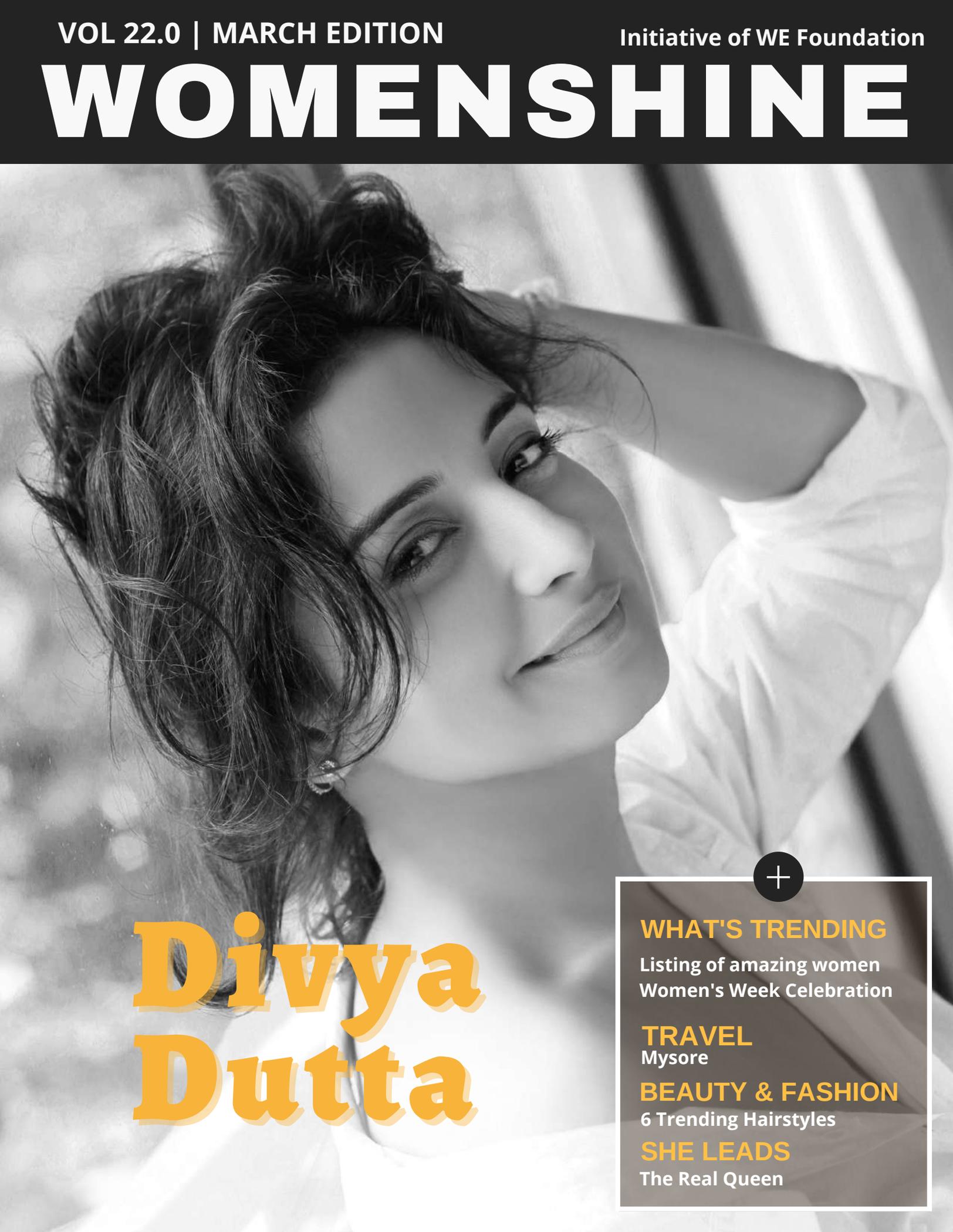


VOL 22.0 | MARCH EDITION

Initiative of WE Foundation

WOMENSHINE

A black and white portrait of a woman with long, dark, wavy hair, looking slightly to the right with a soft smile. She is wearing a light-colored, possibly white, top. The background is softly blurred, suggesting an indoor setting with light coming from a window.

**Divyanka
Tripathi**

+

WHAT'S TRENDING

Listing of amazing women
Women's Week Celebration

TRAVEL

Mysore

BEAUTY & FASHION

6 Trending Hairstyles

SHE LEADS

The Real Queen

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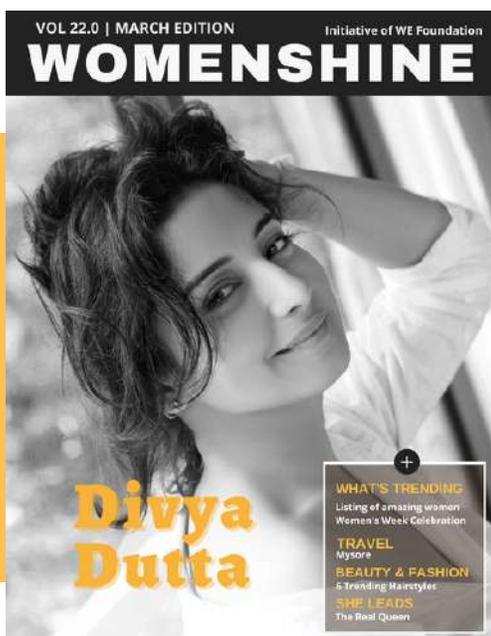


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(For editorial queries, e-mail:connect@womenshine.in)



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 Women's Day edition dedicated to all amazing women who are doing wonderful work in their domains.

WE have also taken out a separate edition on "Rising Stars of the Esat India" do take out time to read that too. It also has very inspiring stories.

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

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

A very happy, safe, and colourful Holi to everyone !!

Stay Safe | Take Care |

**"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

MY FIRST VALENTINE GIFT



It is still fresh in my memory

The decked-up gift shops in Vittalwadi...

The flower shops overflowing with **RED ROSES...**

The cake shop racks full of **HEART SHAPED cakes...**

It was my first February in Hyderabad...

I was a 16-year young girl who completed her 10th grade in a town and came to stay with her maternal uncle to pursue further education.

I had no idea about the word **"VALENTINE."**

I had no clue of the word **"DATE."**

Whenever my brother and I had any question in mind, we asked our parents for clarification. Our parents always supported us in getting the best possible answers.

Following our regular practice, I approached my dad and expressed my doubts regarding the words **"VALENTINE and DATE."**

My dad smiled and said this to me,

Valentine is that person who spreads love unconditionally. A person who takes care of people around him or her. It can be a mother, a father, a brother, a friend or any other relationship.

Date can be any person with whom we make an appointment to discuss or share our feelings of joy, happiness, anger, pleasure etcetera. We usually go out to a nice place with a prior plan.

I was extremely fascinated with these answers and immediately asked my dad, **"WILL YOU BE MY VALENTINE?"**

He smiled and said, **"YES"**

I hurriedly asked him, **"CAN WE GO ON A DATE?"**

And the answer was **AAAAA..... "YES."**

My dad and I walked hand in hand to THE CAKE BANK in **Himayath Nagar**, (it exists today), had pastries, went to PASSIONATE gift shop, (this one exists too), bought a wonderful, HEART SHAPED GLOW IN THE DARK GIFT, that says **"I LOVE YOU"**, when you press it in the middle of the HEART, (I have it with me) and walked back home hand in hand.

Every year since that day, I recollect this as soon as February shows up on the calendar.

I feel ecstatic when I think that I may be the ONLY ONE on this earth, who got this opportunity to celebrate the **FIRST VALENTINE DAY**, went on a **FIRST DATE**, received the **FIRST VALENTINE GIFT** from the FIRST MAN of my life...MY DAD. Today, as I write this, I am thinking of celebrating my Valentine day with my dad this year too, just the two of us...reliving the memory that is still fresh.....



Written by : Anuradha Tamarisa Kandala

DOES INDIA STAND ON THE PARAMETERS OF GENDER EQUALITY?

“It is time that we all see gender as a spectrum instead of sets of opposing ideologies.”

WHAT IS GENDER EQUALITY?



A situation where everyone has the same rights and advantages to do anything and everything. It is about ensuring that every individual has an equal opportunity and is not treated differently or discriminated against anything because of their characteristics. Gender equality is when people of all genders have equal rights, responsibilities, and opportunities. Everyone is adversely affected by gender inequality - women, men, trans and gender diverse people, children, and families. It impacts people of all ages and backgrounds and does not contribute to nation's development and progress.

WHY IT IS IMPORTANT?

The growing awareness about the necessity of gender equality in India makes extreme prominent sense. Moreover, people are gradually realising that equality is no more a women-centric issue but an economic one. It is only possible in an equal society that organisations and nations will reach to their fullest potential and prosper achieving greater heights. Gender Equality prevents violence or anti-social behaviour against citizens (especially women & children), it makes the nation strong and safe ensuring fundamental rights for its citizens are protected well. Thus, helping nation to grow both economically and socially.

WHAT IS THE BIGGEST ROADBLOCK TO ACHIEVE GENDER EQUALITY?

In India, gender inequality is an outcome of unequal or biased opportunities which impacts the lives of individuals irrespective of the gender. There are risks, violations, and vulnerabilities; Historically, girls in our society face more discrimination because of their gender and are subjected to gender unfairness and social norms and practices where they are often exposed to the possibility of child marriage, early pregnancy, domestic work, poor education and health, sexual abuse, exploitation, and violence. Many of these signs will not change unless girls are valued more and made aware of their rights. Also, bringing in equality is not responsibility of any one gender but as a society, we all should contribute and treat every one well around us irrespective of any biases, cast or creed.

WHAT CAN WE DO IT TO MITIGATE?

By realising the value of every individual, we all can collectively contribute to the achievement of specific outcomes such as some short-term goals like increasing access & options for education, others mid-term goals may include ending child marriage or restricting with strict laws, and others long-term goals may include eliminating gender-biased sex selection etc. Changing the perspective towards gender equality should include all (men, women, girls & boys). It must be mobilised in all possible sectors in society to spread awareness. Only when society's perception will change, and every individual would understand the significance of gender equality we would be able to achieve the right balance.

INDIA AS A GENDER EQUALITY COUNTRY

Gender equality in India is the most desired achievement and milestone, which our Nation is craving to accomplish a since long time. Gender equality is not any more a moral responsibility or a social cause, but it is also a social, economic challenge. Gender Equality leads to human development and plays as a catalyst in overall development of the Nation. INDIA being a Nation full of achievement, still lags few appreciations and milestones in the case of Gender Equality. Discrimination between genders affects many aspects of an individual life, from career development and progress to mental health disorders. While Indian laws on rape, dowry, and adultery have women's safety at heart and ensures protections, many highly discriminatory practices are still occurring at an alarming rate every day. Many of them don't even get reported or culprits given required capital punishments. The achievement of gender equality in India implies changes for both men and women collectively. It is crucial not to overlook gender as an aspect of men's or women's social identity. It is certainly right of every citizen in INDIA. Gender equality in India is a term more which is more than just an equal representation in society. It is strongly associated with women's rights and often requires changes in polices or laws. Without a doubt, Gender Equality in India is the secret for all upheld success that our Nation deserves in the long run, it is the secret mantra for achieving the desired state of the Nation and continued success. While we did see significant progress over last few decades like More girls are going to school, and very few girls are forced into early marriage. Women are actively participating and serving in parliament, defence and leadership positions, and reformation of law is initiated to advance gender equality. Some more examples include – Men and women being paid at par for the same kind of work and have no biases based on gender at the workplaces. From health care standpoint they get same medical help, medicines, nutrition, and support etc. In 2018, within the global context of the #MeToo and the Time's Up movements, actress **Tanushree Dutta** shared her experiences of harassment in the Bollywood film industry and is said by many to have started and ignited the #MeToo conversation in India. With the ever-growing movement and awareness in India, more and more women are speaking about their experiences of sexual harassment and gender-based violence and voicing their opinions on equality. It is an extremely important step towards a world where all genders are viewed and accepted as equal. But this does not mean that gender inequality no longer exists. Despite this progress and people getting more and more aware around gender equality, challenges continue to remain due to social norms, biased laws etc. Let's commit to accelerating equality for all with meaningful actions to build an inclusive nation.



Written by :
Abhrekha Jain Sahlot

Women's Week:

Women's week was celebrated by 7 FB live series and 1 Instagram live. We got to interview amazing personalities who shared their journeys, challenges and achievements.

1. Shoma Mitra

Author, Entrepreneur, Coach, Editor Shoma Mitra in conversation with Rinni Maheshwari narrated her journey of how she became a successful entrepreneur and author. Coming from Journalism background writing happened to Shoma and she has written various books, one of them being "Wings of Women". Presently she mentors young and budding authors around the world and guide them in their writing journey. In the past 2 years, she has helped around 55 people publish their books and generate valuable media attention.



2. Lilian Ong

Social Entrepreneur, Community Builder, Author, Speaker, Courage Coach & Breakthrough Catalyst, Founder of Class Living, Her Courage BizNetwork, Women of Courage Asia and Connecting Mothers Support Group- with so many achievements Lilian shared her insights about how she does so much and manages them all perfectly along with being a

wife and a mother. During her conversation, she highlighted she along with her team is on a mission to create & provide highly tailored transformational programs to develop courageous women leaders so that every woman is equipped with tools to succeed in their personal lives, as well as their businesses.



3. Dr. Ankita Singh

Founder of HR Association of India Dr. Ankita Singh has been working in the field of HR from past 22 years. She is a winner of various national and international awards, Forbes being one of them. During her conversation she emphasised how HR, not only being her job also is her passion. Along with her professional excellence, Ankita is very active in supporting



social causes by working closely with various NGOs on Child Education and Development. She is also an avid traveler and a passionate photographer.



4. Prof. Debajani Baxipatra and Dr. VishnuPriya Pandey

Both being actively working in central universities from several years, believes in not just knowledge of books but talks and practice holistic development for all their students. Prof. Debajani is actively associated with social services from number of years. Dr. VishnuPriya holds 7 master degrees, along

with teaching at IIMC, also takes personality development classes and kathak classes. Both the teachers highlighted how family plays an important role in the growth and success.

5. Bandana Sinha

Bandana Sinha is a working professional 30years. Her experience speaks of immense knowledge and expertise she has in her field of work. She talks about fulfilling your dream by working efficiently in the organisation and thinking of it as something of our own. She emphasised on the importance of a mentor and how they play an important role in ones success

story. Travelling is an essential part of a person life and it should be done by everybody to learn and grow.



6. Nidhi Khare

Additional Secretary in the Department of Consumer Affairs, She is an IAS officer of the 1992 batch. She has held several important administrative posts such as Administrator, Patna Municipal Corporation, and Collector of Jamshedpur, Madhubani, and Dumka districts. And has worked in various sectors like Education, Labour, Health, Disability,

Environment, and Finance. She talked about the history and condition of women in India and how they were fighters right from beginning. She talked about the role of women in society.

7. Aarti Bindra

Being an entrepreneur from more than two decades, Aarti talked about her she started her three successful ventures. And how has she been running them. Aarti highlighted how running a business is not the only important thing but also scaling it, is also an important part. She also talked about failures that sometimes happen in every business. "Treating failures as learning is a way of success", stated Aarti.





Womenshine
E Magazine

TOP
WOMEN
in 2022



Shining Women

AUNKITA: ZERO TO THE MULTI-MILLION DOLLAR - THE STORY OF DETERMINATION AND ZEAL



As the first generation entrepreneur from her entire clan, Aunkita did not have much encouragement from anyone when she expressed her willingness to become an entrepreneur. She was told not to dream about having her own business because it's risky. But, she was ready to go against all odds and decided to take a plunge into entrepreneurship. Six years later, Tier5 Technology Solutions Pvt. Ltd, the company she co-founded and works as the MD is considered as one of the fast-growing product-based SAAS companies

of current times. The company specializes in building unique user-friendly SAAS software that helps other businesses and entrepreneurs to save time on social media and generate passive income online. She started from scratch and now the net valuation of the company is estimated at 15 Million dollars approximately. The company has 25 SAAS(Software as a Service) products and over 15000 happy customers globally. Apart from managing her business, Aunkita spearheads 'Helping Hands' the CSR wing of Tier5 that works for the empowerment of unfortunate kids. Hence, on this women's day, I would request all women to break free from their own chain of thoughts that question their capabilities and rather start doing what they love the most. Just like I did."

RINNKU G



Rinnku is on a mission to help 100,000 people 'Discover their Mojo', their unique blueprint to success and happiness, using a mix of behavioural profiling tools, people development

interventions and occult sciences. She is a NumeroVastu consultant, speaker, POSH consultant, and founder of Rightwaay, an HR consulting firm. Her Nakshatra Tribe is a strong community of people helping each other to Learn, Grow and Reach for the Stars! Her book 'Soul Spa for Young Adults' is out on Amazon. She loves writing in Hindi and English and her poems have been published in multiple anthologies and holds a certificate of publication by the World Book of Records, London.

SHEEBA IQBAL: "AAB-O-DANA"



Sheeba Iqbal Jairajpuri, an entrepreneur. started a home-dining experience called 'Aab-O-Dana'. She lives in a house built in 1901 that beams of culture and heritage.

Through '**Aab-O-Dana**', she took forward age-old traditions and values and provide visitors with an extravagance of mouth-watering, classic dishes while basking in the air of Lucknawi tehzeeb and nawabs ambience. At Aab-O-Dana, visitors are served dishes not found in a regular restaurant. The recipes have been preserved and passed down several generations as heirlooms. The recipes of my ancestors are kept alive and adorned my guests with everything that screams Lucknow and its fascinating culture.

RAJNI MANDHYAN



A Naturopath and a Yoga Expert. Her passion is staying fit and spreading fitness. March is undoubtedly dedicated to women, but she feels that femininity is a quality that

A Naturopath and a Yoga Expert. Her passion is staying fit and spreading fitness. March is undoubtedly dedicated to women, but she feels that femininity is a quality that provides her with an advantage over men, so we should constantly honour womanhood as a magnificent achievement.

"I've been celebrating it since I was born, and I've helped a lot of others with exercise, yoga, and diet", says Rajni. She founded Pain to Peace Yoga Centre in the year 2000 and due to her client's blessings it has been functioning since the past 22 years. The centre is entirely dedicated to women. They arrive as a client and become a part of the yoga family for life. Many of their emotional and physical diseases are treated here, including stress, anxiety, sleeplessness, melancholy, weight loss, PCOD, arthritis, high blood pressure, backache, and many others. We have a distinct, well-equipped dieting section here. Many counselling sessions are carefully handled and kept confidential to win over the trust of our clients. In this never-ending quest, she has also won Mrs. Fit@40, Mrs. Health Queen India, and several prizes, including Best Women Achiever Award, Best Naturopath, and Yoga Expert. Now she is starting soon a new venture in Lucknow by the name "**Yoga Station**".

NIDHI BANTHIA MEHTA



Nidhi is a silicon valley serial entrepreneur, Public Speaker, Entrepreneurship Trainer, Business Coach, Podcaster, Mentor, and adventure sports & travel enthusiast.

She is the founder of Stepz (USA), BollyBeatz.com (Health, Fitness & Wellness space - USA, Singapore & India) , NeedyBee (E-Commerce & Etailing brand - India), SelfAchievers (EDTech). She has successfully built companies in the product and service sector and sold them. An MBA Graduate from SP Jain Institute of Management & Research and an LSR Graduate in B.Com Hons. Nidhi has a certificate in Entrepreneurship from ISB Hyderabad & Harvard. She comes with an entrepreneurial experience of 20 years and two years of work experience with McKinsey&Co.

Nidhi received the distinguished Women's Economic Forum Award for her contribution in the field of "Corporate wellness and well being: Transforming Leadership"; Womenovator Global Summit 2021 Awardee for Women Empowerment and Niti Ayog's Top 100 women Transforming India and is currently nominated for the Global Women in Leadership Award 2022.

She is a TEDx speaker. Her work portfolio includes UNWomen, 36 Government Atal Incubation Centers across all Indian states, WeHub Telangana Govt, Lal Bahadur Shastri National Academy for Administration, Manipal-BioNest Incubator, StartUp Oasis for Rajasthan Govt, and more. Nidhi is a published author, Yoga practitioner and a Mentor, Educator, and evangelist for Refugee Entrepreneurship and Women Entrepreneurship.

KRITI GUPTA



Kirti Gupta, a Tech Entrepreneur and Swayamsiddha women achiever awardee has started her journey from Lucknow in Dec'15 with a motive of creating IT opportunities locally. She strongly supports "**Beti padhaao and beti employ karo**" as she believes in the multitasking capabilities of girls. Her women-centric initiatives in the past were also acknowledged by UP govt.

ARUNA DAS

After 7 successful years, working with Deloitte and Accenture, Aruna chose to start her entrepreneurial journey with Catalyst Image Consulting, with a mission to help individuals and

organizations realize their true potential. The industry was new then and not many had heard of it. Starting with corporate training for image and soft skills-related topics, she has grown over the years and added NLP and Life Coaching to her expertise. She has contributed immensely towards her fraternity by mentoring newcomers in the industry and also training at her alma mater for well over 6 years. Being in the industry for over a decade, she has touched 20,000+ lives through her training workshops for corporate and educational institutes. Her individual consulting is focused on senior leadership (CXOs), celebrities, and politicians. She has also worked with school and college kids. Aruna is also a recipient of various Leadership and Entrepreneurial awards. She is a self-made professional, fighting against all odds. What sets her apart is a positive attitude, ability to engage with people across age groups, diverse socio-economic backgrounds, and bring about tangible change

AISHWARYA PEWAL

Aishwarya Pewal is passionate and active... May it be anything. She loves her work, n let work love her. She has been working as a Voice Over Artist for 5 years now.

She had worked for Maharashtra DGIPR, Tata Sky, DishTV, BollywoodBubble, and many more. She was appointed as the official RJ for UNICEF Child Programme in Maharashtra. Apart from voiceovers, she is a super-talented and versatile anchor and producer. She is currently working with Lokmat Media Pvt Ltd and leading one channel -Lokmat Sakhi as an Anchor. She also had worked with Pillai's college, Navi Mumbai as a Guest Lecturer. When it comes to running a business basically of your own talent, one needs dedication and she has it all. She has the skill of attracting audiences and making it a hit story. Apart from the professional front, she is a Guinness Book Of World Records Holder in Bharatnatyam and Lavani. She teaches Bharatnatyam online for 1 and a half years. Talent, dedication, a positive approach, and being a student for a life which helps in learning every single day, all these qualities have made her a self- made independent woman.

MEGHNA AGARWAL

The entrepreneurial journey of Meghna Agarwal, Cofounder IndiQube spans over 15 years of experience has been about challenging the status quo, believing in self, and beating the odds. Her interest in diverse sectors has led her on a journey of growth across manufacturing, HR, consulting, and commercial real estate. This exposure has helped her create great value through the companies she has cofounded, namely UltraFine Minerals, HirePro & IndiQube.

Meghna's achievements have been recognized with several awards including her being featured amongst "Shepreneurs Women to Watch" in 2021 by Entrepreneur Media, winning the "Women Entrepreneur of the Year" Award at Startup Awards 2021 & 'Young Achievers Award' for excellence in Real Estate by ET Now.

KAMALA SHAH

My life is no exception to other entrepreneurs in that it's been replete with trials and errors, experiments and lessons, profits and risks etc - and all these dozen odd years of

learnings, I have condensed in my affiliate model for aspiring women entrepreneurs. It is aimed to help serve a cushion for all those qualified women who are unable to strike work-life balance thru employment but would still aim to be productive. The main line of my business is to help students strike their fortune in foreign countries thru our well-networked team that includes world class universities to high commission officers of various countries.

Not stopping with making careers for students and professionals who look for career opportunities abroad thru my Affiliate model, I also support those in India, especially women, who particularly would need some handholding to re-establish themselves in life thru career using self-employment model with no risk or high investment

NEHA VERTIKA

Neha Vertika is a poetess, writer and a Tarot Card reader from Lucknow (presently living in Zurich Switzerland). An MBA by qualification, who has worked as a soft skill and

motivational trainer in past in US & India, she is seen as a rising & promising face among poets and her writings are well acclaimed specially at social media platforms where she can be frequently seen in Facebook live poetry shows and also actively writing in various newspapers, magazines and Pratilipi etc. She has inherited this skill from her late grandfather Padamsri K.P Saxena, famous satirist & script writer for biggest Bollywood hits like Lagaan. She has been writing since childhood but her second journey as a poetess started 2 yrs back where one of her rendition on her city Lucknow 'Main aur Mera Lucknow', written at a famous Facebook group Lucknow Connection Worldwide became immensely popular and Viral. Her dream is to be remembered as a poetess whose writing touches the heart and can make meaningful contribution to the society.

**DR. BABITA**

Dr. M. Babita Mukhyara is basically chemical engineer and PhD in Mechanical engineering from Jntuh. I am blessed with 14 years research experience at Indian Institute of chemical technology, IICT. I received fellowship as women scientist for three years from DST, Delhi 2009- 2012. I got selected from India to present scientific paper at London, Westminster in June 2018. I also published two scientific papers in international journals of Elsevier as the first author. I am the

life member for Indian Institute of chemical engineers IICHE. I stepped in as entrepreneur from last 5 years in BOUNTEN Company as chief technology officer with my product Zoftnor - water softener, which is zero maintenance. Zoftnor is a "state of art" in water softeners with most advanced intelligent German-based Technology. It is specially designed keeping in mind the changing water quality and removing the existing scale from pipelines. It gives you the most advanced water quality standards. Reduces Scaling issues with the Showerhead It removes chemical contaminants, making the water much less harsh. I received special recognition award at Rural innovators start - up conclave RISC - 2019, held at National Institute of rural development and Panchyati Raj, Hyd. I am also annual member at Confederation of women entrepreneur COWE, Telangana chapter.

ANURADHA MANTRI JAJU



Anuradha Mantri Jaju, is a person and professional driven by the ultimate purpose of life.

By academia, she holds a doctorate degree in Botany, later decided to become an

entrepreneur. She is the FOUNDER & CEO OF EAGLEDATA SOLUTIONS, a data management services company with several international clientele. Among her peers, she is a highly respected business leader who believes in employee-first philosophy. Anuradha is a well-known counselor with a key focus on helping women and children. She believes that this world can become a better place if we instill values in our young children and preferably even before they are born. With this holistic objective, she has shaped up 'Talk n Share' with a unique program on 'Garbh Sanskar'. By now she has worked on nurturing hundreds of young souls. Speaking with her for a few minutes can tell how passionate she is towards Counseling and Garbh Sanskar, in her words, her ways of giving back to humankind. She is a melodious singer who has been formally trained by Padma Vibhushan Pt. Channu Lal Mishra.

ANURADHA TAMARISA KANDALA



Happiness is the ultimate result of being a part of Happy Hearts. Anuradha Tamarisa Kandala, the founder, owner, educators, support staff, and parents work TOGETHER for a

SMILE on the child's face. She has work experience of close to 20 years.

We experienced great relationships, received abundant blessings, unconditional love, and timely support from everyone whether they are directly related to Happy Hearts or not. She is a homeschooler to her two daughters ANVEDITHA, 11 YEARS, and VEDANVITHA 9 YEARS.

HAPPY HEARTS, a learning centre where CHILDREN ARE THE ONLY PRIORITY. A perfect example for SKILL-BASED LEARNING. She is an International qualified Access Consciousness Bars practitioner, a Tai Chi, Qi Gong practitioner, an educationist, free-lance SKILLS trainer. Her work involves training children, parents, teachers. She is a soft skills trainer and has trained many corporates. She loves singing and reading. She aspires to reach out to young parents who desire to make their children HAPPY. Her day is filled with children and their happiness.



PURRNA KRALETI

Mrs. Purrrna Kraleti is a Multi-Faceted Woman, a warm and vivacious woman who takes a primary interest in Mental Health and Wellbeing. Post pandemic the world needs more healing and more nonjudging listening spaces. So, she believes that the inner canvas is something that needs to be continually upgraded and worked upon.

She is also a Masters in Psychology, a Cognitive behavior Therapist, NLP

Tarot Card Reader, and Yoga Prana Vidya Certified Instructor and Therapist, she believes in the philosophy "Happy Mind, Happy Life"

She has presented a paper on "Efficacy of Planetary Peace Meditation on Academic performance in school children" published in IJPE (Indian Journal of Psychology and education) VOL.10, no 2, July 2020.

Another Research article of hers "A Case Study of Treatment of Nephrotic Syndrome Using Yoga Prana Vidya (YPV) Integrated Holistic System as Complementary Medicine

January 2021" was published in the International Journal of Medical Science and Health Research.

DR MADHURI AGARWAL



She is an Anesthetic dermatologist to some of the most beautiful faces in Mumbai, Dr. Madhuri Agarwal is the Medical Director & CEO of Yavana Aesthetics Clinic.

She has been catering to a wide gamut of people from diverse backgrounds including top names from the television & fashion fraternity, CEOs, entrepreneurs, and housewives. She was always inclined towards specializing in a business of her own. From a very young age, she was drawn towards the science of aesthetics and thus began her journey with an MBBS from Mumbai University after which she pursued and completed her MD in dermatology from Mumbai University

In 16yrs of her journey in YAVANA, she has transcended from being a dermatologist and an aesthetic surgeon to a true Beauty Conjurer. That's how at YAVANA, she delivers **"The best in beauty"**

POOJA SANWAL



A wife and mother is also cake artist. She was a teacher at "The Millenium school" for 7 long years. Then for family reasons she had to leave her job. During her pregnancy, she lost her

mother, and with no mother figure at that crucial time..neither mother-in-law. She had to start her motherhood journey alone but Her husband being her best friend and a strong pillar supported her throughout her journey. With her husband's support, she started her venture as a Cake Artist in 2019.

And besides being a Cake Artist, she also helps her husband in his event planning and banquet management business.

ANURADHA GUPTA



Mrs. Anuradha Gupta is a beautiful combination of simplicity, undaunted spirit, and innovative style. She is an ordinary person with extraordinary drive, compassion, innovative

ideas, passion, energy, and dedication. An ardent Nature Lover or Earth Buddy, Social Innovator, Social Engineer, Sustainable Lifestyle Motivator, Transformational Trainer, Mentor, Social Solopreneur, Founder & General Secretary of Prithvi Innovations, a not-for-profit social enterprise, she dons multiple roles with equal ease, joy, and balance. She has been a recipient of many awards and honours, mainly for her amazing environmental and social contribution, innovative out of box ideas, unparallel passion, dedication, consistent efforts, and for her simple, pro-active, participative, and practical approach.

On Dec. 2015 at PAN India level, she received the Grand Prize Winner Award from Honourable Prime Minister Shri Narendra Modi himself, for her all-encompassing idea of Reducing Food Wastage, ensuring food security and reducing malnutrition and hunger, as well as providing livelihood. She has created Oxygen Hubs or factories by planting more than 25000 saplings, saving resources, and reviving the good healthy, sustainable cultural practices, rooted in our Sanskriti.



#shiningwomen

6 Trendy Hairstyles that are in vogue in 2022

If 2021 focused on embracing natural texture and no-fuss hairstyles for clear reasons—movie nights on the sofa were quite the Friday night highlight! —2022 is gearing up to be all that and a little something extra. Ringing in a new year calls for fresh starts of all sorts, making it an excellent time for new hair trends.

We're considering last year's low-maintenance styling up a notch with statement-making haircuts that do all the work and call back to decades past—only the stylish ones, of course. If you've been wanting shaggy layers, blunt fringe, and retro styles, we have got a suitable solution for you, without chopping your natural tresses. No more promises to a single colour and style, 2022 is all about trying everything, anytime, anywhere!

Here are the trendy haircuts you'll be seeing everywhere this year and you can try all of them effortlessly by yourself.



THE TRENDY HAIRSTYLES OF 2022 ARE TO TEST URGENTLY!

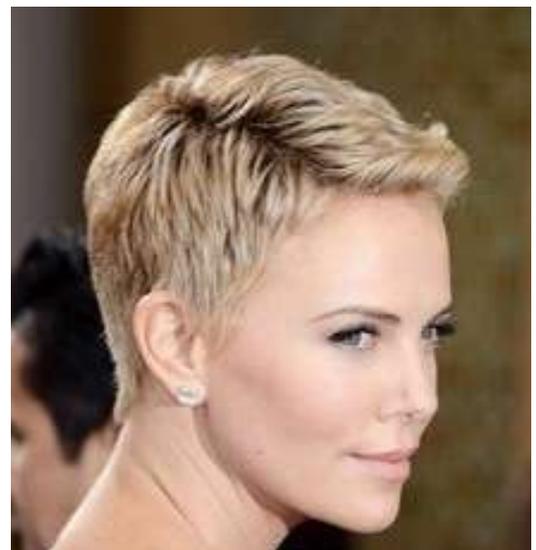


The bob bob

Want to switch to a more stylized version of the cut squared? The "bob" is all right. The square bob is ideal for medium length. The "bob" is a variant of the square stricto sensu since it is more deconstructed, can be slightly wavy and can bring volume to the hair.

Mid-length cuts

Long, short, and also mid-length: yes if you want to choose between long and short the middle is a perfect compromise which is all the rage at the moment and will also be all the rage in 2022 hair. Easy to style, it's perfect for working girls who don't have time to spend hours styling their hair.



The boyish cut

The ultra-short is back in the spotlight and will remain a cult favourite even in 2022.



The long bangs

The bangs and in particular the curtain bangs show off the foreheads of many women and this will always be the case in 2022. This style, with a little touch of the 70s, has not finished talking about it, that's for sure. Now you can revamp your look without cutting your hair super short because all you need is the makeover. The good news is, curtain bangs work well with straight, wavy, and curly hair types. Plus, they are super versatile and can complement many hairstyles like ponytails, up-dos, buns, and more.



Written by :
Aditi Gupta

The gradient

Among the hairstyles in vogue in 2022, we find in particular the gradient like the Wolf Cut which is the trend of the year. This very pronounced gradient makes it possible in specific to give volume and dimension to the face.



XXL lengths

If short haircuts are all the rage, long has its position among the hair trends of 2022. So if you have short hair or want an oomph of volume on your natural lengths, opt for hair extensions.

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The Real Queen

National Girl Child Day is one of the numerous days being celebrated, wherein I stumbled upon a campaign by a magazine. The article targeted boys' parents with the content about how boys should be raised so that the girls feel secure in society. Appreciate the concept. But then a thought struck my mind. Is it only the male population that makes the other half feel insecure or less worthy? Never have I witnessed an engagement or marriage where the widows are also a part of any ritual which involves the couple. Nor have I seen any baby showers or naming ceremonies where a child-less woman is an equal part of the ritual.

If you are a Mumbai resident then it's a well-known fact that the women's coach in the local trains is defamed for being the least supportive as compared to that of men's. A study into the identity of trolls conducted by UK-based Demos reported that social media trollers had a higher percentage of females than males. Women shaming women on basis of physical appearances, divorces, or being single parents isn't uncommon. Recently when a former Miss World and now an international celebrity opted for surrogacy to embrace motherhood, the criticism was awful. It's a matter of pride for some women to boast if their husbands stepped at least once in the kitchen. A peek into the lives of the world's famous chefs or classical dancers would reveal that the greatest opposition they faced, for choosing the uncommon professions, were from their people. No, I am not expecting any immediate cultural breakthroughs or debating about slashing the norms of patriarchal society, but being and behaving a little human.

Let's teach our boys and girls that cooking and earning are not gender-based responsibilities, instead, they are the survival skills that every individual should be versed with. What clothes do not form the measure of judging anyone's character and masculinity doesn't mean hiding one's tears. Respect can't be "taught" to children. They are influenced by what they see. A gossiping, critical and shaming mother cannot build a respectful generation. An empathetic approach to others' situations would make a world of difference. Let's make society more peaceful and comfortable for women without questioning their decisions or criticizing their choices. Empowering and supporting each other going beyond the barriers of physical appearances, marital or socioeconomic statuses.



Ritu Parelkar

Meghna Gandhi: Baroda

A business is ideated

This ex-investment banker, after getting married in 2006, moved back to Baroda, where she was born and brought up. She joined her husband's business and took up studying CFA, pre-pregnancy, as a hobby. However, she yearned for the delight of a happy, tangible outcome after a day of hard work. Coinciding, her other thought, **"Looking at my daughters, I always felt that there is a need for better hair bows and pins in the market."** This lit her desire to start a brand of her own, with products that would definitely be of use to young girls.



Come 2011, ribbons of the finest quality were imported from USA to ensure products of the finest quality. From the basement, Meghna with a handful workers started making hair accessories like hairpins, bows, and clips for girls of age 0 – 12 years. With her daughters by her side as critics, the mommy founder herself check each finished product's quality, since they were all handmade.

Brand comes to life

They started out by participating in exhibitions in Baroda, which proved to be very successful. In confidence to step in the 'bigger' cities, such being Mumbai, Hyderabad, Bangalore and Ahmedabad, Ribbon Candy exhibited its products in various exhibitions held across these places.

Products by Ribbon Candy | Photo courtesy – Ribbon Candy

Currently, the products are sold through their website and e-other commerce portals like First Cry, Hopscotch, and Myntra. As well, they own a retail outlet in Baroda.

More than 1000 SKUs are offered by Ribbon Candy, out of which 600 are hair accessories and other funky jewellery. One of their fast moving products are hairpins, selling approximately 1500 of these in a month. But their star product is Curly Korker, which, as claimed by Meghna, is not produced by any other Indian brand. The product prices range between Rs.100 – Rs.350.



Expanding her creative base, in 2018, Meghna started manufacturing kids' apparel made of pure cotton, and unique prints that are purchased from designers.

"If I'm not able to find products up to my expectations for my daughters, I intend to make it by myself (laughs). Since I have the skill-set to execute this, and the scrap material that becomes available from the clothes is used for making complimentary hair accessories, it allows me to build a sustainable clothing and accessories brand with an ideal use of cloth waste."

Team members, the valuable contributors

Starting with two workers; Meghna's maid and her driver's wife, the venture, now, has 20 women working for it. To induct them as work force, they are taught the necessary hand work, then provided with a material kit that they take back home. The ladies, then, make the required products and supply Ribbon Candy with the finished items. For them, payment structure is based on the number of pieces made per day. Women working at Ribbon Candy | Photo courtesy – Ribbon Candy Seeing a working woman to make a livelihood for herself serves pure satisfaction to Meghna. She shares, "These women come from a backward class and intend to earn little money. It's a big deal for them to be a valuable contributor to their family. When some of these ladies say that they got a phone for themselves, or a cycle for their children, or enrolling their child in some computer class, all from their hard-earned money, I feel extremely happy from them!"

Diwali is one such festival that urges Meghna to push her limits, no matter what.

"When my workers get their Diwali bonus, their show of respect for me is overwhelming. I feel, in those moments, that I cannot give up under any circumstance as their livelihood depends on me. It's a mixed feeling of embarrassment and responsibility as they have a lot of expectations from me."

Lockdown : The hindrance

Ribbon Candy's offline exhibitions were an instant money-maker for the brand, contributing 80% to the total revenue. But that was put to a stop when Covid-19, and subsequently the lockdown hit the nation. With courier companies shut as well, the brand couldn't sell during the months of March and April 2020. However, they saw a shift in consumer behaviour during this pandemic for online purchases. Grabbing the opportunity, they started manufacturing masks and other fabric accessories to maintain their business, and visibility in

the market. Meghna, Founder of Ribbon candy with her team of workers | Photo courtesy – Ribbon Candy



Journey of the Mommy founder

The brand, from scratch, grew into a successful business for which Meghna credits her spouse who stood by her through thick and thin. The mother of two, being an entrepreneur, often faced challenges and was taken for granted. She shares,

"During the initial days of business I travelled across cities wearing sports shoes and a backpack full of all my products, in a bid to approach exhibitors. People, more often than not, judged my capabilities as a business woman. But now they have started to respect me, and I believe that I have earned it!"

Dedicated as she is, this mommy founder balances her professional and personal life with some good time management. She sets aside five hours of work time in a day, mostly during noon. This allows her to be around her daughters even while she is busy with her venture.

She signs off with an advice for fellow mothers,

"Don't be hard on our self and plan for achievable goals, as we women have a child or children and a household to look after, as well. So, set milestones as per your own situation and lifestyle, and don't compare it with others."

LILIAN ONG



*Social Entrepreneur, Community Builder, Author, International Transformational Speaker, Courage Coach & Breakthrough Catalyst.

*Founder of Class Living, Her Courage BizNetwork, Women of Courage Asia, and Connecting Mothers Support Group.

*ICF Certified Coach I Accredited Enneagram Coach. Accredited Neuro-Linguistic Programming (NLP), Timeline Therapy & Hypnotherapy Practitioner BSc. Hons in Real Estate Management, Oxford Brookes University *Country President, ABWCI, Singapore As a result of Lilian's Coaching &

Mentoring programs, women from all walks of life are gaining confidence & clarity in their personal & professional life, breaking their patterns of self-sabotaging behaviours, getting unstuck from their fears, self-doubt & limiting beliefs, and living a life of Courage, Purpose & Significance Lilian has shared her story of Awakening Courage, Breaking the Fear Barrier to thousands locally & overseas. She has spoken at various social community groups, organizations, Institutions & events such as the Women Business Day at Asia's largest Online Marketing Success Conference in Hanoi, Vietnam, Singapore Female Festival 2018, Facebook Singapore, NBC Universal Singapore, NUS Entrepreneurship Society, Social Oven 2019, ITE Central, ITE College East, Nanyang Polytechnic, SOTA, PSG, PSB Academy & SMU Women Connection.

As a volunteer, Lilian contributes her time and serves in various communities & non-profit organisations. She has developed & run Arts programs integrated with character building in a female Juvenile Institution, and as a mentor of the Life Champions Mentoring Program by Architects of Life. She also volunteers in Humanitarian work in Cambodia, Indonesia & the Philippines. As Captains of Lives with the Singapore Prison Service, She runs development programs in the Changi Women's Prison. What most don't know is that for many years, she struggled with Self-doubt & Fear; battled with Depression, Body Image Issues, and was Suicidal. She went from being withdrawn with a low self-worth Mindset, to stepping out of her comfort zone with the courage to make a difference in her sphere of influence. She started simply with the aim of being a role model for her children, leading by example to live a life of Courage & Purpose.



She went from a stay-at-home mother who was confused & lost of self-Identity to an entrepreneur who rebuilt her confidence as a Real Estate Consultant, built a furnishing business from scratch & exited successfully after 10 years. From struggling with Body Image & Health issues to taking ownership & responsibility to put her Health back in order. In that process, she shed 10kg & 16cm off her waistline & ran 2 Half Marathon at the age of 44. From being stuck in Fear & Self-doubt to breaking her limiting beliefs and becoming an Author & Transformational Speaker. She wrote her first book "Women of Courage, Breaking the Fear Barrier" and launched it through a book tour with a goal of 25 public speaking engagements within 9 months in 5 countries, overcoming her extreme fear of Public Speaking.



Her personal challenging experiences in childhood, adolescence, motherhood & entrepreneurship compelled her to start the Connecting Mothers support group, founded the social enterprise, Class Living, the community, Women of Courage Asia & Her Courage BizNetwork where she immerses her life to inspire & empower women to renew their minds & break their self-sabotaging behavioural patterns, to awaken their courage & reclaim their confidence to live their dreams and a life of CLASS: Courage, Love, Authenticity, Stewardship & Significance, with her Courage Coaching & Mentoring. Today, Lilian, together with her team, is on a mission to create highly tailored transformational personal & leadership development programs through Class Living, so that every woman is equipped with tools to succeed in their personal life, as well as their businesses.

- Team WS

**HAPPY
HOLI**



DIVYA DUTTA

VERSATILE ACTOR



Model, Actor and now an Author. Divya Dutta, have been doing versatile roles since a long time and people love to see more of her each time.

Today on this international Women's day we are going to talk about her journey, and of how she became an author.

WS: Model, Actor, winner of various awards and now an author.

How has been this journey?

DD: It's been a great of varied roles that I have played. I always to be an actor and I am glad and fortunate that I could become one, because very few people get to do things which they are passionate about. My family, especially my mother was very encouraging, because she let me believe in my dreams. Today I celebrate her on women's day. Today is also the day I am launching the Hindi

version of my first book "ME AND MA". It's been great being an actor, then being an author. I am liking this way.

Tell us about your Book "The Stars in my Sky". What compelled you to take up pen?

DD: It is my journey of all the film people I am very fond of. They all are an integral part in my life. This book is basically celebrating all those people and giving them back.

You are an actor of character...who portrays strong roles with so much zeal and perfect acting skills. What is the secret behind this?

DD: The secret behind this is the child in me. I always let it be there. It's always nice enjoying doing what you do and it eventually shows.

Which has been the closest role in your entire career and why?? Out of so many roles that you have performed as an actor, which one is your favorite?

DD: For me I have only taken roles which I think I will enjoy playing them. But still if I have to make a choice, then that would be the role I played in Delhi-6. That role was something which I really enjoyed as an experience.

Do you think the part actors play in the movies leave an impact on their personality in some or the other way...how far do you agree with that and how?

DD: You don't know what you pick up from where and what you learn. I would probably randomly look at some person on road and would randomly pick up something from them. You never know that actually. So recently, I had gone to Delhi for some work and I was busy looking at people. So my brother point, "What were you looking at people for?" to which I replied I was observing them. It's interesting to grab something from somewhere and inculcate in your work.

OTT has emerged as a new platform and is giving space to all the budding actors around there...what do you want to say about this emerging platform?

DD: I think it is the go to thing right now. In the bad times of COVID, imagine what we would be doing without OTT. Because there are people who have gone out and shoot for us. The magic of cinema is different but you can't deny the importance of OTT.

If anything you would be asked to change about your work, what would be that one thing?

DD: Nothing. I would like to change nothing about my work presently. Because I enjoy what I do.

The entertainment industry is said to be full of stress and pressure; what do you do to tackle the pressure that comes with your work?

DD: If there are no pressures, you won't enjoy it. But sometimes there is pressure. And in those times, what we really need is family, friends whom you can call anytime.

How do you think success has changed your life?

DD: I think I have become more grateful. You dream of something and you see that happening. Then all you should do is show gratitude to the one above. You should also say thank you to the audience for all the love. Because it is not easy to stay in the industry for this long and people still wishing to see you and even more than before now. I am really having a blast. I have roles written for me and I think I have worked with finest of directors and actors.

Who do you consider to be your acting role model whose career you would like to emulate, and why?

DD: I wouldn't emulate anybody's career because everybody has their own journey. But yes, I am very impressed by Minni Jo. I have been impressed and impacted by her journey and how she has lead her life. And also I really Shabana ji, how she is a wonderful actor, friend, social worker, how she balances her life along with her work, that is just great.

What does it take to imbibe a certain character in you for a movie?

DD: Each role has a different process. The mantra is just to feel the character and become that. when you become that person, you start thinking like them. Then I leave Divya aside and get into the role. And to think like whom you are playing and become that for that part.

What advice do you have for young people who are just starting their careers?

DD: Better be extremely passionate about what you are doing because this is not a very easy line. You have to have patience and perservance for that. Also there is a very thin line between being passionate and practical. Just enter this line for right reasons and not for glamour.

If someone is going to make your life into a movie, who would play you?

DD: I would play the "Lead Role".

Anything in works that you can talk about? Any exciting new projects?

DD: Lots of projects are coming up. There is Dhakad, Sharmaji ke beti, Aankh Micholi, and 3 web shows and 2 new films coming up.

-WOMENSHINE WISHES DIVYA ALL THE BEST FOR HER MOVIES.



Interview by Rinni Maheshwari

Mysore- A City That Offers A Mesmerizing Retreat

EXCERPT- MYSORE SHOULD BE ON YOUR LIST IF YOU ARE PLANNING A SHORT YET EXCITING TRIP.

There are locations that entice you with obvious old-world charm paying homage to history just by existing. Mysore, or Mysuru as it is now officially known, is one such place. Every nook of Mysore has a tale to tell, from palaces that speak of ancient splendor and religious sites with rich cultural heritage to spectacular architecture and museums. Whether you're seeking a weekend retreat from the hustle and bustle of city life or planning a tour to Southern India, Mysore should be on your list. Let us have a look at some must-visit sites in Mysore-The City Of Palaces.

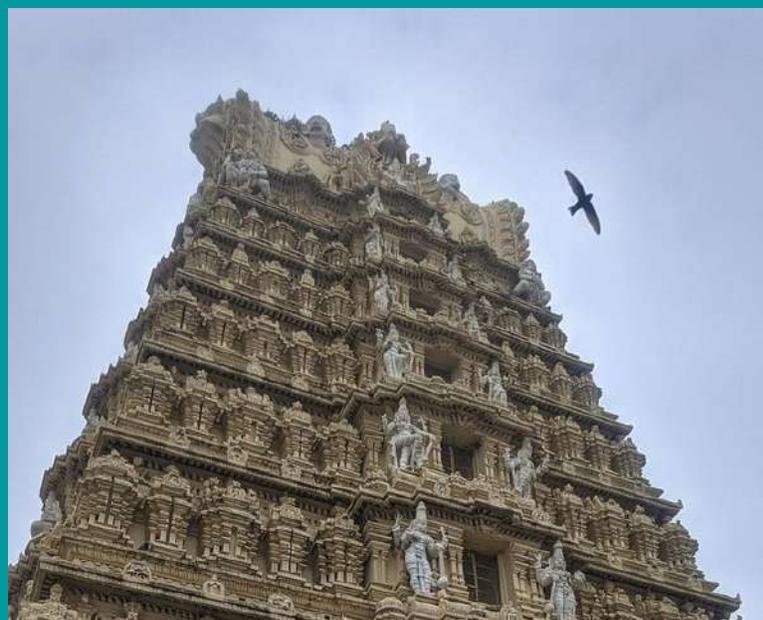


Mysore Palace

The most famed site of Mysore is the Maharaja Palace. This landmark monument, located in the heart of the city, has captivated travellers from all over the world and today has over 6 million yearly visitors. This magnificent palace, known for its Indo-Saracenic architecture, was the royal residence of the Wodeyar dynasty. Stepping into this castle will physically and metaphorically make your mouth drop. The palace is a magnificent feast for the eyes, from the complex decorations on lofty columns to the exquisite roof artwork on the ceiling. Don't forget to see the light and sound show!

Chamundeshwari Temple

Worship locations are frequently an important aspect of a city's history, and the Chamundeshwari Temple in Mysore is no exception. This is one of South India's most famous temples, located atop Chamundi Hills. The Wodeyar family built the temple as a tribute to their family deity, Goddess Durga. Constructed in Dravidian architecture, it has an elegant seven-tier pyramidal tower at the entrance. Many of the city's renowned monuments, including Mysore Palace, Lalitha Mahal Palace, Krishna Raja Sagar, and St. Philomena's Church, may be seen from the hills.





Karanji Lake

Fountain Lake, as it is sometimes called, should be on your list if you are a nature-lover! A leisurely walk around the lake will also provide you with some tranquil moments in the middle of the lovely natural backdrop. This lake, in addition to providing breathtaking visual splendour in the city. A separate children's section is available. Boating on the lake is a lot of fun, and it allows you to appreciate the lake's refreshing calm.

Philomena's Cathedral

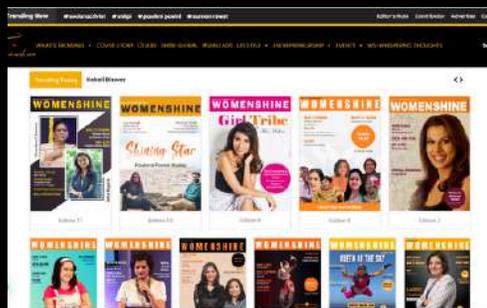
St. Philomena's Cathedral is another notable landmark in Mysore. It is the only British structure in the city. The church, one of Asia's highest, was built to commemorate St. Philomena, a Catholic saint. Prior to the church's construction, there was a modest



Written By : Saumya Singh



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THE ANSWER LIES WITHIN

My wounds are so pure
Do they even have a cure?
The pounding bells of despair..
In her heart ...she could hear
With no clue or a shoulder to share
Long steps she took to where the
crystal was there
'Just look at your reflection
You'll notice the beauty of perfection'
Her mind responded, her heart aligned
She now became strong and not confided



- SNEHA PANTHARY

STARS FROM THE BORDERLESS SEA: BOOK & AUTHOR

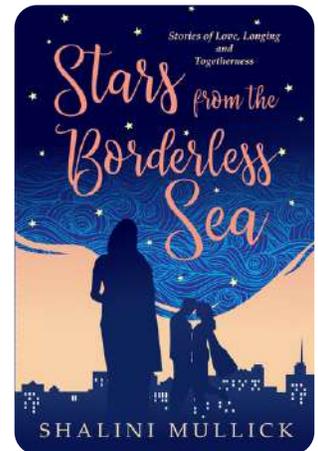


Stars from the Borderless Sea, by **Dr. Shalini Mullick**, is a collection of three non-linked novella length stories, each of which has a strong, mature woman protagonist at its centre. Through their journeys, the book explores different nuances of love-and the layers of relationships.

Even though it is essentially a romance read, the book moves away from cliched portrays. The love stories of these women, are also their life stories- and of finding their true selves. **Geetika, Rachna and Mahima**, the protagonists of the book, and their struggle with the roles and constructs that the world defines for them, will resonate with the contemporary Indian woman. So will their journey of self-empowerment. They are women who have matured through their life experiences, and have found the courage to live life on their own terms. At the same time, Shalini etches out the male characters with sensitivity. This balanced portrayal adds to the depth of the book.

Each story is different, yet relatable. The length of individual stories make for a short, satisfying and very refreshing read. Shalini began her writing journey with flash fiction, micro-tales and short stories-many of which become prize winners. She has published 2 short stories each in the anthologies "**Sharing Lipstick**" and "**Women. Mutiny**". One of her short stories was selected for publication in the anthology "**Everything Changed After That**", which was unveiled at the Ananke Women in Literature Festival in 2021. The Orange Flower **Award in 2021 and 2002** and winning the eShe short story contest in 2021 are among her notable achievements. Shalini empathizes with the challenges and unique situations that women are often confronted with and weaves this understanding in her writing. Her nonfiction and poetry have been published in magazines and reputed journals. She is a practising doctor, based in Gurugram. Stars from the Borderless Sea is her first book.

This is an enjoyable and thought provoking read for readers of romance and general fiction alike, who enjoy reading about true to life, relatable protagonists.



Shared By : **Dr. Shalini Mullick**

“Pressures of being a Woman”



Is it worth the hype to feel the excessive pressure of fitting in every day? The amount of hours and labour that goes into making us nearly a perfect faultless version of ourselves, taking into account the beauty and behavioural standards of this generation is equitably pathetic. Women are always told to look perfect in every way. However, if one appears to give importance to their appearance they are considered to be superficial or vain. It is utterly degrading to hear that women are made to follow specific beauty standards which compromise them from losing their personality and character.

Apart from these exploitations, there are necessities without which women are inhibited to feel inferior. The copious taboos of being married at a certain age to being dominated by men in every endeavour to prioritize their family over their career have exerted their influence on the lifestyle of millions. This practice continues in the various educated household as well where women are defied of the privileges of Education and financing themselves. TV commercials, cinema, and social media are also making an impact on slimming down their chances of changing. Using women as items of lust in movies, promoting unhealthy body image and beauty standards, promoting products that confide women only to a kitchen are some of the prominent malpractices that take place daily. However, there are several independent, wise and strong women out there who are fighting for the cost of their rightful freedom to succeed. Women are backing jobs, achieving posts, flying aircraft, working for the welfare of our community, and attaining an enormously favourable outcome! It is time to make our community realize what feminism means.

It is time to change the stereotypical rules and norms of society which still exist. women shouldn't always be the ones who adjust their ways for others, it is time for people to substitute their exquisitely toxic and demeaning notions of women and replace them with some respect and dignity.



SHREENA SINGH

A PANDEMIC THAT ALTERED A CAREER EVEN BEFORE IT BEGAN

It just seemed like the other day when my cousin's sister Shehnaz had completed her graduation and was happily pursuing a diploma course in aviation and hospitality. In January 2020 **exactly 2 months before the pandemic of corona had struck our country**, she received a brilliant job offer from one of the leading domestic airlines in our country.



Grappled with joy and excitement it seemed to our family that at last her long-lost dream was to become a reality. But our thoughts were soon to be proven grossly wrong. She was to join in April 2020 right after completing her final exams in the course. However, the unprecedented Covid wave had gripped our nation worldwide before that and all airlines had stopped flying with immediate effect. She too received a cancellation of contract intimidation from the airlines she was about to join. Absolutely in dismay and left heartbroken she returned to her small town of West Bengal to where she belonged. To everyone and her

initially, it seemed that her career life was doomed totally. After a great deal of denial and refusal to accept reality she finally gave up her dreams of becoming an air hostess and started pursuing her childhood hobby of making handmade jewellery at home and selling them to her near and dear ones at a very nominal cost. Much to everyone's expectations, the beautifully crafted earring and bracelet collections she stitched and wove while sitting at home became an instant demand and popular over her close-knit associations. The demands for more such collections became inevitable and she started selling them at slightly higher prices across larger groups of people across her town this then expanded over cities as well and she started winning a small shop where she hired two other assistants to help her with more demands of home-style jewellery. Today when the Covid situation is much under control and new avenues are opening up again, my cousin Shehnaz seems determined to expand and grow her hobby into full-term entrepreneurship as that was something that gave her hope at a time when everything appeared closed and dismal. She is a proud Entrepreneur today in her own right!



Written By : Tameena Ali



अम्मा मोहे भी पिचकारी चाही

कलरात सुखिया की उसके बेवड़े पति ने बहुत पिटाई की थी और वह रोते रोते भूखी ही सो गई वह अपने जख्मों को सहलाती हुई बासी रोटी अपने जिगर के टुकड़े लालू को देकर रोज की तरह अपने काम पर निकल गई थी। वह सड़क पर बैठ कर कुछ फल या सब्जी बेच कर कुछ कमाई कर लेती है ... आज वह गन्ना लेकर आई थी और गन्नों पर होरा (हरा चना) और गेहूं की बाली बांध कर बेच रही थी । लोगों को उसका बंधा बंधाया हुआ पूजा के लिये तैयार गन्ना बहुत पसंद आया और उसका हाथों हाथ बिक गया था आज उसकी कमाई भी अच्छी हुई थी । उसके चेहरे पर मुस्कान थी वह अपने लालू के लिये आज पिचकारी और रंग लेकर जायेगी तो वह कितना खुश होगा ... तभी उसको ध्यान में आया कि बूढ़ी अम्मा जो खिलौना बेचा करती थीं , आज अपनी जगह पर खिलौना लेकर नहीं बैठी हैं ... उसे अम्मा की फिकर हुई ... चलो पहले अम्मा से मिल लें तब घर जायें , सोचते हुये उसके कदम अम्मा की झोपड़ी की ओर बढ़ गये थे। टीन का दरवाजा ऐसे ही भिड़ा हुआ था , अम्मा बुखार में तपती हुई कराह रही थीं ... वह अम्मा को रिक्शा में बिठा कर डॉक्टर के पास ले गई , दवाई खिलाकर वह खाली हाथ अपने घर की ओर बढ़ी तो लालू की पिचकारी उसे याद आई वह उदास कदमों से घर की तरफ बढ़ चली तो लालू का उदास चेहरा उसकी आंखों के सामने घूमने लगा ... वह उसका सामना करने से कतरा रही थी कि लालू खुशी से उछलता कूदता हाथ में लाल नई पिचकारी लेकर अम्मा ... अम्मा... पुकारता हुआ आया ... अम्मा हम मंदिर के बाहर खेलत रहै वहीं पर एक बाबू आयें और सबहिन का पिचकारी और खाने का पैकिट दीहिन । उनके बेटवा का जनम दिन रहै । सुखियाकी आंखों में बेटे की खुशी देख होली के रंग चमक उठे ... वह पिचकारी को छूकर निहाल हो रही थी ... नम आंखों से बोली ... ऊपर वाले तेरी लीला



पद्मा अग्रवाल

मथुरा वृंदावन कारंगबिरंगा होलिकोत्सव

रं गो का पर्व होली भारत का सर्वाधिक आनंददायी उत्सव है। ये उत्तर भारत का प्रमुख त्यौहार है लोग एक दूसरे को गुलाल लगा कर गले मिलते हैं। छोटे लोग बड़े लोगों का चरण स्पर्श कर उनका आशीर्वाद प्राप्त करते हैं। किसानों की फसल कट चुकी होती है और किसान की मुट्टी में पैसा होता है। वह शीत ऋतु की चौखट से बाहर आ चुका होता है और मौसम अत्यंत सुहावना हो चुका होता है। जन साधारण में यह बहुत लोकप्रिय पर्व है। मथुरा वृंदावन में होली का उत्सव लगभग 40 दिनों तक मनाया जाता है। माघ महीने की वसंत पंचमी से आरंभ होकर फाल्गुन में अपने चरम पर पहुंचता है।

बरसाने की लड्डू होली --- राधारानी और उनके पिता वृषभानु का गांव बरसाना है। यहां पर ब्रह्मगिरि पर्वत के शिखर पर राधा रानी का एक सुंदर सा मंदिर भी है।

बरसाना में होली का उत्सव औपचारिक रूप से आरंभ तब होता है, जब नंदगांव के निवासी बरसाने के निवासियों को होली का उत्सव मनाने के लिये आमंत्रित करते हैं। इसे "फाग आमंत्रण" का उत्सव कहते हैं। इसी दिन बरसाने में लड्डू होली मनाई जाती है। दूसरे दिन बरसाने में और तीसरे दिन नंदगांव में लट्टुमार होली मनाई जाती है।

लड्डू होली

फाल्गुन मास की अष्टमी को मनायी जाती है वास्तव में मंदिर प्रांगण में ही मनायी जाती है -जहां लोग एक दूसरे पर पीले पीले स्वादिष्ट लड्डू फेंकते हैं। लड्डू होली के समय पूरा मंदिर प्रांगण पीत रंग हो उठता है, जो भगवान कृष्ण का प्रिय रंग भी है। भगवान् कृष्ण को पीताम्बर अर्थात पीत वस्त्र धारण करने वाला कहा जाता है।

लट्टुमार होली

बरसाने में फाल्गुन शुक्ल नवमी और नंदगांव में अगले दिन दशमी को मनायी जाती है-- गोकुल में बचपन बीतने के बाद कृष्ण जी के पिता नंद जी कृष्ण और गोप ग्वालों को लेकर सपरिवार नंदगांव में निवास करने लगे थे। नवयुवक कृष्ण नंदगांव, बरसाने से राधा गोरी और अन्य गोपिकाओं के संग होली खेलते हैं। यहीं पर विश्व प्रसिद्ध 'लट्टुमार होली' खेली जाती है। गांव की स्त्रियां रंग में सराबोर पुरुषों को बड़ी बड़ी लाठियों से पीटने का उपक्रम करती हैं, साथ में सुमधुर स्वर लहरी में गालियां भी सुनाती हैं। इस होली का संबंध कृष्ण और राधा से है कृष्ण के नंदगांव से पुरुष और राधा जी के बरसाना गांव से स्त्रियों से होली खेलते हैं। स्त्रियां पुरुषों को लाठियों से पीटती हैं और पुरुष अपने हाथ में धातु से बनी हुई ढाल लेकर अपना बचाव करते हैं। दोनों दल एक दूसरे को चुन चुन कर गालियां भी देते हैं। गीतों की मधुर स्वर लहरी और रंग गुलाल से संपूर्ण वातावरण कृष्णमय हो जाता है।

गोकुल की छड़ीमार होली ----

बचपन में कृष्ण यमुना नदी के बांये तट पर स्थित गोकुल गांव में निवास करते थे। उन्हें जन्म के तुरंत बाद कंस के अत्याचार से बचाने के लिये, उनके पिता वसुदेव जी ने तूफानी रात में उफनती यमुना नदी पार की थी। और उन्हें गोकुल ले आये थे इसलिये कृष्ण जी ने अपना बचपन गोकुल में ही बिताया। इसलिये गोकुल के अधिकांश मंदिरों में नन्हे बालकृष्ण को झूले पर विराजमान देखेंगे। गोकुल में छड़ीमार होली मनायी जाती है। इसके लिये एक छोटी सी नाजुक सी छड़ी का प्रयोग होता है। यह नंदगांव और बरसाने की होली का मृदु रूप कहा जा सकता है।



मथुराकी कृष्ण जन्मभूमि का होली उत्सव रंगभरी एकादशी -----

मथुरा के कृष्ण जन्मभूमि संकुल में एक विशाल प्रांगण में होली मनायी जाती है। यहां पर रंगों को फव्वारों के द्वारा हवा में उड़ाया या फेंका जाता है। वहां प्रांगण में उपस्थित कोई भी व्यक्ति इससे बच नहीं सकता। सच तो यही है कि होली के उत्सव में भलाकोई रंगों से क्यों बचना चाहेगारंग से रंगे सभी भक्त एक रूप होकर अद्भुत मनोहारी दृश्य उपस्थित करते हैं। **जात पात , ऊंचनीच , धन एवं व्यक्ति** कीविभिन्नता को भूल कर सब प्रसन्नता से होली का उत्सव मनाते हैं।

वृंदावन में श्री बांके बिहारी जी के मंदिर की होली-----

वृंदावन में सर्वधिक आनंददायी स्थल है ... श्री बांके बिहारी जी का मंदिर .. यहां होली का उत्सव 4 दिनों तक जारी रहता है। यह फाल्गुन की एकादशी से प्रारंभ होकर पूर्णिमा तक मनाया जाता है। लोगों पर गुलाल उड़ाते , रंग डालते पुजारियों और गोसाइयों की छवियां अधिकतर इसी मंदिर की होती है। बड़ीबड़ी पीतल की पिचकारियोंसे टेसू का सुगंधित गर्म रंग जब भक्तों के ऊपर डाला जाता है तो भक्त भावाविभोर हो उठते हैं



गुलाल से भरे थाल पंक्तिबद्ध रूप से जब वहां के गोसाईं जी जब भक्तों पर फेंक कर उड़ाते हैं तो सारा परिसर रंग और गुलाल के साथ जयजयकार गूंज उठता है। बहुत मनोहारी दृश्य होता है। **मथुरा के द्वारकाधीश मंदिर की होली** ---विश्राम घाट के समीपस्थित द्वारकाधीश मंदिर के परिसर में भी होली का उत्सव धूमधाम से मनाया जाता है। मंदिर परिसर में भी मंच पर समूहों में महिलाओं को पारंपरिक गीत गाते हुये देखा जा सकता है। **चतुर्वेदी समाज का डोला** ---- एक विशाल शोभा यात्रा निकाली जाती है जो द्वारकाधीश मंदिर से आरंभ होती है। शोभायात्रा में लोग एक दूसरे पर रंग , गुलाल, इत्र , तथा पुष्प छिड़कते हैं। वादकों द्वारा वाद्य बजाते हुये संगीत के सुरों में उत्सव गीत गाते हैं। पारंपरिक रूप से भांग का भी सेवन करते हैं।

फगुआ----- फगुआ एक ऐसी परंपरा है , जहां देवर भाभी या जीजा साली से भेंट करते हैं और एक दूसरे को उपहार देते हैं। स्त्रियां विवाह के पश्चात् पहली होली का पर्व माइके में मनाती हैं , तब उनके पतिदेव उनके लिये उपहार लेकर उनसे मिलने अपने ससुराल जाते हैं और वहां से उपहार लेकर लौटते हैं। **फूलों वाली होली** ----- यह अपेक्षाकृत नवीन प्रथा प्रतीत होती है , जब लोग एक दूसरे पर पुष्पों या पंखुरियों की वर्षा करते हैं। यह प्रथा किसी मंदिर से संबंधित नहीं है। संभव है कि भविष्य में फूलों की होली, होलीमनाने की प्रणुख परंपरा बन जाये क्योंकि पुष्पों की वर्षा किसे नहीं अच्छी लगती। वसंतपंचमी से नित्य प्रति भगवान् को पुष्प के साथ गुलाल पत्ते के दोने में अर्पित करने की परंपरा है और फिर प्रसाद स्वरूप स्वयं और अपने आसपास वाले को गुलाल लगाने का रिवाज है। मंदिर में लोग रंग लगाते हुये होली गीत गाते हैं आज बिरज में होरी रे रसिया ... मतमारे दृगन की चोट रसिया नैनन में श्याम समाय गयो रे ...मोहे प्रेम का रोग लगाय गयो रे आदि विश्रामघाट पर होली का गीत गाते हुये यमुना जी को भी सांकेतिक रूप से रंग लगाते हैं फिर एक दूसरे को रंग लगाते हैं। विधवाओंद्वारा होली खेली जाने का विशेष उल्लेख करना यहां पर आवश्यक है क्योंकि हमारे समाज में विधवाओं के लिये रंग छूना मना होता था। कुछ वर्षों पहले पागल बाबा में रहने वाली विधवाओं ने इस परंपरा को तोड़ कर रंगों से होली खेलना शुरू किया। ब्रज हो या देश का कोई भाग हो , यह संदेश है कि विधवाओं का भी हक बनता है कि वह भी रंग पर्व पर रंग से सराबोर होकर का आनंद लें। जीवन रुकने का नाम नहीं वरन् चलते रहने का नाम है। बल्देवगांव के दाऊ जी के मंदिर में 'हुडंगा' के साथ होलिकोत्सव समाप्त होता है। यह उत्सव होली के बाद होता है। गोपों का समूह जो हरियारिनों अर्थात् महिलाओं पर रंग की वर्षा करता है और हरियारिनें उन गोपों के वस्त्रों को फाड़ कर कोड़ों की बरसात गोप समूहों पर करती है। हजारोंश्रद्धालु आनंद की तरंग में मस्त होकर अबीर गुलाल उड़ाते हैं। **'नारायणयह नयन सुख , मुख से कहो न जाए'** पंडा प्रसन्नता पूर्वक पदों का गायन भी करते हैं। हुंरंगाकी खासियत यह है कि यहां कोई दिखावा नहीं वरन् पारंपरिक वेशभूषा में सजी गोपियां , लंबा घूंघट और चुनरी के साथ सोलहों श्रंगार बहुत आकर्षित करती हैं और गोप भी पारंपरिक वेशभूषा में सजे हुये रहते हैं , जो दर्शकों को बहुत आकर्षित करती है। इस तरह से मथुरा वृंदावन की रंगीली होली का उत्सव विराम लेता है। आज भी लोगों की भारी भीड़ पहुंचकर होली का आनंद लेती है।



पद्मा अग्रवाल

तन मन रंगों से सराबोर हो गया..

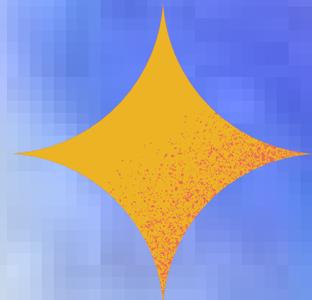
‘आज बिरज में होरी रे रसिया’ गले में ढोलक लटकाये हुये गुलाटी जी गुलाल उड़ते हुये होली के खुमार में पूरी तरह डूबे हुये रमन को आवाज दे रहे थे। वह तो पहले से ही प्लेट में गुलाल और गुड़िया सजा कर तैयार बैठे थे। बस शुरू हो गया ‘रंग बरसे भीगे चुनरवाली’ कालोनी में होली पर नाच गाना और मस्ती जम कर होती है

आज होली और रंगोत्सव के अवसर पर मधुरिमा जी किचन में कचौड़ी दमालू, दही बड़े आदि बनाने में बिजी थीं लेकिन उनका ध्यान बार बार सामने की बालकनी से आती आवाजों पर चला जाता था। थोड़ी देर पहले ही उनकी बेटी भव्या को उसकी सहेली नीति बुला कर ले गई थी। वह चाहते हुये भी मना नहीं कर पाई थीं ... नीति की मौसी का बेटा श्रेयस आया हुआ है और अब रंग गुलाल के साथ दोनों की छेड़छाड़ और हंसी, दोनों की खिलखिलाहट की आवाजें उनके कानों में बार बार गूंज रही थीं।

भव्या और नीति दिल्ली के एक ही कॉलेज में एम बी ए कर रही थीं, दोनों बचपन से साथ साथ पढी हैं और आपस में पटती भी बहुत है। श्रेयस हमेशा से गर्मी की छुट्टियों में आता रहा है और सब साथ में कैरम, लूडो, कार्ड्स, बैडमिंटन और यहां तक कि क्रिकेट भी खेल कर बड़े हुये हैं। इस बार वह कई सालों के बाद आया है और अब सब किशोर हो चुके हैं।



वह कई दिनों से देख रही थी कि भव्या श्रेयस के साथ घंटों तक बैठ कर हंसी मजाक और बात करते हुये हंसतेखिलखिलाती और ठहाके लगाती रहती हैं। ‘चल न आइसक्रीम खाने चलते हैं’ ‘आज मेरा खाना मत बनाना मम्मा हम लोग डोसा खाने जा रहे हैं’ ‘.... कहती हुई वह फुर्र से उड़ जाती ...कभी नीति साथ में होती तो कभी ये दोनों अकेले ही सिविललाइन तक घूमने निकल जातेआज तो होली का त्यौहार है.... क्या भव्या श्रेयस से प्यार करने लगी है ...वैसे तो श्रेयस बहुत जाना समझा अच्छालड़का है.... परिवार भी अच्छा है लेकिन इसकी मां तो बहुत नकचढी है वह मन ही मन सोच रही थी ...मेरी भव्याभी तो लाखों में एक हैवह मन ही मन में सोच रही थींश्रेयस 6 फुट का लंबा गोरा चिट्टा सजीला आईटियनइंजीनियर लड़के का ख्वाब तो हर लड़की की मां अपनी बेटी के लिये देखती है



तभी उनके कानों में भव्या के जोर जोर से हंसने की आवाज आई थी साथ में श्रेयस की भी ... भव्या की बच्ची, अब मैं तुझे छोड़ूंगा नहीं अभी मजा चखाता हूं ...उनका दिल धक से हो गया था कहीं इतिहास अपने को तो नहीं दोहरा रहा है ... उनकी आंखों के समक्ष उनका अपना अतीत चलचित्र की भांति सजीव हो उठा ऐसा ही होली का अवसर था ... जब उनकी मुलाकात नीरव से हुई थी ... नीरव उसकी सहेली रिया की बुआ का बेटा था और ऐसा ही गठीला, सजीला सांवला सा ... साथ में हंसमुख, बात बात पर फुलझड़ी सी छोड़ने वाला ...बस वह पहली नजर में ही वह उसे अपना दिल दे बैठी थीं और प्यार एक तरफा भी नहीं था ... वह भी उन्हें उतना ही पसंद करता थाबस शुरू हो गया था दो प्यार के परवानों की प्यार की चाशनी में डूबी लंबी लंबी बातें और मुलाकातेंभला हो मोबाइल का ... वह एम . ए फाइनल में थी और नीरव तो बैंक में प्रोवेशनरी ऑफिसर सब कुछ वेल सेटिल्ड कहीं कुछ भी गलत नहीं थाप्यार भरी नजरें भला कभी छिप पाती हैं ... नीरव उनसे मिलने जल्दी जल्दी आने लगे तो रिया की मां को शक हुआ किइन दोनों के बीच में कोई चक्कर तो नहीं चल रहा है |

हां यही सच है सोचते ही उनके चेहरे पर मुस्कान छा गई थी वह दोनों अपने भविष्य के सपनों की उड़ान भर रहे थेजमीनी हकीकत की कंकरीली राहों का न ही गुमान था और न ही अनुमान ...वह सपनों में खोई खुशियों के 'झूलें में झूल रही थीपापा मम्मी रिश्ते की बात करने के लिये नीरव के घर पहुंचे तो पवित्रा बुआ तो रिश्ते की बात सुनते ही बिफर पड़ी थीं.....हम तो पहले जन्मकुंडली मिलवायेंगेआपकी मधुरिमा तो सांवली है मेरा बेटा दूध सा गोरा ...भला जोड़ी कैसे बनेगीसमझदार के लिये इशारा काफी था ...मम्मी पापा उल्टे पैर लौट आये लेकिन खुश थे कि उनकी बेटी ऐसे लोगों के चंगुल से बच गई लेकिन उनकी तो दुनिया बसने से पहले ही उजड़ गई थी । नीरव के बिना सारी दुनिया वीरान दिख रही थी ... उनका जीना ही बेकार था आदि आदि निराशा के गर्त में डूब कर अपनी इहलीला समाप्त करने का उपाय खोजती रहती ... यहां तक कि एक दिन उन्होंने एक दिन अपनी कलाई की नस काट ली थी ... तभी एक दिन नीरव का फोन आया कि मधुरिमा हम लोग कोर्ट में शादी कर लेते हैं हम तुम मुम्बई में रहेंगे ... मम्मी पापा से वह रिश्ता तोड़ लेगा। वह अपनी मां के गले से लग कर फूट फूट कर रो पड़ी थी ...उन्होंने नीरव की सारी बात बता दी तुम क्या चाहती हो ... एक बारगी मां बोली ... आपके आशीर्वाद के बिना मैं अपने जीवन में आगे नहीं बढ़ूंगी ...



.फिर भूल जा नीरव को ... तेरे पापा तुम्हारे लिये योग्य और अच्छा लड़का तलाशेंगे ... जहां तुम खुश रहोगी ... और उसी दिन नीरव को हमेशा के लिये भूल जाने का निश्चय कर लिया था । नीरव उनसे मिलने भी आया तो उन्होंने उसे पहचानने से भी इंकार कर दिया था । ऐसी ही होली की एक शाम को रमन के साथ उनका रोका हो गया था और फिर उन्होंने उनकी जिंदगी में रंग भर दिये थे।उनकी तंद्रा भंग हुई थी बेटी भव्या रंगों से सराबोर थी और गालों पर गुलाल लगा हुआ था .. आनंद के अतिरेक सेउसके मुखड़े पर खुशियों की मुस्कान छाई हुई थी , वह चहक रही थी मम्मा श्रेयस जरा भी नहीं बदला ...वैसा हीमस्त मौलाबात बात पर कहकहे लगाना आज बहुत मजा आया श्रेयस ऐसा ... श्रेयस वैसा ... सुनते सनते वह कांप उठी थीं |

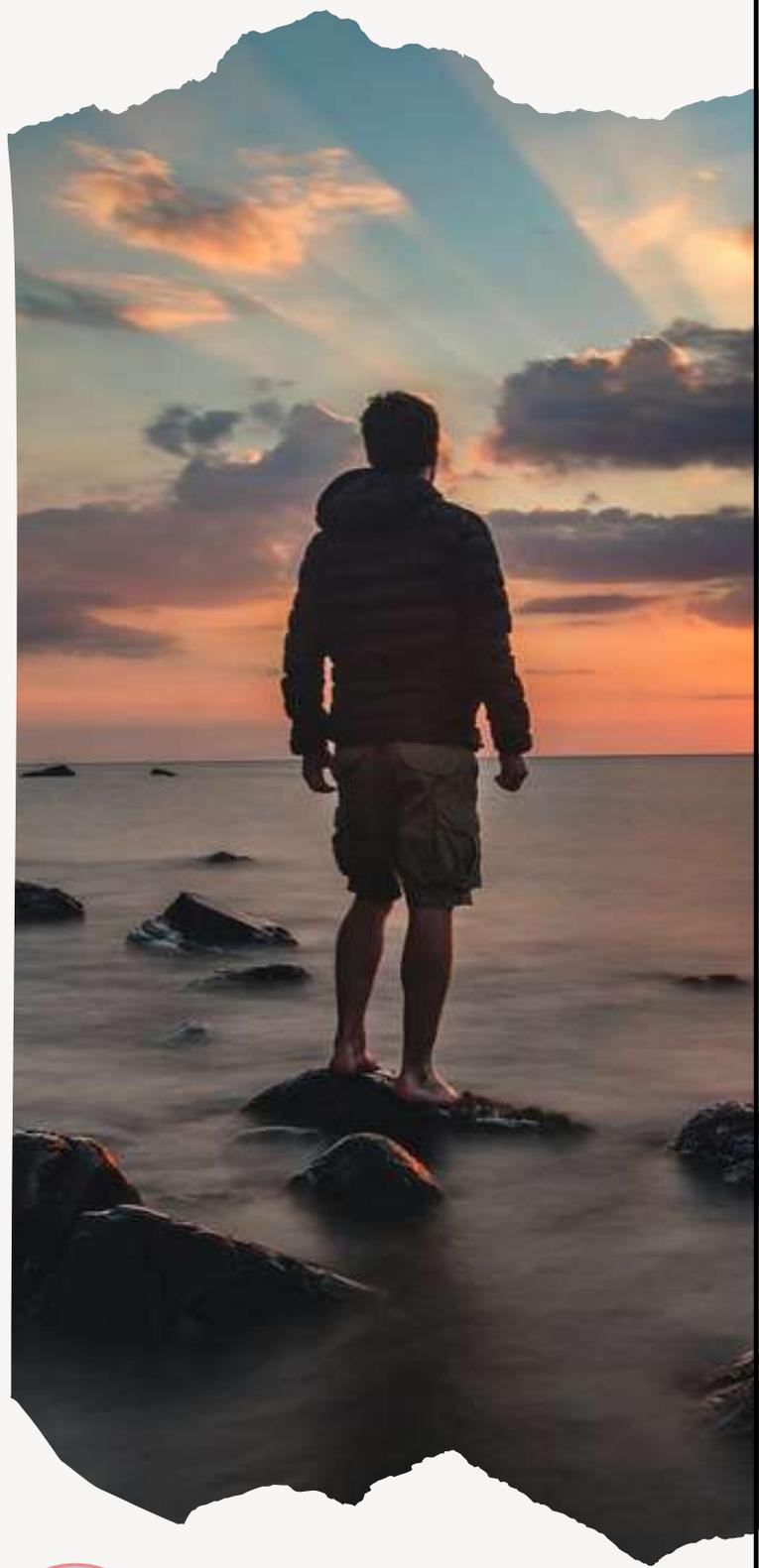
क्या उनका शक सही है ... भव्या के मन में भी श्रेयस के प्यार का अंकुर प्रस्फुटित हो उठा है श्रेयस की मां के मन में तो अपने पैसे का बड़ा घमंड है ...मेरी भव्या तो उनके बरगद जैसे व्यक्तित्व के नीचे दब कुचल कर कभी भी खुल कर सांस लेने को भी तरस कर रह जायेगी "जाओ जल्दी नहा कर कपड़े बदलो , नहीं तो बीमार हो जाओगी " जब शाम को वह अपना लैपटॉप खोल कर बैठी तो उन्होंने उसे टटोलने के लिये पूछा , "श्रेयस तुझे अच्छा लगता है क्या""मम्मा कैसी बात करती हो ... वह मिलामस्ती हुई ... हंसी मजाक ...बस बाय....""वह दो साल के लिये अमेरिका जा रहा है ... आज रात की ही तो उसकी फ्लाइट है " "टैक्सी आ गई है , वह जा रहा है ... तुम उससे बाय भी नहीं करोगी ...""नो मम्मा ...मुझे अपना जरूरी एसाइनमेंट पूरा करना है उसने लापरवाही से कहा था उसका जवाब सुनते ही मधुरिमा के मन से शक के कुहासे छंट गये थे और अब उनका तन मन होली के इंद्रधनुषी रंगों से सराबोर हो गयाउन्होंने अपनी खुशी जाहिर करने के लिये हाथों में गुलाल लेकर भव्या के गालों पर मल दिया और उसे प्यार से गले लगा लिया था ।



पद्मा अग्रवाल

आखिर हूं तो मैं भी इंसान ही

आखिर हूं तो मैं इंसान ही
 कदम-कदम पर रोता हूं
 हर कदम पर सोचता हूं
 तमन्ना को सूली चढा कर
 मजबूरियां ओढकर निकलता हूं
 हर कदम पर सिखाया है, क्या ?
 लड़कियों की तरह रोता है
 क्या करूं?
 भीग ही जाती है पलके कभी
 हो ही जाती है आंखे नम
 आखिर हूं तो इंसान ही
 हर कदम पर सिखाया है,
 मर्द को दर्द नहीं होता
 होता तो है-
 पर बयां नहीं होता, क्या करूं
 आखिर हूं तो मैं इंसान ही
 इतना आसान है क्या ? लड़का होना-
 कुछ जिम्मेदारियों की चादर ओढकर
 हर रोज़ निकलता हूं
 पूरी हो या न हो
 कुछ ख्वाहिशें तो रखता हूं, क्या करूं
 आखिर हूं तो मैं इंसान ही
 घर का चिराग बोलकर
 मर्यादाओं में बांधा जाता है
 उनकी हसीं को देखकर
 हर दुःख भुलाना पड़ता है
 पड़ जाता हूं कमज़ोर कभी-कभी
 क्योंकि मैं भी एक दिल रखता हूं
 आखिर हूं तो मैं इंसान ही
 मैं हर कदम पर सक्षम हूं
 हर रोज़ दिखाना पड़ता है
 कुछ जगह थोड़ा रोष दिखाकर
 हर डर छुपाना पड़ता है
 थकना चाहूं तो थक नहीं सकता
 खुद को आदर्श का शीर्षक देकर
 हर रोज़ चलना पड़ता है
 दरारों से भरा शीशा हूं
 चाहूं तो भी बिखर नहीं सकता
 लेकिन क्यों?
 आखिर मैं भी तो एक इंसान ही हूं।



- Pratibha

WHAT A GOOD GIRL IS REALLY LIKE !



Young lady, be polite! Good girls don't speak their mind!
 Yes, he might treat you like a toy but good girls need a
 boy.
 Even if a promise is broken, they are cheated on,
 Good girls should compromise, stay seated, and carry on!
 Oh, how long will this go on?
 You are allowed to be shy, have tears in your eyes.
 But don't go against the rules made by guys.
 We will cut your wings;
 Good girls are only meant to push swings.
 And once married, good girls can step outdoors,
 Only to get things done for their chores!
 Oh, how long will this go on?
 Girls, shine together and ignite the light.
 That will surely be a wonderful sight!
 And yes, it's time to really fight!
 It's time to redefine, what a good girl is really like!



Ms Shubhasmi Niranjan
Mudholkar



See you in the next edition