

VOL 20.0 | JANUARY 2022 EDITION

Initiative of WE Foundation

WOMENSHINE



*Kitu
Gidwani*



WHAT'S TRENDING
Resolutions 2022

SHINING STAR
Aunkita Nandi

TRAVEL
My Trip to Nepanagar

FASHION
Winter Fashion

TASTE BUDS
Oats Choco Fudge Cake

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Magazine designed by : TEX Technology Exchange
E-mail : connect@womenshine.in
Website : www.womenshine.in

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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*

The start of a new year is the perfect time to turn a new page, which is probably why so many people make New Year's resolutions. The new year often feels like a fresh start and a great opportunity to change bad habits and establish new routines that will help you grow psychologically, emotionally, socially, physically, or intellectually.

Well, now's your chance to sit down and prepare a list of important lifestyle changes you want to make, and we've decided to give you a bit of help - because since the majority of people fail to stick to their resolution, you'll need all the help you can get.

This edition has a list of some new year resolutions that our ardent readers have made. If you are looking for effective ways of changing your life for the better, then you'll be sure to find tons of interesting ideas here. We will also explore and publish stories of emerging brands from tier 2 cities this year.

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

Show us your love and subscribe for free !!!

#Shineonwomen

Wishing you lots of love, light, and best of health!!

Stay Safe | Take Care

Aparna Mishra

Founder, Women Shine

Say Hello to Miss Universe 2021, Harnaaz Sandhu

Get to know her



India achieved a great feat in the **Miss Universe 2021** beauty pageant as 21-year-old Harnaaz Sandhu was crowned the winner. With Harnaaz being adjudged as the new Miss Universe 2021, the Punjabi girl brought back the laurel to India after a long wait since 2000. Harnaaz was a show-stopper in the final, rising from the Top 10 to the Top 3 and raising the nation's heartbeat before being proclaimed the winner. Harnaaz is now the 70th Miss Universe 2021, and India's third beauty to have won the title.

Fitness and yoga enthusiast Harnaaz began participating in beauty competitions from a very young age. She also won the **Miss Chandigarh title in 2017**. A year later, Harnaaz was crowned Miss Max Emerging Star India 2018. After winning two prestigious titles, Harnaaz participated in Miss India 2019 in which

she managed to make it to the top 12. Harnaaz also starred in The Landers Music Video Teratali (Tarthalli) after winning the Miss India Punjab title in the year 2018.

She also won the Miss Diva Universe India 2021 title. Harnaaz was crowned by actress Kriti Sanon herself during that time. Harnaaz has made it to films even before she became a part of Miss Universe 2021. She will be seen in two Punjabi films 'Bai Ji Kuttange' and 'Yaara Diyan Poo Baran' which are slated to release next year. During Miss Universe 2021, Harnaaz also impressed with her beauty in swimsuits to national costume sessions and wore a pink lehenga at the National Costume Session.



Written By- Aditi Gupta

RESOLUTION FOR NEW YEAR 2022

SAHER BANO

I want to become so financially stable that Allah uses my pockets to bless others.



NEERA SINGH

Having lost my husband to COVID in 2021 and my resolution for 2022 bury the past, remember only the good and look at the future with positivity. relearn rejuvenate and be the complete self sufficient independent women.



DR LUBNA KAMAL, HOMEOPATHIC DOCTOR

I have promised to love myself more, care less and less about what people think or talk about and pay utmost attention to my health, emotional and mental well being. Apart from myself I will try to work pan India through my NGO to create awareness about completely preventable, Renal Failure.



UPMA CHATURVEDI Academician

My resolutions for year 2022 are:
1. Self- improvement (which include many aspects)
2. Travelling
3. "Surrendering to God" letting go of our plans.



ADV. SURANGAMA SHARMA JAISWAL

As a lawyer, my New Year Resolution would be to create more Legal Awareness among the Startups so that they can take the right decision at right time and make people understand that you do not need a lawyer in hard times only rather if you have a lawyer in your dial list you will never face any hustle.



RATNA KULKARNI

Profitability Coach for Salon and Spa Owners

As a Business coach for Salon owners, I target to coach minimum 25 Salon Owners nationwide with a commitment to double their turnover.



Shall Introduce Salon management as an as an independent course in Beauty Academics. In my Salon business I will open one more outlet of Le Miroir Salon and commence one franchise by 31st December 22.

Target for the existing center is 1.80 Cr. in revenue. Will train therapists in house to take care of the attrition problem.

On the personal front I would start running on a regular basis and complete half Marathon.

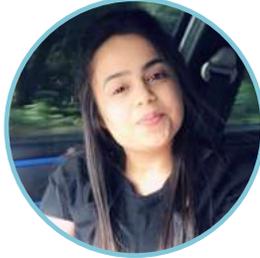
I stand by my commitments always and will wade through all the challenges which come in between me and my words creating My World of my own Words.

GARIMA CHAWLA

2021 has been a challenging year for all of us, but we can't let that stop us from living our best lives in 2022!

A New Year's resolution is a promise to yourself, and I believe it is the best opportunity to plan for the new year by setting some great new year's resolutions for the new year.

My resolution will be of doing something nice for others every day - Any of our resolutions usually are on concentrating on ways to become thinner, healthier, or wealthier. However, while there is nothing wrong with improving yourself, it's worth remembering there's a whole world out there too. This year my focus will be to help and make the world a better place. I will plan to do one nice thing each day for someone else, whether it's something small like giving a compliment, or something possibly life-saving like donating blood or at least a small help or efforts for the poor needy people or any service to the senior citizens, this will boost my own happiness as well.

**SALONI KESARWANI****Social Activist**

The start of a new year is the perfect time to turn a new page, which is probably why so many people make New Year's resolutions. The new year often feels like a fresh start and a great opportunity to change bad habits and establish new routines that will help you grow psychologically, emotionally, socially, physically, or intellectually.

Well, now's your chance to sit down and prepare a list of important lifestyle changes you want to make, and we've decided to give you a bit of help - because since the majority of people fail to stick to their resolution, you'll need all the help you can get. Here's a list of some new year resolutions that our ardent readers have made. If you are looking for effective ways of changing your life for the better, then you'll be sure to find tons of interesting ideas here. My New year resolution is to empower women in our society . remove the dirt of the society who tries to molest women and children.I want our country the safest place for women.

**SHIPRA ANAND****Fashion Entrepreneur**

To keep my mind space free of people who I avoid engaging with in real time

**SURUCHI SINGH****Woman Entrepreneur**

This year as an entrepreneur I plan to have No New year resolution but set New Year goals that are specific, measurable, and time-bound.

**TRIPTI PAHWA****Relief Mural and Painting Artist**

Every year we make big new year resolutions, but miss out on simple pleasures of life which are bigger than anything else.

This new year, I resolve to prioritise my health, lose extra kilos, be fitter to feel good about myself. I also want to spend most of my time with my

daughter who is getting married in November 2022. I want to cherish each and every moment with her till she starts the new journey of her life. I have been quite busy with my work all these years, but now all my time belongs to my family.



DAISY BOPANNA**Actor**

Hi! So, this year in 2022, my resolution is to be a lot more self-aware and a lot more aware – just in general, a lot more aware. And what I mean by “awareness” is – is just to be very conscious about my own actions. Be very conscious about situations around me and take very responsible actions, and responsible decisions in life. And I think I’m never usually the resolution kind of a



person. But, since the year 2018, I've been having this resolution quite consistently is to just be a lot more self-aware. And I think in our today's world, we live in so much of chaos and there's a lot of noise around. People telling you what to do on social media, what not to do. You're always being influenced by a lot of people and that's just the way it is. There's good and there's bad and the volume is up on both the sides. And I think being self-aware and being generally just very aware and conscious about everything that I do is something that I want to keep enhancing on year after year. So, yeah! That's it.

MANJULA GOSWAMI**Business Woman**

“Here's to a bright New Year and a fond farewell to the old; here's to the things that are yet to come, and to the memories that we hold.” What the New Year brings to you will depend a great deal on what you bring to the new year

Learn and master a new skill

Practice acts of kindness and share my blessings with others

Be a reason to bring in a smile on someone's face .

Focus on improving Physical health and Mental Wellness

No resolution would be complete without it's action plan . Mine is ready

**SHWETA TIWARI****Facilitator**

Wishing you a happy, healthy New Year. May the New Year bless you with health, wealth, and happiness. One of the biggest challenges of the distance learning during this pandemic crisis is to keep learners engaged.

The lack of student and teacher contacts, the difficulties of communication on digital devices, the need to self-organise can become additional challenges for the learners to absorb new information and keep track of the learning process.

The teacher's role becomes crucial as for making sure that the learners stay engaged and do not lose their motivation.

So my new year resolutions for the year 2022 , to get

some of the potential solutions to problems of ensuring and increasing learner activity, interaction and collaboration for distance and face-to-face learning and above all making my online and offline classroom comfortable and enjoyable for my students.

**DOLLY DHAMODIWALA****Founder & CEO,
Business Beacon Management
Consultants**

I want to empower young Women Entrepreneurs and Startups to start and grow their businesses. Share my knowledge

and experience of

financing small businesses through training and mentoring.



MEENU CHOPRA

**Author 'Wake Up Zindagi'
Life Coach
Chapter Lead-Womenshine-
Gurgaon**



Dive into the new year with utmost clarity and gratitude. While the covid challenge continues multiplying into newer mutants, it is that time of the year when we begin to wrap up our 2021 forever. Let's take along what is worth remembering and shed away that creates a confusion. Declutter your mind and let our 2022 protocol be: social distance yourself from the negative, unwanted and that what is called "unnecessarily pulling you down", mask yourself to practice silence where words are no more essential to get entangled into disputes of any sort-personal or professional. Find your key to inner happiness by washing your hands from anything that goes against your conscience. Don't limit yourself to resolutions-don't imprison your today for an unknown tomorrow. Live each day as a new day. Break free to search your own sky. Constantly and consistently remind yourself about what you want to seek and thereafter work hard to witness "what you seek may seek you!"

A new year is a new horizon. Write your own stories this year, don't loose your unique life dimension by comparisons or imitations. Be the most original that you can be, flutter your wings, whatever comes your way-challenges, roadblocks, just keep watching. Surrender where necessary, face fearlessly where there is no option, be humble and grateful that we survived two ferocious waves. Those who lost their loved ones-take their memories along. Aspire to become what you have silently dreamt in dreams untold. Keep the smile intact and be a magnetic charm, have an irresistible infectious positive aura. Leave a trail of abundance wherever you walk. Cling to your higher self and let 2022 be your best year so far! Love to my readers. Have an abundant year 2022!

HEMA UPADHYAY

Founder, PR Agency

My new year resolution is to read more books and be more kinder towards everyone.

**SWATI SHARMA**

Social Entrepreneur

We are ready to welcome 2022 with full enthusiasm and positivity. Life is challenging for all of us, but it becomes more difficult for those parents who have children with Special needs. So my resolution is to raise awareness of early identification of special needs so that people can understand the importance of early intervention. It is because early intervention services can bring significant changes to their child's life. Let us spread awareness and spread joy.

**SMITA SAKSENA**

In 2022, my spotlight would be mostly on my well-being (mental and physical). I'm not going to agree to anything short of merit. This year will attempt to wipe out all the encompassing toxicity. I'll pat myself for each big or little effort. I would like to pursue more books and expound on emotional well-being issues and wellbeing.



DIVYA
B.ED STUDENT



- 1.UPGRADE OURSELF.
- 2.PICKUP A HOBBY.
- 3.ACHIEVE OUR LIFE GOALS.
- 4.LEARN SOMETHING NEW EVERYDAY.
- 5.PLAY MORE.
- 6.READ MORE BOOKS.
- 7.BE MORE GRATEFUL.
- 8.SPEND MORE TIME IN NATURE.
- 9.ENJOY LITTLE THINGS.
- 10.BECOME MORE CONFIDENT.
- 11.BRING MORE PEACE TO OUR LIFE.
- 12.BE KIND TO EVERYONE.
- 13.STRENGTHEN PERSONAL RELATIONS.
- 14.CREATE POSITIVE ATTITUDE.
- 15.TRAVEL MORE.



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#BEST OF 2021

Year 2021 has seen various ups and downs in lives of people. Some have lost their dear ones, business were closed down but at the same time our favourite ones got their new lives, new businesses were started...so it's a sweet and sour year for all of us.

Lets read what Smita Saxena wants to share about the Year2021



BEST OF 2K21 - THE YEAR MADE ME B+

Let me be honest, 2K21 was not an incredible year(Actually it was terrible) - yet, 2K21 had its fair share of extraordinary happy moments, glory, and lessons. Like most of us, my family and I also had numerous afflictions and dealt with different health issues, however today I might want to share just positive ones which helped me to be a better person.

1. MY FAMILY AND I HAD HEALTH ISSUES -

however, we had a family and a tribe of friends to help and support us all around. The huge help we got, made us more confident, positive, and somewhat more close-knit & affectionate.

2. I TALK LESS NOW AND LISTENING TO MORE TO PEOPLE IN NEED TO SHARE SOMETHING -

I began to listen more to individuals who need to share something and don't have anybody to listen to them. I would like to be a 'buddy' with whom anyone can share their mental health issues. I promise I'll listen without any judgemental and biased opinions.

3. LIKewise, I STARTED TO SPEAK FOR MYSELF THROUGH MY WRITINGS-

I realised, my silence was giving a wrong impression to the people that I am a weak person and cannot stand for myself. And then I decided

to speak against wrong things and tried to put my thoughts in my blog posts.

4. I STARTED TAKING CARE FOR MY HEALTH SERIOUSLY -

My sugar levels were going down frequently, the early menopause stage has begun and(I was in a horrendous state), my thumb was cracked, spouse's surgery, daughter's food poisoning - at first everything made me frantic. However, inside me, a feeble ray of hope was keep saying to me that, it's just a stage and will pass as well. I gathered all the courage and didn't cry for even a single time. Indeed, I attempted to smile every day, every second when life was tossing difficulties towards me(& us) consistently. In this way, I figured out how to SMILE in unpleasant circumstances and I take care of my family and myself like never before, as wellbeing is a valid abundance.

5. MY DREAM - MY WEBSITE -

My significant time-frame anticipated dream-cum-venture worked out as expected when I launched my site - 'Roots And Wings By Smita', with no technical knowledge, support, and backing. People (Actually strangers upheld me in my blogging excursion and not my so-called 'familiar ones') upheld me and appreciated my composing. I felt so proud and happy with myself and yes I pat myself for this accomplishment. I'm making baby strides, one at a time. But I know, for 'some people' it perhaps such a little or no accomplishment by any means. Yes, I learn to appreciate myself.

6. RESTARTED AND REBOOTED MY LIFE AND TRYING TO DELETE MANY THINGS -

I am attempting to restart my existence without all the toxicity, negativity, and judgmental people. I rebooted my existence with my tribe(my genuine emotional support system). I'm attempting to delete all that causes me to feel wiped out.

This 2K21 caused me to understand the significance of restart, reboot, and delete, and I am happy that I did it.

Trust, hope, wellbeing, and normal life are my list of things to get for the new year 2K22.

Cheers

Celebrate Life



- By Smita Saksena

REVIEW 2021

Expressions and fear! My 2021 in a wrap

This year feels surreal! I can't believe it's already been a year since I moved back to my city beautiful (I moved back to India amid covid in Aug 2021) , and what a year it has been on all levels- emotional, professional, personal!

I spent almost 6 years in the UK, and while I had everything, I couldn't escape from the emptiness inside. I always thought it was because of the tough breakup I had to go through. Boy, could I have been more wrong? I was just craving a safe space, where I could let my soul out, express and confront my deepest desires and fears. And this space is not a particular person, it never is! I met the two most wonderful people this year. And I can safely say time is just too overrated. These two have become a part of my life like they were there all along.

And professionally, saying this year was incredible is an understatement. Don't get me wrong, it was mad challenging and there were phases where it all seemed too difficult to take, but it marked the start of a long-held dream. Start of this year I was sitting at my desk, trying to focus on my job and miserably failing at it, all the while thinking of starting my own business. But I was clueless as to what I really wanted and where to begin. And as I write this in December, 12 months later, I can vouch for all those sayings by smart men and women who emphasize taking

the leap. I took the leap, and all the pieces start to fall in place, one at a time. I gathered the courage to drop my job and start my own venture. It is called Terafac Technologies (more details to follow soon :)). Those who know me can possibly do a better job at explaining what it means to me. There are so many more challenges to come, but I'm only looking forward to embracing them.. the satisfaction of breaking the barriers is unmatched!

There are a few incredibly important things I've learned this year:

Expressions are important, we are but the expressions of our mind and soul. We are taught to hide our feeling, our thoughts, our desires. I say we go out and express. The more authentic we get, the more connected we are to our inner self. Expressions bring about empowerment, they manifest our thoughts in the universe and what was just a seed in our grey matter suddenly becomes a part of this universe, a powerful force of nature reflected back at us. And Fear, is the manifestation of what-ifs, the scenarios gone wrong all concocted in our head. These scenarios don't exist but they sure prevent us from taking that first step towards realizing our dreams. Why are we humans so scared of the unknown?? We are all just prisoners here, of our own device! निर्भय भव: (Be fearless)

I hope to carry these two learning with me as we enter 2022 in a few hours. I'll try to be more expressive and fearless and hope to inspire those around me to be so!

Happiest New Year folks! Cheers to many more challenges and successes to come!



- By Anubhi

ALL GIRLS BAND @LUCKNOW

Roohani is the first ever All girls Rock band of the University of Lucknow. This band is the brain child of Dr. Roli Misra, from department of Economics and convenor of Gender Sen sensitization (GenSen) Cell which was created by Prof. Alok Kumar Rai, Vice Chancellor of University of Lucknow.

The purpose of this cell is to make campus gender friendly, gender neutral and eliminate gender discrimination.

The cell consists of four other members Dr. Prashant Shukla (Philosophy), Dr. Chandra Sen Pratap Singh (Law), Dr. Anupama Singh (Statistics) and Ms Madri Kakori (Linguistics).

The Power team members of Roohani band are:

Simanti Prakash, vocalist n harmonium

Khushi Sharma, vocalist

Kritika Kumar, drummer n tabla,

Sneha choutala and Sneha pandey, vocalist

Anshika and Anushka, drummer

Prajakta Sharma, synthesizer, ukelele, and vocalist

Sristy Verma, vocalist

Vaibhavi, synthesizer

Akansha Singh and ishita khanna, guitarist

Ishika on mandolin

This Roohani band consists of a drummer, a tabla player, two guitarist, a synthesizer player, harmonium player and mandolin player. The idea to create this band was to break the myth that rock band or drummer means only boys.

With the support of Vice Chancellor and GenSen members, this band was launched on 25th November 2021, the foundation day of the University. The girls have been mentored by the students of boys band named Roobaro and special mention for Shashank Shakya and Shivansh Chaurasia who have been constantly giving training to girls for drums, guitar and synthesizer. Presently the band has 11 girls consisting of instrumentists and vocalists. The students do regular jamming to polish their skills under the mentorship of Dr. Roli Misra. All the instruments are provided by Sanskriti, the cultural cell of the University. This Roohani band is winning hearts and is getting invites from different organizations of the city to perform outside campus. This is a true symbol of gender equality and women empowerment and these girls are definitely going to shine through their music.



From the band members what they think about their unique band:

Kritika Kumar

Roohani signifies connection directly through souls and that's what our all girls band stands for.. We, through our music tend to captivate people's soul...

Myself Kritika Kumar, the main drummer and tablist of the band, feels so proud to be a part of it. I was initially a god-gifted tabla player but when I was asked by our very own founder of the band Dr. Roli Misra ma'am to play the drums, I instantly agreed..Being a percussionist I had a great knowledge of beats which gave me an advantage in learning drums..Playing drums isn't considered a feminine thing..but yeah when we are talking about equality let's consider it here too..I will still continue to be the female drummer, and I am happy to have unintentionally contributed to some sort of feminist

movement. I faced a lot of things in order to become a female tabla and drum player but I'm here to tell you that if you want to play an instrument, you just have to get up and get playing, contrary to what your mind tells you, and you'll be amazed to see how far you can go with it...



Sristy verma

Roohani has given me a chance to carve myself... I am very proud to be a part of this band and will always try to take it higher...



Simanti Prakash

Roohani is not just a band but a family of musical enthusiasts establishing their passion for music together applauding each other in their journey- Simanti Prakash



Sneha Pandey, Vocalist

Rubani is not just a band, it's a family connected via music. We all share the ups and downs together, and shall stand together always-



-Shared by Dr. Roli Misra

Mahila Money | Helps Women to meet financial needs

Mahila Money helps women meet their financial needs by providing a bouquet of financial products and services such as loans, savings, insurances, and investments. All of these products can be accessed through the Mahila Money app that is available on the Google Play Store. Their main product is a micro-entrepreneur loan that women entrepreneurs can use for various reasons. Women can use this to start a new business by investing the money in buying new equipment or raw materials. They can also use it to expand their existing business by investing the money into renting an office space, upskilling themselves, or hiring new employees. Soon, Mahila Money will also offer loans that will help women buy homes, educate their children (or themselves), and meet their short-term cash constraints. Unlike high-interest instant loans, Mahila Money only provides 'productive loans' that help women increase their income and growth opportunities.



Mahila Money has offered loans to women from all backgrounds such as garment resellers, tea stall owners, tuition teachers, beauty parlor owners, notebook distributors, and tiffin service entrepreneurs. Let us take the

example of Ritu Rani who is a 25-year-old woman from Moradabad. She came to Mahila Money so she could set up her own business selling brass metal decor products. She aimed to use the money to buy raw materials and create samples that she could showcase at exhibitions.

Another loan user is Markordor Myrthong, a 35-year-old businesswoman from Shillong. She took a loan from Mahila Money so she could upskill her handicraft skills and expand her product catalogue. After successfully managing to increase her sales, she repaid her first loan and applied for a second loan so she could further expand her business by investing that money into buying raw materials in bulk. She has been successfully repaying all her loans early and is even considering taking up a third loan in the future.

In addition to loans, Mahila Money has also built an online women-only community that helps support women Intex planning their financial future. Women from varying backgrounds can find a common space to have conversations around money without judgment, which in turn helps them build confidence to take charge of their financial independence. They also have access to experts and relatable role models from whom they can learn tips on how to grow their businesses and good financial behaviour.

- Alaysha Grewal

HOW FOOTBALL GAVE THE SPIRIT TO DEFEND STEREOTYPES AND TO AIM HIGHER - THE GIRLS' FOOTBALL TEAM OF VILLAGE MACHHRAULLI, HARYANA



The footballers of Machhrauli village, Haryana

The acronym "**WAGs**" has been highly controversial and repetitive in the last decade referring to the wife or a girlfriend of a high-profiled sportsman also has been criticized as it demeans women, which is nothing but true. You might think, what does this have anything to do with the girls from village **Machhrauli**, which has a population of less than 5000 and is a village filled with widespread

patriarchy and stereotypical outrages. This international term optimally explains the world's view on the difference between men and women in sports since it doesn't have an opposite term. So, what do we call a man who is the husband or boyfriend of a high-profiled sports person? There is no casual repetition of a term for this exist, as it does for the chauvinist term WAGs.

The revival of these 30 girls who have budded from a village, which has a higher percentage of men's population than women, defending the social stereotypes and rooting to aim bigger reflects the greater power of women in the world's eyes. **Breakthrough India**, a non-profit organization, adopted **Machhrauli** village in 2014 for its **Taaron Ki Toli (TKT)** program, a gender equity curriculum for adolescents at the village school, the only school in the Village. As a limb of this Taaron Ki Toli program, the football team has also been taken into account by the organization.

Here comes the spirit!

The girls are well informed about gender-based discrimination and other relevant happenings around them. Thanks to Taaron Ki Toli (TKT) program. The program gave them a purview of knowledge in defending their socially inbuilt stereotypes, male chauvinistic dominance, and other economic, health, and hygiene lessons, which come in handy while convincing their parents.

The girls felt liberated to cut their hair short, to wear sports clothes and were delighted to style themselves as football players. The costume gave them the confidence to roam around the village, but that didn't stop them from facing unbidden opinions from people around the village.

The pathway to defeat patriarchy

The path of tasting liberty and dreaming of a football career isn't easy as it seems for the girls in Machhrauli. In a village where only boys are allowed to practise sports, and most girls are restricted from leaving the village to pursue higher education, the dream of these girls was at risk. Their coach **Manisha** is working her guts off not only in training the girls but also in sustaining the team, convincing the parents by reiterating the significance of their daughters playing football.

Female football players? In a socially conservative state where females are known to have been victims of gender discrimination from the womb to adulthood, and where the lopsided sex ratio has received unwanted attention? The girls aren't just dreaming higher, they are working vigorously for it with the voice to speak up for their rights. From being commanded to questioning the commands, the girls have found their path towards their dreams.



Primary Source: HERSTORY
WRITTEN BY: Vinitha Shairly

Choose Your Food As Per Zodiac Sign



ARIES



TAURUS



CANCER



LEO



LIBRA



SCORPIO



CAPRICORN



AQUARIUS

“Eat healthy to be healthy.” ‘Food’ is an inseparable part of every living creature’s life. From the microscopic bacteria to the mammoth, everything needs food for sustenance and growth. Though we humans can survive on anything edible, we are still one of the choosiest living beings when it comes to food. However, we often tend to overlook the nutritional value in them and keep binge eating such food items till the point where they start affecting our body negatively and we fall sick. Diet and health are intimately linked. Whatever we choose to put in our bodies has a significant impact on our health. Interestingly, zodiac signs and diet are also correlated!

Aries

The ruling planet for Aries is Mars (9). Those born under the sign of Aries have excellent health and are resistant to sickness but are more prone to acne and heartburn. This makes it important for Aries to consume enough cooling and green leafy food like cucumber, olives, and spinach that can assist their kidneys and liver. Incorporating these items more into your meals can help you feel more energized and healthier.

Taurus

The ruling planet for Taurus is Venus (6). Taureans have a powerful physical constitution, are voracious eaters and are less susceptible to pain. However, Taurus is prone to thyroid and constipation disorders. For a Taurus, foods like cranberries, cauliflower, and horseradish are ideal. These meals will help them ease constipation and regulate the thyroid.

Gemini

The ruling planet for Gemini is Mercury (5). As a result of anxiety, excessive worrying, and weak mental constitution, the nervous system of Gemini might be affected. As a Gemini, one should be on the lookout for difficulties with the neurological system or lungs. Plums, leafy greens, and citrus fruits coupled with proper rest are especially beneficial to Gemini's lungs and nervous system.

Cancer

The ruling planet for Cancer is Moon (2). At a young age, cancer has a poor health constitution and is prone to digestive system problems and sometimes also neurological disorders but as they mature, their health improves. Consume steaming veggies, fruits, and natural sweets with delight as they are best for you.

Leo

The ruling planet for Leo is Sun (1). People born under the Leo star sign have good health generally or recover more quickly from illness than most others. They can eat whatever they want as long as they don't overdo it. A Leo's diet should consist primarily of high-protein foods. Carbohydrate-rich meals like citrus fruits, root vegetables, and almonds can help Leo get through the day.

Virgo

The ruling planet for Virgo is Mercury (5). People born under the zodiac sign of Virgo may experience problems with their digestive or neurological system when their lord planet is afflicted. Fruit salads, almonds, and avocados are all healthy options to include in your diet. Longevity and good health go hand in hand with Virgos, as long as they take good care of themselves.

Libra

The ruling planet for Libra is Venus (6). Libras are more prone to renal disease and emotional (mood) swings. All of these nutrients including cruciferous vegetables, berries, and bell peppers, help the kidneys work more efficiently. Consumption of a lighter diet is easier to digest and might help you remain calm.

Sagittarius

The ruling planet for Sagittarius is Jupiter (3). Sagittarians tend to overeat, and this can lead to weight gain. Fruits and vegetables rich in protein, such as plums and tomatoes, are ideal for Sagittarius. They should eat a lot of root vegetables and whole-grain products as well.

Scorpio

The ruling planet for Scorpio is Mars (9). Scorpios are more prone to UTIs and bladder problems than other signs of the zodiac. Thus, consuming bananas, water-rich vegetables, and green salads are all beneficial to Scorpio's health. When a Scorpio is feeling depressed, eating foods like onions and cottage cheese might lift their spirits.

Capricorn

The ruling planet for Capricorn is Saturn (8). Capricorns' bones and teeth are weaker than those of the other zodiac signs. As a result, calcium-rich foods such as lentils, sardines, and milk and their derivatives are beneficial to the bones and teeth. Avoiding inflammatory foods is best for the sign.

Aquarius

The ruling planet for Aquarius is Saturn (8). A healthy body requires good blood circulation and Aquarius is the sign that struggles the most with it. Aquarius should avoid eating foods that cause undue stress on their hearts. Pears, nuts, and spinach are all good choices for an Aquarius since they act as catalysts for calorie restriction.

Pisces

The ruling planet for Pisces is Jupiter (3). Pisces is a water sign, so eating foods that promote healthy blood, brain, liver functioning is a wise move for you. Protein and iron-rich foods, such as barley, eggs, and dry fruits, are very beneficial to Pisces' health and well-being. Citrus fruits are also beneficial to them.



By Pruthaa S Benara



Kitu Gidwani

Kitu Gidwani is an Indian actress and model. She has acted in some movies as well as serials in Indian television. The turning point in her career was the popular TV series "Air Hostess" which was aired on Doordarshan in 1986. Since then she has started ruling in millions of hearts. Womenshine got the amazing opportunity to interview the famous and lovely Kitu Gidwani.

1. What does success mean to you?

Success to me means a sense of internal fulfilment. Something that stays with you as a human being. It does not mean more and more money, fame or power. It also means a sense of giving back to the world and making a difference.

2. When did you feel most fulfilled with your profession as an actress?

Today I feel quite fulfilled when I look back at all the work I have done in my 30-year career while the greatest fulfilment in my life is that..... I live it.

3. What is your personal favourite performance?

My favourite performance is the role I played in Dance of The Wind. I won Best Actress for my performance in a major French film festival. The film was premiered at the Critics' Week, at the 1997 Venice Film Festival, and became India's official entry at the Karlovy Vary International Film Festival, Melbourne International Film Festival, Jerusalem Film Festival and International Film Festival of India (IFFI). The film went on to win several national and international awards in the following years, as it was theatrically released in twenty-five countries

4. Your character of Svetlana in the serial Swabhimaan has been a cult favourite. How did you prepare for it?

Frankly, I never prepared for the role of Svetlana in Swabhimaan. I just allowed myself to be very vulnerable and feel all the emotions that Svetlana was feeling.

5. How was your experience working with Madhur Bhandarkar and Priyanka Chopra?

It's an undeniable fact that every time Madhur Bhandarkar's name glistens on the silver screen, there is assurance while a lot of emotions take birth inside the cinema lovers. My experience in the film Fashion was highly enjoyable and it was very pleasant to work with Madhurji and Priyanka Chopra.



6. Which of your roles was the most challenging for you to capture?

I am yet waiting for a meaty role that will challenge me! Although, getting comfortable with your character and your fellow cast is important. The chemistry has to be right!

7. What is your perspective on the evolution of the Bollywood industry and the emergence of OTT platforms?

OTT platforms are certainly giving writers and directors and actors a broad spectrum of opportunities. The best thing about the OTT platform is that it is differentiated from a normal TV set, it is based on the following slogan: "Anytime, Anywhere, Everyone" The OTT platform gives you the option to watch fresh content which is different from traditional tv content.

8. How was your experience with the French movie industry? How is it different from Bollywood?

As an actor, you get an opportunity to portray different characters and experience different things. Acting in the French movie industry is the best thing that happened to me. The French movie industry is way ahead of Bollywood in terms of ideas, scripts and directing. Both my experiences in the French film industry were extremely satisfying.



9. WomenShine magazine has a global readers base. Do you have any messages for them?

I would say to your women readers that they should find the flame inside of them and nurture it at all times. That flame or light will always guide you through life and in tough situations. Nurture that flame-- and nurture yourselves. It is the thing that helps us to face the challenges we never imagined seeing. It gives us the strength to heal from severe illnesses. To overcome any obstacle. It is the fundamental force in us all.



By Aditi Gupta

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PRATIBHA SINGH, A SOCIAL ENTREPRENEUR

A Teacher and a Social Entrepreneur, Pratibha Singh founded Rural Beat Enterprises in 2018.

After a successful teaching career spanning 20 years, and having worked in prestigious schools like Lawrence School Sanawar, Army Public School, Lucknow, CMS Gomtinagar, and MAMS Raiwala, Dehradun where she was the Principal for 10 years, Pratibha decided to work in the rural areas of Sultanpur.

In 2007 she founded Kshitij Education and Rural Development, a platform for Skill Development and Training, in 2018 Rural Beat Enterprises became the platform for Women to leverage their training and create income-generating opportunities.

A catalyst for positive change at the grassroots she is committed to working for Health, Education, Employment, Sanitation and Welfare of Human Rights of Women and Marginal Farmers of Sultanpur



RURAL BEAT ENTERPRISES

Rural Beat Enterprises is a collective of women from the villages of Sultanpur who have come together to work towards generating livelihood opportunities through sustainable solutions.

Journey

Our journey started in 2010 when along with my husband I decided to return to our village in Sultanpur. We had started Kshitij Education and Rural Developments in Rishikesh in 2007 and in 2010 we moved our base here. My husband was a research scientist, specialising in antibiotics and medicinal plants. He was keen to set up good medical facilities in the village which led to a health centre in December 2010 – the first project under Kshitij in Sultanpur but God had other plans, my husband passed away in January 2011. I decided to stay in the village and continue the work we had started.

Having lived in small far-out places all my life it wasn't difficult to adapt to the village lifestyle & culture. Slowly, we set up our team of local women and recognising the scarcity, started emphasising work promoting women's menstrual health management solutions. This led to Kshitij's second project – a sanitary napkin unit here to provide suitable low-cost products to women in rural areas.

In our time here, I realised that the majority of the population comprises the marginal farming community which needed economic opportunity in addition to health – a need further intensified with COVID-19. This gave birth to our third project at Kshitij – a program providing skill development to women associated with self-help groups.



Why self-help groups?

Most women in these regions, looking for income opportunities are a part of this NRLM scheme. We connected with these self-help groups under the MHM program and were able to successfully integrate them within Kshitij's skill development program. Kshitij in this endeavour partnered with FICCI FLO Lucknow and CSIR CIMAP and has succeeded in addition to making Sanitary Napkins also conducted several programs including providing training to make incense sticks, Diya decoration, plantation of Lemongrass and subsequently to set up a distillation unit for Lemongrass. we also tied up with Tata Trusts to make sustainable cloth Sanitary Napkins.

OUR BELIEFS

We are a women-led initiative and believe in creating simple and sustainable solutions. Our core values can best be described in three short (simple) points:

Women do it better! 90% of Rural Beat's team are women (we also believe in inclusivity which is reflected in the remaining 10% of the team)

Source local. As much as possible, we source our raw materials from local vendors, artisans, and farmers and support our community. For example, the diyas crafted by the women are sourced from local porters. Sustainability is everyone's responsibility. Climate change is very real folks and we try to ensure that all our products create minimum wastage. A great example of this is our hand-rolled incense sticks which are made by recycling temple flowers collected from nearby areas.



RURAL BEAT PRODUCTS

We are growing day by day and our product offerings reflect this. The Rural Beat basket comprises products that can be economically and sustainably made in the villages. Here is a list of our current products:

1. Handcrafted diyas
2. Hand-rolled, charcoal free, incense sticks (made from recycled flowers)
3. Cold-pressed mustard oil
4. Seasonal products include spices, seasonal pickles, gur (jaggery), sugarcane vinegar, etc.

As we continue to grow we hope to add more and more to this list through your support for our aim in bringing pure, fresh, locally made, and packaged products.

- Team Ws

Jyoti Saxena Rings In Christmas Vibes



Looks Alluring In Her Red Sweatshirt As She Heads For A Mini Vacation To Dubai Travelling is one of the most soothing experiences in our life. Traveling indeed brings us immense peace, happiness, and joy. We often see actors heading to celebrate their special days or to ring on their birthday or spend some quality time with themselves from their hectic schedule to some marvelous places. Our beauty Jyoti Saxena who has been caught up with back-to-back shoots and training for her upcoming untitled film has thought of removing some quality time for herself as she heads to Dubai to ring in the Christmas and New Year Eve. The Khoya Hun Main fame actress Jyoti Saxena was clicked by the shutterbugs at the Mumbai airport as she was seen heading for her vacation to Dubai. The actress indeed looked very astonishing as always. Keeping the Christmas vibe in mind the actress opted for a Blood Red, full sleeves deep v neck top, along with blue denim. Jyoti rounded off her look with black leather boots and hair left open in soft curls with subtle makeup and red lipstick adding glam to the look. The

actress accessorized her outfit with a pink sling bag. Her entire look was very enchanting to our eyes. We can't wait to see exciting pictures of this talented bundle from her vacation to Dubai.

Talking on the work front, Jyoti was recently seen in the song Khoya Hun Main which allured her lots of appreciation, post the release the actress will be seen in an action-comedy for which the actress is working on her strength physically and mentally, apart from that the actress has a song under her kitty which will be revealed soon.

- Team Ws

Mrs. Uttar Pradesh



Mrs. Uttar Pradesh - Queen of Virtue" the state-level beauty pageant for married women, was organized at Centrum Hotel, Lucknow on 19th December 2021.

Dr. Aditi Singh won the crown and becomes the first Mrs. Uttar Pradesh, Neha Mohanty, and Pushpanjali were first and second runner up in this program. Mayor of Lucknow city Smt. Sanyuta Bhatia ji attended as the chief guest, she appreciated the program and called it a great opportunity, this pageant was organised for married women, this pageant was organised and curated by CYW company, whose founder-director is Mrs. Preeti Yadav herself is a Mrs. India crown winner and a successful entrepreneur. Event managed and led by event head was Surabhi Alpesh, Pranav Kumar, Pranali Vardam, Lokesh Sharma, Aditi Jaggi Rastogi, and Rajkumar Taylor's cartilage to make the program a success. Bollywood actor Mr. Aman Yatan Verma was the host of the show. And the jury of the event included actress Zoya Afroz, fashion photographer Ronnie Kaula, director Preeti Yadav, Sushil Bharti from Marwah studio, fashion designer Aditi Jaggi Rastogi, Afghan filmmaker Saijiya Sirohi. The attraction of the program was women's armament, for which Sarah Nitin Rawat of Indian Braveheart was honoured and encouraged, Preeti Yadav told that we will reach all possible help to the needy women through NGO while fulfilling our responsibility towards the society. Will also be working in the program, a platform that is empowering and giving confidence to women.

There was Guest of Honor Major General Vikram Dev Dogra and Special Guest Iram Saeed Event Sponsored by SAS Hyundai, Event Decor Partner Shruti Malik Event, Photography Partner 7Iris Studio Pune, Media Partner FirstIndia, Radio Partner BigFam, Gifting Partners, Nature Partners, Fusion Prison, Vidaan Creation, Hyatt Regency, Outfit Partner Aditi Jaggi Rastogi Pet Kochhar, People Trend, Sindal Know, FoodPartner Royal Cafe.

Beverages Partner Style And Spaces, Cake Sponsor Butter Cup Bungalow, Wellness Partner Strong And Beautifully, Smile Partner Realtooth Dental Clinic, BeautyPartner, The Nail Studio, Official Grand Finale Makeup Partner Top Note Salon, Portfolio Syllabus Makeup Woman Part Community Partner Mom Of India Forktail Foundation And Grace And Game.



Congratulations Dr Aditi Singh for winning crown of Mrs Uttar Pradesh 2021

REPLY

- Team Ws

Being Brought up by a Single Woman

A carefree child always comes from a so-called contended background.

From a family which has optimal supportive parents and emotionally contended two people who take care of the child by fulfilling all the needs and coddles with care. Does this overwhelming definition of how a healthy family takes care of a child apply to single mothers? In this gen-z modern world, we often come across a term called parental trauma.

Witnessing parents quarrel or divorce, having a parent with a mental illness or substance abuse problem, or being sexually, physically, or emotionally abused are all examples of adverse childhood experiences. These emotional abuses always don't come from a bad parent, it can be the parent who requires counselling sometimes, yet, the child or the kid tends to suffer more from it which stresses out the entire family.

I have seen people in their early twenties moving out of their houses because of emotionally being drained from their parents, reaching out for help to find solutions for their mental health issues. Although, people with parental issues coming out when they have a single parent is comparatively low.

Being brought up by a woman who has entirely sacrificed her life raising her two female kids, I would say the world sees the child of a single mom unlike a child who comes from a so-called healthy family.

Being a woman adds it up.

Here comes the title, Being brought up by a single woman!

I frequently give a Ted Talk about my life and the hardships I've endured to my friends. I proudly mention that I was raised by my single mom who is brave, lovely, compassionate, and imbalanced. Yes, I said imbalanced. The fragile side that she holds, probably 90 percent of her which took me 20 damn years to find literally one percent of it.





We all know how particular a mother-daughter relationship is, unlike men, women conflate better with their mothers as companions, friends for life.

Like other children, a child who has been brought up by a single mother also faces parental issues. Unlike them, the percentage of these children reaching out for help is enormously low and that is where the delicate reasons come up. These children are often expected by society to understand the hardships of their mother and if she/he reaches out for help, the responses do not seem to be the same.

It forces the children to understand and collaborate with their single parent at a very young age, unlike other children, which makes them more delicate and teaches them to deal with disappointments and

turbulent emotions. This results in the child being excessively pragmatic and concerned towards the parent which in turn makes them feel that it's their role to nurture their parent after a specific age, which often leads to bottling up of their emotions. Making us understand untold sorrows and stories.

So, do I feel bottled up? Yes, I do at times.

Does this make me a tough woman? Exceedingly yes!

I've often come across articles related to children raised by single mothers. But as a woman who was raised by a single mother right here, I would say I learned a lot from my mom that has made me feel both weak and strong.

It is okay to reach out for help in case you face parental trauma and this doesn't mean you are unthankful for your parent's hardship, it simply means you are aware, responsible, and being seen for your hardships.

Does this make me any less of a pleasing woman who comes from a contented family?

Yes, not less but it makes us better. We withstand, listen, speak for ourself and accommodate others.

I do feel unsafe at times, and I do feel miserable a lot of the time, but will that ever stop me from assimilating with the women forum around me?

Never.



-Vinitha Shairly

SHINING STAR: AUNKITA NANDI



Aunkita Nandi is **Co-founder / Managing Director of Tier 5** – the first ever community owned and operated software development firm, that specializes in making innovative and user-friendly products that enable the business owners to attain more clients and grow their business simultaneously. Hailing from one of the oldest towns of Bengal, Burdwan, Ankita is born to a middle class family. Her father is a Government employee and mother is a homemaker.

Since her childhood, Aunkita dreamt of starting her own company that would create opportunities for others in the society. True to her vision, she started working towards her dreams since her college days and came out with API based applications.

After completing her software engineering degree from an engineering college of Burdwan, Aunkita continued to develop applications and finally, in 2015, she co- founded **Tier5**, along with Mr. Jon Vaughn, who is the Co – founder and CEO of the company.

Since its inception in January 2016, Tier5 already has a base of more than 15000 happy customers across the globe and this number is growing rapidly.

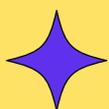
Headquartered in Indiana, USA, Tier5 has an additional office in Kolkata, India as well. The company has more than 25 state of the art software products in its kitty and is coming up with 8 more products in the near future.

Aunkita also spearheads **'Helping Hands'** – the corporate social responsibility (CSR) wing of Tier 5 and plans to spread happiness and smiles among the underprivileged section of the society and empower them with education and learning, which can create professional opportunities for them.

Aunkita loves to ideate, experiment and execute new applications and software. In her free time, she loves to spend time with her fur babies, pai and Mu.

Aunkita is the winner of **'India 5000 Women Achievers Award 2021'** by India 5000 and **'Designated Woman Awards 2021'** by Beyond Average.

-Team WS



Emerging Brands from Tier two cities – Pune



The market dynamics in Tier 2 and Tier 3 cities has changed over a period of few years. With the Covid pandemic coming in the country, lot of professionals have moved to their hometowns. This gave a rise to online shopping from these cities. Lot of new business opportunities have emerged in these areas. Every month Women Shine will focus focus one one tier 2 city and talk about emerging brands run by Women Founders/Co Founders. This month we take a look on Pune City. We will discuss about 3 Women Entrepreneurs from this city.

RESHMONA VEDIC - Founder, Mona Pandit

RESHMONA VEDIC, a leading new age brand of ayurvedic skincare and personal grooming products is making waves in the personal care products market in India. This latest market entrant has an interesting story behind it - that of a daughter's passion to fulfil her father's dream.

RESHMONA skincare cream was first conceived and formulated by Dr. Satish Pandit, an Ayurveda exponent from Pune. After years of research, Dr Pandit developed a unique ayurvedic skincare formulation and named it **RESHMONA** - after his two daughters Reshma and Mona.

Launched in 1984, **RESHMONA** went on to become one of the most popular medicinal skincare brands in India and overseas. Within a few years, the cream won several industry and government awards, and was growing rapidly in the market.

However, following business related disputes with his partner, Dr. Pandit had to pull out the brand from the market.

To do justice to Dr Pandit's passion for **RESHMONA**, his daughter Ms Mona Pandit, a public relations and media professional, decided to re-launch the brand in the market.

However, even before the re-launch process could begin, Dr. Pandit passed away in 2018 after a brief illness.

Ms. Mona then took up this daunting task to re-introduce the product, which meant going back to the laboratory, that too without any subject matter expertise.

With the support of her mother and elder sister Reshma, Ms. Mona worked hard for months to re-synthesize and fine-tune the product formulation while managing several aspects of the business such as marketing, sales and accounting among others. There was a lot of running around, travel, business meetings and family responsibilities.

But this did not deter Mona from re-launching the **RESHMONA** cream within two years of her father's demise. Ms Mona launched a completely new range of skincare products under an ayurveda start-up named Reshmona Pharmaceuticals. Today, the **RESHMONA VEDIC** range boasts 12 exquisite products across face, skin, lips and hair care categories.

Like in the case of any start-up, Ms Mona used technology and machine learning to assess market trends, product development techniques and identify user requirements, basis which the RESHMONA VEDIC range was launched. The long-term plan is to build the brand further and keep introducing the finest of products in the market.

Over the next decade, Reshmona Pharmaceuticals aims to enter the unicorn club by identifying the right segments, launching unique products and tapping the consumption habits of the younger population.

Visit : www.reshmona.com for more information

Mona Pandit, Founder of RESHMONA VEDIC

-Team WS



Womenshine
E Magazine

Happy Republic Day
26th Jan

A JOURNEY OF BECOMING A VISIONARY FOODPRENEUR - ADETEE AGARWAAL



Creating a Global Remark with **PinkAprons** Started with a vision of strong, ambitious, persistent, self-made, aspiring entrepreneurs holding a positive mindset and trusting attitude, PinkAprons is on its way to redefining food culinary in a modern way with traditional touch for the generations which crave healthy and hygiene food.

PinkAprons (by women, for women) always wished to do

do something different, and their courage to follow their heart to soar above all limitations is praiseworthy. The team comprises of women who chase their dreams and turn them into reality with their "never give up attitude". Adetee Agarwaal, Founder PinkAprons started it during the lockdown last year to help women home chefs become entrepreneurs. Having lived away from home while pursuing her engineering degree and working in various IT companies for seven years, food was always on Adetee Agarwal's mind. "While food is an indispensable part of our lives and deserves special attention, I often found a dearth of good home-style daily food options within reasonable costs, in tier-1 cities.

style daily food options within reasonable costs, in tier-1 cities. Encompassing millennials from across states and national borders, variety of cuisines becomes a priority," she says of the pain point behind a food venture.

During the nationwide lockdown last year, Adetee noticed several people losing jobs. "The primary earning member, usually the husband lost his job, and, in most cases, I saw that the wives had exemplary culinary skills and wanted to sell food to make money, but had no resources or business platform to look up to," she explains. That was the 'eureka' moment for Adetee to launch PinkAprons, a platform that empowers women and home chefs to become entrepreneurs in just five minutes and sell their food to a large audience.

Since its launch last year, it has onboarded 700 home chefs from Pune and served over 25,000 customers so far. It amends on connecting modern India back to its roots through home-cooked food. Especially people who are away from home. They envision making the business a global brand and spreading its concept - about equality where women can run a business and become entrepreneurs. They are actively working on developing women entrepreneurship through PinkAprons for home chefs so that their scrumptious food reaches the masses. **"We don't grow when things are easy, we grow when we face challenges"**, adds Adetee.



WINTER FASHION



Come winters and we are faced with such dilemmas in terms of fashion. This is a perfect time when (fashion) 'Victims' stand apart from (fashion) 'Forwards'. In most minds, fashion is equated with skimpy garments and glam is synonymous with skin show. It is often amusing to see even well-known public figures and celebrities fall into this trap and end up with forgettable fashion faux pas moments and appearances.

The truth couldn't be further from this as Fall/ Winter is a whole new season in the cycle of fashion and the runway as well as retail is flooded with trendy Couture and high fashion.

Signature Winter Merchandise:

Winter fashion gives a whole new experience in Wool & thermal Knitwear

and leather apparel. There is a wide range of outer/ over-garments such as Jackets, Coats, Trenches, Cocoon wraps, Shawls, ponchos, wraps, Overcoats, Boleros, Bomber jackets, Wind Cheaters, Double Breasted coats & jackets, Shackets, Vests, Leather pants, pantsuits, Skirt Suits, Over-alls. The 'it' Over-alls have taken a whole new meaning courtesy of Kim Kardashian's All Black Met Gala 2021 red carpet appearance in a complete undercover Balenciaga Couture ensemble. When can you show off you are finished to perfection Over garments other than winters after all, so go ahead and layer yourself and keep your warm yet stylish best foot forward at any fashion do. A casual everyday look too in winters offers amazing exploration opportunities with knitwear such as pullovers, cardigans, turtle necks, oversized chunky high fashion knits in novelty yarns, crop knits in wool and fleece, hoodies, parkas and so much more to mix and match. Layering, texturing, and quilting is winter luxuries.

Winter Fabrics!

Winters are the time when we slip into warm crisp silks, khadi, tweed, cots wool, wool, fleece, leather, suede, latex, PVC, Corduroy, denim, double satins, velvets, velour, chenille, felt, flannel, rayon, acrylics, nylons, spandex, and the likes that offer much-needed insulation and warmth. It's time to give some rest to your cottons, georgettes, chiffons, organzas, tissues, voils, organdies, and other summer materials, whose primary property is cooling by releasing the body heat.

Riot of Colours

Unlike Summer, when Whites, off whites, neutrals, and pastels rule the fashion scene and make sense scientifically as well (light colours reflect light & heat), Winter is the time when colours come out in full bloom. You name a colour and it's there in its avatar that is all bright, pop, darks, deeps, fluorescents, or jewels. If you are a pink lover, Fuchsia is your winter version of it, Violet, Purple, Red, Wine, Emerald, Bottle green, Foliage Green, sunflower yellow, Orange, Sapphire, Ruby, Navy and the likes never fail to brighten up a dull cold winter day. A smartly turned-out colourful person always manages to bring cheer to self and surroundings.

Winter Trends

2022 winters are all about bold colours in a matching ensemble from top to toe. Hot Pink, Violet, Red, Lime Green are meant to spice up a dull winter day. Shackets, a combination of a shirt and a jacket, are the hot trending piece for 2022 winters, especially in classic wool plaids. Plaids in any form, dresses, miniskirts, long skirts anything will be on the mark. It's time to pull out or invest in a pair of well-fitting leather pants that can add the right touch of pizzazz to your outfit. Where summers are about shirt dresses, winters are about sweater dresses, add the variations of various novelty yarns such as chunky, boucle, slub, or chenille and the structural or pattern explorations like a rib, tuck, cables, argyles to mark your signature dress style. Leggings or stirrup tights in wool, latex, faux leather, PVC must find their way to your wardrobe not only for the trend factors but for all practical purposes too. A trend that finds its seamless continuity to the changing season is the all denim look which we need not discontinue from our summer look. Puffer jackets in pale/ onion pink, mint green, cyan, with ski pants to match, are the go-to trend for this winter. Add articles heavy on ruching, patchwork, or wear your sequenced sweater or a vest on a casual day job for a touch of glam drama. Neutral, achromatic, and monochrome geometric prints and patterns are the in-thing for this winter.

High On Fashion Warmth: Winter Accessories

The most glamorous of winter accessories have to be the Boots hands down! The higher the better, on both departments of glamour and warmth. Pairing a pair of knee-high boots with a pleated plaid wool miniskirt, shacked or a sweater dress is the bull's eye look.

Headgears are an important part of winter looks and this season is all about skull caps and face covers! The extreme versions wouldn't even make for the eye slits a la certain Met Gala looks.



Leather gloves not only make for a super glam appearance but also keep your weather appropriate at any high fashion event or otherwise. Leg warmers in bright chunky knits make for the 'it' purchase. One can finish the look with protective eyewear such as ski goggles.

Winter Wear Maintenance

Maintaining the winter wardrobe is very crucial as textiles made of wool, leather (real and faux), suede, latex, PVC, silks, etc are delicate materials running the risk of nicks and cuts, rips, runs, and ladders. Such articles need careful handling.

Always hang them in the wardrobe, avoid folding as fold lines result in cracks and damage on the surface thus ruining the garment/ article.

Similarly, any knitted articles should be protected against the slightest loop drop and it leads to long runs and ladders. One must use appropriate soft detergents for wet cleaning, bets are done in cold, tumble dry for wool and other knits and flat dried always, never hung on the line or the hangers. Of course, certain articles are best dry/ spot cleaned, and make sure to brush away the lint. Winter wear should also be protected from abrasion to avoid pilling. Careful packing, after being cleaned, of winter articles, is a must as they are going to be in for long storage before we see them again

Have a great fashion season this winter and put your best boot forward!



- By Shipra Anand

CAN COCONUT OIL BE USED AS A MAKE-UP REMOVER

Coconuts existed thousands of years ago. The fruit of Coconut, its flesh, coconut water, coconut milk & coconut oil have been an integral part of people belonging to tropical countries. Coconut is widely used in America, Africa, India and Asian countries. It is scientifically known as *Cocos nucifera*. Coconut water is consumed widely over the world due to its high nutritional value. Kernels of the coconut are used in extracting Coconut oil. This oil is used for cooking and cosmetic purposes.

Benefits of Coconut oil—

Due to its moisturising property it has been used for hair growth and skin conditioning. Coconut is used as a carrier oil in cosmetics as it contains-

Lauric Acid-

- Which assimilates quickly and gets absorbed quite fast in the body
- Eliminates and prevents viruses from entering the body
- Has soothing properties

Capric and Caprylic Acid-

- These also quickly assimilate and get absorbed in the body
- Have antimicrobial and anti-fungal properties
- Repair damaged hair and stimulate hair follicles
- Prevent the spreading of harmful bacteria on the skin

Linoleic Acids-

- Moisturises hair and enhances hair growth
- Has anti-inflammatory properties
- Acts as a good emulsifier
- Soothes acne
- Helps in moisture retention in both skin and hair

Lauric Acid-

- Which assimilates quickly and gets absorbed quite fast in the body
- Eliminates and prevents viruses from entering the body
- Has soothing properties

These ingredients make coconut oil a great emollient, hydrating, lubricating, soothing and cooling agent, so used in the cosmetic industry. This simple, affordable and hydrating oil is used extensively but is it perfect for every skin type? The oil has comedogenic or clogging pore property which may hurt the skin. So can this be used as a make-up remover?

Dermatologists all over the world have answered in an affirmative that coconut oil can be a wonderful make-up remover-

Coconut oil is duct tape which fixes everything



Oleic Acids-

- Maintains softness and radiance of the skin and hair
- Enhances hair growth
- Has anti-ageing properties
- Eliminates dandruff

Polyphenols-

- Add scent and antioxidant properties to the coconut oil
- Promotes hair growth
- Boosts skin circulation

It works all the time because it-

- Penetrates the deeper skin layers
- It helps in moisturising the skin
- The greasy texture glides on the skin that solubilises water-resistant material used in make-up products
- It has a detergent effect which helps to remove make-up
- It acts best as a make-up remover when warmed
- Either it should be rubbed in the palms or heated in the microwave for 10seconds and then used.
- No washcloths or cotton pads are required to use this oil on the face
- The palms do it and once the make-up melts the face should be clean with warm water.

Does it clog pores?-

Yes, it can clog pores thus the variety to be used as a makeup remover should be organic and minimally processed which won't clog the skin.

Lower quality coconut oil might be contaminated and can lead to acne breakouts, so only cold-pressed, purified oils in liquid form are the best. These cold-pressed oils are devoid of toxins and do not harm the skin.

Now the question arises whether coconut oil as a make-up remover is suitable for all skin types-

All skin types are not compatible with coconut oil caution must be taken while incorporating it as a make-up remover. The Caprylic/Lauric acid gives it anti-fungal and antibacterial properties thus a little quantity should be used so that there is less chance of a breakout.

The right method to use it as a make-up remover-

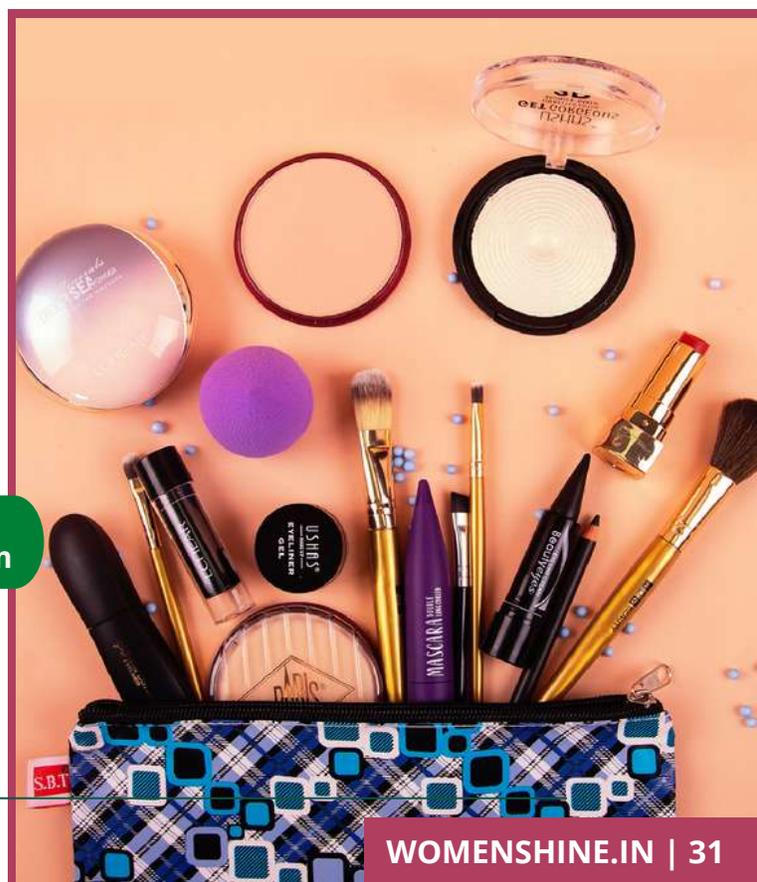
- A pea-sized amount needs to be taken
- If it is solid it should be rubbed between the fingertips till it turns to liquid
- Eyes should be closed only then the oil should be applied on eyelids, lashes and eye area.
- Massage the oil into the skin by circular movements of the fingertips on the face, allow the oil to sit for a second so that it starts dissolving the make-up and then the oil gets removed
- The face is washed with warm water without any rubbing or pulling of the skin the oil comes out easily
- And lo behold, you get a clean face sans make-up

The benefits of using coconut oil as a make-up remover-

- Dissolves eye make-up without any difficulty
- Cleans the skin without any irritation
- Moisturises sensitive skin causing no harm
- Harmless to use for the eyes and under-eye area
- It acts as a salve for sunburn and rashes
- Good for blemish-prone skin
- A natural and eco-friendly product



Dr. PREETI TALWAR
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A Season to build your Health

Winter season is a good time to build on your health . There are many foods that are that are specifically available and enjoyed during this season that can help battle the cold weather . They help you to keep warm and provide nutrients that are most necessary for the body during this season .Lets take a look at some of the winter foods which should be an essential part of our diet .

(1) MILLETS -

Millets are high in fibre and packed with a range of nutrients ,vitamins and minerals. They help to boost immunity and reduce inflammation that causes chronic diseases. All millets available during winters should be included in your diet. Bajra and Corn are the ideal choice of millets for winter.

(b) Makai/Maize -

Maize is a rich source of vitamin A , B,E and essential minerals .The B-complex vitamins in maize are good for skin, heart ,brain .As maize is a rich source of vitamins as well as beta -carotene and selenium ,it helps in improving thyroid function. It is high in fibre content ,which plays important role in preventing digestive ailments .

(2) ROOT VEGETABLES -

Root vegetables are rich source of beta -carotene ,fiber, potassium and manganese , B-vitamins and antioxidants .Examples – Sweet Potatoes ,Beets ,Carrots ,Radish .Include all kinds of root vegetables in your diet .

a) Sweet Potatoes /Sakarkandi -

Root vegetables are rich source of beta -carotene ,fiber, potassium and manganese , B-vitamins and antioxidants .Examples – Sweet Potatoes ,Beets ,Carrots ,Radish .Include all kinds of root vegetables in your diet .

(b) Beets -

Beets are high in folate , potassium and beta -carotene .They also contain a good amount of manganese ,which is involved in bone -formation ,nutrient -metabolism and brain -function .They are good for fighting inflammation and detoxifying the system and boost heart health by regulating blood pressure and improving blood flow.

(3) Carrot-

This root vegetable is the perfect health food. It is good source of beta -carotene ,fibre ,potassium and vitamin-A .Vitamin -A is considered essential to maintain good vision. As its rich in fibre ,it promote smooth bowel movement. Carrot is a powerhouse of potassium and the potassium helps to relax blood vessels.

(4) Radish-

Radish is a winter superfood .It aids in maintaining muscle, nerve and blood stream functions and keeps bone and teeth strong .Radishes are full of fibre and have anti -congestive properties which help clear the mucous in the throat and therefore fight cough and cold. Radishes are good source of anthocyanins that keep our hearts functioning properly.



(3) GREEN LEAFY VEGETABLES- Green Leafy Vegetables are very healthy and have an abundant store of vitamins such as vitamin -A, vitamin-K, vitamin -C ,Beta-carotene ,folate ,vitaminB1,B6. By eating these leafy greens ,minerals like iron, magnesium ,zinc, potassium can be added naturally to your diet. These greens protect our body by strengthening the immune system, slowing down the signs of ageing and preventing heart diseases ,high blood pressure, cancer and also help us to recover from certain health conditions and illnesses like poor eyesight ,mineral deficiencies ,constipation and poor immunity

.In winters ,the most

widely available green leafy vegetables are fenugreek leaves ,mustard leaves, spinach.

(a) Fenugreek Leaves- Helps in treating patients with diabetes and heart diseases as it reduces the blood sugar level and cholesterol. It helps in lactation and also used to treat gastrointestinal inflammation .

(b) Mustard Leaves - Good for heart and bone health , as they are rich in fibre thus aids in smooth bowel movements.

(c) Spinach - Beneficial for pregnant women, helps to lower blood pressure, strengthen bone health ,prevents constipation and combat iron deficiencies .

(4) NUTS - Nuts are perfect cold weather snack.They can help to boost immunity and overall health.Nuts contain phytosterols ,compounds that help to lower blood cholesterol and are full of protein, fiber ,vitamins and minerals including potassium ,folate ,vitamin E and magnesium .Some nuts that one must indulge in during winters are almonds ,walnuts and peanuts .

(a) Almonds - Almonds contain vitamin-E ,magnesium ,protein ,phosphorus ,magnesium and contain healthy fatty acids which are good for heart. Almonds also contribute in better brain development .

(b) Walnuts - Walnuts contain omega-3 fatty acids, thus they are good for health and are anti -inflammatory in nature. Because of its anti-oxidant properties, walnuts have compounds that prevent the growth of cancer cells in the body.

(c) Peanuts - Peanuts are high in proteins, good fats ,micro and macro nutrients and are also rich in antioxidants .

(5) SPICES - Spices contain antibacterial properties and anti oxidants that can help to keep our immune system healthy. Here are some spices that will help to prevent sickness during winters.

(a) Cinnamon- Contains polyphenols that fight bacteria and boost immunity ,blood sugar regulation and lowers cholesterol.

(b) Cloves - Contain a compound called eugenol that has anti -cancer properties. Improves blood circulation ,digestion and clears the respiratory passage .

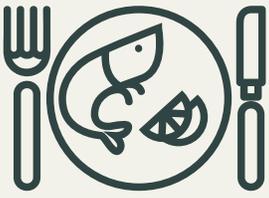
(c)Nutmeg - Relieves insomnia and depression ,improves cholesterol ,contains anti bacterial properties .

(d) Ginger - Contains gingerol ,a bioactive compound which has powerful medicinal properties and thus aids digestion ,reduces nausea and helps to fight cold.

Though we consume these winter specific foods ,a balanced diet should be maintained throughout the year with an intake of wide range of food items. Enriching your diet with nutrient rich foods will let you enjoy good immunity and overall good health .



Shared By : Dr. Ranu Singh



Oats choco fudge cake

Ingredients:

Quick oats : 3Tbsp
 Chia seeds : 1Tbsp
 Milk : 1/2 cup+1Tsp
 Dark chocolate : 1/2 cup
 Jaggery : 2 Tsp
 Peanut butter : 1 TSp
 Roasted Almond : 2 Tbsp
 Powder

Method

1. Take quick oats, chia seeds & milk together
2. Microwave for 2 minutes & leave aside to cool
3. In another bowl take dark chocolate, jaggery , peanut butter & milk together
4. Microwave it for 30 sec
5. Combine melted chocolate mix with oats mixture
6. Add roasted almonds & mix well
7. Transfer to glass tray on butter paper
8. Garnish with some roasted crushed almond over it
9. Keep it in fridge for 1 hr
10. Cut into pieces & serve



Shared By : Jaya Mishra

A 3-STEP GUIDE TO STEP-UP YOUR FINANCE GAME

Much of what makes us comes directly from the remarks and actions our parents impart to us when we are young. Financial lessons are no exception; in fact, money attitudes and behaviours sink in before kids even reach kindergarten.

Research shows that, in addition to a well-documented wage gap, women feel less empowered than men do when they think about their finances. And in the workplace, if an employee is, say, less assertive when it comes to negotiating compensation, that could result in leaving thousands of bucks on the table over the course of a career.

On the upside: Globally, when women are authorised to work and earn their own money, they can grow entire economies. And it can pay to gamble on their success. Women-led investments and startups tend to get smaller upfront funding; however, those businesses forged higher revenue than startups established by men.

So how can we as women take control of our financial future? Here are three steps to get started.

STEP 1: KEEP A CHECK ON DEBT



For the last decades, women have made up the majority of college-educated adults. Unfortunately, a university degree doesn't secure financial stability. And it turns out debt is breaking the bank.

Since women on average earn less than men, they rely on smaller pay-checks to meet their financial commitments. And paying off debt distributes money away from financial goals, such as financial independence, retirement savings, and milestones like homeownership.

Understanding how to manage your finances is the foremost step in paying off debt and reaching financial liberty.

- **Make a budget-** A budget lets you view, modify, and set spending limitations. Distinguish between needs and wants to prioritise the expenses that concern.
- **Track debt-** Write down all of your debt commitments. Track your progress paying it off and celebrate each win, even if it's a small one.
- **Settle overdue debts-** Don't shun debt collectors anymore. Work with your lender to negotiate payments instead of straining up interest and costs.

STEP 2: FIGHT FOR YOUR WORTH

For a long time, women's lack of access to higher education excluded them from long-term careers with steady earnings. Today, increased rates of graduation have opened doors, but participation in the workforce comes with distinctive struggles for women.

If talking about your finances — how much you have earned, presently earn, and expect to earn — makes you awkward, you're not alone. But understanding how to navigate difficult financial discussions in the workplace can help women advocate for better — or at least a fair — compensation.

- **Know about the fair price**

Study how much you deserve to be compensated based on speaking to coworkers you count on, comparing average earnings, and searching professional salaries.

- **Comprehend the gender gap**

Take the time to learn about salary differences, specifically in an industry or role where women have traditionally been paid trim. Come with facts to support your attempt for an increment.

- **Learn that you are permitted to negotiate**

Even if you don't feel comfortable asking for more capital, you have every right to ask and be heard. And don't accept a no without rational logic.

- **Know that you have options**

If you are being paid unfairly and you can't come to an arrangement during your salary negotiation, then you don't have to wait. While it's easier said than done, there are other companies that will cherish and compensate for your contributions and efforts.

STEP 3: PLAN FOR THE FUTURE

Forty per cent of women can't afford to retire corresponded to only 29% of men. One way to battle this is to prioritise saving for retirement — the sooner the merrier.

- **Open a savings account**

Open a dedicated savings account and set up a monthly automatic direct deposit from another account or your pay-check.

- **Set up a retirement fund**

Even if it's a long way off, think about what you want your money to do for you when you retire. Maybe you want to pay off your mortgage, help your grandkids with college expenses, camp in your 10 favourite national parks, or start a new hobby you haven't had time for during your working years. If you can picture what you want retirement to look like, it's easier to plan for it.

Clarify and outline your short- and long-term financial goals

Determine the financial milestones that are most essential for you to achieve five, 10, 20, and 50 years down the line. Then, prioritise saving for your goals by following your budget and funding.

All the best !!!!



By Aditi Gupta



MY TRIP TO NEPANAGAR

My trip to Nepanagar had started on the 24th of November. Nepanagar was my dad's birthplace. My dad and his parents lived there for a long time. We were going there to attend a reunion for my father and his friends from kindergarten. They had not met for about 25 years. Even though it was very short we went to many places. We went to Sita Nehani, my father's house 30 years ago, his school and the Pandhar River. At the airport, we met my father's friend who was on the flight with us.

We went to his school, we got to see a match between current students and ex students, it was really fun. The ex-students won !!

I made 3 friends and we were a gang, we named it Black Pink (after a KPOP band) We sang, we danced even on the weirdest songs, but one thing that was the most thrilling adventure for adults and children alike was trekking into the forest down to a seasonal river. It was surreal, amazing and so adventurous. We went into the river into the cold water that ran just below my ankle, we collected shells, participated in stone throwing competition. I even fell into that shallow water like most of us who were trying to walk fast on the slippery rocks.

The memories of this trip are going to stay with me for a long time and friends I made are friends forever.



SANTA MONICA BEACH : SHAMBHAVI MITTAL

Santa Monica Beach is the first beach I would like to visit once a year or maybe twice. At first, when I entered, I thought it was pretty chaotic, but when I saw the beach, I forgot about the chaos. Visiting it daily and relaxing at the beach made me realize the beauty in it. As soon as I saw blue lagoons and lofty palm trees, I felt as if all the beauty on Earth was here. The sand was gold like caramel, and it was loose and powdery. It is the best place to relax.

The smell of the white vanilla made me sleep in the scorching summer. It was so strong and relaxing that you can even smell it from a mile away. The sound of the waves crashing and the seagulls flying made me feel as if I was in heaven.

In the scorching summer, the coconut water worked like an energy drink, and it refreshed me so much I was able to swim without a break for an hour.

Santa Monica Pier is just near the beach. It's like a fair near the beach. It has small amusement parks and unlimited rides and games not only for kids but also for adults. If we talk about rides, the first thing that pops into my mind is the Ferris Wheel. It is gigantic. It also has breathtaking views for fishing. It is also known for its special Barbeque and seafood. After eating it people crave it every day and I crave it too. After having its ice cream, you can eat it endlessly.

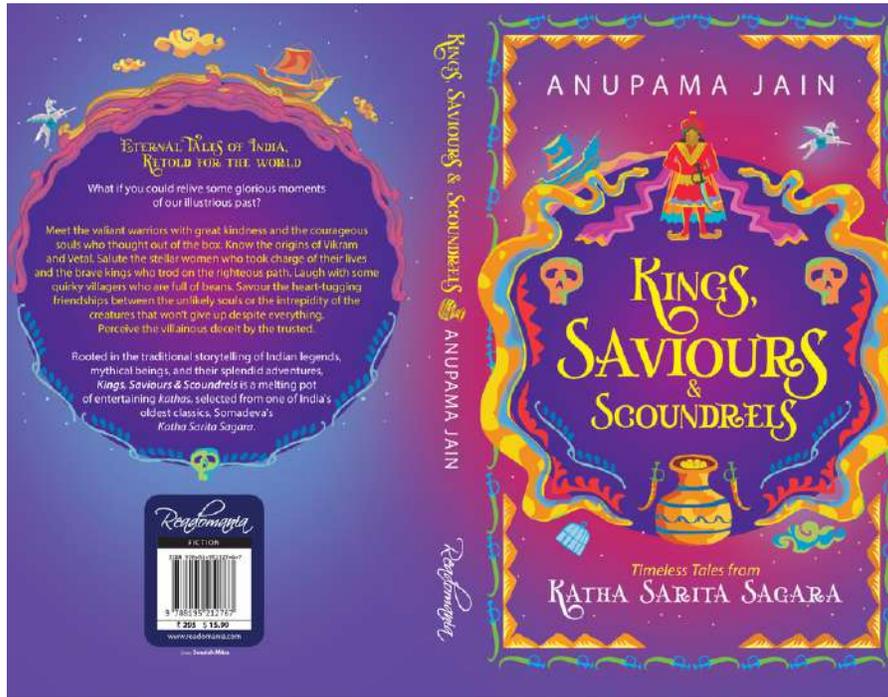
Beaches give me a great perspective towards nature and they give me time for myself.



Shared By: Shambhavi Mittal

BOOK REVIEW:

KINGS SAVIOURS & SCOUNDRELS -TIMELESS TALES FROM KATHA SARITA SAGARA'



Rooted in the traditional storytelling of Indian legends, royals, mythical beings, and their splendid adventures, 'Kings, Saviours & Scoundrels' is a melting pot of entertaining Kathas, selected from one of India's oldest classics, Somadeva's Katha Sarita Sagara.

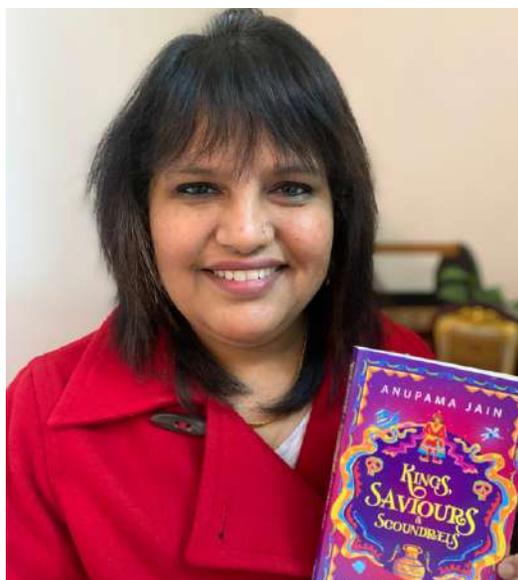
These sagas are Eternal Tales of India, Retold for the world.

My book is now available at

[https://www.amazon.in/Kings-Saviours-Scoundrels-Timeless-](https://www.amazon.in/Kings-Saviours-Scoundrels-Timeless-Sarita/dp/819521276X/)

[Sarita/dp/819521276X/](https://www.amazon.in/Kings-Saviours-Scoundrels-Timeless-Sarita/dp/819521276X/) and is already trending in the 'hot new 100 releases' list on Amazon

The book is written by Ms. Anupama Jain



ABOUT THE AUTHOR:

She is also a co-author of 10 anthologies across genres, one of which LIMCA record holder as India's first Composite Novel.

She also contributed to When They Spoke as well as Mock Stalk & Quarrel- all published by Readomania. In 2018, she contributed to When Women

Speak Up an e-book of inspiring stories published by Women's Web. Humour Award, and among the top 3, in 2016. Anupama was also the Finalist, Orange Flower 2017 Creative Writing Award.

Masala Mix: Potpourri Of Shorts', a vibrant short story collection on myriad manifestations of love.

Anupama is a Contributing Author to Chronicles of Urban Nomads. She is the author of the novel, When Padma Bani Paula which was listed as one of The Best books of 2018 by readwriteinspire.com. It is a breezy novel about second chances of life and the importance of staying true to one's roots.

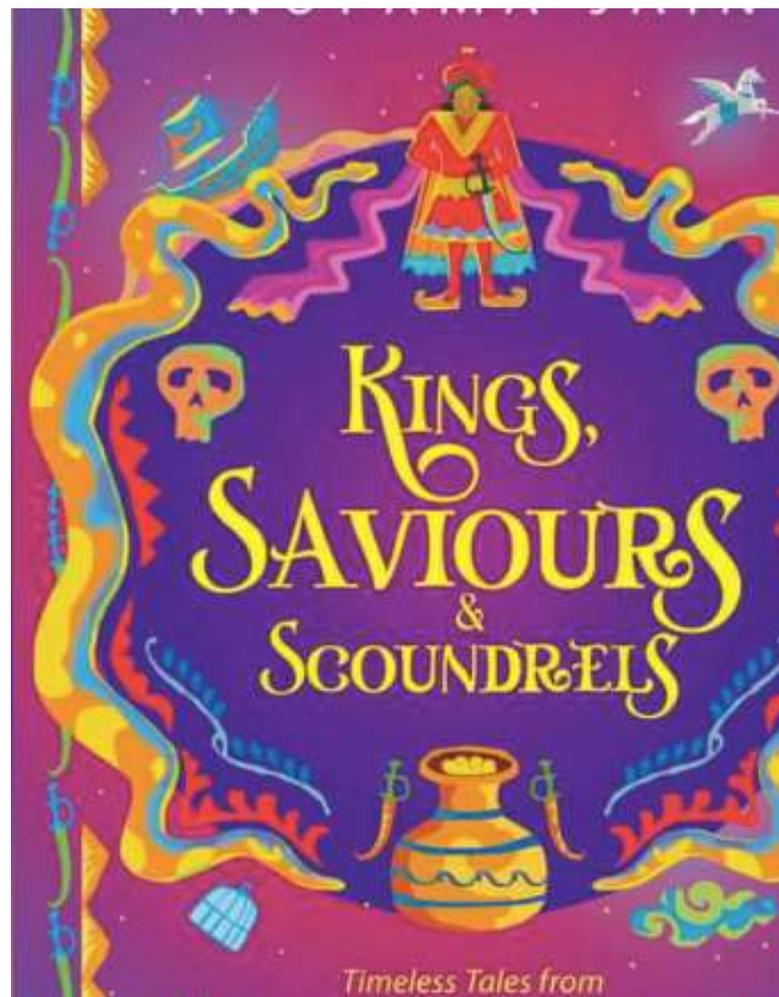
She is also a co-author of 10 anthologies across genres, one of which is a LIMCA record holder as India's first Composite Novel.

She was listed as one of the 10 Indian women bloggers, a feminist must follow, by Women's Web in July 2017.[11] She was the winner of the Popular Choice Orange Flower Award for Humour, 2018, awarded by Women's Web. Her book was also listed as one of The Best books of 2018 by Read Write Inspire or @momspresso awards for fiction, and parental bloggins

She is A-Z Blogging Challenge 2017, 2016 survivor. Her short story on marital morass was one of the top 14 blogs of 2017 out of the 18,000+ blogs published annually at mycity4kids.com.[12]

She blogs at akkaacerbic.wordpress.com (listed in the Best Indian Blogs Directory 2018, under Topical Matters and Current Affairs).

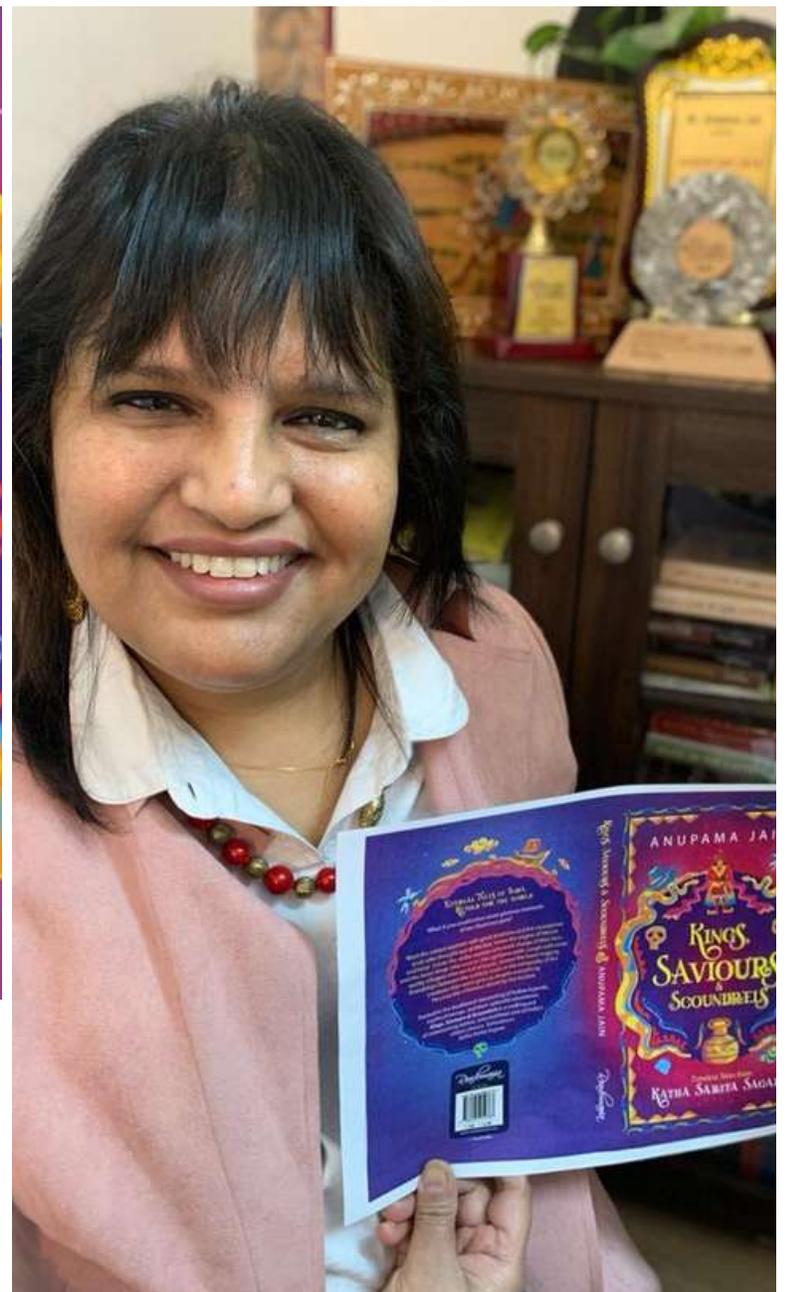
Anupama writes an award-winning satirical series at readomania.com, '**AJ Wants to Know**', taking on the quirky world around with its vagaries.



Anupama is the Founder & Admin, 'Senior School Moms' which won the Orange Flower Award 2021, For Best Facebook Groups.

She is the Head (Content & Collaborations) at Incredible Women Of India.

A community builder, a multi-awarded blogger, and a mentor, Anupama is based out of Gurugram.



Kalaripayattu

: Martial art form of Kerala



Kalaripayattu is the martial art form of Kerala. Kalaripayattu's influence can be seen in most of the art forms of Kerala. In the past kalaris (combat arena or battle field) formed an integral part of the lives of the people. Without any gender discrimination boys and girls in their childhood would be sent to the Kalaris for practicing. With social life undergoing changes, the position of Kalaris and their influence changed. Today, Kalaripayattu is staged during festivals and other occasions as a showpiece. People are more interested in kalari treatment (as a system of medicine) and Marmachikitsa (treatment of vital parts).

Kalaripayattu has different techniques like meipayattu (physical body exercise), vadipayattu (fight using sticks), valpayattu (fight using swords) and verumkaiprayoga (bare hand exercise). Kalari treatment is a part of the curriculum. In Kalaripayattu, the first exercise is body exercise. Oil massage is an integral portion of body exercise. The body is well oiled. This is done to fine-tune the body for the next step that is payattu (fight). Body movements together with oral instructions are practiced. There are 8 to 16 payattu (fight) during different stages. Physical body exercise is followed by kolpayattu in which sticks of different lengths are used. This involves defensive and offensive techniques. Here also oral instructions are given.

The next stage involves the use of the sword, shield, urumi (flexible sword), kuntham (spear), and kattari (dagger). Two or more persons take part in this exercise. The target areas in angathari are the head, chest, back, stomach, and the portion below the knee.

Verumkaiprayoga (bare hand exercise) is a technique in which weapons are not used. Through this exercise, the person gets the willpower and physique to deal with armed opponents. Concentration and flexibility are developed through this technique.



Vaythari (oral commands) is the most important stage in Kalaripayattu training. The Kalari Asan controls the movements of the performers through Vaythari. Vaythari has a rhythm of its own. Sometimes elder students and others may give Vaythari.



Kalaripayattu's own system of medicine based on Ayurveda and Kalarichikitsa (Kalari treatment) is very unique. Ancient gurus had framed the system. It includes marmachikitsa, thirumal and vyayamachikitsa (physical exercise). There are different branches in kalarichikitsa. Marmachikitsa (treatment of vital parts) maintains a secret nature. This is done so that the chikitsa is not misused. We find a blend of Kalarividya and medicine in marmachikitsa. Kalariuzhichil helps a lot in restoring the body and mental peace. Today, no wonder, kalarichikitsa is very popular among the people.

- By Praveen Garg,
CEO, UP Kalaripayattu Association



GO WITH THE FLOW : SHUBHRA

I am a gal who plays many roles at a time in my life. Let me sum it up for you as best I can. As my social media bio explains - I'm a Solo Nomad, an explorer, adventurous, Certified yoga instructor, an amateur illustrator, photographer, a sports person, passionate trekker, can also 'cook', have an OCD to keep things organized, love doodling or spending time in my little balcony jungle and creating stuff out of junk...and last not the least has worked in corporate life for many years for living to understand how the world works;)



so yes jack of many traits. I know this probably sounds like bragging, yes it is a little. But what can I say, I'm proud to be what I am today. And I want you all to know a little more about my life: I am living my dream fully to leave no regrets for later. I'm that cliché "ordinary girl on an extraordinary journey" if one is allowed to say her own life is extraordinary at this juncture. I am not a pseudo-feminist but yes I love women like me who are much stronger than men around and love to take full charge of their lives on their terms.

So two months ago I turned 40..yaaay!!!! I touched the golden middle age number finally. Don't know if age has anything to do with activities, I have been involved in.

I was scrolling through my LinkedIn timeline for a change after a long time felt as if I am lagging behind my peers and people around me in terms of my career growth. Most of them either got promotions or got placed in some big corporate with fancy titles, It made me feel for a moment that I failed along the way since I feel I am not there where

possible I would have been with the kind of work have done over the years. It took me a moment to shake the feeling, and realize that even though my career has not taken me where I could have been but the experiences I have gained over the years are worth cherishing in this lifetime.

To all my friends and connections who are kicking their ass in their careers..hats off to all of you!! Big congratulations on where and what all you have achieved. I cannot wait to see what next you guys will achieve, really you guys have incredible careers and I celebrate your achievements.

But this article today is not about that but to celebrate people like me, who don't have a perfect track record in careers. I am one of those who was not afraid to leave jobs when I have had no backup plan or join such companies at a time when they were going through a crisis or left career growth for sake of personal life and move to a completely unknown territory where I had to start everything from scratch... I took that challenge up on me to see how far I can go and how will I make my current circumstances favorable to prove my potential. I celebrate everyone who is like me who live for their passion or quit that toxic work environment (frankly I was one of those fortunate ones to work with some of the best companies or people - so no complaints, but toxic here.

I meant by the work which was possibly not part of the passion but was just a mean to fulfill those passions) because I or people like me value mental health/ satisfaction over other things... Those like me took the leap to find themselves and explore what this earth has to offer. People like me who are explorers take the time to redesign their careers, new hobbies, or study new things just for the sheer curiosity of it.

At 40 I am blessed to have had the opportunity to hike at high altitudes @5000-6000 Mts, learn advanced yoga, work as a volunteer teacher in the remotest areas of the Himalayas, be an active environmentalist and a helping hand and voice in animal welfare, and a speaker in many events to help kids who are seeking guidance in alternate career streams and last, not the least meeting some of the most interesting people along the way...My list is endless what all I manage to earn in the last few years.

Today I have realized your CV does not define you or your future, It does not define your worth, instead what your real-life experiences do. Remember you are exactly where you need to be, keep learning and growing and you'll get where you need to go.

But this was NOT always the case. I'd not like to pretend that this has always been the course of my life. It's embarrassing sometimes to open up about your past and your failures. But I'm hoping that if I do, maybe someone out there will feel some encouragement, depending upon where you are in life. To put this in perspective few things I've learned while being on my adventure and now my life mantra for those who are seeking this wisdom :

1. Move with the flow of life, not against it.

Life is full of opportunities. Don't let them pass you by simply because they aren't the opportunities you thought you wanted. We don't always know what direction our life will go. I think it can be wise to try anything that comes your way, especially when you are young and trying to "figure it all out" (Spoiler:

You won't. Life is never that simple). Don't set your heart on achieving one thing, only one specific way, in order to feel happy and accomplished. An amazing opportunity disguised as a mundane option may come your way tomorrow; don't miss it.



2. Dreams don't have to die, keep working at it, there is never too late for anything. Embrace the changes as it comes.

Even before I moved home from Delhi to Bangalore I felt afraid to do so, even though a part of me wanted to, but changing your comfort base to new territory was making me feel nervous. I felt that if I turned my back on my career then I will lag behind my peers. which did happen initially but on the contrary, I learned new things and explored life in a different way which probably I wouldn't have if continued to stay in Delhi. Initially, I labeled myself as a failure to leave everything and move to a new location, but later with time, I realized, being a "failure" is just a label that you give yourself.

we don't need to box ourselves in as I did! It's ok to change your dreams. It's ok to pursue something else for a while if your current efforts don't seem to be working. Embrace where your life seems to be headed, and forget the labels. Today when I'm pursuing all my passions and ticking all the boxes from my bucket list, I feel more empowered and alive. I forget about the time I lost while making the career that gives me happiness - 'Travelling' but I guess that part was important too to enjoy what I do today.

The world is beautiful, just as it is. Life is not something static, but a flow of change, never staying the same, always getting messier and more chaotic, always beautiful. There is beauty in everything around us if we look at it as perfect. That's how I see life and probably that's why I accept things the way it is and do not expect much in return.

These are a few things which I have imbibed long back in my life and probably I follow it



In short, one thing is clear, one should not kill their dreams thinking you are getting old to do what you could have done at a young age since there is no age bar to fulfill dreams... live every moment as it comes.

3. Remember when I asked what "perfect" is? It's a very interesting question. Does perfect mean the ideal life and world that we have in our heads? Do we have an idea that we try to make the world conform to? Because that will likely never happen. Instead, try seeing the world as perfect the way it is. It's messy, chaotic, painful, sad, dirty ... and completely perfect.

religiously to be motivated and content with what I have..hope my life story, anecdotes, and adventures will hopefully entertain and make you smile, think, and also tell you to not take life too seriously. Make peace with your past decisions and continue life with grace and gratefulness for life. Let it be "go with the flow" or "swim to your desire".You can either be happy with a "broken something" or sad with a "broken something". That something will not fix it. But you can fix yourself:-)

Shared By : Shubhra Aggarwal

LET HER BE THE WAY SHE WANTS TO BE



However, we are not so charitable and forgiving when it comes to our female counterparts doing the same.

Probably, we are not conditioned to see and appreciate ageing females doing the same, picking up the trend by dressing brighter, prettier, working on their bodies, and maintaining themselves and whatever remnant of youth they have by their side by the way of their choices and lifestyles.

Somehow, their behaviour comes across to our sensibilities as not just outlandish, but also outrageous to our idea of modesty and ageing with grace. We fail to realise that all of us have this innate desire to stay young forever, to somehow reverse the process of ageing, and are quick to discourage and even disparagingly refer to a lady who attempts to not let the spring of mental youth inside her be overshadowed by the autumn of physical/biological spring.

How sad it is !!

Yeah, I know, this post could have been more appropriate on the 8th of March of any year when all of us, for a day, like to indulge ourselves in the charade of celebration of the womenfolk and womanhood all over, but I wouldn't want my name, my words, or my mark on something as fleeting as the duration of just a day. I hope that we all can be more accepting and welcoming of ideas that introduce a change, a departure from the norms, and be a society that is not just on the top in terms of GDP and technological breakthroughs & architectural marvels, but also the one where there is greater acceptability, space, and respect for dignity and individuality among the members pursuing their ways of living a life that feels and seems better and more fulfilling to them.

"बूढ़ी घोड़ी लाल लगाम" - sexist and often shrouded in a sense of humour that is expected to be accepted as friendly banter. This is a saying in Hindi that is often used to sarcastically question the motives and character of any lady usually in her late 30s and beyond who doesn't appear sartorially or behave in terms of general conduct the way she should, as per her age, according to the norms of our society.

Hitherto unknown to me, I recently came across this idiom during my conversation with someone close to me and upon learning the meaning, I felt terrible over the way our society tries to subtly foist its disapproval upon someone, especially a female, in this case, that doesn't fit its definition, description, or viewpoint of what's appropriate, using such pathetic, disparaging sarcasm. Quite often, we men who manage to appear, dress, behave and think younger than our current age can get away easily with the tag of being a 'charmer', someone still 'young at heart with a striking personality, a maverick and even a dapper debonair!



By Mayank Muley



**A happy child is
the window to
your home.
Every window
tells a story!**

I am sure, my readers will agree that when we were young, there were rarely any mothers who raised their voices, were aggressive, lost control of emotions in fury or yelled their vocal chords out. The image of the 'old moms' was poised, calm and composed. What happened in the last 25-30 years? I wonder. As young mothers, we often fall into distress, mounting impulsiveness and emotionally so volatile that it seems all of us are carrying a volcano inside ready to explode. Ironically, the victims are our innocent kids, crying, howling and still coming back to hug us more tightly inspite of our never ending fury. A warm embrace from them and a kiss on the cheek leaves us teary eyed, enough to raise our guilt spree and ashamed of our demeanour a little while ago.

A common picture in all homes is an uncontrolled aggression, a few slaps or shouting especially when those little fingers are on their study tables doing a homework. As a mother myself and a Life coach, it is easy to understand the genuine self conflict and confusion of mothers' without getting judgemental. I can resonate their state of mind, the upsurge of mounting stress and the inability to self control or avoid a raised voice on the toddlers. Today, I thank those young women who confided in me and made me realise that it is a genuine serious issue that needs to be addressed to a larger audience. I thank them for being honest and innocent in coming up with this dilemma. I can vouch, it is never easy to speak up on this!

It is rightly said 'one thought can change your mind'! It truly does. Hence, the next time, the young moms superbly handling the life challenges of being a working mother or a beautiful home maker loose their patience, heres' how to balance your emotions and impulsiveness when yelling at those chubby faces, the sparkling eyes and the joyful smiles;

Tip 1: When your child rebels and does not listens (that will often happen), remind yourself, you have to be a strategist when it comes to get things done with these minions! Lower your voice and replace your instructions by lifting them to get the work done very warmly. 'Do it together' is the rule. Replace a scolding with tickling. Believe me, it works wonders especially when waking up a child for school, dressing up or when you have to drop them somewhere on time.

Tip 2: The most horrifying time in the day of a mother & a child is when you make them study. First have a glass of water, take 5-6 times deep breaths, fix up an alarm. If your child will run away in 20 minutes, make them study only for 15 minutes. Before they get distracted, you should leave them early. This way, they will start enjoying their work and not treat it as a boring activity. This also helps the child make a bond with the mother and realise that its better and much easy to study with her rather rush for a tuition. (a common excuse for tuitions of 4+ is that they don't study seriously with us). Try to understand, tutoring is not the solution. A child learns the best from her own parents. Don't burden them so early with tuitions. Even a graduate mom can teach a toddler. Make sure to take the onus of educating your child yourself. A child that has studied from a parent will be a much more confident and a balanced child. Early tutoring is one of the reasons among children from losing interest in studies at an early age. (no offence to the tutors)

Tip 3: When you feel impatient with the child or had had a bad day, it is natural to raichen it on the child. Sadly, the children are the easiest soft targets because of their inability to respond back or retaliate as compared to elders. Always keep this thought alive, "understand the logic behind having a child in your home. It is a soul that was connected in some life with you and your family. It may have been your spouse, your parent, a sibling or a very dear friend. It is because of this account balance that a particular soul becomes your child. Just think of the intensity that a particular soul must have taken to find and enter your womb. It must have rejected many other wombs to find you. It is a matter of pride and a great responsibility on your shoulders to create an ambience at home for the soul that is your child now. It should not have to repent to have become a part of you. Always remember, you are known by your child. A happy child is the window to your home. Every window tells a story!

Tip 4: Keep reminding yourself of the above thought. It doesn't means that you have to over pamper or spoil the child but this one thought will rush into your beta waves when your anger energy starts boiling. Keep repeating this thought every moment. Among human relationships, the bond between a mother and a child is the closest to compassion even more than a father. It should be our utmost wisdom that we build a happy and emotionally settled future generation. When I get cases of marital disputes or emotional imbalance, the root cause in most cases is an unfulfilled childhood, an aggressive parent and a bag of bad memories. This results in self created hurdles and issues that lead to mind disorders; later.

So gear up moms! Let your tag line be "If you want to be in your child's tomorrow, build loving memories with them today"

All the best to the young ladies out there. Wishing you a blissful motherhood and a commitment to raise a joyful generation.



-Written by Meenu Chopra



बदनाम गली का घर

मिहिर , मैंने आपके कपड़े और टिफिन बैग में रख दिये हैं

उसने आंखों ही आंखों में उसे अपनी कोठरी के अंदर आने का इशारा किया और मानी के अंदर आते ही उसे अपनी बाहों में भर लिया था ... मानी तुझे छोड़ कर जाने का बिल्कुल भी मन नहीं करता लेकिन मेरी मजबूरी है कि मैं तुझे अकेले छोड़ कर जा रहा हूं ... हर बार जाते समय दोनों भावुक होकर आंखों में आंसू भर लेते फिर वह उन मीठी यादों और फोन की बातों के सहारे अपने दिन काटते

मिहिर दिल्ली में नौकरी करता था और मानी गांव में रहती थी , वह होली दिवाली आता और कुछ दिन रहने के बाद चला जाया करता ... मानी को उदास देख कर कहता कि मैं घर ढूंढ रहा हूं घर मिलते ही तुम्हें अपने साथ दिल्ली लेकर जाऊंगा ...वह मन ही मन आस लगाये रहती कि अब मिहिर उसे लेकर जाने वाला है लेकिन वह दिन न आता , इस तरह से दो साल निकल गये ...एक ओर गांव में रहने वाली मानी के लिये दिल्ली नगरी को देखने का आकर्षण और दूसरे पति के साथ न रहने के कारण अकेलेपन से जूझती मानी की सहन शक्ति अब जवाब देने लगी थी ।

एक दिन उसने मिहिर से पूछा , 'क्यों आपने कोई घर ढूंढा कि नहीं ...'

'क्या बताऊं मानी यहां मकान बहुत मंहगे हैं और मेरी तनख्वाह में गुजर करना मुश्किल हो जायेगा ...'

'तो शादी क्यों की थी ... वह सुबकते हुये बोली , यदि आप इस बार मुझे अपने साथ नहीं लेकर गये तो मैं हमेशा के लिये अपने मायके चली जाऊंगी फिर मत कहियेगा कि मानी तुमने मुझे बताया नहीं था ..कह कर नाराजगी से उसने फोन काट दिया था ...'

अब मिहिर परेशान हो उठा क्योंकि वह जानता था कि मानी बहुत जिद्दी लड़की है , जो कहती है वह करके रहती है , उसके सिवा वह मानी को रोते हुये नहीं देख सकता था उसके कई बार फोन करने के बाद तो, मानी ने फोन उठाया लेकिन अभी भी उसका रोना नहीं बंद हो रहा था ... वह परेशान हो उठा और उसने प्रामिस किया कि मैं 2- 4 दिन के अंदर ही मकान ढूंढ कर तुम्हें लेने आऊंगा अब मानी की खुशी का ठिकाना नहीं था.... वह मन ही मन अपने प्रियतम की बाहों में समा जाने का सपना देखने लगी ...दिल्ली जैसे बड़े शहर को देखने के आकर्षण में खोई हुई मन ही मन सपने संजोती रहती

फिर लगभग एक महीना निकल गया और मिहिर की ना नुकुर चलती रही ... 'मानी कोई ढंग का मकान मिल ही नहीं रहा है मैं तो हर संडे मकान ही ढूंढता हूं '

'मिहिर आप से मैं नाराज हूं ...मुझे तो ऐसा लगता है कि आपका किसी दूसरे के साथ चक्कर चल रहा है , इसीलिये आप मुझे अपने साथ नहीं ले जाते ... जब आपको मुझे अकेले ही छोड़ना था तो शादी किस लिये की थी ... कहकर वह सुबकती

हुई बोली ... फिर आप गांव लौट कर आ जाइये ...मैं अब अकेले नहीं रह सकती ... यदि ऐसे ही रहना है तो मैं इस संडे को अपने मायके हमेशा के लिये चली जाऊंगी वह बुरी तरह से सिसक रही थी

मिहिर मानी की सिसकियों और उसकी धमकी से विचलित हो उठा था ... उसकी आंखों के सामने प्यारी सी पत्नी मानी का सुंदर चेहरा घूम रहा था ।

उसने समझ लिया था कि अब स्थिति गंभीर है इसलिये मानी को अपने साथ लाना ही होगा इसलिये उसने तुरंत एजेंट को फोन किया और चूंकि शनिवार का दिन था , उस दिन ऑफिस की छुट्टी थी ... एजेंट ने उसे 5 - 6 मकान दिखा डाले थे और फिर परेशान होकर वह एजेंट की लच्छेदार बातों पर विश्वास करके, एक गली के मकान को फाइनल करके पूरे साल का एडवांस किराया भी किसी तरह जुगाड़ करके दे दिया ।

अगली सुबह वह खुशी खुशी मानी को सरप्राइज देते हुये उसे लिवाने के लिये गांव पहुंच गया ...

मानी गांव की अल्हड़ लड़की थी उम्र लगभग 20 वर्ष की , उसका रंग दूध सा गोरा था , तीखे नैननक्श, गदबदाया भरा सा बदन के साथ , वह गांव की मधुर निश्छल खिलखिलाहट से भरपूर थी ...



उसकी मां ने उसे समझाते हुये कहा था कि मिहिर मेरी बहू बहुत भोली है , शहर में इसका ख्याल रखना

रास्ते में बस का टायर पंचर हो गया , इसलिये उनलोगों को घर पहुंचते पहुंचते रात के 10 बज गये थे ...

जब वह गृहस्थी के सामान के साथ लदा फंदा गली में पहुंचा तो वहां का दृष्य देख कर उसके होश उड़ गये ।

वह पूरी तरह से एजेंट के बुने हुये जाल में फंस चुका था ... पूरी गली जो दिन के उजाले में वीरान सूनी पड़ी हुई थी रात के अंधेरे में जगमगा रही थी ... पूरी गली में सस्ते क्रीम पाउडर और लिपिस्टिक से हॉटो को रंग कर , उत्तेजक कपड़ों में लिपटी हुई लड़कियां खड़ी होकर आने जाने वालों को देख कर अपने पास बुलाने के लिये भद्दे भद्दे इशारे कर रहीं थीं चारों ओर हारमोनियम और तबले की आवाज के साथ बेसुरा संगीत सुनाई पड़ रहा था

मिहिर को देखते ही एक लड़की तेजी से भागती हुई आई और उसके गालों को छू लिया था ... मिहिर घबरा कर पीछे को हटा था और गिरते से बचा था ।

मानी को ये सब बहुत अटपटा सा लग रहा था लेकिन इस सबके बावजूद अपने प्रियतम के साथ दिल्ली जैसे बड़े शहर में आकर खुशी के मारे फूली नहीं समा रही था । तभी नशे में झूमता हुआ एक आदमी मानी के तरफ बढ़ा तो मिहिर ने तेजी से मानी को घर के अंदर धकेल दिया और उस आदमी को घुड़कते हुये दूर हटा दिया था । तभी उसके कानों में उसका कमेंट सुनाई पड़ा भद्दी सी गाली देकर वह बोला था माल तो जोरदार लाया है साला खूब कमाई करेगाऔर ऐश भी करेगा ...

यह सब सुन कर उसका खून खौल उठा था लेकिन नई और अनजान जगह सोच कर उसने घर के दरवाजे बंद कर चैन की सांस ली थी

सुबह तो उसे अपने ऑफिस जाना ही था ... मानी को हजारों हिदायतें देने के बाद वह अपने काम पर गया था ।

समय बेसमय शराबी आकर उसके घर की घंटी बजा देते लेकिन डरी सहमी मानी की होल से देख लेती । लोग उल्टी सीधी गालियां बकते और फिर चले जाते ...

मानी अपने घर के अंदर डरी डरी कैदी की तरह बंद होकर रहा करती थी । लेकिन इन सबके बावजूद वह अपने प्रियतम को छोड़ कर गांव जाने को तैयार नहीं थी ...

अब वह यहां के हालात की आदी हो गई थी ... उसको वहां पर रहते रहते 6 महीने हो गये थे । वह अपनी खिड़की से छिप छिप कर वहां पर आने जाने वालों को देखा करती थी ।

रात के अंधेरे में नेता , अफसर , रईस और गरीब सभी अपनी औकात के मुताबिक अपने तन की भूख मिटाने के लिये आया करते थे ... वह वहां पर लोगों को नशे में गालीगलौज , मारपीट करते देखती , पुलिस की आवाजाही का शोर शराबा और उनको हफ्ता वसूली करते भी देखा करती ... दलालों की भागदौड़ और ग्राहकों को पटाने के लिये उनके पीछे पीछे दौड़ते भागते देखतीआदमियों की वासना से जलती आंखों को देख कर कई बार उसका मन घृणा से भर जाता तो कई बार उन लड़कियों की मजबूरी सोच कर मन दया से द्रवित हो उठता था । अब वह यहां के जीवन की आदी हो चुकी थी , उसे कुछ भी अटपटा नहीं लगता था

सर्दी के दिन थे , कुहासे में डूबी शाम के झुटपुटे में एक 11- 12 साल की डरी सहमी लड़की ने धीरे धीरे उसके दरवाजे को खटखटाया था ... चूंकि मिहिर के आने का समय था इसलिये उसने दरवाजे को बेखटके से खोल दिया था । लेकिन मासूम सी डरी सहमी लड़की को देखते ही उसने हिम्मत करके उसे अंदर करके दरवाजे को बंद कर लिया थालेकिन उसका अपना अंतर्मन और शरीर डर के मारे थर थर कांप रहा था ।

वह प्यारी सी बच्ची डर कर उससे चिपक गई थी , मानों कोई नन्हा सा हिरण शावक शिकारी के जाल से निकल कर भाग आया हो

कई दिनों तक दलाल शक के कारण उसके घर की निगरानी करते रहे थे मिहिर और वह उस प्यारी सी इला को सबसे छिपा कर अपने घर में सुरक्षित रखे रहे थे ।

मिहिर उस नाजुक सी लड़की को पुलिस के लफड़े से बचा कर रखना चाहते थे और फिर इला को सुरक्षित उसके पैरेंट्स के पास पहुंचाना चाहते थे । उसने बताया कि जब वह स्कूल से लौट रही थी तब गांव के कुछ दबंग गुंडों ने उसके मुंह पर रुमाल सुंधा कर उसे बेहोश करके उठा लिया , पहले उसे दलालों के हाथ बेचा फिर उन लोगों ने उसे यहां पर बेच दिया

वह गांव के उन गुंडों को अच्छी तरह पहचानती है ... छिपते छिपाते किसी तरह उसको उसके पैरेंट्स के पास पहुंचा कर उन लोगों के मन को आत्मिक खुशी और मन को संतुष्टि मिली थी ।

उसके पापा ने हिम्मत करके उन गुंडों की रिपोर्ट कर दी और इला की निशानदेही पर वह लड़कियों को चुरा कर बेचने वाला कुख्यात गैंग पकड़ा गया था ।

वह समाज के संपन्न सफेदपोश थे जो धर्म की आड़ में लड़कियों का अवैध सौदा किया करते थे ।

इला आज पढ लिख कर स्वयं एक पुलिस ऑफिसर बन चुकी है अब वह ऐसे अपराधियों को उनकी जगह जेल में पहुंचाने का काम करती है ।

मिहिर को अपना भाई और मानी को भाभी मानती है ... आज भी हर रक्षाबंधन को भाई से राखी बंधवाने जरूर आती है ।

वह मिहिर और मानी को अपना जीवन दाता और भगवान् मानती है ।



पद्माअग्रवाल

संवेदना

16 वर्षीय आरवी को अपने बालों से बहुत प्यार था। वह अपने काले लहराते लंबे बालों को शीशे में देख बहुत खुश होती थी और अक्सर नई नई स्टाइल भी बना कर मां सरिता जी को दिखाया करती थी। 3-4 दिनों से बेटी को गुमसुम देख वह बोलीं, 'मेरे पास आओ, बालों में तेल डाल दूं। क्या बात है? बहुत चुप चुप हो, कोई परेशानी है तो मुझे बताओ'।

मन ही मन में मानों वह निर्णय लेकर बोली, 'मां' आपको मुझसे प्रॉमिस करना होगा। "

"हां ...हां ...कुछ बोलो भी "

"मुझे अपना मुंडन करवाना है। "

"दिमाग खराब है क्या ?"

"आप हां कह चुकी हैं "

आरवी और गर्व में दोस्ती थी, उन दोनों के बीच क्लास में प्रथम पोजीशन के लिये हमेशा कंपटीशन रहता था इधर कुछ दिनों से गर्व को बार बार बुखार आ जाता था \ वह कमजोर भी होता जा रहा था ... जब उसके पापा ने उसको दिल्ली ले जाकर सब टेस्ट कराये तो मालूम हुआ कि उसे कैंसर है ... इलाज की लंबी प्रक्रिया के बाद कष्टप्रद कीमोथेरेपी में उसके बाल झड़ गये तो जब वह स्कूल आया तो कुछ लड़के उसको देखकर हंसते और मजाक बनाते जब कि वह अपनी ही परे सानियों से घिरा हुआ था ... वह रुआंसा हो उठता परंतु पढाई में व्यवधान न हो इसलिये वह चुप और उदास रहता.... आरवी को गर्व की दशा देख कर बहुत खराब लगता वह सोच नहीं पा रही थी कि क्या करे फिर उसने मन मन निश्चय कर लिया कि उसे अपने दोस्त गर्व के लिये अपने बालों की बलि देने में जरा भी संकोच नहीं करना चाहिये

वह पार्लर से अपना मुंडन करवा कर आई तो उसकी शकल देख कर सरिता जी की आंखों में आंसू आ गये थे लेकिन उसके चेहरे पर कोई पीड़ा नहीं थी। वह सुबह स्कूल जाने लगी तो उन्होंने स्कार्फ निकाल कर दिया।

"नो, माँम"

वह जैसे ही क्लासरूम में पहुंची, पूरे क्लास में सन्नाटा छा गया था।

महिमा मैडम क्लास में आते ही चौंक पड़ी, 'आरवी तुमने अपने बाल क्यों कटवाये?'

"मैडम, गर्व के बाल कीमोथेरेपी के कारण चले गये थे, इसलिये क्लास में सभी उसको देख कर हंसते थे और उसका मजाक उड़ाते थे। इसी वजह से मैंने अपना भी मुंडन करवा लिया। मैं गर्व के साथ हूं अब वह अकेला नहीं है।"

पूरे क्लास का सिर शर्म से झुक गया था।

आरवी की संवेदना के लिये प्रेरण ग्राउंड में प्रिंसिपल मैडम ने उसे प्रशंसापत्र देकर सम्मानित किया।



पद्माअग्रवाल





नववर्ष के लिये संकल्प ...

वर्ष 2022 का आगमन होने ही वाला है ... एमीक्रोन डरा रहा है ... फिर भी 7में सुरक्षा उपायों को ध्यान में रखते हुये नववर्ष का स्वागत हम सबको सुखद उम्मीदों और आशाओं के साथ करना चाहिये ...

नये वर्षके लिये लगभग सभी लोग अपने लिये कोई न कोई रेजोल्यूशन या संकल्प निर्धारित करते ही हैं ... अधिकतर लोग अतिउत्साह में अपने लिये कुछ असंभव से संकल्प निर्धारित कर लेते हैं , जो अधिकतर पहले हफ्ते या महीने में ही टूट जाया करते हैं ... और फिर हमारी जिंदगी पुरानी ढर्रे पर ही चलने लगती है और कभी कभी इस कारण हम निराश भी हो उठते हैं ... इसलिये आवश्यक है कि हम अपने लिये ऐसे संकल्प तय करें , जिन्हें पूरा करना संभव हो यदि आप अपने निर्धारित संकल्पों को पूरा करेंगे तो निश्चय ही आपका मन प्रसन्न रहेगा और साल के अंत में आपको बहुत अच्छे और सार्थक परिणाम मिलेंगे

आइये फिर 2022 के लिये कुछ नये रेज्यूलेशन तय करते हैं

1- अपनी आदतों और निर्णय क्षमता में बदलाव नये वर्ष में आप अपनी आदतों में बदलाव के लिये तैयार रहें , यदि आप अपने अंदर अच्छे बदलाव के लिये तैयार नहीं होंगे तो फिर आप समय के साथ अपडेट नहीं रह पायेंगे आप दूसरों से पिछड़ जायेंगे . आप स्वयं को मानसिक और शारीरिक बदलावों के लिये तैयार करें ... यह बदलाव आपकी आदतों , सोच और काम के तरीके आदि से जुड़ी हो सकती है.....

2- पौष्टिक आहार नये वर्ष के अवसर पर आप स्वयंके लिये स्वास्थ्यवर्धक भोजन को प्राथमिकता देने का संकल्प अवश्य निर्धारित करना चाहिये , क्यों कि स्वास्थ्य तो जीवन की पूंजी है . नये वर्ष में आप पिज्जा बर्गर, केक , बर्गर , जंकफूड आदि से दूरी बनाने का संकल्प अवश्य करें और उसे जरूर निभायें भी घर का बना शुद्ध ताजा खाना और संभव है तो शाकाहारी भोजन करें . अपने खाने में हरी पत्तीदार सब्जियां और फल अवश्य शामिल करें . बाहर के खाने से परहेज बना कर रहने की कोशिश करने का संकल्प करें . स्वास्थ्यवर्धक भोजन से आपको संपूर्ण पोषण के साथ अच्छा स्वास्थ्य भी प्राप्त होगा .

3- अपनी दिनचर्या में एक्सरसाइज को शामिल करना ,,,, यदि आपका वजन ज्यादा है तो अपने वजन को कम करने और उसे नियंत्रित करने का संकल्प लें ... इसके लिये आप एक्सरसाइज , योग या प्राणायाम को अपनी दिनचर्या में शामिल करें या फिर कोई आउटडोर गेम प्रतिदिन खेल.... ऐसा नियमित करने से आपका वजन भी कम होगा और आप शारीरिक रूप से फिट भी रहेंगे .

4- कोई नई हॉबी या शौक विकसित करेंगे नये वर्ष में आप अपने कैरियर को नया आयाम देने के लिये या फिर आय के नये स्रोत विकसित करने के लिये कोई नई स्किल या हॉबी विकसित करने का संकल्प ले सकते हैं .

5-खर्चों में कटौती और पैसे की बचत हम सभी को नये वर्ष में बचत करने का संकल्प अवश्य लेना चाहिये . अपने वेतन या आमदनी से कुछ निश्चित पर्सेंट या हिस्सा सेविंग के लिये अवश्य रखें जिसे आप एमरजेंसी के समय या अपनी जरूरत की वस्तुएं जैसे वाहन आदि लेने में प्रयोग कर सकते हैं . बाद में उस बचत को सुरक्षित भविष्य के लिये निवेश कर सकते हैं . यथासंभव कर्ज लेने से बचें कर्ज के कारण आपकी आर्थिक स्थिति बिगड़ सकती है और आप परेशान हो सकते हैं .

6- अनुशासित जीवन की आदत का संकल्प करें—अधिकतर लोग अपने कमरे या घरको अस्त व्यस्त रखते हैं और जरूरत का सामान समय परन मिलने पर नाराज और परेशान होते रहते हैं अव्यवस्थित जीवन शैली के कारण समयपर अपने काम पर पहुंच नहीं पाते और इस कारण उनकी छवि खराब होती है . इसले नववर्ष पर आप व्यवस्थित और अनुशासित जीवन का संकल्प ले सकते हैं . अपने लिये भोजन , सोने , खेलने , पढने आदि का समय निश्चित और निर्धारित करके अपने जीवन को व्यवस्थित करें और यह सब अनुशासन के द्वारा ही संभव है .

7—कामहो या निजी जीवन ...लक्ष्य निर्धारित करेंइस नये वर्ष के लिये आप कोई बड़ा लक्ष्य निर्धारित करें . उस लक्ष्य को पाने के लिये समयबद्ध तरीके से योजनायें बनायें उस बड़े लक्ष्य को आपमहीनों के अनुसार छोटे छोटे पड़ावों में बांट सकते हैं . हर महीने अपने लिये निर्धारित पड़ावों को समय पर पूरा करके अंत में बड़ा लक्ष्य हासिल कर लेंगे . अपने लक्ष्य कोपाने के लिये दृढ़ इच्छाशक्ति और दृढ़ निश्चय का होना जरूरी है .

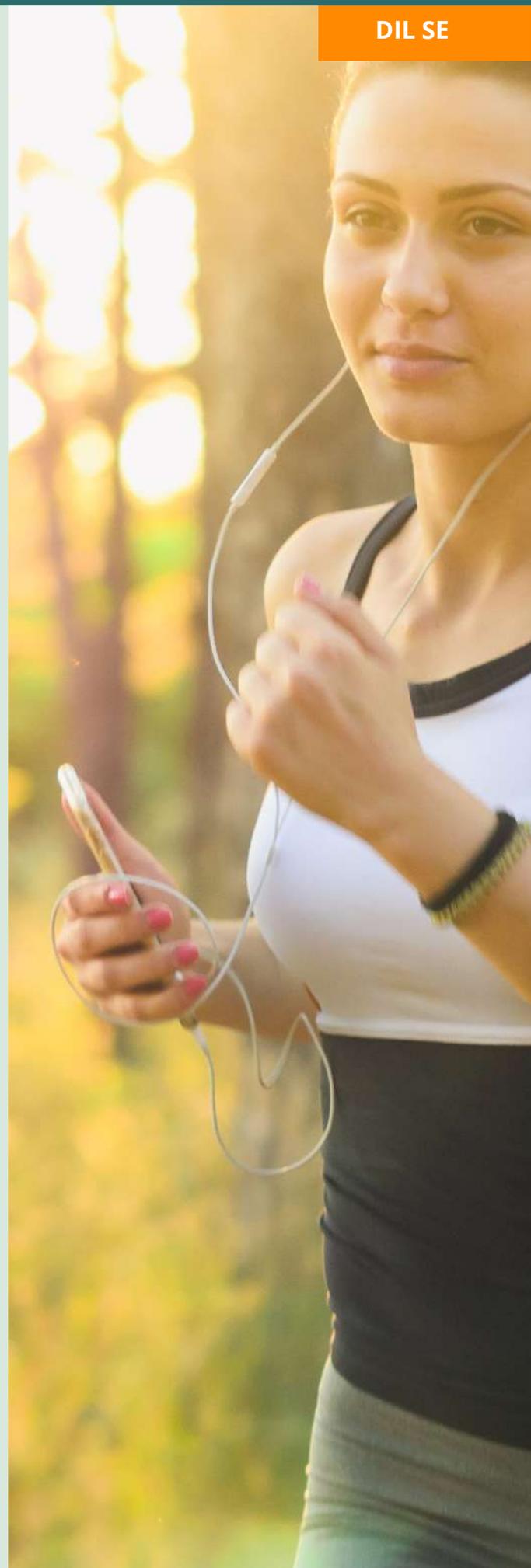
8—अल्कोहलऔर स्मोकिंग छोड़ना – स्वयं को सेहतमंद रखने के लिये आप सबसे पहले इस वर्ष में धूम्रपान एवंशराब आदि का परित्याग करने का संकल्प लें . ये दोनों आपकेस्वास्थ्य और सेहत के साथ साथ जीवन के लिये भी हानिकारक है. यदि आप स्वयं नहीं कर सकते हैं तो किसी विशेषज्ञ डॉक्टर की सहायता लेकर कोशिश करें .

9—मोटापाकम करने का संकल्प लें –इस नये वर्ष में आप अबने स्वास्थ्य पर नये सिरे से ध्यानकेंद्रित कर सकते हैं . आप अपने भोजन की मात्रा तय करके या किसी डायटीशियन की मदद लेकर वजन नियंत्रित करने का अवश्य प्रयास करेंगे .

10—किसीजरूरतमंद की सहायता करने का संकल्प करेंहमारे इर्द गिर्द अनेक ऐसे जरूरतमंद रहते हैं , जो आपकी छोटी सी मदद से जीवन भर के लिये आपके कृतज्ञ बन जायेंगे केवल आर्थिक सहायता ही नहीं होतीवरन् किसी अशिक्षित को शिक्षा के लिये प्रेरित करना और किशोर बच्चों को विभिन्न संस्थाओं एवं कोर्स के विषय में जानकारी देकर आप उनकी स6यता कर सकते हैं . किसी जरूरतमंद को बैंक की विभिन्न बचत योजनाओं की जानकारी दे सकते हैं , किसी बीमार को सही डॉक्टर या हॉस्पिटल की सलाह या जानकारी देकर उसकी सहायतादेकर आपको मानसिक शांति और सुकून प्राप्त होगी . इसतरह से आप नये वर्ष में अपने लिये कुछ संकल्प निर्धारित करके स्वास्थ्यमें सुधार करके जीवन में सुख शांति प्राप्त कर सकते हैं .



पद्माअग्रवाल



नई उम्मीदें



भुला नहीं पाएंगे हम 20 और 21 साल को ,
 डरे डरे सहमे सहमे, सब लोगों के व्यवहार को ।सड़के सूनी हो गई थी, मानो रेगिस्तान का मैदान हो, पर चिड़ियों
 की आवाज चहक-चहक कर आती थी ,
 झरने की आवाज, गीत भी गुनगुनाती थी ।
 घर बैठकर हमने आनंद भी खूब उठाया था। अंताक्षरी खेल, रामायण देख जब टीवी में सीरियल आया था ।
 पुराने जमाने का एहसास वह मन में पाया था।
 पर प्रकृति से जो किया था खिलवाड़ खुद बना था तूने ए मानव यह अपना मायाजाल ।
 फसकर उसमें क्यों पछता रहा है, ए मानव तू क्यों अब घबरा रहा है।
 थी उम्मीद, सन 2021 जो आएगा नई उम्मीदें ले आएगा पर सांसे इसमें भी बिक रही थी ऑक्सीजन के सिलेंडर
 पर टिक रही थी
 कईयों ने थी जान गवाई,
 मौत थी उनके घरों में मंडराई,
 बस धीरे-धीरे सब ठीक हुआ था,
 पर आगे ओमी क्रोन खड़ा हुआ था,
 बचकर इससे भी हम दिखलाएंगे।
 नई उम्मीदों और नई उमंगों के साथ हम नया साल मनाएंगे

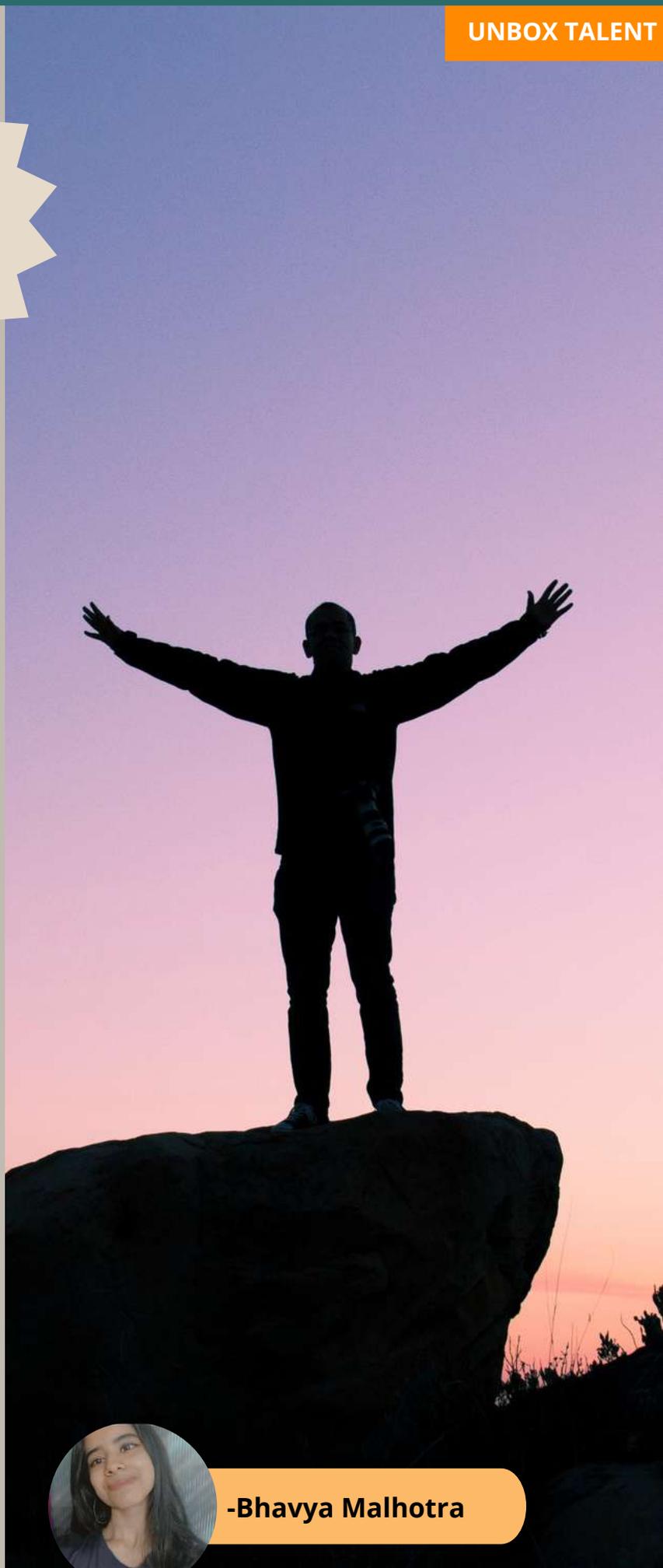
-- कोमल नरूला

THE UNSAID

The essence of the words,
Which were never said,
Hid the deepest meaning in their nest..
Could be of love or of hate,
The words were always left for the late,
What remained was just the silence
The silence of fear,
The silence to lose,
Was still borne by the keeper of those words.
At the end of the day,
Just the regrets stay..
"Wish I had said, what I wanted to say"

FREE

Set free from the restrictions,
None could impose on her
Set free from the limitations,
Nothing could stop her
She knew her aim,
The one she dreamt living
She knew her path,
That once she found hard
Her goal is a clear crystal,
She is ready to achieve it all
Her goal is the reason,
Which brought her this far
Now she stands strong,
Needs no one by her side
She stands determined,
Needs no one to guide...



-Bhavya Malhotra

Internships at WomenShine

DEVELOPING POTENTIAL AND ACCESS TO CAREER OPPORTUNITIES

Interning at Womenshine is a unique chance to gain invaluable experience at the forefront of innovation, creativity and women hood.

Become our (Remote) Intern

WomeniShine internship programme is a challenging and interesting experience for those committed to quality, leadership and management. We offer an exciting opportunity to participate in our campaigns for social change and welcome people from all fields to contribute to our platform. Interns and volunteers are an integral part of our dynamic team and we greatly value their efforts, creativity and contributions.

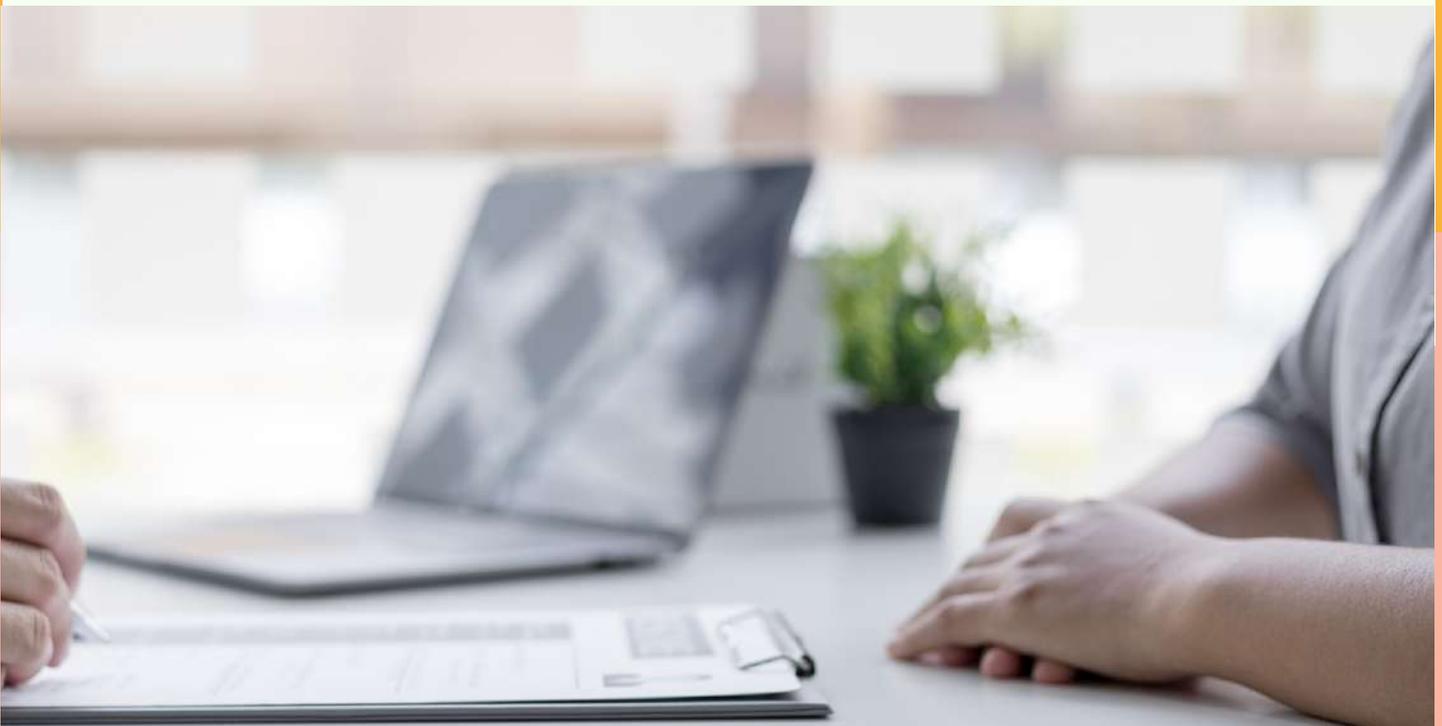
Our interns and volunteers go back with the commitment to contribute to the society through the experience they have gained while working with us.

WRITE FOR US

We welcome and encourage Work from Home interns to write for us. Join our editorial team and enrich our websites with new blog posts, guides, and marketing copy. Work on researching industry-related topics, generating ideas for new content types.

From your first day with us, our goal is to give you a challenging and rewarding experience. Looking forward to see you onboard.

Write to us/ Send your applications on connect@womenshine.in





See you in the next edition