

VOL 17.0 | OCTOBER EDITION

WOMENSHINE

WHAT'S TRENDING

Mrs UP

World tourism day

SHINE GLOBAL

Nupur tewari

*Sayani
Gupta*

+

TRAVEL TALES

Orchhha

दिल से

Hindi section

TASTE BUDS

Lauki ki barfi

ARTS & CULTURE

Stellar saree saga



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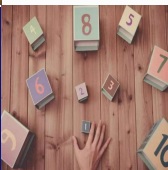
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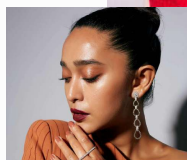
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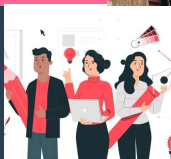
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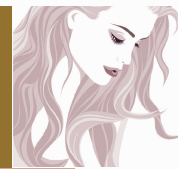
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CHIEF EDITOR'S LETTER

#SHINEON

APARNA MISHRA

Founder , Women Shine

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

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

Women Shine is a beautiful collection of my dream. Really thrilled to know that you all are liking and loving the articles, inspiring stories, and our live sessions.

It's not just inspiring journeys but informative articles, travel tales, sumptuous recipes, and a lot of entertainment news from Bollywood and Tollywood.

"Women Shine" salutes all women who are doing amazing work globally in their respective fields.

We always try to present a lovely lineup of personalities from diverse backgrounds.

Challenges and obstacles are a part of life. The year 2020 has really taught us how to overcome such things. Everyone has a story to tell on this. Covid Times had given birth to Women Shine and since then we are #shining Everyone is going through tough times these days. Let us all pray to God almighty to keep us protected and safe.

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

Show us your love and subscribe for free !!!



PRESS RELEASE

‘MRS UTTAR PRADESH – QUEEN OF VIRTUE’ PAGEANT

Craft Your Wishes is pleased to announce the launch of the first season of UP's grandest beauty pageant "**Mrs Uttar Pradesh-Queen of Virtue**", at <venue> in Lucknow from December 16-19, 2021.

The **Mrs Uttar Pradesh Queen of Virtue (MUPQV)** beauty pageant is for married women and aims to create a motivated and empowered sisterhood that will make a difference in their communities.

MUPQV houses a team of experts that includes celebrity mentors to groom contestants for the pageant. This transformation is an opportunity for them to represent themselves in front of celebrity judges and hosts and it also offers exciting perks through a 4-day journey that culminates in the grand finale. Benefits such as media coverage and promotions, prizes and gift hampers, calendar and portfolio shoots, chance to win subtitles, prestigious **MUPQV** crown and sash, grooming and finale in a luxurious venue.

Prominent celebrities such as actress Zoya Afroz (crowned Miss International India 2021) will be mentoring all contestants, actor Aman Yatan Verma will host the event, and Lokesh Sharma is the fashion choreographer and runway director.



About MUPQV

MUPQV is a venture of Craft Your Wishes, conceptualized and founded by Ms. Preeti Yadav with a vision of providing a genuine and fair platform for married women to showcase their talents, realize their hidden strengths and explore their true potential.

For more information, please visit: www.mrsuttarpradesh.com

AGE OF SUSTAINABLE TOURISM

“Travel is the only thing that you buy that makes you richer.”

Unfortunately, travel is also what is leaving the planet much poorer. With Travel contributing to a whopping Eight Percent of the world's Carbon Emissions and with the world still not entirely out of the grip of a devastating pandemic, the need for sustainable travel is far more dire than ever before.

Identifying the space in Sustainable Tourism way before Pandemic hit our lives, Ecoplore has been steadily notching up not only accolades for its innovative thinking but also the number of Eco-stays that meet the tough standards it has for a listing on its roster. The criteria that a stay needs to fulfill to qualify for our listing are comprehensive and cover a wide range of environment friendly practices that aim at reducing the massive burden tourism puts on the planet.

The trail of Carbon Footprint due to tourism typically includes the transportation, the distance traveled, the ecological degradation caused by the construction of the place of stay (an apartment, resort or a hotel), the air-conditioning, the travel emissions by employees and by the food being transported to the hotel and so on and so forth. Not to mention the huge amount of Plastic and non-biodegradable waste generated in the process.

Ecoplore only lists properties that exist in harmony with their surroundings and leave bare minimal Carbon trail. Some of the criteria we look for before a collaboration are No use of plastic disposables, Home Composting of Kitchen Waste, Solar Powered Properties, Eco-stays built using only locally available material such as Mud, Bamboo or Stone, properties that grow most of their food and have provisions for

harvesting rainwater and also, who employ local people thereby not only stemming migration to cities but also reducing the transportation emissions. And since the eco-stays are built with natural materials, they also need less electricity for remaining cool/warm.

To put things in perspective, a regular hotel room in the country typically generates Carbon emissions of nearly 75 Kilograms/night. A luxury hotel room takes the figure to a whopping 1k Kilograms/night, whereas an Eco-stay listed with Ecoplore only emits about 9 Kilograms of carbon per night.

With a post-pandemic world finally waking up to the realisation of a need to preserve Nature, Sustainable Tourism is being touted as the next big thing in travel. Ecoplore, with a core-team that consists of members who walk the talk when it comes to sustainable living, not only aims at tapping the vast potential that lay in the segment but also bring about a mindset change and bring more and more travellers into its green folds.



Is this year lucky for you ?

We wish **"Happy New year"** to everyone on the first day of every year in the hope that this year shall be better than the previous one. But expectations and reality are always different. Every year has its special way of communicating with you.

To calculate your personal year – add the digits in your date of birth (driver), month, and current year. For **eg** – if someone is born on 15 February, we shall add $1+5+2+2+0+2+1 = 4$. Hence the personal year of this person is 4.

Personal Year 1:

Being the first year of the numerical cycle this year brings in new opportunities and new beginnings. The year will give the person immense enthusiasm, energy, and willpower to work towards a life one desires.

Personal Year 2:

As the qualities of number 2, this year can be slow, gentle, less consistent, and could also give a flickering mindset to the person. This year can be dedicated to the consolidation, collection, and accumulation of thoughts and information, hence not giving much time to execute.

Personal Year 3:

The number 3 governed by the largest planet Jupiter is all about wisdom, knowledge, sacrifice, and expansion. This year shall bring knowledgeable gains and for students, it will bring good opportunities for higher education and career prospects.

Personal Year 4:

The person will be highly hard working with a focused approach by setting a realistic goal. No shortcuts will work or help this year. Even the start of personal year 4 could be challenging.

Personal Year 5:

The number 5 is governed by the planet Mercury helps us focus on change and variety. It speeds up our communications, travels, thoughts, and actions. This year is worthy of taking risks.

Personal Year 6:

This year will help us focus on our relationships with friends and family. It will give chances to singles for getting married, the possibility of foreign settlement, visa approval, and job promotions.

Personal Year 7:

After building relationships with others, we get a chance to focus on ourselves and understand ourselves better. PY 7 helps us to connect with ourselves through spirituality and meditation. This year is about relaxation and sabbatical. It gives a direction to plan, organize and analyze our future.

Personal Year 8:

Number 8 as associated with Lord Shani, PY 8 will give us rewards as per our deeds. There shall be a direct relationship between hard work and rewards and goals achieved. There can be high chances of purchase/sell of the property too.

Personal Year 9:

The end of the numerical cycle, is an audit period resulting in re-evaluation of all the past 8 years and for the upcoming cycle. It might as well bring immense traps disguised in opportunities, hence evaluate wisely. PY 9 can indeed be a turning point in one's life.



Shared by : Pruthaa S Benara

Nupur Tewari : Heal Tokyo



“ I always thought I was different from everyone else, and always believed that my life was distant from what I was living. I wanted to finish my education as soon as possible so that I could explore the world outside the village. ”

Nupur Tewari is a woman who believes in becoming a positive example. A determined doer from origins in her remote Indian village to becoming an international influencer in Tokyo. It is her dream to create a few thousand Nupurs, and those few thousands will make millions and together they will make a better world.

The founder of HealTokyo and HealIndia. Known internationally for award-winning transformation and mindfulness coaching. Nupur works as a public motivational speaker, and spiritual healer through activities like yoga consultation. She brings a unique insight into Japanese culture and global outreach.

“ I taught them what I knew best – music, dance and, most importantly, yoga. Along with this, I conducted cooking workshops and taught them the Bengali language. ”

Nupur's efforts in representing India in Japan soon earned her the title of 'Unofficial Ambassador of Japan'.

Nupur has received recognitions from organisations such as The Nargis Dutt Foundation, PhD chamber of commerce, SBI Foundation, Global Mice. And was even chosen for the UP Book of World Records for being “the most fabulous woman leader” in spiritual healing yoga, motivational speaking, and transformational mindfulness coaching.

“ Japan changed my life, and I knew I had to give something back, ”

she says. “The country didn't need money, but needed healing, and that was exactly what I could provide.”

She has become a popular personality in Tokyo and abroad, media coverage is a common sight at her stage speaking sessions. Japanese programs have called her an unofficial ambassador of India within Japan.

Leading social initiatives, her proudest achievement was building a school for underprivileged children in India. Nupur has led many successful fundraisers, benefiting the homeless and youth abroad. Speaking on the subject at nearly 2000 sessions at universities across India.

Currently, she facilitates three online talk shows, taking on hosting duties for "The Nupur Tewari Show". Topics focus on social issues and the empowerment of women in business. As the first Indian-based talk show produced in Japan, It is strengthening those cultural and business ties between the two nations.



At home in Tokyo as a part of the Heal Tokyo project, she organises various regular free healing sessions where the focus is on taking care of mental and emotional health as much as the physical body. She brings that possible energy to everything she does from helping Japan's homeless to raising up underprivileged youth in India.



She's the first Indian in Tokyo who took most of the Indian athlete's interviews on Olympic on behalf of Republic TV and for her own talk show as well. Interviews are different than usual and very much appreciated by both countries people, athletes and a member of parliament.

She's the first Indian to pay tribute to three Indian heroes on 75th Independence Day who have a direct connection with Japan. In heavy rain, she went to three different places and paid tribute to Rash Bihari Bose, Subhash Chandra Bose and Justice Radha Binod Pal.

Nupur wants to introduce the Japanese way of learning in these schools, the roots of which lie in self-empowerment – from cleaning their rooms to polishing their shoes, training to be self-sufficient. Another important mission that Nupur looks forward to is starting a healing session for prisoners, with the obvious fact that they must be going through a tough time as well. She has taken efforts through her own contacts but in vain. She wants to go ahead with the plan on a larger scale.



-By Aditi Gupta



Sayani Gupta: Sparkling Star

A graduate of the Film and Television Institute of India, a young, bubbly girl who is like a sparkling star has already made her niche in Film Industry.

She made her feature film debut in 2012 in Second Marriage Dot Com. She has since appeared in supporting roles in films such as Fan, Jolly LLB 2, and Article 15...Women Shine wishes her a very happy birthday(9th October)

In an Interview with Women Shine, Sayani talks about her journey and roles..

1. What is something that you know now that you wish you knew when you were first starting out as an actor?

Few things actually, first of all, acting is not the only thing that one needs to know, to be a professional actor actually, you know It's so much more. One has to be really good with people management, one has to be very good with management, with time. All of that there is so much of your energy that goes into the peripheral things, especially when you start doing more work, your dates, money, just scheduling things, just to be on top of everything and it's so much more than just going out there and doing a good scene.

So I wish I knew all of that but you can't unless you start work. Those kinds of things are very annoying and I wish I didn't have to do any of that, take my time and concentrate on the real work but you are left with such little time to do the real work that's what is frustrating sometimes.



2. Is there a particular role that got away? – A role you really wanted but wasn't cast in?

Yaa, of course, there was one film that I really really wanted. After I saw the film I was like never mind, actually, my friend called me and said that “you were saved”, but having said that you haven't got cast in but I thought it would be interesting. Once I saw the film I actually thought I didn't really miss out much and it's always for a good reason. So I thought this person who did get cast was cast so correctly. So actually I never felt bad about watching a film out of a project. Recently I really wanted to be a part of the project and although the audition was fab everyone loved it, it didn't happen. I still don't know why but there I felt like what do I do there's nothing more I could have done obviously but I guess these are things that are destined. But I feel that most parts that are played are all destined, there is no fretting about it.



3. If you could choose, what three actors would you really want to work with?

Naseer again I would really want to work with, I would love to work with Shah Rukh Khan again, I wish I had worked with Irfan, but it's not gonna happen unfortunately and maybe Jake Gyllenhaal would like to work with.

4. What's the toughest part about being an actor?

Just being an actor, I don't think there is any tough part. Of course, you have to have a very thick skin and I read a quote from Adam Driver that once said if you are an actor it means you are ready and willing to fail in front of people and fail publicly but apart from that I don't think you feel much about it.

The toughest part for being an actor in Bombay or being a professional actor is what I said the other peripherals, looking a certain way, it's just not acting there are so many things and the business part of it which annoys me because I don't have an interest in that. Also, I didn't become an actor because I want to become a star, I wanted to become an actor because I love acting, anything that takes me and my focus away from the acting part of it I don't enjoy it.

5. What's the best part of being an actor?

The best part of being an actor is being an actor. The fact that you can be an actor and you are paid for it, it's phenomenal, it's the best thing ever.

6. When did you first know you wanted to become an actor?

When I was 4 years old, I was sitting on a pot and I knew I wanted to become an actor, I knew I wanted to do it, I just wanted it, I really truly desired it.

7. Do you prefer acting for movies or for the theatre?

I don't think they really can cancel each other out because it is a completely different experience for either. Theatre is an actor's medium. It's a completely different ball game altogether, films are different, it's not an actor's medium, the actor has very little control over the medium so you can't really choose. I prefer I enjoy both thoroughly for different reasons.



8. What has been your favourite role so far?

There were many. I enjoyed article 15, I really enjoyed playing Rohini in Inside edge.

9. What is the scariest part of an audition?

No scary part. I enjoy auditioning and I really put in a lot of effort. Still, I am very particular about getting the clothes right, getting makeup hair everything. Even if it is sometimes like cutting my hair in a bad way, for an audition like Jagga Jasoos. I actually cut it very badly, cut bangs for the audition. I really take a lot of effort, I'll go for the parts which I haven't got also. I will shop for sarees to get the look right, so I really put in an effort and I really enjoy the process. It's a nice process to explore also. I thoroughly enjoy it. I also sometimes do get annoyed when people ask me to for like random stupid parts, I am like dude I have worked enough for you to know whether I can pull this off or not, and sometimes it is annoying because the leads in that film are really not great actors, so I want as, dude cast me for this, so those kind of things are very annoying but I do audition quite a bit and happily and if I think that this is the part I would test for I will do it and I still do it, during the lockdown, there were so many auditions I did, in fact in a week I did 3-4. Auditions like a big one where you have to prepare 3-6 scenes, I like to put it that and it's a fun process honestly.



Interview by Aditi Gupta

A RAY OF HOPE: DR. NEELAM GUPTA



AROH, an acronym for 'A Ray of Hope', is fulfillment of a dream which I saw when I was just a child studying in school.

"My father sold it" these words from the poor little girl, when I dubiously enquired her about the pullover, I gave her the previous chilly December morning changed my perspective towards life. The event triggered my motto for life to 'Not Give the Fish but to Teach them Fishing' and acted as the seed of inception for AROH Foundation, my social venture to help the poor and needy how to 'fish and fend for themselves'.

If entrepreneurship is a difficult life, social entrepreneurship can be more difficult, especially for a woman in India. I had to take up a preset norm for a woman in India to get married and get secured financially through my entrepreneurial publishing venture for a decade, before I could finally take the plunge and register AROH Foundation as a charitable society in August 2001. AROH started off as a research & strategic expert institute but soon the ardor to be working right at the grassroots, directly with the underprivileged took over. There were more challenges waiting for me, from exhausting funds, continuous disappointments of proposal rejections, I was on the verge of shutting down AROH when in February 2009 I received the approval for the first Skill Training project of Government of India. That was the real beginning of AROH Foundation, and my dream to serve our people coming into reality.

Since then, AROH has grown leaps and bounds. During its journey of 20 years, AROH has been successful in positively transforming more than 5 Lakh lives through its multi sectoral programs in 18 states of India. Women's empowerment has been a cross cutting theme and focus in all its endeavours. The Foundation has impacted lives of more than one lakh women through various interventions. Reaping its rich demographic dividend, AROH has so far trained more than 25,000 youth and engaged them in jobs and self-employment. AROH Reformed teaching – learning methodologies and holistic development for 50,000 poor children and also helped the economy by employing nearly 200 full time people in the organization. It is now hailed for its pioneering working for large scale CSR projects and flagship Government Schemes.

I feel proud to be able to nurture a good team by inculcating commitment and sincerity towards work as strong values for the organization. Keeping a pace with time, use of technology, placing holistic welfare policies and aiming sustainability has been our USP in the run and which eventually established AROH as one of the creditworthy NGO amongst stakeholders both nationally and internationally.

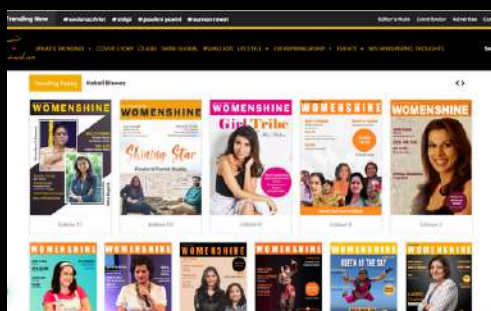
This has not been just my journey, but of everyone else's too, who in between got along, supported us and got impacted. I am grateful to be a small part of change in people's lives and restoring humanity within humanity.



Dr. Neelam Gupta
Founder President & CEO- AROH Foundation
Global Goodwill Ambassador, (accreditations)



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Aanchal Goel, Founder and Creative Head at Objectry



Graduating as a product designer from Symbiosis Institute of Design, Pune, Aanchal Goel pursued and honed her skills in Graphic Designing at Parson School of Design, New York. Goel initially gained practical experience as a product designer by working with Devi Design and Mukul Goyal Design as she kicked off her professional journey. Fostering a strong desire to establish an indigenous brand, Goel set forth on a path to build an Indian brand with a distinct sense of design that is driven by its materiality. It was then that Objectry was born in 2015.

As the founder and creative head at Objectry, she creates products with the intention of making basics enthralling. The brand currently focuses on wood and clays to shape their designs. Aanchal's zeal to create avant-garde designs is backed by a team of competent artisans and local craftsmen who draw inspiration from modern art, architecture, movies, and fashion. At present, Objectry's product catalogue incorporates around 400 products across desk, decor and kitchen categories.

The pandemic allowed Aanchal an opportunity to create some masterpieces and extend Objectry's range of products to the furniture segment too. As the lockdown had people spending a lot of time indoors, she felt that investing in beautiful and comfortable furniture that made one feel at ease amidst the pandemic was the need of the hour.

Aanchal has exhibited her products at London Design Fair and installed her range of Terracotta products at the Manchester Art Gallery. Furthermore, Objectry has sourced its products to a number of restaurants and hotels worldwide, including a Michelin Star Restaurant.

Objectry products are available for delivery pan-India through their website and also e-commerce sites like Modern Quests, The House of Things and Natty.

- Team WS



INTERESTING TRENDS TO INCORPORATE THIS FESTIVE SEASON

Like every other thing, last year and a half has seen our fashion spirits too doused to our athleisure wear. We were happily styling ourselves in our Pyjamas and sweats, channelling out the luxe- sports look to glam up for any 'virtual celebration' we may have to 'attend'. The Diva in us was exploring more with make-up and hair trends than clothes actually. Good Times are round the corner and we must allow our fashion spirits to soar high again. Let's look at some interesting fashion and colour trends that can bring us back in the festive fashion game after this hiatus.

GO BIG ON SLEEVES

Statement sleeves are going to be the fashion statement this season and with the changing season it suits us fine too! This element of fashion has the power to uplift almost any garment, be it ethnic or western.

Voluminous puff or bishop sleeves, ruffled sleeves or ruffled cuffs at the end of fitted sleeves, cape sleeves, cowl sleeves, be jewelled sleeves, off-shouldered volume sleeves, layered and two toned sleeves, tiered sleeves, ruffled sleeves, shirred sleeves, volume sleeves with bold big cuffs/ bands or draped sleeves, the choice is amazing. We just need to choose the right kind as per our body type and also team it with a fitting silhouette to have a balanced look in the ensemble.

When choosing to follow this trend, remember to keep the focus on the sleeves of your garment, rest of the elements are just to complete the look. Be it a western outfit or our quintessential blouses teamed with either sarees, lehengas or ghararas, the sleeves offer amazing scope to experiment.



BE THE COVER GIRL or TEASE WITH THE MIDRIFF

On the contrary to fashion beliefs where skin show is a part of clever fashion aesthetics, which many fashion victims end up following beyond their ease, the trends this year is about the more fabric cover the merrier. With Kim K appearing at the Met Gala with 100% coverage (yes, even her face was covered!) in an all black layered bodysuit ensemble, this suddenly has become the talking point.

Talk of masking up in style! Go stylish with your masks and scarves and layer your body suits with a nice sequined skirt or lehenga with a bright scarf/ stole and you are festival ready! Our classic lehenga choli perfectly fit the midriff baring trend hot in the season now! Twist it by pairing your structured blouse or cropped 'Shacket' with a gharara, our very own wide legged pants and be the hottie on the block!



SEQUINE DAZZLE

This year fashionistas aren't looking for any reason to pull out their sequins rather just flaunting them left right and centre, so we, in our Dandiyas and Diwali, definitely have all our reasons to pull out and pull off our heavily embellished attires. The key is to keep one heavily embellished piece and prep it with another pop piece, either colour wise or print wise in case you are attending a day time celebration.

Bring out your '**Chaniya Cholis**' and dress with a vengeance!

GO FLORAL

Floral motifs and prints bring festive cheer! And when they are embellished and embroidered, they speak for themselves. From mid size to small ditzzy print, flowers are our way to bust the drab of pandemic life!

HUES THAT CRY OUT LOUD

Bright saturated hues in pink, mustard, yellows, blues and green are the scene stealers and when you clash them it's even better! Black is the ever classic, just jazz it up with embellishments, bright contrasting prints, sequence in monotones or contrast and you are festive good! If black is not your colour, live it up with Lilac, Lavender and bubblegum pink! Those who believe in saying it with colours, pull out your brightest of pinks and fuchsias, tonal yellows or marigolds, deep rich jewel tones and own them like never before. Our very own Bandhej and Kutch embroidery are embodiment of festivity by their sheer presence.

90s IS THE NOW

It's not only the reruns of FRIENDS on the loop, it's also the 90s fashion that is seeing a comeback in our lives. So all the moms out there, who have been seeking fashion tips from their daughters, it's rather time to give them some! Girls out there channel your yesterselves and get some chunky flatforms/ platforms, team minis with midi/ maxi outerwear. Big shoulders and sleeves, tailored and structured look, tailored layering, low waist, wide legged bottoms, cut-outs are some elements to base our styling on.

STATEMENT PIECES TO JAZZ UP YOUR FESTIVITY

Come October and we Indians get in the celebration and ritual mode. We may have hibernated in our loungewear all the year long, but we shall dress with as much aplomb for this time of our year.

Here is the list to remind us of our deck up possibilities. Yes **'Sarees'** are our go to garment but this festival, it's time to team it with very unconventional blouses, shirts, shackets and even vests to give a spin to the classic. Layer the saree with structures sequined blazers or bombers for that urbane and edgy look. The pre-draped versions of this classic, where saree meets gown can be made very ethnic with use of ethnic fabrics or Indian surface ornamentation techniques like sequences, embroideries, cut works, quilting, puffing and rouching.

Lehengas or Ghararas can be given a trendy twist by keeping them low waist and pairing them with sequenced crop tops. Young brigade can add layering to it and also make it more fun by keeping the length of the bottom garment cropped and team them with sequenced trek boots, swapping their stilettos.

How about swapping our regular 'kaftans' for more dressy versions of the same?! Add some midriff baring cutout/ keyhole, throw in flashy ornamentation/embellishment and team it with a vibrant scarf and you are festive ready.



- Written By : Shipra Anand
afclko@rediffmail.com

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स्त्री

वो तुम न थे वो तुम्हारा गुरुर था
 जिसने मुझे एहसास दिलाया
 कि मैं एक स्त्री हूँ और तुम्हारे
 मुकाबले मेरा अपना कोई वजूद नहीं
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 तुम्हारे पास होकर भी तुम्हारी नहीं हूँ



उषा चित्रांगद

महिलायें अपनी खुशी के लिये जीना सीखें

दुनिया की आधी आबादी महिलाओं की है। वही। इस सृष्टि की जननी है, फिर भी स्त्री को दोगुने दर्जे का समझा जाता है। पुरुष के साथ बराबरी के हक की मांग करके भी वह सदा से समाज के द्वारा छली जाती रही है। आवश्यकता इस बात की है कि महिलायें स्वयं अपने महत्व को पहचानें। वह अपने आप को कमजोर कभी न समझें, क्योंकि समाज में जितना अधिकार और महत्व पुरुष का है, उतना ही महत्व महिलाओं का भी है। सही अर्थों में देश तभी विकसित तभी बन सकता है, जब उस देश की महिलाओं को बराबरी का अधिकार और सम्मान प्राप्त हो। बिना महिलाओं के समाज अधूरा माना जायेगा।

एक मां के रूप में बच्चे की अच्छी परवरिश करके योग्य नागरिक बनाने का योगदान हो या एक पत्नी का हर मुश्किल परिस्थिति में साथ देकर उसका मनोबल बढ़ाना, या एक बेटी या बहू के रूप में अपने माता-पिता और सास ससुर की देखभाल करना, इन सभी भूमिकाओं में हमारे देश की महिलाएं समाज को अपना अमूल्य योगदान देती हैं।

शिक्षा के प्रसार और समय की मांग के अनुरूप अब अधिकांश महिलायें व्यवसाय या नौकरी करने के लिये घर से बाहर जा रही हैं। परंतु हमारा समाज और परिवार उनसे यही अपेक्षा करता है कि वह परिवार की देखभाल पहले की तरह ही करें। इसी अपेक्षा के कारण महिलाएं परेशान और तनावग्रस्त रहने लगती हैं। परंतु यह आवश्यक है कि महिलाएं अपना ख्याल रखें और अपनी जिम्मेदारियों को परिवार के सदस्यों के साथ बांटें। स्वास्थ्य सर्वोपरि है—महिलाओं को अपने स्वास्थ्य का अवश्य ध्यान रखना चाहिये। अपनी किसी भी तकलीफ को नजरअंदाज न करें। सालाना मेडिकल चेकअप करवायें। अपने ऊपर पैसा खर्च करने में संकोच न करें। आवश्यक जांच करवायें और जरूरत है तो इलाज भी करवायें। क्योंकि यह पुरानी कहावत है कि जी है तो जहान है। स्वास्थ्य के साथ की गई लापरवाही भविष्य में बड़ी समस्या बन सकती है।

आत्मनिर्भर बनना सीखें—पैसा कमाना ही सब कुछ नहीं है। आत्मनिर्भर होना भी आवश्यक है। यदि घर में कार है तो, कार चलाना सीखें। यदि स्कूटी है तो वह चलायें, इन कामों से आप आत्मनिर्भर बनेंगीं। और आपका आत्मविश्वास बढ़ेगा।



अपनी बचत और आय प्रबंधन की जानकारी रखें-- अपने निवेश और बचत के बारे में स्वयं पूरी जानकारी रखें। हमेशा इन सब कामों के लिये दूसरों पर निर्भर न रहें। दूसरों पर विश्वास करके आंख बंद करके रहने पर कभी भी धोखा मिल सकता है।

अपनी इच्छाओं और उपहारों के लिये भी बचत करें— ये आवश्यक नहीं है कि कोई दूसरा व्यक्ति ही आपको उपहार दे। आपके पिता, पति या बच्चे ही आपको उपहार दें, यह आवश्यक नहीं है। आप स्वयं अपनी पसंद का उपहार लायें और स्वयं को गिफ्ट देकर प्रसन्न हों।

जब आप और पति दोनों ऑफिस में काम करते हैं, घर की जिम्मेदारियाँ भी दोनों लोग बराबर-बराबर बांटें। मां या पत्नी के नाम पर वीकेंड में देर रात तक काम करना बिल्कुल भी सही नहीं है। आखिर आपको भी तो आराम की जरूरत है।

अपने माता-पिता की जिम्मेदारी बराबरी से उठायें। हमेशा आपका भाई ही उनके सारे काम करे, ये उचित नहीं है।

कभी बीमार बच्चों की देखभाल उसके पापा को भी करने दें। आपका कैरियर भी उतना ही महत्वपूर्ण है, जितना पति का है। और दूसरी बात कि बच्चे उसके पापा भी बराबर के जिम्मेदार हैं, इसलिये कोई संकोच करने की जरूरत नहीं है।

यदि घर में दूसरे सदस्य भी हैं तो कभी कभी किचेन संभालने का मौका उन्हें भी दीजिये।

क्या हुआ? यदि किचेन का प्लेटफार्म बहुत गंदा है या सिंक बर्तनों से भरा है तो पैनिक न करें। यदि आप थकी हैं तो कुछ समय का ब्रेक लें। आराम करने के बाद फ्रेश होकर काम करें।

दूसरों की मदद करें, भले ही आप उन्हें पसंद नहीं करतीं, लेकिन आपको नहीं पता कि वह अपने जीवन में कितना संघर्ष कर रहे हैं। आपकी छोटी सी मदद से वह आजीवन आपके प्रति कृतज्ञ बन जायेंगे। उनको खुश देख कर आपको भी आंतरिक खुशी मिलेगी।

जरूरत मंद को सशक्त बनाने में उसकी अवश्य सहायता करें। जैसे- आपकी काम वाली, उसे स्वच्छता, शिक्षा, या पैसे की बचत संबंधी आवश्यक बातें समझाइयें।

एक सपोर्ट सिस्टम तैयार करें, इसके लिये अपने माता-पिता या सास-ससुर का सहयोग लेने में संकोच न करें। यह आवश्यक नहीं कि हर परिवार में सास-बहू का ड्रामा ही हो।

आपके पति से अलग कुछ दोस्त या सहेलियां होना बिल्कुल भी गलत नहीं है। कुछ समय परिवार से अलग आप अपने ग्रुप में बितायें और मस्ती करें। आप एकदम ताजा हो उठेंगी।

हर समय दुःखी होना या रोते रहना बिल्कुल भी सही नहीं है। सारी परेशानियों के लिये स्वयं को जिम्मेदार मान कर हर समय भावुक होना आवश्यक नहीं है। यदि समस्या है तो उसका समाधान भी अवश्य होता है।

सावधान रहें—कठिन परिस्थितियों को संभालने के लिये हमेशा तैयार रहें। यदि असफलताएं हाथ लगती हैं तो निराश होने की बजाय समस्या के कारण को समझने की कोशिश करें। निराश होकर अपने को मुसीबत की मारी कभी भी न समझें।

बच्चों को स्वावलंबी, जिम्मेदार और स्वास्थ्य के प्रति सचेत बनायें।

घर के प्रत्येक सदस्य को समान रूप से घर के प्रति जवाबदेह और जिम्मेदार बनायें।



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Painting

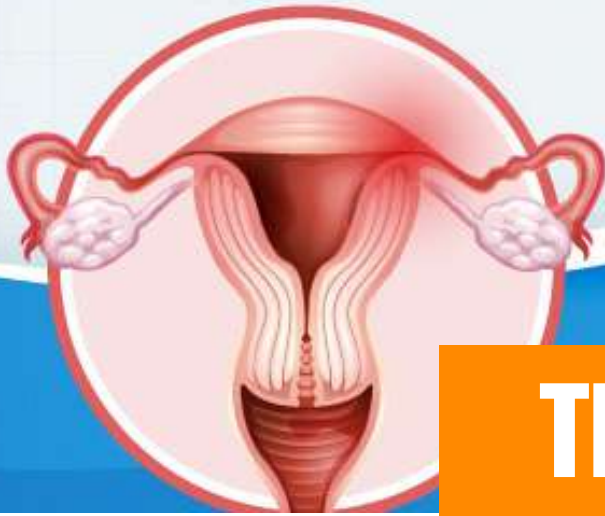


Aanandini Ramawat

12 years, Amity International School, Gurgaon

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





The Modern PCOS

PCOS is a condition that is very common in women aged between 14- 45 yrs which is the reproductive age in which the ovaries produce an abnormal amount of androgens which are male sex hormones, which are usually present in women in small proportion.

INTRODUCTION

As we all are very well aware of the global outbreak of the newest disease COVID-19 which is caused by the Novel Severe Acute Respiratory Syndrome(SARS) had reached its pandemic status in March 2020.

Being destructive at a mass scale forced the governing bodies of the affected countries to impose various degrees of quarantine and self-isolation. Ultimately, this made the world shift from the outdoor hustle to indoor peace, in addition to the increase in pre-existing comorbidities like heart diseases, diabetes, obesity, and depression.

SYMPTOMS. CAUSES

Some women start seeing signs at an early stage, at their first period. Others also find PCOS after they've gained bodyweight or face trouble in reproducing.

PCOS causes some manifestations that can be seen as:

Disturbed menstrual cycle

Excessive male hormones

Increase in weight

Dark patches on the skin

All these symptoms collectively add up to a negative circumference around you which leads to extreme Anxiety and Depression.

Novel outbreak made the country go for lockdown several times in the past one and a half years, which confined the majority population to their homes.

Many of us stopped exercising, reduced physical activities, sleeping less, and spent more of our time on screens, permitting every possible way to increase the overall prevalence of PCOS in Indian women.



COMPLICATIONS

If you are diagnosed with PCOS, your ovaries may contain several tiny cysts that can lead to high production of androgens.

In males, androgens are made in testes. They are involved in the development of male sex organs and characteristics like body hair, facial hair. Whereas in females, these androgens are produced in the ovaries and later turn into estrogens.

These hormones play an important role in the reproductive system and also the health of your heart, arteries, hair, skin and brain, and other parts of the body.

TROUBLE GETTING PREGNANT

Cysts in the ovaries can cause trouble in pregnancy by interfering in the process of ovulation. What happens is, if a healthy egg is not available to be fertilized by a sperm, you cannot get pregnant.

PREVENTIONS IF ANY

While it is still under research, the exact causes of PCOS, but many medical professionals across the globe suggest that the root causes for the disease could be genetics or other environmental factors.

We'll be mentioning some easy ways to manage and prevent PCOS symptoms:

'Finish all your greens' you must've heard this saying and now to prevent PCOS you should follow this too.

Follow a plant-based and clean diet.

Try to take out some time to exercise, this will benefit your body. Include breathing exercises like Pranayama are known to help release your stress level and provide a healthy and positive impact on overall wellbeing.

Limit your caffeine intake, if you are a coffeeholic person like me then this is high time you should cut it off to less than two caffeinated beverages per day.



- Written By Vaishnavi Rastogi



Lauki ki barfi

Ingredients:

Lauki / ghea grated 2 cup
 Milk full cream 1 cup
 Sugar as per taste I m using 1/2 cup
 Mawa / milk powder 1/2 cup
 Ghee 2 tbsp
 Desiccated coconut 1/2 cup
 Kewda water 1/2 tsp
 Chopped almonds
 Green food colour 1 drop (optional)
 Silver work 1 sheet

Cooking instructions:

- 1) In a Wok add ghee . Add grated lauki (goard) cook it for 3minutes add milk cook for 5 minutes..
- 2) Add sugar . Mawa/ milk Powder and coconut and cook till the mixture leaves the wok.
- 3) Add food colour and mix well.
- 4.) Let the mixture cool down.. add kewda water and mix well
- 5) In a greased tray put this mixture level it with knife .
- 6) Put the silver wok sheet.
- 7) Sprinkle chopped almonds
- 8) Keep aside to set then cut into pieces..



It's quite easy n simple barfi prepared with simple ingredients. Can be prepared within 30 minutes.



Shared by : Rakhi Lakhan

Orchha: Travel Tales



Christmas time has weather appropriate to the occasion. In the early dawn, there's fog all around and wisps of mist loiter over the ground. The mornings are too chilly for sane beings. However, when sun-god arrives in his chariot it is all a clear, bright, promising day.

Generally speaking, this is a good time for the wanderer to take a road trip. This is now amply clear to us that we're almost always possessed by wanderlust. Our travel took us to another gorgeous place in Madhya Pradesh.

After a seven-hour drive from Lucknow, we reached our destination. Our cottage in the riverside resort provided an unrestricted view of the most beautiful sunrise we've ever seen. The sun rose right in front of our cottage, from behind the hills with the music of the river Betwa. We couldn't ask for more.



In the early morning, we also heard the snatches of diverse musical repertoires from numerous birds, like varied instruments in an orchestra.

Truly, there's no music like the music of Mother Nature.

These times have been a difficult period for the entire human race. There's still an all-pervading scare for coronavirus and travel is restricted, but there are things to learn.

We've gleaned a powerful lesson of a keen appreciation for life more than ever before. We now believe that no matter how foul the weather we shouldn't get depressed. Let's adapt to the circumstances and stay cheerful.



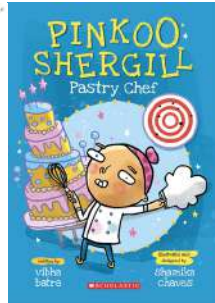
- Shared By Ruchi Jain

KNOW YOUR AUTHOR: VIBHA BATRA

Title: Pinkoo Shergill Pastry Chef
TG: Children 8-12 years (and young at heart adults!)
Publisher: Scholastic



Pinkoo Shergill has a dream. He wants to be a pastry chef! But it's the world's biggest secret. You see, his Papaji believes that boys shouldn't step into the kitchen or cook or bake. In fact, Papaji wants Pinkoo to become a shooting champ. Ack! But when the Great Junior Bake-a-Thon comes to town, Pinkoo has to come up with a WOWMAZING plan to make sure his blabbermouth cousin, Tutu, doesn't vomit everything to Papaji, win Nimrat--the Most Annoying Girl on the Planet--over and win the baking competition. Pheww!



Author Profile

Vibha Batra is a Chennai based author, graphic novelist, advertising consultant, poet, lyricist, translator, playwright, travel writer and columnist. She has published 17 books including *The Secret Life of Debbie G* (a graphic novel), *Merry the Elephant's Rainy Day*, *Bathinda to Bangkok*, *The Reluctant Debutante*, *The Dream Merchants*, *Keeping it Real*, *Euro Trip*, *Ludhiana to London*, *Glitter and Gloss*, *The Activist* and *The Capitalist*, *Sweet Sixteen (Yeah, Right!)*, *Seventeen and Done (you Done!)*, *Eighteen and Wiser (Not Quite!)*, *Family Crossword*, *A Twist of Lime*, *Tongue in Cheek*, and *Ishaavaasya Upanishad: Knowledge and Action*. She has worked on national brands like ICICI Bank, ICICI Prudential Life Insurance, Aditya Birla Group, Times Group, Murugappa Group, GRT Jewellery, Lotte, Lee, Cavin Kare, to name a few. Her travelogues have appeared in *The Hindu*, *Conde Nast Traveller*, *Deccan Chronicle*, and *The Week*. Several of her short plays have been staged during the Short and Sweet Theatre Festival South India. One of her plays was staged on the occasion of GST Day in Chennai. She wrote the Hindi lyrics for *Thuppaki* and has written the anthems for leading corporate houses like The Chola Group, Murugappa, Brakes India, GBS India, and Cavin Kare. She has contributed short stories and poems to the *Chicken Soup* series, international anthologies, print magazines and ezines. She conducts creative writing workshops for children and adults at the British Council Chennai. She has been invited as a judge at renowned schools and colleges, and as a speaker at literature festivals and leading corporates. Her *Sweet Sixteen* trilogy published by Penguin has been optioned for screen adaptation by a leading production house.

STELLAR SILK SAREE SAGA WEAVES OF THE WEST & BENARASI

The quintessential saree has remained one of the most favourite canvasses for Indian weavers. Craftsmen from all over the country have found unadulterated freedom of expression in these 6 yards of fabric, and perhaps this is why India is home to some of the finest handloom fabric traditions since time immemorial.

Sarees have survived thousands of years of modifications, migration, and globalization. Most women have adopted other outfits too but sarees remain an integral part of our culture and traditional attire worn with elegance. Saree is sensuous versatile glamorous and can be styled in many drapes and paired with different blouses and accessories. It can be appropriately worn for



almost every event, office wear, daily use, or festival. In the last couple of months, I dwelt on the saris of the East and South Now it is time for the wrap-up with the stellar silks of the West and North.

The west of India is home to numerous weaves that have held their own for centuries. Artisans have developed their unique styles starting from the yarn to the final product. Many of these are endangered today but, these sarees continue to be loved for their exclusive work and distinct style. Some take months or even years to finish. The effort time and skill that goes into making these masterpieces makes them precious enough to become family heirlooms.

Paithani handloom sarees, a symbol of Maharashtrian culture, the 'Queen of Silks' is woven silk with a rich zari border made from gold or silver thread, takes up to 6 months to weave; once upon a time used to clothe the royals. Today, this craft is struggling to survive since power looms produce copies extremely close to the real thing. If you plan to buy a Paithani handloom saree, don't be fooled by the fakes. Let me give

you an idea of the difference. The reverse side of a genuine Paithani handloom saree looks the same as the top. A fake Paithani, on the reverse, would reveal itself in the mesh of thread. No two handwoven Paithani sarees can look the same, unlike mass-produced ones. The threads are naturally dyed, usually available in basic colours. The saris because of the quality need TLC.

Bandhani sarees are the face of Gujarati and Rajasthani craft. Bandh means "to tie". This is a traditional technique of tie and dye in which the cloth is plucked with fingernails and tied into small or large dye resist circles depending on the pattern that is desired. Several colour

combinations are readily available in cotton, silk, and chiffon.



The pride of Gujarat, the Patola saree is a double ikat weave that originated in the town of Patan in Gujarat. The yarn is dyed as per the demands of the design. The intricate warp and weft geometric or abstract design is laid out by the master craftsman very carefully, for one wrong thread may spoil the pattern. A rosewood sword-shaped stick called Vi is used to adjust the yarns. Because of the unique technique, Patola sarees are reversible and look the same on both sides. Often, even the weaver cannot tell the difference.

In the 12th century, the weavers got the patronage of the Solanki Rajputs, the rulers of Gujarat, and parts of Rajasthan then. Patola silks were so popular that even after the decline of the Solanki Empire, it was a sign of social status amongst Gujarati women. The colors used are vibrant, taken from nature. The motifs too, have been adapted from choices of various religious communities, another beautiful example of unity in diversity.

A traditional form of tie and dye from Rajasthan and Gujarat, the term leheriya is derived from “leher” meaning waves. Done on thin silk and cotton sarees, these are rolled from one corner to another, tied at regular intervals before being dyed to create complex wave-like patterns. Traditional leheriya uses natural dyes like indigo and alizarin though today, these are available in a wide range of colours.

The drape of the royals, Chanderi saree is distinguished by its transparency and glossy finish. Traditionally woven over a white, black or beige base, these sarees are available in a variety of colours today. Chanderi is customarily woven in pure cotton or silk, however, cotton-silk variations are also available now. Floral art, geometric prints, and peacocks are some of the most popular motifs used in these sarees.

Born in the small town of Maheshwar in Madhya Pradesh, the beautiful Maheshwari weave flourished under the patronage of Rani Ahilya Bai Holkar. This silk saree is a visual representation of the grandeur of the forts, palaces, and temples of Madhya Pradesh, as the motifs are inspired from

these. Popular designs include the mat pattern, which is also known as ‘chatai’ pattern, along with ‘chameli ka phool’, the ‘eent’ (brick) and the ‘heera’ (diamond) patterns. These elegant sarees are popular because of their light weight and glossy finish, a good choice for the Indian weather. Though originally done only in silk, Maheshwari sarees are now available in cotton, silk cotton, and even wool.



Gharchola translates into “home wear”. But the sari is hardly that! They are almost exclusive bridal wear, preferred by Gujarati brides for their vibrant colours and zari work. Typically made in the auspicious colours of green and red, they are distinguished by their special grid pattern. A typical gharchola, is made with 12 squares, called bar baghor or 52 squares, also called bavan bhag. Each check is then tied and dyed to create wonderful bandhani patterns, which repeat themselves through the entire length of the saree.

BENARASI

We have all grown up being in awe of this luxurious weave, but did you know that it even finds a mention in the Mahabharata and Buddhist scriptures! The history of Banarasi silk sarees has seeped into the rich culture of India. Originally crafted exclusively for royalty, each Banarasi saree was crafted from the finest silks and was embellished with real gold and silver threads, taking as long as a year to create one saree. The Banarasi silks of today are a mix of Indian and Mughal influences. Motifs like paisleys, florals, and foliate patterns that are predominant in Banarasi weaves are inspired by Mughal and Persian designs.

The pallu of a Banarasi saree is characterized by its compact design, floral motifs, vertical jhallars, and gold and silver thread work (the real gold and silver thread work has now been replaced by copper wires with silver and gold polish). It takes at least three artisans to make one Banarasi saree.

Intricate intertwining floral motifs, kalga , and bel, a string of upright leaves called jhallar at the edge of the border is a characteristic of these saris. Goldwork, figures, metallic visual effects, jal (a net-like pattern), and mina work are other characteristics. Banarasi saris are worn by Indian women during weddings complemented with the best jewelry.

One of the most delicate weaves, **Tanchoi** is a subtly elegant fabric. It is a weaving technique that involves a single or double warp along with two to five colours placed in the weft that are often of the same shade. The special feature of Tanchoi sarees is that the fabric texture has a satin finish. Famed for the intricate and small weaving patterns over the fabric, the commonly used motifs are flowers, small birds, peacocks, and parrots.

One of the staples of the city of Varanasi, the Amru brocade uses silk threads, as opposed to gold and silver zari. Because of the characteristic butis that are made on these sarees, it is also known as butidar sarees. Originally produced as a cheaper alternative to the more expensive khinkhwab, the amru brocade today is an established industry of its own.

One of the richest forms of textiles, **Jamavar** is traditionally a form of Persian embroidery from Kashmir that was used to make warm shawls. It is very different from the Banarasi weave with no loose threads at the back, giving it a more complete finish. Intricate paisley, mango, and floral motifs, typical of Persian work are the distinct characteristics of these sarees.

Pashmina Banarasi has won every women's heart with its range of colors, golden buti work in the body, and beautifully designed border. Authentic silk weaves and metallic artwork have added an elegant texture to these bridal sarees.

When it comes to storing our precious banarasi sarees, extra caution is required. They are extremely delicate, hence we fold with the front weaving part inward and wrap each separately in cotton or muslin cloth while storing. Do not use metal hangers for the sarees, as they corrode, and leave permanent stains. Hand washing is not an option so dry cleaning is the best way to ensure that your saree is clean and maintained.

Avoid spraying perfume on the saree; it may stain it. If stained treat only the affected spot. Do not dry the saree in direct sunlight. This will make the cloth weaken and fade.

Traditional yet timeless Banarasi Sarees are always loved by all. Wear one to feel royal, and gorgeous. There are more cotton weaves, innumerable embroidery, and paintings that make up our fabric heritage. But that is for some other time!

A sari lover, A sari wearer



Prabha Raghunandan

Reality of Refrigerators

Refrigerators are just like those flats which builders sell us. There is a super built-up area and then there is a carpet area. Super built-up area is something the seller lures you with. Carpet area is something which you finally get to use, which leaves you a bit disappointed and you end up cursing nobody else but your poor miyan for no fault of his? Needless to say, the quality of construction also keeps deteriorating with time in both cases. Basically **"haathi ke daant dikhaane ke aur, khaane ke aur!"**

We must have changed three refrigerators in the last ten years. Reason being, their insufficient capacity. We went from 425 litres to 525 litres to 750 litres, believing that we are buying a bigger and a better capacity refrigerator, each time. However, it was clearly our misunderstanding. What I can fit in my 750 litres one today, I could do it in my 425 litres as well. There's practically hardly any difference.

The hardcore truth is that it's just the super built-up area that keeps getting bigger and expensive while the actual carpet area aka the actual capacity remains more or less the same. Anyways, now I don't even have a scope for a bigger than my current 750 litres one. I will then have to keep it on my terrace and will have to appoint a guy who will be available on-call to send me what I want from my fridge (which is every 15 mins) because a refrigerator, in any household, is more in demand than even the lady of the house. I guess it's the same story everywhere.

Although it was my decision to buy a 750 litres refrigerator it was my miyan who pushed me into buying the side-by-side door kinds. Style ka jo sawaal tha. As anticipated, it lacked the kind of space I was looking for. Honestly, I don't understand why, but the need for more and more space keeps increasing. The family size remains the same though. Of course, the sizes of the family members keep growing, no matter what! Anyways, I was cribbing and cursing miyan for coaxing me into buying a double door. You know how we women are. Though we are a party to every crime but the end of the day, if it doesn't work in our favour, we coolly push the onus on our poor miyans. Miyan had to do something otherwise he knew for the next few days, he won't be able to sleep in peace. Hence, he decided to get me some organizers. He is obsessed with organizers although most of his stuff usually lies outside of these organizers. **"What's the point of these organizers when it's going to be the same story again. The stuff will keep floating outside only..."**

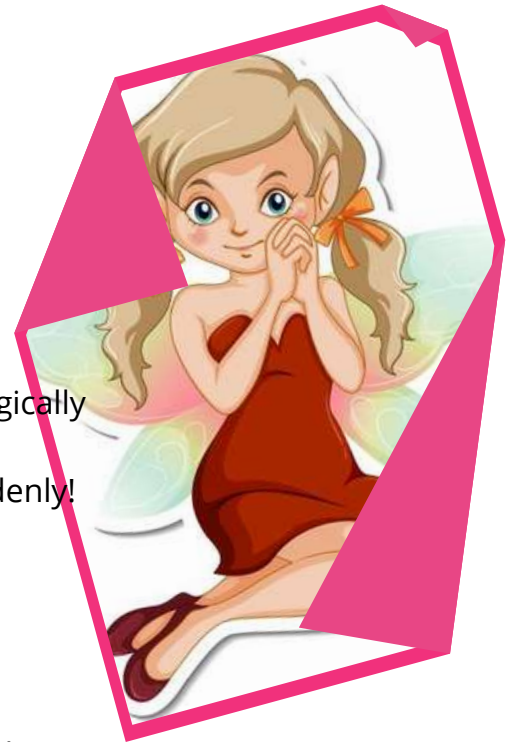
"My job was to organize an organizer so that you can organize your stuff. Now if it doesn't get organized, that's your organization problem ...!" Came his casual reply.

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HER PROFOUND SOJOURN

Celebrations! Baby girl arriving
 A piece of heaven descending
 Upon ecstatic parents who are waiting
 Cooing, smiling and her eyes shining
 How euphoric and rewarding!
 In parental tenderness, blooming beautifully
 Inherent virtues, flourishing favourably
 Buoyantly vibrant teenager, metamorphosing magically
 Lithe, lively lady moulding, unfolding gracefully
 How breathlessly beautiful, this transition so suddenly!
 Deft, determined lady emerging on life's canvas
 Out of the shadows of parental caress
 Catalysing to compellingly desirable mistress
 Celebrating wins, witty and voluptuous
 How stunningly sensuous!
 Years go by sketching contours of the middle-aged
 Living through love, sorrow, fear, and hope
 Journey of ups and downs sculpting her
 Experienced, sobered, matured portrait realized
 How mysteriously ageless!
 Time fleets introducing a frail grandmotherly figure
 Her reticent, sentimental, and feeble ways
 Carving her into a contemplative, pious matriarch
 Toothless, silver-haired, and weirdly wrinkled
 How stupendous a masterpiece!



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