

# WOMENSHINE

## WHAT'S TRENDING

Flex Spaces

India Shines

## SHINE GLOBAL

Dee Bailey

#WSWHISPERINGTHOUGHTS

Hamare Hawadar

Palazzos

## FASHION

Step out in Style

## TASTE BUDS

Quinoa Veg

Platter

## HEALTH

Breast

Feeding



### TRAVEL TALES

Road Trip

दिल से

Hindi section

### UNBOX TALENT

Kids Corner

### ART & CULTURE

Untold story of monuments

**Radhika Bharat Ram**

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Radhika Bharat Ram

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# CHIEF EDITOR'S LETTER

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#SHINEON

**APARNA MISHRA**

Founder , Women Shine

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

Women Shine congratulates all the Winners who have brought shining medals to our country.

Women Shine projects the amazing work being done by Wonderful women in various domains.

She is shining in the glamour world, riding high in Entrepreneurship, touching lives in Social sectors, raising the bar in Corporate World.

She is a Mom, she is a professional, she is an actor, author, artist.

Women Shine salutes the Woman of today who wears and manages multiple hats smoothly.

We present before you a beautiful bouquet of so many inspiring journeys, informative articles, and interesting write-ups.

This August 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](mailto:womenshinemag@gmail.com)

Show us your love and subscribe for free !!!

#Shineonwomen

See you in the next edition

# WE WELCOME OUR SHINING WOMEN AS CHAPTER LEADS OF WOMEN SHINE



**MALDIVES**  
Shimla Ahmed  
CEO/ AO news  
MALDIVES



**LUCKNOW (UTTAR PRADESH)**  
Jyotsna Walia  
Entrepreneur  
LUCKNOW



**HYDERABAD**  
Reshma Thakur  
Founder , Harsha Consulting-  
Environment Services  
HYDERABAD



**INDORE ( MADHYAPRADESH)**  
Tullika S Ganguli  
Entrepreneur,  
INDORE



**MANIPUR**  
Dr. Kshetrimayum Vedmani Devi  
Founder, VEDAM AGRO  
ENTERPRISES (VAE)  
MANIPUR



**JALANDHAR**  
Vandana Kakaria  
Self Employed  
JALANDHAR



**BANGLADESH**  
Achia Khaleda Nila  
Founder, Women in Digital,  
BANGLADESH

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# FLEX SPACES

Living with COVID is the new normal for all of us. These times have been hard on all of us in one way or the other. Especially we ladies who have so much to handle- our kids or sibling education is suffering. Our husbands, brothers, or fathers' jobs are impacted, or our own employment/business is facing losses apart from hearing the bad news about so many people losing the battle with life each day. Don't we all think that we should wave a magic wand to make all our problems disappear, well we don't have one but if we try to see things from a different perspective a lot of positives could be seen popping among these negativities.

We no longer have to rush to offices, struggle in the kitchen to prepare breakfast & lunch all at once, global connectivity has been established in a professional manner making the world come closer and giving us easy access to everything. And the best part is that we can do our office meetings while relaxing in our pajamas and nobody guesses a thing.

So, when we are getting so many flexibilities in life why not a flexible workspace commonly called FLEX SPACE or FLEXISPACE. The big business giants especially IT companies can offer work from home but the situation is not the same for small business owners, also few trades work from home becomes likely impossible. Here, Flexible office spaces come to your rescue which unlike old office models offers you an office space near your place according to your ease one day it could be an office space, the next day a meeting hall, another day a conference staging. A report shared by live mint on 12th May 2021 states that flex spaces are growing 10-15% a year and the flex space stock in the country is around 36 million sq. ft. So, let's explore the reason for their increasing popularity-

These are office spaces with shared resources which are cheaper as they offer flexible working hours, modules & work environment, also, they can be used to build networking and interactions. It offers an enhanced employee experience as they are free of their mental barriers. As these are the open-ended concept you can have flexible lease terms, reduced occupancy cost rather few companies are offering per square foot occupancy rates isn't that great.

Let's embrace the new normal along with exploring these new options to give a boost to our businesses and move a step ahead towards getting back to the pace we have lost due to COVID.



**-By Divyanshi Yadav**  
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## ENID BLYTON BIRTHDAY

### Shefali Banerjee

My earliest memories are of Noddy ..was in love with the books

### Ananta Tewari

I have read many of these books and enjoyed it a lot.

### Seema Khurana

I remember those days!

Used to borrow from a local library ...oh my ! It was so much fun and addictive ☺

### Sujana Kumar

I started reading as a toddler maybe though I'd like to say since I was born ☺

### Radhika Sood

Read them n Re- read them time n again. Love the kiddy's adventure n mystery moments along with their pet.

### Vandana Kakaria

Enid Blyton made our childhood adventurous

### Sonal Gadhok

"Why, it's simply ENORMOUS!" he said. "I've never seen such a big tree in my life. And you can't possibly see the top. Goodness, gracious! What kind of tree is it? It's got oak leaves, and yet it doesn't really seem like an oak." "It's a funny tree," said Bessie. "It may grow acorns and oak leaves for a little way -and then suddenly you notice that it's growing plums. Then another day it may grow apples or pears. You just never know. But it's all very exciting."

This is an excerpt from Enid Blyton's series of The Magic Faraway Tree, which can open a world of imagination for its reader. It is a story of three children: Joe, Beth, and Frannie, who take their cousin to see an enchanted tree near their home. As the children climb the tree, they discover many strange and wonderful places. They also encounter colourful characters along the way including Dame Washalot, Silky the Fairy, the Saucepan Man, and Moon-face.

*Womenshine*  
E Magazine



Happy 

INDEPENDENCE DAY

# Women Chess Players make the Country proud:

## AT FIDE WOMEN'S WORLD CUP 2021

The game of chess we know today has been around since the 15th century where it became popular in Europe. Popularly known as the game of war and kings, chess teaches patience, critical thinking, strategy and operative functioning. The moment the term "chess" comes to our mind it immediately flashes an image of two men sitting opposite to each other making all the intelligent moves. No wonder that the chess world is often perceived as male-dominated however, in spite of the underrepresentation of female players within today's competitive chess world — women have played a central role in the development of the modern chess game.

Throughout history, women have contributed to the development of one of the most celebrated figures of feminine strength on the chessboard: the queen. Today, the queen is the most potent piece on the board, more agile and more dangerous than any of her male counterparts. The symbolic power of the chess queen today has also been seen in the Indian female chess players.

The 2021 FIDE World Cup was a 106-player knockout that took place in Krasnaya Polyana, near Sochi, Russia from July 12 to August 3. The prize fund was almost \$700k, with \$50,000 for the winner, while the top three contenders also qualified for the 2022 Women's Candidates Tournament. The event was very exciting for Indian chess fans as we had 4 queens taking part. So who were these Indian queens who despite not winning the championship, gave their best shots in Sochi and filled the nation with pride?



**D. Harika**

FIDE WOMEN'S  
GRAND PRIX

Dronavalli Harika is a leading Indian chess player. She came to prominence winning the World Youth Championships in the Under-14 and Under-18 categories. She has won the Commonwealth Women's Championship three times in 2006, 2007 and 2010. She is the recipient of three World Youth Chess Championship titles. In 2008, she took the Girl's title at the World Junior Chess Championship in Turkey. She was the winner of the Arjuna award in 2007. She won a Bronze medal in the 2010 Asian Games in Woman's individual rapid event. In 2011 she won the Asian Individual Women Chess Championship 2011. Harika earned the Grandmaster title in July 2011.

However, the Indian challenge ended at the World Women Chess Championship with grandmaster D Harika bowing out following a defeat against former champion Alexandra Kosteniuk of Russia in the second set of tie-break games.

This women grandmaster is an Indian chess player from Chennai. She has won the Girls' World Youth Chess Championship for Under-14s and Under-12s. Since 2016 she is a Woman International Master. As of October 2016, she is ranked second in India and world no. 12 girl U16-player. Though she did not win the tournament, her skills were excellent and well appreciated! The 20-year-old WGM has clearly made an impact on many young women players but she certainly has a long journey ahead of her!



**R. Vaishali**

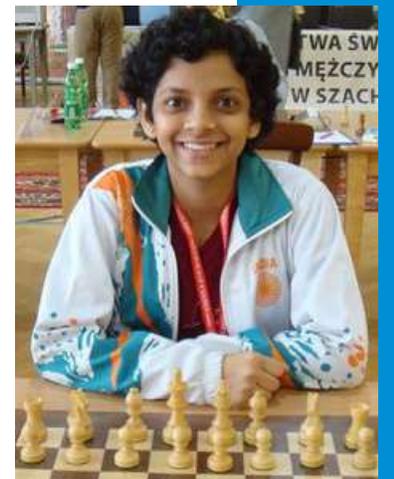
The 27-year-old chess player from Goa won the Asian Junior Chess Championship. In 2012, she bagged the title of Woman Grandmaster and became Goa's first Woman Grandmaster (WGM). In 2013, she was the first at the international women's chess tournament in the Czech Republic. In 2016, she won the Asian Chess Women Championship. She participated twice in the Women's Asian Team Chess Championship (2009, 2016) and won a bronze medal for India in 2009. Further, she won National Women Championship in 2018 in Jaipur and took home the title of International Master.



**Bhakti Kulkarni**

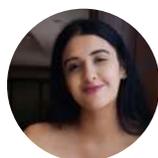
The Odisha-born started playing chess at the age of nine because of her father's passion for the game and won her first national title at the age of 11 in 2005. In 2006, Rout was both the Indian under-13 girls champion and the Asian under-12 girl's champion. Padmini Rout has been a part of the Indian women's team at several World Chess Olympiads.

She was awarded the International Master title in 2015 and the Woman Grandmaster title in 2017. Rout was honoured with the Biju Patnaik Sports Award for the year 2007 and the Ekalavya Award in 2009. She won gold at the Asian Individual Women's Championship in 2019. She recently led the Indian Women's Team to a gold medal at the Asian Nations Online Chess Championship in October 2020.



**- Aditi Gupta**

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# INDIA SHINES THROUGH TOKYO OLYMPICS 2020 : OUR HEROES CREATED HISTORY

India created Olympic history in Tokyo. Our performance in the world's biggest sports platform has improved over the years but this time, our medal winners, our heroes have filled our hearts with pride. The sheer confidence of our athletes who have braved the Covid pandemic and the excellent support

system by both Centre and States has provided a testimony to the fact that India has created history.

India finished 48th on the medal tally, best in four decades. Our contingent for Tokyo 2020 included 127 participants from 18 sports disciplines. If the coaches and other support staff are included, it was 228. The absolute size of the contingent shows how confident we all were of our performance. The Tokyo Olympics will be remembered as one of the most challenging because the odds it threw at the sportspersons, sporting bodies, as well as governments, were unprecedented. But our sporting heroes have stood tall against the obstacles, persevered despite the health crisis prevailing in the world.

India bagged 7 medals which included a tally of 1 gold, 2 silver and 4 bronze. This is the richest medal haul of all time and finest performance at the Olympics. Here are our seven stars who have left the nation in tears of joy and pride.



## *Mirabai Chanu ( Silver Medal in Weightlifting Women's 49kg)*

Never before Tokyo has India enjoyed such a confident start to the Olympics, with Mirabai Chanu winning silver in 49-kg weightlifting, with a total lift of 202 kg, on Day 1.



## *Indian Hockey Team ( Bronze Medal in Men's Hockey tournament )*

A real 'Chak De' moment for Indian hockey: A resolute Indian men's hockey team rewrote history as it claimed an Olympic medal after 41 years, defeating a plucky Germany 5-4 to win the bronze in an edge-of-the-seat play-off match.



**PV Sindhu ( Bronze Medal in Women's Single Badminton )**

PV Sindhu exceeded all expectations by becoming the first Indian shuttler to reach consecutive semi-finals in the Olympics. She crushed China's BJ He in straight games 21-12, 21-to win the bronze medal for India in the women's singles event. She became the first Indian female to win two individual Olympic medals.



**Lovlina Borgohain ( Bronze Medal in Women's Welterweight Boxing )**

Lovlina Borgohain became the first player from Assam to win an Olympics medal in boxing. She won a bronze medal in the Tokyo Olympics in the Women's welterweight event, becoming only the third Indian boxer to win a medal at the Olympics.



**Ravi Kumar Dahiya ( Silver Medal in Men's 57 kg Wrestling )**

Ravi Kumar Dahiya etched his name in history after becoming the second Indian wrestler to win a silver medal at the ongoing Olympics. The 23-year-old wrestler finished on the podium in the final of the 57kg freestyle wrestling event and became one of the sixth athletes in India's sporting history to win a silver medal at the Olympics.



**Bajrang Punia ( Bronze Medal in Men's Freestyle 65kg Wrestling )**

Bajrang Punia became the sixth wrestler in Indian history to win an Olympic medal after he won the bronze in men's 65kg category of the 2020 Tokyo Games. Bajrang, who is the top-ranked wrestler in his weight category, defeated Daulet Niyazbekov of Kazakhstan 8-0 in the bronze medal clash held at the Makuhari Messe Hall.



**Neeraj Chopra ( Gold Medal in Men's Javelin Throw: 87.58: Only Gold Medalist from India in Olympics 2021 )**

Neeraj Chopra was India's biggest star at the Tokyo Games, bringing home the country's first-ever Olympic gold medal in athletics. He registered a best throw of 87.58m in the men's javelin throw final to secure the gold medal in Tokyo.

All Olympic medal-winners were accorded a grand welcome by the government in a dazzling felicitation ceremony on 9th August with sports minister Anurag Thakur saying that their journey is an **"incredible story of resilience and sporting excellence"**.



**-Aditi Gupta**  
aditigupta0523@gmail.com

# DEE BAILEY : A PEOPLE'S PERSON FROM LUTON, ENGLAND

Dee Bailey, a Young Mom of 56 yrs old with 2 sons and 3 grandchildren lives in Luton. Luton is a large town, borough, and unitary authority situated in Bedfordshire, southeast England. She works full time and also runs her own business called Simply Deez Events CIC, which she started in 2014 a couple of months after my dad died. She realised that if she wants to see a change, she needs to be a part of the change. Instead of sitting back and complaining about what should be done **"do the walk, not just the talk"**. From then she started a radio show called Realtalk with Simply Deez at Pamtengo radio station. She also started a bi-monthly ladies soiree where we would meet and share and network.

Dee is a people person and wants to help, inspire, motivate people and make a difference in people's lives.

Dee has done events for international woman's day, international men's day, all events raising funds for various charities.

During the pandemic, she published a book on "Life in a Lockdown 2020: behind Closed Doors" on 11th July 2020.

Around the end of last year, a new venture supporting small businesses was started Community Hub & Collaborative Store in Luton, Bedfordshire in the UK.

Simply Deez Events partnered with Bedfordshire & Luton Recovery College where there were speakers across her community who shared their learning, experiences, and knowledge. This was intended to be a 6-week project but due to popular demand, she has done 2 terms and will be returning in September.

Recently Dee launched 'The Simply 2Gether Show' which is a magazine-style show on Facebook that runs every Tuesday 12:00-12:30 pm. Conversation, upliftment, and debates.



## She is a Social butterfly

**"I am a social butterfly who loves spending time with family and friends; Exploring the world, going to the theatre, out for meals but also just chilling out watching Netflix and a glass of Ginger wine. I love dancing and singing. (don't share with my friends ha, ha). Favourite food - Thai & Indian. Inspiration my mother and Maya Angelou,"** says Dee

Who knows what the future will hold; another book, a play, or even a film?!

**" I'm always thinking up new ideas. I have found my vocation and loving life! If not now, then when, tomorrow is not promised to any of us" ....says Dee.**

Women Shine, wishes Dee Bailey all the best for her endeavours,

# RADHIKA BHARAT RAM

## A CHANGE MAKER

Radhika is the Joint Vice Chairperson of The Shri Ram Schools. Under the aegis of Shri Educare Limited, an education consultancy company, she has been instrumental in setting up The Shri Ram Millennium Schools in NCR & The Shri Ram Early Years. She also serves as the Chairperson of the Indian Blind Sports Association & JPM Senior Secondary School for the Blind, the Jt. Secretary of The Blind Relief Association & the Hon. General Secretary of Delhi Crafts Council.

She has also been mentioned as one of the change-makers in the book 'Why People Give' by Ratna & Suhasini Vira.

When she is not working she enjoys music, pottery and running half marathons.

She talks more about her life and the noble work she is doing with Women Shine

### 1. How will you describe Radhika as a professional out there?

I have been raised to value work-to appreciate both the outcomes and the effort that goes into them. This awareness encompasses the external and the internal world-beginning with processes and systems to individual strengths and challenges. I believe that as professionals our biggest ask is to work on ourselves constantly to identify and hone our strengths, so as to enable ourselves for the larger purpose. My experience tells me that the moment we do so, we feel complete. In my case, this has enabled me to not be apologetic about the person I am, and on the contrary, to take pride in my beliefs & what I stand for. This is what sets me apart and gives me the courage to do what I do.

About my work, I see that the more I work independently, the more I seek and strive for perfection, not just in what I do but in everything that I am responsible for. Also, as a professional, I need to come from a place of empowerment myself, if I have to be able to empower those that work alongside-only then can large visions become real.

As a leader, I feel responsible for creating and nurturing environments and a culture where people speak and contribute freely to create the best, just as they propagate a value-driven work environment. Going forward, I recognize that as women leaders, we have to consciously work through the shackles of gender inequality for the gender as a whole, to thrive and prosper.

At the end of the day, a woman leader needs to judge herself on how she has been able to affect change about mindsets, allowing for more women to flourish in their chosen fields.

My favourite mantra- 'You can't wait for the right time to do some things. You must make time, take the bull by the horns and get into action mode.'

My favourite mantra- 'You can't wait for the right time to do some things. You must make time, take the bull by the horns and get into action mode.'





## 2. Tell us a situation when you were able to have a positive influence on the actions of others?

I think the work I do is all about creating positive opportunities for people who have been forgotten. For me, it's important to pull people who are out of the circle back into it. Inclusion is what I work for. Multiple stories and situations exemplify this, as do the numbers of people that come together to make magic happen. I would be incorrect for me to take singular credit for anything.

## 3. What inspired you to work for the welfare of society?

As a young girl I was sensitized to the needs of others and brought up to appreciate the importance of contributing; this value was reinforced upon marrying into a family which is committed to and known for their philanthropic disposition.

On the ground, my journey started twelve years ago when I joined the Delhi Crafts Council as a volunteer. My entry into this world was quickly followed by the realization that one's background was inconsequential-one just had to work and prove oneself. Further, my interactions with the craftsmen made me aware of the power of their skill just as much as the challenges they face. It was here that I learned what it meant to give time to a cause, the importance of empathy and being cognizant of different circumstances. I experienced joy- and fulfilment, unlike any that I had experienced up till then. I find it hard to describe-however, I do know that working for others gives me joy & satisfaction; it guides me forward and inspires me to do more.

## 4. At which moment did you realize that you had achieved the initial extent of success as a social worker?

I would not call any particular moment a success but when I saw people who we support & empower finding the strength to earn & sustain-it felt like success to me. I believe that when our interventions change and impact lives, create opportunities and question the status quo, it is success to me. My journey with these institutions has inspired me to found the KARM Fellowship. I grew up in a progressive middle-class



urban household where my parents always encouraged my sister and me to chase our dreams and be independent. We were given the freedom to voice our opinions freely, which was and continues to be an exception to the larger rule. I believe that Education is the only way to challenge this unfortunate mind-set; that when women are educated, they will have the voice and the choice to live their life on their terms, creating both opportunities and empowerment.

We see that there just haven't been enough opportunities given to deserving girls in our country especially for girls from disadvantaged homes. I have always believed that education when used as a transformational force can drastically improve lives. It is more than a process of acquiring knowledge; it has the power to provide hope, build resilience, and unleash possibilities that propel human, economic, and social development.

Through the KARM Fellowship, we endeavour to equip future women leaders through the key pillars of higher education, mentoring, community perspective, and life skills. With a carefully developed curriculum, the Fellowship will work with capable young women from less privileged backgrounds, in tandem with their pursuit of formal college degrees.

This is done with the intent to widen their thoughts, enable professional dreams and enhance employability, to enrich their role in their spheres and beyond. Our goal is that these girls gain financial independence, and become leaders in their own right.



### 5. What is the long-term strategy of the organizations you are associated with?

My philosophy is simple – all the organisation that I serve should stay relevant-for that to happen we have to understand the changing needs of the people we serve and enable timely solutions which support them in becoming independent & self-sufficient.

### 6. Tell us about a time when you had to juggle your regular family responsibilities and deal with a sudden priority?

As for challenges there have been many and continue to present themselves in different ways. But doesn't stop me from doing what I have envisioned.

I think the key challenge for me, much like a lot of other women, is how to provide ample time to each of my endeavours, including my family.

There are so many areas I would like to contribute to, but time and resources are always at a premium, just like they are for most. Having said that, my family is my biggest support system. I recognize that I can do what I do because of them.

### 7. How does the work in the Shri Ram Schools fit your professional mission or experience?

I started working at The Shri Ram Schools in 2003. I was mentored by my mother-in-law, the Founder of the Shri Ram Schools. Having been married into a family that firmly believes in an enduring value system, I learned from her the need to create a school that provides holistic education that contributes to the overall development of a child's intellectual, emotional, social, physical, artistic, creative and spiritual potentials, with a deep focus on values. The space of education is as rewarding as it is responsible. Allowing us the chance to shape the future of our country keeps us on our toes, given its dynamic nature. Constantly in need of reinvention, learning is an infinite and continuous process, ensuring that we stay on a constant learning curve.

I also believe that Education should never be the right of only the elite and through SRF Foundation we make progressive education accessible to children in rural parts of India.

Today, we are touching the lives of close to 80,000 students, studying in 269 schools across nine Indian States.

Given my commitment to gender equality, I see that my work with the school blends in and shapes my larger goals beautifully.



-by Aditi Gupta

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# WOMEN IN TECH

**Katherine Ernst Mehta** is the CEO and Founder of Edvanta Consulting, where she works with international high school students across India, Singapore, Indonesia and the UK to help them navigate the US undergraduate admission process, and gain admission to their best fit colleges. Katherine graduated magna cum laude from Kenyon College, Ohio, where she majored in Anthropology, Dance & Drama. She built a career in international education after first coming to India as a student and researcher in 2009. She has also researched and edited Indian art history texts, and coordinated semester-long academic programs and excursions for American college students in India through the School for International Training (SIT Study Abroad).

Katherine is a member of the International Association for College Admissions Counselling. In the past, she has served as a College Essay Counsellor for Ethan Sawyer (aka The College Essay Guy), and helped guide low-income students through the college application and essay writing process through the Matchlighters Scholarship program. She also currently serves on the Board of Directors for the American Welcome Association, a non-profit organisation dedicated to serving and connecting the American expat community in New Delhi, India.



**Kavitta B Bedi**, is the founder and CEO of JBC INC (Just Because its Children), where she brings in Broadway theatricals from overseas for children and family audiences all across India. The repertoire of shows includes Barney Live, Spiderman Live, Noddy Live, Jungle Book Live, Geronimo Stilton Live etc. These shows have been done in New Delhi, Mumbai, Bangalore, Kolkata, Dubai, Singapore etc.

An entrepreneur at heart, she is also an angel investor with investments in Tech Startups across Crowd Funding, Food Tech, Supply Chain, Health Tech and now Ed Tech. An alumna of Lady Shri Ram College and a specialist of Marketing Management from the Times School of Marketing, Kavitta's corporate career includes heading communications for the British Council in India and being a part of the brand management team at Daewoo Motors. She is a spousal member of Young Presidents Organisation (YPO).

**-Team WS**

# PALAK- THE YOUNG CHANGEMAKER

Palak began working on education, sustainable development, and youth empowerment since she was 17-year-old. Palak gave up a place in the United Kingdom's Civil Service to return to India to help the country meet the 2030 Sustainable Development Goals (SDGs). She co-founded the 'Green Governance Initiative' to influence policy to reflect the development goals and make sure the SDGs are implemented at a grassroots level. A graduate from LSE, Palak has juggled her voluntary work with a full-time Master's degree. Her focus is on showing young people they have the potential to change the world. She has now trained thousands of young people to understand the SDGs and connected policymakers with young people to create real change. Palak also collaborated with World Toilet Organisation to work in public toilets of rural Maharashtra to develop their sanitation system & promote menstrual hygiene that was affected badly because of the COVID-19 lockdown.



In the past week, Young Indian Changemaker, Palak Sharma is honoured with The Diana Award, the highest accolade in the world that a young person can receive for their work in humanitarian crisis, Plan India Impact Award & the Bangladesh Digital Social Innovation Forum Award for going above and beyond to create and sustain positive change in her daily life.

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Palak, aged 23, from Kota, Rajasthan has been recognised with The Diana Award by His Royal Highness Duke of Cambridge & Duke of Sussex, the sons of Princess of Wales.

The Plan India Impact Award was given to Palak in recognition as a Young Changemaker for working with communities in the light of the COVID-19 crisis. Palak also received her Bangladesh Digital Social Innovation Award for Voluntary Leadership for her contribution to sanitation and sustainable development during the pandemic in India, from BDSIF, with an offer of Canadian Permanent Residence as her Prize.

# A STORY INSPIRED BY REAL-LIFE EVENTS: A TEACHER USING A REFRIGERATOR TRAY TO TEACH ONLINE

**I**n March 2020, the coronavirus (COVID-19) pandemic brought life to a standstill across the world, with many schools closing down.

Teachers had to adjust their teaching techniques for classes that now took place online on devices such as phones, laptops, and desktops. All the teachers were merely trying their best given the situation and making the most out of the little technology they had access to.



## How will I teach mathematics to my students through my mobile?

Mathematics as a subject posed a special challenge in this situation. It is one of those subjects that cannot be taught by just providing notes or through oral explanation. The teaching of mathematics essentially involves arriving at a solution to a given problem while discussing detailed steps. For this, a blackboard had always been an important tool. However, using a simple device such as a mobile phone to take an online class does not provide such any such facility.

A primary teacher in Mumbai while teaching mathematics to her students realized that her students were not able to understand even the basic mathematical operations like addition, subtraction, etc as she was delivering her lessons only orally on phone.

During one of her online classes, a student told her “Ma’am I only understand the first step when you teach multiplication by a two-digit number, but then I am not able to grasp further.

The teacher asked him **“What should I do to make you understand it better?”** The student replied, **“Ma’am, it would be great if you could show us each step gradually like you used to do on the blackboard in school”**.

This is when the teacher felt the need for a board to teach her students so that they can see what she wrote while speaking. Amid the lockdown, she started looking for a transparent material in her house. She tried many options before settling in on a refrigerator tray.



The teacher used a transparent tray from the refrigerator as a mobile stand to conduct classes online. She supported the tray by keeping it on top of two containers, which she kept on either side of the stand. Under her makeshift stand, she wrote and solved mathematical problems on the paper lying right below. This simple yet genius hack helped the teacher to solve the questions and teach students with ease. The refrigerator tray made it easy for her to broadcast notes to the students as she wrote.

She could now speak on the phone and use its camera to show what she is writing on the paper. She could record/stream live for her little viewers each step in solving mathematical questions.

Her students were now very happy. The teacher could not be physically present at the same space as her students but her innovative thinking made her reach out to them in a desired manner

One of them said, **“It’s a wonderful technique ma’am. Now you can solve and explain the problems at the same time. We are able to understand each problem much better”**.

Another one commented, **“Ma’am your creativity and dedication have inspired us all.”**

Few others shouted excitedly **“Excellent initiative dear ma’am...No doubt, where there is a will, there is a way...!”**

The teacher felt very satisfied and said “I am doing it only for you my dear students”.

The photo of this Mumbai-based teacher using a refrigerator tray to conduct a virtual class was widely shared on social media as an example of how educators have been forced to come up with innovations due to the pandemic and she received a lot of praise for her efforts and resourcefulness at finding a creative solution to a challenging situation.



**Name: Aadi Jain,**  
**Class IV B**  
**School : DPS, Mathura Road.**

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# *What a river says...*

I was so clean,  
But now, due to all the  
Sewage, chemicals, and garbage dumped  
into me,  
I have lost all my sheen.

It's time you save me!  
The water won't clear  
till you take good care.  
Switch to organic farming,  
gather all the trash,  
Control factory waste,  
For the danger, it is posing.

Recycle that used bottle,  
Pick up that old can,  
If we all work together,  
It will be a good plan.



VEER JAIN  
IV - E  
9910771900  
DPS MATHURA ROAD

# “Try Try Never Cry”



By Tannishtha Singh

Class: V-F

School Name: DPS Mathura Road, New Delhi

Your dreams will be in fear,  
If your courage disappear,  
Remember your goal, Think high  
Try Try Never Cry.

When you do not win the race,  
What should you do in this case,  
Do your work hard and hard  
Flourish your dreams in your heart  
Try Try Never Cry.

When you find your task is hard,  
Take your time to prove whom you are...  
Time will bring you, your reward,  
Try Try Never Cry.

# HOPE

Bad times never last forever,  
Everything will be fine, lose hope never.  
These days are very crucial,  
For each and every individual.

People have lost their loved ones,  
Some lost their parents some lost their sons.  
There is darkness everywhere,  
But light will soon make a way.

To get rid of this bad time,  
We have to follow all the guidelines.  
If we all stay united,  
The darkness of our world will be lighted.

To never lose hope we should try,  
To be strong in these times rather than cry.  
This time will end soon,  
With our hope and God's boon.



BY - DEVANSHI JOSHI

# *Madhubani* *Painting*



Jyotirmaya Mayank Singh,  
Class 10th,  
DPS Mathura Road, New Delhi

# Life

---



The animate existence of an individual,  
To survive where one will need to strive,  
When happiness is delirious whilst problems are cruel,  
This is what we claim as life.

-  
Life is unpredictable as all say,  
Like a rainstorm on a bright sunny day,  
Where one moment you'll be caught in rapturous delight,  
And another you'll be within problems foresight.

-  
Where excitement is exhilarating,  
But sorrow is no less,  
Whilst dealing with the present,  
You'll be anticipating what's next.

-  
When you're alone,  
Life will throw too many sentiments your way,  
You thrive and seize them,  
Feeling completely astray.

-  
Life is a game,  
Where the trick to being smart is knowing when to play  
dumb,  
After dealing with many adverse situations,  
To all emotions, you go numb.

-  
This game of life is a consistent loophole,  
Where the only way out is the only way in,  
Where everybody is a nobody,  
For we all commit our sins.

-  
Life is hard on everyone,  
Nobody is perfect nobody is ideal,  
Well, others don't comprehend that,  
So they'll asperse you no matter how you feel.

The rich and the poor  
and the strong and the weak,  
Have many things In common;  
much more than we speak.

-  
Life is a constant game,  
Where we are just pawns,  
We sleep every night,  
When at dawn we could be gone.

-  
What some call love,  
Others call infatuation,  
What some call life,  
Others call frustration.

-  
At the end of the day,  
We have to be agile,  
But the bottom line remains,  
This is what we claim as life.



~Kashish Udani

# KEEP YOUR HOPES JUST AS HIGH AS MINE...

Keep your hopes just as high as mine,  
 For all it takes to enlighten a soul, is a ray of bright sunshine.  
 All the fears that you have inside,  
 Take a deep breath and keep them aside!  
 Enjoy what u have today,  
 For you may not have it the next day.  
 Keep your hopes just as high as the sky  
 For what will u get with the stress so high?  
 Seeing the morning sunshine must give u high hopes,  
 For its all worth the way u have coped.  
 It must rise your spirits,  
 To reassure you, about the decision you made in the last minute!  
 Even after the darkest night, the sun shows up just as bright.  
 You may not know, what life has planned next for you!  
 But it's definitely an adventure for a day or two  
 And all things are such that you can never undo.  
 For one day you are meant to remember it all soon  
 And maybe, it proves to be a boon?  
 But sometimes there may be a feeling inside,  
 Why did I have to do it, when it never seemed alright?  
 Its then when you search for answers,  
 And you know what matters.  
 But don't you ever forget!  
 A ray of sunshine is not hard to get.  
 It's one of the many things that can take your low,  
 Away in a blow!  
 In the end, just remember,  
 Keep your hopes just as high as mine,  
 For all it takes to enlighten a soul, is a ray of bright sunshine.



**-Kavya Mittal**  
**X-B**  
**Delhi Public School, Mathura**  
**Road, New Delhi- 110003.**



# My Green Friend

On a cold, lonely, winter evening after having dinner with my parents I was getting ready to go to my room. I wanted to read my storybook as I was curious about my favourite character in the story. Suddenly, there was a loud banging on the main door. We all got frightened. As the noise got louder, papa and I decided to see who it was. On opening the door, I screamed loudly, as there was a strange and weird-looking creature standing in front of us. He was very thin, tall as a tree, and green in colour. He had three eyes, one in the centre of the forehead, pointed ears, and wings like a bat. The alien standing outside my main door was somehow looking very, very sad and gloomy. I saw some white liquid drops on his wing." The colour of his blood must be white", I thought to myself. He seemed to be in a lot of pain as he was holding the injured wing and moving his head from side to side. When he saw me looking towards the white liquid he pointed towards the torn part of the wing to let us know of his injury. I held his hand and took him in. As my father is a doctor we always have medicines and first aid kits ready at my place. After a little training from my dad, I knew how to treat the wound. I carefully cleaned it, applied ointment, and bandaged it for him. He looked a little calm. The green alien thanked me in his squeaky voice. He then told me that he fell down the hill as a fat, big, hairy animal was running behind him..

In a short time, we became friends as we kept on chatting and trying to communicate in the best possible way with each other. Mom cooked some delicious greens for my new friend - named-REDDICK. We told each other about our planets. He had landed on Earth in his red spaceship from a green exoplanet far, far away from Earth. He wanted to visit our planet as he saw lots of blue and green things from his planet and was curious to know if people like him existed on earth too. As the sun started rising, we said our goodbyes to each other. I gave him my favourite ball as a remembrance. Whereas he in return he gifted me the power to teleport in the future. Oh my! what a weirdest and the luckiest day of my life.....



**Nirvair Singh Anand**  
**Grade-4**  
**D.P.S Mathura road**

# *The Positive Side!*

Dear Diary,

Every entity present in this universe, from the minuscule to the enormous, all are one masterpiece of the almighty! He moulds all special with one side positive to look at and one negative! We often elect to look at the negative, ignoring what doors the positive can open, this mindset of the human has grown speedily and has found its way to approaching generations. Our mind, in the contemporary period, attracts negativity and fails to open up to the positive, foolishly mourning the loss. The attraction of such detrimental energy, results in exceeding pressure on the mind, hatred in the heart, and discomfort for the body.

The repellent to such hardships is not harder than just meditating through all pressurising situations and thinking several times before reacting to the situation that poses. We, when stuck in a frustrating state, have to recollect calm before acting upon and practice not to lose cool. These minor acts may save you from what could be a great mess and provide you with a peaceful state of mind all your life. To conclude, I would say that trivial acts as such are the most efficient stress busters and often withdraw you from an uneasy situation in life.



**Ojas Chopra**





# A Night Lighted!

Dear Journal

Gaming, something that occupies a big chunk of my schedule, something that repels boredom more than anything, and a stress buster better than any other! Whenever I sit to play, I get teleported to a magical planet full of heroic characters and feel as if I am one of them. Time in this realm slips away at the speed of light until "Ojas, it is time" jerks me into reality and I go on awaiting the next game time.

But as the wise say, excess of anything is bad; gaming too brings with it the chance of getting the gamer those big, round Harry Potter glasses. When I tend to exceed my game time, I see myself as a geek with another set of eyes and balance my time like any other session in the day. It's a good strategy for a multitasker like me, you know.

However, today, I got up from my chair like any other normal day, had dinner, and went to binge (was a weekend) only to learn that the T.V wouldn't work! I was annoyed and irritated about missing the movie I waited for about 2 months. But to my utter surprise, observing my puppy dog eyes and charmed by my attractive charm (just exaggerating), Mom allowed me another game time at midnight! I pinched myself for a moment and jeez I wasn't dreaming! It was for real, a night lighted.

## Reflection:

How I felt throughout: Overjoyed!

Someone I Observed: During my "Night Game time" I inquired from many if they always played at night. To my astonishment, most were connecting from abroad and the remaining oddly played at this time only!



Ojas Chopra



# खुशियां

दुख है मुझे इस बात का ,  
 जिनके अपने चले गये, जिनके सपने चले गये।  
 उनकी कमी को तो कोई भी चाह कर भी पूरा नहीं कर सकता ,  
 पर चाहती हूँ आप सभी खुश और स्वस्थ रहे।  
 आओ मिल कर खुशियां ढूढते है  
 कुछ तुम ढूढो कुछ हम ढूढते है।  
 हटा दो गमो के उन पन्नों को  
 अपने जीवन की किताब से।  
 जिसको हमारी किस्मत ने ही लिखा था,  
 हमारी ही आसूओ कि स्याही से।  
 आओ मिल कर खुशियां ढूढते है  
 कुछ तुम ढूढो कुछ हम ढूढते है।  
 आओ अपनी इस छोटी सी बगिया मे आशा के फूल खिलाते है,  
 चले गये है जो अपने,  
 उनकी यादो के दिये जलाते है  
 आज से आओ नई शुरूवात करते है  
 हर के जीवन की किताब मे  
 खुशियो के सारे रंग भरते है  
 आओ मिल कर खुशिया ढूढते है  
 कुछ तुम ढूढो कुछ हम ढूढते है



कोमल नरूला



# बचपन

सोचती हूँ तुम्हारा बचपन फिर वापस उठा लाऊँ  
 वो प्यारे मीठे दिन फिर एक बार जी जाऊँ  
 फिर तुम्हें कभी गोद में खिलाऊँ  
 तो फिर कभी तुम्हारा घोड़ा बन जाऊँ  
 फिर तुम्हें खाना खिलाने के हर रोज़ नए जतन जुटाऊँ  
 फिर तुम्हें गुड्डा बना कर खूब सजाऊँ  
 फिर तुम्हारा बचपन तस्वीरों में कैद कर जाऊँ  
 फिर तुम्हारी फ़रमाइश पर  
 वोहि एक कहानी हर रोज़ सुनाऊँ  
 जब तुम थक कर सो जाओ  
 तो फिर वैसे ही तुम पर खूब लाड़ जताऊँ  
 सोचती हूँ तुम्हारा बचपन फिर वापस उठा लाऊँ  
 और तुम्हारे साथ अपना बचपन भी फिर जी जाऊँ



सोमाली



# चलो फिर लौट चलें

जी चाहता हे फिर पुराने वक़्त में चली जाऊँ  
फिर तुम से मिलने के बहाने सुझाऊँ

कोई पब्लिक बूथ से तुम्हें फ़ोन घूमाऊँ  
मिलने का वक़्त तय करके, उस वक़्त तक मुश्किल से रुक पाऊँ

सारा दिन यही सोच कर बिताऊँ  
कि क्या पहन कर तुमसे मिलने आयूँ

सहेली के लिए ले जा रही हूँ  
यह बोल कर तुम्हारे लिए कुछ अच्छा सा पकाऊँ

घंटा भर पहले ही मिलने के जगह पर पहुँच जाऊँ  
कोई देख ना ले, यही सोच कर बार बार घबराऊँ

जैसे ही तुम आयो, कोशिश करके भी अपनी हँसी ना दबा पाऊँ  
जैसे की तुमसे पहली बार मिल रही हूँ, ऐसे ही हर बार मुस्कुराऊँ

वक़्त को पकड़ लूँ यही मनाऊँ  
जी चाहता हे फिर उसी वक़्त में चली जाऊँ  
जब तुम्हारे साथ वो प्यारा सा वक़्त एक बार फिर बिताऊँ



सोमाली

# वक्त

वक्त को भी थोड़ा और वक्त दो  
 वो वक्त भी अच्छा आयेगा  
 तुम हौसला मत खो  
 क्यूंकि जो नसीब मै है वो खुदा भी  
 तुमसे ना ले पाएगा  
 विश्वास पर तो दुनिया कायम है  
 तुम भी कर लोगे तो क्या हो जाएगा  
 वो वक्त इतना बेरहम भी नहीं है  
 जो कभी तुम्हारा नहीं आएगा  
 आज आसुओं की नदी है  
 तो कल हसी का समुद्र आएगा  
 जो आज तुम्हारे पास नहीं है  
 क्या पता वो कल आ जाएगा  
 खुदा को याद करो  
 वो तुम्हारी उलझने सुलझाएगा  
 एक बारी अपने दिल से तो पुछो  
 क्या अपना ही तुम्हें कभी रूलाएगा  
 वक्त को भी थोड़ा और वक्त दो  
 वो वक्त भी अच्छा आएगा



--Ashwita  
DLDAV MODEL SCHOOL



# हरियाली तीज स्मृतियां...

तीज पर्व के दो नाम प्रचलित हैं ....आसमान में उमड़ती घुमड़ती काली घटाओं के कारण इस पर्व को कजली (कज्जली) तीज और सावन की हरीतिमा के कारण हरियाली तीज के नाम से पुकारते हैं। इस तीज पर्व पर तीन बातों के तजने ( छोड़ने ) का भी विधान भी पुस्तकों में मिलता है -

- 1...छल कपट
- 2...झूठ दुर्व्यवहार
- 3...पर निंदा

कहा जाता है कि इसी दिन गौरा जी विरहाग्नि में तप कर भगवान भोलेनाथ से मिली थीं। इस त्यौहार पर सुहागिन स्त्रियां श्रंगार करके गौरी पूजन करती हैं। मेंहदी, झूला, एवं मेले का आयोजन विशेष रूप से होता है। यह पर्व मुख्य रूप से उत्तर प्रदेश के बनारस, मिर्जापुर में मनाया जाता है। कजरी( विरह गीत) का कंपटीशन भी होता था। यह वर्षा ऋतु का विशेष राग है। ब्रज के मल्हारों की भांति यह प्रमुख वर्षा गीत पपीहा, बादलों, तथा पुरवा हवाओं के झोंकों में बहुत प्रिय लगता है।

तीज पर्व की स्मृतियों के साथ मायका जुड़ा हुआ है। बचपन की स्मृति सबके मन पर अमिट छाप रखती है। जीवन के किसी भी दौर में आप हों मायके का नाम सुनते ही हर स्त्री के चेहरे पर अनूठी मुस्कान आना स्वाभाविक सा है। तीज पर्व पर उसी मायके की याद करते हुये, लगता है कि कल की ही बात है ... जब मैं 8 - 9 साल की थी, और मैं नई फ्राक पहन कर यहां वहां कुलांचे भरती फिरती थी .... पहले संयुक्त परिवार हुआ करते थे ... ताई, चाची, बुआ आदि से भरा हुआ घर ... दादी की तो सबसे दुलारी लाडली और प्यारी पोती जो थी। घर में पहली पोती थी इसलिये मेरा रुतबा ही कुछ और था। दादी का लाड़ और स्नेह ऐसा कि सभी भाई बहनों को लगता कि वह उसे ही सबसे ज्यादा चाहती हैं। चूंकि घर में बहुत से लोग थे और त्यौहार उन दिनों बहुत उत्साह उमंग और धूमधाम से मनाये जाते थे। सावन का विशेष पर्व हरियाली तीज की स्मृतियां आज भी ताजी हैं .....

कहां से शुरू करूं सब कुछ सजीव हो उठता है ... कई दिन पहले से मिठाई, पकवान घर पर बनने शुरू हो जाते थे क्योंकि त्यौहार की मिठाई बुआ मौसी आदि के घरों में भेजी जानी होती थी और हां ,नानी के यहां से भी तो मिठाई आती थी। बाजार की मिठाई के डब्बों का इतना चलन नहीं था। मां, ताई, चाची आदि सभी प्रसन्नता पूर्वक कई दिन पहले से ही तैयारियों में लग जातीं थीं ... साथ में सावन के गीत भी गुनगनाती रहती थीं। सबके लिये बाजार से नई साड़ियां आतीं ... साड़ी वाले भइया अपना गट्टर लेकर आते और घर में ही साड़ियां पसंद करके ले ली जातीं .... चूड़िहार आता और सबके हाथों में नई नई चूड़ियां पहनाता। लाल हरी पीली चूड़ियां देख हम बच्चे भी बहुत खुश होते ... यह भी लेना है, वह भी लेना है लेकिन नहीं.... सावन है इसलिये हरी हरी चूड़ियां ही पहननी होतीं थी। फिर आती थी मेंहदी की बारी ... नाइन आकर मेंहदी की हरी हरी पत्तियों को पीसती थी, सारा घर मेंहदी की महक से गमक उठता था। हम सबके लिये मेंहदी लगाना अनिवार्य होता था। सभी बच्चे तख्त पर लिटा दिये जाते और हाथ पैर में मेंहदी लगा दी जाती थी। और मेंहदी लगते ही भूख लगना स्वाभाविक था, फिर दादी का मनुहार करके एक एक कौर मुंह में प्यार से खिलाना। लाल लाल रचे हुये हाथ पैरों को बार बार निहारना और फिर सबको दिखा कर कहना कि मेरी मेंहदी सबसे ज्यादा लाल है। यह स्मृतियां भला कभी भूली जा सकती हैं। तीज की सुबह ताई, मां और चाची, बुआ सज धज कर गौरी की पूजा करतीं। सभी एक साथ बैठ कर बायना मनसतीं। नई साड़ी, जेवर और मेंहदी लगे चूड़ियों से भरे हाथ आज भी आंखों के सामने तैर उठते हैं।





घर के पीछे नीम के पेड़ पर झूला डलता ... दोपहर में सब मिलकर झूला झूलते। बुआ अपनी सहेलियों के साथ ऊंची ऊंची पेंग लेकर झूला करती। हम बच्चों को छोटे झूले से ही संतोष करना पड़ता।

मधुर स्वर लहरी में कजली, हिण्डोला गीत और झूलागीत गाया करती थीं। नन्हीं- नन्हीं बूंदों की फुहारों के बीच झूले पर बैठ कर पेंग मार कर झूला झूलना सावन का असली आनंद था। आज भी कुछ पंक्तियां याद आती हैं.....

**झूला झूल , झूला झूल**

**भइया माथे फूल , भाभी माथे सेंदुर**

**भइया भइया तुम भाग आओ, भाभी को भीजन देव**

शादी के समय लड़की के लिये ससुराल से सिंधारा आने का रिवाज आज भी बहुत जगह हैं। सावन के महीने में मिर्जापुर, प्रयागराज में लड़की का फूलों से श्रंगार करवाने का उस समय बहुत रिवाज होता था। वह दृश्य आज भी सजीव हो उठता है, जब बुआ के ससुराल से सिंधारा आया। बुआ को एक चौकी पर बैठाया गया था, उनका फूलों से श्रंगार किया गया था। बेले की कलियों को पिरोकर बीच बीच में गुलाब आदि लगा कर बहुत ही सुंदर माथापट्टी, वेणी, जूड़ा, गजरा, हार, हथफूल सब कुछ कलियों से ही बनाया जाता था.... उसे ही लड़की या ब्याहली बहू के भी फूलों के श्रंगार का प्रचलन था। आज भी बुआजी का वह अप्सरा जैसा सुंदर रूप आंखों के सामने सजीव हो उठता है।

शाम को तीज का मेला देखने भी जाया करते थे। मेले में सभी महिलायें सज धज कर जाया करती थीं। वहां पर झूला झूलने के लिये हम बच्चे बहुत लालायित रहते थे। लकड़ी के खिलौनें मे वहां से अपनी गुड़िया के लिये पालकी खरीदना नहीं भूलते थे। हम सभी बच्चे इन त्यौहारों या अवसरों का पूरा आनंद लिया करते थे। उन दिनों गुब्बारा लेकर ही हम सब खुश हो जाते थे।

हम सब उन पुरानी परम्पराओं और त्यौहारों से अपने को जुड़ा हुआ महसूस करते थे। आज कंप्यूटर युग में हम सबके पास इन पुरानी परंपराओं और रिवाजों के प्रति न ही रुचि है न ही समय.... हम बच्चों को ही दोष क्यों दें ...हम महिलायें भी केवल त्यौहारों पर मात्र लकीर पीट कर ही अपना काम पूरा समझ लेते हैं। अब त्यौहारों के लिये न ही उमंग है और न ही उल्लास, जो कुछ भी है वह अभी छोटे शहरों में थोड़ा बहुत चल रहा है ... महानगरों की व्यस्त जिंदगी में सब कुछ प्रायः लुप्त हो रहा है ...सभा सोसायटी और क्लबों में तीज मिलन करके लकीर पीटी जा रही है ...

**न रह गई अमराई, न ही नीम की डाल  
न मस्ती न झूला, रह गई तो ...बस भाग दौड...**



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# मैं खुशकिस्मत हूँ

मैं खुश किस्मत हूँ  
 क्योंकि मेरे वो मुझे बहुत प्यार करते हैं  
 मैं सोचती हूँ कि प्यार वो नहीं कि  
 पति मंहगी बनारसी साड़ी  
 लेकर आये या फिर गहने जेवर गढवाये  
 जब वह प्यार भरी नजरों से मेरी ओर  
 देख कर अनायास कह उठते है  
 ये सूती साड़ी तुम पर कितनी खिलती है  
 इस साड़ी में तुम कितनी सुंदर लगती हो  
 उस समय मुझे भी उन पर बहुत प्यार आता है  
 वह सूती धानी साड़ी मेरी यादगार साड़ी बन जाती है  
 मेरा तन मन दोनों धानी धानी हो उठता है  
 मेरी पलकें नई नवेली सी शर्मा कर झुक जाती हैं

मैं खुशकिस्मत हूँ  
 क्यों कि मेरे वो मुझे बहुत प्यार करते हैं  
 क्यों कि प्यार वह नहीं कि  
 पति मंहगे उपहारों से घर को भर दें  
 मैं खुश हो जाती हूँ, जब मेरे वो  
 मेरे जन्मदिन पर प्यार से मुस्कराते हुये  
 मेरे जूड़े को बेले की लड़ियों से  
 सजा कर हैप्पी वाला बर्थ डे बोलते हैं  
 और प्यार से मेरी नरम हथेलियों को अपनी  
 मुट्ठी में बंद कर लेते हैं  
 उन पलों में तन का बंधन  
 मन का बंधन बन  
 मन भीग भीग उठता है ,....

मैं खुश किस्मत हूँ  
 क्योंकि मेरे वो मुझे बहुत प्यार करते हैं  
 मेरे वो मुझे मंहगे होटल में  
 ले जाकर खर्चीले डिनर नहीं करवाते  
 परंतु अपने आंगन में बैठ कर  
 खुले आसमान के नीचे  
 जब हम दोनों बैठकर  
 साथ में खाना खाते है और  
 प्यार भरे पल गुजारते हैं  
 वह खुशनुमा पल सारे कैडिल लाइट डिनर  
 से ज्यादा आनंददायी होता है  
 उन आत्मिक प्यार भरे पलों को जीकर  
 मैं खुश हो जाती हूँ  
 मैं खुश किस्मत हूँ  
 क्योंकि मेरे वो  
 मुझे बहुत प्यार करते हैं



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# Step Out in Style

Every woman wishes to look stylish but due to lack of time and never-ending struggle between career and family they cannot find enough time for themselves. So here are some basic yet informative styling tips which will help you to dress up and look effortlessly stylish at the same time.

## Dress up as per your body shape

Don't wear clothes which are too tight or too loose for your body. Choose dresses that better suit your body type.

Identify if you are hourglass, apple shape, pear shape, or rectangle body shape and select your dress accordingly. Today the choice of clothes is so diverse that there's something for everyone no matter what size, height, proportion, or body shape you are.

## Choose comfort over fashion

Looking stylish isn't always about wearing the coolest trends or wearing the most expensive clothes. Never follow the designers blindly and never buy clothes just because they're trending, you will wear them just once or twice and then you will get bored of them. So it is always advisable to invest in some classics and comfortable outfits.

## Plan your look in advance

Plan your outfit one day before and according to the occasion. In this way, you won't have to get dressed in a hurry or worry about how you are going to look. Have a trial before a day and choose your shoes and accessories in advance which can go with your dress and entire look. Fashion is all about self-expression and versatility. Decide outfit based on your feelings.

## Colour coordination

Colour coordination is one of the most important things when it comes to style. Make sure that the colours in your outfit are going with each other. When you are putting together an outfit, it is recommended that you wear not more than three colors.

Colours can affect your entire mood. So make sure that your outfit colours are grooming your personality better. And remember when in doubt; always go for a monochrome or black & white look.

## Accessories right

Accessories can make or break your look. Wear them wisely. This might sound very obvious and simple but wear what feels right.

Too many accessories are a big no-no. Always keep in mind that the accessories should complement your outfit. Matching your earrings with your heels can be a good idea.

## Look for the inspiration

In recent years, there is a huge rise of style and fashion influencers everywhere on social media platforms. They are always updated with the latest style trends and they know what's in & what's out. Instagram, Pinterest, or fashion blogs can be an excellent source to get styling tips. In case, if you aren't very confident about how to style yourself, this can be the perfect option for you.

The identification of a stylish woman is the fact that she is aware of all the latest trends but she doesn't follow them blindly. She has her sense of style which she believes in. Most of it, it's all about confidence. Believe in yourself and trust the fashionista within you.



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# Office on women's health



**“ Office on Women’s Health (OWH) – a body solely focusing on the ladies We all know about WHO and keep quoting it every now and then. Its directives had always been of global significance. The significance improved even further during these pandemic times when everyone was looking up to WHO for the latest guidelines. There is a need for more awareness to be spread about OWH so that women across the globe can benefit. ”**

The Office on Women's Health (OWH) was established in 1991 within the U.S. Department of Health and Human Services (HHS). OWH coordinates women's health efforts across HHS and addresses critical women's health issues by informing and advancing policies, educating health care professionals and consumers, and supporting innovative programs. The website of OWH clearly states that materials contained on the site pages are free of copyright restrictions and may be copied, reproduced, or duplicated without permission of the Office on Women’s Health. The main reason for this could be that it wants more and more women to gain maximum knowledge about their own health which they generally tend to neglect. OWH supports a variety of campaigns, programs, and policies around health disparities, violence against women, HIV and AIDS, trauma-informed care, health across the lifespan, and the provision of health care. Though it was created with more focus on US women’s health, the policy, education, and innovative programs of the organization should be followed by all women, health professionals, healthcare organizations and policy making bodies globally with of course adding their own localized healthcare improvisations.



### How can women benefit?

Women can get breastfeeding help, family planning help, mental health help, healthcare knowledge and support, health insurance services, girl's health information and women-specific vaccine information from the platform. Some of the popular health concerns that OWH focuses on are pregnancy, polycystic ovary syndrome (PCOS), menstruation, HIV and AIDS, thyroid diseases, autoimmune diseases, carpal tunnel syndrome, depression, reproductive health, sexual health, sexually transmitted diseases, bleeding disorders etc.

The OWH site is rich in factsheets of all health ailments starting from A-Z providing information with focus on women with guidance on how they can manage these health conditions. Since the website is maintained by the federal government, women can use all health-related information from it for their benefit without worrying about authenticity. Not only this, the information can be used by health professionals and also by all organizations to know all about the health of their women employees so that accordingly they can make women-friendly work policies.

—from <https://medicircle.in>

# HOW TO GET RID OF FRUSTRATION

In the July issue of Women Shine, we discussed on the causes of “Frustration” Now read on how we can get rid of this.



## *What is Frustration:*

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.

## *Calm down*

This will help stop your mind from racing, which is something that happens at the start of an anxiety-producing situation. There are several ways to do this. One is to work on your breathing. Take five deep breaths. Slowly breathe air in through your

nose, hold it for five seconds, and then exhale slowly through your mouth. Another way to calm down is to close your eyes and focus on a place that relaxes you, such as a beach or a forest.

## *Clear your mind*

Everyone does this differently. Some people stand and stretch. Others pet an animal or step outside for a moment. There are many more examples you can try. Find one or two that work best for you. What's important is that it's something that you can focus on for a couple of minutes that is not what's bothering you. Clearing your mind is taking a quick mental break.

## *Come back to your problem*

But this time do it calmly. Look at it in a new way. Imagine how a friend would see it if they just came across it. Try to see it differently.

Describe the problem in one sentence

. For example, "I'm frustrated that I spilled coffee on my paper and I am not going to have time to print off a clean copy.

Define why this frustrating thing concerns or worries you.

It could be something simple like "I'm worried I'm going to be late again to work" or as complex as "My marriage is falling apart and I'm afraid our relationship will end in divorce.

## *Think through realistic options*

It could be making a phone call, agreeing to begin therapy, start walking with a friend

Make a decision, and stick to it

If you waffle back and forth, you'll fall back into frustration again. This is one of the most difficult steps and one of the most important steps.

## *Act on your decision*

Once you've committed to deciding on a way to reduce your frustrating situation, take action.

Get it out of your mind.

Don't spend any time or energy thinking through it. It's done and whatever will happen will happen. Allow yourself to enjoy being done with what was frustrating you. Think about what you want to do now that the stress is gone.



**Frustration happens to everyone. The key to managing it is to understand your feelings and emotions before they get out of control and you lose the ability to think clearly.**

**To be continued.....**

**The Arbitrary Doctor..**

# Breastfeeding is Best Feeding



World Breastfeeding Week is celebrated every year from 1 to 7 August to encourage breastfeeding and to improve the health of babies around the world. Breastfeeding is the optimal source of nutrition through the first year of life and it is one of the most effective ways to ensure child health and survival. WHO (World Health Organization) recommends initiating breastfeeding within the first hour of the birth of a child. Exclusive breastfeeding is recommended for up to 6 months.

Breastfeeding benefits mother and baby in many ways.

## ***Benefits of Breastfeeding for the baby:***

Breastmilk helps build and support baby's immune system. Breastmilk is loaded with antibodies that help baby fight off viruses and bacteria.

Breastmilk promotes healthy weight gain and helps prevent childhood obesity.

Breastmilk is easier for baby to digest.

Breastmilk has DHA (docosahexaenoic acid) that may help baby's brain and eyes development.

Breastfeeding may reduce disease risk, including gut infection, ear infection, diarrhoea, gastroenteritis, cold and respiratory illnesses like pneumonia, whooping cough.

Breastfed infants also have a lower risk of sudden death syndrome (SIDS).

Breastmilk has all the necessary nutrients that baby needs for the first 6 months of life.

## ***Benefits of Breastfeeding for the mother:***

Breastfeeding does burn more calories, which may help to lose weight gained during pregnancy. Those mothers who breastfeed are more likely to return to their pre-pregnancy weight than mothers who formula feed.

Women who have breastfed experience reduced rates of breast and ovarian cancer later in life. Breastfeeding seems to provide with long term protection against cancer.

Breastfeeding releases the hormone Oxytocin which helps to contract the uterus back to its pre-pregnancy size.

Release of good hormone such as Prolactin and Oxytocin that promotes a strong sense of love ,attachment and nurturing sensation and promote mothering behaviour.

Breastfeeding impacts the health of the mother and child in a positive ways and breastmilk is the best food for babies in the first year of life .It's best to feed baby only breastmilk for at least 6 months .Keep breastfeeding for 12 months even when baby starts solid foods.



-Shared by Renu Singh

# QUINOA-VEGGIE PLATTER



Enjoy this easy to prepare healthy salad platter, full of protein, antioxidants, fibre and vitamins.

## Ingredients:

- Quinoa - 20gm
- Low Fat Cottage Cheese - 25gm
- Blanched Broccoli Florets- 1 medium bowl
- Diced Tomato - 1 big
- Diced Bell Peppers - 1 medium bowl
- Chopped Onion- 1 small
- Fine chopped Garlic Cloves- 2
- Seed Mix (roasted) – 1 tsp
- Lemon juice to season
- Salt, pepper and oregano seasoning as per taste
- Olive oil - just to spray the sauce pan for sautéing



## Method:

- Wash and steam quinoa in a sauce pan in 4 times quantity of water, once starts boiling, simmer, keep covered and let quinoa soak all the water (this will take around 15 minutes). Switch off the flame and keep it covered for another 10 minutes, then remove the lid and let it cool.
- Spray your sauce pan with olive oil, add chopped garlic, roast it till golden brown, and then add blanched broccoli florets and diced bell peppers, sauté for 2 minutes.
- In a bowl mix steamed quinoa, sautéed vegetables, diced tomato, cubes of cottage cheese and chopped onion, sprinkle with roasted seed mix.
- Add salt, pepper and oregano as per taste.
- Season with lemon juice and serve in a platter....😊😊

## Nutritive value/platter:

- Energy – 154 Kcal
- Protein – 7gm
- Carbohydrate – 22.5g
- Fat – 4.0g



Shared by Ms. Beena Arora

# Recipe for PIZZA OMELETTE



## Ingredients:

- Eggs - 3
- Olive oil to brush the sauce pan
- Salt and seasonings

## Method:

- Separate egg whites carefully from the shell and let yolks rest in there.
- Use a blender to whisk egg whites and let it become frothy.
- Heat the sauce pan on medium flame and brush with olive oil.
- Pour blended egg whites and let it get fluffy and cook until half done.
- Place egg yolks gently, shouldn't break, season with salt, pepper, chili flakes and oregano.
- Let it cook for another minute and its done!
- Serve hot.

## Nutritive Value (FOR 3 EGGS)

- 240 kcal
- 21 g protein
- Fat 15g (visible only 2 to 3g)
- Carbohydrates 1.5g



**RAJNI MANDHYAN**  
NATUROPATH AND YOGA EXPERT

# ADVENTUROUS ROAD TRIP.....

Generally speaking, road trips are fun. Especially after the traffic snarls of Lucknow and daily commute on chaotic roads, highways are a great relief. This time around we planned a **road trip to Bandhavgarh Tiger Reserve in Madhya Pradesh.**

Our route guide to the destination was quintessentially the GPS.

Well... so far so good, we chose to reach Bandhavgarh via Chitrakoot. As it happens, GPS misguided us in Lalganj on the Rae Bareilly-Allahabad route. After considerable off-roading, our day was saved by a Good Samaritan as he enlightened us that the route is really bad and leads nowhere. So back to the main road, after hackling around quite a bit, and taking clues from some locals we managed to reach Chitrakoot.

We were clueless that the real adventure lies ahead.

The route from Chitrakoot to Bandhavgarh passes through Maihar, Satna, and Panpatha. As we crossed Chitrakoot town, it was all dirt track, but the big problem began after about an hour's journey, the terrain became rocky with no paved road in sight, we were driving on craters of all sizes from peanut to jumbo sized.





There was no human being in sight, not even vehicles. We were nervous like hell and completely in a blue funk. I asked Kamal to return but reversing the car on the rocky track could be perilous, so no choice but to keep going.

It is at such times one realizes the vulnerability of human life, the worldly possessions don't matter. You have only the clothes you're wearing and some belongings you carry along; your life seems to hinge on a four-wheeled machine. All that matters is mental strength, physical fitness, driving skills, and importantly vehicle's off-road capability.

Of course! Luck

Nevertheless, the route was pretty engaging for more than an hour as our good old All-Wheel-Drive Honda CRV negotiated the rocky terrain with aplomb. , we were spooked until we reached the paved smooth road because the area is dacoit infested and prone to crime.

The onward journey was comparatively smooth. The way to our resort passed through Panpatha Wild Life Sanctuary, it was twilight already, and



we spotted some deer grazing on the lonely track, besides yellow hoardings indicating that the area is protected and stepping out of the vehicle and honking is prohibited.

Well... finally we reached our destination and breathed a sigh of relief. What we'd thought of as a fun trip turned out to be an adventure, but Kamal was fully composed and said, "**Say yes to adventure**". I was like, to hell with adventure, Shukra manao ki safely pahuch gaye... haha!

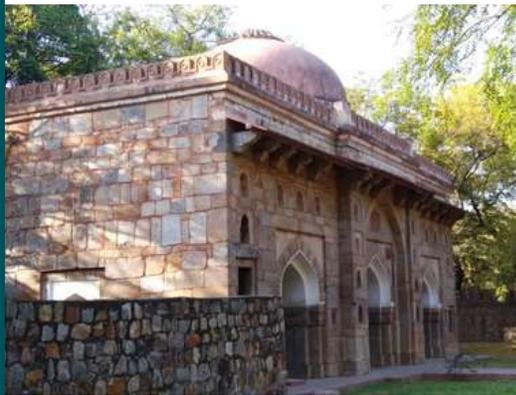
We were wiser and more careful while returning and chose a safer route, even though a bit longer.

**-Shared by Ruchi Jain**

# Untold story of monuments

## History Of Siri Fort

The history of New Delhi and the history of the Siri Fort are connected inseparably to each other. The present-day city of New Delhi has been inhabited from ancient times for the last 4000 years. Beyond the mythological era, the town came into prominence under the Tomara rule in the 9th century AD, when it became the focal point of the power struggle in northern and north-western India. After the last Hindu king of Delhi Maharaja Prithviraj Chauhan was defeated and imprisoned by Muhammad of Ghor in 1192 AD, Delhi came under the Muslims' direct rule. A Mamluk Turk formed the first independent Muslim dynasty of Delhi by the name of Qutbuddin Aibak. His Mamluk or Slave Dynasty succeeded the Turkic Islamic dynasty of the Khiljis in 1290 AD. Jalaluddin Khilji, the first Sultan of the Khilji dynasty, started planning the erection of a new city beyond Qila Rai Pithora and the Qutb Complex of Mehrauli. Still,



Alauddin Khilji, his nephew/son-in-law and successor, launched construction work to build the fort and the city. The better part of the later Slave Dynasty rulers and Jalaluddin Khilji's rule passed under the continuous threat of Mongol invasion from the north-west. Alauddin, who had faced the Mongols on the battlefield even before becoming the Sultan, was well aware of the necessity to build more substantial fortifications around the Empire's capital to save it from continuous Mongol onslaughts and the innovative siege techniques they applied. Therefore, the Seljuk Turks' help took refuge in the Delhi Sultanate after the fall of their Central Asian and West Asian Kingdoms to the Mongols. With Their Unique architectural knowledge about fort building, Alauddin ordered the massive Siri Fort erected in Turkish-style architecture, previously unknown in India. The Seljuk Turkish craftsmen who took asylum in Delhi are credited with this era's monuments built by the Sultans of Delhi.

The original fort of Siri was oval. The fort wall's total length was about 5 km, and it enclosed an area of about 1.7 sq. km within it. Today, there are only scant remains of original buildings from Alauddin's reign within the fort itself and indeed no remains of any palaces or other lofty buildings as described by Timur (also popularly known as Tamerlane) when he invaded Delhi in 1398

Alauddin also commissioned the Hauz-i- Alai tank nearby to supply water to his new city outside of the fort walls. Today, the fortifications of Siri have survived in tiny parts. Some sections of the border are still being excavated by archaeologists and remain buried under the forest cover that took hold of the area in the centuries after its abandonment. Large parts of the fortifications were dismantled by later emperors who used them to quarry for material to build their cities.

WaterBody at Hauz Khas Alauddin Khilji built this place for his army to stay and rest A particular mention has to be made of Sher Shah Suri, who plundered Siri's material to construct his city of Shergarh. Large parts of the original walls have been lost to the modern expansion of the city. The most most prominently visible section is set within a protected park right on the main AugustKrant Marg. Here, the fortifications are pretty substantial, and they are built in a typical style, with battered walls and a passage within the wall at its base. Remains of bastions, flame-shaped battlements, and loopholes for arrows are seen here for the first time.

The entrance to the only well maintained portion Of Siri Fort. There are also remnants of a bridge that may have been used to cross a stream that flowed just outside the wall to the west. The other large protected sections, especially the remains of the foundations of bastions, can be seen by taking the road that leads to the Siri Fort Sports Complex and turning left onto a protected piece of land demarcated with signs visible from outside of a small entrance gate. Yet another tiny section can be seen to the south of Shahpurjat village abutting the Panchsheel Park residential neighbourhood. This section of the walls of Siri is probably the most threatened by modern development

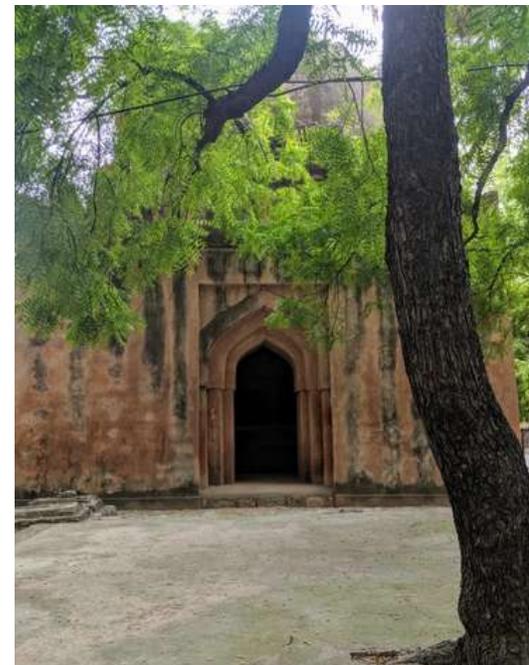
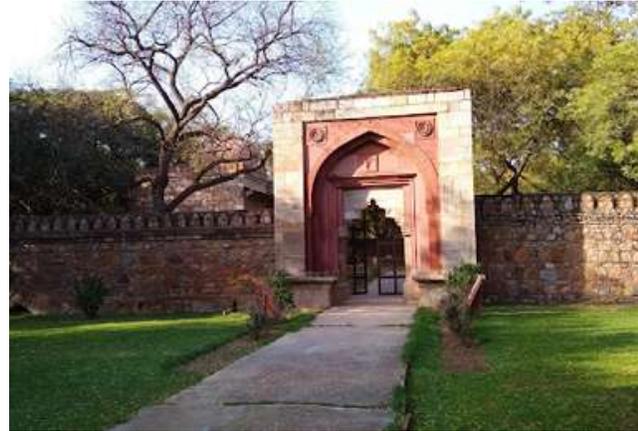
There is a small but magnificent tomb in the Panchsheel Park area of South Delhi with two graves of unknown soldiers. Right across the road, there is a small prayer hall which is in the Turkish style of architecture. The posh South Delhi structure of the elite class overwhelms this gem of history.

The tomb with two graves inside and two small graves outside in Panchsheel Park area of South Delhi.

### The Prayer Hall

The prayer hall built during the time of Alauddin Khilji for his soldiers Alauddin Khilji's repulsion of the Mongol invasions of India Alauddin Khilji was born in Delhi in 1266 CE, lived his entire life in the Indian subcontinent, and ruled as Sultan of Delhi from 1296 CE – 1316 CE. By any definition, he would have to be called an Indian monarch, not a foreign invader. As a ruler, he would prove himself to be one of India's greatest warrior kings and one of the world's great military geniuses.

By all accounts, Alauddin Khilji was not a benevolent king to his subjects. He was a brave soldier and a brilliant general who saved the Indian subcontinent from certain destruction. Of course, Khilji did not resist the Mongols to preserve Indian culture and civilisation; he did what he did to save himself. But that is true of every ruler who defends their kingdom against a foreigner, whether Shivaji, Rana Pratap, or Laxmibai of Jhansi.



Legends say that Alauddin founded the Siri Fort and the city around it on 8000 severed heads of captured Mongol soldiers, which served as the origin of the name Siri with Sar meaning 'a head' in Turkic language; later, Somebody transformed the word into Siri. Contrary to popular belief, Alauddin was an erudite Sultan with a lot of knowledge and interest in architecture. Even today, the evidence of his impeccable taste in architecture can be easily found in the ruins of the Siri Fort and the city itself. The power, richness and prestige of Siri can be amassed from the fact that it was called the "Darul Khilafat" or "The seat of the Caliphate" under Alauddin's rule

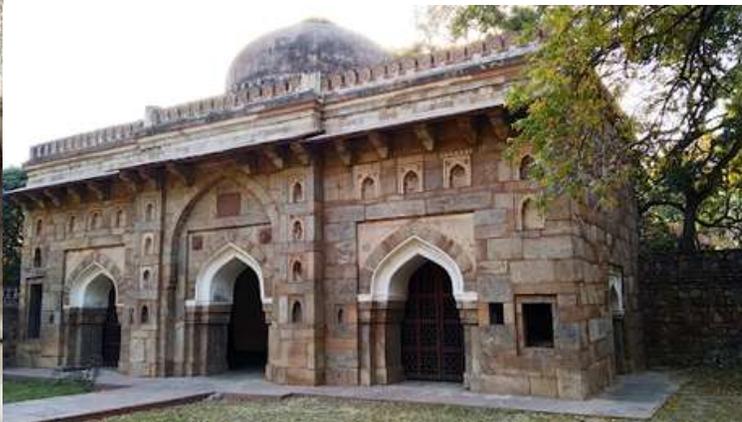
Noted historian Chandra Lal says, "To say that Alauddin Khilji saved Indian Sub-Continent from Mongols and hence saved the culture we enjoy now. Mongols were nomadic and were known to destroy the place they conquered."

The main revenue of the state came from agriculture, and most of the farmers were Hindus. Alauddin needed to finance his expensive military campaigns, and for this, he levied heavy taxes on the farmers — and hence the Hindus. This was rightly viewed as oppression; but the motivation for the oppression was fiscal, not religious. Lal adds on.

An additional motivation for Alauddin in impoverishing the farmers was that there was a constant threat of rebellion against him. This threat arose both from the wealthy farmers as well as from the Muslim nobility. Alauddin acted with equal brutality in suppressing both threats. A poor farmer was not a threat. Even the much-reviled religious tax, the Jaziyah, was levied somewhat inconsistently, as Chandra points out: "Jaziyah as a separate tax affected only a small section in the towns. As such, it could hardly be considered a device for forcing conversion to Islam."



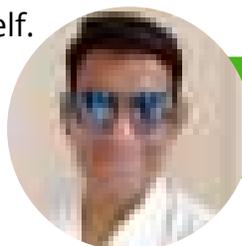
It seems clear from various historical sources that the rule of Alauddin Khilji was not characterised by bigotry. And it would not have been practical, in any case, to indulge in large-scale discrimination against the Hindu majority — not only for Alauddin but for any sultan, for the



rulers were in the minority. As historian Peter Jackson says, Iltutmish, one of Alauddin's predecessors, once explained to his clergy that Muslims were as scarce in India as "salt in a dish

of food," and hence he could not afford to be too harsh with the Hindus. Some historians regard him as one of the finest General who saved the Indian Sub-Continent from Mongols. A warrior who looked after his troops and would always go that extra mile for his soldiers. Some historians say he was against Hindus who butchered and burdened them with an additional tax. Filmmakers would like us to believe as if he was a nomad and a Mongol himself.

## SIRI FORT



-By Narendra Tripathi

<http://www.monumentaltrail.com>

# Humaare Hawadar Palazzos!



God has made all kinds of seasons and designers all kinds of garments to compliment those seasons. No no I am not talking Manish Malhotras or Abu Jaani kind of designers. They have only one design for us women and that's a saree with backless neckless, I mean everything less BLOUSE. Even if it is for extreme winters. In fact, all salutes to the courage of that brave blouse for hanging in there in spite of no practical support! Women often times end up looking like frozen popsicles or mannequins during their so called special occasions but the design of the blouses don't change.

Anyways wohi bantaa hae jo biktaa hae! We women also refuse to change. Humein bhee to sab flaunt karna hae. No no not to men!! To our respectable rishtedaars. Chaahe uske baad, tulsi aur neem Ka kaada peena pade!

Coming back to my point. In this terrible sultry weather, all your body craves is for soft, mulmuly, airy, breathable clothes and I can't help but bless and bless the reinvent-ors of our Humaare baap dada ki zaamene ke aligarhi pyjamas as Palazzos. Haan bhai, they have been inspired by the Aligarhi pyjamas!

Although palazzos date back to sixty's and seventy's but when they made a come back for us, for our diddas and for our ammas, they were a big hit. They replaced those balloon kind salwars and those churidaars in no time. I am glad they did. Though whenever my father sees me in a palazzo, he always comments, "beta yeh jo tumne pehnaa hae, unchaa sa, kapdaa kam pad gayaa tha kya bitiya!"



Remember how we used to struggle with our churidaars? If we had to step out, we had to cater to those ten extra minutes just to successfully get into our churidaars. The more the churris the better the ishtyle! Especially, for a person like me. I had very thin legs (dad used to call them candle legs) and more churris in my churidaars was my only way of camouflaging them. Aur usi chakkar mein saara kabaada hota tha!

The more the churris, the worse the struggle. Especially, if I was out for shopping and in any store's trial room. I always would first check the size of the trial room because I knew I would be banging myself all over and Allah bachaaye, if there was no stool, I had it By God!

I remember, when once trying a churidaar, how badly I fell inside a fitting room and hurt myself. Thankfully my mother was right outside and I could call out for



her help. Otherwise, imagine my embarrassment and my plight. Since then I made it a point to either ask for a stool or if not given any, would sit on the floor and try, caring the least that it would get dirty. Jaan hae to jahan hae! The designers should have thought about the practicality of the garment. Shouldn't they?

I also remember, how some of my friends wore those body hugging churidaars and walked like a penguin. Saans na aaye but fashion na jaaye! I always wondered how they breathed and who helped them when they had to get out of those painful churidaars. They too must be banging across their rooms just like that poor birthday balloon which bangs against the four walls of a room when it gets deflated!

Shukar hae woh bhayanak waqt beeta aur aaj hum chain ki saans le rahain hain□



- Somali Bammi



See you in the next edition