

VOL 23.0 | APRIL EDITION

Initiative of WE Foundation

# WOMENSHINE



# TARLA DALAL

## THE LEGACY CONTINUES



**Food Special**

**MEET FOODPRENEURS**

Nita Mehta  
Ruchika Sharma  
Shubhi Walia  
Suman Jaiswal  
Chris Kane



# CHIEF EDITOR'S LETTER

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Founder , Women Shine

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

We are again here to present the 23rd Edition April of Women Shine with the Cover story of Late Tarla Dalal. We wanted to showcase her legacy which is taken by her son Sanjay Dalal.

This edition is a Food Special edition that talks about Summer delights, a few journeys of Women Chefs like Nita Mehta, Chef Ruchita Sharma, and many more articles about food.

Keep sharing your thoughts, suggestions at [womenshinemag@gmail.com](mailto:womenshinemag@gmail.com)

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

**Stay Safe | Take Care |**

**Aparna Mishra**

**Founder-Editor, Women Shine**

**#Shineonwomen**

**"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**

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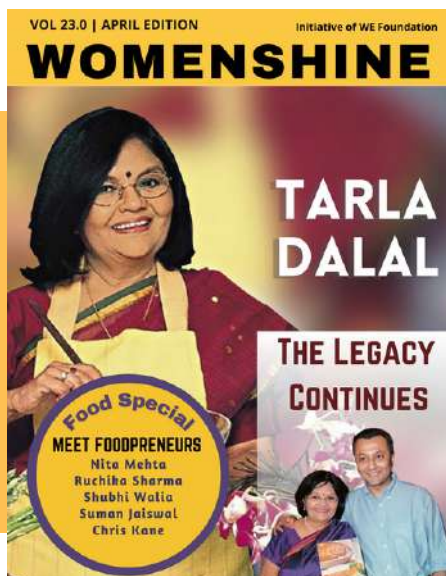
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Magazine designed by : TEX Technology Exchange  
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# Casting Bay's Anmol Ahuja Challenges Casting Stereotypes with Jalsa



Surya Kasibhatla leaves a remarkable impression with his exceptional performance in Jalsa. And Casting Bay is basking in all the appreciation and positivity for casting him.

Few know that Surya, who plays Vidya Balan's son suffers from Cerebral Palsy in real life too. It's a first in Indian Cinema; where an actor is cast with the same disability as he plays in the film and Anmol Ahuja, Co-Founder **Casting Bay**; becomes the first casting director to do so.

Ask Anmol about the much-needed step of inclusivity in the industry and he shares, "Working with Suresh Triveni on Jalsa was indeed a '**jalsa**' for us at Casting Bay. It was a gathering of fresh ideas to cast, where inclusivity was at the centre. Casting Surya was the most enriching and satisfying experience I have had in recent times. We at casting bay are elated to see Surya being welcomed and appreciated with such warmth. While the audience has been lauding the overall cast of the film, appreciation for Surya drives us to push our stereotype casting boundaries even further".

It's notable that even their casting for Paatal Lok had won hearts and accolades when they cast a transgender for the role of a transgender.

**Kudos!!** to Casting Bay, who; with **Jalsa**, will inspire many more casting directors to make bold and inclusive choices for their upcoming projects.

**Written by : Anmol Ahuja**

# Nita Mehta



From being a housewife to the owner of multiple businesses, chef and author Nita Mehta's 40-year-old career has been truly remarkable. She is a distinguished celebrated chef and has penned over 600 wonderful books. Her books cover a multitude of cuisines from around the world.

Many of her books have also won International Awards. She has conducted cooking classes in USA, UK, Canada and several other countries, and appeared on many TV channels in cookery shows. Her latest venture is Nita Mehta Foods: boxes of fresh ready-to-cook ingredients for different recipes. Starting in **November 2017**, it has already become a roaring success....

Let us know more about Kitchen Queen Nita Mehta.....

**WS: What was your inspiration to become a chef?**

**NM:** As a child, aroma of a cake being baked at home fascinated me... also I watched my mother cook up a quick snack on our demands at any odd hour of the day .... With any thing available at home ... and now I do it for my grand children!!

**WS: What is your signature dish and What do people love about it?**

**NM:** My family's fav is shahi paneer and I love cooking it for them ... but I keep calories in check by avoiding the cream and butter .... But of course it's my shahi paneer masala which makes up for it



**WS: Tell us the vision behind Kitchen Queen Nita Mehta Spices. What makes them unique in the market?**

**NM:** My vision is all about kitchen solutions for home chefs. I try my best to make cooking simple and delicious at the same time. We have airtight bottle packing of our masalas which keeps them fresh





**WS: How do you describe your overall cooking philosophy?**

**NM:** Right combination of ingredients to bring out the real flavour of food...

**WS: Tell us any three kitchen tools you can't do without?**

**NM:** A good big size heavy pan, chefs knife and a mixer grinder

**WS: What are your strengths and your weaknesses as a chef?**

**NM:** My precise and step by step instructions for every recipe I teach in a class or for my books.

Now we have cookflix.in where u can get my online videos which r perfectly done to give u perfect results. And if I talk about my weakness,

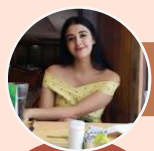
it is that I become too much of a perfectionist sometimes

**WS: What chefs do you follow on social media (or admire their work and career in general)?**

**NM:** Rachael Ray has short and quick recipes n I quite like her

**WS: A takeaway note for aspiring chefs and Women Shine readers?**

**NM:** Keep evolving .... But have your basics in place



Interview By : Aditi Gupta



# From Wheel Chair to CatWalk.....Chef Ruchika Sharma

*“The key is time management and never giving up”*

Hers is not a fairytale; it is not a regular tale either. From the wheelchair to the catwalk, Celebrity chef Ruchika Sharma's story is one of courage, determination, and perseverance. The celebrity chef, who was wheelchair-bound for a year, not only bounced back on her feet but also landed straight on the ramp – and won beauty pageants like Mrs. South Asia International 2014 and Mrs. India Popular 2013 – all with a five-inch screw in her leg. Those who know Ruchika vouch for her positive and never-say-die attitude and those who don't will know more about this gutsy woman soon. Women shine got in a conversation with her to know how she manages to juggle being a chef, an entrepreneur who runs two culinary institutes teaches livelihood practices and counsels underprivileged women associated with Being Women, holds cooking workshops at schools and corporates, and raising an eight-year-old son as well – Ruchika says the key is time management and lessons she learned from her mother – never give up. Read on to know about her passion for food and cooking.

## **1. Is there a chef you admire the most? Who and why?**

I admire my mom. She is a fantastic chef and she was a part of my culinary journey. She helped me in setting up my culinary school in India so I admire her.

## **2. How do you describe your style of cooking?**

My style of cooking depends on the availability of ingredients. It keeps changing if I am surrounded by fancy ingredients, then it's a different style of cooking, cooking very fancy but I believe in cooking with the available ingredients that are basics and making a dish you know heartfelt or soulful dish with the available ingredients because wherever we go you don't need to know you get all the required ingredients. So, cooking with the available ingredients and making the dish tasty in those circumstances is the creativity of a chef. That's what I believe in.

## **3. Is there a secret ingredient that you love to cook with?**

Oh my goodness I have so many secret ingredients. When I keep researching I read a lot so I work on it. Depends again on the recipe to recipe. If I am cooking a Hyderabad Biryani then I use secret potli masala. Similarly, I have a few secrets about some recipes when I am cooking secret ingredients changes with the recipes I cook and the cuisines I cook.

#### 4. What is Chef Ruchika's favourite meal?

My favourite meal could be you know either the khichdi with some stuffed vegetables and yoghurt sauce on the side or dal chawal and typical South Indian vadi aaloo and avakai pachadi because I grew up in South India so my taste buds crave for South Indian avai pickle and badi aaloo.

#### 5. Tell us about a very challenging situation you have faced in your career and how you handled it?

As the society is male dominant and so is my Industry, so sometimes when I go to various shows I am the only female. But definitely when a woman is cooking commercially and professionally so the attitude of people is different. It was a challenging time for me in my career.

#### 6. If you could invite any three people for dinner, who would they be and why?

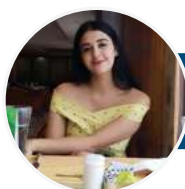
First will be Madam Vice President Kamala Haris because she has Indian roots as well as Jamaican roots and I love Jamaican jerk chicken as well as tandoori chicken and South Indian dosa and the second person I would be inviting and cooking for will be our Prime Minister Narendra Modi I mean he is a vegetarian and being a Gujarati, I mean my mom is Gujarati I would love to make some Gujarati dishes for her and the third person would be you know is my dad.

#### 7. Do you have any pet peeves when it comes to food?

For me, discipline is the most important thing, and organizing the ingredients before you cook and having a positive atmosphere is very important in the kitchen. If I am working with someone or cooking with someone and if somebody is in a bad mood or very very rude in the kitchen I will not want to cook with them. So for me when I am cooking, I need to have a positive atmosphere and a good environment otherwise, it puts me off.

#### 8. What is an example of a springtime menu you would prepare for Women Shine readers?

Spring is my favourite season and I would love to cook a complete meal. I may start with candied carrots and that's a little sweet side version of cooking carrots and you get different varieties of carrots here so that would be amazing to cook and white wine sangria, if my guests are alcoholic and roasted broccoli and maybe some soup cream and maybe some garlic lamb chops and to end it may be a nice dessert with strawberries or maybe a strawberry souffle or a nice cake with strawberry topping and whipped cream and some nice sriracha honey Salmon and some nice vegetarian quinoa.



**Interview By : Aditi Gupta**

**#shiningwomen**



# TARLA DALAL



**1. Every son and mother share a very special and personal bond. What are your fondest memories with Mrs Tarla?**

I have always grown up enjoying her tiffin meals packed for me with love. My friends used to call it a '**Gourmet dabba**' and I enjoyed taking pride in it. At the age of 15, I too showed keen interest in cooking and assisted her in cookery classes. She loved cookery classes as they provided an opportunity to interact with her avid fans. Me and mom would plan the recipes and menus together and while she would go ahead and execute them, I would contribute by writing the recipes as those were non-digitalized days. This was the beginning of our bond in culinary field.

**2. Which were the tastiest dishes cooked by your mother on which you completely drooled over?**

Tacos was one of my favourite dish cooked by mom. A few more recipes that top the chart are samosa kadhi chaat, eggless vanilla cake, pyazwali bhindi, bisi bele bath and Maharashtrian misal.

### 3. From learning and exploring new horizons of cooking to winning a Padmashree, how did you witness her grow?

She was just passionate about cooking and achieving her goals both and the rest was a natural progression. She had a natural bent for cooking, and at the young age of 12, she helped her mother with everyday cooking at home! She went to college and finished her B.A. Economics in 1956, and soon thereafter she was married to my father, Mr. Nalin Dalal, who was doing his M.S. in Chemical Engineering in America. She started cooking out of interest for a young food-loving Indian family in a foreign land. That was a turning point in her life, and the start of her career in culinary field!

She further believed that **"Good things must be shared."** So, in 1966, when her friends pushed her to start a cookery class to share her skills with youngsters, she readily agreed. She started giving cookery classes at home and went ahead to publish cookery books too. With time, I helped her in expanding the range of cookbooks and to remain in touch with younger generations, we together started **www.tarladalal.com**. She further made her presence on social media and have also had a major presence on YouTube with her simple to cook recipe videos. For this contribution to the field of culinary arts over the years and winning hearts of many, she was bestowed with a Padmashree.



### 4. What were the biggest challenges Mrs. Tarla had to face?

The biggest challenge was to start a cookery class with just 6 students. This did not continue further for quite some time. But her positive influence on people and being an achiever by nature, took her to heights which had no bounds.

### 5. How were her initial days of cooking? How supportive was your family during her journey?

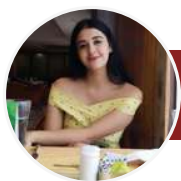
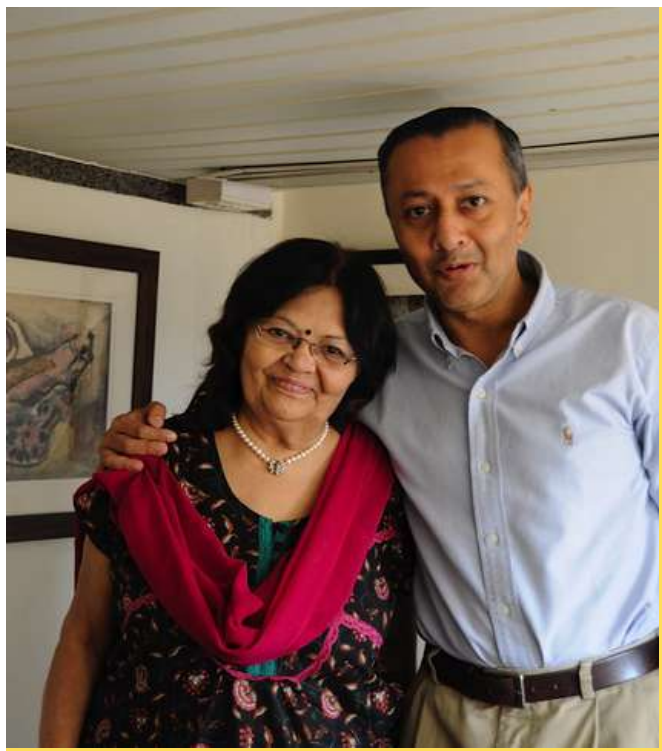
Her family was supportive and is one of the ladders for her success. My father was her biggest motivation. He loved multi-cuisine food, and motivated his wife to try her hand at different cuisines. Since she loved cooking too, Mom jumped into the task brimming with energy. She read different books and tried her hand at two to three new recipes every single day! Her husband though was a perfectionist. Much as he would appreciate and devour the dishes she cooked, he also shared suggestions to improve dishes that did not come out as expected. She then would re-cook the dish for him till she got cent percent marks for it! She gave her whole to everything she did – which ultimately groomed her into an expert in vegetarian multi-cuisine cookery. But then, mom used to recollect that it took papa almost nine years to confer the 'Master of All Cuisines' title to her – rather a long graduation that was! After the success of her cookery classes, papa suggested that she write a cookery book, to reach out to more people. Her first book, **"Pleasures Vegetarian Cooking,"** was released in 1974 and became a huge hit. In this venture too, her husband was the wind beneath her wings! Mom used to try and jot down recipes while papa helped edit them.

## 6. You coined the term “vegetarian activism”, can you tell us more about it?

We can call Mrs. Dalal's teachings as vegetarian activism, but it was a fun-filled kind of activism that made everybody willingly walk the vegetarian path. She was a vegetarian and loved teaching this. So she converted loads of non-veg curries into veg curries... By demonstrating mouth-watering recipes from starters and main course dishes to desserts and mocktails, she made everybody enthusiastic about trying and understanding vegetarianism as a delicious, economical and quick option, before adopting it for life.

## 7. What is your vision with Sanjay and Co.?

Mrs. Tarla Dalal continues to live through her work, in not just the kitchens but also the minds of people all over the world. We stand by the faith that she is forever – not just as memories but also tangibly. She has left behind a legacy – not just to be remembered, but to be continued. As a tribute to her, her family and team of professionals – honed under her direct supervision – has resolved to continue her legacy and continue to bring out many more books and on-line content based on the treasures she has left behind. Together, let's continue her work, her charities, her good spirit. Let's make sure she lives on!



Interview By : Aditi Gupta

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# ALL THE FASHION TRENDS FOR 2022 SUMMED UP FOR YOU

**S**ummers are always the times that we all look forward to when it comes to fashion. With the sun getting hotter, let us raise the temperature with our fashion quotient. Women Shine brings to you the list of assorted fashion trends to make your summer stylish



## Pant Suits

The power suits are brightly colored, with stunning materials and strong motifs. Since the epidemic, more modern women have moved into leadership roles, focused on increasing their commercial ventures while remaining professional. Therefore, stylish pantsuits are here to stay!

## BAGGY AND LOOSE DENIM

Baggy and flared jeans are appropriate for a night out, school, or even a casual day at work. This trend is a continuation of the great mom-jean moment that occurred in 2021. This denim gives you the perfect mix of comfort and sass.





### **CARDIGANS**

This year, cardigans will make a comeback as a flexible wardrobe essential.

Both men and women will be wearing cardigans as coats and incorporating them into their ensembles.

### **WIDE-LEG PANTS**

Skinny pants are gone, and while straight legs have been popular, we're seeing broader legs on pants and jeans. Tighter towards the thighs and loosened up near the ankles, these are just perfect for your summer outings.



### **BRIGHT COLORS AND BOLD CHAIN-RINGS**

Neon hues have been popular for several years, and it appears that vivid apparel is here to stay. This year, primary hues, such as blues and reds, will be quite popular.

In 2022, bold-link chains and cocktail rings will set the tone for your look. People want to create an impression and make a statement and these are just the right ones for it!



**Written By : Saumya Singh**





# Spring Summer Trends 2022



**Summer has already arrived and we are always eager to ace our fashion game in this hot weather. This season is all about looking cool and yet comfortable in a stylish way. So it's time to say hello to our crop tops and short skirts.**

**Here are some fashion tips for effortless summer dressing.**

**Flowy, maxi cotton dresses** are evergreen in summer season. They are so comfy and colourful. Choose an easy breezy flowy dress and paired it with funky earrings. It will give you a fresh and relaxed look perfect for summers.

**Jumpsuits** are coming back in the season, most commonly it is considered as office wear or formal wear but this season we are going to see a lot of styling in casual jumpsuits as well.

Pantone has declared Very Peri as the colour of year, a mixed of violet, purple and hues of blues. Black and white is the classic and evergreen combination, have a little experiment with it, wear it with a colourful earrings or a multicolour stall to stand out in crowd. Colors like lime green and butter yellow, hot pink are also in vogue this season.

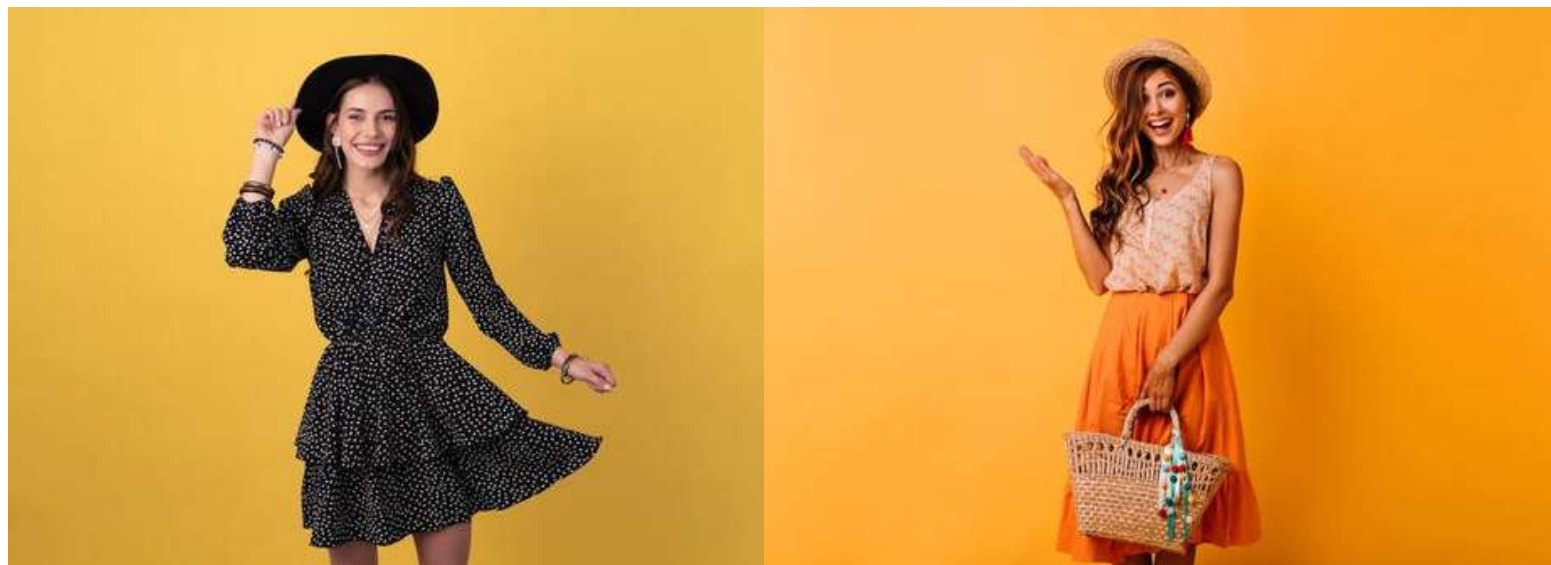
Summer is all about flaunting your **pure white ensembles**. They give you very stress free and calm look which is perfectly suitable in summers. This plain white monochrome look can suit all occasions if rightly accessorised. White polka dots are also favourite print among style influencers.



**Micro mini or call it ultra mini skirt** with crop top are just perfect to combine in hot weather. Oversized shirts, baggy jeans are super comfortable and will give you carefree look. Jazz them up with cool pair of sneakers. Cut out dresses are going to rule this year. Pleated skirt with strappy top and cords are so much hot assemble to wear in summer season.

This year is all about **shimmery and sequinned fabrics**, your whole mood will simply transform into the party mood once you are dressed up in an embellished dresses. They are literally the mood boosters and will instantly make you feel like a star of the evening. Glamorised sequinned short dress with nude and neat make up for your best party look

For more sophisticated appearance add stylish sunglasses, summer hat, chiffon scarf, and a cool summer bag to your look. They will compliment your outfit and will help to enhance your personality instantly.



These are some basic summer styling tips which will never go out of style. And last but not the least, stay happy..... Wear a confident smile on your face.

**When you are happy from inside, everything looks beautiful on you.**



**Written by : Grishma Upadhyay**

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# MEET FOODPRENEURS



**"COOKING IS THE ULTIMATE GIVING."  
JAMIE OLIVER**





## SANDHYA: SANDY'S BAKE STUDIO



Sandhya has been working as a Bakery & Culinary Mentor, Bakery & Cafe Consultant, Entrepreneur and have been felicitated at numerous platforms and covered by several newspaper. She has also featured in many Cookery Shows on national television and has an active Facebook, Instagram Page & YouTube Channel with followers worldwide. By education she is Pharmacy Graduate and have Corporate experience of about 6 years with multinationals like Aventis & Pfizer. It was her inclination towards baking & cooking, that pulled her away from corporate life and led to the foundation of her own bakery academy.

By education she is Pharmacy Graduate and have Corporate experience of about 6 years with multinationals like Aventis & Pfizer. It was her inclination towards baking & cooking, that pulled her away from corporate life and led to the foundation of her own bakery academy. Later she herself took training by travelling to different states & places and got trained under renowned professional chefs who were the masters of this field. In 2016 she started Sandy's Bake Studio with the vision to train and empower more and more women entrepreneurs. Sandhya has trained thousands of ladies from past 5 years and encouraged as well as guided them to become a professional baker along with the knowledge to start their home bakery business. She has also helped a lot of students to set up their Cafés and Bakery in terms of both product & market knowledge required for it. Currently she is successfully running her Online classes too where participants from all across the globe have enrolled and got trained under her able guidance.

## RAINNA GUPTA: CREATIVE OVEN

Hi, I'm Rainna Gupta, a patisserie chef successfully running my home bakery 'Creative Oven by Rainna' in East Delhi. With an experience in the business for the past 12 years, I can proudly vouch for the success and potential of my enterprise. Creative Oven's specialty of the best eggless cakes in Delhi has been recognized through several awards and has been expanding extensively. I have carved a space of my own, leaving a mark in the home baking business which, I have realized, can be achieved by many with low investment and resources that are easily accessible.



Housewives often want to engage in and explore their hobbies that may prove to be rewarding in terms of financial outcome or self-growth. But without a professional degree, they are unable to pursue it. I have designed a very practical, professional bakery course for women of all ages. Many of my students are already running their own bakeries from home successfully. Singlehandedly, I have established myself as an entrepreneur giving parallel financial support at home, and believe that my business has the potential to help other women achieve the same. My success mantra: Tiptoe if you must but do take that first step towards your dream.



## SHUBHI WALIA: HOME BAKER



I started working on a dream and which was due a long time ago and it came to me at a time I most adored it. I started baking in my late 30s and it soon became one of my greatest passions, which I'd love and enjoy creating with my whole heart. With my joint family and two children, everything became more challenging but there was never a day I would like to think to give up on this dream after working tirelessly for them. Dreams are always tough to come true but believing in yourself and your loved ones who support you can make them a reality. My Home bakery is now a well-established confectionery, all the hard work and long continuous hours of working have paid off. Taking classes, learning new skills, practicing till late at night and then putting my skills to work. Nothing begins easily in life, even I had many hiccups in my journey. When I go back to my hard days I realize those are just some lessons I needed to learn. My journey has survived a lot of ups down and my husband has been beside me on this journey at all times, we say there is a woman behind every man id like to believe there is always a loved one behind someone's success and for me that was my husband.

Though I have always lived a princess life and now I live like a Queen. Always had this urge to be financially independent so now I am a financially independent proud woman. Also, I have always wanted my children to feel proud and I hope that I have made them proud.

## CHRIS KANE: THE SINGING HOME CHEF

My bestsellers are the Ham & Cheese, Chicken Vindaloo Pie, Chilli Cheese Mushroom, and Chicken, Leek & Veg Pie. Other favorites include Buff Bolognaise Pie, Spinach, Cottage & Cream Cheese, and the Apple Pie Bowls. While these two years have been difficult for everybody, it also created new avenues and opportunities. Food delivery services made home kitchens popular as did online payments and social media. I look forward to promoting my brand while also indulging in my passion for cooking.





# ANINDITA SINGH: THE FANCAVE CAFÉ



If you can dream it, you can do it – Walt Disney Two sisters, Anindita Singh and Lavanya Singh have given Lucknow its coolest new hangout. Located in Naubasta, near Deva Road, The Fancave Café seats 140 patrons and is spread over two floors, with a private lounge for parties. Pizzas from the largest brick oven in the city, Lucknow's first and only Parmesan cheese wheel pasta, and authentic Mexican nachos are only some of the stars of The Fancave's mighty 24-page menu. However, it wouldn't be possible to talk about The Fancave Café without mentioning Interlude, the multi-story student accommodation for girls built next to the café. The idea to establish Interlude was conceived in 2017 on a train journey from Edinburgh to London, while Anindita was contemplating returning to India after her graduation from the London School of Economics. Anindita was later joined by her younger sister Lavanya, a graduate of the University of Edinburgh. While creating Interlude close to the student hub that is Faizabad road, the sisters thought to utilize the extra space in the accommodation's walled campus as a café. Comic book aficionados themselves, they wanted to create a haven for fans of all ages, where the latter could enjoy delicious food in the company of like-minded people, make new friends, and geek-out without inhibition – a Hard Rock for movie and comic book fans. Two years and a pandemic later, their dream resulted in the creation of The Fancave Café, which opened its doors to fans on the 27th of March, 2022. The café's walls are adorned with licensed Marvel, DC and Star Wars memorabilia, collected painstakingly over the years by Anindita. An out-of-the-galaxy gourmet experience awaits every patron that walks into The Fancave Café.



## #shiningwomen



# KALPANA MUDLIAR: VANAKKAM MUMBAI



**From the roots of Tamil Nadu** Talented and innovative chefs are not found beyond commercial kitchens. Television shows like 'Master Chef' From the roots of Tamil Nadu Talented and innovative chefs are not found beyond commercial kitchens. Television shows like 'Master Chef' brought into the limelight 'Home Chefs' who could create culinary magic. Such is an enterprising home chef, Kalpana Mudliar. She specialises in cuisine from the Indian state of Tamil Nadu. While Kalpana was growing up, she spent hours patiently watching her mother cook. Soon she began developing an interest in cookery shows on television and began to browse through old recipe books. She began to notice that Tamil Nadu cuisine was vast and diverse. She wanted to spread awareness among friends who thought Tamil cuisine was all only about idli, dosa, and rasam. That is how it all began...She recreated rare recipes to rekindle lost food traditions.

She developed a line of 'Nouveau Tamil' signature dishes. What emerged from regional spices and French-inspired Pondicherry recipes, remained true to their authentic flavours while alongside emerged new ideas to present old flavours. Every dish traditional or with a twist was perfected in taste, texture, and flavour. When Kalpana's food began to be talked about in the neighbourhood, at parties, and at gatherings, it was time to make Tamil Nadu cuisine more approachable. Thus was launched 'Vanakkam Mumbai' a platform on Facebook and Instagram to connect with the connoisseurs of food through her own cloud kitchen. Kalpana now curates menus from various regions of her native state, Tamil Nadu. Her expertise includes:

- **Pop-ups**
- **Food festivals**
- **Catering for private events**
- **Designing menus for start-up food businesses**
- **Training kitchen staff to follow authentic southern India's way of cooking**
- **Consultancy on South Indian Regional Cuisine**

A winner of the 'Most Promising Start-Up in the Food Category' by The Promising Indian Society, Kalpana found her spot in the sun as a food entrepreneur when she was handed over the award by Dr. Pranab Mukherjee (former President of India) in December 2019. Her favourite quote by George Bernard Shaw, "There is no love sincerer than the love of food" reflects in her every plate and platter.





## Indian Chefs who have become a Household Name

India is a land of multiple cuisines and recipes. And every Indian household has a bunch of secret recipes which travel in the family from generation to generation. With time, these secret recipes and ingredients have come out and people from all parts of the world can now have the Indian taste and flavour. This has become possible only after chefs of Indian origin came out and took the stand. Now there are many chefs who are making Indian food popular throughout the world. So let's look at some of the most popular chefs in India who have made India proud.

### **SANJEEV KAPOOR**



He is a household name and popular for culinary show "Khana Khazana". He has also written over 150 cookbooks and has 24\*7 food and lifestyle channel-Food Food.

### **VIKAS KHANNA**



He is a chef, poet, author and filmmaker. Vikas Khanna has hosted several shows and has authored more than 25 cookbooks. He has also been felicitated with awards in various fields

### **RANVEER BRAR**



He is an Indian chef, author, celebrity, food film producer and restaurateur. Ranveer Brar is popular for his show "Health Bhi Taste Bhi" on Zee Khana Khazana .known for his outspoken style; he has also been one of the judges of MasterChef India.

### **RITU DALMIA**



She is a celebrity chef and also owns a popular Italian restaurant by the name "Diva in Delhi".She hosted an award winning show named "Italian Khana for NDTV Good Times. And even authored a book by the same name.



### **PREETI AGARWAL**

She is one of the Indi's best Chefs who is making India popular throughout the world with her food and innovative recipes. She believes in changing the perception of Indian food throughout the world. She is doing this by reinventing it by creating glamorous setting with delicious food.

# BAMBAI NAZARIYA: CREATING AN IMPACT



A cafe situated in the lanes of Andheri, Mumbai has come up with an innovative idea and initiative of supporting people from the transgender community. Bambai Nazariya is breaking the stereotype by hiring people only from transgender community and making the society an inclusive one. The owner of Bambai Nazariya in conversation with Rinni Maheshwari, WomenShine told that the idea of helping people from transgender community was his childhood dream.

This cafe is like dedication to his father who highly adored this community and wanted to make difference in their life. Diago the owner of Bambai Nazariya tell that cafe is just the beginning and there is a lot more that he wish to achieves through this cafe and make major differences in the life of Trans community. Presently there are 3 Trans community people working in Bambai Nazariya and when asked how they feel about this initiative, they were thrilled and wanted more and more people should come up and bring acceptance in the society. They want cafes like this to be opened in all cities, so people from every city can get employment and society gets more inclusive. Coming to the food and ambience, the interiors have been done beautifully by the co-partner of Bambai Nazariya. The ambience here is very calm and lively and soft music adds to the vibe of the place and makes people visit again and again. Food here is prepared with utmost love and dedication. The specialty of this cafe is "Pink Chai", which is also a secret recipe and one can have it only when they visit Bambai Nazariya. More and more people should come out and talk about this issue, so that better world could be made for the people of Trans community. And more cafes and ventures like this should come so better employment opportunities come up for them.

# SUMAN JAISWAL: OVEN FRESH



Hi, I am Suman Jaiswal, founder of Desire Cookery Center and Oven Fresh. It is rightly said that "the only way to start your journey is to love what you do", and it is so true in my case as I thoroughly enjoy my work, each day is so unique and filled with excitement. It brings new experiences to every project that I do. Not to mention that you get to treat your taste buds every day with something delicious. Back in 2011 when I first started, there were just two students, and today we have successfully trained over 500 + students.

It gives me immense joy when I see my student starting their own business and becoming self-reliant. Today, many of them are home bakers and some have even opened their own bakery stores. In the course I have also taken various bakery workshops in Karamat Degree College, for Weikfield, a two-day workshop for NTPC, have set up the bakery section for Kaushal Vikas Kendra, Indian Army School. This keeps me excited and motivated as I get to work in a people-centric environment and meet many enthusiastic minds. During the journey, to keep me abreast with changing demands I have attended many workshops and taken many courses to give the best to my students. My vision is to inspire women to become self-reliant and I want to help them in the process.



# MANGO PANNA COTTA

## Ingredients

For Mango Layer

Mango puree-2 cups

Agar-agar - 1 tsp

Amul cream - 100 ml

For vanilla layer

Amul cream - 1 cup

Powder sugar - 1/3 cup

Agar-agar - 1 tsp

Vanilla essence - 1 tsp

Soft Whipped cream - 50 gm



## METHOD

How to bloom agar-agar - melt agar-agar on a double boiler with a tbsp of water.

• Cook mango puree to reduce water in it.

Add Amul cream and bloomed agar-agar.

Mix well n pour in glasses.

Chill in the fridge for 1 hour.

• Now cook Amul cream with sugar .when thick add bloomed agar-agar and vanilla essence.

Finally, fold softly whipped cream.

Pour in glasses over mango layer.

• Chill it in the fridge for 3- 4 hours before serving.

• Garnish with chopped mangoes n mint.



Recipe By :  
Chef Sandhya Singh Moga





# Mango Chocolate Cream Cheese Tart

## Ingredients

### NO-BAKE TART BASE

Digestive biscuits

powder – 200 gm

Melted butter – 40 gm

### MANGO MOUSSE LAYER

White chocolate – 180 g

Mango puree – 70 gm

Whipped cream – 180 gm

Cream cheese - 70 gm

### CHOCOLATE LAYER

Dark chocolate – 100 gm

Amul cream 80 gm

### CHOCOLATE MOUSSE LAYER

Dark chocolate – 80 gm

Amul cream – 40 gm

Whipped Cream- 150 gm



## Method –

Mix powder biscuits n melted butter and fill it in 8 inch round tart mould ( detachable base ).set it in the fridge for 15 min.

- **Mango mousse layer** - Melt white chocolate, add mango puree .fold in soft cream cheese n whipped cream. Fill it in tart mould.

- **Chocolate layer** - Melt together dark chocolate and Amul cream. Pour it over mousse layer.

- **Chocolate mousse layer** – melt together chocolate n cream n fold it in whipped cream.

Pipe it using a nozzle on top of the tart.

- Chill in the fridge for 1-2 hours before serving.



Recipe by :  
Chef Sandhya Singh Moga

# Do not limit your challenges, Challenge your limits !!

An ardent believer of this quote, Jyoti Madan is an Entrepreneur, Career Mentor, Overseas Educational Consultant, Life Coach, and NLP Master practitioner. She is a founder of Persona Discover which specializes in career mentoring and life coaching of students, graduates, and professionals. She has been coached by World-renowned coaches like Tony Robbins & Dean Graziosi.



She is also a lifetime member of prestigious organizations like APCDA ( **Asia Pacific Career Development Association**) & CCI ( **Counsellors Council of India** ). She is also an active member of WICCI ( **Women's Indian Chamber of Commerce & Industry** )

A Small town girl of Karnal, Haryana who did her Eco Hons from MCM College, Chandigarh and topped in Economics at Punjab University in her very 1st year of graduation, wanted to be an Economist. But by her final year, she realised that her heart lies in doing something creative, and therefore without disclosing it to her parents she filled up the form for NIFT ( **National Institute of Fashion Technology** ), Delhi. And cleared her exam too but being from conventional family background, living in a hostel in a fashion institute was a complete NO NO and that too in metropolitan cities. But she didn't give up! And started looking for more options and bumped into a fashion institute called NIIFT Mohali (Northern Indian Institute of Fashion Technology ) which was affiliated with NIFT Delhi. So, she gave her best shot and got selected for a GMT course ( **Garment Manufacturing Technology** ). During her final year project, she got in touch with an Italian client who was looking for knitwear products from India. She embraced this opportunity with both her hands and started working on sourcing knitwear products together with her course project in Ludhiana. And with this came into being the buying house based in Ludhiana called COS INDIA. In her 17 yrs of journey in the fashion business she went on to work with **CK kids, Zara accessories / Tommy Hilfiger / Replay / Gas Jeans / Gant to name a few**. She was growing her business with each passing year.



But then ...there was a twist in her story !! And this is how she describes it: From 2011 -2012 It was during my tenure of bed rest (as prescribed by the doctor) when I had all the time for myself, it dawned on me that in spite of all the success, something was missing in my life. I was wanting something more than this ... but what was it? And then one day, A call from a friend to thank me for helping her to sort out things between her and her daughter and then her inviting me to give a talk to a small group of mothers on how to talk to teenagers so that they listen ... came as an answer to what I was looking for !! **As somewhere deep within**

I had a yearning of impacting people's lives in a positive way ... I wanted to graduate from designing clothes to designing lives. With this thought, I started reading self-help books and took up courses and therapy sessions to get back on the road to recovery. But was still figuring out how can I do this. This quest of knowing what can I do to make a difference led me to conduct personality development workshops for students which were facilitated by a dear friend along with my existing business. It was during one of those workshops that I realised that our coming generation needs a consistent handholding and a holistic approach to the ongoing issues like low confidence /self-esteem/peer pressure/stress/career discovery etc and cannot be dealt with by such workshops. They need a concrete solution to this and that's how **PERSONA DISCOVER** was born. With each passing day, I couldn't be more sure that this was my calling. Each smile or a thank you from a person on getting his answers made my belief even firmer. By now, I had realised that I cannot be in two boats at the same time. So, I chose Persona Discover over my fashion business in spite of being financially less lucrative as that made me fill the missing block of my life. On one hand, I began wrapping up my existing fashion buying house business gradually and on the other hand immersed myself in advanced courses to become a Certified Career Mentor, Life Coach, and NLP Master Practitioner. When I started Persona Discover in 2017, I didn't have an office space and a co-working space was a far-fetched idea in a place like Ludhiana so during weekends I started taking workshops/sessions at a coaching center run by a friend and at other times in a cafe. I also collaborated with some of the best schools in and around Ludhiana. And in almost a year's time, people started acknowledging my services. I then got associated with the J&K skill development program and became a resource person to various distinguished educational institutions. By the beginning of 2020, Persona -Discover became a team of 5 people who are experts in their respective fields. We aim to help students/individuals to become the best versions of themselves through personalized counseling sessions using **NLP techniques, psychometric test assessment**, identifying their learning styles and multiple intelligence tests, etc. We have touched more than **5000 lives and are still counting**. Our unique perspective towards the current situation makes us stand out from the other service providers in the field. The amalgamation of life coaching and career mentoring helps our candidates not only in their career choices but also in their confidence building, time management, and skill-building. Besides this we also provide full guidance pertaining to Indian as well as study abroad options, thus making us a one-stop solution for our candidates. Our various teachers/parents /students workshops at educational institutions are called "Paisha Vasool workshops" As our Mission is to empower our future generations with clarity of career choices and skills that our current education fails to provide them. Friends this has been my journey so far ..... And I can say with pride that I am loving every moment of it .... As each day gives me an opportunity to design a new life and guide people to discover their road to success !!

# PREVENTIVE HEALTH CHECK-UP FOR WOMEN

*8 important tests for Women of 30 and above*

**I**n balancing Professional and personal life, we ignore our health. Some health concerns affect women differently. Several health issues like **bone density, pregnancy, Thyroid, iron deficiency in girls, Breast cancer, cervical cancer, menopause, female organs' health, etc.** A simple check on some of the parameters of health, diet, and lifestyle can help many girls and women from falling into severe diseases.

There are some routine tests that every woman should keep a check on as they touch the age group of 30/40. Have a look and know about them.

## 8 routine tests that women of 30 and above must go for:-



### 1) SUGAR LEVELS/HBA1C-

**'Diabetes'** is a condition when blood sugar levels are higher than normal in the body. According to a report by the Ministry of Health and Family Welfare, there are 77 million people with diabetes living in India. It was higher in urban areas. There are an equal number of females affected by this condition. It can be managed by changing food habits, shunning a sedentary lifestyle, and controlling weight.



## 2. THYROID STIMULATING HORMONE (TSH) TEST -

This test helps to check hormonal imbalances in our body. It affects females more than males causing sudden loss/gain in weight, fatigue, dizziness, sleep disorders, anxiety, depression, etc.

## 3) IRON DEFICIENCY/HB (HAEMOGLOBIN)

'Anaemia' is a condition caused due to a lack of iron in the blood that helps to carry oxygen to the brain. Insufficient Iron severely affects physical and mental health. In India, there are more than 60% of women affected with low iron. CBC (Complete Blood Count) is a test done to check on different components of blood.

## 4) VIT D/CALCIUM -

Vitamin D is required for absorbing calcium in the body. Insufficient absorption of calcium in the body can weaken our bones, teeth and may result in low bone density that leads to the common condition of osteoporosis in women at a later age

## 5) MAMMOGRAPHY/ BREAST ULTRASOUND-

This test helps to detect any abnormalities in the Breast like Lymph Nodes or blockages etc. If any problem is diagnosed, it can help prevent other cancerous tissues at earlier stages.

## 6) PAP SMEARS/ PAPANICOLAOU TEST -

This method helps to detect any cancerous/precancerous issues through cervical screening, which can be corrected with further investigations.

## 7) CHOLESTEROL/LIPID PROFILE -

This one is covered in the blood test and measures the fats or fatty substances in the blood. Also, pre-determine the risk of cardiovascular or Heart disease

## 8) EYE TEST -

More screen time in today's time strain the eyes directly. An eye check-up may help you understand your eyes better.



Besides the tests mentioned above, one can always keep check of their weight, **BMI (Body Mass Index), BP (Blood Pressure) and followed by regular consultations with the specialist.** Having a balanced diet, getting nutritious food, adding physical activities like exercise, sports, and walking to our routine, adopting a healthy lifestyle, avoiding **unnecessary stress and anxiety can help us lead a happy life.** This Women's day give yourself the gift of a Preventive health check-up and take one step ahead in self-love.



Written By : Aanchal Madan

# HEALTHY LIFESTYLE

'Health', according to the World Health Organization, is "a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity". 'Lifestyle' is defined as a **"particular way of living"**, by Merriam-Webster Dictionary. But what is a **"Healthy Lifestyle"**? And most importantly, the changes we need to incorporate in our lives to live a happy and healthy life.

Everyone is quite aware of the fact that 'Health' is topmost important for a better living. As an old saying goes on, **"Healthy mind lies in a healthy body"**, we understand that physical health along with mental health can make our life worth living. A good diet, physical exercise, balanced routine, absence of bad habits like alcohol, smoking, overeating, sedentary lifestyle constitute a healthy lifestyle.



## How your lifestyle affects your Health!

The meaning of a Healthy lifestyle has advanced over the period. Nowadays, only healthy eating and doing some physical exercise do not wrap it up. We need to keep a positive attitude towards life, manage stress, meditate, maintain harmonious relationships, be active, take proper sleep and keep ourselves motivated towards a higher goal. It is not only about living longer but living a happy, healthy, purposeful, and satisfying life. Further, there are other important components of wellness that help us enhance our life

## 5 factors of wellness to bring Balance in Life

**All these factors if managed properly can bring balance to our lives in a healthy way.**

- 1) Physical:** Managing physical health includes having nutritious food, eating at right intervals in appropriate quantity, intake of water, walking, doing exercises, keeping sugar control, maintaining adequate body mass index, and taking 7-8 hours undisturbed sleep.
- 2) Mental:** Studying, playing, learning new skills, keeping your mind active, all these contribute to having good mental health that affects our overall lifestyle.
- 3) Emotional:** Human beings are full of emotions; any issue disturbing our life may erupt into an emotional outburst through anger, frustration, and depression. Hence, we can try to understand ourselves better by observing and analysing our emotions.
- 4) Social:** Having good relationships with our close ones, family members, relatives, neighbours, friends, colleagues contribute to healthy social life.
- 5) Spiritual:** Spirituality has a different meaning for different people, many find peace in doing meditation, yoga; some people may find it in practicing their religion, following customs and rituals associated with it.



Written By : Aanchal Madan



# Therapies To Cope-Up With Work-From-Home Breakdowns



**T**he work-from-home (WFH) phenomenon, which grew widespread during the COVID-19 epidemic, altered the way we used to do things. The tendency not only threw off many people's work-life balance but also produced a tense climate in most families. As a result of the aforementioned conditions, health concerns — primarily linked to pains — emerged and have now become an endemic of huge proportions for WFH workers. Now that we are in a hybrid form of work, it is critical that we balance our health with both models.

## Causes Of Health Implications Due To Work From Home

Offices are designed and built to enable long-term work with assigned workstations; WFH is not. When you work from home, the first thing to go is your posture. While ergonomic chairs support your back at work, at home, many of us are stationed at our dining, beds, or study table-chair sets, neither of which supports your back and the tables are too high or low to work comfortably. 41.2 percent of home workers complain of low back pain, shoulder. 23.5 percent of home workers complain of neck pain as well. There are instances of headaches and dry eye also. All of this adds up to a WFH breakdown. The transition to WFH is concerning; around 19% of house workers reported persistent feelings of severe disconnectedness, which causes mental well-being to deteriorate. Furthermore, workloads have grown, resulting in regular bouts of worry, stress, and burnout.



## SIMPLE SOLUTIONS TO COPE WITH WFH FATIGUE



# Break

## TAKE BREAKS

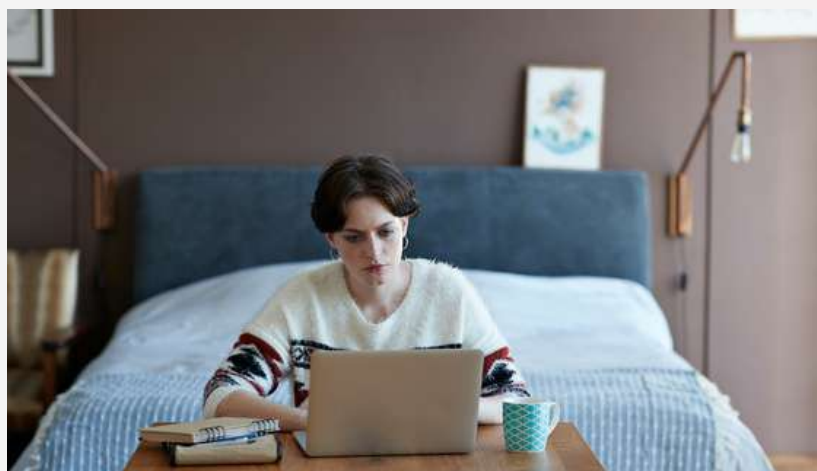
Eye specialists recommend taking a 20-second break after every 20 minutes of work. This not only declutters your thoughts but also relaxes your eyes.

## PRACTICE MEDITATION AND YOGA

Nothing beats these for calming and soothing your mind and aligning it with inner serenity. Simple Yoga techniques help strengthen bones, prevent sleeplessness, lower blood sugar levels, and increase metabolism and blood circulation.

## Make Separate Workstation

Have a dedicated work area that is both far away from your bedroom and is refreshing and pleasant. To avoid insomnia, you must make your mind aware of the distinction between your working and sleeping areas.



## INCLUDE SUPERFOODS IN YOUR MEALS

Eating well-balanced and nutritious meals not only keeps you healthy but also increases your productivity. Do not miss meals, eat on schedule, and have nutritious snacks. Some of the superfoods that may be eaten for strong bones and a balanced mind include Sabja Seeds, Flax Seeds, Ginger, Turmeric, and Berries.



Written By : Saumya Singh



# Nutritional Needs for Women



Women have special nutritional needs and during each stage of a women's life these nutritional needs change. As women, many of us are frequently neglecting our own dietary needs. Trying to balance the demands and needs of family and work can make it difficult for any woman to maintain a healthy diet. You may feel that you're too busy to eat well or used to putting the needs of your family before your own. The right food can not only helps you to maintain a healthy weight, but it can also support you through the different stages of life. So by eating well balanced diet at every stage of life, you can boost your energy, manage your weight, control cravings and feel best. Women should enjoy a variety of healthy foods from all of the foods groups, including whole grains, fruits, vegetables, healthy fats, low-fat or fat-free dairy and lean protein.

Eating a wide range of foods that include a variety of nutrients is the easiest way to have a healthy diet.

## Steps to reaping the benefits of healthy eating:

**Understanding which nutrients your body needs and how to get them every day.**

### Antioxidants-

This group includes beta carotene, vitamin C and vitamin E. They play an important role in protecting your body free radicals ( free radicals are compounds that can cause harm if their levels become too high in the body and they are linked to multiple illnesses ).Antioxidants may slow aging and also lowers the risk of some health problems.

### Antioxidants include:

Beta-carotene In the body, beta carotene converts into vitamin A , a nutrient that helps eyesight and good vision, soft tissue and healthy skin. You can get beta carotene from carrots, spinach, papaya, peaches, apricots, cantaloupe ,pumpkins, red peppers, tomatoes, guava, kale.

## VITAMIN C

This vitamin aids in healing wounds and helps your body to make red blood cells. It also boosts levels norepinephrine(brain chemical) which makes you feel more alert .You'll find it in oranges, peppers, strawberries, tomatoes, broccoli, grapefruit and kiwi.

## VITAMIN E

Your body needs this vitamin to keep cells healthy and it may slow signs of aging . Foods rich in vitamin E include sunflower seeds, corn oil, cod-liver oil, safflower oil, wheat germ, hazelnuts and peanut butter.

## B-VITAMINS

B vitamins play a vital role in maintaining good health and well-being. But three of them - vitamins B6, B12, and folic acid are very important.

## VITAMIN B6

Vitamin B6 is important for proper cell function .This vitamin benefits the central nervous system and metabolism and also helps with creating blood cells, and keeping cells healthy. You can get it from chickpeas, avocados, bananas, oatmeal, potatoes, beans, cereal, fish, poultry and meats.

## VITAMIN B12

**Vitamin B12** helps with red blood cell formation and anaemia prevention. This vitamin may support bone health and prevent osteoporosis. Try cheese, milk & Yogurt, Eggs Fish & Meat

## FOLATE (FOLIC ACID)

It is especially important for pregnant women because it helps prevent birth defects like spina bifida. It helps build a healthy brain and spinal cord. It also makes DNA and RNA, the building blocks of cells, and prevents the changes in DNA that can lead to cancer. Foods rich in folate include spinach and leafy greens, legumes, chickpeas, black beans, kidney beans, melons, strawberries, asparagus, citrus fruits, fortified grains, eggs, and liver.

## IRON

Due to the amount of blood lost during menstruation, women of childbearing age need more than twice the amount of iron that men do, even more during pregnancy and breastfeeding. Iron helps to create the haemoglobin that carries oxygen in the blood. It's also important to maintaining healthy skin, hair, and nails. However, many of us aren't getting nearly enough iron in our diets, making iron deficiency anaemia the most common deficiency in women. Foods that provide iron include red meat, seafood , chicken, pork, fish, raisins, apricots kale, spinach, beans, lentils .

## CALCIUM

Women need calcium to build healthy bones and teeth, regulate the heart's rhythm, and proper functioning of nervous system .Calcium deficiency can lead to, mood problems such as irritability, anxiety, depression, and sleep difficulties. If you don't get enough calcium in your diet, your body will take calcium from your bones to ensure normal cell function, which can lead to weakened bones or osteoporosis. Women are at a greater risk than men of developing osteoporosis, so it's important to get plenty of calcium, in combination with magnesium and vitamin D, to support your bone health. Good sources of calcium include dairy products, leafy green vegetables, cabbage, grains, tofu, soy beans, sesame seeds and certain fish.



## VITAMIN D

Adequate amounts of vitamin D also are important and the need for vitamin D increases as women get older. Vitamin D is crucial to the proper metabolism of calcium and it helps to move calcium and phosphorus, important minerals for keeping bones strong into your bloodstream. When your body doesn't have enough vitamin D, it will take calcium and phosphorus from your bones. Over time, this makes them thin and leads to conditions like osteoporosis, which puts you at risk for fractures. You can get Vitamin D from about half an hour of direct sunlight, and from foods such as eggs, salmon

## MAGNESIUM

Magnesium increases calcium absorption from the blood into the bone. In fact, your body can't utilise calcium without it. Good sources include leafy green vegetables, broccoli, celery, cucumber, green beans and a variety of seeds.

## FIBRE-

Fibre helps lower your risk for diseases that affect many women, such as diabetes, heart diseases, colon cancer and irritable bowel syndrome. Fibre also helps you feel full, so it can help you reach and maintain a healthy weight. Not getting enough fibre can lead to constipation and can raise your risk for other health problems. Part of healthy eating is choosing fibre-rich foods, including beans, berries, and dark green leafy vegetables, every day.

**Reproductive health. Women have different nutritional needs during different stages of life, such as during pregnancy and breastfeeding or after menopause. Women's nutritional needs change as our bodies change during different stages of our lives.**

- During the teen years. Girls during their **teen ages (9 to 18 )** require more calcium and vitamin D to build strong bones and also to prevent osteoporosis later in life. **Girls ages 14 to 18 also** need more iron than boys.
- Young adults. Young women usually need more calories, to support their growing and developing bodies. **After about age 25**, a woman's resting metabolism (the number of calories her body needs to sustain itself at rest) goes down. To maintain a healthy **weight after age 25**, women need to gradually reduce their calories and increase their physical activity.
- Before and during pregnancy. Women need more of certain nutrients than usual to support her health and her baby's development. These nutrients include iron, folic acid, protein and calcium. During this time many doctors recommend prenatal vitamins or a folic acid supplement. During breastfeeding. Continue eating healthy foods. You may also need to drink more water. Try drinking a glass of water every time you nurse and with each meal. .
- After menopause. Lower levels of **oestrogen**, after menopause raise your risk for chronic diseases such as diabetes, heart disease, stroke and osteoporosis, a condition that causes your bones to become weak and break easily. What you eat also affects these chronic diseases. Talk to your dietitian about healthy eating plans and whether you need more calcium and vitamin D to protect your bones. Because of less muscle and less physical activity, most women also need fewer calories as they age.

Healthy eating not only helps you live longer by preventing chronic diseases such as heart disease, diabetes, and cancer, but it also boosts energy and mood, increasing overall quality of life. Women can also improve their health by getting regular daily exercise, getting adequate sleep, and determining the best stress relief strategies for them.



Written By : Dt. Ranu Singh

# Travelogue: France

France is Europe's most diverse, tasty, and, in many ways, most exciting country to explore. With luxuriant forests, forever coastlines, grand canyons, and Europe's highest mountain ranges, France has cover-girl looks. You'll also discover a dizzying array of artistic and architectural wonders—soaring cathedrals, chandeliered châteaux, and museums filled with the cultural icons of the Western world.



The first glimpse of Paris hits you like some of the powerful impressionist paintings of Claude Monet, Gustave Courbet, and Jean-François Millet; all of who have their paintings exhibited in the various museums across the city. This 3rd century BC city derived its name from the Celtic people called 'Parisii' and became the largest city in the western world by the 12th century. To keep intact its architectural novelty, newer modern structures are mandated to be built away from the old central city of Paris. Except for the fast-moving vehicles on the cemented brick roads and the occasional large signboards creating consumer needs, Paris is still true to its picture from the medieval ages. Lampposts and bridges that have aged with the city are an integral part of the city's description. Paris was the first European city to adopt gas street lighting and by the 1860s was illuminated by over 56,000 gas lamps. Discovering Paris in June is one of the most extraordinary experiences in the world, the restaurants extend their service to their terraces, everyone is sipping rosé, and the gleaming sunshine highlights the city's most iconic monuments. The city also puts on a show with endless art shows and of course spells the start of the Paris Fashion Weeks showcasing next year's trends.





Like in all over Europe, the public transport system is awesome in Paris too. The city is crossed by 14 Metro lines and five RER (express suburban) lines, all numbered and named for their final destination (terminus). By the way, there are 300 stations that make up Paris' metro system. Each metro trip requires one ticket regardless of how many transfers you make, though **MUST** buy an extra ticket for the RER outside the city area. Keep your ticket intact until you exit.



French people value politeness and take pride in their culture, tradition, and language. You'll get better treatment if you learn and use the simplest of French pleasantries. Begin every encounter with **"Bonjour (or S'il vous plaît), madame (or monsieur),"** and end it with **"Au revoir (or Merci), madame (or monsieur)."** The French are language perfectionists—they take their language (and other languages) seriously. Often they speak more English than they let on. This isn't a tourist-baiting tactic, but timidity on their part about speaking another language less than fluently. If you want them to speak English, say, **"Bonjour, madame (or monsieur). Parlez-vous Anglais?"** They may say **"non,"** but if you continue talking and butchering their language, they'll soon say, "Well, actually, I do speak some English."



The first stop of our city tour in Paris was at the Arc de Triomphe (Arch of Triumph), probably one of the most famous monuments in Paris, commemorating those who gave up their lives fighting for France in the French Revolutionary and the Napoleonic Wars. The 50 meters high structure, constructed under the orders of Napoleon at the peak of his fortune is magnanimous. The structure at the center of the twelve avenues reminded me of how I drew the sun as a child with a circle and lines emerging out of it like rays.

It is quite possible that Napoleon had a similar vision for the structure; which brings us to only one possible conclusion—for ages, the sun has been drawn in the exact same way by people all across the globe. In the Spot of the Guillotine. In the heart of Paris is the Place de la Concorde, and in the heart of the Place de la Concorde is the Obelisk of Luxor. This 3,300-year-old obelisk was placed to mark the spot where the guillotine stood during the French Revolution. Eiffel Tower in the daytime as well as illuminated is an awesome sight. We watched the Paradis Latin Cabaret Show in the late evening which stars former Miss France and Miss Universe Iris Mittenaere as the leader of the show. Models in this show are topless.

**Shared By :**  
**Ruchi Jain, an avid traveller**

# UTOPIA: BOOK REVIEW



## The Silly house-help

Once there was a rich man and he had a servant who was quite a fool. One day the rich man while working on his laptop accidentally deleted the web browser MOZILLA FIREFOX. He quickly opened the app store and hunted for the browser.

Since he was in a big rush and had to get ready for his office in a jiffy he asked his servant to just press the pop up button and 'download MOZILLA FIREFOX' after the buffering was over.

Obviously his servant did not know what MOZILLA FIREFOX was and it wasn't surprising that he got confused as always. He apparently presumed that his master said MOZZARELLA instead of MOZILLA.

Once a fool always a fool. So he brought a statue of a fox, put some Mozzarella cheese on the top of the statue and lit it with fire.

When his master came out after getting ready for his office the servant told his master that he had done the job which was given to him. As the rich man saw what he had done he got the shock of his life. The fire from the statue had spread badly and his entire room was on fire.

The master's family was in the adjacent room so he quickly went to extinguish the fire set off by his foolish servant. He struggled to get his family out from there and barely managed to save their lives.

The master yelled at his servant, "you mighty fool look what you have done, now go away and never show your face again."

Without giving it a second thought the rich man fired him on the spot. He also said to the servant never work in any household or you could run someone's life.

But Alas, his words fell on deaf ears and that servant still managed to find another household to work at.

So my dear readers hope you shall stay away from employing this fool and even if you do please don't give him any technical work related to your laptops, otherwise you know what could happen.



This book named **"UTOPIA"** contains a set of five stories that are fictional. The first one is a hilarious story of a foolish servant who, because of his foolishness, is a pain in the neck to his master. So much so that because of his stupidity the entire house is set on fire and everyone's life is in danger. The second story is about a working professional who initially is a loner but then his life takes a turn and he becomes quite a social person, happy and content thereafter. Both the third and the fourth stories of the book are about a magical tree and a magic bird. The stories revolve around what magic can be and how it can impact lives. The fifth and the last story talks about a little girl who bumps into a group of fairies and realize that she is one of them and then discovers her hidden talents and powers.



## The Silly house-help

Once there was a rich man and he had a servant who was quite a fool. One day the rich man while working on his laptop accidentally deleted the web browser MOZILLA FIREFOX. He quickly opened the app store and hunted for the browser.

Since he was in a big rush and had to get ready for his office in a jiffy he asked his servant to just press the pop up button and 'download MOZILLA FIREFOX' after the buffering was over.

Obviously his servant did not know what MOZILLA FIREFOX was and it wasn't surprising that he got confused as always. He apparently presumed that his master said MOZZARELLA instead of MOZILLA.

Once a fool always a fool. So he brought a statue of a fox, put some Mozzarella cheese on the top of the statue and lit it with fire.

When his master came out after getting ready for his office the servant told his master that he had done the job which was given to him. As the rich man saw what he had done he got the shock of his life. The fire from the statue had spread badly and his entire room was on fire.

The master's family was in the adjacent room so he quickly went to extinguish the fire set off by his foolish servant. He struggled to get his family out from there and barely managed to save their lives.

The master yelled at his servant, "you mighty fool look what you have done, now go away and never show your face again."

Without giving it a second thought the rich man fired him on the spot. He also said to the servant never work in any household or you could run someone's life.

But Alas, his words fell on deaf ears and that servant still managed to find another household to work at.

So my dear readers hope you shall stay away from employing this fool and even if you do please don't give him any technical work related to your laptops, otherwise you know what could happen.



## The Magic tree

Once there were two friends, Ruby and James. One day they went into the woods to play and they saw a small house and a tree. They entered the tree and saw a new house with a sign that said 'Welcome to the Magic Tree House'.

When they entered the tree they found a door. So they went inside and found a room with a sign that said 'Welcome to the Magic Tree House'.



The children had a room inside the tree and they played in it every day. Sometimes the tree would turn into a house and sometimes it would turn into a car. The children would call it 'The Magic Tree House' and they would play in it.

One day a few children and a few adults came to the Magic Tree House. They found the tree had turned into a car. They got into the car and drove away. The children and adults were very happy.

They couldn't keep themselves from entering the Magic Tree House again and they played in it every day. The children and adults were very happy.

So Ruby and James did a really good job of saving the Magic Tree House and they were happy with their new magical tree.

After reading this book one will be in awe by seeing the little author's imagination. This is a perfect example of the sky is the limit. The little author gives wings to her thoughts and effortlessly pens down her imagination. The book is a mixed bag of nice humorous and fictional stories. On a lighter note, the readers are suggested to read the book from the point of view of a nine-year-old author behind it and enjoy the same.



# FACE MASKS THAT YOU SHOULD TRY THIS SPRING SEASON



**L**uxurious facials may not necessarily result in glowing skin. Instead of spending your money on pricey spa treatments, pamper your skin with these easy-to-make face mask recipes. Spring is here, and it is time to change your personal care regimen. Here, are four easy DIY face masks for glowing skin this spring. These homemade face masks have been tried and true

## **Avocado, Honey, and Coconut Oil Mask**

This face mask is ideal for people with dry skin. Avocado and coconut oil will moisturize your skin, while honey will treat any chafed or damaged areas. Using a fork, mash the avocado until it's smooth and creamy. Add the remaining ingredients to a blender and thoroughly combine. Apply this mixture to your face, being careful not to get it in your eyes. Allow it to sit for 10-15 minutes before rinsing with warm water.

## **Oatmeal, Honey, Yogurt Mask**

Oatmeal may be used to calm rough skin, as well as to treat eczema and acne problems. It's a terrific DIY mask for all skin types when combined with honey and yogurt. In a bowl, combine 1/3 cup instant oatmeal. Pour in some hot water and stir for a few minutes, or until it has plumped up beautifully. Then stir in the honey and yogurt. To make a smooth paste, combine these components. Apply this to your face and let it on for 10 minutes before washing with warm water.

## **Pumpkin Face Mask**

1 tbsp. cooked or canned pumpkin, 1 tsp. topical vitamin E, and 1 tsp. honey To produce a smooth paste, combine all of the components. After 15 minutes, rinse it from your face. Pumpkin contains enzymes and alpha hydroxy acids, which aid in cell turnover and expose bright and smooth skin. It also includes vitamins A and C, which can help increase collagen formation. The Vitamin E in the combination can help to reduce the appearance of acne scars while also hydrating the face.



Written by : Saumya Singh

# 5 Tips for curly Hair Girls



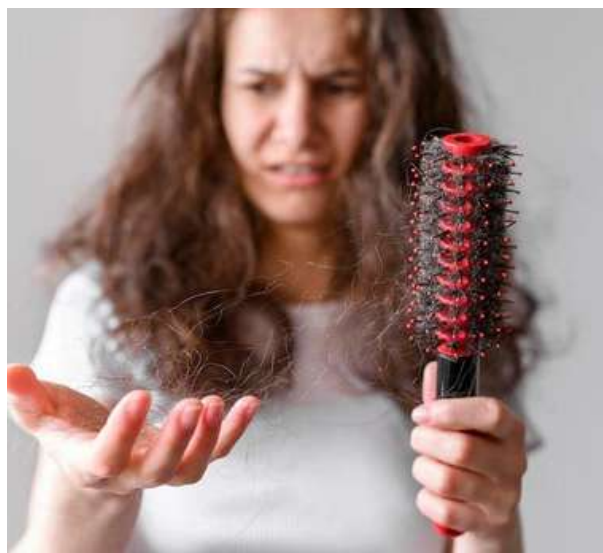
**C**urly hair flourishes when you follow a regular curly hair routine. Yet, it can take a little trial and error to figure out the best way to shampoo, condition and style curls. Want a shortcut, and some curly hair tips while you're at it? The following tips and advice are a curly hair routine mastered by the pros. So go on—give your curls some love and fetch all the compliments!

## 1. PICK YOUR SHAMPOO WISELY

Washing your hair is the first and foremost action in any hair care regime irrespective of the texture. Washing or cleaning your hair guarantees that there is no dust, excess oil, dead skin cells and product buildup. Use a mild shampoo free of toxic chemicals like sulphates, silicones, alcohols and parabens that can irritate your scalp. Sulphates are lathering agents while parabens are preservatives used in your hair care products. Switch to mild surfactants, fragrance-free, sulphate-free, silicon-free and paraben-free formulas in your shampoos.

### Leading Advice:

Dilute your mild shampoo and low-lather cleansing conditioner in water before you let them work on your hair extensions. This will ensure you don't use up too much product at once, which is good for both your hair and pockets.



## 2. DO NOT AGGRESSIVELY BRUSH YOUR CURLY HAIR

Resist the appetite to brush curly hair. Use a wide-toothed comb before shampooing. After washing your hair, simply run your fingers through them. Never ever brush your wet hair as it is more prone to breakage, damage.

### Leading Advice:

Use a wide-toothed comb to get rid of the tangles in your curly hair. Comb from bottom to up to remove the knots if any. Each curl can be regarded as a potential breaking point, handling gently and carefully is the key. A hairbrush can mess with the hair texture and can cause damage to your hair.





### 3. AVOID EXCESSIVE SHAMPOOING

Excessively shampooing your hair can suck out its natural moisture. Also, look for moisturizing ingredients in your conditioner. Conditioning ensures that your hair is sealed and protected against any environmental damage.

### 4. PROPER DRYING

Dry your hair carefully. With any texture, wet hair is super fragile. It's important to dry curly hair with a fabric that won't cause too much friction. Not only does friction make curls look frizzy, but the rubbing can also cause breakage. Instead of a standard towel, which can be rough on hair, use a soft cotton T-shirt to dry curls.



### 5. PROTECTING YOUR CURL

A major part of curly hair care is how you protect them while you are asleep. Putting it in a protective style and assuring that the hair doesn't rub against harsh fabrics is essential. Sleeping with a bonnet or satin pillowcase is pretty much a requirement in any curly hair care regime, whether you're working with short or long curly hair.



Written by : Aditi Gupta

# शगुन का लिफाफा

स्नेहा और पारो दोनों के बीच अच्छी दोस्ती थी .... दोपहर में अक्सर दोनों एक दूसरे के साथ सोसायटी के लोगों की गॉसिप करके अपना मनोरंजन के साथ ज्ञानवर्द्धन भी कर लिया करती थीं ... लेकिन आज जब स्नेहा उसके पास आई तो वह बॉस के बेटे के रिसेप्शन के कार्ड के बारे में पारो बढ बढ कर बातें कर रही थी .....वह बताना चाह रही किबॉस के साथ उसके पति प्रभव की बहुत नजदीकियां हैं ..बॉस ने उसके पति को कार्ड इसीलिये दिया है क्योंकि वह उन्हें बहुत मानते हैं .... उसका मूड ठीक होने की जगह और खराब हो गया था ....

वह घर पहुंची ही थी कि कॉल बेल बज उठी वह सोच में पड़ गई कि इस समय भला कौन हो सकता है ... की होल से उसने पति जय को देखा तो झट से दरवाजा खोल दिया था ... जय के हाथ में बड़ा सा मिठाई का डब्बा देख वह आश्चर्यमिश्रित प्रसन्नता से बोली , ' क्या बात है .... इतना बड़ा मिठाई का डब्बा .... लॉटरी लग गई क्या .... "अरे श्रीमती जी , सब बताता हूं ... सांस तो लेने दीजिये ...' स्नेहा कौतूहल से डब्बे के ऊपर रखा बड़ा सा कार्ड उठा कर देखने लगती है .... 'इतना बड़ा कार्ड तो मैं पहली बार अपनी जिंदगी में देख रही हूँ....यह तो बहुत रुपयों का होगा .... "और क्या ... कार्ड ही कम से कम 500 रुपये से कम का नहीं होगा ... और मिठाई का डब्बा तो हजार से भी ज्यादा का होगा ... खोल कर देखो ...इसमें पिश्ते बादाम की मिठाई रखी होगी .... "कार्ड के साथ मिठाई भी दी जाती है क्या ?"... मश्रूमवर्गीय मानसिकता की जानकारी के हिसाब से स्नेहा बोली , 'कार्ड के साथ मिठाई का डब्बा भला कौन देता है .... "अरे यार .. मेरे बॉस के बेटे शादी का रिसेप्शन है... करोड़ों खर्च कर रहे हैं तभी तो इतना मंहगा कार्ड और साथ में मिठाई का डब्बा भी दिया है .... 'स्नेहा चिंतित स्वर में बोली , 'तो फिर गिफ्ट भी मंहगा देना पड़ेगा ...."लिफाफा दे देंगे ...."रुपये रखने होंगे ...क्या खाली लिफाफा दोगे .... "तुम हर समय मूड खराब करने वाली बात करने से बाज नहीं आती .... कुछ बोल दो तो मुंह फुला कर बैठ जाती हो ... "बॉस ने पूरे ऑफिस से बमुश्किल 5-6 लोगों को कार्ड देकर इनवाइट किया है ... खुशी मनाओ कि बॉस के खास आदमियों में तुम्हारा पति का भी नाम शामिल है ....अब हम लोगों को बड़े लोगों की शादी की पार्टी देखने को मिलेगी .... 'प्रभव को कार्ड मिला होगा, पारो बढ बढ कर मुझे सुना रही थी .... तुम महिलायें भी ....'सुनिये ना मेरे पास तो कोई अच्छी साड़ी ही नहीं है ,,, "बस शुरू हो गया रोना ...तुम तो इतनी सुंदर हो कि जो पहनोगी , उसी में सुंदर लगोगी ..."चुप रहिये ...आप तो बस ...शुरू हो जाते हैं

....'कुछ याद आते ही वह खुश होकर बोली , 'मैं तो भूल ही गई थी अभी रितेश की शादी में जीजी ने बहुत सुंदर शाड़ी दी थी ... वह तो नई ही रखी है ... मैं ब्लाउज बनवा लूंगी और मैचिंग चूड़ी ले आऊंगी ... एक आर्टीफिशियल सेट भी ले आऊंगी ... मेरा काम तो हो गया ...' 'अब आप बताइये कि क्या पहनेंगे ...' 'मेरा छोड़ो ... तुम्हारे सामने मुझे भला कौन देखेगा ...."मजाक बंद करिये .... "मेरा छोड़ो ... कुछ भी पहन लूंगा ....वह सोचते हुये बोला , 'तुम्हारे भाई की शादी वाला सूट किस दिन काम आयेगा ...."जय , वह तो बहुत पुराना हो गया है .... तो तुम्हारा पति कौन नया नवेला है '...कह कर वह जोर से हंस पड़ा था ... पति पत्नी दोनों मन ही मन अपने बनाये प्लान के अनुसार खुश थे .स्नेहा मन ही मन होने वाले खर्च के बारे में सोच रही थी . 'सुनिये जी , वहां कितने का लिफाफा दीजियेगा ..."वहां कम से कम 5100 का लिफाफा तो देना ही पड़ेगा ....

आखिर बॉस के हाथ में तो प्रमोशन की बागडोर रहती है ... समझा करो ..."बड़े दानवीर कर्ण बन बैठे हो ..वहां वह करोड़ों खर्च कर रहे हैं ...आपके 5100 को कौन देखेगा ...' लेकिन अपना तो पूरा बजट ही बिगड़ जायेगा ..."तो क्या करूं ... अपनी नाक कटा दूं..'वह चुप हो गई थीं , उठ कर चाय बनाने के लिये किचन में चली गई थी , वह पति को नाराज नहीं करना चाहती थी ... पीछे से जय ने आकर उसे अपनी बाहों में भर लिया थी .... 'मेरी प्यारी सी पत्नी तुम तो बहुत सुंदर हो फिर भी उस दिन पार्लर में जाकर तैयार हो जाना , जिससे सब लोगों की निगाह तुम पर ही टिक जाये और लोग कहें कि जय की बीबी तो वास्तव में किसी हिरोइन से कम नहीं है ...'स्नेहा मैं तो तुम्हें बताना ही भूल गया था , उसी दिन रामदीन की बेटी की भी शादी है ... वहां तो जाना ही पड़ेगा ...."रहने दीजिये ... मुझे कहीं नहीं जाना है ... आपको जहाँ भी जाना है वहाँ अकेले ही चले जाइयेगा ..."बेमतलब के लिये भाव दिखा कर नाराज हो रही हो .... 'रामदीन गरीब चपरासी है , उसके यहाँ हम लोग जायेंगे तो उसकी इज्जत बढ जायेगी ...."तो वहां तो आप साहब बन कर जायेंगे तो कुछ अच्छा देना होगा ...' वह व्यंग से बोली , ' वहां भी 5100 दे दीजियेगा '.....'कब से एक साड़ी खरीदने के लिये आपसे कह रही हूं , लेकिन आपके पास तो कभी पैसे ही नहीं होते ....' इस तरह से उड़ाने के लिये खूब है .... "नाराज मत हो ... कोई गिफ्ट तुम्हारे पास रखा हो तो दे दो .... ' 'जो मर्जी आये वह दीजिये ...





“अरे सुनो तो , तुम्हारे पास वह साड़ी रखी होगी , जो अभी भाभी ने दी थी ‘....’, वह तुम्हें बिल्कुल पसंद नहीं आई थी .... तुम कह रही थीं कि यह चमक दमक वाली साड़ी मैं भला कहां पहनूंगीं ...उसे ही पैक कर लेना” यद्यपि कि साड़ी स्नेहा को पसंद नहीं थी , फिर भी न जाने क्यों देते समय में दिल कसक रहा था लेकिन अब तो वह अपने ही जाल में फंस गई थी .... साड़ी इतनी भी बुरी नहीं थी ...वह बहुत देर तक भुनभुनाती रहीं और जय से नाराज भी रही थी .... जल्दी ही वह दिन भी आ गया ....उस दिन स्नेहा पार्लर से तैयार होकर आई थी , वह सुंदर तो बहुत लग रही थी लेकिन उसके मन में पैसे खर्च हो जाने का बड़ा मलाल था .... दोनों पति पत्नी सज धज कर बड़े उत्साह के साथ बॉस के बेटे के रिसेप्शन में गये ..... रास्ते में जय बोले , ‘ ऑफिस में सब लोग कह रहे थे कि शादी तो बाहर कर के आये हैं ... ‘यहां के लोगों के लिये यह रिसेप्शन की पार्टी रखी गई है .... “जब शादी बाहर से करके आये हैं तो यहां पर क्यों फिजूल के लिये पार्टी रखी है ... स्नेहा ने स्वयं ही प्रश्न किया , और स्वयं ही उत्तर भी दे दिया ... ‘सब लोग लिफाफे और गिफ्ट देंगे , वह नहीं मारे जायेंगे ....”स्नेहा , तुम भी जाने क्या क्या सोचती रहती हो ... “वह करोड़पति आदमी, उनके लिये भला इन लिफाफों का क्या मतलब .... “सब लोग ‘डेस्टिनेशन मैरिज’ कह रहे थे ....”इसका क्या मतलब .... ओप्फोह , तुम तो बस किचेन तक ही अपना दिमाग रखो .... ‘डेस्टिनेशन में एक खास जगह निश्चित करके लड़के वाले और लड़की वाले दोनों वहीं पहुंच जाते हैं ... बड़े होटल बुक कर लिये जाते हैं उसी में सब लोग रहकर सारे फंक्शन एन्जॉय करते हैं ... “जय, इसमें तो बहुत खर्च होता होगा ... “तुम्हारी घड़ी की सुई खर्च पर क्यों अटकी हुई है .....वहाँरुपया पानी की तरह बहाया जाता है ....’वह मन ही मन सोचने लगी कि उसकी शादी भी तो डेस्टिनेशन वाली थी ... पापा का इतना मन था कि घर के आंगन में बिटिया के फेरे हों और अपनी देहरी से वह उसे विदा करना चाहते थे लेकिन जय के पापा के सामने उनकी एक न चली थी और मन मार कर उन्हें लखनऊ आकर शादी करनी पड़ी थी .....‘कहां खोई हुई हो ... गाड़ी से उतरना नहीं है क्या .... ‘दोनों मैरिजहॉल की साज सज्जा देख कर आश्चर्य चकित से हो रहे थे .... लाखों की तादाद में रंगबिरंगी बिजली के बल्बों की सजावट से पूरा पंडाल जगमगा रहा था . बच्चों के लिये तरह तरह के झूले लगे थे . एक तरफ कृष्ण राधा का स्वरूप बने दो बच्चे साक्षात मूर्ति के रूप में बिना हिले डुले..... खड़े थे तो दूसरे कोने में एक बच्चा भगवान शिव के स्वरूप में सज कर बर्फ पर खड़ा था .... उन दोनों को बच्चों का इस तरह से शोषण देख अच्छा नहीं लगा था ...वहां की चकाचौंध देख स्नेहा और जय दोनों का दम सा घुटने लगा था .... चारों तरफ गाढे मेकअप की पर्त लगाये हुये भारी जेवरों से लंदी फंदी एक से एक फैशनेबिल महिलाओं की भीड़ में वह स्वयं को उपेक्षित या मिसफिट पा रही थी ....मुश्किलों से दूढ़ने पर मि.गुप्ता दिखाई पड़े थे .... मंहगे सूट के आवरण में सजे हुये , वह लोगों से घिरे हुये बधाई ले रहे थे ... वह दोनो 10 -15 मिनट तक वहां खड़े होकर उनके अपनी ओर मुखातिब होने का इंतजार करते रहे थे परंतु वह धनाढ्य वर्ग केचमचमाते सूट बूट वाले लोगों को तवज्जोह देना ज्यादा जरूरी समझ रहे थे ...स्वाभाविक भी था... वह तो उनकी कंपनी का एक अदना सा कर्मचारी भर ही तो था .... उसकी भला क्या औकात ...आखिर जय आगे बढ़कर बोला , ‘सर , बहुत बहुत बधाई ‘थैंक्यू ...”सर सजावट बहुत सुंदर है ... सारे इंतजाम बहुत हाई लेवल के हैं .... ‘थैंक्यू कह कर वह दूसरे की ओर मुखातिब हों , उससे पहले ही जय ने कहा , ‘सर ये मेरी पत्नी स्नेहा .... ‘स्नेहा ने’ सर नमस्कार कहने के साथ ही पर्स से लिफाफा निकाला और उनकी तरफ बढ़ाते हुये कहा , ‘सर ये शगुन का लिफाफा ‘....‘मुझे लगता है कि आप लोगों ने कार्ड ठीक से नहीं पढा है ....उसमें साफ साफ लिखा है , नो गिफ्ट .... नो शगुन ....ओनली ब्लेसिंग ..... ब्लेसिंग ....’जय और स्नेहा का चेहरा उतर गया था , दोनों ही मायूस हो उठे थे .. कार्ड देख कर वह दोनों इतने खुश हो गये कि कार्ड को ठीक से पढा भी नहीं... स्नेहा उदास स्वर में जय से बोली , ऐसा भी होता है क्या ? शगुन का लिफाफा भी नहीं लिया ... वह स्वतः ही बोली , ‘ये बड़े लोगों चोचले है कि हमें आपसे कुछ नहीं चाहिये ....’वह दोनों खाने की तरफ आये तो हर स्टॉल इतना लंबा चौड़ा था कि वह लोग समझ ही नहीं पा रहे थे कि कहां से शुरू करें... लेकिन मन में यह बुरा लग रहा था कि किसी ने न पानी के लिये पूछा न .... ना ही खाने को कहा .... ये किस तरह का मॉडर्न कल्चर है .... जय और स्नेहा का मूड उखड़ गया था ...उन दोनों ने बेमन से थोड़ा बहुत खा लिया और बाहर निकल आये थे . स्नेहा अपने पर्स में रखे 5000 रुपये को लेकर सपने बुन रही थी कि अब ये रुपये वह जय को कतई नहीं देगी ... वह अपने लिये साड़ी लेकर आयेगी ...उस दिन मॉल में वह वाली साड़ी उसे बहुत पसंद आई थी लेकिन जय ने दाम देखते ही बिल्कुल से मना कर दिया था .... कंजूस कहीं का ..... यहां देखो कैसे दरियादिली दिखा रहे हैं ... गाड़ी में बैठते ही जय बोले , ‘स्नेहा अब आधे घंटे के लिये रामदीन के घर चलना होगा ...”क्यों , मेरा मन तो यहीं आकर भर गया ... अब दूसरी जगह जाने की हिम्मत नहीं बची है ... साढे नौ बज चुके हैं ....घर में बच्चे अकेले हैं और हम लोगों का इंतजार कर रहे होंगे .... “मैंने तुमसे घर पर ही कह दिया था कि दोनों जगह जाना है ... यदि नहीं जाना था, तो घर पर ही कह देतीं .... ‘ स्नेहा का मूड वैसे ही खराब था , इस रईसों की शादी के लिये उस अपनी पॉकेट से पूरे दो हजार खर्च किये थे .... फेशियल , बालों की सेटिंग , मेकअप , साड़ी वगैरह सब करवाया , लेकिन यहां तो जैसे कोई किसी को पहचानता ही नहीं ... सब अपनी अपनी दुनिया में मस्त और व्यस्त .... किसी ने भूल कर उन लोगों की तरफ नजर उठा कर भी नहीं देखा था .... किसी ने एक ग्लास पानी के लिये भी नहीं पूछा .... खाना तो बहुत दूर की बात है ... करोड़ों की शादी कर रहे , लेकिन शिष्टाचार के नाम पर जीरो .....स्नेहा रामदीन के यहां बिल्कुल भी जाने को तैयार नहीं थी परंतु पति के आगे उसकी एक न चली .... वह मुंह फुला कर गाड़ी में बैठ गई थी .... आखिर शगुन भी तो देना ही था ....



शगुन के लिफाफे के रुपये के लिये पति पत्नी में कई बार बहस हुई थी क्यों कि महीने का आखिर था और 5000 रुपये देना उसके लिये पूरी तरह फिजूलखर्ची भी थी .. खैर अब तो रुपये उसके पर्स में थे और वह उन रुपयों को अपनी संपत्ति मान चुकी थी ... इसलिये वह मन ही मन खुश भी हो रही थी ....जय का कहना था कि रामदीन की आर्थिक स्थिति अच्छी नहीं है , इसलिये उसकी बेटी की शादी मेंहम लोगों की दी हुई साड़ी और कुछ रुपये देंगे तो उसके काम आयेंगे....लेकिनस्नेहा की नाराजगी के कारण केवल साड़ी देना तय हुआ था ...रामदीन का घर ज्यादा दूर नहीं था ...वह दोनों जल्दी ही पहुंच गये ..... उसका घर बहुत पुराना सा था , बारात अभी नहीं आई थी ... सड़क पर शामियाना लगा हुआ था वहीं पर जयमाल के लिये छोटा सा स्टेज बना हुआ था और दूसरे किनारे पर खाने पीने की व्यवस्था की गई थी ...स्नेहा का मुंह बन गया था ...उसे लग रहा था कि आसमान से गिरे और खजूर में अटके ...कहां तो इतनी लक्जरी वाली शादीऔर कहां सड़क पर शामियाने वाली शादी ... उसने आंखे तरेरते हुये प्रश्नवाचक नजरों से जय की ओर देखा ....लेकिन जय ने उसकी ओर देखा भी नहीं था ..... तभी कुछ आवाज उसके कानों में पड़ी... 'साहब आये हैं'.... एक बुजुर्ग सा व्यक्ति , शायद रामदीन थे तेजी से आये , और जय की ओर देखा , उसकी आंखों में खुशी के आंसू छलछला उठे थे , 'साहब मैं तो आज धन्य हो गया .... आज मुझे तो जरा भी उम्मीद नहीं थी कि आप आइयेगा ....क्यों कि आज ही तो बड़े साहब के बेटे की शादी का रिसेप्शन था .... मैं सोच रहा था कि मुझ गरीब के घर भला कौन आयेगा ..... जय ने बुजुर्ग के दोनों हाथों को अपने हाथों में लेकर कहा , 'रामदीन जी , आप ऐसा क्यों सोचते हैं ...आपकी बेटी मेरी बेटी की तरह है और उसकी शादी में आपने बुलाया तो भला मैं क्यों नहीं आऊंगा .... 'स्नेहा जय के इस रूप को पहली बार देख रही थी . सब तरफ लोग उन दोनों के स्वागत में उठ खड़े हुये थे.... रामदीन ने अपने घरवालों से उन दोनों का परिचय करवाया . रिश्तेदार उन दोनों को घेर कर बैठ गये थे . साथ में घरवालों में जैसे होड़ लग गई ... कोई कोल्ड-ड्रिंक की बोतल ला रहा था , तो कोई , 'सर ये टिक्की खाइये .... मैं खूब करारी सिकवा कर लाया हूं ' .... 'मेमसाहब ये आइसक्रीम चख कर देखिये ' ...'मेमसाहब पहले टिक्की खायेंगी ....' दो बच्चे आपस में झगड़ रहे थे ... वह क्या कहे .... इतना मान सम्मान पाकर वह निशब्द हो गई थी ....वहां साधारण सी लाल पीली चमकीली साड़ियों में भर भर हाथ चूड़ियों और मांग मे सिंदूर से सजे माथे के स्वाभाविक सौंदर्य के सामने स्नेहा को पार्लर का सजा धजा रूप उन लोगों के सामने स्वयं को कमतर लग रहा था ...जब कि उनके चेहरे की खुशी और उनकी फुसफुसाहट से मेमसाहब विश्वसुंदरी प्रतीत हो रहीं थी....'अरे साहब के लिये बंद वाली पानी की बोतल वाला पानी लाना .....'जय और स्नेहा उन लोगों का प्यार , सम्मान और आत्मीयता पाकर अभिभूत हो उठी थे.....तभी रामदीन की पत्नी आई और स्नेहा के सिर पर हाथ फेर कर आशीर्वाद देते हुये कहा , 'बिटिया , बच्चों को नहीं लाई , अभी बारात आने में देर है ....'स्नेहा ,उनका आत्मीय स्वर सुनकर सोच नहीं पा रही थी कि वह संबोधन में क्या कहे ? उसके मुंह से स्वतः ही निकल पड़ा था , ' अम्मा जी बच्चों का टेस्ट है , इसलिये उन्हें नहीं लाई ..'रामदीन ने पत्नी को इशारा कर दिया ... उन दोनों के लिये बारातियों वाला खाना दो थालियों में लग कर आ गया ....गर्मागरम कचौड़ी , कढ़ू की सब्जी , बूंदी का रायता , , छोला , कोफ्ता , दही बड़ा ओर मिठाई में रसगुल्ला ... ना ना करते दोनों ने इतना खा लिया था कि पेट में जरा भी जगह नहीं बची थी . खाने से तो पेट भरा ही था लेकिन रामदीन और उनके परिवार से जो आत्मीयता और अपनत्व मिला था , उस स्नेह को पाकर अपना मायका और अपनी मां याद आ रही थी .... उसकी मां और दादी भी तो इसी तरह से उसके सिर पर हाथ रख कर आशीर्वाद दिया करती थीं और इन लोगों की तरह ही पूरा का पूरा परिवार जय और उनके स्वागत में जुट जाताहै . वह खाना खाकर उठने को हुई तभी अम्मा जी एक मिठाई का डब्बा लेकर आई और संकुचित होकर अपने बेटे से बोलीं , 'साहब की गाड़ी में रख दो ...'इसमें क्या है अम्मा जी ? '

'बिटिया , बच्चे नहीं आये हैं , उन लोगों के लिये थोड़ा सा खाना रख दिया है , एकदम गरम गरम रखवाया है , घर पहुंचते ही खिला देना .....'अब तो बरबसस्नेहा की आंखों में आंसू झिलमिला उठे थे , 'ये तो सच में मेरी मां जैसा ममत्व अपनी झोली से उन पर बरसा रही हैं ....'जय स्नेहा की ओर ही देख रहे थे .... स्नेहा ने अपने पर्स के अंदर से बॉसवाला लिफाफा निकाला और साड़ी के गिफ्ट पैकेट के ऊपर रख कर रामदीन की बेटी संजना के हाथ पर रख दिया ....'अरे बिटिया , जब साड़ी दे रही हो तो लिफाफे का क्या काम .....'अम्मा जी ये तो शगुन का लिफाफा संजना के लिये है .....आखिर वह मेरी छोटी बहन हुई कि नहीं .....'जय हैरान परेशान स्नेहा को एकटक निहार रहा था... इसी साड़ी और लिफाफे के 5100 रु की वजह से स्नेहा के साथ उसकी कितनी बार बहस हुई थी .....स्नेहा अपनी आंखों के कोर पोछती हुई गुमसुम गाड़ी में बैठ गई थी .....जय कनखियों से स्नेहा को देख कर मन ही मन मुस्कुरा उठा ...



पद्मा अग्रवाल





# वृद्धालय

ट्रि.ट्रि.ट्रि" "हां, सुयश आज इतने दिनों बाद मेरी याद कैसे आ गई? 'सौम्या कैसी है तुम?" "मैं तो ठीक हूं, सीधे सीधे काम की बात करो।" "एक प्लान है, उसके लिये मुझे तुम्हारी मदद की जरूरत है।" "साफ साफ बोलो ,भूमिका न बनाओ।" "मेरे पास एक बिल्डर आया था। वह अपनी कोठी और बगीचे को तोड़ कर उस पर एक मॉल बनाना चाहता है। उसने इन दोनों की कीमत 50 करोड़ लगाई है।" "बस 50 करोड़?" "पूरी बात तो सुनो, इतनी बेसब्र क्यों हो रही हो? मॉल में दो बड़े शो रूम भी देगा।" "मेरा शेयर कितना होगा? फिफ्टी फिफ्टी पर मैं तैयार हूं।" "5 करोड़ रुपये और एक शोरूम पर राजी हो तो बताओ।" "इतना तो कम है।" "सौदा तो हो जाने दो फिर बाद में जैसा होगा देख लेंगे। पापा तुम्हारी बात नहीं टालेंगे। वह जरूर मान जायेंगे।" "सुयश, पापा अब मेरी बात भी नहीं मानेंगे।" "क्यों?" "मुझे तो डर है कि कहीं वह अपनी कोठी दीनू काका और सुशीला के नाम न कर दें। और हम दोनों हाथ मलते ही रह जायें।" "पागल हो गई हो क्या? आखिर वह लोग नौकर ही तो हैं। हम लोगों के होते हुए ऐसा कभी नहीं करेंगे।" "देख भाई, पापा 6 सालों से व्हील चेयर पर हैं। और मां को तो जाने कब से सांस की बीमारी है।



वही दोनों उन दोनों की देखभाल हमेशा से करते रहे हैं इसलिये उन लोगों को भी कुछ तो मिलना ही चाहिये।" "तुम तो ऐसे बोल रही हो जैसे वह लोग फ्री में कर रहे हों। काम का तो नाम है, इतनी बड़ी कोठी में ऐश कर रहे हैं। ठाठ से बढिया खा रहे हैं और बढिया पहन रहे हैं। श्याम को इंग्लैंड पढने के लिये भेज रखा है। " "तुम्हें कैसे मालूम?" "उसने टॉप किया है, तो पेपर में फोटो आई थी। उसको स्कालरशिप भी मिल रही है। एक दिन मेरा पैर छूने आया था। बहुत दिनों में देखा था तो मैं तो पहचान ही नहीं पाया था। अब वह भला इंडिया क्या करने आयेगा?" "मैंने पेपर तैयार करवा लिये हैं, कल शाम को चार बजे तुम पहुंच जाना। लेकिन ध्यान रखो यह मत शो करना कि हम दोनों आपस में बात करके आये हैं।" "ओके, तुम कोशिश कर लो, मुझे तो जरा भी उम्मीद नहीं है।" "सीधी उंगली से काम नहीं बना तो मुझे उंगली टेढी करना आता है।" "देख भाई जबरदस्ती मत करना। कुछ दिनों की तो बात है, इस साल पापा 81 के हो जायेंगे, उनके जाने के बाद तो सब कुछ अपुन लोगों को ही मिलने वाला है।" प्लान के अनुसार सुयश अपने पापा की कोठी में पहुंचा। मां तो इतने दिनों के बाद बेटे को देखकर खुश होकर भावुक हो उठी थीं। "आओ बेटा, सुशीला लल्ला के लिए लड्डू ले आओ।" "लेकिन रामेश्वर जी अपने स्वार्थी बेटे को अच्छी तरह पहचान चुके थे। "इधर कैसे बरखुरदार, आज रास्ता भूल गये क्या?" "बस आप लोगों से मिलने के लिये आया हूँ।" "मतलब की बात करो। किस लिये आये हो? कोई नया असामी मिल गया क्या?" "हां पापा, एक बिल्डर से बात हुई है। उसने बहुत अच्छा ऑफर दिया है। वह इस कोठी और गार्डन को खरीदने को तैयार है। बहुत बड़ी रकम देने को तैयार है।" "लेकिन इसे बेच कौन रहा है?" "पापा, आप समझते क्यों नहीं? 50 करोड़ की रकम कुछ मायने रखती है।" "हम दोनों यहां रह रहे हैं। और यह मेरा धर है, तुम इस घर से दूर रहो। तुम्हें जो देना था वह हम तुम्हें घर, जेवर, फैक्टरी सब कुछ दे चुके हैं। अब तुम लोग हम लोगों को अपने हाल पर छोड़ दो।" "उन्होंने बेटे के सामने अपने हाथ जोड़ते हुए घर से जाने का इशारा कर दिया था। प्रभा जी को पति की बेबसी पर दुख हुआ, तो वह बोलीं, "तुम्हें शर्म नहीं आ रही है, वैसे तो कभी भूले भटके भी कभी तुम्हारी शक्ल भी नहीं दिखाई पड़ती है। आज चले आये हो बिल्डर से बात करके। कितने अरमानों से पापा ने यह कोठी बनवाई थी कि मेरा बेटा बहू साथ में रहेंगे तो घर में रौनक रहेगी। लेकिन सब बेकार....." वह अपने आंसू पोंछने लगी थी। "मां, बी प्रैक्टिकल ग्रेटर कैलाश में इतनी बड़ी जगह का 50 करोड़ मिल रहा है, अभी कुछ कड़ा रूख करने पर एक दो करोड़ और बढ़ायेगा। और यह भी तो सोचो कि घर बैठे जिन्दगी भर कमाई होती रहेगी, वह अलग।" "आप दोनों तो वैसे ही अपाहिज की तरह हैं। आपके लोगों के लिये तो वन बेडरूम फ्लैट बहुत काफी है। दोनों लोग ही चलने फिरने से लाचार हो। बेकार में ही इतनी बड़ी जगह घेर कर रखे हुए हो।"



जरा क्या आज सूरज पश्चिम से निकला है ?" "सौम्या तुम्हीं समझाओ न अपने प्यारे पापा को, मैं तो समझ समझा कर थक गया हूं। इतना अच्छा सेदा हो रहा है और ये हैं कि मेरा घर मेरा घर की रट लगा कर रखी हुई है।" "पापा आपने भी तो गांव की खेती बेच कर ही यह मकान बनवाया था। तो यदि अब भाई इस कोठी को तुड़वा कर मॉल बनवाना वह अपने साथ लाई हुई फाइल को खोलकर पेज निकाल रहा था। तभी सौम्या आ गई। "क्यों देखना चाहता है तो क्या गलत कर रहा है।" "शायद तुम दोनों को नहीं मालूम कि दादा जी खेती नहीं करते थे और वह खुद चाहते थे कि मैं शहर में कोई बड़ा काम करूं। और जब मैंने अपनी फैक्टरी जमा ली थी तब खेत उनकी रजामंदी से बेचे थे। उसके बाद भी वह शहर नहीं आना चाहते थे तो मैं उन्हें अपने साथ रखने के लिये जबरदस्ती ले आया था। वह लोग यहां आकर बहुत खुश भी हुये थे" यही बात तो हम लोग आप दोनों के लिये भी कह सकते हैं। क्योंकि न तो आपकी निशा भाभी से बनती है और न ही मेरे घर में आपका मन लगता है। "दिन भर नौकरों की तरह भला कौन आप लोगों की तीमारदारी कर सकता है। और साथ में आप लोगों की दिन भर की टोकाटाकी से भगवान बचाये। सब लोगों को परेशान करके रख देते हो। जिसके घर आप दोनों रहते हो उसके खिलाफ शिकायतों का पुलिंदा तैयार कर लेते हैं। "हां, सौम्या अब तुम्हें भी समझ में आ गया कि इन लोगों को झेलना कितना मुश्किल है। इन लोगों के लिये तो सबसे अच्छा राम अंकल वाला वृद्धालय है। दीनू काका और सुशीला की छुट्टी करके इन दोनों को वृद्धालय में पहुंचा कर काम शुरू करवा दें। क्योंकि बिल्डर देर होते देखकर सौदा रद्द करने की धमकी दे रहा है 'रामेश्वर जी दोनों हाथों से जोर जोर से ताली बजाते हुये बोले, "वाह वाह, मेरी औलादें मुझे ही बेवकूफ बना रही हैं। दोनों भाई बहन प्लान बना कर यहां आये हो। और ऐसे नाटक कर रहे हो कि जैसे दोनों अनजाने में आ गये हो। वह समय लद गए जब तुम मुझे बातें बना कर बेवकूफ बना बना कर पेपर पर साइन करवा ले जाते थे। "और सौम्या बिटिया कम से कम तुमसे तो ऐसी उम्मीद नहीं थी। तुम्हारी मां ने बताया कि तुमने तो पूरा का पूरा लॉकर ही खाली कर डाला। हम लोग अपने साथ ये सब लेकर थोड़े ही जाते। सब कुछ यहीं छोड़ कर सबको जाना है। तुम लोगों को इतनी जल्दी पड़ी है कि जिंदा में ही वश चले तो शमशान में पहुंचा दो। 'लेकिन मेरे बच्चों अब तुम लोगों को हम दोनों के लिये जरा भी परेशान होने की जरूरत नहीं है।" "तुम दोनों की होशियारी देख कर मैं चौकन्ना हो गया। मैंने अपनी वसीयत बनवा ली है और वह वकील साहब के पास सुरक्षित है। वैसे तुम्हें जानकारी के लिये हिंट दे कहा हूँ। यहां पर एक बड़ा वृद्धालय बनाया जायेगा और इसके केयर टेकर दीनू काका का बेटा श्याम जी होगा। तुम्हारे सपनों को तोड़ने पर मुझे बुरा तो लग रहा है, लेकिन तुम दोनों की खुदगर्ज और होशियारी के कारण मुझे ये फैसला मजबूरी वश लेना पड़ा। "उन्होंने फाइल के टुकड़े टुकड़े करके हवा में उड़ा दिये थे। "मेरे बच्चों मुझे वृद्धालय में। रखना चाहते थे न, इसलिये अब जब तुम्हारे बच्चे तुम्हें वृद्धालय भेजना चाहेंगे तो निःसंकोच यहां आ जाना। हमेशा दरवाजे खुले मिलेंगे।" दोनों भाई बहन की सिसकियां वहां गूंज उठीं थी। "प्लीज पापा मम्मी हम लोगों को माफ कर दो।"



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