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**Maanvi
Gagroo**



VALENTINE STORIES

Swiss Romance

SHINE GLOBAL

Dr. Manju Sheth

TRAVEL

Backwaters-Kerala

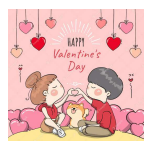
FASHION

Fashionably In Love

TASTE BUDS

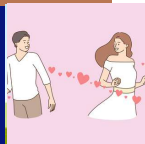
Rose Pistacchio Cake

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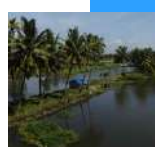
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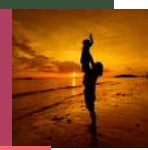
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CHIEF EDITOR'S LETTER

#SHINEON

APARNA MISHRA

Founder , Women Shine


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

This month is a Love edition dedicated to all peeps who are in Love and enjoying their Love Journey.

Love makes the world go round and it is a great beautifier 

This month's edition is filled with Love stories, articles on various topics like First Crush, First Date, Chocolate Day, Hug day, etc.

We also did a Virtual Children Literature fest on 6th Feb '22 which was a huge success.

Enjoy reading our lovely articles on Shine Global, She Leads, Travel Tales, Chakras, Dil Se, and many more interesting ones. Read the book review of Mumbai Monsoon by Kanika Saini and Conquering Cancer Together by Denise Coates.

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

Show us your love and subscribe for free !!!

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

Stay Safe | Take Care

Aparna Mishra

Founder, Women Shine

#lovewomenshine

“And one day she discovered that she was fierce and strong, and full of fire and that not even she could hold herself back because her passion burned brighter than her fears.” – Mark Anthony

Valentine's Week Special: This Propose Day, Get Ready For A Bollywood Style Proposal

Excerpt- Bollywood has given us some memorable proposals. This Valentine's week, let us reminisce about them.

Valentine's week has kickstarted with loads of romance and love surrounding you. However, the second day of the week becomes extremely special because this day marks the beginning of your relationship with proposals you have had always dreamt of.

However, this becomes more memorable when this proposal is taken to another step when your loved one proposes to you in iconic Bollywood styles. So this propose day, we are here with some iconic proposals from our favorite movies.

1. YEH JAWANI HAI DEEWANI

The climax of this movie could not have been any better. With Bunny realizing his love for Naina and taking a decision to pause for a while in life, shows that love can give the long-lost stability in life. So when Bunny finally proposes to Naina on New Year's Eve with a cake, an eclairs toffee, and an artificial ring claiming that though the ring was a fake one, his love for her is real, we all melted.



2. JAB WE MET

The moment where Geet goes on to realize her love for Aditya and understands that she has loved him all this while. She leaves behind Anshuman and runs towards Aditya overwhelmed with her feeling. When she finally hugs Aditya and says that not acknowledging her feelings for him felt like she was missing a train, leaves us all smiling and admiring them.





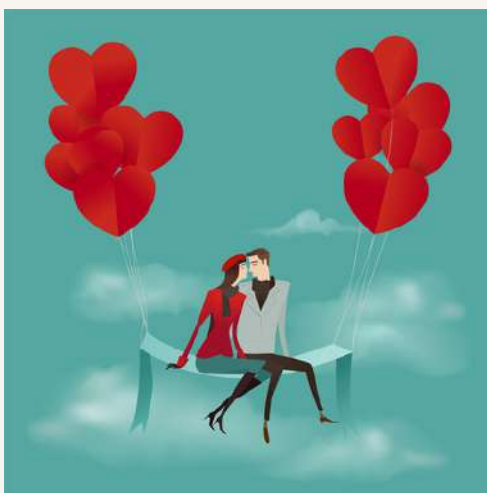
3. TAMASHA

The story of Ved and Tara was full of revelations and all about identifying and acknowledging one's uniqueness. After covering a long journey when Ved finally accepts and makes his family understand his love for poetry, he finally goes on to meet Tara in Tokyo. His gesture of paying respect to Tara in front of the audience after his stage play becomes successful shows us that they truly admired and loved each other with no strings attached.

4. DIL BECHARA

Though this was Sushant's last performance but he did not fail to leave us teary-eyed. We all loved Manny and Kizie's relationship which we knew was going to be an eternal one in its own way. So when Kizie finally proposes to Manny in the graveyard and we become all happy, we are reminded of the infidelity of life and Manny confesses that his cancer has shown a rebound. Although this was a proposal that left all of us crying, we cannot say that this wasn't the most beautiful one.

So go ahead, and make your proposal in a way that is worth remembering as well.



Written By : Saumya Singh

Valentine's Week Special- This Chocolate Day, Know About The World's Most Expensive Chocolates

Excerpt- Enhance your knowledge about chocolates on this Chocolate Day.

As the third day of Valentine's Week gushes through the threshold, it brings with it the aroma of cocoa and chocolates. The day is celebrated as Chocolate Day, and you give your loved ones their favorite chocolates.

However, have you ever wondered that the richness in chocolates is not just about taste? Although it has been eons since the ancient Minoans dried cacao leaves for carrying out monetary transactions, the list of chocolates that would cost you a million or more bucks does not end in the present times. Here goes the list.

1. Frrrozen Haute Chocolate

Making its way to the Guinness Book Of World Records for being the most expensive dessert, this sundae was created to promote a restaurant based in New York known as Serendipity 3 in 2007. It was served in a gold cup lined with white diamonds containing a 28-cocoa blend with five ounces of edible 23-karat gold. It had cost as much as 25000 U.S. dollars.



2. Golden Speckled Chocolate Egg



Named as the "most expensive non-jeweled chocolate egg" in the Guinness Book Of World Records, the Golden Speckled Egg weighs somewhat more than 100 pounds and measures three feet tall and two inches broad. The egg was sold at an auction in 2012 for \$11,107 and the proceeds from the auction went for charity. It was produced by seven chocolatiers from the United Kingdom and Japan. Amedei chocolate, edible gold leaf, and a gourmet chocolate filling were added. It was also adorned with 12 chocolate mini-eggs, 20 chocolate bars, and five white chocolate flowers.

3. Cadbury Wispa Gold Chocolate Bar

It was in 1995 when the famous chocolate company Cadbury decided to relaunch Wispa Gold Bar. Wrapped in edible gold leaf, the chocolate was made with premium Madagascan cocoa beans and had cost \$1600. The bar was put up for auction but the winning bidder showed up and the chocolate remained with Cadbury. Today, it's on display in their Cadbury World chocolate-themed museum, and cheaper replicas of the bar can be found in retail outlets all over the world.



4. Swarovski Studded Chocolates



Lebanese chocolatier Patchi and the department store behemoth Harrods teamed up in 2010 to create 49 pieces of dark chocolate encrusted with Swarovski crystals and adorned with gold and silk rose. They had wrapped them with delicate Indian Silk and packed them up in a leather box. The luxury chocolate box had cost \$10000 and is no more up for sale.

So now, when you know these delicacies of the world, why not treat your partner with some chocolate?!



Written By : Saumya Singh

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Valentine's Week Special: This Promise Day, Know All About Promise Rings

Excerpt-

Promise rings are an expression of love and commitment. Know all about them as we discuss their significance.

What Is A Promise Ring?

Often known as the pre-engagement ring, it is a piece of jewelry that signifies commitment. It can also be said that a promise of engagement is made with it. For others, it can simply be a symbol of loyalty and truthfulness. Each couple defines the meaning of a promise ring uniquely, just as each relationship, the ring, and its intention is individual. While promise rings have been around since the 16th century, they didn't get their contemporary moniker until the 1970s. However, the meaning of promise rings has lasted the test of time, representing love in some shape or another.

Significance Of Promise Rings

Promise rings can be given in a relationship when you feel the intention behind your feelings is to stay beside your partner. These emotional jewels are frequently offered to represent future engagement rings by young couples. It is often done by couples who want to demonstrate seriousness in their relationship even when they are young. Sometimes, they are a signifier of commitment and trustworthiness in long-distance relationships.

What Finger Should a Promise Ring Be Worn On?

It is totally up to you how you wear your promise ring. The two most common options are your left hand's middle finger or your right hand's ring finger. But, unlike an engagement ring, it does not have to be worn on a certain finger, so you may wear it any way you choose! Wearing your ring on a chain to keep your precious promise ring with you is an attractive option.

Don't Confuse Promise Ring With Eternity Ring

The connotations of promise rings and eternity bands are frequently muddled, and while they are similar, they are exclusive. While promise rings are often given before marriage, eternity rings are typically presented after the wedding, usually on a tenth anniversary. Eternity rings represent a dedication to eternal love. Both represent a commitment; however, the symbolism of a promise ring varies considerably from that of an eternity ring. So what are you waiting for? Go grab a promise ring or eternity as per your relationship and seal your love with a promise of commitment and loyalty.



#LOVEWOMENSHINE : THE SWISS ROMANCE

The cafe was dimly lit, the fragrance of scented candles permeated in the room, soft sentimental music played in the background. We sat across each other, our eyes locked for a nanosecond just like strangers meeting each other for the first time.

Our reverie was broken when the waiter came to our table wheeling a tea trolley bearing a two-tier cake. The cake read " To my lovely Valentine, you will always be my first and last love".

I drooled seeing the luscious two-tiered cream cake. Suddenly my husband of twenty-five years bent down on one knee albeit with a little help as arthritis had taken a toll on his knees.

Holding a solitaire diamond ring, he proposed and as he slipped it on my ring finger Cliff Richard crooned in the background

*You and I
Have so much love,
That it
Burns like a fire,
In which we bake a lump of clay
Moulded into a figure of you
And a figure of me.*



**“Congratulations And celebrations
When I tell everyone that you're in love with me
Congratulations
And jublations
I want the world to know I'm happy as can be ”**

People sitting in the cafe clapped. I wanted to freeze the moment. It was so memorable as we were celebrating our first Valentine's Day after twenty-five years of marriage sans our kids in the picturesque Swiss Alps. We toasted our second innings with glasses of wine.

It had been my dream to celebrate Valentine's Day in the Swiss Alps. We belonged to the era of arranged marriages and had never met before marriage. There had been no meeting, dating only hitching.

My significant other made my dreams come true after twenty-five years of marriage. Hand in hand like young lovers madly in love we explored the place.

From taking a cable car ride to The Jungfraujoeh which is a viewing point in the Bernese Alps, at an altitude of 3,454 m.

We took a private Gondola trip on the world's first fully rotating gondola.

This is the world's first fully rotating gondola, which slowly spins around 360 degrees during its five-minute trip towards the summit of Mount Titlis. We took in the spectacular views of deep crevasses and snow-covered mountain peaks.

We enjoyed a romantic dinner in a restaurant situated atop the Swiss Alps. We were presented with Swiss chocolates, flowers and balloons. The place exuded love and romance. We called it a day staying in one of the luxurious Swiss Chalets.

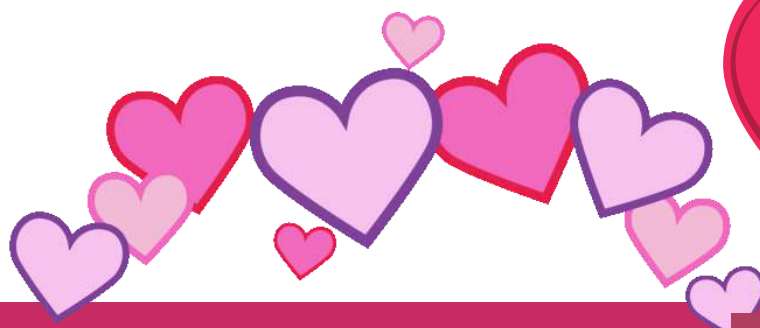


A successful marriage requires falling in love many times, always with the same person. – Mignon McLaughlin,

I will say **"Love is the greatest refreshment in life."** without love life becomes insipid.



Written by : Dr Preeti Talwar



#lovewomenshine : Love is in the air

It has been 4 or 5 years I know him
it all started with a friendship but I
don't know when it becomes so
important 2 me and a special one.

He gives the true meaning to my
life I don't know what love is, it's
just a word for me..... it's not just
a word, it's a true feeling what he
actually realizes 2 me ..He heals
my life totally.....I feel the world
which we see is more beautiful
from the lover's eyes...He is the

first and last man whom I loved most anything in
my life....he made me laugh support me every time
....with him, I just feel every colour of my life.....he
is actually my whole world ...at last I just want
to..say .you r the most precious thing I have in my
life and I don't want 2 lose youlove you as always
I do....my LOVE.



#lovewomenshine

"I used to use an offline service which was coded & built by Shyam. Remember those days when we could type the acronym for astrology or cricket or entertainment and send to a number and read news related to it, something on the lines of offline internet; I was so hooked on to it. I remember mentioning to my roommate jokingly that 'whoever built this, I would end up marrying him. Little did I know that destiny had exact such plans and perhaps a decade later I would indeed end up marrying him. Although we had many common friends & acquaintances, our paths never crossed. I went to London to pursue my Master's while Shyam continued to add value to the startup ecosystem.

Our paths crossed when we joined Lookup in 2015. Shyam was VP Engineering and I was head of HR. I was very sure that I would never fall for someone at the workplace but as they say 'never say never. Also, let me be completely honest and admit that it was our dear colleagues who felt we were a good match and brought it to our notice.

We got to know each other and realized we had a lot of similar interests and choices. Although our personalities are different, our core beliefs are very much in sync. Without disrupting our professional dynamics, started courting, got engaged, and tied the knot in 2016. Coming from different cultural backgrounds, our



relationship like any other did weather some teething problems but Shyam & I were very clear on what we wanted. In 2019, I quit my full-time job & co-founded BodyCafé with my co-founder & Shyam has been extremely supportive of my decision. He does not interfere in my work as he wants me to learn the ropes of the trade by myself but offers sound advice if and when I need it.

He helped us with the tech support in our initial days and when our website would break, there have been multiple nights when he has stayed up to fix it. Both of us love our work and I understand the tremendous work responsibilities he shoulders at Google. Both of us attribute our personal growth to each other. We love watching documentaries, reading and usually take a long vacation every 2 years to fix our burnout and spend good quality time with each other.

We love travelling and discovering new places and trying new cuisines.



Shared By: Tanushree Ishani D

#lovewomenshine



APNA WAALA 2 STATES

I am sure you have enjoyed the movie '2 States'. Let me tell you about our 2 states which happened more than 3 decades ago.

I had always thought instant love was as impossible as instant nirvana. This notion was shattered when I joined Rourkela Steel Plant as a Management Trainee. I saw Madhavi at 11.05 on **23rd October, 1986** in the Training Department and fell instantly, insanely in love with her.

If it took me slightly more than six seconds to decide that Madhavi was my soul mate, it took her exactly six months and six days to make up her mind to be mine.

A day after her 'confession' she left for Bhubaneswar to tell her parents. I too wrote to my father.

Three days later I received a telegram from him: **"Congratulations to you and Madhavi."**

When Madhavi came back she looked utterly drained out.

"What happened?" I asked.



"You are from UP and we are from AP. My father is dead against our marriage."

"But Madhavi, surely you could have reasoned with him?"

"You think I didn't try."

For the next couple of months things continued in the same vein. Then finally one day she dropped the bombshell.

"Ramen, I am sorry. But I cannot get married to you. My father has threatened he will go on a fast unto death."

I resigned and went back to my hometown, but we kept regularly in touch.

A few months later I received a letter. "Dear Ramen, there is no point in continuing a relationship which has no future."

This was the last straw. I started writing like a man possessed. In a space of two weeks, I wrote 21 poems and sent them to her.



A week later I got a two-line letter from her.

Dearest Ramen,

"Can you come to Rourkela for one last time?"

I boarded the train the same day.

"Ramen, I can't stay without you. God knows how much I have tried. But it is impossible."

She rushed into my arms, tears streaming down her face.

"Have you told your parents anything?"

"No, of course not! If I get married to you my dad will obviously be very upset but I'm sure he will come around eventually."

My father made all the arrangements and on **26th March 1988** we got married. Her parents were informed the next day. There was a lot of drama which continued for close to three years. How did the impasse end? The moment our daughter Ankita was placed in her grandpa's lap there was a transformation. He probably realized that any person who had contributed to the 'creation' of this angel couldn't be that big a devil!

Now we are one big happy family. And though AP & UP has been fractured our '**2 States**' are in a state of unity and near bliss!

Written By : RAMENDRA KUMAR

#LOVEWOMENSHINE



I was still in 12th std and had joined a coaching class for Chemistry. There were boys and girls from several other schools.

There was one such very sweet guy, who was throwing glances at me, throughout the class, for the entire period of coaching. It was obvious to the whole class by then, that he was interested, though except for hi-hello, we hardly ever spoke. A year later, there was a centre at a walking distance near my medical college where various courses were being run. My friend and that cute guy both had joined for different courses. They were bumping against each other and since I was going there every day to pick and drop my friend, we were exchanging greetings too. I realised soon that mine and Aditya, the cute guy, our names were being linked here too and especially his friends were

pulling his leg to tell me about his feelings.

Soon 14 February happened with all its frenzy. That morning I saw Aditya approaching me with a small packed gift. I didn't know what to do and my throat went dry. He gave it to me wishing me Happy Valentines Day. I refused to say I am just another friend of yours. So either you give this to all the girls here or I can't accept. Due to wolf whistles and hooting from all around I was barely audible to myself. Therefore I asked him to discuss this at a secluded place, elsewhere. I, Sarika, my bestie, and Aditya, went to a tree-lined by-lane.

Aditya said that if you can't accept this I will destroy it right there. The moment I refused for the last time, Aditya flung it in the air and it landed on a treetop, inside a bungalow. That was the last we saw each other.

A few months later, I and my friends passed that lane, when Sarika jokingly asked me if I remembered the tree and place. Next, she showed me that the gift-wrapped pack was still there.

The Veerangnaas with me decided to trespass the property and climb on the tree to get the packet, though I pleaded not to.

Inside was a cute teddy bear with I love you written heart in his stuffed hands and chocolate.

Brazen as my friends are, they all enjoyed the chocolate, which still tasted good.

The Teddy kept circulating in my circle until I was given the responsibility of keeping it.

Through this, I wanted to tell Aditya that I am extremely sorry to have hurt you, unknowingly. But there was no point playing with your feelings and dumping you later.

I had seen a guy in my dream when I was 10 or 12 and I knew that he is the one for me. So there was absolutely no point of flings and breaking hearts because I knew the day he would arrive, I will dump any guy at hand, to be with him.

This feeling was very strong inside me and that's exactly what happened when I met my future husband, years later.

Dear Aditya, my husband too had seen me in his dreams, well before we met. And it's obvious that it was mad love at first sight and as if we had known each other for ages. There was no need for words and everything was magical. Anything less than this wasn't love for me.

I hope you to have found the love of your life, someone who reciprocates your feeling and respects you.

Thanks for the chocolate. I and friends relished it and the teddy I gave to an equally cute baby girl.

To all the friends, eager in match-making, please don't do so. It ruins people's lives at times. While

you might be using your skills to bring someone out of their loneliness and to fill their lives with love and passion, your enthusiasm might prove worse. At times casual romance, flirting, and flings, cost a lot more than imagined. Leave your friends alone, until they plead for help. If two people are destined to be together, they eventually meet. The process need not be catalyzed.



Dr. Lubna Kamal
Asstt Professor
State JLN HOMEOPATHIC MEDICAL COLLEGE

My First Crush

I was in Standard 8 at that time when I first saw him. He was the son of my mother's colleague. His sister and I used to study in the same school together. She was a year younger than me and looked up to me for everything. That was the first day I noticed Shagnik Sanyal. My head swayed when I first saw him. It was just like the movies when I could feel that air blow across my face and make my hair fly a little. And before I knew it, he dropped his sister at my school and drove off.

Days and weeks passed by, but those awestruck feelings for him remained and grew intact. I knew when he would come to drop his sister so, I would go near the school gate and wait to catch just a glimpse of him. By then, my school friends started urging me to take my liking to the next step so I approached his sister one day during recess time.

As soon as she heard about this, she was furious. My friends and I just stood dumbfounded wondering what was so offensive if I liked her brother. Throughout this process,

our mothers were unaware of these goings-on and remained close colleagues and friends of each other. Despite the weird reaction,

his sister gave I continued to think of him romantically day in and day out. I just couldn't imagine the thought of us not being together anymore.

One fine day while dropping his sister to school he walked up to me and told me on my face that he didn't like me at all and that I should stop feeling for him and harassing his sister which I never did! I was shocked and completely dismayed at his words.



Heartbroken and completely shattered, I ran away from him and left for home. I still remember it took me one whole week to recover from this. After that, it was time for my parent's teacher meeting, during that, some teachers complained to my mother about my suddenly diminishing marks and grades, and they asked her to look into the matter. I was always a promising student, and such sudden decreased academic performance was a source of worry for everyone.

On the way back home that day, I blurted everything out to my mother who has always been my best friend in life. As I wept and howled inconsolably in her arms she made

me understand, and much contrary to what I thought she may react like, she was all in support for me and my silly mindset at that time which had turned my life topsy turvy and made my studies suffer.

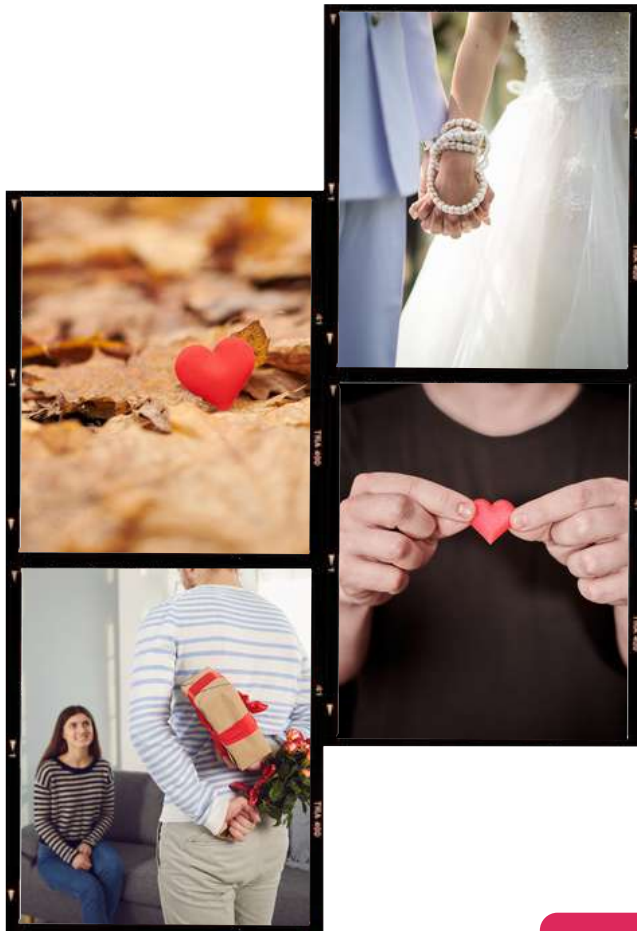
From that day onwards, I learned a good lesson never to go haywire unnecessarily with one-sided feelings and for unnecessary people. I stayed away from guys and never took them seriously at all anymore. While the rest of my classmates and friends were busy getting into love relationships, I spend my entire energy studying and indulging in various school sports activities.

Within a year of that unpleasant incident, I had made up my mind to pursue mass communication and become a media professional when I grow up.

And finally, here it is!

Working happily in the PR industry now and I enjoy a lot of male attention today.

- Tameena Ali, Media professional



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FIRST DATE- TAMEENA ALI

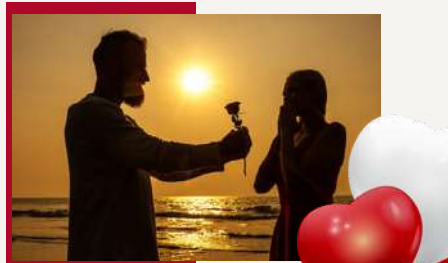


This was right after I had completed my 12th board exams and I was speaking to this mutual friend named Kaustav Niyogi. We started off as great friends as our mental wavelengths had hit off great.

Gradually the friendship turned into a strong liking for each other and before I knew it he asked me. Gradually the friendship turned into a strong liking for each other and before I knew it he asked me out on a date. This wasn't just going to be my first date but also the first time I ever met him.

I insisted to him that we do something really small and nothing gala so we decided to meet at this coffee shop. He had reached before me and I strolled in a bit later to find the guy on the first table get up and smile at me and knew it was him. I was quite shy and my heart pounded real fast cause I really liked him and I didn't want anything to go wrong that day. But having said that it was the very first time I was going out on a date so I was damn anxious as well. Our conversation hit off really well and after we talked, laughed, and ate for a while, Kaustav suddenly went down on his knees and took out a ring at me and said " Would you please like to be my girlfriend? " I was totally dumbstruck and filled with glee. Instantly the coffee shop we were in started playing Silent whispers and also set off some heart-shaped

balloons up in the air. It was only then I realized that he had all of this set up in advance. Without much hesitation I coyly replied with a " Yes ". There was instant clapping and joys that filled the room. I just loved the ring he gave me, it had a lovely heart-shaped sign and 2 stick figures on it holding hands. Although we are no more together I still proudly possess the ring he gave me till this day.



- Tameena Ali, Media professional



An unanswered letter | My First Crush

He was in my physics tuition. I saw him every day, being a smartass. I was quite fascinated by how much he knew. I'd find myself smiling as soon as he walked through the door. His mismatched clothes, his careless demeanor, and his unruly hair were all a part of his charm. Well, he'd catch me smiling every time and smile right back. I decided to write him a letter, I knew it was time to make my feelings clear. The next day I was waiting for him to come in and smile, but he never did. That was the last day I saw him.

To date I think about him and smile, I have no idea where he is, but I'm sure he's making the world a better place with his charm.

-a silent admirer





Chakras connect mind, body and soul !

In Sanskrit, the word **“chakra”** means **“disk”** or **“wheel”** and refers to the energy centers in our body. These wheels or disks of spinning energy each correspond to certain nerve bundles and major

organs. To function at their best, our chakras need to stay open, or balanced. Its due to their imbalance that we experience physical or emotional symptoms related to that particular chakra. It is said we have 114 different chakras in our body, however most often referred to are the seven main ones. Do not worry if you feel that your chakras are not balanced. The easiest way to balance them is by meditating, practicing yoga and spending time with the nature.

ROOT CHAKRA

The root chakra, or Muladhara, is located at the base of our spine. It provides us with a base or foundation for life and it helps us feel grounded and able to withstand challenges. The root chakra is responsible for our sense of security and stability.

Physical imbalances in the root chakra include problems in the legs, feet, rectum, tailbone, immune system, male reproductive parts and prostate gland. Those with imbalances here are also likely to experience issues of degenerative arthritis, knee pain, sciatica, eating disorders, and constipation. Emotional imbalances include feelings affecting our basic survival needs: money, shelter and food; ability to provide for life's necessities.

SACRAL CHAKRA

The sacral chakra, or Svadhisthana, is located just below our belly button. This chakra is responsible for our sexual and creative energy. It's also linked to how we relate to our emotions as well as the emotions of others.

Physical imbalances include sexual and reproductive issues, urinary problems, kidney dysfunctions, hip, pelvic and low back pain. Emotional imbalances include our commitment to relationships. Our ability to express our emotions. Our ability to have fun, play based on desires, creativity, pleasure, sexuality. Fears of impotence, betrayal, addictions.

SOLAR PLEXUS CHAKRA

The solar plexus chakra, or Manipura, is located in our stomach area. It's responsible for confidence and self-esteem, as well as helps us to have control of over our life.

The solar plexus chakra, or Manipura, is located in our stomach area. It's responsible for confidence and self-esteem, as well as helps us to have control of over our life. Physical imbalances include digestive problems, liver dysfunction, chronic fatigue, high blood pressure, diabetes, stomach ulcers, pancreas and gallbladder issues, colon diseases. Emotional imbalances include issues of personal power and self-esteem, our inner critic comes out. Fears of rejection, criticism, physical appearance.

HEART CHAKRA

The heart chakra, or Anahata, is located near our heart, in the centre of our chest. It comes as no surprise that the heart chakra is all about our ability to love and show compassion. Physical imbalances include asthma, heart disease, lung disease, issues with breasts, lymphatic systems, upper back and shoulder problems, arm and wrist pain. Emotional imbalances include issues of the heart; over-loving to the point of suffocation, jealousy, abandonment, anger, bitterness. Fear of loneliness.

THROAT CHAKRA

The throat chakra, or Vishuddha, is located in your throat. This chakra has to do with our ability to communicate verbally. Physical imbalances include thyroid issues, sore throats, laryngitis, TMJ, ear infections, ulcers, any facial problems (chin, cheek, lips, tongue problems), neck and shoulder pain. Emotional imbalances include issues of self-expression through communication, both spoken or written. Fear of no power or choice. No willpower or being out of control.

THIRD EYE CHAKRA

The third eye chakra, or Ajna, is located between our eyes. We surely can thank this chakra for a strong gut instinct. That's because the third eye is responsible for intuition. It's also linked to imagination. Physical imbalances include headaches, blurred vision, sinus issues, eyestrain, seizures, hearing loss, hormone function. Emotional imbalances include issues with moodiness, volatility, and self-reflection; An inability to look at ones own fears, and to learn from others. Day-dream often and live in a world with exaggerated imagination.

CROWN CHAKRA

The crown chakra, or Sahasrara, is located at the top of our head. Our Sahasrara represents our spiritual connection to ourself, others, and the universe. It also plays a role in understanding and recognising our life's purpose. Physical imbalance include depression, inability to learn, sensitivity to light, sound, environment. Emotional imbalances include issues with self-knowledge and greater power. Imbalances arise from rigid thoughts on religion and spirituality, constant confusion, carry prejudices, **"analysis paralysis."** Fear of alienation.



Written By : Pruthaa S Benara



Dr. Manju Sheth from Boston

Dr. Manju Sheth, a Physician at BILH in Boston, a Harvard Hospital in Boston. She believes that dreams have no expiration date so keep dreaming high and do everything in your power to make it a reality.

WS : JOURNEY?

MS: I am the President & CEO of the India New England Multimedia, a nonprofit organization dedicated to empowering, entertaining, and educating the Boston community through video interviews, Health-related events, and the organization's flagship event – The New England Choice Awards/NECA Awards, where we celebrate industry leaders in several important categories. The Awards gala has featured well-known personalities such as Massachusetts Treasurer Deb Goldberg, Congressman Joe Kennedy, Berklee president, Roger Brown, CEO of Dana Farber. Dr. Laurie Glimcher and New England Patriots owner Robert Kraft as Chief Guests and have honoured community trailblazers like Desh Deshpande, Jaishree Deshpande, and Nitin Nohria with Lifetime Achievement Award.

I am also the Director and hostess of 'Woman of the Year' which has honoured 20 women in various fields every year for the past 19 years.

WS : JOURNEY WITH "WOMEN WHO WIN"?

MS: My most recent achievement that I am proud of is Co-founding Women who win, a Global media platform to empower women across all ages, industries, and backgrounds. Since the launch in the summer of 2020, the platform has obtained thousands of readers and members across 70 countries, and across the United States.

The platform spotlights a newly empowered woman and is on multiple social media channels and read in 80 countries. Some stories showcased include Health Reform Pioneer Rosemarie Day, who helped lead the Affordable Care Act, and Dr. Shirley Graham, Director of Gender Equality Initiative at George Washington University, and Ami Ambani. You can visit the website, womenwhowin100.com. My daughter Shaleen and best friend, Dr. Deepa Jhaveri are Co-founders as well.

WS : ABOUT HEALTHCARE WORLD?

MS: I was the president of the Indian Medical Association of New England in 2012 also was the co-chair of the Indian Women Physicians Forum. I have served on the Clinical advisory committee at Harvard Pilgrim Health Care and was appointed in February 2018 to the prestigious Patient Care Assessment Committee at Harvard Pilgrim Health Care. It helps ensure that the company provides its members with the highest quality care and service. With INDIA New England News, I co-founded the New England Health Expo in 2013. It is the largest South Asian Health Expo in North America. I have also produced a video series titled "Health Talk" to coincide with the event. Further, I have also written a successful series for local media /Lokvani titled "Movers and Shakers in Medicine" which featured the well-known Indian American doctors in New England who have made a huge difference globally in the world of medicine.



families of domestic violence. I have served on the fund-raising committee of Akshaya Patra /AP for many years & am honoured now to be the Community ambassador for Akshaya Patra USA. Previously, I served as a member of the Board of Directors of the Asian Task Force Against Domestic Violence. In addition, I was a trustee of the Indian American Forum for Political Education, which helps increase political awareness among South Asians.

South Asian community knows me for my interview series "Chai with Manju", where I interview celebrities ranging from Deepak Chopra, Deb Goldberg, Shankar Mahadevan, Guru Sri Sri Ravi Shankar, Elizabeth Warren, Deb Goldberg to name a few. I am also the creator and host of the very successful interview series "Dreamcatchers" where I interviewed people from the local community who have achieved their dreams including American Idol finalist Sonica Veid and Dr. Anubha Sancheti, a winner of America's Greatest Makers.

WS : AWARDS & RECOGNITIONS?

MS: I have received numerous awards for community work, Leadership and advocacy and was voted "**Woman of the Year**" in 2011 and was also voted in the "150 Women of Influence" by the YWCA Boston and amongst 50 most influential Indians in NE in 2012. I have also received the Saurab Sanskriti Samman Award from Vishwa Hindu Parishad. In 2021, I received the Global Impact Award from the Indian Medical Association of NE

WS : ROLE OF WOMEN EMPOWERMENT?

MS: In addition to my medical career, I am very passionate about women's empowerment. I am the Chairperson of the advisory board of Saheli, an organization empowering South Asian survivors and

- Team WS



MAANVI GAGROO: COVER STORY



The Chanchal of TVF's Tripling and the understanding Shreya of TVF's Pitchers, Maanvi Gagroo comes with WomenShine to talk about her journey, interests and challenges.

A bubbly Delhi girl and creative actress has a lot of stories to tell us about herself. We have also seen her in TV serial Dhoom Machaao Dhoom and movies like Ujda Chaman, Shubh Mangal Zyada Savdhan, Aamras, No one killed Jessica, and PK.

1. Your style and character is always on point. Where do you get your inspiration from?

For Most characters I think the inspiration comes from the script itself, a character that is well written and in terms of styling of course I actually am very interested in fashion myself so we always have a stylist on board and we usually sit together and come up with a look for the character and because it has to be in line with story and the scenes in particular and you have to can do it from the traits of the character you derive the style also that what kind of a person is she, is she is somebody who would be interested in fashion and would be wearing trendy clothes or is she someone who is very casual about her clothing and doesn't really pay attention to it and stuff like that so it's usually in collaborative process but genuinely really enjoy creating the look of the characters so I am usually involved in that is well.

2. What are your last minute preparations when you are about to give an audition?

In terms of auditions actually thankfully I haven't given auditions in a long time but I think with auditions I've always somehow not really enjoyed the process because it gives me anxiety. But I personally enjoy going to a studio to give auditions as compared to sending an audition on your own or the self-test or something because when you are there in the setup you manage to get immediate feedback, you know the person was taking your audition will tell you immediately what it is that you need to do better or what it is that really works and you should keep. And there is a general atmosphere of conducive to giving a better audition, the cues coming better because in a self-test you either ask a friend to help you with cues or you just do without it so ya I've always found the process auditioning very scary and nerve wracking but ya that's what it is.

3. How was your experience working with Saurabh Shukla in Ujda Chaman?

Unfortunately I didn't have that many scenes with Saurabh Shukla Ji in Ujda Chaman but he is damn fun, I really enjoyed it and he is the kind of actor who likes improvising and is really good at it so even the directors usually allow him to do that and give the space to improve and I always look up to actors who are good at improvisation because I somehow find that lacking in my performance but people like Saurabh Shukla ji or anybody of that batch they are just so good right? like they get into the skin of the character they know the character inside out which is why they are able to improvise around it also and you can see they enjoy working, they enjoy what they're doing and I think when the actor or performer is enjoying what they're doing, it automatically reflects on screen and the audience watching also enjoy the performance and so that something I learnt from Saurabh Shukla ji.



4. What was your reaction on being casted for your first TVF series?



So when my first TVF series was Pitchers and I was very excited because I remember why. I knew about the script and a little bit about the show and I used to find it very exciting because I knew that something I didn't know the entire script, I didn't know the entire story but I knew something very exciting is happening because everybody was so into it and it was such a collaborative effort and I felt that this is something. I don't know if it

will work or not but this is great that came out of, I knew that I will enjoy the process, I knew I will enjoy the final product as well of course it turned out to be a superhit that's a different thing that was a bonus but I genuinely want to be a part of it only because I could see the excitement and enthusiasm in the people who are making it. And TVF always has you know supported talent and they don't go after names or faces but after talent you know, so if you find an actor who is talented and fits the bill they will cast them that it doesn't matter whether they are bankable or they are season actors but they just support talent and that is something that I have always respected about TVF and I think I'll continue to do so.

5. How do you respond to rejections in your professional life?

I think now having spent a significant amount of time in the industry I have learnt to deal with rejection. Earlier they would affect me a lot worse you know I would start questioning my own talent, start questioning, you know myself and my choices but now I feel it's fine. I think because everybody is looking is trying to see what works for them for what works for their story, their web series or their film and obviously nobody's going to try to make a bad show so everybody tries to make a good show and all the choices are in the direction and it's fine. I feel, thankfully because of OTT, because of you know the digital platform there is enough for everybody so it allows less room for insecurity of work but I feel it's, I mean it can be hard like to constantly get rejections and it does make you feel a little insecure and on those occasions I think one must continue just tell them that they are certain things that are beyond your control what someone else besides is really not something you can control beyond the point so I do not worry about it and you just continue doing your work giving your best in every aspect that you didn't fit and the rest will follow hopefully.

6. What are some tips you can give to women with curves on starting their career as an actress.

I am not very sure of this defining or categorising women with as with girl with and without curves, skinny or not skinny because I think now we are at a point that we need to start looking beyond it. We can't still be categorising women as curvy or non curvy or dark skinned or fair short or tall having these are descriptive words and as long as we're using them only a description that's fine but the minute we add any sort of connotation or any sort of positive or negative value to it that's when things South but yes I think everybody should focus on what they bring to the table and I think everybody is unique, everybody is beautiful and their own way, everybody has something different to offer and something unique to offer, and they should focus on that. They should phone their talent whatever that may be that could be acting talent, that will be dancing, that could be you know just styling or something so and in terms of body type. I think everybody should be fit so whether your curvy, whether you are skinny as long as you are at your feet because you know contrary to popular belief acting is a very physical job, you know you have to have high stamina, so you can't be an unfit person and try to give your best for 12 hour shifts with that we have in acting and sometimes your character requires you to physical stuff. Sometimes you are jumping of things, or your are dancing, you know you are riding something. So they are the skills that require you to be physically fit and I think fitness is something we should focus on that's about it. So whether what you weigh on the scale doesn't matter as long as you are a fit person and I think that's something every woman, man, child should incorporate.

7. What kind of projects excite you the most?

My most ideal project would be where I love the character and its a complex character it's a nuance, the shades of grey, it's not black Or white and it has a lot of potential for me to show all my talent and all my glory and the people that i work with, the scale of the project everything, I think that would be an ideal project but in terms of project I really enjoy working with very creative people who are collaborative, open to suggestions, who want it to be a group affair. I want to be

collective, enjoy that because that's what makes the process of making something very exciting for me and that way as an actor you are far more involved in everything and you give your 110%, that's something I really enjoy in projects where you have stimulating conversation and in terms of character I like the characters that have a lot of layers, I like dramatic stories about human relationships, about human beings in general and just how we react to different things under different circumstances and like I said there is no black or white and I would love to do a sports based film, a dance based film because I am a trained dancer and haven't been able to showcase yet. So I would love to do a film or a show which is about dance, sports is again something that I really enjoy and I would love to put myself to training for a particular sports, then do a story around it. I also have seen a sports which always has very true emotions and there are so many stories , we can explore that.



-By Aditi Gupta



Kavitha Rajesh



A Multidimensional person

Kavitha Rajesh is a woman who wears many hats and who is at ease at multi-tasking in the various roles that she shoulders, an entrepreneur, an office-bearer of various associations, a wife, mother, and daughter-in-law, she shoulders all this with ease and aplomb.

A commerce graduate, who went on to graduate in law from Osmania University, worked in several organizations holding different responsibilities in finance, marketing, and administration.

Her Dream | Her venture | Her Achievements

In the year 2002, at 31 years of age, she got an opportunity to start the paint industry. After this, there was no looking back. She got into the manufacturing of decorative, industrial, and specialised paints, her company known as "Om Sai Andhra Paints" (OSAP), and her paints popular "Gold Seal" brand paints. They supply paints to corporates like L&T and infrastructure companies, OEM, etc. Since 1995, Kavitha Rajesh has been a member of the "Association of Women Entrepreneurs of India", (ALEAP). She has worked in different capacities as an honorary office bearer. She is the present Treasurer of ALEAP and Secretary for ALEAP IALA Industrial Estate, Committee Member of CED (Centre for Entrepreneurial Development of ALEAP), which is for skill development.



She is also the President of "Hyderabad Management Association", (HMA) for years 21-22. This is a body evolved to represent the interests of management professionals in the state of Telangana & Andhra Pradesh. The Indian School of Business (ISB) in Hyderabad, ran an entrepreneur development program which was to train 10000 women globally by GOLDMAN SACHS. It was a 4-month certificate course by ISB, which she cleared with flying colours. She was also invited to attend the "South Asian Women Entrepreneur Symposium", hosted by the "US Department of State", held in Dhaka in 2012. This symposium was designed to explore the challenges and



opportunities faced by women who owned small and medium-sized enterprises. The symposium was also to create cross-border economic linkages between women entrepreneurs and established business leaders across the South Asian region.

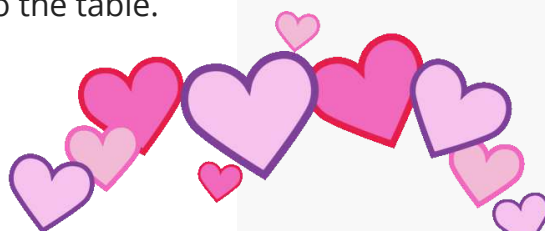
She was invited by the US Federal Government for a voluntary leadership program for women entrepreneurs, VOLVIS in the year 2013. She was also invited by TANA (TELUGU ASSOCIATION OF NORTH AMERICA), as a special guest for their 21st Tana conference held from 26th to 28th May 2017, in St Louis, to speak on empowering women and how small-scale industries are flourishing in INDIA.

She was one of the 400 entrepreneurs selected from India for the recently held global entrepreneur summit in Hyderabad in the year 2017 (GES), which was addressed by our honourable Prime Minister, Mr. Narendra Modi, and Mrs. Ivanka Trump from the U.S.A.

Attended the EMPRETEC flagship capacity-building program of the United Nations Conference on Trade and Development (UNCTAD) for the promotion of entrepreneurship of micro, small and medium sizes enterprises (MSME), to facilitate sustainable development and inclusive growth.

She was one of the select few invited from GOLDMAN SACHS Global 10000 women from INDIA for the RECENT WORLD ECONOMIC FORUM in DAVOS SWITZERLAND on 22nd January 2019. It was a flagship platform in the space of 10000 women by providing business education and access to capital reaching women from 56 countries globally when women-led 10K Women launch with GS. She is one of the US consulate Alumni steering committee members. This is supported by the public affairs section of the US Consulate Hyderabad. The Alumni Steering Committee was officially launched by counsel general Mr. Joel Reifman, on 7th September, in the year 2019 - 2020.

She is the State President of ABWCI Association of Business Women in Commerce & Industry (ABWCI) - Virtual Global Chamber of Commerce for Women. Its membership spans some of the most prominent women entrepreneurs, Women organizations, Educational Institutions, and Companies investing in Women. She says that she has a long road ahead and as she carries her journey we do not know what else she will surmount or bring to the table.



-Team WS

GEHRAIYAAN

TITLE TRACK

COMPOSERS: **OAFF, SAVERA**SINGER: **LOTHIKA**LYRICIST: **ANKUR TEWARI**

Bollywood Special: If You Love Gehraiyaan's Title Track, Then You Should Definitely Listen To The Original Version!

Excerpt - Gehraiyaan's title track is a remake of the original song that is beautiful in its own way.

With Shakun Batra's Gehraiyaan releasing on 11th February 2022, starring Deepika Padukone, Siddhant Chaturvedi, Ananya Pandey, and Dhairya Karwa, the movie has already made a lot of buzz. The movie has become a much-awaited one, whether Deepika and Siddhant's chemistry or Ananya and Dhairya's portrayal of emotions. Though the plot seems interesting and revolves around extra-marital affairs, the film's music album has garnered attention in a good way!

However, the title track Gehraiyaan has been breaking all records and has become a super hit among the masses. But do you know that this song is a remake? Yes, you heard it right.

The song Gehraiyaan is a remake of the 2018 track Frontline composed by Kabir Kathpalia, popularly known as OAFF, featuring Lothika. The lyrics are in English and have been penned down by Lothika Jha and Kabir themselves. On the strings, we have Yoed Nir, mixed by Rohan Ramanna and mastered by Matt Colton.

Although the makers of the remake song have given credits to the original team, we should take a moment to acknowledge them separately, and that people should be aware of them as the song is extremely beautiful and strikes chords with you instantly. The Hindi version has been penned down by Ankur Tewari, and decided that the Hindi version will also be sung by Lothika. Ankur told a leading newspaper that the script of Gehraiyaan and Oaff's music made him write lyrics that were deep enough to make people acknowledge forbidden relationships. So, now that we have told you in abundance about both tracks why not listen to them and tell us which one you like more in the comments section?



Written By : **Saumya Singh**

PEPPER SPRAY: UNCONVENTIONAL HUMAN RELATIONSHIPS



Means you are seven month pregnant.

Many a times we find human connection in unlikely places with a new perspective. **Pepper Spray** is one such unique take on women empowerment where the focus is shifted to the women themselves. Touching upon the wonderfully fresh notions of female solidarity along with the individual strength of a woman.

Playing out on a single night, in a city which can be inhabited by any of us, **Pepper Spray** weaves a tale of friendship formed through unusual encounters.

This short film was shot in the January chills of 2021 with real pregnancy of 7 months carried by one of its lead, **Shreya Awasthi**.

Well, it is not the first time that **Diwakar Bhattacharya**, director and writer of **Pepper Spray** has showcased unconventional human relationships.

His first film, **Suno - The Unspoken**, which got Filmfare, also portrayed an unusual moment of human connection between two absolutely unknown & unconnected people played by **Tulika Banerjee & Shreedhar Dubey**. And well...the story gets started from here...

Diwakar & Tulika formed their own production house, **DB Films** & gave us many such beautiful heart touching soulful short films.

Coming back to **Pepperspray**, the story rests on the shoulder of its two lead actresses, **Tulika Banerjee and Shreya Awasthi**. While Tulika is an actor who has worked on numerous big banner projects like **Ashram, Madam Chief Minister, Mehrunisa, Jamtara 2 etc**, **Shreya** while being an actor is also a singer and a composer. It is these two ladies who carry the film effortlessly with their strong acting and deep understanding of the nuances of what it means to live as a woman.

The storyline is simple enough. A pregnant woman walks back home in the dark when she is approached by a lady who is being a little too interfering, suspicious & threatening. Well, the would-be mother is all prepared with a bottle of **Pepperspray** in her bag for such threats in disguise... What she does not know is that..... Well, you must see the film for the unexpected surprise !!! 😊 As the conversation progresses, we actually get to see the whole picture.

A short & beautiful film with a simple yet strong message. Do take out 5 minutes to watch

- Team WS



EMERGING BRANDS FROM TIER TWO CITIES.....Pune

reCharkha: Solving New Problem Using Old Technology

What would be your impulse if you saw beautifully woven handicrafts like bags, purses, table mats, cushion covers, and electronic cases? You will assume it to be machine-made using modern techniques. But what if they are made of garbage?

Yes, garbage! A Pune-based startup, reCharkha, is taking waste management to another level. IT engineer and entrepreneur Amita Deshpande has taken the initiative to upcycle waste plastic into useful and handmade products like bags, baskets, mats, home decor items, and more. She has spent 14 years working in the field of sustainable development. But how is she implementing her vision that no one has ever thought of before?

She came up with an innovative idea of employing India's classical and traditional methods to solve the problem of waste management, especially plastic waste. She named her innovation 'reCharkha' following Gandhi's path to freedom and self-reliance. Through reCharkha, many tribal women of Pune are now able to support their families financially while living in their hometown.



The process starts with collecting, cleaning, and cutting plastic waste. It can be plastic bags, gift wraps, food wrappers, cassette tapes, beverage bottles, or detergent bottles. The charkha(spindle) then spins it into yarn. On the spindle, the yarn is woven into the plastic fibre. The fabric is cut and sewed into adorable and captivating handmade items. The whole process is manually done by local artisans. Many Households and organisations are supporting reCharkha in its mission. Nearby households and organisations save their plastic waste and send it to reCharkha to use. People from all over India send them the waste.

Amita's vision was not limited to preaching people to reduce plastic waste. She built an alternative to educating people, uplifting the lives of tribal people, and changing the deteriorating state of the environment by transforming garbage into masterpieces.

Her aim is to educate people to reduce creating waste in the first place by making conscious choices 💡💡



Written By : Aditi Gupta

FASHIONABLY IN LOVE

Ah! It's that time of the year again and love is officially back in the air! Albeit with its share of restrictions during the pandemic, the celebration of Love can never lose its sheen and charm. Fashion is one big tool of expression of love and commitment as it has been so noticed of late too and in the yore.



COMMITTED & TWINNING

To be seen twinning with your valentine is a big shout-out loud about your commitment status aka Kyne West & Julia Fox during their recent outing at a Paris fashion show. Both chose to dress themselves top to toe in Co-ord All Denim look, the hottest trend of the season

Our very own Indian celebs too take the co-ord look route to proclaim their love especially for their weddings, the latest being the VicKat wedding, creating picture-perfect moments of love steeped high in fashion. So go get yourselves a Co-ord twinning ensemble for this valentine and flaunt your love to the world. Just pick your style and trend that is you as a couple and individual as well. You and your partner should be comfortable in and enjoy the curated fashion moments of your special day.

COLOUR CODED

The classic Red and White define love fashion, however, make it trendy with a touch of Periwinkle, Lavender, Rose Blush, Hot Pink, Fuchsia, Wine, Bordeaux, Emerald, Sapphire, Dull Gold, the colour of the season and such tones that ooze love and luxury. It isn't necessary to go over the top and twin identically with your beau like the 'Juliye', you can both maintain your individuality and yet find your expression of love by using one colour common to both your look either in terms of clothing or accessories and you are good to go as valentine couple.



GIFTING FASHION

Fashion not only is a very visible tool of expression of your commitment, but it also comes to your rescue when you are stuck for gift ideas for your valentine. Though gifting an experience always tops the chart, planning a vacation or a weekend getaway together is an ideal way to create matchless memories, yet in the current confined times of pandemic, the next best choice is gifting fashion in terms of apparel and accessories. Be it your 'her' or 'him', both enjoy owning a piece of luxury fashion either trendy from the latest collection of their favourite designer/ label or a classic vintage piece. In case one is not sure about the choice, take their couturier into confidence about your plans for like a doctor, a permanent couturier knows their client's choices sometimes even better than themselves and the standing relationship comes handy in case of any customization desired post gifting. Other than clothes, a luxury bag, shades, makeup, perfumes, jewellery all make for amazing gifting choices to celebrate your love fashionably. For men, a pair of precious cuff links, tie pins, buttons, ties or personalized stationery, wallets, etc make for great valentine gifts besides clothes. If you are ready to notch up your commitment to another level then gifting your partner an heirloom piece of clothing or accessory/ jewellery is the perfect way to declare your intention to them. Their acceptance of the same too would give you your answer without any words being exchanged and what beauty is the love that needs no words!

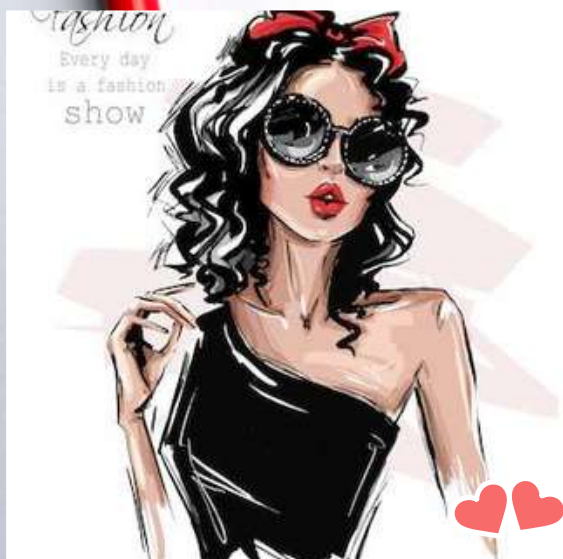
CELEBRATE SELF LOVE WITH FASHION

Of course, colours and pairing in co-ord look are obviously -in-love options for love birds but for those happily single out there who want to celebrate self-love and not want to be left out. We must use fashion to declare how happy we are being with ourselves on this day. Go for the most flattering silhouette for yourself and gift yourself a great look or a complete makeover. Choose prints that celebrate/symbolize love. Cutouts are a hot trend this season, do it in style with heart-shaped cut out/ cutwork/ applique. For subtle dressers, go for pins/ brooches, scarves, belts, chunky buttons, hair bands/ accessories with love symbols like hearts, cupids, etc.



FINDING LOVE AT THE HANDS OF FASHION

A bright bold message Tee is an unmistakable platform for expressing yourself to the world. Get a personalized Tee printed for yourself this season of love, you never know when it might start a great conversation with a like-minded person and you have fashion to thank for your soul-mate of your life!



Written by : Shipra Anand

ROSE PISTACHIO CAKE

Valentine's Day Special

INGREDIENTS

1. 200gms.milkmaid
2. 120 gms.maida
3. 30 gms. Pista powder
4. 100gms.butter
5. 1/2tsp.Baking powder
6. 1/4tsp Baking soda
7. Rosewater few drops
8. 60 gms.liquid soda

ICING

1. Sieve icing sugar and add water to make a paste
2. Drizzle the icing on baked n cooled cake
3. Decorate it further with Rose petals and pistachio.

FOR DECORATION

1. Icing sugar 100 gms.
2. Water 2 tablespoon
3. Sliced Pista and rose petals



METHOD

1. Preheat the oven at 180 degree
2. Mix milkmade n Butter with a hand mixer until it is smooth
3. Mix all the dry ingredients together flour, Pista powder, Baking powder, Baking soda, and sieve them properly
4. Now mix the wet and dry ingredients slowly following the cut and fold method and adding soda water simultaneously
5. Add rose water n green colour (optional)
6. Bake at 180 degrees for 35-40 minutes



5 FOODS TO CONSUME DURING WINTERS



Flavours of India

Every country has its own culture of food. India is not far behind, in fact, it has a very rich diversity of cuisines. From Kashmiri kawa (instant tea premix) to Kerala's banana chips, Punjabi parantha to Mumbai's bhel puri, Bengali rashogulla to Gujarat's dhokla we have a variety of Indian foods.

Similarly, our Seasons also specialize in different foods/drinks for example during summers we take Coconut water, lassi (buttermilk), in the Rainy season we crave for Pakoras, samosa, and tikki; Whereas for winters, we prefer foods which keep us warm.

So here is a list of 5 foods which cannot be avoided.



1. CARROT HALWA : By the end of a year, when the season of winters is at its climax, and celebrations of New year are at its peak, the comforting delicacy of “**Carrot Halwa**” is on our topmost servings. It is made with some spoons of desi ghee, a handful of nuts, a pinch of elaichi and saffron combined with lots of milk, khoya (condensed milk), and sugar. This sweet dish is a must to satisfy your sweet tooth.



2. MAKKI KI ROTI WITH SARSO KA SAAG: Bread made up of cornflour and mustard curry of green leafy vegetables. Most liked dish of people in northern regions. It is served warm with a dollop of white butter and a piece of **jaggery** called ‘gur’; which altogether completes this delicious cuisine.



3. METHI PARANTHA: Fenugreek or methi is a green leafy vegetable also used as its seeds in Indian cooking. It is nutritious and tastes awesome when cooked with Indian spices. **"Parantha"** is bread made up of wheat flour firstly kneaded with water and made up into round dumplings, then rolled with a rolling pin (**belan**) on the circular board (**Chakla**) to transform the round dumplings into flatbread. Put on stove and spread some ghee to roast till it's brown. It can be eaten with curd, pickle, or any sauce as well.



4. PALAK PAKORA: Gram flour or '**Besan**' is made from gram chickpea, is again healthy and warm. A Variety of foods can be cooked from this flour like

kadi (yellow curry), dhokla, and sweets. One of its best creations is in the form of pakoras i.e dumplings. Palak is spinach. Besan is liquified and mixed with spices then spinach is dipped in mixture and fried



into the hot oil. Palak pakoras are served with green chili sauce.



5. GINGER TEA: Along with tea leaves, a pinch of elaichi (cardamom), grated ginger, and sugar water is boiled till the colour of tea and aroma of elaichi comes out. And milk is added and boiled again. The soothing effect of ginger is majestic on our throat in winters

Food for festivals

Besides state-wise variations, there are other factors also which stimulate our taste buds such as Occasions, Festivals, and Seasons, etc. Occasions like marriage, the birth of a baby, buying a new home are all incomplete without a sweet dish. The Festival of "Lohri" starts with eating popcorns, gajjak, rewri, and peanuts, "Holi" is celebrated with the sweetness of gujiya, "Diwali" is complete with ladoos.



Written By : Aanchal Madan

BACKWATER HOLIDAYS IN GOD'S OWN COUNTRY: EPITOME OF LUXURY ON NATURE'S LAP

I must have visited Kerala more than a dozen times and each time I stayed as a guest of either a luxury resort or in one of the famed Kerala Homestay properties. Never did I venture to stay in Kerala's many luxurious "Kettuvalams" (Houseboats) until my childhood friend from Cochin – Jacob Kutty urged me to try out one of Kerala's best backwater destinations – the shimmering Lake Vembanad, which happens to be one of Asia's largest freshwater lakes.

While there is no dearth of luxury hotels and resorts in God's Own Country, the Kerala Houseboat segment has provided a kind of "shot-in-the-arm" for Kerala Tourism and today Kerala has carved a niche for itself as one of the world's premier backwater cruise destinations and welcomes the discerning world traveler in the most unique way.

Once my reservations for a 5 days Backwater holiday were confirmed, I booked my air tickets and hopped into an early morning flight from Kolkata to Chennai and from Chennai to Cochin. Around 3 P.M. I reached Cochin and Jacob was there to receive me and we reached the magnificently appointed Kumarakom Lake Resort.

The unprejudiced eye of the architect echoes in every nook and corner of the resort. Here at the Kumarakom Lake Resort, the virtually impossible seem graceful and easy and I think that's what architecture is all about. Be it the ethnically designed Heritage Villas, Lake Villas, or the

marvelously luxurious Presidential Suites, the resort is a supreme adjustment to marvelously luxurious Presidential Suites, the resort is a supreme adjustment to opportunity and local conditions. All attention has been concentrated on, not collecting art, but on creating art, like one beautiful picture.

I was told by the resident naturalist that the Vembanad Wetland system has been integrated with the list of wetlands of global importance in terms of wetland conservation and happens to be the largest of the three Ramsar Sites in the state of Kerala. It isn't surprising to fathom that Vembanad Lake today has become a major tourist destination due largely to its ethereal and picturesque setting. As we ventured towards the impeccably conceived Kumarakom Tourist Village, which happens to be the most popular site on the shores of the shimmering lake, a sense of fulfillment engulfed me.

For the benefit of the discerning travelers, the village offers a bewildering array of nature-based recreational pursuits like luxurious boat cruises, yoga & meditation, the famed Kerala Ayurvedic massage therapies, fishing to name just a few. In fact, the ingenuity of the Keralites is to be seen to be believed – from thoughtfully prepared itineraries to an amazing array of holiday experiences like tracing family history, the unique décor, eco-friendly initiatives, and one-of-its-kind cultural experiences with the host community to name just a few, have compelled the new age traveler not only to embrace the backwater holiday options but also to herald the beginning of "Responsible Tourism" in this gem of a tourist state in India.



As honored guests of the resort, you have lots of leisure and recreation options that are truly enchanting and inspiring. Be it the Hideaways package, the ancient Ayurvedic Rejuvenation therapies, the innovatively conceived Honeymoon packages, or the famed Kerala Beach & Backwater holidays, guests are indeed spoilt for a choice.

Being a Travel Writer, it was most refreshing to absorb the sheer enthusiasm of the support staff at the resort, who would go that extra mile just to see you smiling and satisfied. Since I had limited time at my disposal, I preferred to remain within the resort premises and explored every nook and corner of this Eden on Earth. It was only in the evenings, with the red molten ball setting on the distant lake horizon that I would venture to the impeccably designed luxurious houseboat of the resort, embark on a peaceful 1-1.5 hour night cruise, indulge in a few sips of my favored tipple, have a sumptuous dinner on board and retire for the night in the king-sized bed onboard the houseboat.

To explore the nocturnal joys of the backwaters, the concept of "Backwaters by Night" is becoming a rage in Kerala amongst the discerning international travelers and I must admit that the joy of viewing the nocturnal creatures by night is thrilling. There was just enough ambient light, courtesy of the moon and pretty soon things got interesting.

The expert boatman knew the backwaters by the tip of his fingers and he would often halt at the right places, by the edges of the lake. All sorts of nocturnal creatures: Frogs and Snakes, Fish, large aquatic insects, and other weird and wonderful things could be seen prowling in the shallows, right next to the shore. You must have a keen sense of hearing and your ears become even more important for locating and identifying the nocturnal creatures. If it is spring or summer, a nocturnal symphony of frogs may be performed. After indulging and being thoroughly pampered on the "Kettuvallam" (Houseboat), I can vouch for one thing – it is one thing to be pampered in a super deluxe hotel but quite another to spend time on the banks of Kerala! It's sheer bliss. From the splendid luxurious isolation of Kumarakom Lake Resort, it was now time to appreciate yet another niche backwater holiday in God's Own Country. Of course in Lake Vembanad! Only the locale and the setting change.

We proceeded to the West of Kumarakom and soon figured out the gorgeously anchored Park Apsara, which has provided a new dimension to Backwater holidays in Kerala – a touch of boutique hotel experience along with a harmonious blend of the famed European yachting spirit; a spirit of inquiry in nature's lap, a spirit of discovery and bliss.

The sophisticated Park Apsara is a pioneer project of India's one and only 5-star boutique hotel chain – The Park Hotels. This luxurious cruiser is innovatively built on 2 levels by the renowned Dubai-based CDB Yatch Design. With eight elegantly designed rooms, an exclusive galley, a saloon and dining area, a sundeck, and a fabulous seating area that offers breathtaking vistas of the ethereal backwaters of Kerala, one couldn't have asked for more. The interiors are sophisticated and ooze with luxurious furnishings and modern amenities. The sophisticated Park Apsara is a pioneer project of India's one and only 5-star boutique hotel chain – The Park Hotels. This luxurious cruiser is innovatively built on 2 levels by the renowned Dubai-based CDB Yatch Design.



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While the dining area and salon are positioned on level 1, the magnificent décor generates an ambience of opulence. The impeccably appointed corner sofas with designer cushions and tables on level 2 offer plenty of space and legroom for guests to truly enjoy the breathtaking vistas of the backwaters.

I was particularly impressed with the harmonious décor and the quality of food served in the lakeside restaurant - Hyacinth that offers some of the most amazing culinary delights from Kerala along with a bewildering array of gastronomic delights from the world over.

Every evening to keep the guests entertained, the cruise staff organizes cultural shows on the vessel's deck (Vallom) that reverberates with Kerala's rich heritage and culture. On the penultimate day of my stay, after lunch, which consisted of the quintessential "Chettinad Cuisine", cooked to perfection by the resident chef, I ventured out to an adjoining hamlet, quaint as it was and would you believe! the gorgeously dressed womenfolk who were busy preparing for the Onam festival that was just a week away came out with all guns blazing – singing local Kerala hymns and folk songs as a rehearsal that sounded incredibly melodious.

The manner in which the quality of life of the rural folks, inclusive of women have improved along with the preservation of nature and cultural heritage of the villages was something that impressed me a lot. Hats off to the Park Hotel's management, they have done a commendable job and have set a very high standard of service and ethos. Here in God's Own Country, the slow-moving carts still ply on the village roads, the thatched hutments are still in existence, joyful village theatres are still performed by rural artists, cows and buffaloes are still being used in tilling the soil and the popular folklore is still alive even to this day in spite of the

onslaught of modernity. Add to it the characteristic features of the Sustainable Backwater Holiday option and you have all the makings of an "Eden on Earth". The entire experience reminds me of Rishi Aurobindoo's immortal poem –

“ When you and I, we played together,
Who my playmate was I did not know.
Without a fear, without a shame,
Life is quiet ease did flow.”

Traveler's Fact File: Reaching Kerala:

Kerala is a small state that is ideally located in the southwestern part of India. This south Indian state is renowned for its nature-based tourism products and is blessed with nature's bounties. To the west is the Arabian Sea, and to the east is the impressive Western Ghats mountain range, which in a way separates the neighbouring state of Tamil Nadu from Kerala. Kerala is easily accessible by air. There are three international airports - Thiruvananthapuram International Airport, Cochin International Airport, and the Karipur or Calicut International Airport. The state is easily accessible by both railway and road transport networks. Useful Travel Informations.



Written by: Subhasish
Chakraborty

Conquering Cancer Together - Denise Coates



Denise loves to talk



So... writing came naturally and sharing her life experiences was something she just desired to do, to help others.

Since experiencing breast cancer, she has dedicated her time to raising awareness around cancer and fundraising, working with various charities.

She has been a Charity Ambassador for her local NHS, L&D Hospital, and is a Voluntary Fundraiser for the Breast Cancer Unit. Denise also works with the Association of Breast Surgery on International projects raising funds for low middle-income countries, with Dr. Ruth James. She has spoken to over a thousand women at a Cancer Research UK (CRUK) Race for Life event as a Media Volunteer

and has also campaigned in parliament with her local MP to raise awareness in health education, which became part of health prevention in Personal, Social, Health, and Economic (PSHE) education.

Sharing her story particularly to help younger generations to learn from is her main goal.

Mentoring is Denise's passion along with speaking at women's awareness groups and schools; which are part of her charitable work. In her downtime, she likes to keep fit and travel. Reading and learning more about philosophy and the Law of Attraction and hope to write further self-help guides.

Let's come together is her mantra!

Here is the first chapter from my book, which also includes other survivor stories and tips!

What Cancer Means to Me!

Every cancer experience is unique to the patient. This is my experience and my way of saying thank you to all of all of the amazing professionals who've taken such great care of me.

On World Cancer Day, I want to tell you what it means to me in the hope that I can inspire more people into action.

World Cancer Day will always be a significant day for me... Why? Well, my first operation to remove my breast tumours fell on that day, Thursday 4th February 2016. I remember thinking to myself, of all days, my operation had to be on this day! On reflection it was a good thing because, as a Cancer Research UK media representative, I managed to place an article on the Race for Life website, as I was preparing myself to tackle their 5K after my treatment was finished, which I did three days after my radiotherapy, my second year taking part. I felt very proud when I completed the 5K, and I also had the opportunity to talk to 1,000 women on stage about my experience, encouraging early detection and breast cancer awareness. On the day of my operation, I saw my update appear on their page, and all the messages of love and support started to flood in, which spurred me on.

My tumours, albeit small, we're in the left quadrant of my breast, and the surgeon who worked with me discussed my options. I decided on a breast mammoplasty reduction-style surgery and was extremely delighted with the result, but most importantly the margins were clear of cancer. On 19th January 2017, I had symmetrising surgery on my right breast.



I have been treated at the Luton and Dunstable Hospital Breast Cancer Unit and was so impressed with the overall care and multi-disciplinary team approach, which consists of your dedicated breast care nurse, surgeon, oncologist, radiologist, and pathologist, not forgetting the ward nurses. My dream teams!

Another NHS establishment that was part of my overall treatment plan – twenty-one days of radiotherapy – was at the Mount Vernon Cancer Centre. My time here was a real awakening for me. I was collected every day by a contracted hospital taxi firm and they certainly brightened up my day! Very caring, thoughtful, and funny gentlemen – they made such a difference.

Whilst at Mount Vernon I had time to process my cancer experience, and an overwhelming feeling of gratitude and life-affirming feelings grasped me. I met incredible staff and women, and I have to say, it has changed my outlook on life! I saw humility and kindness beyond measure, something I will not forget in a hurry.

I remember watching a clip on YouTube of Lisa Schwartz, MD, MBA. She says:

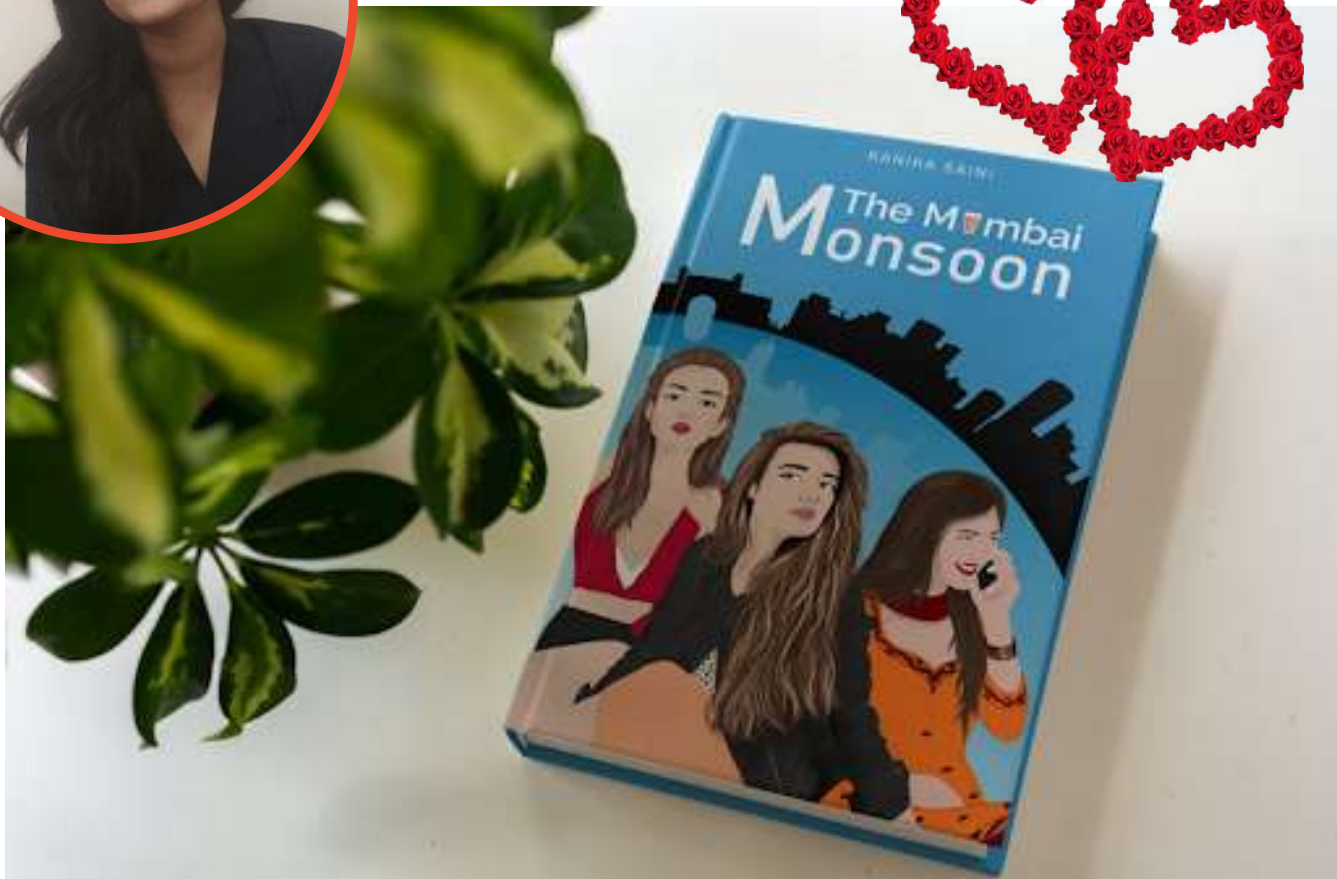
“I think the triumph is defined by the patient, because there are some patients that will go through their treatment and they will have been so changed by that treatment emotionally, that they’ll go back on and give back to the community, inspired by the lessons they’ve learned and for them, that’s their triumph!”

Well, this is my story of triumph, and my way of saying a massive thank you to the L&D breast cancer ‘team’ and our wonderful NHS. My wish would be that somewhere in this story you find something that will help in some way. Or indeed, if someone you know is going through cancer, it may help them too! Thank you! Be well.

The proceeds from this book are going to charities that I support.

-Team Ws

BOLLYWOOD SCANDALS TO PROSTITUTION: KANIKA SAINI'S NOVEL 'THE MUMBAI MONSOON' MAKES AN INTERESTING READ



The latest book in the market, *The Mumbai Monsoon*, by Kanika Saini, is a contemporary fiction that deals with the journey of three women, Ruby, Simi, and Ayesha, from different walks of life, and how a monsoon in Mumbai embarks them on a journey to take charge of their lives. The young female author has very sensitively handled the character of a 20-year-old sex worker, Ruby, in the book. She is a young woman with a truly young heart and carries big dreams and hopes in her eyes while seeking respect for herself.

Having lived the worst of the traumas and betrayals, she comes out as a very strong woman, truly justifying her character. From having the strength to come out of the darkness of her past to daring to dream, this woman's character is empowering and will leave a lasting impact on the readers. The author has rightly managed to put to words the hardships of the most disrespected professions of all, and at the same time made it clear that how most of the time, prostitution is not a profession of choice, but a consequence of helplessness. Also, the issue of unprotected sex and violence comes to light in this book.

Being a Bollywood journalist, the author gives a sneak-peek into the life behind glamour which the world doesn't often get to see. The book will introduce you to the world of Ayesha, a leading Bollywood actress, having all the fame and luxuries anyone could ever aspire to have. Hefty amounts of money, parties of grandeur, and trips sometimes we only dream for our entire lives, this woman is living a life full of glam. Keeping the glow on her face intact, and her health and physique fit, she is a dead woman inside. And that's more or less, an understatement. Her life is a testimony

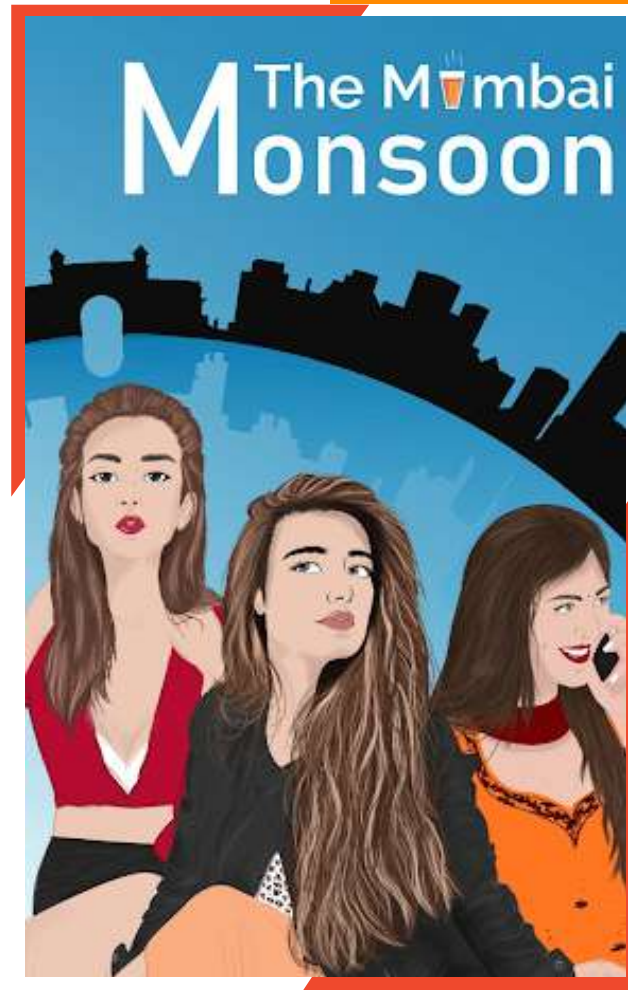
to the saying that **"Money doesn't buy happiness"**. The character is relatable but surely not the one you would fall in love with. It somehow seems ironic how having lived in the city of dreams for most of her life and living the dream life of many, Ayesha herself lacks dreams for herself. She comes out as a rather depressing character.

Another prominent character in the book is that of Simi, a middle-class happy-go-lucky Punjabi girl, who is married into the city of dreams, Mumbai. From a dreamy wedding to being blessed with motherhood, she had all she could dream of. But life unfolds her to some bitter truths, where she had to deal with the struggles of surviving in a city as expensive as Mumbai while taking care of her child, a job, and the household. All in all, this character is a perfect description of what an average Indian woman sometimes has to go through in her life.

This book will run the reader through a plethora of emotions, primarily dealing with betrayal, trauma, love, and hope. Accounts of sneak peek into the past lives of these women from time to time truly help the reader better understand the characters and the lives of these women. Despite being poles apart in terms of the lives they have led, the struggles they have had, their life is somehow woven into a single thread of choice and hope.

'The Mumbai Monsoon' is going to be one of the must-read fiction books of 2022. The book was released on January 14 on Amazon and Flipkart.

Author Kanika Saini works as a senior journalist at a leading entertainment portal in Mumbai. Her previous book 'The Day I Met Him' received rave reviews from Indian readers.



“HAR DOG SNIFF KAR KE KUCH KEHTA HAE”



My love for dogs is not hidden from anybody. Love is an understatement. I am crazy for them and my craziness goes beyond all logical explanations. Guess that's what 'being crazy' means. Since I love them so much, I feel I understand them also very well. Understand their feelings, their emotions and hence what they are trying to convey inspite of God depriving them of speech. I can also talk to them nonstop for hours. With them, I don't mind this one sided communication even, which I often complain with my miyan.

However, there's one thing I still don't understand about these furry kids. Though I have read about it and there are some very valid scientific explanations to it but I still feel, there's more to it.

I am talking about their desire to go straight for the genitals of anybody they meet for the first time. Going straight means, going sniffing.

Whether a man or a woman (although they do it more with a man I guess).

Whenever I have guests, my dog runs to them. Some get scared. Some don't. Some understand. Some simply don't. Then my dog takes his position. He sits. He makes sure, they don't sit. He looks at them one by one. He starts evaluating. He goes sniffing their genitals. And he does it hard. From the front. From the back. While the humans simply stand and wait for the trauma and embarrassment to get over. The dog then makes some opinions (we don't know what). Looks at us (As if we have released him as our CIA agent). Looks at our guests again. Then, If he likes them, he wags his tail. If he doesn't, he starts barking which is when we all get nervous, especially our guests.

Needless to say, it's very embarrassing for us too. All we do is..."mumble no no baby! Come here! We will give you chew-sticks!" But baby refuses to come. Who is interested in chew sticks when there's more interesting stuff around.

This reminds me of a hilarious episode, I was a witness to during one of our visits to Galleria market.

Galleria market is our favourite. It is a very happening place especially during the evening hours. We love it. We love it more because it allows pets. We often walk down to it. Sit



around for some time. Grab a bite (there are so many eating options), watch the people, watch the dogs (yes we watch only because there's hardly anything to talk. Miyan being the quiet types and more observing types you see. Sometimes, I feel I should have married a walky talky instead. And we come back.

So here we are quietly enjoying our chicken roll and we see this beautiful newly married couple come and stand right next to our bench. The girl is very beautiful. **"Bhagwan ka karishma"** kinds. What if her

name is Karishma too? Anyways. The boys personality compliments her perfectly. They look very nice together. They too are enjoying a chicken roll. The girl takes a bite. Then the boy takes a bite from the same roll while the two exchange those typical newly married **"tu tu hae wohi"** waale looks. They are smiling while all we both do is just watch them. We also eat rolls but we eat two separate rolls. Uska jyada chutney waala. Mera no chutney waala. God knows what happens to romancing while sharing after marriage.



Suddenly somebody's golden retriever, who probably, has been let loose, comes running to the couple. He looks very excited and happy. Probably he too is enamoured by their looks. He is panting. He is drooling. He sits. The couple too is excited to see him. The girl goes, **"awwwww! How sweet!"**

Their excitement though, doesn't last for long because the dog then decides to do what should NOT be done in public. He decides to go for the place where **"No man has gone before"** but probably many dogs already have. He sniffs the poor girl there. The girl pulls herself back gracefully, **"No no! Good doggie! Aese nahi karte"** The good doggie spares her. The girl smiles.

The good doggie however has more to do. The boy is yet to be evaluated. Meanwhile his parent is there and is all apologetic. The embarrassed parent tries to pull his good doggie away but good doggie refuses. His work is not over yet. As if it is his beholden duty to do what he is born to do. He sniffs the boy from the front and boy! he does it hard. The boy is embarrassed. He immediately turns around. The dog has to do what he has to do. He then sniffs him from the back. Again hard. The boy turns again. The dog again does what he has to do. The boy again turns. The dog sniffs again. The boy is super nervous.

"No no good doggie" the girl says.

"Bosco! No no bosco! Come back! Come let's go home!" The pet parent screams.

However, Bosco aka the good doggie refuses to budge annnd starts barking. He barks and barks loudly. Which is when, the poor boy gets so scared that he runs for his life and takes shelter in the Keventer's shop. He stays there for some time. The dog meanwhile leaves hesitantly. His parent is seen trying to pull him away with all his might. The girl laughs. The audience laughs. The girl then walks up to her poor guy. Buys him a cold coffee. He probably needs to be cooled down after what happened to him **"beech bazaar mein"**. The couple looks at each other. They laugh nervously. They try hard not to make their embarrassment obvious and they leave.

And I tell myself, "shouldn't it be the poor dog who deserves a cold coffee? probably what he observed about the guy, the girl may have missed before saying **"yes"** to the guy.

Afterall, you should never ignore an animal's instincts. Isn't it?

You see, **"Har dog sniff kar ke kuch kehta hae!"**



- Written By : Somali Bammi

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'OSCILLATING HORMONES ONE FINE SUNDAY'



Sunday supposedly the rest day turned into an extremely laborious work day for me. I had slept the night before thinking that I would get up comfortably later than usual feeling like a regal queen but my husband's early rising hormone ruined my regal thoughts of sleeping late. On the contrary my husband rose at the first light of the early dawn fully fresh and recharged for the day. He played the morning devotional songs at a volume which entertained every nook and corner of the house. My sleep hormone felt hurt and so they stopped working. Much as I turned and tossed on the bed to try and get some more sleep but much against my wishes I had to open my sleep deprived eyes and awoke only to be greeted by my husband's happy countenance. He enthusiastically greeted me by saying, " Good Morning Dear" and I nodded my head and said, " Morning" in a very feeble voice obviously because the lethargy hormone was playing its part very well.

Corona times prevail and therefore helpers do not come home these days. The endless chores have to be undertaken by us only. My husband monkeyed around the house doing all the non-essential or trivial work while I got engaged with the preparation of meals, sweeping, mopping and washing utensils, etc, etc. My husband cushioned his body against the brightly coloured, spongy sofa seat sipping ginger ale and glancing through the pages of a newspaper wearing terrific expressions all that time. While I paced between the corridors of kitchen and the other rooms sanitising them. My husband's curiosity hormone made him rise from the sofa only to stain the freshly mopped floor of the house and when my eyes noticed his bravado, my anger hormone yelled at him hysterically, the decibel of which frightened my hyperactive husband. His remorse hormone apologised to me that very instant and that calmed my stress hormone only to the minutest degree. Infact he offered to undo the stains and so while I employed my skills in the kitchen arena, he worked generously in the house keeping section all over again.

Later, I also noticed that my husband amused his senses using his mobile phone by traversing different social media platforms. Every time that I came to the bedroom for some work I saw him perched atop the comfortable bed wearing serene and pleased expressions all the time. By then it was late lunch time but the gentleman had only done with ablutions that were involuntary in nature. All the meaningful voluntary activities were put in wait mode. My reason hormone requested him time and again to get ready but he remained unmoved. He was much too absorbed in the social media but then my manipulation and melodrama hormone fatigued him and he swiftly changed gears. Infact he finished with the bath and the lunch at a lightning speed.

Much later that Sunday evening my husband enthusiastically offered me an outing to cheer me up which I carefully considered and then obliged. We were all dressed to the hilt and all set to go but my husband's memory hormone was a shame. The car keys were untraceable and by the time we located them our exhaust hormone reached its peak thus the idea of the romantic outing followed by a sumptuous dinner fizzled out into thin air. Finally I watered my soul by getting into the world of writing which is hugely therapeutic for me but somehow the topic to be dwelt upon was too blurred because the mind was constantly perceiving reels of the exhausting bygone moments of that blessed Sunday. Suddenly my creative hormones overpowered all the other active hormones and the idea to ink the blessed Sunday activities was born. The resultant is for you to read friends.

A simple dinner with old Indian Bollywood melodious songs by our yesteryears legendary singers and an early night seemed much too enticing for me. My husband's amorous glances and his resolve to be a casanova that night dissolved sooner than he had expected when he realised that I was drifting into a sleep mode. But before passing out, I had dared my husband's snore hormone to try teasing my sleep hormone. A goodnight definitely followed. Sunday had finally rewarded me eventually.. Atleast it offered me a royal sleep after a roller coaster ride of oscillating hormonal activities.

Written by : Preeti Pathak

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  @womenshinemag

सेतुबंध

सामने तैयारी चल रही थी और मैं मन में उमड़ती गहरी असहनीय वेदना को किसी तरह दबाए ,अश्रुओं को आँखों की कोरों में थामे उस तरफ देखे जा रही थी । माँ मुझे संभाली हुई थीं ।उनका स्नेहसिक्त कंपकंपाता सा स्पर्श मुझे ढाढस बंधा रहा था ,तभी सहसा मेरा ध्यान गया, शिशु की होने वाली छोटी -छोटी हरकत अचानक रुक गई थी।मैं घबरा गई.....' कहीं....मेरा अजन्मा शिशु??? इस ख्याल मात्र से मैं पसीने से तर-बतर हो गई..... तो क्या.... !!!!! मेरा फैसला गलत था..?" क्या मुझे यहाँ नहीं आना चाहिए था...?' घबराहट में मेरी धड़कन बढ़ गई और आँसू थे कि बस सारे बांधों को तोड़, बहने को छटपटा रहे थे परन्तु किसी तरह मैं अपनी भावनाओं पर काबू रखी हुई थी। कैसे रो सकती थी . .मैं..... कैसे... क्योंकि.... क्योंकि.....प्रतीक ही तो' तभी सुबह का दृश्य मेरी आँखों के सामने घूम गया। माँ, जो मेरी देखभाल के लिए पिछले महीने ही मेरे पास आई थीं,रसोई में खाना बना रही थीं तभी अचानक फोन की घंटी बजी और प्रतीक के नहीं रहने की खबर आई । मैं स्तब्ध सी फोन थामे बहुत देर तक खड़ी रही । "किसका फोन है" माँ की पुकार से मेरी चेतना जागी..... मैं मैं चीखना चाहती थी परन्तु नहीं चीखी .. मेरी इस चीख से मेरा होने वाला शिशु कहीं घबरा जाता तो.....परन्तु मैं शोक संतप्त , वेदना से भरी,मन से टूटी ,जार -जार रोना चाहती थी किन्तु नहीं रोई , कैसे रोती... कैसे चीखती..... प्रतीक ही तो कहते थे कि अगर माँ रोती है, चीखती है तो गर्भ में पल रहे शिशु पर बुरा प्रभाव पड़ता है तो ...तो मैं अपने होने वाले शिशु का अनिष्ट तो नहीं चाह सकती थी न.....। आँखों में आँसुओं को थामे, पेट पर स्नेह से हाथ फेरते हुए मैं धीरे से सोफे पर बैठ गई थी । माँ अचानक तेजी से रसोई से निकलकर बाहर आई , मेरी हालत देखकर चिंतातुर होकर बोलीं-' बेटा क्या हुआ..... बेटा बोलो.sss...." मैंने ' ना ' में सर हिला दिया। माँ सब समझ गई और मुझे पकड़कर जोर- जोर से रोने लगीं किन्तु मैं फिर भी नहीं रोई। माँ मानती थीं ,दुख का बहना आवश्यक है , नहीं तो कुछ अलग, अप्रत्याशित सा हो सकता था , इसलिए माँ ने मुझे अपने कंधे से लगा लिया ,मेरी आँखें बरसीं अवश्य किन्तु... आवाज नहीं, बिल्कुल भी नहीं, मैं अपने शिशु को कष्ट नहीं पहुंचाना नहीं चाहती थी , कदापि नहींयही...यही तो कहते थे ना प्रतीकतुम..... फिर क्यों मुझे अकेला छोड़ गये ...तुम..... प्रतीक क्यों.....!अब बताओ ..., मैं कैसे सहूँदर्द को आँखों में , सीने में कब तक थामूँ...प्रतीक..... कब तक.... !!!कितनी विषम परिस्थिति है ... एक मेरा अपना, जिसके साथ मैंने जीने -मरने की कसमें खाई थी, वह मुझे मझधार में छोड़कर चला गया और दूसरा मेरा अपना जो कुछ ही दिनों में इस दुनिया में आने वाला है.,मेरे गर्भ में है...जीवन के दो शाश्वत सत्य.... मेरे सामने एक साथ उपस्थित थे माँ ने छोटे भाई विकास को फ़ोन कर सारी वस्तुस्थिति बताकर शीघ्र आने के लिए कहा और स्वयं भी जाने के लिए तैयारी करने लगीं । मैंने धीरे-धीरे वास्तविकता को स्वीकार करते हुए निर्णय लिया कि मैं भी जाऊँगी। मैंने जल्दी से विकास को फ़ोन करके कहा -"तुम यहां नहीं आना ,सीधे वहीं पहुँचो , मैं माँ के साथ आ रही हूँ।



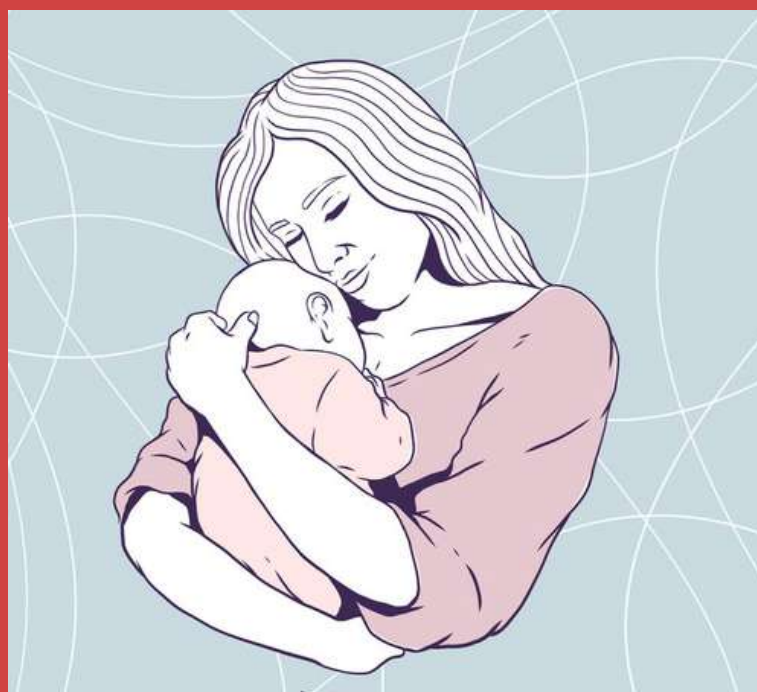
"तुम नहीं जाओगी।" माँ की आवाज पीछे से सुनाई दी।

"मैं जाऊँगी माँ ! मैं उन्हें अंतिम विदाई देने जाऊँगी अपने अजन्मे शिशु के साथ। उससे कहूँगी - देखो बेटा! तुम्हारे पापा हमें छोड़कर जा रहे हैं।"

"नहीं बेटा ! तुम्हारे स्वास्थ्य को देखते हुए तुम्हारा वहाँ जाना बिल्कुल भी ठीक नहीं है।" मेरी बातें सुन माँ ने चिंतित स्वर में कहा।

"आप समझने की कोशिश करो माँ! मुझे जाना ही है, अपने लिए , अपने शिशु के लिए..... ,जब स्याह अंधेरे और रोशनी को,जब छिपती काली रात और उजियारे सुबह को एक साथ देखूँगी....जब..जब विगत और आगत को महसूस करूँगी, तभी जी पाऊँगी माँ... तभी जी पाऊँगी माँ !!!"

"माँ मुझे मत रोको, मुझे मत रोको। 'मुझे इस तरह बुदबुदाते देख माँ ने मुझे धीरे से हिलाया तो मैं वर्तमान में लौटी। प्रतीक को मुखानि दी जा रही थी। मैं हाथ जोड़कर खड़ी हो गई तभी अचानक पेट में हल्की सी हलचल हुई। दुख की गहन अनुभूति में भी मेरे चेहरे पर मुस्कान आ गई। अभी तक खामोश सोया हमारा शिशु अब अपने पिता को अंतिम विदाई दे रहा है ,शायद....शायद.... ,हाथ जोड़ कर कह रहा हो- "पापा,आप कुछ दिन और रुक जाते तो ..तो मैं अपनी मिचमिचाती हुई आँखों से आपको देख लेता और ...जब आप मुझे गोदी में लेते तो आपके स्नेह से मेरा रोम -रोम पुलकित हो उठताऔरऔर जब आप मुझे स्नेह से दुलारते तो मैं आपकी ऊँगली अपनी हथेलियों में दबा लेता फिर... फिर तो आप कहीं नहीं जा पाते न.....!!ये स्नेह बंधन ही तो मेरा जीवन भर का सबसे प्यारा उपहार होता। "उसकी जोर जोर से पड़ रही लातों से मैं उसके उतावलेपन को महसूस कर रही थी।



मैंने अपनी हथेली पेट पर रखी.... गर्भस्थ शिशु नजदीक... बिल्कुल नजदीक आ गया मेरी हथेली के... और और...हौले हौले से मेरी हथेली को सहलाने लगा, मैंने ... मैंने भी स्नेह से उसे सहलाया औरऔर हमदोनों एक दूसरे की हथेली को थामे विदाई दे रहे थे उसको ,जो हमारा अपना ,हमदोनों का सेतुबंध था ,वह....वह.....हमें छोड़कर जा रहा था। प्रतीक की देह अनंत में विलीन हो रही थी और मेरी पुकार ,मेरे दर्द को अपने में समेटे धीरे-धीरे चुपचाप बहते मेरे अश्रु प्रतीक को विदा दे रहे थे।

कुछ देर बाद मुझे गर्भ में कोमल हथेली के हिलने का अहसास हुआ,शायद..... शायद प्रतीक का अंश मुझसे कह रहा था "माँ! धीरज रखो, मैं आ रहा हूँ न।"



शीला मिश्रा



वसंत

हम आधुनिक हैं....

न मन में उमंग

न तन में तरंग

न जीवन में उछंग

कहीं खो गया है वसंत

हम आधुनिक हैं

आधुनिकता की आपाधापी में

भौतिकता की आंधी में

कहीं खो गया है वसंत

सरसों आज भी फूलती है

अमराई में आज भी बौर लगते हैं

फागुनी बयार आज भी मादक है

बागों में आज भी कोयल कूकती है

परंतु हमारी संवेदना मृतप्राय हो गई है

न मन में उमंग

न तन में तरंग

न जीवन में उछंग

कहीं खो गया है वसंत

हम आधुनिक हैं

इक्कीसवीं सदी में हैं

निरंतर दौड़ रहे हैं

अनवरत् भाग रहे हैं

देश में , विदेश में

गली में , मोहल्ले में

प्रकृति से दूर

कंक्रीट के जंगलों में

सुख सुविधा की खोज में

कुछ खोया है ... तो कुछ पाया है

न मन में उमंग

न तन में तरंग

न जीवन में उछंग

कहीं खो गया है वसंत

हम आधुनिक हैं

किसको फुर्सत है

देखने की - आम में बौर आ गये

या सरसों फूल रही है

अब तो बारहों महीने

फूटी - माजा हमारे हाथों में है

ए. सी . कूलर के आगे

भूल गई फागुनी बयार

मोबाइल , लैपटॉप , आईपॉड के नशे में

कोयल की कुहू कुहू का क्या है अर्थ...

न मन में उमंग

न तन में तरंग



न जीवन में उछंग

कहीं खो गया है वसंत

हम आधुनिक हैं

वसंत ने भी अपना चोला बदल लिया है

अब वह वैलेन्टाइन डे बन गया है

यदि हम वसंत मनार्येंगे

तो पुरातन पंथी कहलायेंगे

किसको याद है

कि मां सरस्वती का पूजन करना है

अब तो मात्र खाना पूर्ति करना है ..

कहीं खो गया है वसंत

न मन में उमंग

न तन में तरंग

न जीवन में उछंग

हम आधुनिक हैं

वसंत मनाते हैं भी तो

किटी पार्टियों में या

सभा सोसायटियों में

क्या होगा पीले कपड़ों से

मदनोत्सव तो हम मनार्येंगे ही

लेकिन नाम होगा वैलिंटाइन डे

न मन में उमंग

न तन में तरंग

न जीवन में उछंग

कहीं खो गया है वसंत

हम आधुनिक हैं



पद्मा अग्रवाल

ज़िंदगीनामा



आओ ज़रा ज़िन्दगी को चूम लें
 कभी जश्न में कभी बारिशों में झूम लें
 मन के जंग लगे
 सभी किवाड़ खोल दो
 ज़हरीली हो चली हवाओं में
 आब -ऐ- हयात घोल दो
 महंगे हुए लिबास
 और सस्ती हुए हस्तियां
 रश्क -ऐ- झूमर से तू
 रोशन न कर यूँ बस्तियां
 गुमशुदगी से निकल
 कभी महफिलों का ज़िक्र कर
 खुद से तो बहुत मिल चूका
 खुदा की भी कभी फ़िक्र कर
 ख्वाहिशों के पिंजर
 में फड़फड़ाता परिन्दा ना बन
 फ़रिश्ता नहीं बन सकता तो
 दरिंदा भी न बन
 भरी हुए तिजोरियां
 और घर के खाली दालान हैं
 घर हैं की टूट रहे

फ़िर भी मकान दर मकान हैं
 कभी काली कभी सफ़ेद
 ये ज़िन्दगी की जंग है
 किसी को सांस नहीं
 कोई जी जीकर तंग है
 सुना है खानदान उनका ऊंचा था
 वो कुछ दूरी सी पसंद करते थे
 कल ही मालूम हुआ अँधेरे की आदत थी
 अब चिरागों से डरते थे
 कभी बेवजह मुस्कुराने की वजह
 भी ढूँढ ले
 आखें खोल के इससे पहले
 आँखें तू मूँद ले
 ज़िंदा है तो जी भी ले
 कुछ गुफ़्तगू का शोर कर
 मालूम नहीं कौन कब चला जाये
 शहर ये छोड़ कर
 जो उड़ते हुए थक गए हो
 ज़मीन पर पैर धर लो
 हो जाए खुद पर गुमान कभी
 तो कब्रिस्तान के सैर कर लो
 सुना है रुख़सती वाले फ़लक के अफ़सर
 रिश्त नहीँ लेते
 अलविदा कहने की
 मोहलत भी नहीं देते
 छोटी सी ज़िन्दगी है
 चैन से बिताइए
 बेवज़ह की बेरुखी में
 वक़्त ना गवाइए
 तो आओ ज़रा
 ज़िन्दगी को चूम लें
 कभी जश्न में कभी बारिशों में झूम लें।



Neha Vertika
 Zurich Switzerland

Storyteller Kshamatha



Kshamatha, Founder of Katha&Krafts - Hyderabad, practices storytelling with the purpose of serving humanity and spreading the joy of learning through stories. Fondly known as Shammu aunty, she is loved by kids of all ages for her child-like innocence and musical stories.

After 7 successful years in the software industry as a Team Manager, Kshamatha decided to pursue a more rewarding experience – that of a stay-at-home mom and a Storyteller. Having witnessed first-hand how stories, music and books inspired her daughter's growth in the early years, she was inspired to share this bliss with other children because "Storytelling is sharing happiness".

This also helped Kshamatha to nurture her own childhood passion of reading books which she had to forego due to the growing pressure of academics.

For the last five years, Katha&Krafts has been conducting regular storytelling classes for children below 12 years. The stories are effectively narrated and brought to life using puppets, props, visual imagery, music and physical movement. Both oral narratives and read -alouds have been an integral part of the classes to improve the child's listening, speaking and reading skills. The carefully-crafted after-story activities like art and crafts, brain games, worksheets, drama and role-play help children to enrich their language and communication skills.

Kshamatha has completed certified workshops on storytelling from Secret Passages and Federation of Asian Storytellers (FEAST). As a versatile teller who is fluent in English, Hindi, Telugu and Tamil, she has curated, assisted and performed at several online events and children's literature festivals. With Katha&Krafts, she embodies the famous quote, "As you grow older you discover that you have two hands, one to help yourself and the other to help others".

She is not only associated with several playschools, NGOs and Govt. schools, but has also been actively raising funds through her online classes and virtual fundraiser event KathaDhara, to aid the underprivileged, families hit by pandemic and cancer patients who are in need of financial assistance.

She credits her students for their love, and the trust and support of the parents, her friends and her peers, in making her initiatives a recurring success. Her peers often refer to her as a "Sutradhaar" who always brings people together for a good cause.

Her initiative StoryParty, that has won the hearts of kids and adults alike, is a Facebook live event, where she bonds over stories with different artists who use storytelling in their profession and spreads awareness on various storytelling forms.

- Team WS

ROOPA PAI

Roopa Pai is one of India's best-known writers for children. This Bangalore-based author has written over 25 books, ranging from picture books to chapter books and fiction to non-fiction, on themes as varied as sci-fi fantasy, popular science, maths, history, economics, Indian philosophy, life skills, and most recently, medicine. Many of her books are bestsellers and

are enjoyed as much by adults

as by children. Her best-known books include the 8-part Taranauts, India's first fantasy-adventure series for children in English, Ready! 99 Must-Have Skills For The World-Conquering

Teenager (And Almost-Teenager),

the award-winning national bestseller The Gita For Children, listed by Amazon India as one of '100 Indian Books To Read In A Lifetime', and its 'prequel' The Vedas And Upanishads For Children. Her TEDx talk 'Decoding The Gita, India's Book Of Answers' has received over 1.8 million views to date. Her most recent book for children is 'Leeches To Slug Glue: 25 Explosive Ideas That Made (And Are Making) Modern Medicine'.



She has also co-authored fitness evangelist and supermodel Milind Soman's memoir, Made In India, and is currently working on a book of poetry translation, in which she is translating 100 poems of the much-acclaimed Kannada poet, Padma Shri K S Nisar Ahmed, into English.

When she is not writing, Roopa can be found leading groups of children and young people on history and heritage walks across her beloved Karnataka, as part of her job as director of a company she co-founded, BangaloreWalks.



- Team WS

KAVYA MOHINDROO



In a world where everyone's busy disrupting, Kavya put her 'confidence issues' in the backseat and focused on the one thing that made her unique - her way with words and writing. As a young kid who loved weaving stories, her family turned out to be the biggest pillar of support. Everyone appreciated her when she wrote her first story back in 2019.

Her family's belief and her father's support in turning 7 of her short fairy tales into a book transformed her into a confident author at the age of just 9. Seeing her first book- Kavya's Bag of Short Stories, in print transformed her immensely. The realization of her dream of being a storyteller made her more confident, and she overcame stage-fright and fear of facing the camera.

Today, she is always excited and thrilled to come in front of the camera and share stories with gleaming eyes full of confidence.

She overcame her fears and realized if she can do it then others around her - her friends, classmates, and children of her age can make it big, too with a little support.

For this, Kavya writes stories, narrates them, records videos, all the while being confident in her skin. Through her journey, she inspires others, helps and supports kids to become the best version of themselves.

She envisions supporting young kids who face their struggles while growing up in a conventional system and encouraging them to follow their passion and fulfilling their dreams of becoming a creative personality - an author, a Rubik's speedcuber, a dancer, an artist, a singer, an actor, etc.

Changing the World... with Warmth, Wisdom, Wit & Words!

“ I was extremely happy when my books came out in print! Today, my book accompanies others kept in a bookshelf with all popular authors like Ruskin Bond and Sudha Murthy. Before the book was published, I was just a normal little girl like many others, who studied, played, watched T.V & played games. But now, just because of the faith my father showed in me, I became a storyteller, an author that changed my life into an interesting one. ”

-Kavya Mohindroo



Today, she is one of India's youngest Junior Authors, a Crafty Storyteller, Rubik's SpeedCuber, a Coach, a YouTuber & more, with several glittery feathers in her cap:

- Became the first time Published Author of my Debut Short Stories Fiction Book "Kavya's Bag of Short Stories Vol.1" in Feb'20. Book is also available as both a Paperback and Kindle version on Amazon.

- Selected in the Top 100 Best Letter Writers in "Letter to My Supermom" writing competition held Pan India by J K Paper Ltd.

- Special Invitee and Participating Author in Never Cease To Amaze and Golden Apples of God anthologies published in 20

- ScoolStar of the Year (School Level) – Consecutively for 2 years by ScoolStars - a platform for schools to recognize talent beyond academics.

- Certified 3x3 Rubik's SpeedCuber and won Excellence Gold Medal in WOIS Tournament 2021 by Cube Federation of India (CFI).



- Invited as the Guest of Honor at 5th Delhi State Cubing Championship Award Distribution Ceremony organized by Delhi Cube Association (DCA) on 14 Nov'21.

- Winner, Spin-A-Story contest - NewsShuttle fortnightly newspaper for kids

- Winner, Story Scholarship - Tell A Tale storytelling contest by Droomplanet and Tickling Tales

- Star Storyteller – Featured on Droomplanet App for her story Zibaro, The Wonder Dog

- Special Mention by the Jury - The Talking Tales Storytelling Competition (10 to 13 years), powered by NewsShuttle in collaboration with Beyond The Box.

So, What Changed?

How did a girl who wasn't confident to speak in front of others now weaves and shares her stories with the world?

They say faith can move mountains.

Kavya's tale is also one of indomitable faith - her faith in her stories, and her family's faith in her potential to become a young author.

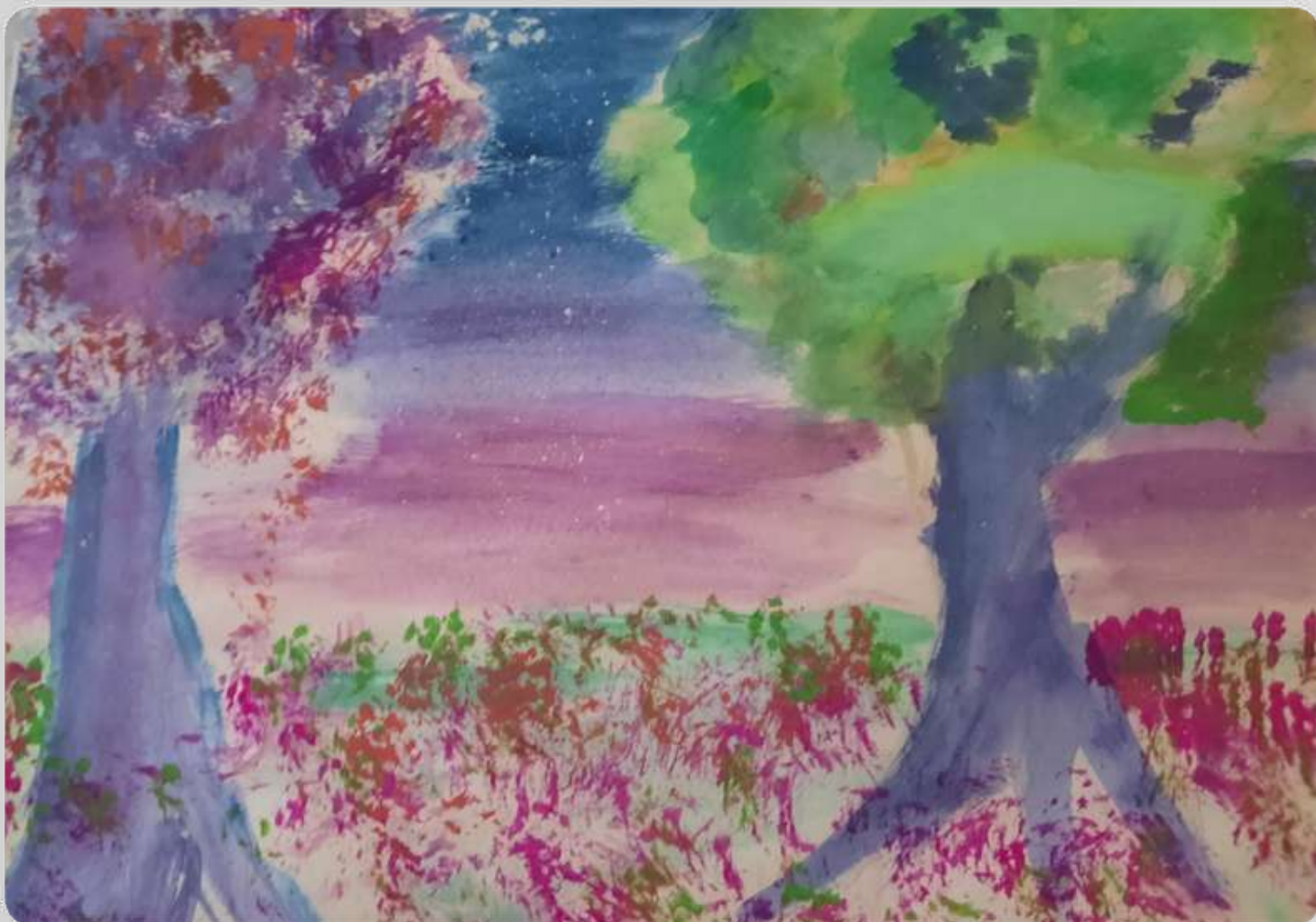
Women shine wishes Kavya the very best in her life and look forward to more books authored by her.



-Team WS

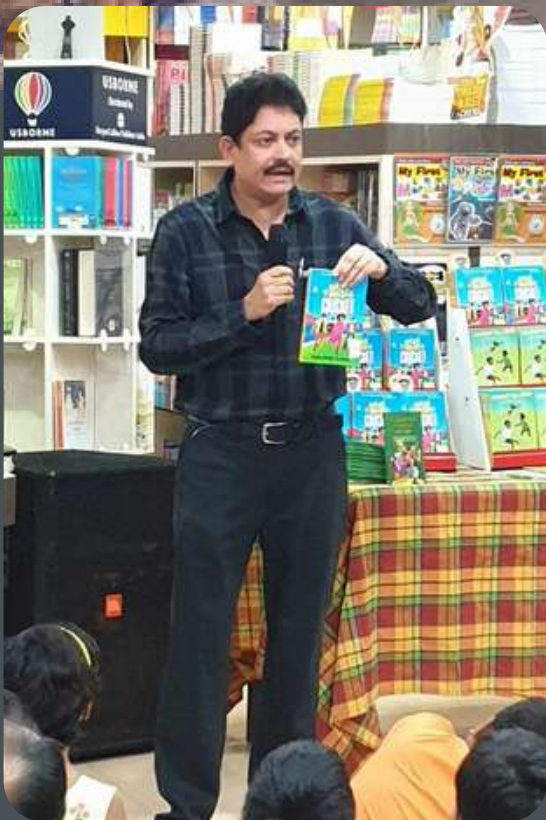


Painting



Chaitanya Krishna,
(9 years old), Class 5-A,
Delhi Public School, Mathura
Road, New Delhi-110003

RAMENDRA KUMAR



Ramendra Kumar (**Ramen**) is an award-winning writer, a storyteller and an inspirational speaker with 42 books. He has won 34 awards in the competition for writers of children's literature organised by Children's Book Trust (**CBT**), over the years.

The writer's articles have been published in Chicken Soup for the Soul series, Readers Digest, The Week, Swagat and several other offline and on-line magazines. His interviews have appeared in major national newspapers. His writings have been translated into 30 languages – Indian & foreign.

Six of his books have been recommended by CBSE, India, as Supplementary Readers. Ramen's stories have also found a place in 16 textbooks prescribed by different Boards. Government of Sri Lanka has published a text book for students of Grade Five which carries Ramen's story '*Internet in the Jungle*'. 3,20,000 copies of this book, have been distributed to the children in the island country. One of his stories has been adapted as **Kamishibai**, the traditional form of storytelling in Japan while another tale has been included in a text book for class nine students of Norway. His stories have been showcased on several prestigious online platforms including **Radio Mirchi**, Spotify, Apple Podcast, Google Podcast et al.



Ramen has been invited to literary festivals held in **Denmark, Greece, Sharjah, Sri Lanka** as well as Indian events like the prestigious Jaipur Literature Festival, Bookaroo, etc. and seminars organised by Sahitya Akademi, IGNOU and NBT. He was nominated as a Jury Member for the Best Children's Author Category of JK Paper & The Times of India's '**Women AuthHer**' Awards 2020.

Ramen was serving as the Chief of Communications, SAIL, Rourkela Steel Plant, when he decided to take Voluntary Retirement in August 2020 to pursue his passion. To know more about Ramen you can visit his website: www.ramendra.in He also has a page devoted to him on Wikipedia.

- Team WS



Seema Wahi Mukherjee | Puppeteer

Seema was born in Delhi but brought up in an idyllic place at the foothills of Shivalik, a beautiful township called Ranipur close to Haridwar. A child who loved nature, climbing trees, sports, cycling, running, Seema was

initiated into the world of creating things- cross-stitch, embroidery, making toys because of her mother and discovered an enchanting world of reading because of her father who was a voracious reader. Her early life influences are some of her teachers. Although she had science till her XII and it was expected of her to become an Engineer (or at least an Architect), Seema chose to pursue English Hons. from IP College, Delhi University. She went on to complete her Masters in English from DU and earn a Post-Graduate degree in Garment Manufacturing Technology from National Institute of Fashion Technology, Delhi.

In the campus placement, Seema chose to work in the Toy Industry and began her career with Hanung Toys Private Limited in 1995. It was here she felt that her passion for creation and other skills came together.

Yet a vision persisted, wherever she looked- that was an image of a doll. She had always wondered why the dolls around her had golden hair, light blue or green eyes and peaches and cream complexion. Did it mean that she and her friends were not good enough, not beautiful enough? She thought deeply and understood what unspoken communication- or this silent story conveys to young children- you are not good enough, beautiful enough to be represented as a doll.



After deep contemplation, Seema left her job and started Enchanting World in 1997 where she designed, developed, manufactured and marketed dolls. In fact, to combat the gender bias in toys that only girls can play with dolls, each design of her toys had both boy and girl counterpart. The toys were much appreciated by children as well as parents of boys and girls, educators, and soon she branched out into puppets, clown, soft balls and many other toys. Her husband too joined her and both of them along with her mother worked as a team. The work grew and at one time her small unit employed 25 people. There were twists and turns in life and in 2005, Seema joined a life transforming

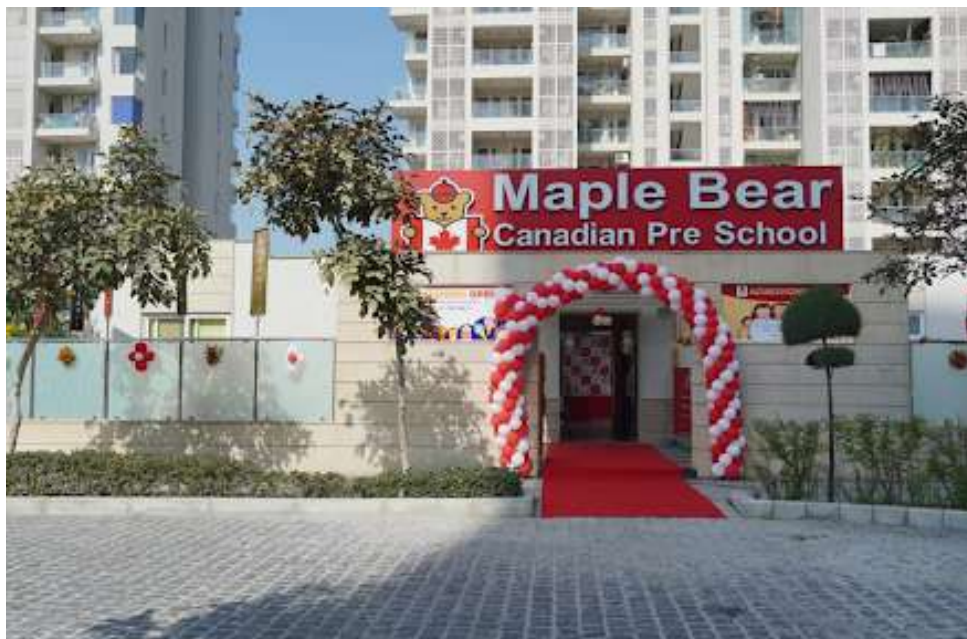
course in PG in Education Leadership from Idiscoveri Education. This program took her focus from toy manufacturing to experiential and integrated education, and she also found Storytelling. There has been no looking back since then. She included storytelling in trainings for adults, storytelling in classrooms for children, storytelling for Healing, and began to conduct training in Storytelling. Her scope of work expanded to being a performance storyteller, and she has performed at many National and International platforms.

Now a Puppeteer, a Puppet and doll maker, Toy Pedagogy Expert, an International Storyteller and an Education Consultant, Seema lays great emphasis on hands-on, experiential and integrated learning. In all her interactions- whether with children or with adults, Seema aims at creating engaging, safe, joyful and stimulating learning environments.

Through her storylines in puppetry and storytelling, she gently and subtly questions prejudices, mind-sets and attempts to bring about a shift in individuals for personal transformation. During the lockdown with more time in hand post her sessions, she again picked up cloth, needle and thread to create customised dolls and puppets. Her work is much appreciated and valued.



Maple Bear



Introduction of School

Every parent wants their child to get the best possible start in life and the support that enables them to fulfil their potential, and Maple Bear Canadian preschool Lucknow is a platform that provides this opportunity. 'Play and Learn' is the highest form of Research for Children. We at Maple Bear South Asia, a renowned Canadian early childhood and elementary school, follow the same for our children who are

here to think, learn, and enjoy being successful in life. Being a pioneering global brand, Maple Bear badges 500+ schools in 20+ countries which flags and delivers a student-oriented learning system in a safe, secured, and stimulating habitat that nurtures young minds to reach excellence, professionalism, and contentment in life. Since our establishment, we have always looked forth and imparted all-around development of children in the field of physical, intellectual, emotional, and social well-being. Maple Bear Canadian Pre-School is a pre-school which is located in Shalimar Gallant, Mahanagar and is gated within a well-secured housing campus.

Facilities of Maple Bear –

- Well-Planned Activities according to Different Age Groups.
- Balanced Education and Physical activity for all-round development.
- Well-ventilated, colourful, and cheerful classrooms.
- Encouragement of Digital Education System for interactive learning.
- Promising Adult-Child Ratio according to International Standards.
- Strict follow-up for cleanliness, discipline, and positive behaviour encouragement.
- Multiple choices for hobby activities.
- Advanced Summer camps.
- Delivers a student-focused immersion learning system



About the founders

Mr Sunil Agarwal and Mr Anil Agarwal are one of the most reputed businessmen in Lucknow. They have been in business for more than 30 years. Holding the titles of Founder, Co-Founder and CEO of many companies and industries, they are also the Founder of Maple Bear Lucknow. Since their childhood was not as lucky as those who could afford primary education, they always had a vision to take up something in the field of education, so that the upcoming generations are provided with the best quality education. They have a vision to nurture kids as learners, arm them with necessary skills and inculcate values that will make the nation proud. They believe that this decade will see many advancements in various fields, especially the education sector.



We are proud of how our school has grown and how much of a difference we have made in the community. We are confident that our students will maintain the reputation they have as being of the best educated and well-mannered in Lucknow, and that our school will continue to develop its curriculum and teaching style to maintain the high standards that have become its trademark. We also feel proud when we get to know that students of our school are getting admitted to the best schools of Lucknow for further education on their own merits, setting a benchmark, and also putting up the school-flag high in the sky.



As we open our doors to each new generation of students, expectations run high as we believe that our students will grow into the stars in our skies. Every day, we scale new heights, never standing still. We are very happy to be a part of this ecosystem, which allows us to serve the community through the power of knowledge, not just from books, but also from practical learning. We are fun learning, we are Maple Bear Lucknow.

-Team WS

SHOWSHABAAZ CARAVAN: KARAN ARORA

Karan Arora is the co-founder of ShowSha Baaz Caravan along with his sister Neha Arora. **ShowSha Baaz Caravan**, a Theatre Company and Film Making Caravan for children that began its dramatic journey in 2015. Karan was a student at Ryan International School, Mayur Vihar right from Montessori (1996) to Grade XII (2010) post which he pursued his graduation in Bachelors of Commerce from the University of Delhi. While in college, he started working as an intern at NDTV and immediately after graduating joined the Research & Elections Team at **NDTV** and also briefly worked with **Ms. Barkha Dutt** on her show We the People.



Having worked in a media house for 5 years, Karan quit his job to pursue Theatre and Dramatic Arts and founded ShowSha Baaz Caravan, a Theatre Company dedicated to making wholesome family entertainers, where he has written and directed several children plays such as Time & Again, Detective Billoo, etc and has successfully organized many Theatre Festivals across schools and is now a full-time Theatre Coach and Practitioner and works with various educational institutions as a Theatre & Drama Consultant across Delhi NCR.

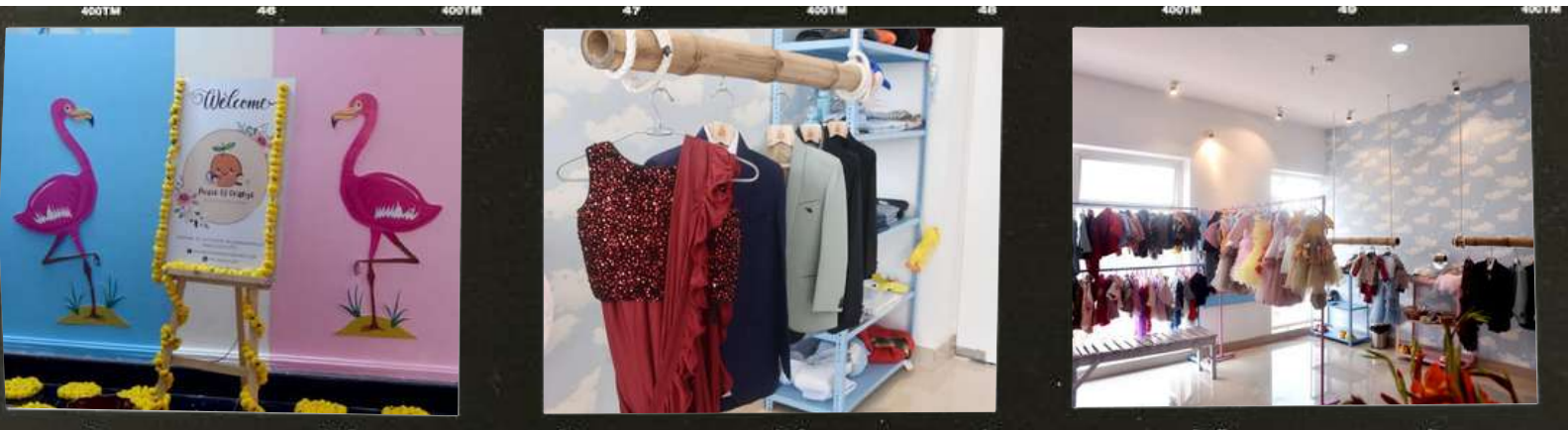
Some of the noteworthy productions written and directed by him are Detective Billoo – A Murder Mystery inspired by the works of Sir Arthur Conan Doyle and Saradindu Bandopadhyay.

The Bawarchi Diaries – A comedy anthology about one maid and six different apartments
Time & Again – A comedy/tragedy where two teenagers travel back to the '80s and '90s to solve the murder of a family member with dollops of nostalgia.

-Team Ws

HOUSE OF ORANGE

Being someone who has always connected deeply to her artistic side, finding inspiration in mundane things has never been difficult to me. Be it taking hours pestering tailors to get my suits stitched the way I want it, to redoing event decor a hundred times over if it's not done up to perfection, I can never allow myself to compromise with the quality if it's something I love. And let me tell you, "I love clothes" hundreds and thousands of them, which is why when I saw parents, especially mothers finding it hard to find the kind of dresses they would want their kids to don on their special days, it broke my heart but it also acted as an instigation, that it was about time to set foot in this mystic yet familiar territory of fashion and vogue.



House of orange is everything one thinks of when one thinks of clothes when one loves and dreams of dreamy dresses, our gender-neutral approach may have been the idea behind the name but our love for high fashion and our team's dedication to creating the best is what actually makes it "house of orange". A one-stop couture brand for all your dreams!

VIRTUAL CHILDREN LIT FEST

A Virtual Children Literature fest was organized on 6th Feb'22. Received a great response from children all over the Country.

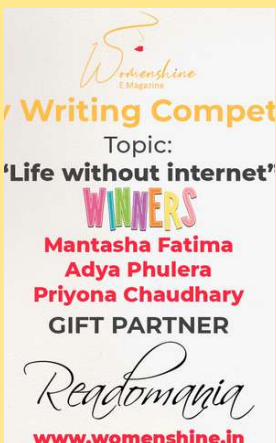
The Show started with the Storytelling session by Kshamatha, Founder of KathaandKrafts, followed by the Author session. We had authors like Roopa Pai, Ramendra Kumar & Kavya Mohindroo. The authors were interviewed by Anagh, 15 yrs old.

There was also a Puppet show by Seema Wahi Mukherjee, Puppeteer, and a Fun theatre workshop by Karan Arora Founder ShowSha Baaz Caravan VOW.

The three hours were actually a Virtual treat to Children. they got involved in many activities too.

There was also a Story Writing competition and the results were announced on 6th Feb'22 only.

Winners are:



1. Topic: "Person I admire the most"

Winners: Arish Haider / Praneel Sensharma / Shyla

2. Topic: "What If I met my favourite cartoon character"

Winners: Krishna Varia/ Ishleen Kaur/ Adhya Singh & Adya

3. Topic: "Life without the internet"

Winners: Mantasha Fatima/ Adya Phulera/ Priyona Chaudhary

All these winners will get books written by Ramendra Kumar from READOMANIA, our Gift Partner.

Thanks to sponsors: Maple Bear, House of Orange & Humpty Dumpty, Mompreneur circle, Readomania.



See you in the next edition