

VOL 16.0 | SEPTEMBER EDITION

# WOMENSHINE

## Kamiya Jani

WHAT'S TRENDING  
FASHION  
HEALTH  
SHE LEADS

+

### TRAVEL TALES

Me time in coorg

दिल से

Hindi section

### TASTE BUDS

Masala muffins

### CELEB

Shriyam bhagnani

Winners of photography day contest inside

# Contents



WHAT'S TRENDING  
1-6

ZODIAC  
7-8



SHINE GLOBAL  
9-11

COVER STORY  
12-15



SHE LEADS  
16-18

CELEBS  
19-20



SHINING STAR  
21-22



FASHION  
23-24



HEALTH  
25-27



TASTE BUDS  
28-29



TRAVEL  
30



ART AND CULTURE  
31-33



DIL SE  
34-42



UNBOX TALENT  
43-49



#WSWHISPERINGTHOUGHTS  
50-56



CONTEST  
57



Magazine designed by : TEX Technology Exchange  
E-mail : [connect@womenshine.in](mailto:connect@womenshine.in)  
Website : [www.womenshine.in](http://www.womenshine.in)

## To advertise:

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

## Disclaimer

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

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



# CHAPTER LEADS

## INDIA

1. GURGAON - MEENU CHOPRA
2. HYDERABAD - SUNPREET N. SINHA  
RESHMA THAKUR
3. INDORE - TULIKA S. GANGULY
4. JALLANDHAR - VANDANA KAKRIA
5. JHARKHAND - NEHA SINGH
6. KOLKATTA - SUNPREET N. SINHA
7. LUCKNOW - JYOTSNA WALIA
8. MANIPUR - DR. KSHETRIMAYUM VEDAMANI DEVI
9. MUMBAI - SUNITA C. SINHA
10. THANE - SUNITA C. SINHA

## INTERNATIONAL

BANGLADESH - ACHIA NILA  
CALIFORNIA - SUREKHA RASTOGI  
MALDIVES - SHIM AHMED

[fb.com/womenshinemag](https://fb.com/womenshinemag)  
[womenshine.in](https://womenshine.in)  
[instagram.com/womenshinemag](https://instagram.com/womenshinemag)  
[twitter.com/womenshinemag](https://twitter.com/womenshinemag)



## CHIEF EDITOR'S LETTER

*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 September 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 !!!

#SHINEON

**APARNA MISHRA**

Founder , Women Shine

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



## **BANGLADESH**

Achia Khaleda Nila  
Founder, Women in Digital,  
BANGLADESH



## **CALIFORNIA**

Surekha Rastogi  
Founder- Saru Creations  
California



## **GURGAON**

Meenu Chopra  
Life Coach  
Author 'Wake Up Zindagi'  
Gurgaon



## **HYDERABAD**

Reshma Thakur  
Founder , Harsha Consulting-  
Environment Services  
HYDERABAD



## **HYDERABAD**

Sunpreet N. Sinha  
Digital Content  
Creator / Mompreneur  
Hyderabad



## **INDORE**

Tullika S Ganguli  
Entrepreneur,  
INDORE



## **JALANDHAR**

Vandana Kakaria  
Self Employed  
JALANDHAR



## **JHARKHAND**

Neha Singh  
Founder - ANV Consultancy,  
SYRIA(NGO) Dumka,  
Jharkhand



## **KOLKATA**

Sunpreet N. Sinha  
Digital Content  
Creator / Mompreneur  
Kolkata



## **LUCKNOW**

Jyotsna Walia  
Entrepreneur  
LUCKNOW



## **MALDIVES**

Shimla Ahmed  
CEO/ AO news  
MALDIVES



## **MANIPUR**

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



## **MUMBAI**

Sunita C Sinha  
Social Entrepreneur  
Mumbai



## **THANE**

Sunita C Sinha  
Social Entrepreneur  
Thane

**IF YOU ARE FACEBOOK & INSTAGRAM FRIENDLY PERSON, HAVE A GOOD NETWORK AND  
WANTS TO BE A LEADER DO CONNECT WITH US.  
WE WANT YOU TO BE A CHAPTER LEAD OF WOMEN SHINE IN YOUR CITY.**

**REACH US ON WHATSAPP : 9792201002  
WWW.WOMENSHINE.IN**

# RASHMI SRIVASTAVA

The famous quote, 'A journey of thousand miles begins with a single step' consummately describes the progression in my career. It began in 1997 as a fresh graduate when I chanced upon this opportunity to work as a teacher to fill a leave vacancy, a three-month contract. The subjects allotted to me were Moral science and G.K., where children generally doze off. It turned out to be a life-changing phase for me and by the time it ended, I was the most beloved teacher. Children of primary and middle school loved my storytelling skills, and G.K. had become an adventure subject, thanks to my books and newspaper reading habits. I even organised an Inter-School G.K. Quiz contest, and right from banner designing to sending invites to neighbourhood schools organised everything. It was a humongous success and taught me the very first and most important lesson that no job or profile is inferior to any other if you put your heart and soul into it.

In my career of over two decades, I worked with various progressive schools like City Montessori in Lucknow, Ryan International in Jaipur, Seedling Modern in Udaipur, Sunbeam in Varanasi, and D.P.S in Dehradun. They all had their vision and mission and their unique methodologies, which I imbibed from each one of them. Finally, for the past ten years, I am working with KIIT World School Delhi and Gurgaon, which has a mantra that Education is for All. During my stint with KIIT, I got the opportunity to travel to three different continents, Africa, America, and Europe and I learn a lot about the education system and pattern there, which is hugely reflected in KIIT now. It is a beautifully designed learning space for a child that enables the free flow of information, exchange of ideas, creative thinking, and problem-solving through a unique Project-Based Learning approach. I firmly believe in collaborative learning, which is the key to a sustainable future, and education that empowers individuals to fulfill their dreams.

**A quote of Dr. A.P.J. Abdul Kalam is what drives me to keep on striving to meet new challenges every day; "Dream is not that which you see while sleeping, it is something that does not let you sleep."**

## My Awards:

Global Teacher Accreditation by British Council  
 Inspirational Teacher Award (Global): Teach A Man To Fish (UK based NGO)  
 International School Awards Coordinator  
 Rajendra Prasad Samman for Best Teacher

**Rashmi Srivastava, is a Principal, KIIT World School Junior, Sector 46, Gurgaon. She has done B.Sc, B.Ed and M.Ed.**



# Dr. (Mrs.) Vineeta Kamran

**Dr. (Mrs.) Vineeta Kamran** (M.A., M. Phil. Ph.D., English) has emerged as a dynamic academician and has been the Principal for the last thirty years. She is also the Founder – Principal of City Montessori School, Kanpur Road Campus, Lucknow. Dr. Kamran has been trained by QCI International, USA and has travelled widely all over the World to visit various educational institutions. She has also attended & conducted various seminars, conventions, training programmes in India and abroad on TQM and QCCs. The first school student QC-Jai Jagat was started in her school and she was the Convenor of the First International Convention on Students Quality Control Circles, ICSQCC'97 at Lucknow. She has been the spirit behind launching the International QC Academy and Human Excellence Research Centre within her school which is affiliated to QCI International, USA and is also the Executive Director, World Council for Total Quality and Excellence in Education (WCTQEE).



She was honoured with the Best CEO Award of the Nation for the year 1997-98 by Quality Circle Forum of India, for promoting QCCs among the students at the National and International level. She was also nominated for the Woman of the Year 2000 Award by the American Biographical Institute, Inc. Dr. Kamran is also on the Board of Directors of Quality Circle Forum of India since the year 2001. She is also a visiting Faculty for the Asian Productivity Organisation. She has been appointed as the visiting fellow for the Kingston University, London, UK for imparting modules on Total Quality Management and Educational Technology. She has been the President for the All India Principal Association of ISC Schools in the year 2004, 2011 and 2018. Her college has been awarded the ISO-9001-2000 certification for **"Providing Education from Montessori to Degree Level"**.

This makes CMS the only School in the World to have achieved this honour ever. Her school has also figured as the State level Award Winning Nomination received from State / UT Govts. Department of Information Technology, Govt. of India, of Category 'A' schools (Private / Govt. Aided schools) from the state of Uttar Pradesh for the year 2003. Her school is among the top schools and has been recognised with the Earthian Award for Water Conservation Project by WIPRO in the year 2014. Again in 2015, 2016, 2017, 2019 and 2020 WIPRO recognised the school as the top school for the Project on Sustainability and Biodiversity. Also as one of the active members of the American Society of Quality (ASQ), she is involved in initiating Quality Trends in Education through International Training sessions on a regular basis. She is the Member representative of the Association of Schools for the Indian School Certificate in the society of the Council for the Indian School Certificate Examinations, New Delhi. Chairperson of the Northern Region Committee for selection of candidates for National Awards for Teachers by the Council for the Indian School Certificate Examinations (CISCE).

She has been awarded with the **'Lifetime Achievement Award'** for Excellence in Education and her school has been awarded with the 'Excellence in Sports Award' by EduAce Services. She has been awarded the DEROZIO AWARD for Human Enrichment and Excellence in Education by the Council for the Indian School Certificate Examinations in 2016. She has been elected as the Member of Representative of the Academic Committee of the NIOS under the Ministry of Human Resource Development of India, New Delhi. Dr. Kamran has recently been elected as the Member of the Governing Body of the Council for the Indian School Certificate Examination, New Delhi.

On the occasion of International Women's Day, Edukos Unite of Scholars conferred upon her the SHEE 2021 AWARD for the Best Principal in an Online Award Ceremony on 8th March 2021.





When asked how would she sum up her journey from being an iconic Principal to a creative entrepreneur, she smiled and quoted Bob Marley **“Beginnings are usually scary and endings are usually bad but it's everything in between that makes it all worth living.”**

Indeed, the journey of Dr. Neera Sharma has been incredible and inspiring.

Being the only daughter of an Army Officer, she had to change school every two to three years, which was not easy, but it helped in grooming her into an independent and confident girl. She did her Post Graduation in Zoology from Punjabi University, Patiala and had worked as a senior research fellow in PGIMER with Dr. BN Dutta in the Department of Pathology.

After her marriage to Dr. Arvind Sharma MD (Medicine) she settled in Amritsar. She joined DAV Public School, Lawrence Road Amritsar in 1982 as one of the founder teachers. Her hard work and diligence led her to rise to the position of the headmistress and then gave her an opportunity to be the founder principal of DAV International school, Verka bypass, Amritsar where she worked for eight years. She once again came back to her parent school but this time as the principal and served it for fourteen years.

With a vision of a reformer, she regularly contributed for the upliftment of economically weaker sections by opening and supporting ventures like Nava Prerna and Nava Chetna. Many prestigious organisations recognised her expertise in the field of education and had conferred upon her many awards, DAV Gold Medal and CBSE Award for Teachers-2012 are to name a few.

Because of her excellence and diligence, she earned an extension in service for five years and retired at the age of 65 years in 2020.

An entrepreneur at heart, her new venture is a podcast “Neera Ki Naiya, in which she narrates stories for children, the subject closest to her heart, imparting moral values in a fun way. She is still serving DAV College Managing Committee, New Delhi as a manager of various DAV Public Schools and is enjoying the evening of her life with a happy family replete with a bunch of grandchildren who provide the elixir to her life.

## DR. MANJULA GOSWAMI HEAD OF INSTITUTION THE MILLENNIUM SCHOOL SOUTH CITY, LUCKNOW



*“A leader is one who knows the way, goes the way, and shows the way.”*

### EARLY LIFE:

I come from an Army background- both my father and grandfather served the Army. Due to my father's profession as an Army officer, we were posted in a number of places & I was a witness to India's diversity. I was a super cherished and pampered child as I was the only girl child born after four brothers. Being surrounded by boys, I was an absolute Tomboy- having fond memories of climbing trees, playing all boys' games..

Since my grandparents lived with us and our relatives visited us often, we learnt about our culture, virtues & personal goals, our ideals from them. I grew up in a family of relatives and so I value relationships a lot.

### MY FAMILY :

I got married at a very young age to a Civil Services Officer and have been blessed with two sons, Mayank and Aman. My father in law was a renowned doctor in Allahabad. My elder son was lucky to be one of the few students who was invited by the US after 15 years of education in India. Otherwise for USA, a student needs to complete 12 + 4 years of education.

Since he was from Indian Statistical Institute, he was invited with good recommendations from Scientists and he did his Ph. D in Applied Maths from Stony Brook, Long Island, State University of New York.

My younger son graduated from St. Stephens College and did his Masters from Delhi School of Economics. He is now pursuing his Masters/Ph.D in Supply Chain from Rutgers University, New York.

### MY EDUCATION & CAREER:

Being from an Army family, I welcomed travelling regularly and changing schools as a new experience and an opportunity to discover India's multicultural society. I did my initial schooling from Loreto Convent, New Delhi. We shifted to Lucknow while I was in Grade VIII and studied in St. Agnes, Loreto Day School.

Leadership skills were in me since my school days. I was the School Captain and left no chance to bring accolades to my school and Team and during my tenure , I won the prestigious Cock House. I completed my Graduation from Lucknow and along with my graduation, I pursued a course in Public Relations and Advertising from YWCA, Delhi. I also picked up a job with a prestigious Newspaper, **THE PIONEER**, while doing my Graduation. I did my on the job training at Hotel Kanishka, New Delhi. My thought of financial independence and to make a name for myself was always there, even as a teenager. I am an avid learner and read a lot. I believe reading opens your mind and lights up your imagination.



My goal had always been to work and even though I was married to a bureaucrat and his first posting was in a small town called Orai in Jhansi, I took up my first job there as a Primary Teacher. I am working since 1986 in the education sector. Very soon, my husband and I began a family but I continued with my education. I did my B.Ed, Masters and Ph.D in History while my sons were just toddlers. I burned the midnight oil while they slept and managed to appear for my exams.

Thereafter, I started working in the field of education. I took up jobs wherever my husband got posted, even to the smallest of towns like Moradabad and Nainital. To further my passion in the field of education, I opened a school in Nainital & till date that school is flourishing.

In 1998, I came back to Lucknow and was appointed as an Incharge of a very reputed school. I have been Head of Institution for more than 17 years in various schools & it's been 30 years of my service in the education sector. I have travelled to various cities across India, where my experience and expertise helped in developing forward-looking educational institutions. As Principal, I have helped set up schools in Pune, Nainital and Lucknow.

Thereafter, I started working in the field of education. I took up jobs wherever my husband got posted, even to the smallest of towns like Moradabad and Nainital. To further my passion in the field of education, I opened a school in Nainital & till date that school is flourishing.

In 1998, I came back to Lucknow and was appointed as an Incharge of a very reputed school. I have been Head of Institution for more than 17 years in various schools & it's been 30 years of my service in the education sector. I have travelled to various cities across India, where my experience and expertise helped in developing forward-looking educational institutions. As Principal, I have helped set up schools in Pune, Nainital and Lucknow.

### MY BELIEF:

**Your IQ doesn't matter, your I CAN matters!**

I firmly believe that if one replaces one's IQ with I CAN, the sky is the limit! I end up doing the

impossible only with this philosophy of mine.

I very much believe that if I am determined to do something.. when I say I CAN, the whole universe conspires to make my dream turn into reality.

**Your mind & heart need to be in sync with each other**

There are some people who make decisions only from the mind while some decisions are taken only from the heart but when it comes to taking a decision from my end, my mind and my heart has to be in sync.

### Team before self

I always firmly believe in putting my team before self. When you become a leader, success is all about growing others.

So, these are three fundamentals by which I have led my life and these three things have actually helped me to become an achiever and a leader.



### TRAININGS ATTENDED FOR QUALITY MANAGEMENT:

Formally trained in the '**Kaizen Theory of Japan for Quality Management**', organized by the Quality Control Forum of India.

Attended a workshop for **senior management at Queens College, Oxford University** with regard to improvement in the education system.

## AWARDS, HONOURS & ACHIEVEMENTS:

#My Presentation at the 'International Conference for Quality Control' organized by Singapore Productivity and Control Board was awarded as the most outstanding work.

#Was awarded 'The Deming Award' for my case-study presented at the International Convention organized by the **Malaysian Quality Control Board, Kuala Lumpur**.

#Accredited for my work in the field of education by the **Amity University** and the **Times Group**.

#Felicitated by the **Rotary Club** for my contribution to education.

#**PHD Chambers of Commerce** has also recognized my outstanding inputs to education.

#**CII-YI** has honoured me for my works in the field of education.



#I am blessed to have been felicitated by the prestigious organization of **Dubai BAZME -E - URDU** for my contribution in the field of second language. I was honoured by **Nawazuddin Siddiqui, Nandita Das, Sanjeev Saraf, Shahbaz Khan and Gajendra Singh**.

#**WOMEN ACHIEVERS AWARD** organized by **ZEE NEWS**.

# Was awarded **GAURAV SAMMAAN 2021** by Union Cabinet Minister of Education, Mr. Ramesh Pokhriyal along with Deputy CM, Mr. Dinesh Sharma and Minister of Law, Mr. Brajesh Pathak.

#Very recently, awarded by **The Times Group** for contribution in the field of education by **Deputy Chief Minister, UP**.

# My journey in the field of education has also been listed in the book entitled... **PASSIONATE EDUCATIONISTS'**.

# At a glittering function in Gurgaon, in 2019, The Millennium School was ranked **THIRD** in the **entire country** under the category of emerging schools of India.

Today, The Millennium School has earned a prominent name as one of the most coveted educational institutions in the city, providing quality new era education to over SIX thousand happy students.

**There is no substitute for hard work . Never give up..never stop believing ....**



## WOMENSHINE.IN

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

# Magic of Mobile Numbers

You would be surprised how difficult it is to relinquish a mobile phone!

We surely cannot imagine our lives without our phones. But do you know, that this little device has the power to bring us luck, abundance, and prosperity?

Different mobile numbers have different meanings and influences in our lives. Check out for yourself!

**Add all the digits of your phone number and check out their meanings from below :**

## 01

If the total of your mobile phone number is **1**, it means you have a direct and strong communication style. People would call this person to ask for answers, clarity, guidance, and direction in life.

## 02

If the total of your mobile phone number is **2**, it means you are diplomatic, could have a flickering mind, and could be a good middle-man – receiving and passing on information to others. People would call this person as he is empathetic and understanding.

## 03

The total phone number being **3** is perfect for someone who wishes to share the knowledge and wisdom they possess. The communication style of this person is funny, light-hearted, and interesting.

## 04

The total of phone numbers adding to **4** shows the person being disciplined, focused, and stable. This person though has a tendency to keep a lot of checks on others and is controlling of them too.



# 05

The total of phone numbers adding to **5** means you will enjoy constant work and will also be benefitted from building networks - communication is key. This is ideal for anyone doing business or any sort of teacher.

# 06

The total of phone numbers adding to **6** shows more inclined towards family and friends. This person will have a balanced family life along with love, responsibility, luxury, and comfort at the forefront.

# 07

The total of phone numbers adding to **7** makes a person have a deeper understanding of life. The person is more aligned, spiritual, and conscious in life.

# 08

The total of phone numbers adding to **8** attracts success after a lot of hard work. The person has to be less demanding in life and patient.

# 09

The total of phone numbers adding to **9** has to be cautious. This number might not suit everyone.

A simple and easy tip for all – make sure none of the numbers are not repeating themselves in your entire phone number more than 3 times. ( even number 0 )



- Prutha Benara  
pruthabenara99@gmail.com

# BROKENNESS TO AWESOMENESS WITH DEWDROP : SHAHEENA

## Early Life and First Marriage

As a young girl, I read my books aloud due to learning difficulties, which made people say that I am a hard worker. Their words of appreciation made me grow up with confidence. I was the best all-around student in Feydhoo School. However, my fantasy to become a Scientist got shattered when Southern Secondary School management decided I should study Business instead of Science stream because of 58 marks in English. At the same time, I scored 99, 96 and 93 in

Mathematics, Science and Social Studies, respectively, in the entrance test.

I lost track of my studies, and by the time I finished secondary education, I was an average student. I moved to Male' to join CHSE, but I was not destined for that opportunity too. Because of a D in English, my application got rejected. My family tried to get me a chance because I had passed (2A, 3B, 1C) in the balance six subjects. But my application was rejected by the CHSE principal, with a **"when I rejected with a "NO" once, there is no way I say a yes."**

I lost track of everything, and when I woke up to reality, I was suffering from mental/physical/sexual abuse and struggling in life. I had two kids holding my hand, and I was blackmailed daily "if you put a step outside to move, you will never see the kids." I lived in that painful relationship for ten years.

The book **"Seven Habits of Highly Effective People, by Steven Covey"** saved me, teaching me a great lesson **"You are 100% responsible for your life"**. It was a paradigm shift for me, and I decided to work for a safer harbour. Initially, I kept thinking about only problems, but the book "How to stop worrying and start living" by Dale Carnegie taught me how to focus on solutions and to accept the worst-case scenario.

By the time I reached my parents' home, I was unable to sit or lie down because of two broken vertebrae (after a physical attack from my kid's father), and I was told that there would be no financial assistance for the kids. I hit rock bottom. I never can forget the number of times I had to say to my five-year-old son, "Mummy, don't have money to buy a sweet for you", and the mental challenges it created for my son. He cried until he was thirteen years old whenever I bought anything (even something worth Rf50) for him.

As necessity is the mother of invention, I had to stand up and survive through that storm for my kids. Inshaallah, I swam across together with my sons. Today I am proud of those challenges I went through, as I take that experience as the steppingstone for a greater personality.



## The struggle to grow and excel

I came across the books "Success Principles" by Jack Canfield and "Maximum Achievement" by Brian Tracy in 2010. With the help of the two books, I wrote my life purpose, vision and mission, and accompanying goals back in 2010.

To achieve my goals, I wanted to study. But my second husband became my hardest rock. He is the best person anyone could find, but his demand was I shouldn't study till my younger son finishes his O' level (which was to happen in Oct/Nov 2020.)

I felt this barrier to excel in my path, as a tight rope put around my neck as my ex-husband forced me to stay at home (resigning me from my job at the Ministry of Finance) after the birth of my first son in 2002. Although I worked in my ex-husband's company from 2000 to 2009, money was not deposited into my account as salary, and when I had to live without him, I had nothing in my name.)

Due to my experience with my first marriage, I decided to study anyway and kept on paving ways I could learn at home. I started with ACCA, self-studies. However, because of my husband's heart-wrenching remarks, I couldn't do it. In 2017, I got a chance to do an MBA, and I studied against his consent. I explained to him about my need to study and asked for his assistance. He was helpful, but once every 15 days, the emotional pain was heavy when he dropped the bomb. At any cost, I finished my MBA in 2018. After the MBA, I realized that I am hanging my life's ladder to the wrong wall. After several exercises to determine a tone for my life, I decided that what adds value to my life is when I help other people.

I went for professional certification in coaching in 2019. I got "Certified Professional Coach" from Team Coach International, Malaysia and "Certified Executive Coach", "Certified Team Coach" from Marshall Goldsmith Stakeholder Centred Coaching.

I wanted to study because I felt that "education is the only tool that someone couldn't take away from me", and it's a must for a visionary transformation agent.

Furthermore, working full time, managing a business at home, doing a part-time job, and studying was very challenging when I had two kids with me. To overcome this challenge, I requested my kids to support me through this journey, explained the importance of my studies to our lives, and helped me by being exemplary kids, performing well in their studies and maintaining exemplary behaviour. Alhamdhulillah!



## Career and Entrepreneurship

I started my career in 1998 as a cashier at the Bank of Maldives and from 2001 to 2002 worked as a Secretary at the Ministry of Finance. Also, from 2000 to 2009, I worked as an Accountant at Sunny Maldives Pvt Ltd. In 2010, I worked at 3S Pvt Ltd as an Accountant.

From 2010 onwards, I am working as an Entrepreneur, testing the depth of different waters.

In 2010, I started a Tuition Center ("A" Star Zone) as an English, Commerce, Economics and Accounts Teacher and UCMAS Instructor. I started "A" Star Zone, primarily to earn while being with my kids. Furthermore, I had a broader purpose of contributing to society. Through the platform, we were able to help more than 450 students within three years. We had English classes with a Sri Lankan Teacher, Sandra Kelaart and conducted UCMAS classes too.

In 2012, I started a printing establishment, "Alpha Print", and managed the place until 2017 December. We were able to cater for the printing needs of all the islands of Addu City plus Fuvahmulah and some customers from G. Dh Atoll. The investment was made with huge support from my second husband's family.

From 2014 to 2017, I worked full-time at Hithadhoo Port Limited as Finance Manager and part-time at 3S Pvt Ltd as a Financial Consultant.



In 2012, I started a printing establishment, "Alpha Print", and managed the place until 2017 December. We were able to cater for the printing needs of all the islands of Addu City plus Fuvahmulah and some customers from G. Dh Atoll. The investment was made with huge support from my second husband's family.

From 2014 to 2017, I worked full-time at Hithadhoo Port Limited as Finance Manager and part-time at 3S Pvt Ltd as a Financial Consultant.

In 2018, I moved back to Male and worked at Maldives Ports Limited, Ondhigo Pvt Ltd and Centrunion PLC. Currently, I am working as Manager, Human Resources at Villa College.

## Coach and Trainer

In 2011, I did a Life Skills trainer course held by the Ministry of Youth, but the trainer never sent the certificates. When I approached to take life skills sessions in Feydhoo School, I got rejected because I didn't have that certificate. Since that day, I have worked hard to get the required licenses. To bring a

significant impact in the community, I believe first I should possess the skills and the knowledge and today, proudly, I am certified in all the fields.

Currently, I am a Certified Professional Coach, Certified Executive Coach, Certified Team Coach and Professional Trainer.

Since the registration of A Star Zone in 2010, and Career Vitamin Society in 2011, I am contributing to the community and economy of the country. I was able to impact the educational career and well-being of 450 students from Addu City from 2011 to 2017 through English Enrichment programs, UCMAS Classes, Art Class, Life Skills Program, and Football Pool. I was able to build the character of several young children from the Feydhoo Community.

Also, through my Printing establishment, "Alpha Print" in Feydhoo, I served many people from Addu and Fuvahmulah.

My Speaking engagements in schools and other public forums have reached more than 500



people. Additionally, I contributed through the "Unleash the Potential within Me" program to students to build their confidence and fight against bullies. Moreover, with the "Women Starters" program, I am building women to become economically empowered while staying at home.

I have recently developed a seven-step transformation process and delivered it to the public as "Brokenness to Awesomeness with DEWDROP" (Acronym for Define, Energize, Write, Draw, Repeat, Optimize, Prayers.)

My mission is "to be the catalyst that inspires people to develop the discipline to discover their hidden genius and guide them for transformation". She coaches

people to empower, create possibilities, solutions, and action steps to transform and win more in life. She advocates for gratitude and a growth mindset.

In 2021, I was awarded "Asia's best life coach and leadership trainer" by Asia Awards.

Now Shaheena wears many hats. She is the Sole Proprietor of Dewdrop Shaheena, CEO of Meticulous Consultancy Pvt. Ltd., Founding President of Career Vitamin Society, HR Manager of Villa College and Vice President of MAHRP

Womenshine wishes Shaheena all the best in her endeavours and keep empower women in different fields.

**- Team WS**

# KAMIYA JANI : THE CURLY TALES



**“I always want to do something, be out there and not ever be complacent. I don't think I was ever comfortable with just quitting.”**

## 1. When and how did you take the plunge from a TV anchor to a travel blogger?

I think it was in the year 2017 and I had almost completed good 10 years in the corporate world but yet I felt that I need to do a lot more in my life and I was passionate about travel, so decided to give it a shot for at least one year to create travel content and see how it goes. If I don't succeed, my plan B was to return to the TV industry and be a TV anchor maybe not at the same organisation but the different organisation. But the plan was to apply back again but fortunately for me plan B didn't arrive.

## 2. What one thought birthed the idea of starting "The curly tales"?

I don't think there was one single thought but an accumulation of a lot of pentapromotions since many many years and I remember the particular instance where I was meant to travel but my organisation told me to cancel my trip overnight. The only time when I feel extremely excited about my life is when I am travelling and when the trip cancelled I realised that I was too shattered to not go for the trip and that time I was like okay and maybe this is about I find the most happiness in, maybe I should pursue this and within a week of my trip being cancelled I put my resignation. I would say that was probably a trigger point but not one idea, I always had this in me that's why I decided to start a blog I didn't know I would name it curly tales or anything else but I just knew that I want to do something on my LETS ME TRAVEL and that was the whole idea and then of course slowly and gradually we are seeing curly tails the way it is and it has seen a lot of transformation in the last few years from the time we started of till what it is today. It's been four years and so much evolution, so much learning, a lot of things have carved the shape of curly tales.



### 3. Since everything has its own pros and cons, what are some drawbacks of being a full-time travel blogger?

There are many pros and cons but many pros, fewer cons. Pros that you can travel for yourself, sometimes get paid to travel, you can literally be your own boss, it doesn't feel like work because you are doing something that you totally love. Obviously, you get to meet a lot of people, it brings a whole new perspective to your life. In terms of cons, I would say that there are literally no holidays, travel blogger maybe travel all the time but it's usually for work. It's very difficult to disconnect even when you going out for a burst of holidays because you would still want to



create content and then tell a story through social media so that's definitely one downside because everybody deserves a holiday. Travel blogging in India isn't that good. I would say internationally travel bloggers are paid a lot more than what it is in India but I do see the changing slowly and gradually in terms of cons a lot of physical hard work. It literally means you moving around from place to place sometimes carrying types of equipment, sometimes it could be starting your day 5 in the morning and you may wrap it up like around 12 or 1, so physically it is very very exhausting that's the only drawback I can possibly think of. I love my job.

### 4. What inspires you to travel and create content consistently?

What inspires me to travel and create content consistently is the fact that I love to travel, the fact that I am so passionate about it. You know these two

things that every travel blogger should be passionate about and I am not saying every "traveller" should be passionate about but at least a travel blogger, because only when you enjoy creating content while travelling then you can be a travel blogger. Don't confuse, being a traveller, somebody may enjoy travelling a lot and seeing these places with your naked eye but the difference between a travel blogger and a traveller was that travel blogger is that travel blogger will always want to document the journey, travel blogger will always be carrying a camera and sometimes there are the very blurred difference between what one is experiencing at that point of time versus capturing at that point of time, you maybe use your phone or maybe camera to capture a moment and a traveller wants to enjoy and sees the moment through his heart, his eyes not necessarily on camera and it is not important the two of them will get along very well, so that's why I feel if you ask me to go on a trip without a camera or without my phone, I wouldn't enjoy travelling as much, you know I want to capture every other moment that's happening, which is what inspires me because I want to reel those moments again and again even though I am not there physically there. That's what makes me or pushes me to go create content.

### 5. How supportive was your family when you made this a career choice?

Honestly, all of us including me looked at it as a sabbatical, as a break from my corporate life so when I started off, I don't think so there was much discussion about it and people usually consider content creation or social media as just one of the fun things. People don't consider it as a full-time profession at least not four years ago maybe. Now yes I feel this place is extremely crowded but back then honestly even I didn't take myself too seriously and I would assume that even my family did not. There were like ohh let her enjoy but I was very very driven I just



wanted to do something. I just constantly wanted to prove to my own self that I am productive, I am useful, so I always want to do something, be out there and not ever be complacent. I don't think I was ever comfortable with just quitting. I had a lot of insecurities when I quit my job, sometimes thinking that it wasn't really a wise decision to do so because that is a quite respectable job, that I was in but I was like no let me do this. I don't think a lot of us took me seriously in the beginning, it was only after a year and a year half and I was consistently doing it and started getting a few brand collaborations and I was like ohh okay this place had some potential, I didn't want to invest so much in it because I wasn't where I am going but ya eventually it all worked out

## 6. How has life changed after having a daughter, how do you cope up with your work?

So when my daughter was born I was still working with a news channel. I did have fix timings I woke up at 5 in the morning, leave for work, get there by 6 then she was sleeping, but she started sleeping with my mother in law because obviously, she would be disturbed. I only resumed work after she was 6 months old and by then she started sleeping with my mother in law in night and when I woke up in the morning she will raise until 7:30 unless my in-laws would wake up, feed her with milk or anything else that was required. I would come back home by 3 or 4'o clock and after that, I would be with her. I would take her to the park, I would play with her in the evening, to delay in the night but not very late because I have been married in the army family, in the defence family there are very disciplined about the timings. I think routine sort of really help taking things forward and which is why a lot of support with my in-laws, my daughter grew to be 3 years old when I quit my job and it was easier by then because she was very used to live with in-laws and not always with me and she was pretty alright. When I was travelling for work but I would say that when I was in a corporate job it was easier to

Would do shows on the stock market so once the stock market closed, I returned back home I would get 0 phone calls from the office which I think was the best part of working in the organisation versus being an entrepreneur. You literally get never disconnect yourself, the other thing that happened when my daughter was born is that for 3 years I was really stuck in this routine wherever I had every day of my life exactly the same and I felt that I was experiencing less in those years. Of course, motherhood is a lot of joy and I literally enjoyed that but I still felt that my inner calling was to do more, experience more and I questioned myself. I was pretty young when I became a mom, I was 27, I don't know if it is young. Looking back I feel like I was pretty young, I was like I want to do a lot more and even on her birth it was a Push me like that do more if not now then when else. I literally felt that I had nothing to lose to be honest



## 7. Are you a beach person or a mountain person?

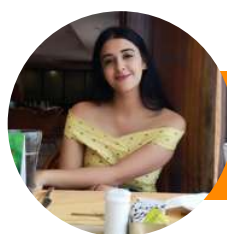
100% a beach person. I left mountains because the only thing that I was so motion sick that from driving on the mountain I feel really sick by the time I get there, so I love the sea breeze, I love the sound of the waves, I love that salty sticky, the grass I really love the beach. I think it just makes me feel truly alive. I love the mountains too but sometimes the mountains get really cool and really hot, sometimes uncomfortable but of course the beauty and the view that mountains have to offer, I don't think any other part of the world would have but I am more of a beach person.

## 8. Your take-home notes for people who desire to travel more, create content, and start their own journey of exploration?

As I said earlier if you are a traveller go out there, you don't really need anything with yourself, just go out there and experience the world. Of course post-pandemic or after you are vaccinated and 100% sure to go out for travel and it's okay to do so, go out and do it but for a travel blogger the journey is long because then you are possibly relying on the creation to make a career out of it and in fact I do aspire to share my knowledge, my experiences, my earnings, my mistakes, my experience with the people who aspire me in this

industry. There are so much I feel like a lot of us, a lot of travel blogger only scratch the surface of this industry, there is so much more to do and I would say that don't wait for the big moments to go and create content. Even when you going for a weekend getaway, even when it is anything that in your

neighbourhood that you want to explore go out there with your mobile phone and a selfie tripod and shoot and see how it goes. I feel like social media gives us so many opportunities to be out there, to be seen and you will only learn from your mistakes, you will know where to go write, you will know what way is going wrong but the order is usually very very responsive to where you put out there. So don't restrict yourself, go out there and you will know at some point. I would wish to do a master class or content creation guide which a lot of creators can be a part of and I am not saying that I know 100% but all the rules of the game but I feel like my experience will definitely, they can learn things which I would share.



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



# RAGA OLGA D'SILVA- AUTHOR | INFLUENCER | SPEAKER | LGBT+ ADVOCATE

An entrepreneur by profession, LGBT+ advocate at heart, mother of twins, media professional, marketer by profession and a versatile speaker by experience, Raga Olga D'Silva is everything she is, as described by various media internationally.

Having worked with some of the biggest agencies in India, she went on to become the Vice President and Branch Head of Lintas Direct in 2001, before she moved to New Zealand with her young family to further expand her horizons.

Raga also found professional success in New Zealand through various high performing roles in advertising and marketing, and then went on to establish her first entrepreneurial venture, 'Global Village Unlimited' – An Agency set up to provide

networks, support, knowledge and experience for market entry into India.

In 2007, she expanded her business presence into India with her consultancy company, 'Red Hot Mirchi Ltd'; she then further expanded into the UK in 2012. Along the way Raga received many notable awards and achievements. In NZ Raga was the first-ever woman to be elected to the board of the prestigious India New Zealand Business Council. While living in the United Kingdom, she became the South Asian Ambassador for Diabetes UK. Media savvy, Raga has appeared on numerous media platforms in the UK, India and New Zealand, including The BBC, Sky TV, ITV, Channel 4 and TVNZ, and numerous magazines and shows over the years.

Raga published her first book in 2019 titled 'Untold Lies'. This unique book is a set of stories and poems, which she describes as a book of 'storyeoms', where a short story segways smoothly into poems. 'Untold Lies' was recognised by various personalities, including Dr Shashi Tharoor, Javed Akhtar Sahab, Vidya Balan, Barkha Dutt, Vidya Balan and brought in much attention from media worldwide.





Raga now uses her social handle @TotallyOutNow both online and offline as the basis for her public and corporate speaking engagements.

Raga is often called to share her personal journey that led to her finally being Totally Out Now, as an inspiration for others to live their own truth.

Raga is also invited to share her insights on topics such as

- **Unconscious Bias**
- **LGBT+ Issues/Stories**
- **Diversity & Inclusion**
- **Building Your Personal Brand**
- **Doing business in India**

Raga leads a very private life with her partner and children. Her TedX talk, '50 and Out', speaks of her journey and decision to finally Come Out at 50. Raga now lives her personal brand 'Totally Out Now' and has a large following through her inspiring blogs, social media posts, corporate speaking, Podcasts, Books and through hosting various online shows. The movie rights of a story she has written during Lockdown have been optioned by the award winning filmmaker Onir and will be made into an international feature film. Raga is currently writing her memoirs due to be published late 2022.



# Woman with a Vision : Chayaa Nanjappa

Chayaa Nanjappa, Founder & Managing Partner, Nectar Fresh, is an award-winning, first-generation rural woman entrepreneur and Country President – India and State President of Karnataka, ABWCI (Association of Business-Women in Commerce & Industry). While her company, Nectar Fresh, is a Khadi & Village Board-backed rural social enterprise, she continues to empower the rural and tribal population through her efforts.



While she is also a member of the National Bee Board, Government of India, she is also a member of the National Level Advisory Committee for Honey Mission of Khadi and Village Industries Commission. Chayaa has made significant strides as a woman entrepreneur in the Food Processing industry. Her work experience spans across the areas, including transforming food production from farm to fork. In her journey as an entrepreneur, her understanding of agriculture, food processing, and adherence to quality has resulted in the successful amalgamation of farmer producers, the food industry and consumers. As a result, Nectar Fresh is also the first brand in India to be using the 'Women-Owned' logo of 'WEConnect International', and takes forward the 'Make in India' mission ahead.

Currently, she is in the process of setting up India's largest rural and tribal artisans retail store, 'Naman' under her company's sister concern, VeeraVartam Pvt Ltd. The initiative strives to promote the cultural heritage of India and provides for a platform to showcase the unique art forms of the rural and tribal communities. Because of her efforts toward social entrepreneurship, she is the recipient of several accolades, awards and recognition, both at the national and international levels. Chayaa bagged the prestigious 'Laghu Udyog Bharati Woman Entrepreneur of the year' – MSME sector in 2016-17. Smt. Nirmala Seetharaman, Minister of Finance and Corporate Affairs of India, Government of India, then Minister of State for the Ministry of Commerce & Industry, conferred the award.

She has also won the 'Priyadarshini Award for Outstanding Woman Entrepreneur' 2015-16 and went on to win the 'SaarthakNaari Award'- 2016. While she bagged the 'Best Entrepreneur Award' in the field of 'Food Processing' from Confederation Of Women Entrepreneurs Of India (COWE) 2013-14, she has won the prestigious 'CNBC Women Entrepreneur Award' for the year 2014-15 and The 'VIT Amazing Entrepreneur Award – The Weekend Leader' for the year 2014 – 2015.

She is also the winner of the Entrepreneurship Award by the Karnataka Small Scale Industries Association (KASSIA) in 2014- 15; Industrialist of the Year Award by Mysore Chamber of Commerce and SAP 2017-18 and also the Industrialist Award-2018 by Rotary Mysore Midtown Best. Other than the awards, she was also amongst a few chosen women from Asia who got selected for special training on 'Scaling up of Exports to quality conscious international market-2019'. The Australian Ministry of Foreign Affairs & Trade organised the training. Other than these, she is a frequent speaker at various national and international forums. Due to her commitment toward a higher purpose, her brand, Nectar Fresh is a mark of purity and value. As a result, the brand is a primary supplier to several well-known companies, including The Marriott, ITC, Hyatt, Radisson or the multi-national retail giants like Walmart, Spar Hypermarkets and several other health-focused Ayurveda and pharmaceutical companies.

# SHRIYAM BHAGNANI: CITY OF DREAMS

*1) Tell us a little about yourself. How did you become an actor? did you always want to pursue acting or you had different plans!*

As a kid, I always wanted to become a Tennis player. However, as I evolved, my dreams took a different shape altogether. I got roped into a play in one of my college fests and that was a turning point in my life. It made me realize that I could literally live the lives of so many characters and still be me! This excited me the most and after all these years, I can see it work out in my favour. The butterfly effect is at play here

*2) Tell us about your character in City of Dreams? How did you land this role? how did you prepare for the same?*

We went through several rounds of auditions for COD2, first with Shruti mam's team and finally with Nagesh sir himself before he locked me in for the part. He had told me I would need to gain 10-15 kilos for the character so that was my physical preparation. Tanya is so well written that all the masala was already there and with Nagesh sir's clarity of mind that he has for his stories, he just knew how he wanted his Tanya to be. Then it was just amalgamating these ideas while following his instructions to the t, for me.

*3) How was it working with Nagesh Kukunoor & Ankur Rathee?*

I've always been a Nagesh Kukunoor fan, so for me, it was first an honour to be able to work with him. And when I finally did, I understood what makes him such a fine storyteller. Working with Nagesh sir has to be one of the best professional experiences I've had so far. There is so much to learn and absorb on his sets - from an amazing crew to the set design, to the script, everything reads out a passion for filmmaking. He has this undying focus and clarity of thought while working which I find extremely inspiring. He knows exactly what he wants from a scene, making the actor's job very easy. People call directors the captain of the ship, and he truly was in every sense, the best captain one could start off on this journey with.

Ankur was actually the last person I met on the team. I didn't know what to expect of him apart from a great performance, because I had only seen him onscreen. But I was surprised and how. Not only is he a very giving co-actor, but he is also a very entertaining person, a good friend and a person with varied knowledge who you can talk to about anything under the Sun. He is also extremely hard working having worked on almost 10 mainstream projects in the last 3 years. I really hope he gets the due he deserves soon.







**4) You were also in movies like Baaghi 2 & Batti Gul Meter Chalu, could you tell us something about that?**

The experience of working with such a huge cast and crew was amazing. These projects will always be special, watching myself on the big screen did make me happy and all jittery.

**5) Any actor or director in Bollywood with whom you wish to work with?**

I want to work with all kinds of directors, Bollywood or not, since filmmaking is a director's medium, and each one's perspective is so so different from the other. I am at such a nascent stage in my career that I too am learning so much from each experience that I'm getting. So I think I would want to be able to play a character in the world that these directors create.



**6? Since it's a raging topic, what is your opinion about this "insiders versus outsiders" debate?**

I feel that's exactly what it is - a topic of debate. The biggest stars of the country are a combination of apparent insiders and outsiders. This debate can go on forever but acting, at the end of the day, is an art and art is subjective. Having been on the journey as an outsider but being perceived as an insider, I feel any artist would be discredited until they put across a strong point via their work, regardless of when they started their journey or where they came from.

**7) Tell us about your future projects?**

As for now, I cannot talk much about it, I have been reading a few scripts and will make an announcement soon when I can.

**- Team WS**

# MY SECOND INNINGS

**A** restless soul, always aspiring to live a life full of exciting experiences, and someone who defines life as an unpredictable journey, who believes destinations are overrated!

As a kid, watching my father in the olive-green uniform filled me with profound pride. Post my B. Tech in Electronics and Telecommunication, I was all set to take on my first job. I had the opportunity to join Headstrong/Ericsson, and I had also cleared SSB for Indian Navy SSC Logistics entry under the University Entry Scheme. My love for ranks and uniforms made me choose the second option, and life took a new turn.



## Me in Navy

As I transformed from Miss Bidisha Pandey to Sub-Lieutenant Bidisha Pandey, I changed tremendously as a person. I learned to push myself beyond my comfort zone, my self-confidence was at a new high, and the salutes and courtesies had become an integral part of my life. On the day of Passing Out Parade at the Indian Naval Academy, Ezhimala, I could see that my father had finally accepted that his little daughter had now grown into a mature, independent, and fearless woman.

## Leading Naval Contingent

When I joined the Navy, I knew I had opted for a career that's anything but ordinary! Watching the Republic Day Parade was something that gave me immense joy as a child. Little did I know that I would begin my journey in the Navy by marching on Rajpath soon after finishing my orientation courses, not once but twice! I led the Naval Contingent, and it

was a dream come true. The early morning chills, the blisters on my feet, rigorous drill practice, and the final march from Vijay Chowk to Red Fort when the whole country watches you and cheers for you, unforgettable!

## Living my dreams

Later in 2016, I volunteered to be a part of the Trans-Atlantic Cape to Rio 2017 race. Ocean sailing was new to me, but I wanted to sail and know what life at sea feels. I sailed for 33 days non-stop as a part of the return leg crew from Cape Town to Goa on INSV Mhadei. Facing the wrath of nature with a smile and respecting nature as you see it in its barest forms taught me to be persevering and calm even in the worst moments. Swimming in the Indian Ocean while crossing the equator, baking cakes, and looking at the stars all night were just a few of the many activities onboard that I shall always cherish!



## Overwhelming Experiences

I never imagined that someday I will be sharing my story and inspiring women to not settle and fight for their dreams. I have been invited as Chief Guest for Women's Day Celebrations at several schools and colleges where I have addressed hundreds of students, and the response has been overwhelming. In 2019, I was invited as the Guest of Honour on the occasion of the Day of the Seafarer by the National Maritime Day Celebrations Committee where I spoke about my experiences at sea and was felicitated by the Director-General of Shipping. I was also awarded the Kashti Bhushan by Union Minister of Shipping, Shri Mansukhbhai Mandaviya for exemplary contribution to the Maritime Industry in the field of Women Empowerment, and the Celebrating Women in Maritime 2019 Award.

got in touch with the Veer Nari Shakti Resettlement Organisation and volunteered to work with them for the same cause. Finally, when I was in my ninth year of service, I decided to apply to social entrepreneurship courses. I did not have a formal background in the social sector, and therefore I was skeptical, but I took the chance and went ahead. I ended up getting admission offers from University College London, London School of Economics and Political science, and Kings College London and have also been awarded the prestigious Commonwealth Scholarship for post-graduation studies in the UK. Nobody knows what the future holds, but I am extremely excited about my second innings and hope that, I am to make some difference in this world through my efforts.

**-Team WS**



## Changed my gears

I completed my ten years tenure in the Navy on 03 July 2021. Since I was an operation and supply chain specialist in the Navy, I was expected to switch to corporate life and supply chain role. Instead, I chose to change gears and start fresh in a domain, where I have no experience - social entrepreneurship. When I first worked for the resettlement of VeerNaris as part of my duties at Visakhapatnam, it gave me a deep sense of satisfaction. When I got transferred to Mumbai, I





# Festival Fashion

We all know India is called the “Land of festivals”, different communities having different festivals and as the festival season has already started in India; it is the time to utilize all your ethnic and traditional wear. Here are some quick and easy styling tips to dress up for the festive season.

## **Festival Outfit**

There are so many things that demand our thoughts for the event and deciding perfect festival dress is one of them. Festivals are special occasions where we don't need a reason to doll up. Sarees, lehengas, and Anarkali's are evergreen and timeless as festival outfits. However, if you want to go for a contemporary look then smart outfit combinations would be an ethnic skirt with a crop top, dhoti pants with Kurti, ethnic long jacket with palazzo, sharara and kurta sets, ethnic maxi dresses, long gowns, jumpsuits, and ethnic tunics are so much in vogue.

## **Festival Makeup**

Pamper your skin in advance for the festivities. Nothing looks better than naturally beautiful and clear skin. Keep your makeup glamorous. Make your eyes glittery and define your brow, lashes. You can match your eye shadow colour with your outfit and nude lips will go with the overall look. Try smoky eyes with a light shade of lipstick like peach or brown. Another option is to try classic golden eye makeup with an electric red or fuchsia pink shade of lipstick that will add elegance to your look. Highlight your cheekbones and contour according to your face shape.

## **Festival Jewellery**

Ethnic outfits appear incomplete without jewellery. Pairing your attire with the right kind of jewellery is important for your overall look. Choker necklaces, chandbalies, modern designs jhumkis, and gemstone-studded bangles are in trend.



If you are planning to wear a heavily embellished dress, it is advisable to choose light jewellery and if you want to wear statement jewellery then better choose simple yet elegant attire.

For an Indo western look, only earrings and a trendy wristwatch will complement your entire outfit.

## **Festival Hairstyle**

When it comes to hairstyling everyone is a bit hesitant about the new experiments because we know what suits our face the most. Nowadays there are so many options for hair accessories as well. You can keep your usual hairstyle and add a fresh piece of hair accessories to look different. If you want to come out of your comfort zone try a curly or wavy open hair look. Tight updos with flowers, messy bun, and side braids are a new fad.



## Footwear

Picking the right footwear for the occasion is essential for your ethnic look. Mojaris, kolhapuri chappals and juttis go well with the Indian look. Even the Bollywood actresses are pairing their different types of ethnic dresses with designer juttis. Comfortable and chic, juttis make for the best footwear for all kinds of traditional dresses. However, pairing your sexy stilettos with a gown or saree is not a bad idea. Mules are the recent shoe trend. They are strapless and pointed. Mules look stylish and go well with most of the ethnic attires.

## Handbags

And last but not the least; finish your look with an ethnic potli pouch or a stylish clutch. Potli purse has marked its presence in the fashion world. They are embellished and go well with every traditional outfit. Minaudiere clutch is also highly trending and looks exceptionally fashionable. Handcrafted bags are also vague as they are big we can keep our basic belongings handy. These are some of the most picked handbags with ethnic designer wears, adorn it like a fashion pro, and walk-in style! No doubt we Indians are highly influenced by international fashion culture but we equally love our traditional outfits don't we?



- By : Grishma Upadhyay



# Foods that Counteract Stress

During stress, the body needs more of certain nutrients because they are burned up faster than usual. Stress increases the demand for Vitamin C, Vitamin A, Vitamin B-Complex, proteins, magnesium, antioxidants, and essential oils. To counteract the stress effects, one needs more of these nutrients.

## #Vitamin C

There is a high concentration of Vitamin C in our brain tissues, more than any other tissue in the body. Vitamin C is a powerful antioxidant, that is used up quickly during stressful periods. An amount between 500-1000 mg would be required to combat the stress after-effects. The best sources of Vitamin C are citrus fruits like oranges, potatoes, tomatoes, and leafy green vegetables.

## #Vitamin A

It is needed for the maintenance of skin, mucous membranes, bones, teeth and hair, eyesight, and reproduction. Vitamin A may also protect against cancer. Liver( especially fish liver), egg yolk, fortified margarine, oily fish, oranges, apricots, carrots, tomatoes, and dark leafy vegetables contain this vitamin in abundance.

## #Magnesium

Magnesium is found in dark green leafy vegetables, nuts, seeds, whole-grain foods, legumes, milk.

## #Proteins

Proteins are of two types- animal protein and vegetable protein. Animal protein can be found in foods like meat, fish, egg, and all dairy products, while vegetable protein is found in grains, beans, pulses, nuts, seeds, and sprouted seeds.

## #Cruciferous Vegetables

Stress increases the generation of free radicals in the body, which are the main cause of cancer. The only element that can fight free radicals are antioxidants, found plenty in cruciferous vegetables like cabbage, cauliflower, broccoli,



etc. They are rich in bioflavonoids which are powerful antioxidants. During stressful times, the body generates a whole lot of free radicals, which cause harm to the body cell. Bioflavonoids protect the body against cell damage caused by free radicals.

## #Polyphenols

The polyphenols also protect against the damages caused by stress. Green tea is a good source of polyphenols. Chamomile tea is a powerful anti-stress agent. It relaxes and soothes the mind and promotes sound sleep.

## #Fruits and Vegetables

Fruits are an essential ingredient, which could provide the required amounts of antioxidants required to counteract stress. They contain simple sugars and complex carbohydrates, which help raise serotonin levels in the bloodstream. Serotonin is 'feel good' neurotransmitters, which elevate mood and fight depression.

Vegetable and fruit juices are also good sources of antioxidants. A regular glass of any fruit juice or vegetable juice can go a long way in helping the body cope with the detrimental effects of stress.



**-Shared By: Nutritionist Tanya Sahni**  
**Sahnitanya45@gmail.com**



# When should I see my gynaecologist?

**F**rom achieving control over your periods to preventing certain cancers, regularly visiting a gyno is crucial to the health of anyone with female reproductive organs. Health specialists suggest that females should begin visiting a gynecologist between the ages of 13 and 15. It's significant that these visits begin before individuals become sexually active. Puberty is also a difficult time, and becoming familiar with a gynecologist and their assistance can be helpful. Around the age of 21, it's advised that women start getting a pelvic exam once a year. Even so, studies show that 26% of women don't see a gynecologist at all. If you're wondering when to see a gynaecologist or if an appointment could help you, there are symptoms to look out for.

**Read on for 7 clues that you should talk to your gyno:**



## 1. Incredibly Painful Periods

It's that time of the month and we all hate it. Mood swings, cravings, and cramps take over the best of us. While these symptoms are common, some women experience bitter pain more than others. Their cramps are debilitating and they can hardly move when they hit. If this sounds like you, a visit to your gyno might help. You might learn that it's the outcome of a fibroid that needs treatment, or that your heavy period is the criminal. If this is the case, your gyno can write you a prescription or even help you choose a birth control method that can help. Some birth control pills permit you to reduce or stop your period, giving you a control over the symptoms.

## 2. Uncomfortable sensations such as itching or burning

There are several possible explanations for uncomfortable sensations such as itching and burning, one of which is an infection or STI and this might be a reason to call your gyno. A somewhat common infection is a urinary tract infection (UTI) that can sometimes be helped by drinking lots of water and cranberry juice. A UTI that gets out of control, though, can lead to a serious kidney infection. If you experience this sensation after sex, there's a possibility you're allergic to the latex in most condoms. This is more common than you would think. Your gynaecologist can help you deduce the reason for your discomfort and determine preventive or treatment plans.



### 3. An inappropriate odour

A healthy and appropriately functioning vagina will release a minor amount of discharge on occurrence. You may have seen this on your underwear or at any other time, and it's entirely natural. This bit of discharge, however, is usually odorless.

If you notice a substantial change in quantity, colour, or a foul smell, it's maybe time to schedule an appointment with your gyno. These changes can be signs of an STI or a yeast infection.

### 4. Urinary Leakage

Suffering urinary or fecal leakage can be very stressful and take a toll on your quality of life. Many women will suffer these symptoms after childbirth, particularly if they had a large baby or a vaginal delivery needing forceps or a vacuum.

When women enter menopause, these symptoms may worsen.

Lawson says: "Depending on the nature of the incontinence, there may be medical or surgical management options available. By talking with your gynecologist, she or he can determine the proper treatment protocols and refer you to a pelvic floor disorder specialist if necessary."

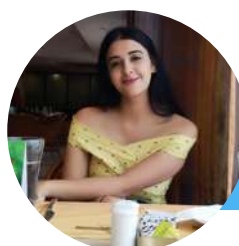
### 5. Irregular Periods, Facial hair & Weight Changes

Irregular or absence of periods, skin problems such as acne, and increased body hair can be alarming. In some women, increased body weight or the inability to lose weight is the primary symptom of PCOS. Most women with PCOS also have metabolic problems, including being overweight. This metabolic problem is associated with higher levels of insulin, a hormone which controls blood sugar. As women with PCOS age, some are more susceptible to developing diabetes, high blood pressure, and heart disease.

An earlier diagnosis by your gyno can be a significant step towards it's treatment.

Regular visits to your gynae enable you to keep up to date on how to maintain a healthy lifestyle and minimize health risks at each age.

**Remember "The best protection is early detection".**



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

# Apple Jaggery kheer




## Ingredients:

- Apple - 2
- Milk - 1 litre
- Date palm jaggery - 3/4th cup
- Ghee - 1 tbsp
- Cashewnuts - 5
- Dry grapes - 10
- Cardamom powder - 1/2 tsp

## Method:

- Boil milk Boil milk on medium heat until it reduces to 3/4 of its original quantity.
- Wash, peel and core an apple and grate it.
- Heat a tsp of ghee and saute the grated apple for a few minutes or until it is cooked. Leave it to cool.
- Add these apple pieces to the boiling milk. Cook on low heat for few seconds.
- Switch off the stove. Add the date palm jaggery and cardamom powder. Mix well. Taste and adjust the sweetener.
- Heat the remaining ghee. Fry cashew nuts and dry grapes. Garnish the kheer with these fried cashews and raisins.
- medium heat until it reduces to 3/4 of its original quantity.
- Wash, peel and core an apple and grate it.
- Heat a tsp of ghee and saute the grated apple for a few minutes or until it is cooked. Leave it to cool.
- Add these apple pieces to the boiling milk. Cook on low heat for few seconds.
- Switch off the stove. Add the date palm jaggery and cardamom powder. Mix well. Taste and adjust the sweetener.
- Heat the remaining ghee. Fry cashew nuts and dry grapes. Garnish the kheer with these fried cashews and raisins.

Apple kheer or Apple payasam is easy to prepare and tastes absolutely heavenly. Again I saw these recipes in my fellow marathoner's post. After seeing all the kheer-related posts; I understood that the recipe is very easy to make but I wanted to make a difference. So I replaced sugar with date palm jaggery. We all loved this kheer at home. This can be an ideal recipe for any festival or any special occasion. No one identified that apple was an ingredient in this kheer. Do try this different kheer.

## Notes:

Do not add jaggery and boil milk. The milk might curdle.

By: The Arbitrary Doctor



# MASALA MUFFINS

## INGREDIENTS

- Refined flour - 280 gm
- Baking powder- 10 gm
- Mix herb sprinkle- 15 gm
- Soda bi carb- 04 gm
- Salt - 05 gm
- Mustard powder - 05 gm
- Chilli flakes - 03gm
- Process cheese (optional) 50 gm
- Process cheese diced - 50 gm
- Vegetable oil - 90 gm
- Yoghurt - 200 gm
- Milk- 100 ml
- Worcestershire sauce- 20 ml



## METHOD:

Mix together flour + baking powder + soda + salt & mustard powder in a bowl. In a separate bowl, mix the cheese, oil, yogurt, milk, & sauce. Combine all the ingredients & divide between the muffin cases in the muffin tin, sprinkle chilli flakes. Place in the oven for 20 to 25 minutes until golden brown. Remove & cool slightly on a rack. Garnish & Serve with sauce of your choice



- Shared By : Jaya Mishra

# “Me Time” in Coorg

I want to share my lovely “Me Time” as I call it the most introspective journey of my life.

It started as a fleeting thought since my son and husband had a trip to UAE, my daughter was busy with IELTS and me .....well!!!

Honestly a “soul connection”, as I would call it, suggested a wonderful place which was rightly named “Scotland of India” Coorg.

Trust me I have never been to South India in my 47 years but have some wonderful friends from the South also their cuisine being my favourite.

So as a challenge for me I researched and chose everything and asked my agent to do the bookings as per my feelings.

Car flight and arrived in a luring amalgamation of rich flora & fauna, steep hills, countless streams, lush forests, and breathtaking views called Coorg.

The hotel was exactly what I had seen rooms as a treehouse.

The check-in was super fast and they have these golf carts for use anytime you need or you can walk as the location was wonderful with exotic plants and coffee plantations everywhere to the restaurants, gym, recreational or the shop, etc also their wonderful spa which I used to the fullest was very hygienic.

Yes, I did go sightseeing at the elephant park the Abbey falls the Tala Cauvery a wonderful location where I spend a good two hours after a hilly drive. So all those who have motion sickness please take some meds it's very hilly but wonderful to drive. To travel solo you have a choice to see everything or nothing I chose the in-between doing only two “tourist `” spots. Traveling on your own is scary but the rewards far outweigh the intimidation.

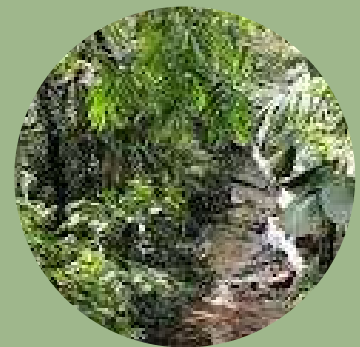
The lesson I learned was to get out of my comfort zone explore something unknown unaccompanied gaining a better understanding of myself and the world around me, it built my confidence my self-value not knowing what's ahead but finding excitement, exploration, and real culture in the most honest way with yourself and your surrounding. Stayed for 4 days but it changed me drastically.

I would advise all my clan to just do it once the destination doesn't matter but the “Journey” will enlighten you, that's my promise.

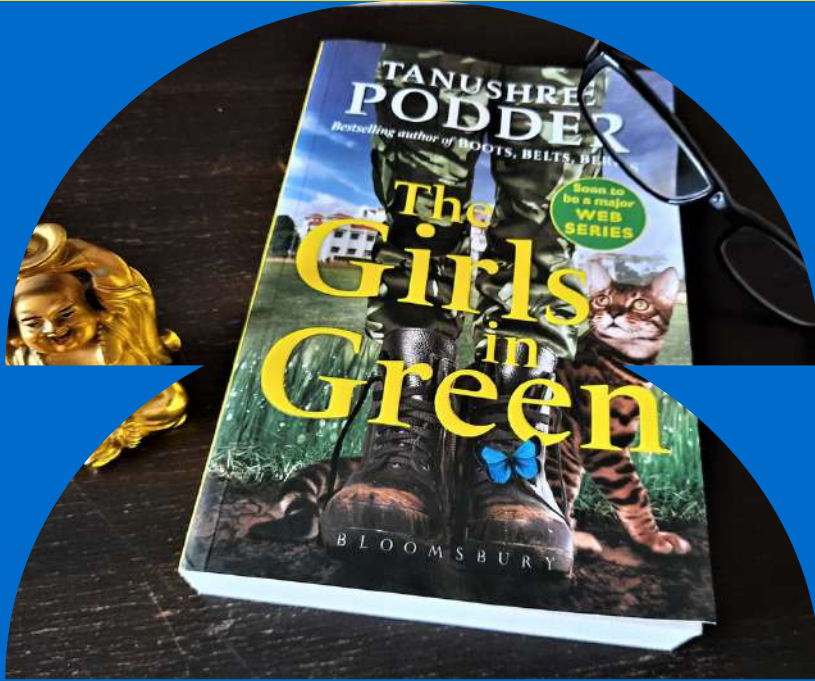
**“Traveling alone will be the scariest, most liberating, life-changing experience of your life. Try it at least once!”**



Shared By :  
Taseem Tambawala



# KNOW YOUR AUTHOR



## About the Book

### The Girls in Green

**Four girls. One uniform. One dream.**

Set in the Officers' Training Academy, this is the story -

Of **Bijli Bijarnia aka Billi**, the girl with feline grace and lightning-fast reflexes, determined to tear through the social taboos of Haryana hinterland from where she hails. She's resolutely follows her dreams.

Of **Lakmenlang Zyiem aka Lakme** from Shillong, the optimistic law graduate who is the first Khasi girl to join the academy. Kind-hearted, she happily lends her shoulder to dejected cadets.

Of **Shiny Joseph from Kottayam**, who only joins the academy to be near her boyfriend but finds herself pitted against him more often than not. A brilliant engineer, she excels in whatever she decides to do.

Of **Nutan Patil aka Nutty** from Jalna, the mimic, the incurable romantic, the effervescent drama queen. The toughest of punishments cannot dampen the spirit of the perpetual prankster. The Girls in Green is a story not only about soaring ambition and punishing military regimens but also about gratifying rewards and the joys of friendship. It is a hilarious story of youth, optimism, camaraderie and spirit.

## About the Author- Tanushree Podder

Born at New Delhi, Tanushree worked in the corporate sector for eight long years before she quit the rat race to write.

A well known travel writer and novelist, she is passionate about travelling and writing. Climate change and environment are of special interest to her. Tanushree enjoys writing in different genres.

This has led to her writing in historical, crime, and military genres.

She has written fifteen novels. Among her books are Nurjahan's Daughter, Boots Belts Berets, On the Double, Escape from Harem, Solo in Singapore, A Closetful of Skeletons, Before you Breathe, No Margin for Error and The Teenage Diary of Laxmibai, The Girls in Green, Spooky Stories and An Invitation to Die. Decoding the Feronia Files, written by her, is the first Indian Cli Fi thriller.

Two of her books, Boots Belts Berets and The Girls in Green, are soon to be adapted into web series.





# Untold Story of Monuments: The Queen Of Sikandra Bagh



**S**ikandra Bagh is now, a relatively small monument of Lucknow, the city of Nawabs. It was built by the last Nawab of Awadh, Wajid Ali Shah as a summer house, then, on the banks of river Gomti. It was a cultural hub of the city. He named it after we one of his Begums, Begum Sikandra. Surprisingly the Queen of this place emerged to be someone, who, herself would have not realized how and why history would remember her.

Architectural Magnificence of Sikandra Bagh

The entrance to Sikandra Bagh has a unique “pair of fish” design typical of the Nawabs. The monument has a peculiar, hybrid resonance that has distinctive features of Chinese, European and Persian architectural brilliance in

the form of pediments, arches, domes, pagodas and Corinthian pillars assembled at one place.

The Sikandra Bagh complex is said to have housed a summer palace, a wooden pavilion and a small mosque. The palace, in its glory, boasted of three towering gateways on three sides, only one of which now remains. Some delicate art-work can be witnessed on the edges, below the pagodas, and chhattries.

Nawab Wajid Ali Shah specifically bestowed a khillat and offered a robe of honour to his favourite painter Kashi Ram after the completion of the monument. Whatever little that remains of the Sikandra Bagh in the present times, also houses some magnificent frescos with delicate floral designs similar to the renowned Chikan embroidery of Lucknow, believed to have been done by the Nawabi painter, Kashi Ram.



**The Roof Design at the entrance of the Monument . The Persian Architecture is there to see**  
**The leftover pillars show how magnificent the Monument would have been in its days of glory.**  
**The pillars, unmistakeably have a European touch.**

## THE UNSUNG QUEEN OF SIKANDRA BAGH

**Uda Devi** was one of the prominent ‘**Dalit Veeranganas**’, who participated in the revolt of 1857 against the British East India Company and led one of the fiercest battles in Lucknow which was termed Battle in Sikandra Bagh. She alone killed as many as 32 British soldiers before she died on the battlefield on November 16, 1857.

**Early Life:**

She was born into a Dalit family at a village in Awadh, present-day Uttar Pradesh. At a young age, she sensed the anger among people against the British administration. She went to Begum Hazrat Mahal, wife of Nawab Wajid Ali Shah to seek help in preparation for the battle against the British. The Begum helped her to form the women's battalion which Uda Devi led herself. When Awadh was attacked by the British, she along with her husband, became part of the armed resistance.

**Role In Independence:**

When the British army under the leadership of Commander Colin Campbell attacked Sikandara Bagh in Lucknow, the army had to face a wall of thousands of Dalit women. Many poems were written during that time highlighting the important moments of the battle. One such poem goes like this:

**koi unko habsin kehta, koi kehta neech achchut  
abla koi unhein batlaye, koi kahe unhe majboot.**

(Some called them black African women, some untouchable. Some called them weak, others strong.)

During the battle, Uda Devi received information that her husband, who was a senior warrior in Wajid Ali Shah's army, had got martyred. As the folklore goes they were planning to start a family, together. When she got the news about her husband she vowed to avenge his death. The love for her motherland fueled by the martyrdom of her

beloved husband made her one of those ferocious fighters that made Britishers remember her for a very long time. Such was her fury and leadership that the Commander-in-Chief of the British Army, Colin Campbell was taken aback by the resistance that his troops faced. He applied all his battle skills to conquer Sikandra Bagh. It was only after using a heavy and huge amount of the ammunition he had that they were able to enter Sikandra Bagh. On seeing the British army coming towards Sikandra, she climbed a banyan tree disguised as a man and as a sniper killed 32 soldiers of the British army.

**Death:**

On suspecting a sniper sitting on the tree, commander Colin Campbell ordered soldiers to fire at the tree. It was then that she was shot dead and fell to the ground. The soldiers were surprised when they got to know that a woman had caused such a large number of fatalities. The magnitude of the battle can be ascertained by the fact that around 2,300 freedom fighters were killed. It is said that more Victoria Crosses were awarded for that single day than ever, many for the assault on the Sikandra Bagh. Uda Devi died a martyr and got buried in history as the Unknown Warrior.

The Queen of Sikandra Bagh got some recognition much much later, thanks to the political nature of India. To attract the Pasi and Dalit votes her statue stands in front of the monument. Neglected and seldom noticed, much like Sikandra Bagh.



**-By: Narendra Tripathi**

**trips67@gmail.com**

**Source: <http://www.monumentaltrail.com>**



# Monalisa

तुमको पता है?  
मोनालिसा की मुस्कान कहीं खो गई है!  
उसकी आंखों की कशिश  
और होठों की मुस्कुराहट,  
जिसे दुनिया का कोई भी शख्स  
ढूँढ ही लेता था।

लूट्र की दीवार से,  
वह मेरे कोने में आ छुपी है।  
डरी सहमी सी वहां खड़ी है।

थक गई थी मुस्कुराते हुए;  
लाखों की भीड़ देखते- देखते..

आज रोने का मन किया  
तो मेरे घर के कोने में आ लगी.

वह बंधे हुए हाथ  
उसने खोलकर मेरे कांधे पर रख दिए।  
और उसकी आंख से  
दो बूंद आंसू बरस पड़े ..

## बोली:

मुझे यह मुस्कान नहीं चाहिए  
जो किसी की कूंची के अधीन हो!  
मेरा हाथ थाम  
और मुझे अपने कांधे पर सर रखकर  
थोड़ा सा रो लेने दे।  
मैं भाग कर आई हूँ  
उस कलाकार की कल्पना से,  
जो मुस्कान देते - देते  
मुझसे रोने का हक भी छीन ले गया।  
तुमको पता है ?  
उसको भी कुछ पता नहीं चला.....



विनीता मिश्रा



## वह लड़की



नई दिल्ली रेलवे स्टेशन के एक नंबर प्लेट फार्म पर 25 वर्षीय हैण्डसम आरव अपनी ट्रेन की प्रतीक्षा कर रहा था। सर्दी अपने शबाब पर थी, शाम के 7 बजे थे परंतु कुहासे और ठंड के कारण प्लेटफॉर्म पर पूरी तरह सन्नाटा पसरा हुआ था ... कोहरे के कारण ट्रेन एक - एक घंटा करके लेट होती जा रही थी लेकिन चूंकि वह एक इंटरव्यू के लिये जा रहा था इसलिये वह दिन दुनिया से बेखबर अपने लैपटॉप पर नजरे गड़ाये हुये अपने इंटरव्यू की तैयारी में लगा हुआ था।

उसी समय एक 19 - 20 वर्ष की खूबसूरत स्मार्ट सी लड़की, जो नीली जींस और लाल स्वेटर में बहुत आकर्षक दिखाई दे रही थी, वह तेजी से उसकी तरफ आई और उसके बगल में बैठ गई ... वह शराफत से थोड़ा सा खिसक कर अपने में सिमट गया और लड़की से दूरी बना कर लैपटॉप पर पढ़ने की कोशिश करने लगा था ... तभी वह खनकती हुई आवाज में बोली, "हेलो ... यार तुम तो मुझे पहचान भी नहीं रहे हो ... तुम मुझे भला कैसे भूल सकते हो .... क्या नाम था तुम्हारा एकदम जुबान पर नहीं आ रहा है ? ऐसे टुकुर टुकुर क्या देख रहे हो .. उसके पैरों पर अपना हाथ मार कर वह गहरी नजरों से उसकी ओर देख रही थी।

वह सकपकाया सा बोला, 'आरव'

"अरे हां याद नहीं, मैं लंच के पहले ही रोज तुम्हारा टिफिन चट कर जाती थी ...."

वह अपनी याददाश्त पर जोर डाल कर उसे पहचानने की कोशिश कर रहा था, लेकिन बहुत प्रयास करने पर भी न तो उसकी शक्ल याद आ रही थी और न ही उसका नाम .... परंतु एक सुंदर लड़की की बेतकल्लुफ बातों के आनंद से वह वंचित नहीं होना चाह रहा था ... इसलिये वह चुपचाप केवल, उसे मंत्रमुग्ध सा उसे निहार रहा था।

उसने आवेश में उसका हाथ पकड़ लिया था, तुम्हें मिस. ज्वेल ने इसी हाथ पर ही थो कितनी जोर की स्टिक मारी थी ....

वह पुनः अपनी याददाश्त खंगाल कर मिस. ज्वेल, उस लड़की का चेहरा, और स्टिक की मार ... कुछ भी याद नहीं कर रहा था।...

कुछ याद आया कि नहीं, अपुन मैसेज विलियम के पीरियड में कितना मजा करते थे ... जब हम दोनों पीछे की बेंच पर बैठ कर कभी समोसा तो कभी अमरूद खाया करते थे ...

मैसेज विलियम बीच बीच में स्टिक मेज पर पटक कर कहतीं, "कीप क्वायट..."

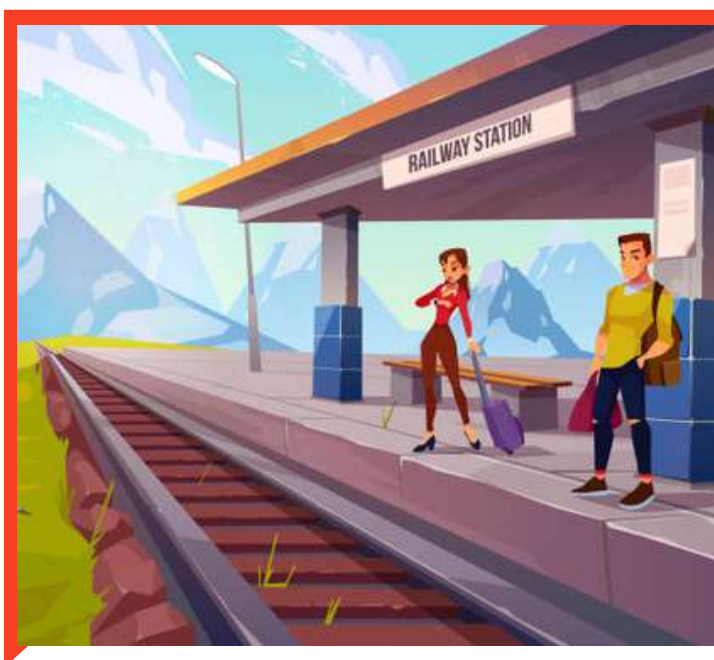
"अच्छा ये बताओ कि आंटी मुझे कभी याद करती कि नहीं?"

"उनके बनाये आलू के परांठे का स्वाद तो मैं कभी भूल ही नहीं सकती, कितने टेस्ती बनाती थीं ... मैं पूरा चट कर जाती थी, तुम चिल्लाते ही रह जाते थे "

मैं उसकी जिंदादिली देख कर मंत्रमुग्ध होकर उसकी ओर दोस्ती का हाथ बढ़ाना चाह ही रहा था कि अचानक धड़ धड़ करती हुई ट्रेन प्लेटफार्म पर आकर खड़ी हो गई, वह कुछ समझ पाता, इसके पहले ही वह खड़ी हो गई थी और वह फुसफुसा कर कुछ लड़कों की ओर इशारा करके बोली, "एक्सक्यूज मी, मेरे पीछे ये तीन चार शोहदे पड़े हुये थे, उनसे बचने के लिये मैंने यह ड्रामा किया था ... आपसे बात करते देख वह शोहदे ठिठक कर खड़े हो गये थे ....

"एक्सक्यूज मी अगेन ... बाय सी यू ...." कहती हुई वह डब्बे के अंदर चली गई

....



उसकी आंखों के सामने से ट्रेन धड़ धड़ कर चली गई थी लेकिन वह सुंदर स्मार्ट लड़की की नीली जींस और लाल स्वेटर की याद आज भी ताजा है।

एक अमिट याद ... काश उस दिन उसका नाम या फोन नंबर पूछ लेता ...

आज भी जब कभी किसी प्लेटफार्म पर वह किसी ट्रेन का इंतजार करते हैं तो उनकी निगाहें उस लड़की को तलाशने लगती हैं।



पद्मा अग्रवाल  
33@gmail.com

# आजादी है ,महिला का हक पहला

बालीवुड में लज्जा ,मदर इंडिया, दामिनी ,मर्दानी जैसी फिल्मों भले ही अपनी पटकथा से स्त्री सशक्तिकरण की बात कहें और लाखों दर्शकों से तालियां बजवा भी लें मगर भारतीय समाज की असली हालत एकदम ही अलग है । आज भी राजधानी दिल्ली तक में युवतियों को सरेआम छींटाकशी, हिंसा, प्रताड़ना, छेड़छाड़ , बस रेलगाड़ी में बेहूदा शायरी जैसी समस्याओं से हर दिन दो चार होना पड़ता है । अंग्रेजों से खूब लड़ने वाली रानी लक्ष्मबाई ने नारी सेना की टुकड़ी तैयार की थी और वो हमेशा यही चाहती थीं कि उनके प्यारे हिंदुस्तान में हर कोने से मजबूत महिलाएं नेतृत्व की क्षमता के साथ आगे आएं और बेहतरीन मुकाम हासिल करें । मगर कितनी अजीब बात है कि परंपरागत भारतीय समाज की स्थिति महिला को लेकर रूढ़िवादी है । अगर गौर किया जाये तो महिला को देवी कहकर साल में अठारह दिन पूजा करने वाला भारतवर्ष सिद्धांत, स्वीकार्यता और मान्यता तीनों दृष्टि से औरत को श्रेष्ठ और सम्माननीय स्थान देता आया है। यहां स्त्रियों को रसोई जैसी जगह पर अपनी सुबह से शाम तक की भूमिका को प्राप्त करने के लिए किसी कागज की जरूरत ही नहीं पड़ी। दरअसल जो समस्या रही है, वह दहलीज से बाहर भागदौड़ की दुनिया ,कामकाजी संसार में उसके साथ होने वाले व्यवहार की है। हमारे यहां स्त्री-शक्तिकरण के जितने आंदोलन चले, वे मानसिकता

को बदलने और व्यवहार में आई जड़ता को तोड़ने के लिए ही चलाए गए। सैद्धांतिक तौर पर तो हमारे यहां स्त्री-अधिकार निर्विवाद रहा है। जिन दिनों इंग्लैंड में स्त्री को अधिकार देने और न देने की बहस चल रही थी, तब 1916 में एनीबेसेन्ट कांग्रेस की सभापति बन चुकी थी और 1925 में दूसरी महिला सरोजनी नायडू ने इस पद को सुशोभित किया जबकि वह समय परतंत्रता का था और स्वतंत्रता के बाद तो पहले ही दिन से संविधान में स्त्रियों को बराबरी का न केवल पूरा अधिकार है बल्कि कानून की भी जिम्मेदारी बताई गई है कि उसको समान अवसर दिये जायें ।

आज के समय में हमारे देश में महिलाएँ भले ही सानिया मिर्जा, मैरी काम , हिमा दास, पी वी संधू , कर्णम मल्लेश्वरी, प्रियंका चोपड़ा आदि में खुद को देखती हों पर समूल रूप से हर महिला हर जगह पर उतनी भी सुरक्षित और सम्मानित नहीं दिखतीं, जितने अधिकार और अवसर उन्हें संविधान में दिये गये हैं। हर सुबह का अखबार अपनी खबरों से यह घोषणा कर देता है कि महिला बहुत पीड़ित, प्रताड़ित व भयभीत है। इसके साथ ही अपने अस्तित्व को लेकर काफी आशंकित भी है , जो निराधार भी नहीं है। संविधान में संपूर्ण अधिकार प्राप्त महिला जुल्म की शिकार है। जरूरत से ज्यादा परखने जांचने आजमाने की कोशिश ने महिला को भीतर से बागी भी बना दिया है और यह बगावत अपना विकृत रूप दिखा देती है जब एक महिला ही दूसरी महिला का शोषण करने लगती है ।

आज हमें महिला दिवस पर बैठक, सेमिनार, विचार गोष्ठी , आंदोलन, नारेबाजी के दिखावे की बजाय उन्हें एक आत्मविश्वासी जीवन के अवसर देने और लैंगिक असमानता से समानता के गलीचे पर चहलकदमी करने की आजादी दे तो कमाल हो जाये । यह परिवर्तन इस लिहाज से भी महत्वपूर्ण है कि महिलाओं को अशिक्षित, असम्मानित और उपेक्षित छोड़ कर तरक्की की उम्मीद छलनी में पानी भरने जैसी मूर्खता होगी ।



पूनम पांडे,  
Ajmer

# आमंत्रण

आइए श्रीमान फिर पीलीभीत शहर में,  
कान्हा वाली बांसुरी भी  
आपको बुलाती है।  
हिरणों की कूदफाँद  
बाघ भी लुभा रहे हैं,  
खुशबू बाँसमती की  
दुनिया को भाती है।  
चूकना न आप 'चूका'  
'बाइफर' में आने को,  
'सात-झाल' 'साइफन'  
वादियाँ बुलाती हैं।  
देवहा, माला, शारदा  
डैम की अनूप छटा,  
उद्गम से आदि गंगा  
'गोमती' बुलाती हैं।।

----



गौरी शंकर बाबा ने  
आशीष भेजा है माता  
यशवन्तरि नित ही आपको बुलाती हैं।  
सेल्हा बाबा सिद्धदेव  
आशिष हैं बरसाते  
वेणु सुता गूँगा देवि  
सर्वदा बुलाती हैं।।  
दुर्ग नृप मोरध्वज  
बना है मरौरी बीच,  
शोभा नदी नहरों की  
अति सरसाती है।  
सम्पूर्ण पूरनपुर है  
इंद्र थापे वन 'बाबा'  
त्रेता वाले त्रेतानाथ  
लीला अति भाती है।।

----



सतीश मिश्र 'अचूक'  
(कवि/पत्रकार)





## Poem

कभी मां बाप की कीमत कभी घर बार की कीमत।  
अगर न हो पता लगती है तब परिवार की कीमत।  
हमेशा जीत को भी जीत लेता है जो दुनिया में,  
समझता खूब है बस इक ज़रा सी हार की कीमत।

महज़ रोटि की खातिर चैन से सोया न जो छः दिन।  
वही बस जानता हफ्ते में इक इतवार की कीमत।  
बिछड़कर, टूटकर उलफ़त में रोया जो कई रातें।  
चुकानी पड़ रही उसको महज़ इज़हार की कीमत।

जो कहते हैं मुझे दुनिया से मतलब ही नहीं हैं अब।  
ज़रा समझा भी दो कोई उन्हें संसार की कीमत।  
मुहब्बत का मैं शायर हूँ मुहब्बत है धरम मेरा।  
मुझे मालूम है दुनियां में सबके प्यार की कीमत।

-----सिद्धार्थ मिश्रा

# Poem

हे रघुनन्दन ! दशरथ नन्दन,  
 करबद्ध , तुम्हें शत शत वन्दन ।  
 हे दिव्य रूप! सन्ताप हरो  
 सबके आँचल में हर्ष भरो  
 मस्तक पर धार्य मुकुट, चन्दन,  
 हे रघुनन्दन! दशरथ नन्दन...,  
 करबद्ध , तुम्हें शत शत वन्दन ।  
 वन गमन तुम्हारा अति पावन,  
 जो था आज्ञा का अनुपालन,  
 तिस पर रोया कानन- कानन  
 हे रघुनन्दन! दशरथ नन्दन.....,  
 करबद्ध , तुम्हें शत शत वन्दन ।  
 तुम मर्यादा पुरुषोत्तम हो  
 माँ सिया हेतु वर उत्तम हो  
 जो तुम्हें जिई पूरे जीवन  
 हे रघुनन्दन! दशरथ नन्दन...,  
 करबद्ध , तुम्हें शत शत वन्दन ।  
 जन-जन का प्रभु उद्धार करो !  
 आ , पीड़ा का भवपार करो !  
 करते हैं हम सब अभिनन्दन,  
 हे रघुनन्दन! दशरथ नन्दन...,  
 करबद्ध , तुम्हें शत शत वन्दन ।



©Poonam Mishra



# जब मैं तुमसे मिली



जब मैं तुमसे मिली सब कुछ याद है उस दिन का  
कहाँ जानती थी कि एक दिन ऐसा भी हो जाएगा  
मिलते ही तुमसे ये दिल मेरा तुम्हारा हो जाएगा  
पल पल हरपल तुम्हारे ही खयालों में खो जाएगा  
मेरे इस पागल जी को फिर और नहीं कुछ भायेगा  
तेरे वास्ते कुछ भी करने को राजी हो जाएगा  
कहाँ जानती थी कि एक दिन ऐसा भी हो जाएगा  
तुमने भी तो बदले में हाथ मेरा जब पकड़ा था  
जोरो से दिल धड़का था बेमौसम पानी बरसा था  
बड़े प्यार से तुमने मेरी आँखों में जब झांका था  
बाहों में लेकर मुझको जब अपना हक जतलाया था  
मुझसे बिछड़ने तेरा दिल अब राजी न हो पायेगा  
कहाँ जानती थी कि एक दिन ऐसा भी हो जाएगा  
हर बात याद है उस दिन की जब मैं तुमसे मिली।



उषा चित्रांगद





# वक्त

यह वक्त है जनाब बीतता जा रहा है,  
 इन्सान बस खुशियो को खोज रहा है।  
 कल की आस में आज को खो रहा है,  
 यह वक्त है जनाब बीतता जा रहा है  
 आज नहीं कल करूंगा  
 बस यही दावा करता जा रहा है,  
 कल की आस में ,आज को खो रहा है  
 यह वक्त है जनाब बीतता जा रहा है।  
 अरे, तुझ बिन भी यह दुनिया चलेगी  
 पर यह सोच कर हर काम कर रहा है  
 कि मेरे बिना फिर,कौन करेगा  
 बस इसी आस में जीता जा रहा है  
 छोड़ दे तू यह सारे भ्रम  
 दूर कर तू सब के गम  
 खुश हो जा सब की खुशी में,  
 फिर देख जीवन के रंग  
 यह वक्त है जनाब बीतता जा रहा है  
 कल की आस में आज को खो रहा है  
 आज तू ,हर पल को ,जी ले ,मान के  
 अपने अन्तिम पल  
 जो रूठा है उसे मना ले  
 जो मिला उसे, अपना ले  
 नहीं मिलना हुआ है, जिससे  
 मुलाकात का तू दौड़ बना ले  
 न जाने सासों कि डोर कब खींच कर टूट जायेगी और  
 यह तेरी सारी उम्मीदें माला के मोती की तरह भिखर जायेगी



कोमल नरूला

# हैलो शिखा.....

इन दिनों त्यौहारों का ही माहौल था, शाम का समय था और पूरी बस खचाखच भरी हुई थी। आनन-फानन में मीनू ने किसी तरह खुद को बस के भीतर प्रवेश कराया और किस्मत से एक सीट मिल गई तो मीनू चट से बैठ गई। जयपुर से रात का सफर था सुबह वो आराम से उदयपुर पहुंच जायेगी यह बात मन ही मन पांचवी बार दोहरा कर उसने चैन की सांस ली। बस में भांति-भांति के लोग थे, पैसैजरो की इधर-उधर की बातें यहां वहां से मीनू के कान में यदा-कदा पड़ रही थी, और बस चल पड़ी थी। तभी उसके साथ बगल में बैठा युवक उससे बोला, "शिखा तुम शिखा हो आज भी बिलकुल वैसी ही सजीली और खुशमिजाज।" मीनू यह सुनकर सकते में पड़ गई।

हर रोज मां से सांवली लड़की, आलसी बेटी, जिद्दी, इसका घर कब बसेगा" सुन सुन कर पक जाती थी। वो तो दफ्तर जाकर काम में सात घंटे उसको बहुत ऊर्जा देते, पर मीनू को कच्चा-पक्का जितना भी याद था वो तोल-मोल कर विचार कर रही थी कि आज तक किसी ने उसको इतने सलोने शब्दों की तारीफ से नहीं नवाजा था। अब मीनू ने भी पूरे मजे लिये। हूं, "कहकर वो चुप हो गई। "तुमने तो बारहवीं के बाद किसी बड़े कालेज में दाखिला ले लिया था पर मेरी पढाई लिखाई तो सोने के आभूषण की दुकान में बिल बनाने में खपने लगी।

बस पत्राचार से ग्रैजुएशन किया और वही सोने चांदी का काम कर रहा हूं।" मीनू ने फिर से मीठा मीठा, "हूं हूं" बोलकर थोड़ा बहुत गर्दन हिला दी। वो बोलता रहा, "मैं तो तुमको कितना पसंद करता था। पर मैं शर्मीला बहुत था। सरकारी स्कूल था। तुम जानती हो ना कि कोई लड़का किसी लड़की से खुलकर बात नहीं कर सकता। फिर मुझे लगा कि तुम पास वाले सरकारी महाविद्यालय में दाखिला लोगी पर तुम कितनी दूर चली गई। अब शायद दस बारह साल बाद दिखाई दी हो। पर मुझसे बोले बगैर रहा नहीं गया।" मीनू सुनती रही।

अब रात गहराने लगी थी। अचानक बस एक जगह रूकी। मीनू ने शहर का नाम जानने की कोशिश नहीं की, मीनू घर से भंरवा करेले और लौकी के कोफते खाकर आई थी पर अभी वो समोसा खाना चाहती थी। मीनू कुछ विचार करके खिड़की से गरमागरम समोसे वाले को आवाज देने की वाली थी कि बस दोबारा चल पड़ी। युवक का बड़बड़ाना जारी था। वो इतिहास, मनोविज्ञान सबकी पुरानी बातें याद किये जा रहा था मीनू कभी कभार हां हां कर देती जबकि उसका इन बातों से कोई वास्ता ही नहीं था। "अरे, शिखा, तुमको भूख लगी है अभी तुम खिड़की से किसी को आवाज दे रहीं थीं।" कहकर उसने अपने झोले में कुछ टटोला।

चार पांच पाउच निकल आये एक भुजिया थी, एक मूंगफली की नमकीन, ग्लूकोज बिस्कुट और कुछ टाफी।

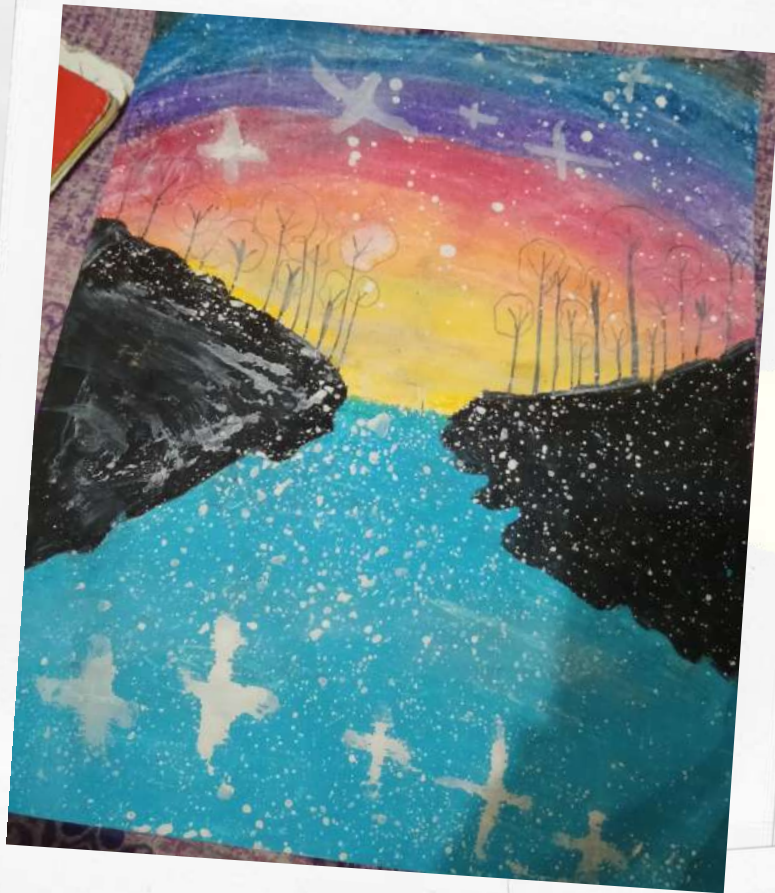


"यह रेवड़ी लो खा लो" उसने कहा तो मीनू ने पाउच हाथ में ले लिया पर खाया नहीं वो मजे से बिस्कुट खाने लगा। बहुत रात हो गई थी। मीनू को नींद आने लगी। नींद की मदहोशी में मीनू ने एक मर्दाना बाजू को जोर से पकड़ा और मोड़ दिया। "आह, ओह," जोर की आवाज आई। बस में सभी ऊंघ रहे थे मगर यह चीख सुनकर बहुत सारे यात्री जाग गये। लेकिन तब तक सेकेंडों में वो युवक बस से बाहर कूद गया था। अब मीनू मन ही मन हंस पड़ी। और अपने आप से बोली, "ये था मेरा पुराना सहपाठी।" वो हौले से खुद को शाबाशी देने लगी। खूबसूरती की तारीफ करके कुछ भी खिला दो और सामान लूट लो। हद है मीनू ने यह सोचकर समय देखा। अभी तीन घंटे बाकी थे। अब दो लोगों की सीट पर वो थोड़ी सी फैलकर ऊंघने लगी।



पूनम पांडे

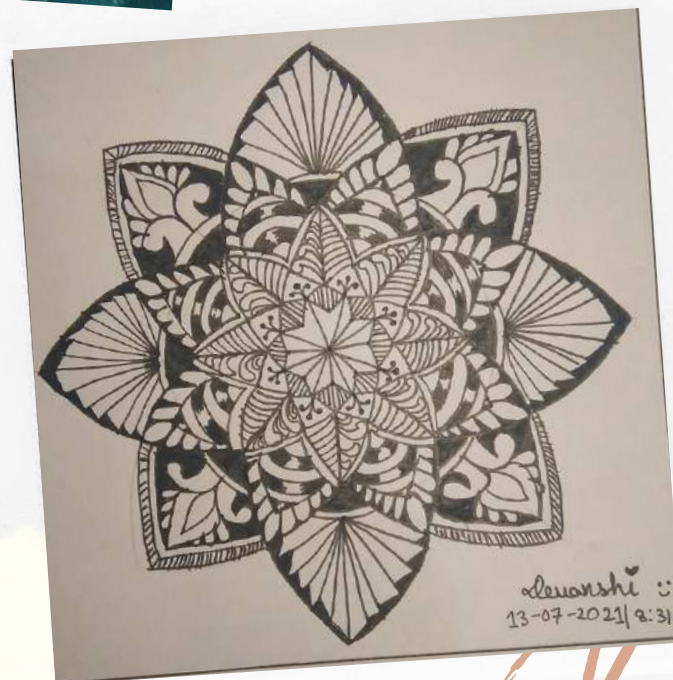




**Harshika Joshi**  
**Class:4**  
**School:DPS**

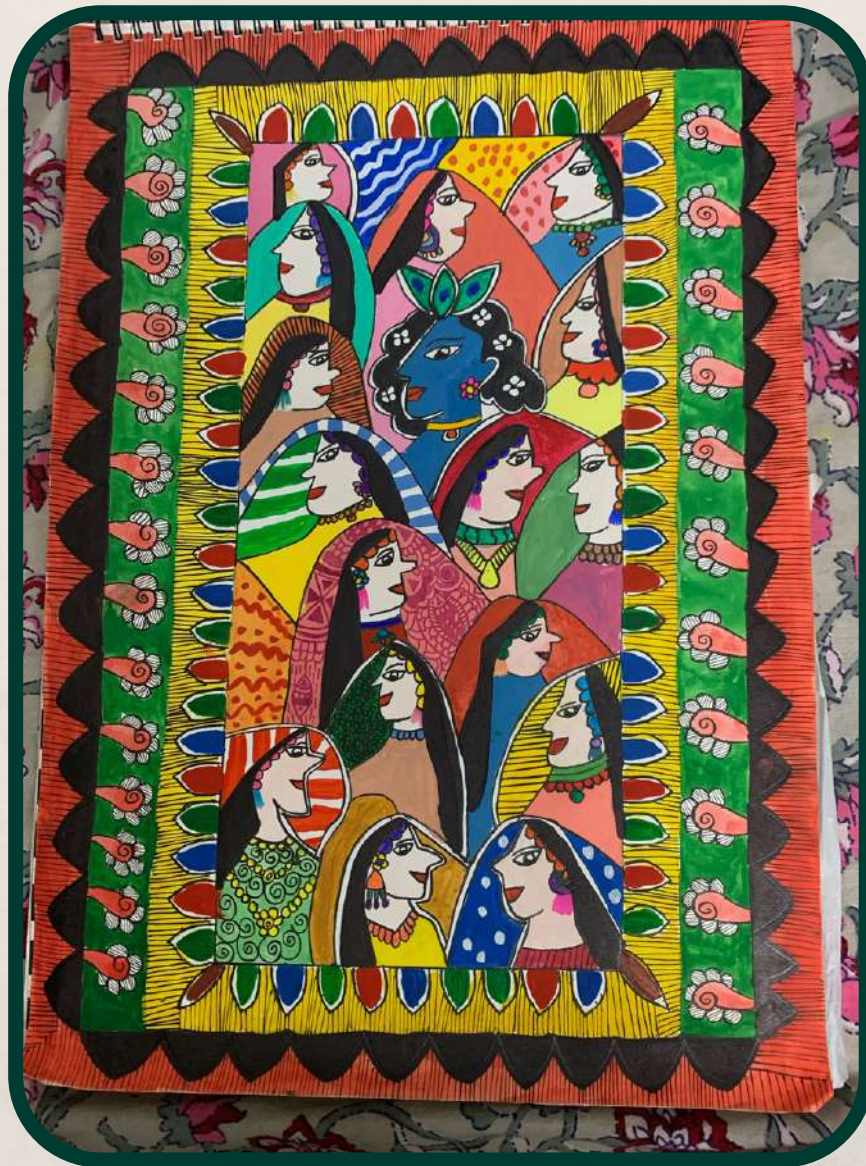


**Devanshi Joshi**  
**Class:9**  
**Dps Mathura road**





# Painting



Artwork by Jasmin Kaur  
Class:9  
Banyan Tree School,  
Lodhi Road, New Delhi

# The Mask

Wearing a Mask isn't a new normal  
It has had an existence eternal  
Tangible, intangible both but irrefragable  
Concealing myriad stories and fables  
His loathe masked behind. pretentious beguile  
Her welling tears hidden by an ostentatious smile  
Her fear shrouded under overblown audacity  
Her insignificance veiled with forged efficacy  
His perfidy camouflaged by fond endearment  
Infidelity stowed under diamonds exorbitant  
A consolation for the eluding allegiance,  
How magnificently she masks it all under a  
the pretence of ignorance!  
His or her can switch their roles in a trice  
The mask will comfort either with no prejudice  
The mask is our hero, the chevalier, the knight  
It has saved so many alliances marred by spite  
It has enshrouded, veiled, blanketed, and  
masked  
Intricacies of love, lust, betrayal, and malice!

- SONAL





# MUM

Someone whose hands are always in our heads,  
That person is always by our side throughout our journey,  
She is with us till she is there,  
She is the person who isn't selfish,  
She loves and believes us more than herself,  
She is an engineer of life,  
Fixing everything we do wrong,  
She is our shadow, our mentor throughout our life.  
That person is a MUM.

**Written by :**

Kaayanjit Ghosh  
V-A  
Delhi Public School  
Mathura Road



# ❖ *The Samaritan Flower* ❖



Once there lived a girl named Zoey. She lived with her mother and her little sister named Coco in a small cottage. Her mother was very hard working. Coco was a very sweet, kind, and obedient girl. She would always listen to her elder sister.

One day their mother asked them to get some juicy fruits. Both of the sisters went together to get delicious, juicy, and yummy fruits. On the way, little Coco saw a very beautiful butterfly with many colours and wanted to follow it. Zoey tried to stop her but, attracted by the butterfly, Coco ran after her. To be with her sister, Zoey accompanied her. The butterfly flew and sat on a very beautiful flower. The sisters went near the flower and started admiring it. The flower had three colours pink, blue, and purple & it looked amazing that it immediately attracted both of the sisters. Coco asked her sister **"Can we take it home, we'll give it to our mother"**. Zoey agreed thinking that her mother would like the flower. The sisters tried to pluck the flower, but it did not come out of its stem. They tried again but still were unable to get the flower. Suddenly the flower disappeared and both the sisters got scared.

Soon they heard a noise behind the bushes and this time they got terrified and started running in any direction. Coco saw a small cottage said, **"Zoey look there's a house; let's go inside to save ourselves"**. Zoey got suspicious as she had always known that there was no one except their family in this jungle. But as they were scared by the noise they decided to rush towards the house. On reaching the door they shouted, **"Hello, someone's in there? Please help."** But there was no response. Then suddenly Zoey saw a blanket hanging. It seemed that there was something covered with this blanket. She went near the blanket and took it off.

**"Oh! It's a wooden door"** shouted Coco. The wooden door was covered with some pearls on it. They opened the door and could get inside the house to save themselves. It was a completely different world inside it. It looked magical, like a fairy tale. There was a shine in Coco's eyes and she held Zoey's hand tight to express her excitement. Zoey responded to her with an amazing smile and they headed to experience the beauty. It was a soothing shade of sky above them and there were colorful flowers everywhere. They kept on moving further taking small steps, looking at each other with excitement. Everything here had a magical glitter shining bright distinguishing it from the rest of the world.

Suddenly Zoey bumped her head into someone and said "Oh! I am extremely sorry for that, didn't see you coming". The other person said, "it's fine, it was my fault too " and smiles. On giving a second look, Coco shouts **"it's a fairy, you're a fairy, and I can't believe I am meeting a fairy "**. Zoey was surprised too. The fairy laughed and said **"Oh darling fairies are real, they do exist. But how come you are here and you are not a fairy?"** Coco explained to the fairy about whatever had happened to them and how they got into this world.

The fairy introduced herself as Drizell. She tried to understand what Coco just explained to her. First Drizell got confused then suddenly something clicked her and she could relate the existence of the girls to her world. Drizell explained to Coco & Zoey that not everyone can see the flower and they must be the special ones who have been chosen to save this world and get the magic flower back. **"The magic flower?"** Zoey questioned. "Yes, it is the most powerful flower, which has been stolen," Drizell said sadly. The flower was a special one with magical powers for fairies.

Zoey asked Drizell who had stolen it, and how they could help. **"The flower has been stolen by the Evil Queen of the Dragon Island,"** Drizell said pointing towards a mountain where the Queen lived. The mountain was all dark. Coco looked at her elder sister with all the innocence on her face as now she was getting worried. Zoey tried to calm her down and explained to her that they were special and that is why they could see the flower and they should help Drizell. Coco believed her sister and gained the confidence to do something for the fairy. Drizell, who was listening to the conversation, was happy to learn that the sisters were going to save the flower.

Drizell took them to her treehouse, served them some delicious food, and then they all got ready to go to the Dragon Island. They had to cross the bushes and some rocks on the way. They finally reached the outskirts of the Island and then decided on a plan to enter the Island. The Island looked scary, everything was silent and the only thing they could hear was the sound of wolves howling at intervals.

**"Are there any dragons over here?"** Coco asked, "I think so but we are lucky no one found us", Zoey answered. "Not lucky enough," said a scary voice. All three of them turned around and saw a big wolf. They tried to run as fast as they could. The wolf ran faster and caught them and made a siren sound for his teammates to reach the spot. There were so many of them around the fairy and the sisters that they had to surrender. They were made captive and taken to the Evil Queen.

The queen was wearing a dark dress with a black



crystal crown and her magic specter. **"Well well look who's here, let me guess, here for the magic flower?"** said the evil queen. Fairy and sisters looked at each other and then there was a shouting voice, **"It's not yours, give it back."** It was little Coco brimming with all confidence and the innocence behind her words.

"Nobody shouts at the queen, guards! take this disobedient child and throw her in the dungeon" the queen demanded. The queen then made the other two her slaves. Zoey and Drizell were given chores to perform. Zoey was made to clean the floor and windows. While cleaning Zoey noticed a bird sitting outside the window and trying to say something. She called Drizell to help her understand the bird thinking that a fairy would know the language. Drizell recognized the bird as it was from fairyland and was there to help them. The bird told them that it could help them to the passage which leads to the flower. Drizell and Zoey decided to follow the bird. It took them to a staircase that seemed very gloomy and deep inside. The bird told them that this was the end of his journey with them and from here Zoey would have to take the lead. "You are the only one who can do this and save the world from the rule of evil," said the bird and left. Zoey wasted no time further as she knew that Coco was alone and needed to be rescued.

She started following the stairs with Drizell. They came across a door which was slightly open. It was all silence in there and a very dim light in which they could hardly see each other. As they walked slowly guided by their hands wide apart, Zoey fell on a log of wood and got hurt very badly.



She thought she would not be able to walk. Drizell came to her help and tried to heal her wound with her magical powers. The healing power always stays with the fairy even if they lose on all other powers so she touched the wound and it disappeared. Feeling fit to walk again they headed off to rescue the flower. Suddenly they felt that they were walking on a very soft surface. Zoey asked Drizell, "Why is this floor so soft and a little cracked at some places?" "Oh no! This isn't the floor, we fell on a DRAGON!" Drizell realized and exclaimed in fear. The dragon was sleeping and now it was awake, unfortunately. "Don't move, maybe it

doesn't know we are here" Zoey whispered. Both of them maintained complete silence but abruptly Drizell's foot slipped as the dragon moved. "OOOPSIE, RUN!" Drizell declared. They both ran as fast as they could and the dragon behind them started blowing fire out of its mouth. There was a door on the way. Drizell and Zoey start running towards the door. It was just about to close that they rushed outside and managed to escape. The dragon that was after them bumped his head into the door.

Looking for what next is coming their way, they saw a ray of light and there was the flower shining bright under the light. "Yes! there it is, The magic flower", both screamed with joy. They approached it and realized that it was caged inside a glass box. The box had a keyhole in it. "We need to find the key before someone reaches us," said Drizell. "The key must be hidden somewhere here", said Zoey.

Zoey started losing hope and got worried for Coco. Drizell boosted her confidence and told her that they were very near to their destination and should not lose hope. Zoey hugged Drizell and her hand brushed off a rusty box in the room. They opened the box and to their surprise, the box had a key. They tried the key to open the glass box. The key made a click clock sound and the box opened. They both looked at each other as this was the moment they had been waiting for. Drizell picked the flower and thanked Zoey to fight this out with her. "We found the flower but how do we escape the dragon, it must be waiting to eat us," said Zoey. Drizell just smiled and told Zoey that now they had the flower and it had solutions to all problems.

Zoey looked at the Mystic flower with expectation and a voice came out of the flower "YOU ARE THE SAVIOURS, THE CHOSEN ONES TO BRING HAPPINESS". The flower told them that the Queen had a locket around her neck and this locket is the reason for her being evil. If the locket is taken away from her she will get back to her original form and everyone would be saved from her cruelties including the dragon enslaved by her. The dragon often falls into a deep sleep and the best way to escape it was to make no noise while crossing.

Drizell and Zoey followed the advice and started going towards the hole from where they had fallen onto the dragon. They reached the queen's room while she was sleeping. Zoey tried her luck to grab the locket but the queen is awake and she yells out at her security slaves to come and get hold of Zoey and Drizell. Queen noticed the flower in Drizell hands and is shocked with anger and rushed towards Drizell. Zoey took advantage of the situation and snatched the locket from her neck. The moment the locket was away from the queen's neck, it starts changing colour.

Drizell shouted, "Crush the evil thing Zoey". Zoey threw the locket and crushed it to pieces. The queen succumbed to the floor and fainted. Zoey immediately rushed to rescue Coco. By the time the queen woke up she was a different person, all the evil in her had vanished. She thanked Drizell and Zoey for getting her out of the evil cast. The dragon had turned back into Queen's Unicorn. Everything changed back to normal and the Dragon Island vanished. Drizzle brought the flower back to fairyland. She picked the most delicious and juicy fruits and gave them to the sisters and guided them on their way back home.

Zoey and Coco reached home and their mother was happy to get the delicious fruits. She appreciated both of them for their good work but she had a question for them, "How did the fruits get glitter on them?" Zoey and Coco looked at each other and smiled secretly. All three of them hugged each other and lived happily thereafter.



# “*Darr ke Aagey Dosa hae:)*”



It was a day of my triumph. Triumph over my long drawn anxieties, my hesitations, the twenty-year-old nagging fear, **“tum sa na hoga”**. Maine woh kar dikhaya jo main sochtee thee possible hee nahin hae. Although, we are moms and the undeniable fact remains that **“Jab hum karne pe aata hain to koi mai ka laal kaala peela humein nahin rok sakta..!”**

Of course, nothing would have been possible without the support of my family, especially, my mumma and my puppa who was the driving force behind it. Who always believed that I could do it. Who invested their time, energy, and most important of all their patience (whatever is left with them at this age). I am also grateful to my in-laws, my miyan, my son, and my house help (who often offered to help me but I refused - izzat ka sawal ban chuka tha) who stood there absolutely quiet even when I was frustratingly throwing all the utensils off! They waited patiently with straight faces, with their empty plates only to be served something else in the end instead of what was promised to them or what they happily waited to get.

The key, of course, was years of practice, patience, confidence, and overconfidence combined, sacrifices, and above all my mother's trust that her daughter can do it. Yes, she can do it! My father's and my miyan's never-ending leg-pulling actually perfectly worked as a much-required fuel to the fire and never let that flame of desire die.

There were times when poor miyan even offered to make the dosas but I snubbed him off..” **Naach na jaane aangan tedha types. Although mera aangan kaun sa seedha tha. Although tawa seedha tha!**” There were times I got soooo frustrated when I failed to get even one right that all I wanted to do was bang somebody’s head with the same tawa. In all probabilities, my own or miyan's who usually wants to be my support when I want it the least. I mean why do these men have such misplaced ideas of help and empathy!



Needless to say, it was a real struggle and I am ever grateful to the sacrifices of those several packets of dosa batter which were brought with much love and confidence (rather overconfidence) and which came home with the hope that **“unka astitva bachaa rahega”** but aesa hua nahin. They mostly ended up being upmas or uttapams or idlis, which led to a major identity crisis for them. In fact, once got two packets of dosa batter hoping that I would send some dosas to my house help also but all I ended up doing was turn them into all sorts of idlis - plain, stuffed, pan-fried, deep-fried.

Finally Hua mujhse kal hua people’s. I finally could make dosas! They were not perfect but they were not bad either. And I told myself, **“Darr ke jeet hae... I mean Dosas hain!”**



All rights reserved @somali bammi

# *Music Mania in the Eighties*

Listening to music has been an integral part of my life since childhood. Music to me is like breathing, as one can't stop breathing one can't stop listening to music. Music is said to be the medicine of the mind and I come from a family of music maniacs. Each of us has our taste which has created conflicts in the house, It started with Guglielmo Marconi's radio invention, My father's vintage possession the Murphy Radio adorned our living room.


It looked regal placed in its wooden radio box. Most middle-class people possessed it and enjoyed listening to their favourite programs on the radio. I was in middle school when I developed a craze for English music and tried to do my school work listening to the radio, while I wanted to listen to the latest English hits my father wanted to listen to the news and mom wanted to listen to the Hindi Bollywood numbers while doing her household chores. It was a competition of changing different stations as each person wanted to monopolize the radio.

Soon the radio gave way to J.L Baird's invention the Television Which was black and white and not too many programmes were aired on it. I still preferred listening to the radio. With the television making an entry into our house I got some solace as dad watched the news on the television and mom saw her favourite Bollywood hit numbers being televised on certain days of the week.

It was during the eighties when the black & white television was replaced by the coloured T.V. I was thrilled when one fine day this coloured television made its way to our home. The coloured television found a prominent place in our living room while the vintage Murphy Radio set was sidelined and kept in the bedroom.







Watching our favourite programmes in colour gave us a new kind of thrill. But the coloured T.V brought with it more woes. Watching our favourite television shows was no cakewalk, there was always a tug-of-war for the T.V. remote. Watching musical programmes became a bone of contention among the family members. The shows were limited and not like the present day where you get to listen to a wide variety of musical programmes being aired 24\*7. These musical programmes were aired. We were sick and tired of watching Hindi flicks, songs, sports in black and white. But with the advent of technology, we could watch our favourite shows in colour. But watching the T.V shows was no cakewalk in our house as there was a tug-of-war for the T.V. remote. Each person wanted to watch his or her favourite channel. The shows were limited, so whether big or small all of us bickered for the possession of the T.V remote.

8 p.m was a prime time when all of us wanted to view the t.v. programmes, dad wanted to watch the news, me a serial and little bro an action movie. Mom wouldn't be a part of the feud as she would be cooking dinner. But Wednesdays and Fridays were different as Hindi movie songs were aired from 8-8.30 p.m. Our music-obsessed family would stop the remote fight and watch the CHITRAHAAR as it was called. But to top it all I was too obsessed with music not only Hindi but English music drove me crazy. Daily the A.I.R or the All India Radio aired retro English hits.

The prime time being 8p.m. I generally solved my maths sums or made biology diagrams listening to music. I wanted to enjoy both the worlds i.e English and Hindi. So while the family watched Chitrahaar intently my country hits would blare and there would be cacophony which irritated the others. One minute I would be lost in the romantic Jim Reeves numbers, suddenly my reverie would be broken with the nasal twang of yesteryear Indian singer K.L.Sehgal. My father being an ardent fan of K.L.Sehgal hated any kind of disturbance while listening to his favourite singer. He glared at me to close the radio. I muted the sound but my ears would be glued to the radio and eyes to the T.V. And soon I would hear the notes of my favourite song 'Congratulations' by Cliff Richards and I would increase my radio sound. I would start humming and tapping my feet and lo behold Lata Mangeshkar's dulcet voice would be heard on T.V.

Now my mom is a fan of Lata wanted to hear her song and got enraged when I enhanced the radio volume. Meekly again I subdued the sound. I scowled but no one paid heed. Soon I forgot the promise to subdue the sound and Pat Boon's 'Love Letters In The Sand' mesmerized me and with my eyes closed, I would be singing along.

But again I was jolted out from the past to the present when little bro saw Amitabh Bachchan dancing and being a fan tried to copy his moves. While copying his moves he did a taekwondo flip with his legs which caught me on my nose and I got bruised. I got bugged and tried to snatch the remote from him but he was too smart and rushed out of the room. I felt he was a pest trying to spoil my music. I just wanted to swat him like a fly. But being the pampered brat he always got away while I sulked.



Shared by - Dr Preeti Talwar  
aktal2012@gmail.com



# Trip down the memory lane

HAPPY  
Krishna  
Janmashtami



I relish my childhood days and I think I had the best time of my life during my childhood. Those were the golden days. Coming to this Janmashtami my memories again goes long way many years back in the 80s.....

I used to live in the Chandralok Hydel colony. On Janmashtami day the whole day was spent in so many activities. There used to be a club in our colony. All the children were busy getting plants, toys for making a Jhanki of Lord Krishna. The Uncles of our colony were seen busy making Clouds, mountains,

Jail, the river on our Club stage. It used to be a festival of enjoyment, fun and loads of activities. I also used to get so many plants from my house for decoration and gathered my old toys to decorate. There was no lunchtime for us...after finishing breakfast the whole bachcha party used to gather in the club. The TT table was folded and kept in the storeroom. The evening was lined up with so many activities. There were a fancy dress, some dance competitions, etc. I remember my sisters becoming Krishna or Radha and dancing to the tunes of melodious songs of Janmashtami.





The evening comes and the whole club is decorated with lights..it was like a major festival where everyone contributed towards it ...some gave their time, some participated in programs, some were the part of decoration team and so on.....as there was no Internet, no mobile, no Facebook so this was the best entertainment we could have in those days.

Once the program was over, we formed a group and sang various songs on Krishna, and celebrated his birthday till the clock strikes 12. At 12 the speed of the songs went so fast...and there were huge groups of boys, uncles, aunties, and girls ( including myself ) who were clapping madly and singing bhajans. It was the most joyous moment for me and I hope for everyone too around.

Even the dark clouds enjoyed our celebration and with their unbound happiness they also used to participate with thunder and lightning...I enjoyed every moment of this celebration...and

yesterday only I was talking to my son who is now 22 years old and was just telling him about what fun we used to have during Janmashtami in our childhood days.

Even the dark clouds enjoyed our celebration and with their unbound happiness they also used to participate with thunder and lightning...I enjoyed every moment of this celebration...and yesterday only I was talking to my son who is now 22 years old and was just telling him about what fun we used to have during Janmashtami in our childhood days.

With the internet age, these things seem to vanish...these memories are so fresh in my mind and still feel like singing and dancing to the tunes of Lord Krishna's songs.



**- Aparna Mishra**  
**Founder Editor, Women Shine**



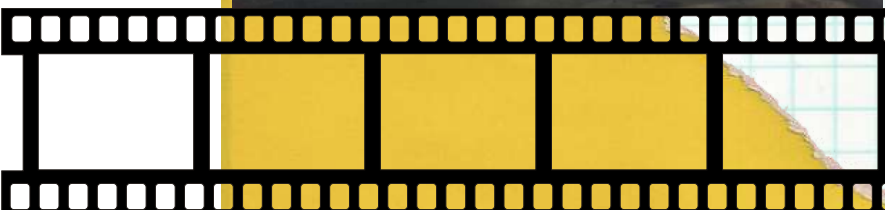
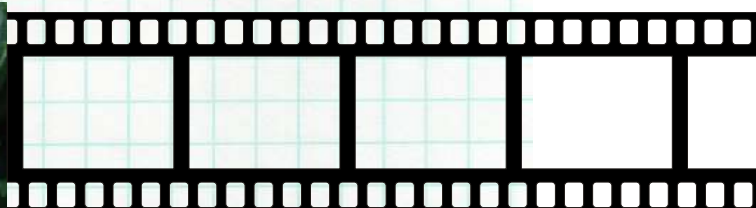
# Why Deprecate Women

There she stood with her magic wand,  
 As the cheerleader of the band.  
 Seeing her in the non-battered pose,  
 Could make your blood flow from your nose.  
 And you thought you could shatter her dream,  
 "Have you lost", said she, like a society creme.  
 Dare you come near her cave,  
 So better behave.  
 You'll be lost under her spell,  
 All you'll find yourself in hell  
 All she needs her guts to kill,  
 Either with a knife or a pill.  
 The wounded woman ready to sprint,  
 No weapons needed, only her eyes glint.  
 All I say  
 Don't sway  
 Let her spread her wings  
 And let the sky be under her swing.  
 Eyes glisten with a tear  
 No, they're not out with a fear  
 Don't rub her the wrong way  
 Or else she'll kill you in her arduous style  
 Neither with a knife nor with a pill  
 All she needs is a strong will  
 Let her be happy and gay  
 Walk with her in a while  
 Give her a pen  
 There she turns into a writer from a mother hen.  
 Worst thunderstorms don't let her sway  
 Give her a chance so she'll never turn away.  
 Don't go for her smiles  
 She's worked miles  
 To reach out here  
 Without any fear  
 For she's a woman born to shine  
 Every man will say she's mine  
 She needs no knife or a pill  
 To kill  
 All she needs is a strong will  
 Don't let her sway  
 For she knows her way

- Vandana Kakaria



# Photography Contest





See you in the next edition