris. The dying art has revived successfully and is extremely popular today.

Jharkhand also produces Tussar silk but a different variant, called Kuchai silk. The cocoon for Kuchai silk is grown on Sal and Arjun trees. The state also produces another variety, Ghicha silk which is a by-product of Tussar. The sarees made of Ghicha silk get a raw texture as the silk is manually reeled from cocoons. Saris with sohrai art, painted or printed is becoming popular

Eri silk is one of the wild silk found in Assam. It is often called Ahimsa silk because it is obtained without killing the silkworm. It is the finest and purest form of silk with a diffused sheen. It is heavier and darker than other silks and blends with wool and cotton making it durable and suitable for different seasons. My long-cherished dream of owning an Assam silk was fulfilled a few years back. A friend whose wardrobe I admire gave me these tips to use while storing these silk sarees. Make little pouches of pieces of old soft cotton sarees, put dry tobacco leaves, some dry red chillies, and kalonji in them; keep these between the silk saris. The heavy silks, are generally not washed at home or often. Since worn occasionally may wash after few years. After wearing, must be aired well and kept wrapped in old cotton saris, not in plastic wrappers.



It's time you started collecting wearing and enjoying the feel and grandeur of these sensuous drapes. A saree lover A saree wearer

Prabha Raghunandan



"दशरथी अम्मा"



आइये आज आप सबको अपनी "दशरथी" अम्मा से मिलवाते हैं...ये कई वर्षों से घर के पास रहती हैं और घरों में काम करने जाती हैं खूब बढ़िया अवधी भी बोलती हैं..जब ये हँसती हैं तो इनका बस एक दाँत ही कमाल करता है..

अब इनका नाम "दशरथी"कैसे पड़ा ये भी बड़ा दिलचस्प किस्सा है..ये दशहरे वाले दिन पैदा हुईं..इनके माता पिता बेटे की आस लगाए थे और उसका नाम दशरथ रखना चाहते थे पर भगवान ने इनको भेज दिया तो ये "दशरथी"कहलाने लगीं.. बड़े चस्के ले के अपनी कहानी बताती हैं..हमें भी इनसे अजीब सा लगाव है..जाने कौन से जन्म का बंधन है..यथाशक्ति इनकी जब तब मदद करते रहते हैं सिर्फ इनका आशीर्वाद पाने के लिए..अगर ये हमको एक दिन भी न देखें तो घन्टी बजा के जरूर पूछती हैं "बिटिया का भवानीक हौ ना कौनो परेसानी तौ नाय है..हमारा मन भावुक हो जाता है जब ये कहती हैं"हमरी नीक बिटिया जुग जुग जियऊ" तब हम मालामाल हो जाते हैं सच्ची इतना सुख मिलता है कि शब्द नहीं हैं..ये धार्मिक भी बहुत हैं..आज इनके देरी से आने का कारण पूछा तो बोलीं "बिटिया रामायण आवत रहै टीवी पर वहै देखै लागेन तबहें देरी भई"..आज इनको जो सामान चाहिए था इनको दिया तो अत्यंत भावुक हो उठीं..इनका चेहरा खुशी से दमक उठा..वैसे झुक के और लाठी ले कर चलती हैं पर जब हमने कहा "अम्मा फोटू खिचइहौ" तौ बोलीं "अरे बिटिया हमरे मन केरी मुराद पूरी किये हौ काहे न खिचइबै अउर इत्ते बुट्टे हुई गयेन आजु तक कोउ हमरी फोटू नाय खींचिस"और तन के खड़ी हो गईं..सच्ची इत्ता मज़ा आया कि का बताईं..ऐसी अनोखी हैं हमारी दशरथी अम्मा

—नीरजा शुक्ला 'नीरू'

“दिल की बात”

हम तो स्वच्छ दर्पण हैं
किसी से भी नहीं डरते
डरें वो सौ मुखौटे जो
हैं अपनी जेब में भरते

वादा कर मुकर जाना
नहीं फ़ितरत हमारी है
हम तो वो दीवाने हैं
जो कहते हैं वही करते

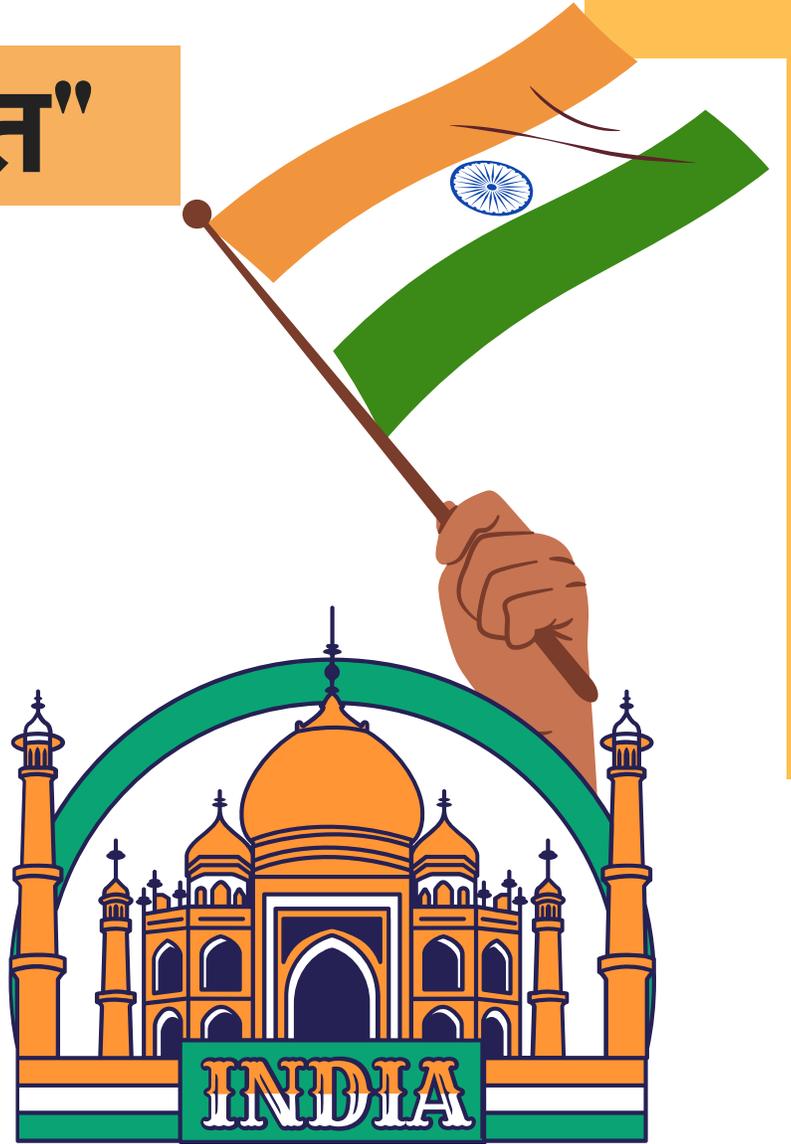
किसी का हक़ नहीं मारा
नहीं की बेवफ़ाई है
बचाया झूठ से दामन
साफ़गोई से हैं रहते

सुख दुःख में हैं सम रहते
शिक़ायत हम नहीं करते
छुपाए लाख ग़म दिल में
नुमायश हम नहीं करते

प्रश्नपत्रों को जीवन के
ख़ुद ही हल किया करते
बाँटते फूलों की ख़ुशबू
नहीं कांटों सा हैं चुभते

जो हम ठान लेते हैं
वही हम कर गुज़रते हैं
जा ए जिंदगी तुझसे
ज़रा भी हम नहीं डरते

सत्य के साथ हैं जीते
क्रदम पीछे न हैं हटते
है अपना दिल खरा सोना
मिलावट हम नहीं करते



दीवाने मातृभूमि के हैं
उसी पे जीते हैं मरते
भारत माँ की हैं बेटी
उसी के दिल में हैं बसते

अंधेरों में भी हैं रोशन
जुगनुओं सा हैं चमकते
मिटा ना पायेगा कोई
प्रभु का नाम हैं भजते



नीरजा शुक्ला 'नीरू'

मैं स्त्री हूँ

मैं स्त्री हूँ
जग की जननी हूँ
सृष्टिकर्ता हूँ
परंतु विडम्बना देखो....
अपनी ही रचना
'पुरुषों' के हाथों
सदा से छली जाती रही हूँ
मेरी अस्मिता से खेलता है
रौंदता है.... मसलता है

अस्तित्व को नकार कर
उस पर बलपूर्वक राज करना चाहता है

मैं स्त्री हूँ
जन्मते ही दोगुना
बन जाती हूँ
'बेटी पैदा हुई'

सुनते ही सबके चेहरे पर तनाव
माथे पर शिकन पड़ जाती है
परंतु बेटी अपनी बालसुलभ क्रीड़ाओं,
अठखेलियों, मोहक मुस्कान से
सबके चेहरे पर मुस्कराहट सजा देती है

मैं स्त्री हूँ
बचपन से ही शुरू हो जाती है
संघर्षों की अनंत यात्रा

बनती हूँ शिकार
अनचाही छुअन का
स्कूल बस ड्राइवर....किसी नौकर
तथाकथित अंकल और कभी किसी दादा
के अनचाहे स्पर्श का
वह समझ नहीं पाती और
सहम कर चुप हो जाती हूँ
कदम कदम पर छली जाती हूँ



समाज के तथाकथित
इज्जतदार कापुरुषों के द्वारा
अपनी अस्मिता....अस्तित्व ... के लिये
पल पल संघर्ष करती
मैं स्त्री हूँ....
दीपशिखा सी तिल तिल जलती...
हवा के झोंके से लुप लुप कर
टिमटिमाती.....

कभी बेटी बन कर तो कभी बहन बन कर
कभी बहू कभी पत्नी तो कभी मां बन कर
जीवन के कठिन झंझावातों को झेलती
मुश्किलों को सहती हुई
भावनाओं में बह कर
क्षणांश में ही मोम सी पिघल उठती हूँ
मैं स्त्री हूँ



पद्मा अग्रवाल

UNBOX TALENT



Welcome 2020



Hello everyone I am granny Pranshi Chadha
Welcome you all to 2080
So my grand children and listen
The experience of my life
When I was hardly a child

The year was 2020
The India was rising a super power
Suddenly the cloud of COVID 19 pandemic hovered
It opened the Pandora box
Of suffering and pain
Death and destruction
I can't explain
I can't explain

Economy went down
as the world locked down
Loss of life
Loss of income
What was left
Was stress and tension

How to face it
Was the roaring question
Wash hands, wear mask
Stat home stay safe
Sanitise and save life
Social distancing
WHO answered

Where there is pain there is gain
Corona also brought a positive change
Work from home, study from home
Quarantine at home
Virtual functions at home
World became digital and went online
Health and yoga became lifeline

Parents became teachers
Self reliance was the slogan
People came into action
Vaccine came as solution
Modiji our prime minister saved the Nation

From party to prayer
Everything set right because
God is there
It's my tribute to time
As life always moves with time!!!"



Shared By: Pranshi Chadha
Age: 6 yrs
Grade 2 DPS Mathura Road



MY MOUNTAINEERING ADVENTURE

Our school had organised a trip to Khandala last July. There were roughly 60 of us, and after an enjoyable train ride, which included singing, dancing, and generally making noise, we landed at our hotel in Khandala late in the evening. From the hotel lobby, we had a great view of the Duke's Nose, which was a mountain, which was a famous mountain of Khandala, whose summit was in the shape of a nose. A few of my friends were fascinated by the mountain and decided to surreptitiously sneak out the next morning and make an attempt on this mountain.

Five of us set out at dawn, amidst a slight drizzle over the lush, green meadows, that straddled the landscape between our hotel and the mountain base. Finally, the ascent began. It was easy to start with, but as we climbed higher, we found that the slope was getting steeper, and the rain had made the mud slippery, adding to our insecurity.

Nevertheless, we decided to push on, because having come thus far, turning back was not an option. Clutching at branches, we went up step by step, till we reached a clear piece of flat land. We decided to rest for a while to catch our breath and plan for our final assault on the summit. The drizzle was continuing, and we had to tread cautiously. Holding each other tightly, and taking short, but firm steps, we finally reached the summit without incident.

The view from the summit was breathtaking

beyond belief. It was an out-of-this-world feeling. We felt as if we had reached the top of the world and we had the world at our feet. The green valleys surrounding the duke's nose, accentuated by slight drizzle all around us presented us with a picture-postcard view of nature in its full bloom. We could also make out the



contours of our hotel in the distance. All of us stood to attention and sang the national anthem. Finally, we decided to begin the descent.

On our way down, we quickly realized that this part of our journey is going to be tricky and dangerous. Descending a slippery slope while looking down from a mountain is much more challenging than ascending a slippery slope while looking up a mountain. However, we told ourselves that there is no other option if we want to reach the hotel alive. With hope in our hearts and fear in our eyes, we held each other tightly as we tread gingerly down the wet slope whilst the rain had considerably become heavier. Soon we were drenched to the skin, as was the ground below us. The next 20 minutes were the scariest of our lives. Finally, having reached the base of the mountain, we heaved a sigh of relief and melted into each other's arms.

It was an unforgettable adventure. We could now call it an adventure because we made it to our hotel alive. I need not mention the reaction of our teacher, who naturally went ballistic when we enthusiastically blurted out our story. That evening, the setting sun behind the Duke's Nose was inviting us to have another go.



Shared by : Vivaan Moda
Age : 8 years,
DPS Mathura Road

Womenshine

Unbox Talent !



WOMENSHINE.IN

Send your entries and get featured!

SECRETS

THE MIDNIGHT TALKING,
AND THE FIGHTING FOR SECRETS.
IT ALL MOVES TO A SINGLE PLACE,
NOW OR LATER SOMEONE FIND IT.

WHO DOESN'T GET ONE,
CRIES IN THE AFTERLIFE?
ALL THE TIME SPENT WITH HIM
IS A SOUVENIR FOR LIFE.

I WISH I HAD MORE TIME,
THE TIME COST MORE THAN GOLD.
IF IT WAS NOT THERE,
IT WOULD FEEL LIKE MY HEART SO COLD.

I WISH MY SECRETS WERE AGAIN THERE,
ONCE AGAIN WE CAN FIGHT OVER THEM.
LIFE IS A TREASURE,
THE MOST PRECIOUS IS A FRIEND.



Ansh Bansal
The Heritage school



Painting shared by: Aanandini Ramawat

Age: 12 yrs

Amity International School, Gurgaon

She is a National Children's art winner since three years and her paintings have been displayed in India Habitat Centre.



Shared By : Harshika Joshi
Class : IV-E,
**Delhi Public School Mathura Road,
New Delhi.**



Made By : Dia Mittal
9 years,
Class: 5A,
DPS Mathura Road



Even though the world has evolved, there is still a lot of judgment in the world. Equality is something that people have been fighting for a long time, between black and white, rich and poor and men and women. I have one question though, why? Why should someone apologize for being themselves, for being black/white, rich/poor, men/women or even for the way you look. In my understanding, I believe that when you are who you want to be, it separates you from the rest of the world. Be unique, be original and be yourself, because that is more than enough. I have written this poem for all the women and girls in the world, especially the mothers. I have seen my mom wake up early in the morning to drop my brother and I to school with a smile and to tuck us into bed with a smile. I could not be more grateful towards my mother for being that shining star I need throughout my life. Only mothers will love you no matter what happens and stay by your side. Thank you Mothers! Thank you Women!



ONLY A MOTHER CAN...

What is she expected to do?
Clean, cook and care,
Expected to do all the work,
How is that fair?

Can she work in the office like others?
Or does she have to stay home,
With all her talents yet to be discovered,
She misses the chance to sit on the throne.

She can still rule the world though and yet remain peace,
And bring the world together with love and ease,
She would be the future of the world,
Yes! A female, a woman, a girl.

She can lead everyone forward,
With success and love,
She believes that every woman
is an angel sent from above.

Sometimes, she found a closed door,
A lost opportunity or chance,
But the love and care that she shares,
Is something that the world will enhance.

In the scary outside world,
There stands not a boy or man.
But someone that can do it all,
All that only a mother can.



Vedika Rai
Class 8,
The Shri Ram School Aravali

Battle the Rattle

One king won a battle ,
because he saw a rattle.
He would go to nearby wood,
To check on rattle's hood.

I will run in the isle ,
And you shall travel mile.
His One week long arm fell weak,
When his gunshot proved bleak.

kings pail looked pale,
when he saw the rattle's tail.
It became a famous tale,
with the hot market sale.

He put on some scent inside his tent,
from the smell came the rattle to challenge a battle.
Here the knight with a sword of night,
Here the rattle with a sword for battle.

There fell the hood,
The king remained stood.
Now the rattle's waist was a waste,
And the king had a victorious taste .



Self Composed by :-
Ishleen kaur
4F- DPS, Mathura Road (contact no. 9810505622)



EVENT REPORT

International Women's Fitness Festival (IWFF) is a one-of-a-kind initiative supported by the Sports, Physical Education, Fitness, and Leisure Skills Council (SPEFL-SC) that aims to change the way women think about fitness on all levels: physical, mental, emotional, spiritual, financial,

and physiological. IWFF was founded with a mission to curate exclusive events-both online and offline-to promote and raise awareness about a variety of themes that benefit women with the purpose of empowering them with knowledge on all aspects of life.

Taking a step towards this goal, IWFF conducted its first event, **"Introduction to Meditation and Mindfulness"** with Black Lotus on 19 June 2021 to inculcate mindfulness and meditation into the lives of women for a better lifestyle.

In the words of Vikram Shastry, CEO of Black Lotus, **"The mindfulness and meditation workshop with IWFF was one of the most successful sessions we have had in the recent past. The audience was engaging with a strong intention to invest their time in meditation."**

With close to 250 registrations, the event started off with some video exercises focused on awareness which helped everyone to understand the meaning of awareness in an understandable and pleasant manner. Continuing the topic, the attendees were explained about mindfulness in detail: what mindfulness actually means, the benefits of mindfulness, the



impact it creates in our lives and how to take the steps towards practising it. It also included the practical demonstration by practising several breathing exercises for everyone. To motivate everyone to try and include meditation as a part of their lifestyles, everyone was told

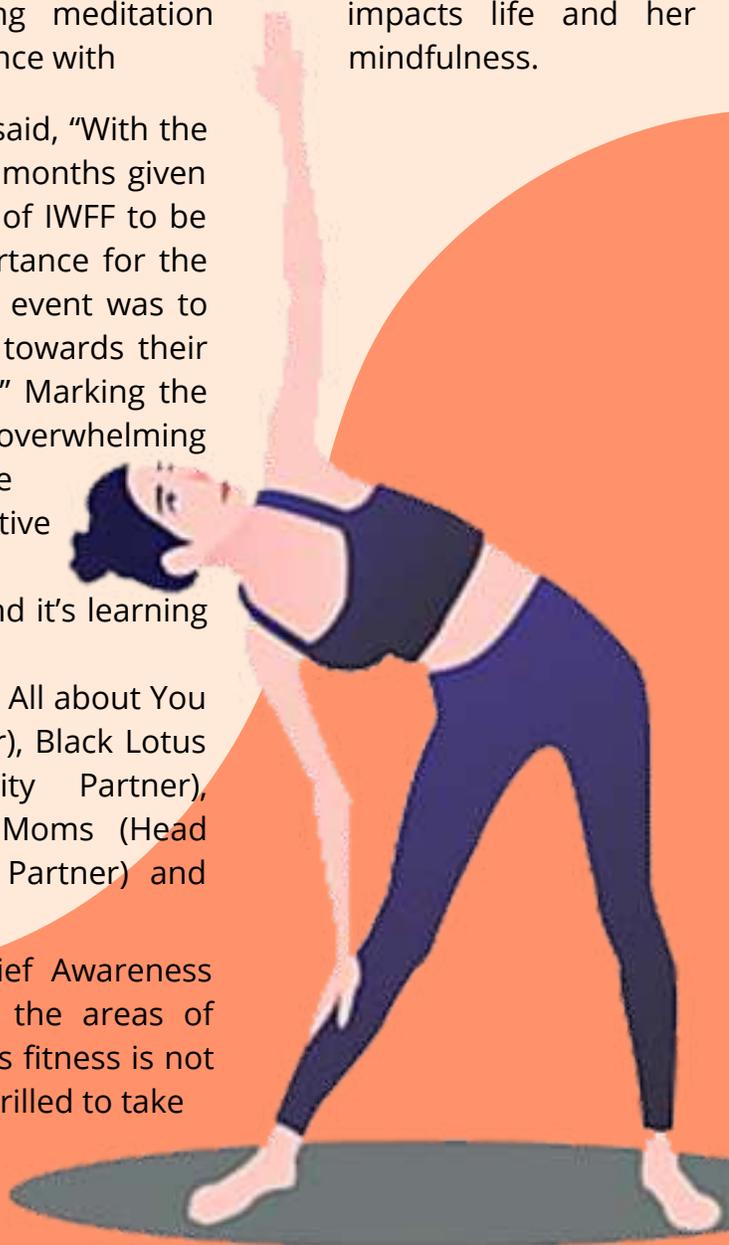


real-life experiences of the hosts themselves about the lives they lived before they started practising the art of meditation, the impact of mindfulness on their lives, the changes they experienced after they started meditating and how they became aware. Towards the end, the viewers were shown another amusing video exercise that provided new perspectives and made everyone ponder. The event concluded with the experiences of Shweta Rai, The CEO of IWFF on how practising meditation impacts life and her mindfulness.

Talking about the objective behind this event, Shweta said, "With the recent trauma and major life changes in the past few months given the pandemic, it was salient for the first launch event of IWFF to be around mental well-being as it is of paramount importance for the overall well-being of a person. The main focus of the event was to stimulate and help the women all around take steps towards their mental well-being, which the event was successful at." Marking the words of Tahsin Zahid, CEO of SPEFL-SC, "The overwhelming response to the workshop reflects the importance of the subject. In today's circumstances, it has become imperative to have a healthy mind, soul and body and I personally feel such workshops shall be conducted more often and it's learning to reach every woman of our country."

IWFF has a diverse range of partners, namely, YouCare- All about You by Luke Coutinho, Dr Yuvraj Jadeja (Healthcare Partner), Black Lotus (Mindfulness Partner), Women's Web (Community Partner), Womenshine (Digital Magazine Partner), Gurgaon Moms (Head Community Partner), FitnessGuru (Digital Magazine Partner) and Cosco (Merchandise Partner).

Expressing her views about IWFF, Amisha Sethi, Chief Awareness Officer of Black Lotus said, "IWFF's recent work in the areas of paramount importance like mental health and women's fitness is not even commendable but truly unprecedented. We are thrilled to take the benefits of meditation at scale with the help of IWFF." Working tirelessly to fulfil the mission of creating awareness amongst women for their well-being, IWFF aims to direct more such events in the time to come and become successful in bringing a fundamental change in the well-being of the women population.





When I tried grounding my son.....

According to me, there could be three reasons for not being able to ground your child ever:

1. Your child is too good a child to be grounded. He is obedient. He is independent and doesn't suck your blood. He is good at all the things you want him to be (yes it's always about what you want. Isn't it?). Last but not the least, he is an all-rounder. **"Meri aankhon ka taara. Mera sab se pyara"** waala child.

2. He is your only child and no matter how spoiled he is, he remains the family's **"Nona bachaa"**. Nona is a very common term used in Punjabi families for their children. It's an expression of love no matter how grown up the child is. Even if he reaches sixty! It is used mostly for boys, men, old men, etc. It rhymes if your name is Mona. The family will ask you,

"Mona kahan chupa rakha hae tumne humara 'nona!'"

Anyways, You will not feel like grounding your Nona bacha because he is, **" hai mera Nona bachaa... next time nahin karega badmashi."** Well, who has seen that next time.

3. Your child is beyond you. He is way too smart. No matter how much you try you will not be able to ground him. In simple words, he will not take the punishment..**"nahin leta jao. Kya kar loge."** Now that's one question you won't be able to answer. Actually, hum kya kar lenge? Woh ground nahin ho raha to nahin ho raha!! Might as well, we get grounded. A perfect example of this is our son and us.

Keeping the third point in mind, you can understand my plight people. I am a parent who has NEVER EVER grounded her child. Actually, I couldn't do it. He was too smart to get away. I mean, God Ji has been very unfair to me by depriving me of this basic opportunity, the ultimate pleasure of shouting out, **"you are grooounded son!!!"** Because whenever I tried, he rolled his eyes and went to his room while I stood there feeling like an absolute moron.

Finally, after about nineteen long years, God Ji heard my prayers. Mere woh eleven nariyals akhir paid off and I could do what I had been dying to do all these years. Yes, the strange part is that son took it. Of course, the reason we got to understand only later.

Sunday happened a massive commotion between son, me and miyan. He wanted to do something which we didn't want him to get into and boom! There we all went. I saw it as my perfect opportunity of shouting out, **"aaryan you are grounded! You will not move out of your room for the next two days and your phone and TV remotes will be taken away too!"** By god, words are not enough to describe my satisfaction. It was the ultimate feeling! I was super elated!

Son stood there for a while, gave it a thought, and then said, **"ok! Ground karna hae to mere drums studio mein Karo. At least I'll have something to do there."**

"Fair enough. Point taken." We said.

Son went to his studio and we went for our afternoon siesta. Siesta word sounds so fancy especially after your nineteen-year-old desire has been fulfilled!

Suddenly, there was an ugly, nonmusical, non-melodious, and non-stop playing of drums. We got up with a jolt, **"what the hell! What is he doing!"** We screamed, went up banged his door too but to no avail.

Hum samajh gaye, **"Dude is deliberately doing it to get back to us!"**

There was no option left but to bear it for the next two hours because there was no phone we could have contacted him on. We had confiscated his phone.

Aur is tarah angrezi culture ke bojh ki maari maa ne apna pair kulhari pe de maara!!! The whole afternoon went sulking and blaming each other. Miyan was furious, **"pad gayee tumhe thandak!"** Neither could we step out because it was very hot and sultry. Nor could we relax.



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Celebrate 50 years of Vijay Diwas with the much-awaited war-action movie 'Bhuj: The Pride of India' starring Ajay Devgn, releasing 13th August only on Disney+ Hotstar VIP

~Inspired by real events, the star-studded ensemble cast also includes Sanjay Dutt, Sonakshi Sinha, Ammy Virk, Nora Fatehi, and Sharad Kelkar ~

After creating some groundbreaking movies inspired by real-life heroes, this Independence Day, Ajay Devgn is all set to bring alive one of the most iconic events from our country's history with the much-awaited war action movie, Bhuj: The Pride of India. The ensemble cast of the movie also includes Sanjay Dutt, Sonakshi Sinha, Ammy Virk, Nora Fatehi, and Sharad Kelkar in pivotal roles. The movie is inspired by the journey of the fearless IAF Squadron Vijay Karnik who was in charge of the Bhuj airport, and how he re-constructed an entire IAF airbase along with the help of 300 women from a local village in Madhapar to protect our country.

The trailer of this magnificent movie is all set to launch on 12th July 2021 and the motion poster of the movie released today gives a sneak peek into the world of 1970s which promises powerful action sequences, heart-churning emotions, love, and patriotism towards our country and a mission that brings many brave people of Bhuj together for victory!

Presented by T-Series and Ajay Devgn Films, Bhuj: The Pride Of India is produced by Bhushan Kumar, Kumar Mangat Pathak, Ginny Khanuja, Vajir Singh, and Bunny Sanghavi under the banner of Select Media Holdings LLP. The film has been written by Abhishek Dudhaiya, Raman Kumar, Ritesh Shah, and Pooja Bhavoria directed by Abhishek Dudhaiya, and is all set to release on 13th August 2021 only on Disney+ Hotstar VIP.

~ **Ajay Devgn starrer Bhuj: The Pride of India releases exclusively for the subscribers of Disney+ Hotstar VIP and Disney+ Hotstar Premium on 13th August 2021**

COMPATIBILITY OF NUMBERS



Compatibility is the capability of existing or living together in harmony. In any relationship, be it friendship, business, marriage, or any sort of partnership aside from trust, respect, and communication most experts agree that compatibility plays a big factor in achieving a healthy relationship with your loved ones. Numbers are a great tool to check and analyse the sustainability of compatibility.

Numbers can be categorised as compatible, neutral, and anti

(enemy) numbers, which can have an impact in all the sectors of our lives such as love, luck, health, career, etc.

By taking into account the date of birth of two separate individuals, numerology compatibility aims to discern the longevity and success of a shared pairing. Find out just how compatible you are with your loved ones.

Number 1

This is the number of control, willpower, dominance, and skill. People born on 1,10,19 or 28th of any month are said to have a perfect alliance with people born on numbers 1, 2, 3, and 9.

Number 2

People who are born on 2,11,20 or 29th of any month are generally dominated by emotions, diplomacy, secrecy, and duality. These people are good friends to the people born on numbers 1, 2, and 7.

Number 3

This number represents love, expression, affection, creation, and family life. People born on 3, 12, 21, or 30th of any month show great compatibility with people born on numbers 1, 3, 6, 7, and 9.

Number 4

People born on 4, 13, 22, or 31st of any month tend to have great stability, discipline, balance, and intellectual capability. These people become best friends with people born on numbers 1, 5, and 7.

Number 5

This number represents people who have a great interest in travelling, freedom, change, and new experiences. People born on 5, 14, or 23rd of any month are best compatible with people born on numbers 1, 3, 4, 5, 6, 7, and 8.

Number 6

This number signifies rewards for hard work, rhythm, and beauty. People born on 6, 15, or 24th of any month are most compatible with numbers 2, 3, 6, 7, and 9.

Number 7

This number signifies intellectual, invention, responsibility, philosophy, and culture. People born on 7, 16, or 25th of any month are a perfect match to the people born on numbers 1, 3, 4, 5, 6, and 7.

Number 8

People with this number are the perfect example of change, transformation, endurance, and balance. People born on 8, 17, and 26th of any month are most compatible with people born on 3 and 5.



Number 9

This number represents aggression, enthusiasm, and energy. People born on 9, 18, or 27th of any month have great compatibility with people born on 1, 3, 6, and 9.



Written By : Pruthaa S Benara
pruthabenara99@gmail.com

Medha Shankar: Shining Star



1) Tell us about your journey in this industry?

I was pretty shy growing up and was a studious child. But I always loved dancing and singing. I've trained in Hindustani Classical Music for 4 years. Just before my graduation I randomly auditioned for a short film and landed the part. I loved the process of acting and filmmaking and started modelling in Delhi whenever I would get time during my masters. I had decided that I will give acting a try. I moved to Mumbai after my master's. Joined a reputed modelling agency and started auditioning. Initially, I would only get called for ad auditions, slowly casting directors began noticing my acting and started calling me to audition for web series and films. In one such audition, I bagged my first big project in Mumbai

which was a British Television series called 'Beecham House' available on Netflix, and then my first feature film 'Shaadisthan' available on Hotstar. I'd say I've been fortunate to have gotten such reputed projects but yes I believe perseverance and self-belief are the most important traits to survive in this industry

2) Tell us about your character in Shaadisthan? How did you prepare for it?

Arshi is a regular 17-year-old Bombay girl with average dreams of going to college, making a name for herself, having fun with her friends, and living a free life like any other 17-year-old. To prepare for my character, I created a personal, social and emotional life for her as a means to give a certain wholeness to her being and to understand her more deeply as a person. I strongly believe in and stand by the message the film sends out. I could instantly connect to Arshi's pain, angst, and her whole emotional journey through this predicament, which started with fighting her parents, crying, pleading, running away, and then finally surrendering to her fate. I would just genuinely feel her pain and despair, and glide into her emotional headspace.



3) How's your experience working with Nivedita Bhattacharya & Kirti Kulhari?

It has been an absolute pleasure working with this entire cast, everyone brought such authenticity to their characters. Most of my scenes were with Nivedita and we got along very well from the word go. We had our inside jokes going and would always be chatting and giggling off-camera, when Raj Sir, our director would look at us smiling saying **"you know I can hear your jokes"**. Kirti is a super chill and fun person to be around and there's so much to learn from her. I truly look up to both these incredibly strong actors and feel grateful that I got a chance to work with and observe such brilliant actors.

4) Tell us about your character in Those Pricey Thakur Girls? What is the series about?

All I can say right now is my character is a completely new avatar from what audiences have seen of me so far. And I can't wait for them to watch this side of my personality.

5) Upcoming projects? Apart from Those Pricey Thakur Girls

Can't reveal names yet but yes some very interesting projects are coming up.

6) How did the pandemic impact you?

More than anything else, it has made me feel immense gratitude for the smallest of most important things. With so much loss happening around the country and world, I only felt extremely grateful and prayed for people's misery to end.





See you in the next edition

