

WOMENSHINE





CHIEF EDITOR'S LETTER

#SHINEON

APARNA MISHRA

Founder , Women Shine

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

So we have actually changed the story. Month by month we have grown in leaps and bounds and are now geared to grow up in many folds.

We are now 2 years old...many congratulations to everyone, our readers, our associates, and our team members who believed in WomenShine every time.

May month is dedicated to Mother's day. In this edition, we have showcased the Mother-Daughter stories on how they work together, how deep is their bond, how they collab, and how they influence each other.

Enjoy reading those lovely real-life stories and other articles on Travel, Taste Buds, She Leads, Dil Se, etc.

Keep sharing your thoughts, and suggestions at **womenshinemag@gmail.com**

Wishing you lots of love, light, and the best of happiness

Stay Safe | Take Care |

Aparna Mishra

Founder-Editor, Women Shine

#Shineonwomen

**“ TO BE SUCCESSFUL YOU NEED TO GO
THROUGH A LOT OF COLLATERAL
DAMAGES AND HAVE THE STRENGTH TO
POWER THROUGH ALL OF THAT ”**

- INDRA NOOYI

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Mother - Daughter Duo



M
O
M



Kuiljeit & Rheeya

WORLD'S FIRST IMAGE SCIENTIST & AI SCIENTIST

An incredible mother-daughter duo of Super Achievers! Dr. Kuiljeit Uppaal and Rheeya Uppaal are BFF's who are in total sync and harmony in what they think and do, as well as achieve! While Dr. Kuiljeit is the World's First Image Scientist, Rheeya is on the research path of becoming an AI Scientist. Their common values of excellence, integrity and selfless contribution act as a common source of inspiration to 'give' to society. They are both **'Karmaveer Chakra'** Awardees (instituted by the United Nations and I Congo) and **'WEF Leaders of Excellence'** Awardees, for their contribution and empowering work in global society. Bitten by the curiosity bug, both have had tremendous love for learning and knowledge, and they influence and complement each other's paths and evolution along with immense understanding and acceptance.



Their collective journey of 'inspiring and being inspired by each other' began years ago – **Dr. Kuiljeit** would talk, sing to, or share knowledge with Rheeya for hours together, while she was still in her womb. Things haven't changed even today, except that Rheeya too does the same now, so much so, that Dr. Kuiljeit calls her daughter **'Rheeya-pedia'**, because of the span and depth of knowledge her little angel has! They collectively brainstorm and emerge with ideas. Both inspired each other for their PhD journeys and collaborated as researchers, who have written and presented research papers together at International Research Conferences. They have similar hobbies and talents like singing, dancing, playing instruments, creative writing etc. that they love, and enjoy performing together. From doing voice overs together for the same **UN film**, to dancing and singing together on stage, to ideating for research, or strategising for business, Dr. Kuiljeit and Rheeya move hand in hand seamlessly and energise each other continually. Their powerful soul connect makes them face life fearlessly, with each watching the other's back eternally.



SADHANA GANDHI & VAISHALI GANDHI

DESI CLASSICS

Desi Classics is founded by a mother-daughter duo with a desire to offer a tribute to Dadi-Nani & the mothers of their lives. Catering to a niche segment of Rajasthani and Sheherwali cuisine which actually represents the cultures from where their Dadi-Nani belonged. This venture was started with a desire of having everyone experience the flavours of their cultural cuisines.

Best of both the worlds, Makes the best of the team! Mother being **56 years**, a homemaker turned entrepreneur who is full of passion, inspiration and desirous of serving everyone, living in a house of foodies and having learnt amazing authentic delicacies from her mothers. Daughter being 29 years, full of energy, nostalgia and gratitude. CS & Lawyer by profession, now working towards making her dream come true of becoming an entrepreneur. Solely responsible for creating the brand and leading all aspects required to make it a household name. Making the first delicacy together, to sending out their first order! This journey of this mother – daughter duo is an emotional and amazing one. The belief at **Desi Classics** is in preparing and serving only fresh food and this can sometimes lead to chasing unrealistic deadlines. Always on their toes as they don't believe in denying anyone the opportunity to taste authentic delicacies. The inspiration behind this venture is solely the women behind the flame, i.e., **Maa**. Her passion for cooking and the love with which she serves every single person is the true driving factor of Desi Classics becoming what it is today. Believe it or not, no one has ever left their house half-heartedly, there is always a meal ready without any compromise on choice, preference and taste.



Kena & Kaeya

INNOVATING THE ART OF STORYTELLING IN INDIA

Like most mothers, it started with reading aloud bedtime stories to my little girls. Theatrics, songs and voice-overs, I would put all the ingredients together in our reading sessions to watch her fall in love with the world of stories. Seldom did I know, that this love would not just stay strong but encourage her to do storytelling in communities. Kaeya, all of 16, is the youngest storyteller in the circuit and we both are putting our best to innovate the storytelling culture in India.



In 2017, I began experimental storytelling, a long lost tradition that was fortunately fast catching up the pace with the young generation. I still remember when I got the opportunity at Lucknow's Sanatkada to do storytelling for children, it embarrassed me to find my own in the audience critically looking at my art. It was funnily delightful to find Kaeya have an innate calling for storytelling with a peculiar eye for details.

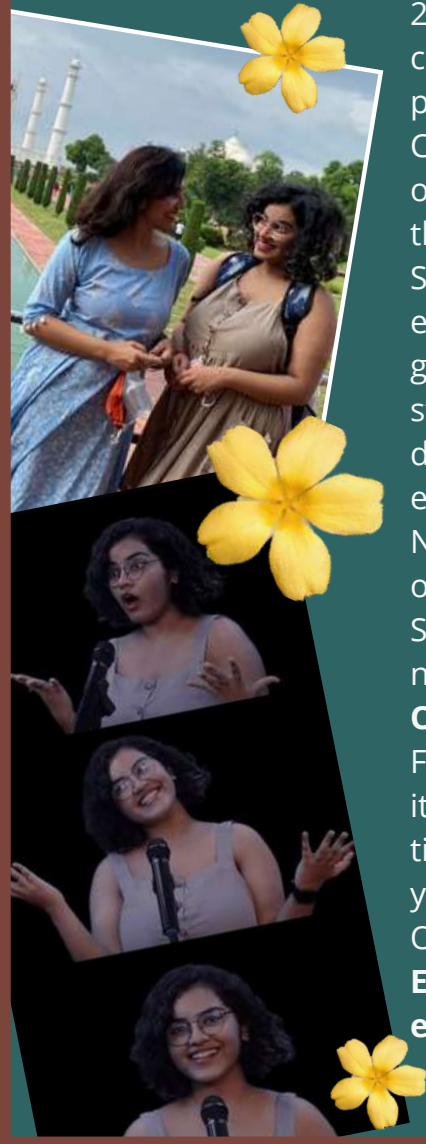
In no time, she started contributing to community storytelling with me. In 2019, we moved to Noida where we together founded the Poetry Circle, a community to bring artists from all across to perform their spoken word pieces. Meanwhile, I was storytelling for popular brands and also innovating Corporate Storytelling for prestigious B-schools like the IIMs and many organisations. Kaeya was audience-ready but was she camera-ready? Not until the year 2020 when she underwent a certification course from the National School of Drama which instilled in her the confidence to take risks and experiment unapologetically. The very next year, her story on Sex Education got featured on TapeTale which crossed 55K views in a week. Our journey is still work-in-motion where we delve deeper and work on our art each passing day like curious learners. Do we collaborate? Why just collaborate? We ideate, experiment and take risks innovating storytelling. Do we influence each other? Not much really! Given that we belong to two different generations completely, our audiences and storytelling styles are also visibly different from each other. So while we are each other's best critique, a lot of storming precedes the norming.

Our hurdles?

For me, it is managing a full-time corporate career with my art while for Kaeya, it is managing a full-time school routine with hers. Our hands are full most time. Also, sometimes I think I'm too old for storytelling and she is way too young. We are both learning!

Our Inspiration?

Everyone we meet is a story in motion. If that can't be inspiring, what else can?



DEEPTI & SHREYA

REST THE CASE

We love to work together, although we would be lying if we said that it's all rainbows and flowers, we fight, argue, discuss and then finally come to a conclusion. But that's what makes us a good team. We make each other think, and that's the most important part of us working together. We both think differently, our personalities are not similar and that is why we do influence each other's work.

Shreya- From my mother I have always tried to learn how she uses her heart and mind. She is the perfect example of the blend that you must have for work or otherwise. She is the most hardworking person, and she gives her heart out for everybody. I hope I am like her someday

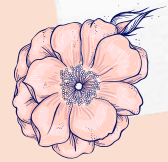
Deepti- Shreya's patience and dedication inspires me. At a young age she has achieved so much, it makes me proud. She patiently takes care of people and does her work with dedication and I think it is wonderful and inspiring.

Shreya- "I think my biggest hurdle with regards to work has been the fact that I started at a young age and most people I spoke to thought my business was a hobby. They didn't take me seriously. However, I think actions speak louder than words and that is my philosophy with this as well

Deepti- My biggest hurdle I think was, when I became a mother and had to balance my work. Our Business was in its growing stage and I wanted to put my complete dedication to something I loved to do but I also wanted to spend my time with my children. It gets difficult to manage that but thankfully I got complete support from my husband and the rest of my family and we made everything grow successfully together.

Shreya- I think my mother is my source of inspiration. I'm sure most kids think this about their mothers, but my mother is everything I wish to be. She's intelligent, she's smart, she loves wholeheartedly and works passionately. I watch her every day since I was a child, the way she dresses, the way she talks, the way she works, it inspires me and makes me want to work harder everyday.

Deepti- My inspiration is my father. I have never seen anyone with a stronger willpower than him. I am awestruck by his mind and his expertise. He reads about everything, he's well informed he can talk to anyone about anything, and he works so hard. He does anything he sets his mind to and that's why he is my inspiration.



Urmila & Rashmi

urmilsheokand.com

"Motivation to grow, comes from my Mom": Rashmi Singh

In our 20's, we often think that education must be a limited process. But, for my mom, **Urmila Sheokand**, education was an ongoing & never ending process.

In 2003, after my Post graduation in Mass Communication, I came across an ad regarding admission for a 2 year PG Diploma in Human Rights (through correspondence) from Indian Institute of Human Rights, New Delhi in a newspaper. My mom was sitting next to me, she said, "you must give it a shot". **"Only if you will accompany me in completing the course"**, I replied. **"Yes, why not"**, she reacted happily. That is how our journey started together. We took admissions in 2004, at the time I was unmarried and Maa was 44 years of age. We reside in Hisar, Haryana but the exam centre for both the years was in Delhi.

We stayed in Delhi for 10 days (each year) during the exams and supported each other while preparing for it. The course is equivalent to **MA degree** and it was complete by 2006. A thesis (of 200 marks) was also to be submitted, for which Maa did research on the theme **"women & children"** and secured first division. Marriage in 1979, graduate & a mother in 1980, a PG in 2006 is indeed an inspiration which is still ongoing and had not stopped till date. She made four children; one is a Gazetted officer working in the State higher education department, one is a scientist in **ICAR-NDRI**,

one is a British Council Masters (full) Scholarship holder and a Doctor working with the **USAID &** another Doctor working in Asia's first Agricultural University Hospital. She is now a published writer of five books (now on international platforms along with Google Books), a vlogger, a certified Interior Decorator, a vastu advisor, a Tanjore painter, a motivational speaker, a founder member of a non-profit organization, **"Firoza-e-shahar"** Club, a YouTuber and above all, she has her own website at the age of 62 years i.e. urmilsheokand.com. My father, Sh. Dilawar Singh Sheokand pushed & supported her in every phase of her life and today, we are blessed to have both of them as our parents.



PARUL & URMIL

NISH HAIR

Back in 2017, my mother (**Urmil Gulati**) and I collaborated and made our first ever Nish Hairpiece in the living room of our home. My mother was affluent in stitching, but when it came to hairpieces, it was her first time too. It was just the two of us initially. She knew how to stitch, I knew how to do the handwork. I would help her in attaching the clips and together, we grew Nish hair from just a handful of products to a full-blown company. We have always got each other's back and we understand each other so well. We knew this collaboration would work because we were always inspired by each other. But I've seen my mother is more of an influencer and I've been more of her follower. She is calm and more sensible whereas I'm the creative one. The understanding between us is so good for our business because she follows what I say and that makes a great collaboration between us both and we work very well together. We faced challenges in the beginning, primarily because we were two women doing this and many people didn't take us or our business seriously. They assumed we were doing it as a hobby, but no one saw the passion that went into starting this business, or how we started with only one woman on staff. We'd run into problems with a lot of vendors. Because my vendors were all men and I was talking to them, I had to overcome numerous obstacles. They never took our business or what we said seriously. To anyone, even my bank manager caused us issues in the registration of my brand. They would come over and look us in the eyes, assuming what two women are going to accomplish from their living room, but I believe I could overcome everything with my mother by my side. She is the CEO of the brand, I'm just the face of the brand. My mother is the one who's running it all. It's her coordination and her management. I feel every business has hurdles, it's just one has to have the right person by their side to get through it. My mother has always been the source of inspiration for Nish Hair. We've always enjoyed a life of relying on each other and knowing that if we did this together, we'd never have to rely on anybody else. I believe more than inspiration, it was simply the need of the hour at that point. Then my mother and I realized that we needed to do something for ourselves. Even as an actor, I'm constantly reliant on others for work, but in this case, it was that dire need that became our inspiration and, more importantly, our ambition, and we're still doing what we're doing now.



Monisha & Akansha

CITTA

Working together for any two people is always an effort, however if a mother and daughter work together it certainly makes things more interesting. Such is the case for Monisha Sharma and her daughter Akanksha Sharma who co-founded the premium skincare line CITTA. As a qualified Bachelors in Cosmetics, Monisha Sharma provides CITTA with vision and technical know-how and Akanksha Sharma as the CEO supports that dream and vision. The working styles of people are usually different, and even though they are related this mother-daughter duo too sometimes struggle with understanding each other's working style and thoughts. However, collaboration is the name of the game, and at CITTA they try to ensure that not only each others but the whole teams point of view is taken into consideration, because an idea can sprout from anywhere and most of the time, someone stuck in a situation may not be able to see the most obvious solution, that someone at the peripheral can easily see. While Monisha and Akanksha are related, like with any two people they have different experiences and memories which may often lead to different thought processes.

As business partners it's best if people are complimentary, to help understand one another, but sometimes the occasional argument is also beneficial since it helps to clarify one's thought and thought process, ultimately leading to better decision making. But working together most importantly should be fun, and usually is for Monisha and Akanksha. They started CITTA right before the COVID-19 lockdown hit and unfortunately that made sourcing and development extremely difficult, even today the effects of the pandemic are still felt but as an optimist at CITTA they believe that they got an opportunity to work in the hardest of times and when the better days come, it will be easier for them to grow and do better.

Sometimes the stress of work, commitments, deadlines can bog down even the best of us and who better to motivate and encourage you than your mother, so you can imagine that working with your mother has definitive benefits, aside from supporting each other it also helps you grow. "For me my mother has always been the epitome of what a lady should be, polite, determined, calm and a visionary, and seeing your inspiration in front of you alone is always a motivator" says Akanksha Sharma, co-founder of CITTA "because after all our brand is built on the love of a mother and so working together with mine is a privilege for me".



Visionary Duo

Hiya & Richa

NIRMIT SERVICES



A mother who is an educator by passion makes her 10-year daughter a social entrepreneur. It all began in 2020 when lockdown suddenly changed the routine people.

The little girl Hiya used to experiment with painting and crafts. One day Richa was teaching her students on zoom from home about entrepreneurship and she overheard the lecture. She came to the mother after that class asking to explain what social entrepreneurship means. Hiya is very sensitive about the needs of the poor and animals. She wished she too could do something for them. Amidst all this, Diwali was approaching, and hiya painted clay Diya to gift the relatives and friends. From there, came the idea to sell diya keeping a profit of Rs 10/- per pair, and then to donate the price to a social cause. The duo started searching for suppliers who can provide raw materials. Richa's sister, Prachi, runs a digital media company. She made creatives for spreading the word on social media. The little girl started receiving orders. The mother then started approaching retail outlets and factory owners for bulk purchase to gift their employees. They received orders from a very reputed Salon "Bonanza" and a cloth chain store "Tito". The endeavour of Hiya got recognized by Humans of Ahmedabad and they published her story on their Instagram handle. Her story even got printed in one book. In 2021, the duo innovated their product line based on previous year's reviews. The products again received a lot of love from people. The Rotaract Club of Rajkot appreciated and supported the project. Elixir foundation and UNICEF Ahmedabad gave her an opportunity to express her motives on an Instagram live interview. It is a matter of pride that a small idea got converted into success. The goal for 2022 is to employ some women for assembling purposes and to sell online on various platforms. In order to come up with an improved version of products, Hiya shall invest summer vacation in learning from workshops.

it is very blissful for any mother to see her daughter growing and glowing especially when the daughter at a very early age achieves significantly.



Manika Sengupta & Arunisha

CHOLI BOLI

They say that the adult mother-daughter relationships are always very complex, fraught with many challenges but unlayer these complexities, they can perhaps form the most enduring strong, deeply connected emotional bonds. They can become best of friends. I and my younger sister have been lucky to have a mom, who is a very liberal and strong person. Right from our childhood, she gave prowess to our imagination in any way that was affordable to her

„ even with her limited resources. To me she has become a strong pillar of support all through and till date, she is my go-to person, if I am stuck on something. It may not be something up her stream, but being the person, she is, she comes up with such insights on that matter that it is brilliant. I have seen her creativity from close quarters. She is prolific in handwork and tailoring and therefore she was my first person to collaborate with, when we came up with the idea of CHOLI BOLI – a genre of happy fit blouses that defies form-fit styling and gives the user a comfort of being completely comfortable in a saree-blouse while also experimenting styles, patterns and attitudes. Currently at CHOLI BOLI, she is the production controller as she keeps a close eye on the quality, handworks and vendor management, while I look at designs, themes and marketing. Having said, our Sufi collection was the first line that I created with her, where she lent her craft. Post that she has also gone on to develop the embroidery collection for **CHOLI BOLI**. We have a most comfortable working relation and do not get into each other's toes there. I value her creativity and will always make use of her that prowess. Even when our sales were down during the lockdown and I felt a tad depressed, she inspired me to consolidate my strength and re-energise the brand.



MOHANA & SANVI INDUKUR ORENDA

**THE EMPOWERED WOMAN IS
POWERFUL BEYOND MEASURE AND
BEAUTIFUL BEYOND DESCRIPTION**



At Orenda we strongly believe that every woman with zeal and enthusiasm should be given the opportunity to experience the joy and pride of working for themselves irrespective of social constraints. Thus, we have taken up this initiative where we identify their individual skillets and mentor, facilitate, market their work at the convenience of their own home.

The two founders are, A mother who broke the barriers from growing up in a very traditional family with utmost societal restrictions to working in key roles in Wall Street, New York, USA. A daughter who was born in the USA and accustomed to that culture and moved to India and studied in the most valued Rishi Valley school.

1.Collaboration

The beautiful collaboration of the duo who has service at heart helps the initiative to take forward with mother's practical business knowledge heading an IT company and daughter's upcoming business management academics. It is the combination of practicality, innovation and thoughts of two generations.

2. Influence each other

They influence each other with much maturity and shared passion. They clearly understand the strengths of other person and knows how to cumulatively help the society

3. Hurdles

With already jam-packed schedules, this is an additional responsibility which they want to do with utmost sincerity. To take care of motivating the women to come out of cocoons without causing family rifts or egos, make them understand the value of employment not just for additional income, but uplifting the family, education and their self worth.

4. Source of Inspiration

Their source of inspiration is the mother's mother who completed a Master of Commerce degree at the age of 62 with the sheer love for education. She is also true believer of self employment for women of all walks of life.

SWETA AND AYANNA

MEANDAYANNA

I Imagine getting to work with your best friend every day, creating memories, and getting to share those memories and love with the rest of the world. Well, I do that every day, with my best friend, MY MOM. Our journey with MeandAyanna has not been easy for sure. I remember being half asleep and Mumma coming into my room. She wakes me up with the biggest smile on her face. She played the song 'Lamborghini' for me and said, "I want to dance on this with you." I said yes without even giving it a thought. I and mom had never danced together before that. It was new, exciting and for us, fun. Well, that fun was not always constant. Dancing with my mom wasn't always easy. It still isn't. Our age gap, preferences, and choice is soo different. Mom got mad at me at least five times a day when we started practicing. Often, I wanted to give up. But the joy we felt when we came up with a step and enjoyed our choreo was inexpressible. It made us feel like we're actually doing something that makes a difference to us. Something we love. We never in our wildest fantasies thought that our first video would go viral. We had never experienced anything like this. The love of millions of people, the support, the recognition, it was and is the happiest feeling of all. We felt blessed. That is when we started Meand Ayanna. I think it became the biggest part of our life. Mom and I do have our hurdles. we fight, there are days we want to give up, there are so many days when our hard work doesn't pay off, but at the end of the day, it is all worth it. We are beyond grateful for what we have.

We will always keep working hard to be closer to each other, making our bond stronger and spreading love. My mom is my most prized possession and I couldn't be happier to do what I am doing with anybody else. She inspires me every day, it is not easy to be able to express yourself so freely in front of the whole world. She does it. I learn from her and I will continue to learn till the very last.

Cool



My biggest cheerleader!



Rooshi and Zoya

ENERGY HEALER & ORGANIC FARMER

Better together they say and we the mother daughter duo are not just better but greater together. It's believed that a daughter chooses her mother before she is born and I'm blessed to have a daughter like Zoya. A beautiful relationship that bloomed over years with moments of joy and challenges yet we continued to be there for each other because love and respect we had for each other for much stronger than the differences. It was about being in allowance of life experience without going into wrongness of anything we went through and being in gratitude that helped us face the challenges and hurdles to not just create a greater life but also inspire others to have it too.

I am a clinical psychologist, energy healer (access consciousness and sound healing) with 23 years of experience in 25 plus modalities and an organic farmer from last 10 years. My daughter Zoya is 18 now but has been eagerly learning to be a farmer & healer from when she was just 10 and in due course found her niche in creating organic beauty products at 15. We keep inspiring each other to never give up and enjoy the journey. We have faced many challenges and setbacks like managing different business, marketing n running the business to receiving judgement for what we choose to create a life of possibilities with happiness. The difference is what helps us work together and grow greater. Zoya brings in zeal and the experience of being grounded from me helps us work in harmony and collaborate in by doing things as per skills interests and choices.

To sum it up a life is beautiful with daughter and together you can create a greater life always better together.

Lata & Deepti

GREENOSONIC FOUNDATION

Lata Ashok Jha has been engaged in social work for the last three decades and provided environmentally sustainable solutions in rural areas of India; she realized the dire need to spread awareness and build solutions to conserve water; she founded Greenosonic Foundation. Following her mother's footsteps, Deepti Jha, who is a Media professional for the last 18 years, has worked in Fortune 500 companies and earned proficiency certification from Sine - IIT-Bombay and Harvard University. Deepti also dedicates her time to volunteering and assisting her mother in the noble cause. Deepti adds value to the projects with her expertise in strategic planning and scaling.

Lata Jha is an Interior Designer and a Green building consultant by profession; she started by visiting villages and rural areas to spread awareness on environmental topics in communities, Gram Panchayats and with her passion and knowledge for the environment the local government officials requested her to provide and implement appropriate solutions on the same. That marked her beginnings in the environmental solutions for rural areas which included solutions for Water Conservation, Waste Management & Tree Plantation. Deepti has assisted her mother in projects where they have implemented and created immense positive impact so far – for projects like Ground Water Recharge, River rejuvenation & recharge system, proposal on the desalination of seawater, Waste Management, and successfully have planted around 15,000 trees in different parts of Gujarat and Maharashtra so far to offset carbon footprints. They give solutions at the PAN India level. Initially, people do not take Water as a diminishing resource seriously, Lata had to face challenges in convincing communities, but with her passion and persistence, she has achieved significantly in the journey to create awareness and positive mindsets toward Water as a resource. Greenosonic Foundation has been awarded by the World CSR Congress for Outstanding Work in Environment and Yes Bank's Natural Capital Eco Award by Dr. Harsha Vardhan, the Cabinet Minister. This Green Journey has been very captivating with brands like Godrej Green Champion for NDTV, HDFC Life, Inc.5, iDecorama, Scania India, Radio One associating with both Lata and Deepti for different causes and associations.



SAILAJA & PRADEEPTHI

SAHAJA FOUNDATION,

Sahaja Foundation, Hyderabad is incorporated in 2017 by the mother-daughter duo, Sailaja, and Pradeepthi. Our great grandparents and grandparents actively used to donate money and stationery to the needy students. We gave it a shape as NGO in 2017 and wanted to make an impact at a greater level. We always wanted to work together and stand as each other's supporting pillar. Thus our relationship took a new path of being the founder and co-founder of our NGO Sahaja Foundation. Every campaign is discussed thoroughly then we collaborate and execute. We always stand as one in thick and thin. Being mother-daughter we influence each other in day-to-day life and also on the professional front. We take inspiration from each other and try to perform well.

Sahaja Foundation caters to the field of education and hygiene. As a counseling psychologist and social activist, Sailaja Vissamsetti actively meets adolescent children from government schools and creates awareness on menstrual hygiene, online safety, and security, life skills sessions. And as a community leader and an influencer Pradeepthi Vissamsetti is creating awareness through social media and her women's community. To date as a team, we have met more than 30000 children from more than 6 districts in Telangana and created awareness. Apart from that, we have given 25000+ notebooks, and stationery to 1500+ children. Given 15,000+ sanitary napkins to the girl children. And in Corona 1st wave we have distributed 1500 corona medicines to the affected people. Recently with the 10th class exams held in May, we donated 750+ all in ones to more than 10 government school children. We as a team always want to create an impact on next-generation children and empower them with moral values by supporting them in their education and overall character.



Banita & Rishika

ASHVVY INVESTMENT

Banita Jain is the director of Ashvvy Investment Pvt. Ltd., Kanpur. Banita Jain has been working in the field of finance and Investment for 2 decades. She has always been the force of this company and handled the household and office with a great balance. Rishika Jain is the equity advisor and money coach with the same company. Joined the company in 2020 after completing her bachelor's degree in law. [B.A. LLB.(Hons)] Her inspiration to start this business was to make every individual in this country financially independent and with the mission to fulfill every client's financial goals.

Every day in this business has been challenging as there are very few women in this men lead industry and the bias is quite straightforward. In such an industry Banita and Rishika have acquired 2000+ clients and are working every day to cater to every need of their clients. Rishika joined the business with a similar vision of educating people about personal finance and investment and making each individual personally capable of handling their finances, especially focusing on women and millennials. Women in today's world are excelling in every field and are completely independent in their earnings, so we thrive to make them independent in handling their earnings as well. Rishika is inspired by her mother's dedication to her work and her zeal to take this company to a different level.



Keerthi Priya & Odapalli Vijaya Laxmi

NURTURE FIELDS

Keerthi Priya and her mother Odapalli Vijaya Laxmi started Nurture Fields which aims to reduce food wastage by working with marginal farmers. It offers a wide range of dehydrated vegetables and fruits like mango, chiku, papaya, spinach, gongura, tomato, cabbage, etc. Born and raised in Thonda village, Suryapet district in rural Telangana, Keerthi Priya's childhood was spent among farms and the farming community that had her literally "grounded" to her roots. Keerthi Priya As a teenager, Keerthi remembers being shocked by the massive post-farm harvest wastage. Little did she know that years later, she and her mother Odapalli Vijaya Laxmi would find a solution to this problem with their startup Nurture Fields. Keerthi describes how their collaboration shaped the start-up. Her Mom has been motivating and managing the women employees from the start. She was well aware of food, which later on combined with Keerthi's business skills helped in establishing Nurture Fields Industries. Keerthi's mother has been a major source of inspiration, she taught her the importance of respecting everyone equally. At the same time, she motivated her to do things that she loves apart from taking care of the family. There were a lot of hurdles in the start-up's journey as it was difficult to convince the farmers and women employees to join the company. However, once the factory was set up, things changed for good. Both envision an impact on women around them, whether it is through providing a means of income or teaching the importance of education, this helps them in gaining constant inspiration. After its incubation at WE-Hub, a Telangana government initiative for women entrepreneurs, Nurture Fields took its next steps. "We now source various types of food products/crops from farmers in five villages near Thonda and also employ and provide training to 30 women for food processing," adds Keerthi. The company sells the products to both B2B and B2C customers across the country through a mix of offline and online channels. Nurture Fields' target segment is environment-conscious urban consumers between the ages of 25 and 40 who want to make healthy life choices for themselves and their families.



Manisha & Sukansha

SAUMY DESIGNSTUDIO

'SAUMY' meaning soft, tender, is one of the biggest known virtue of a mother. A mother's love, affection, and softness have no bounds and comparison. She is one incomparable member of our life, and all this love her's has been the same all through the generations. As a mother's love is incomparable, so is her talent and her skill of playing with yarns.

We at **Saamy_designstudio**, acknowledge this love, affection, softness, and talent of our generation old mothers and bring to you products made with love and care. The knitted and crochet products that will always bring a smile on your face.

We believe to deliver not only a product with love, affection, and softness but also to send something which will attach to your best memory and will always make you feel special.

Feel the product, feel the SOFTNESS OF A MOTHERS HAND

Collaborations:

We have till date done our collaboration with Awaaz studio here in jaipur for putting up an exhibition for the brand.

The biggest collaboration that we have got is where we have got selected by the **IIM AND IICD CRAFT INCUBATORS PROGRAM**, where **IIM** udaipur is helping us learn how to uplift crafts and make a good fair business out of it.

Hurdles:

The biggest challenge for us is the mindset that people have regarding the hand knitting craft. Taking it to be one of any techniques that is just meant for household ladies and therefore is the most underrated of all. Next was to find ladies to produce the products first and second finding the right set of ladies who would help us produce products to the best quality as we have doing our selves.

Inspiration

I have always been inspired by my mother since child hood. She always kept knitting for everyone in the house and seeing so many crafts all around me in the family I landed up becoming a Crafts Textile Designer. Once I was there in my 3 rd year of college I decided I needed to preserve this craft and also give my mother a different identity other than that of a housewife. Thats when the idea was born and got executed during the 1st lockdown.



#shiningwomen

Sujata & Vaishali

MELLOW

Vaishali Sharda, CEO, Mellow by Marudhar Herbals at your perusal.

Our Collab:

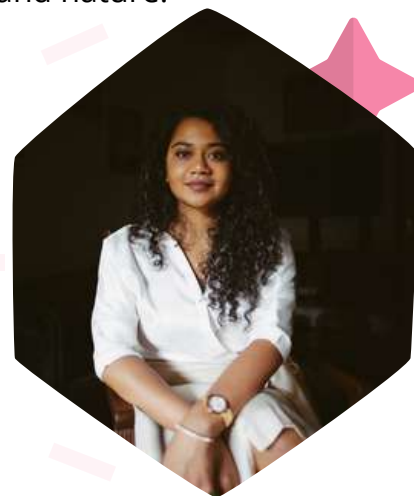
1. Collaboration: My mother, Sujata Sharda started Mellow in 2008 and grew the brand over the years. As a child, I was the inspiration behind the inception of the brand when my ailing hair problems led my mother to search for the solution in a natural way that eventually led her to start Mellow.

I took an active interest in the brand in 2020, during the lockdown phase. Initially, I was helping my mother to ramp up the marketing of the brand, and very soon I fell in love with the newfound taste in entrepreneurship. I quit my secured path of being a lawyer and became a full-time entrepreneur. That's how I started my journey at Mellow and we collaborated.

2. Influence each other: When it comes to understanding Ayurveda, going back to the roots, I always bank on my mother for her experience and wisdom. And what I learned from her is to be true to the core of the brand- to bring alive the essence of the brand which is Ayurveda and nature.

3. Hurdles: Our industry is very dynamic and a lot of new changes are happening in the world of Ayurveda off late. The thing that is working for you this month, may not work the next month onwards. So adapting your product, operations, and marketing to the changing times and also staying true to your roots without compromising on quality has been a challenge.

4. Source of Inspiration: My dad has been a huge source of inspiration in my entrepreneurship journey. Another thing that inspires me is how at Mellow we are impacting society positively by making Ayurvedic products affordable and accessible while at the same time bringing people closer to nature. Serving others has also been my inspiration as it gives me a sense of satisfaction and fulfillment.



KOPAL KAPOOR

A MULTIFACETED PERSONALITY



“Find one area where you could delve deep in, it could be a passion point, decide that for yourself. And then, if you have the right amount of width on top of this depth, you’ll become a more wholesome professional,” quips Kopal with a smile.

Kopal Kapoor is a passionate Architect cum Interior Designer. She is the Design Principal of **KOPAL KAPOOR ARCHITECTS**, a boutique Architecture and Interior Design firm based out of Delhi and Lucknow. Since Childhood, she knew that she wanted to be in a career where creative part of the brain comes in action. Being an acclaimed **Bharatnatyam** Dancer has meant that as an architect she has been able to exude flamboyance in the architecture and interior work that she does.

The flamboyance also comes from the international exposure that she has had during her stint at a **university in Netherlands**. As an architect she believes in using space as a narrative tool to articulate and reinforce a sense of identity. Thanks to the rigorous thought process with a reinforced human dimensionality, she has been able to herald a series of complex interior and architecture projects ranging from retail stores to luxury hotels.



"Life is all about being able to facilitate constructive dialogues and continuous experimentation. The dialogue has to be about everything from your personal life to your work life." Making this maxim as a life lesson she has been able to Don multiple hats. As an avid swimmer of repute, she carves out time from her busy schedule and pursues her passion for swimming. She is currently the Honorary Secretary of District Swimming Association at Ghaziabad and as an administrator Kopal helps out young swimmers in their career journey. Acquiring one of the semi-finalist positions at Mrs. India Asia Pacific beauty pageant, has all the more appraised the finesse in her multifaceted personality. Blessed with two loving girls, Kopal's indomitable spirit and solid mentorship have helped her face challenges head-on. She recalls how her openness to learning new things and excitement to take up opportunities have played catalysts in her journey as an Architect & Interior Designer, and yet there's a long way ahead for her.

Team WS

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VERSHA SRIVASTAVA



I have been working as Assistant Teacher of Science at Upper Primary School **Jujharpur, Block Akraabad, District Aligarh**. I have done some specific work in collaboration with the school staff and public community for example establishment of a science laboratory in school, the construction of separate toilets for girls and boys, teaching-learning material, and practical base science teaching. At the time of **my appointment in 2015** as assistant teacher of science in this school, there **were only 24 students** enrolled in the school. I made efforts to provide better education for children. The science lab has been established in the school, providing ICT-based classroom teaching to the children and implementing various types of innovation for example I have implemented self-innovation **"Gyan Hamare Charon Ore"** in our school which is a zero investment Innovation and helps students in experience-based learning. I am also making the teaching interesting through Comics-based learning to make learning more interesting and easy and I make comics based on the chapters of the textbook. I have connected children with the first online education in the district at the time of lockdown by uploading educational videos on the **YouTube channel** of the school.



Due to all these efforts not only the presence of students has increased but also the enrollment of students become more than triple and even children from private schools are admitted to our school.

Children are making proud of the name of our school by their excellent performance by participating in various District, State, and National Level Competitions. The basic education department and Tata trust published my journey as a science teacher in the book named **"UMMEED KE RANG"**.



Students using Digital Library and Reading Corner

he basic education department also published my innovative ideas for teaching in the monthly magazine of the department named **"PRERNA PATRIKA"** and awarded me at the state level for making comics and using them in teaching. I also got the State ICT Award for using ICT in classroom teaching, the State award for lesson plan-making and its implementation in the classroom, and the state award for using Roleplay (Drama) in teaching chapters of textbooks by Scert UP Lucknow. I also got a National award for innovation by Kendriya Shiksha Mantri by **Dr. Ramesh Pokhriyal Nishank** and an award for The best teacher from Basic education minister **Dr. Satish Chandra Dwivedi**. Our students demonstrate various science experiments on different occasions and make villagers aware of the ill effects of superstitious things spread across the community due to illiteracy. By above-mentioned activities, we are trying to bring overall development of students and our aim is to provide literate and bright generation to our country.



Scanned with CamScanner

Rashmi DHAJCRAFT

Despite the fact that the term "**entrepreneur**" is gender-neutral, it has traditionally been associated with men. With the passage of time, the rise of female entrepreneurs in India has demonstrated that women in business can achieve the same level of success as their male counterparts. Despite this growth, female entrepreneurs still confront a number of specific hurdles. Low personal **financial assets**, **gender discrimination**, and **social taboos** are all common hurdles. And this is not different in my case too.



LOOK
BOOK
LOOK
BOOK

Post compilation of my fashion degree from **NIFT Patna**, I began my career as a designer in one of the fashion brands. I was doing a **9-5 job**. However I wasn't satisfied because when I was pursuing my graduation I met many artisan and skilled workers in my state Bihar. After listening their story I have decided to do something here in my Bihar only.

One of my friends informed me one day while I was sketching a shoes from internet that these shoes looked great and questioned if they would be comfy as well. This flashed to me, and I decided to make something out of it right away. In my mind's eye, a businesswoman began her inquiry. After a lot of study, I came up with **Dhajcraft** as my brand. Many people are perplexed by the name. Dhaj which means **"to Adorn yourself,"** and it also define **"Yarn"** and crafted means handmade. So, it's all about adorn yourself with handcrafted products which is made from yarn. I Came up with the idea of making it customised handcrafted shoe company. **Juttis, plumps, bellies, and boots** are among the footwear options. What made my brand unique is the way we customise, the materials and the designs. We customise according to your foot-shape and choices. We tend to throw away the waste generated from the textile industry. But hardly do we think it can be reused to make a whole new product. Yes, my brand use the waste generated from the textile industry to make an exclusive product also not compromising with the quality and comfort at the same time.

My start-up came to a halt due to the unprecedented pandemic. The never-ending power outage had nearly destroyed my spirit, but I summoned my courage and forged ahead. My brother, father, mother and a few other friend were the pillars of my strength during my journey. The joblessness due to the pandemic has triggered me to do something for the society. I decided to open my production unit with a few migrant labourers in Patna. I'm happy that I was able to give back to society what I could. Today, with the grace of god and my earned customers, **I'm glad to share my story.**



I have currently 4 people employed and I have sold more than **1000+** Pairs of shoes in India and abroad. My brand is slowly getting recognised in the market which is evident with the fact that some of the celebrities from the entertainment world are coming forward to promote it and wear it on their feet. Within **the 1.5 years of my existence**, I have got awarded by Womenovator for Asia's top 1000 women faces award and in March 2022, I was awarded as top 3 startup of Bihar (2nd runner up) by **BIA Bihar Startup** Conclave 2022. And also certified by **KVIC**. I look forward to an existing journey ahead.

Team WS

Shreeja India's Beyond Football Program Gains Momentum

**Shib
Shankar
Dasgupta**



In our globalized world, a simple shake of a butterfly's wing in one part of the world can produce a tornado elsewhere. Recently, Sonali Soren along with six other Shreeja Girls were in Kolkata for junior Bengal football trials. They hail from remote villages in West Bengal and are preparing for a plunge into the uncertain world of football as a career. Shreeja India, a Kolkata-based non-profit **CSO** is confident that sports enhance physical, mental and social capacities of young girls. Their Beyond Football Program offers women footballers a career pathway from the village pond-side playground to the national stadium. Sonali Soren of Shreeja India has already been selected for the trials in the **under-17 Women's World Cup** to be hosted in **India in 2024**.

Shreeja India is young and ambitious. Their focus is on marginalized girls who have been oppressed from all sides with social boundaries. But if you choke young women of a society from all sides, they will find new directions to grow. This reminds us of the story of Terminus, the Roman God of boundaries. In ancient times the image of God Terminus was generally kept at the borders of a land where he could not grow on any sides. His temples were often unroofed and remained open to the sky. According to local beliefs, Terminus, the God of limits, refused to recognize limits in life. He constantly yearned for a life of self-respect and dignity and moved up to the open sky above his head.



Shreeja India's **Beyond Football Program** promotes to village girls a dignified life through sports. Football for them is no more a mere flutter of a butterfly's wing anymore but a windstorm of young women climbing up the ladders of glory and success through sports.



SHREEJA INDIA



Dr. Graciela De Oto | A role Model & Mentor

For more than a decade, Graciela De Oto has worked daily with female entrepreneurs and women's organizations at a national and international level to empower them. Born in Buenos Aires, Argentina, Graciela has studied a degree in marketing, as well as having completed an MBA in Argentina and the USA where she also obtained a Ph.D. in Corporate Management. She also has a Diploma in International Relations & Diplomacy and a Diploma in Human Rights & Peace. Graciela is the marketing CEO of an important corporate law firm. Over her distinguished professional job, she has led multidisciplinary teams supporting the advance and success of other women in their careers through her involvement in several international and regional organizations such as BPW International (Former Latin American regional coordinator),

Network of Latin American and Caribbean Women (**founder partner**), **ABWCI international (Argentina President)**, **Global Chamber of Business Leaders (Senior Advisor)**; **RIPO (International Network of Promoters of the SDGs)**, working in the Regional Coordination team of the SDG N 5, she has helped design and champion leading innovative programs to encourage women's entrepreneurship in a region where women remain underrepresented in the labor force. Her permanent concern for the role of women in society was the motivation to create the Suma Veritas Foundation, an organization that connects women with business training and resources that have historically not been accessible to them. The foundation supports entrepreneurs by giving them access and visibility in the local market.

Through events and fundraisers, entrepreneurs enrolled in the program are given the opportunity to pitch their business ideas and face real clients. The association has steadily grown as her founder, Graciela De Oto had expected to, having actually Consultative Status with **ECOSOC** in the **United Nations** and being Embassy of Peace. To disseminate and raise awareness about the existing gaps in the female entrepreneurial ecosystem, she has written publications in conjunction with the **Buenos Aires City Legislature**, the Ombudsman's Office, and the Ministry of Social Development of the City on the wage gap between men and women in publications that have carried out these organisms.



She is co-author of the book **“Women in Latin American and Caribbean Organizations”** with Latin American businesswomen and author of the book **“Find your Passion”**, aimed at empowering female entrepreneurs and professionals to be successful in transforming their passions into productive businesses. Recently she has published another book **“The four paths of entrepreneurship”**, to help women to do the startup of their businesses.

She has also donated countless hours of her specialized expertise to several local organizations as a member of the Commission for **Gender Equality Advisory** Council of Civil Society of the **Argentina Chancellery**, Gender Commission Strategic Planning Coordination of the Government of the City of Buenos Aires, and the Parliament of Women in Buenos Aires City, from where she promoted projects of law to support women equality such as:

Day for Pay Equity Law (**N°2282**) created an official Equal Pay Day in Buenos Aires City to close the gap between women and men.

Care Economy Law (**N° 4892**) to measure the time women use on taking care of parents, kids, and sick people that are not recognized or remunerated.

Her energy, enthusiasm, and continuous search for innovative ways to foster the entrepreneurial spirit of women, prompted her to create the first female coworking in the country and to produce radio programs with a gender focus to give greater visibility to women in all the areas in which they work. She is an outspoken thought leader and advocates for women's issues which has led her to lecture around the world and be a gender panelist at the G20 in Argentina & Saudi Arabia. For her contribution to strengthening female leadership and for exercising volunteering in her community, she has received several local and international awards and recognitions such as:-

- Leader for Gender Equality & sustainability, International Network of SDG Promoters, (2022)**
- Link in the Chain of Peace, International Training and Research Center on Human Rights (2021)**
- Star of the South Award, Cultural Corner of Peace and Literary Community, Uruguay (2020)**
- Professor for Peace, International Parliament for Safety & Peace, Buenos Aires, (2018)**
- 21 Leaders for 21st Century Award, from Women`s E news, New York, (2015)**
- Doctor Honoris Causa, from the International Academy for Diplomacy and Professions, (2014)**

-Award of Excellence, Suma Veritas Foundation, Chamber of Commerce of Mercosur. Uruguay, (2014).

-Ambassador of Peace & Security, International Parliament for Safety and Peace South American Mission, Buenos Aires 2012.

-Women of the Year, Argentinian Camera of Small & Medium Enterprises (CAME), Buenos Aires (2012)

-Award of Community Greatness, for Suma Veritas Foundation -Civil Parliament for Humanity, Buenos Aires (2011)

-Scouts Argentina Award "Always Ready", for the work and dedication to the community, Buenos Aires 2011.

-Ambassador of Peace, Mil Millennials of Peace -Buenos Aires 2011.

-KM Impact Challenge, Improving the Social Value of Knowledge for Women Entrepreneurs, Recognition Best Case Story, USAID - USA (2011)

-Noble deputy of the Chamber of Deputies of the Parliament of Mankind Civic, The World Board of Presidents Civic Humanity, Buenos Aires, 2010

-TIAW World of Difference Award, Economic Empowerment of Women, Toronto, Canada, 2010

-Best Latin American Entrepreneur, Women in Business Award, New York, 2008.

-A plate issued by Reggio Calabria Government, Italy, receiving the moral and cultural sponsorship of the Calabria region in Argentina (Prot Gab No. 57,013). Italy 2007

She also works as Ambassador of Peace & Security, Professor of Peace, being Second Head of Mission of the International Parliament of the States for Security & Peace and Ambassador for Human Rights NOHE -UN (Noble Order for Human Excellence), from where she works so that women participate in the consolidation of peace, are better protected against human rights violations, and have access to justice and anti-discrimination services.

She has broken many barriers and touched and enriched the lives of many generations of women by serving as a role model and mentor.

Team WS



CELEBRATING
2
YEARS OF WOMENSHINE



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CINNAMON STICKS



INGREDIENTS

Milk- 1 Cup
Oil- 1/4 Cup
Sugar- 2 tbsp
Maida- 1/2 Cup
Baking Powder- 1/4 tsp
Baking Soda- a pinch
Salt- a pinch

FOR DUSTING

Cinnamon/ Dalchini Powder- 1 tsp
Powder Sugar- 2 tsp

DIP

Tetra Pack Cream- 2 tbsp
Powder Sugar- 2 tsp
Vanilla Essence- 1/2 tsp

METHOD:

1. Add baking powder, baking soda & salt to maida.
2. In a heavy bottom pan, Boil milk, oil, and sugar. Add maida mixture, stirring continuously.
3. The mixture leaves the edges of the pan. Take it out in a bowl.
4. Add 4 tbsp cold milk to it and mix well.
5. On the slab press this dough with fingers till it is half-inch thick.
6. Cut it with knife-making strips 3" long & 2" wide.
7. Deep fry them in oil at low flame.
8. Dust them with Cinnamon & sugar powder. Serve with the dip.



By Chef
Rainna Gupta



DONUTS

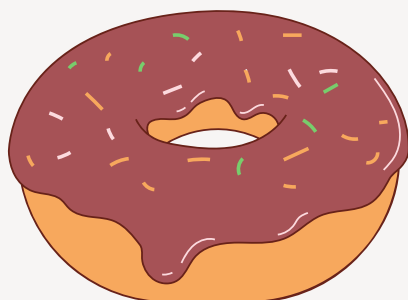
(Without commercial Yeast)

INGREDIENTS

Curd- 1/4 Cup
 Milk- 1 tbsp
 Sugar- 2 tbsp
 Oil- 2 tbsp
 Maida- 1 Cup
 Baking Powder- 1/2 tsp
 Baking Soda- 1/4 tsp
 Oil for frying

METHOD

1. In a big bowl take Maida, sugar, baking powder, and baking soda.
2. Add oil, curd, and milk. Mix with a hand to make a sticky dough.
3. Cover it with a small bowl and keep it aside for half an hour.
4. Roll the dough to a consistent thickness of half an inch.
5. Cut donut shape with steel ring of 3.5" outer circle and 1" for centre.
6. Heat oil for frying. Fry donuts on low flame flipping them constantly till they turn golden.
7. Let them cool down for 1 hour. Decorate them with melted chocolate, powdere



By Chef
Rainna Gupta



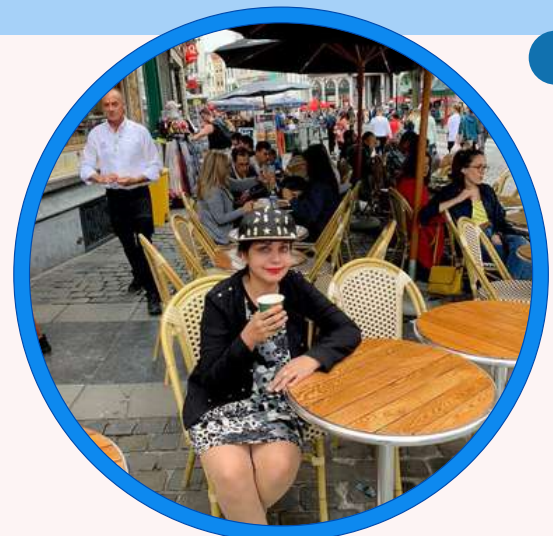
BELGIUM, A TRAVELOGUE



Belgium falls through the cracks. Nestled between **Germany, France, and the Netherlands**, it's famous for waffles, sprouts, and a statue of a little boy peeing. But visitors find Belgium to be one of Europe's best-kept secrets. After all, Belgium produces some of Europe's best beer, creamiest chocolates, and tastiest French fries. From funky urban neighborhoods to tranquil convent courtyards, from old-fashioned lace to high-powered European politics, from cows mooing in a pastoral

countryside to gentrified medieval cityscapes bristling with spires... little Belgium entertains. It's here in Belgium that Europe comes together: where Roman languages meet Germanic languages; Catholics meet Protestants, and nations meet in Brussels—the capital of the European Union. Its crossroads location has made Belgium strong: Belgians are savvy business people, excellent linguists, and savvy chefs who've learned how to blend delicious culinary influences from various cultures. Belgium is famous for two things - its waffles and a **400-year-old bronze** sculpture of a naked boy peeing into a fountain basin. The latter also known as the Manneken Pis (Little man Pee) is pretty ordinary for a landmark monument of a country; though robbers seem to have a special liking for the statue since it has been stolen repeatedly.

The current one was installed in 1965. The interest around the statue probably has to do with the legends about it with the most popular one being about a two-year-old Duke lord Godfrey III who during a battle in 1142 was placed in a basket and hung from a tree by his troops for encouragement. The boy lord peed on the enemy from the treetop and helped win the battle. Needless to say that the miniature versions of the **'Manneken Pis'** are the most common souvenir sold in Belgium. Brussels, the capital of Belgium has perhaps the grandest square in Europe—La Grand Place.





There's no better place to take in Brussels' ambiance than its spectacular main square. This colorful cobbled courtyard, encircled by fanciful facades, is the heart of heart-shaped Brussels. The site where farmers and merchants once sold their wares in open-air stalls today hosts shops and cafés selling chocolates, waffles, beer, mussels, fries, and lace. It's the perfect backdrop for concerts, flower markets, and sound-and-light-shows—and there's always good people-watching.

European Union has its Headquarters in Brussels This sprawling complex of glass skyscrapers is a cacophony of black-suited politicians speaking 23 different Euro-languages. It's exciting just to be here—a fly on the wall of a place that charts the future of Europe. Another great place to visit is the Atomium which is a landmark building in Brussels, originally constructed for the 1958 Brussels World's Fair. It is located on the Heysel Plateau, where the exhibition took place. It is now a museum. Designed by the engineer André Waterkeyn and architects André and Jean Polak, it stands 102 m tall.

Shared by :
Ruchi Jain

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THE FOETAL DREAM

New wave of research suggests that
the foetus can feel , dream and even
enjoy.....the cat in the hat

THE FOETAL DREAM

In a long languid wait
entangled in the umbilical bait
mother to you I connect
with strings of hope ,adept
Waiting for an order
coming from yonder
Will it be a wonder
Or total blunder
The sun was rising high
But the planets were saying nigh
The milky way twirling
but for me no clearing
In between the yawning
I dreamed of my fawning
By the hands so tender
Could my world go asunder
When in deep meditation
Thought I in jubilation
Shall I be their bubbly Czar
Or a luminous star
In the cradle I shall be
Listening to sweet lullaby
Searching for the familiar face
With smell, touch and grace
Holding her little finger
On my feet so tender
In to the world I shall venture
To experience ,thrill and adventure
There will be no worry
Even if I scurry
On the paths so eerie
To me it will be merry
With tranquillity abreast





My mind at rest
Will life be full of zest
Or utter chaotic , with unrest
Nestled in the cosy womb
was eagerly kicking
Enveloped in darkness
I was dreading , I was musing
What is sorrow, what are sufferings
Unaware of unknown surroundings
Will I see the land of the rising sun
Or submerge in pure mysticism
Will I hear of conquest and valour
Or tremble at the sight with pallor
Will I be consumed with mine and thine
Or prepare for the journey Divine
With slow but rhythmic sigh
My blurred vision going high
though lost in my own world
my lips and fingers curled
As my fate was etching
I was eagerly stretching
O' hark ! was someone fetching?
Alas ! heard I sounds of wrenching
Aha ! a stellar conjuncture
That force me to venture
Through the tunnel of darkness
To arrive , wailing, into the world of
brightness.



ARCHANA BENDRE

MOTHER DIVINE

Mother Divine! O' Mother Divine!
 Let your light shine
 Mother Divine! O' Mother Divine!
 Let your light shine
 When devils play
 these demons you slay
 restoring peace
 and saving grace
 To 'Life ' you give birth
 You nurse this Earth
 when love and compassion
 are shown by us
 Mother Divine! O' Mother Divine!
 Let your light shine
 When angered you Blow
 no mercy, you show
 Swallowing the blood of Evils
 and defeat the Clones.
 When darkness drool
 the Ego and Lust rule
 Man! when defiant and displeases
 O! Mother, you crush them with ease
 When humble...You Smile
 showing grace sublime
 guiding us through 'Tempest '
 guarding our intellect and conscience, at times
 O'Mother!
 You are "Durga '! You are ' Kali!
 forgive your children
 for their 'ignorance ' and 'follies '
 Mother Divine! O'Mother Divine
 Let your light shine!



ARCHANA BENDRE

ALL THAT BREATHES, THE INDIAN DOCUMENTARY TO GET SCREENED AT CANNES FILM FESTIVAL 2022



The documentary *All That Breathes* by Delhi-based director Shaunak Sen will premiere in the Special Screening category at the 2018 Cannes Film Festival, the festival's organizers said Thursday as they published the official lineup of the film gala. The 10-day festival, which is regarded as one of the most renowned gatherings of movie talent from across the world, will also feature Hollywood blockbusters such as *Top Gun: Maverick* and the Elvis Presley biography in its 75th edition.

The festival's Special Screening session will include the world premiere of *All That Breathes* by Delhi-based director Sen, according to a statement live broadcast on their official Twitter page. The 90-minute documentary follows Mohammad Saud and Nadeem Shehzad, siblings who have dedicated their lives to rescuing and treating wounded birds, particularly Black Kites. The festival's Special Screening session will include the world premiere of *All That Breathes* by Delhi-based director Sen, according to a statement live broadcast on their official Twitter page. The 90-minute documentary follows Mohammad Saud and Nadeem Shehzad, siblings who have dedicated their lives to rescuing and treating wounded birds, particularly Black Kites. The Delhi brothers become the focal focus of the film, working out of their decrepit basement in Wazirabad, and their tale zooms out to depict a bigger picture of the city, where the air is poisonous and the ground is on a slow-burn of social unrest.



The film was awarded the World Cinema Grand Jury Prize: Documentary at the Sundance Film Festival in January, a film festival that celebrates independent cinema and artists. It is Sen's second feature film, following the critically praised *Cities of Sleep* in 2016, which was about homeless people looking for somewhere to sleep in the capital. There is no Indian film in the Un Certain Regard area, however, Pakistan's *Joyland*, written and directed by director Saim Sadiq, is included. *Darling*, the director's previous short film, earned the Orizzonti Award for Best Short Film at the 2019 Venice Film Festival. As already revealed, the festival's major attractions will be Paramount-Top Skydance's *Gun: Maverick*, starring Tom Cruise, and Warner Bros/Elvis, Roadshow directed by Baz Luhrmann and starring Austin Butler and Tom Hanks. Cruise, who visited the Festival de Cannes three decades ago for Ron Howard's *Far And Away*, will also be honored at the event with a unique career homage. These two big-budget blockbusters will be shown in the Out of Competition section with *Three Thousand Years of Longing* by George Miller of *Mad Max* fame, *November* by Cedric Jiminez, and *Masquerade* by Nicolas Bedos. The gala will begin on May 17 with the Out of Competition screening of *Z (Comme Z)* by Michel Hazanavicius. Hirokazu Kore-eda, the Palme D'Or-winning Japanese filmmaker, will return to the Croisette with *Broker*, his Korean language debut starring Korean talents Song Kang-ho (*Parasite*), Bae Doona (*Sympathy for Mr. Vengeance*), Gang Dong-won (*Peninsula*), and Lee Ji-eun, better known as IU. *Broker*, along with South Korean master director Park Chan-Decision wook's *to Leave*, is included in the Competition section. Park, best known for the *Vengeance* trilogy and *The Handmaiden*, received the Grand Prix at the 2004 Cannes Drama Festival for *Oldboy* and the Jury Prize in 2009 for his vampire film *Thirst*.



Written By :
Saumya Singh

ENABLING GIRLS

बालिकाओं के लिए शिक्षा के साथ-साथ जीवन कौशल कार्यक्रम जिसमें बालिकाएं जो अल्पसंख्यक समाज और मुस्लिम समाज से थी और जिनके अभिभावक उन्हें विद्यालय में भेजना भी पसंद नहीं करते थे। बालिकाओं को मैंने अपने प्रयासों से विद्यालय में नामांकित तो कराया ही ,साथ ही साथ उन्हें सशक्त बनाया एवं आत्मनिर्भर बनाया।
यह सफर लगभग 4 वर्षों से चल रहा है।

पूर्व की स्थिति

वर्ष 2017 में जब मैं विद्यालय में सहायक अध्यापक के तौर पर पहुंची तो उस समय विद्यालय में **मात्र 30 बालिकाएं** नामांकित थी। लिलौन मुस्लिम बाहुल्य आबादी से भरा हुआ गांव है। जिसमें उन अभिभावकों में यह पूर्वाग्रह है की बालिकाओं को शिक्षा की आवश्यकता नहीं है। वे घर गृहस्ती के कामों में ही ठीक हैं। बालिकाओं को विद्यालय में भेजना अभिभावक पसंद नहीं करते थे। न तो नामांकन कराते थे और यदि नामांकन भी था तो वह बालिका विद्यालय में नहीं आती थी। अभिभावकों की यह सोच थी की लड़की को केवल कक्षा **5 तक पढ़ा कर घर बैठा लिया जाए** उस गांव में स्कूल होते हुए भी वे अपनी बालिकाओं को स्कूल नहीं भेजते थे और जो बालिका स्कूल में आती भी थी उनमें किसी प्रकार का कोई उत्साह ,आत्मविश्वास नहीं था। मैंने **वर्ष 2017** में प्रभारी प्रधानाध्यापिका के रूप में कार्य करना प्रारंभ किया। मैंने कुछ प्रयासों के माध्यम से इन समस्याओं के निराकरण की सोची।



मेरे प्रयास

सबसे पहले मैंने गांव में घर घर जाकर अभिभावकों से संपर्क किया। गांव में विशेष स्थान पर नामांकन मेलों का आयोजन किया तथा विद्यालय की गतिविधियों एवं बालिका शिक्षा के महत्व से संबंधित गोष्ठियों का आयोजन किया। नामांकन मेलों में अभिभावकों से सीधा संपर्क किया और उन्हें प्रेरित किया कि वे बालिकाओं का नामांकन विद्यालय में कराएं। **कक्षा 5** के बाद जो बालिकाएं पढ़ाई छोड़ घर बैठ गई थी उनका नामांकन किया। अभिभावकों का विश्वास जीतने के लिए उन्हें आश्वासन दिया गया की उनकी बालिकाओं का पूर्ण उत्तरदायित्व अध्यापिका का होगा। मैंने **मुस्लिम समाज** के कुछ लोगों से संपर्क किया तथा उन को माध्यम बनाकर गांव के लोगों को बालिका शिक्षा के लिए जागरूक किया।

बालिकाओं को विद्यालय में नामांकित करा कर उन्हें गतिविधि आधारित तथा स्वावलंबी बनाने की शिक्षा दी। विद्यालय में आने वाली बालिकाओं में आत्मविश्वास भरने के लिए उन्हें निर्देशन और परामर्श कार्यक्रम का भी आयोजन किया, जिसमें **समाज सेवको ,पुलिस महिला अधिकारी ,उच्च शिक्षा की प्रोफेसर** को आमंत्रित कर बच्चों का साहस बढ़ाया।





बालिकाओं को स्वावलंबी बनाने के लिए उन्हें उनकी आत्म शक्ति एहसास कराया गया। उनकी माताओं को स्कूल में आमंत्रित किया गया और बालिकाओं की छिपी प्रतिभाओं को अनेक गतिविधियों के द्वारा बाहर निकलने का प्रयास किया। बालिकाओं के द्वारा ही **नुक्कड़ नाटक, फिल्म के द्वारा नामांकन** का प्रयास किया गया। वर्ष 2018 में इस प्रयास से बालिकाओं की संख्या विद्यालय में बढ़ी और प्रतिवर्ष बढ़ती चली गई जिसका परिणाम यह है की वर्ण में बालको से अधिक बालिकाएं विद्यालय में पंजीकृत है तथा अधिक ऊर्जावान होकर कार्य करती है। विद्यालय के अच्छे कार्य प्रदर्शन के लिए तथा बालिकाओं के विचारों और उनकी रचनाओं को स्थान देने के लिए विद्यालय में ***मासिक बाल अखबार "उड़ान नन्हे पंखों की" तथा वार्षिक पत्रिका "उजाला एक नई किरण का"** प्रकाशन किया इस पत्रिका और अखबार की अनेक प्रतियां छपवा कर पूरे गांव में बांटी गई बच्चों की गतिविधियों और विद्यालय के कार्यों को जन जन तक पहुंचाने के लिए विद्यालय का ***फेसबुक पेज कन्या जूनियर हाई स्कूल लिलौन तथा यूट्यूब चैनल जे एच एस लिलौन के नाम से बनाया गया*** जिसमें बालिकाओं के सभी कार्यों को सराहना मिली। तथा जो अभिभावक अपने बच्चों को स्कूल नहीं भेजते थे उन्होंने अपने आस पड़ोस के बच्चों का नामांकन भी हमारे विद्यालय में कराया। बालिकाओं को शिक्षा के साथ-साथ ***जीवन कौशल की शिक्षा भी दी गई जीवन कौशल*** कार्यक्रम के अंतर्गत उन्हें स्वावलंबी बनाने हेतु विद्यालय में ही **सिलाई कढ़ाई बुनाई रंगाई** आदि कार्य सिखाए गए तथा उनके मन से भय को समाप्त कर आत्मविश्वास को जगाया। बालिकाओं को मॉक ड्रिल के द्वारा जागरूक किया गया तथा आपदा प्रबंधन आदि कार्यों में पारंगत किया गया। बालिकाओं को शारीरिक और मानसिक रूप से सशक्त बनाया गया विद्यालय में प्रतिदिन बच्चों के लिए योगा जूडो कराटे एवं आत्मरक्षा का प्रशिक्षण भी दिया गया आज हमारे विद्यालय की बालिकाएं जनपद और जनपद से बाहर भी अपनी प्रतिभा का लोहा मनवाती हैं। बालिकाओं की शिक्षा पर कार्य बालिकाओं को सशक्त बनाने तथा बालिका शिक्षा पर इतने प्रयास करने के कारण विद्यालय का चयन ***यूनिसेफ के द्वारा फिल्म निर्माण के लिए किया गया तथा जीवन कौशल कार्यक्रम से संबंधित पूरी फिल्म को हमारे विद्यालय की गतिविधियों के द्वारा*** ही बनाया गया तथा बालिकाओं को सशक्त करने एवं अधिक बालिका नामांकन होने से मुझे जनपद एवं राज्य स्तर पर भी सम्मानित किया गया। जिसमें राज्य सरकार द्वारा राज्य अध्यापक पुरस्कार भी प्रदान किया गया।

उपमा शर्मा



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इंसानियत

इंसानियत दिखाने व बताने के लिए,
 मनुष्य पहले इंसान बन के तो देख ,
 जीवन में कुछ बनने से पहले,
 कुछ सोच समझकर कुछ करके तो देख।
 यह जीवन इतना भी छोटा नहीं,
 कि आंसू बहाने से कलुस्ता मिट जाए,
 दया करके तो देखो किसी पर,
 जीवन भर की याद बन के तो देख।
 दया में छिपी है यादें जीवन की,
 कुछ पाना चाहते हो तो भला करके तो देख,
 तभी तो पाओगे वास्तव में कुछ,
 उस लाभ को जरा कमा कर तो देख।
 किसी को सुधारना चाहते हो,
 तो उससे क्षमा करके तो देख,
 किसी दयनीय पर सहानुभूति दिखाकर तो देख,
 कभी ढाढस देने के लिए पीठ थपथपा करतो देख।
 जिंदगी की चंद यादों को,
 अपने दिल में संजो कर तो देख,
 लगेगा आसमान छू लिया तूने,
 कभी किसी को अपना बना कर तो देख।
 सुलगती हुई रातों में चमकते तारों को देख,
 अपने खून की लाली व रवानी को देख,
 जब भी काम आएगा ,अपना ही आएगा,
 कभी उस बेचारे को आजमा कर तो देख।
 पत्ते क्या सूखे, पेड़ ठूठ हो गया ,
 चिड़िया का घोंसला भी बेनूर हो गया,
 कभी लह लहाते पत्तों को, फूलों को याद कर,
 उसके साथ दो आंसू बहा कर तो देख।
 हौसला देउस निर्जीव तरु को ,
 बरसात आते ही हरा भरा हो जाएगा,
 चह चहाते पक्षी ,गीत गाएगा पपीहा,
 कभी उसके चेहरे पर चमक ला कर तो देख।
 सभी ने साथ दिया है खुशी में सभी का,
 कभी दो आंसू किसी के दुख में बहा कर तो देख।



तू है रब को मानता ऐ बंदे,
शबनम सरीखा बन कर तो देख।
यह पल नहीं मिलते दोबाराकभी,
इन पलों को आंखों में समा कर तो देख।
उड़ते पंछीना जाने कब उड़ान भर ले ,
उनके साथ समय बिता कर तो देख।
यह वक्त है बड़ा जोरावर मनुष्य,
इससे नहीं बचा आज तक कोई,
यह वक्त सदा तेरे साथ है,
किसी की सराहना करके तो देख।
रब ने दी है बुद्धि जागरूकता ,
रब को आजमाने की कोशिश ना कर,
वक्त सिखाता है बहुत कुछ बंदे,
उसके आगे सिर झुका कर तो देख।
सब कुछ सही होगा, जब तू सही होगा,
दूसरे के घर को रोशन करके तो देख,
मिलेंगी ढेर खुशियां जीवन में तुझको,
कभी तो निस्वार्थ प्रेम करके तो देख।
मां बाप ने सिखाया पढ़ाया पाठ जीवन का,
उसको अमल में ला कर तो देख,
यह जीवन है कर्मभूमि तेरी, एकहाथ पा और एक
हाथ दे।
है भरोसा तुझ पर ए बंदे, भरोसे को उस के भरोसेमंद
बन के तो देख,
श्लाघा करेंगे यह सारे जगत वासी ,
उनकी परख में उतर कर तो देख

SHARED BY
(RAMESH VADEHRA)

शिक्षक

शिक्षक राष्ट्र निर्माता होता है। वह अपने प्रयास और शिक्षण तकनीकों से छात्रों के भविष्य का आधारशिला रखता है। यह कहना है राज्य अध्यापक पुरस्कार 2019 से पुरस्कृत शिक्षक खुर्शीद अहमद का, सहायक अध्यापक उच्च प्राथमिक विद्यालय सहवा क्षेत्र देसही देवरिया का।

बच्चों की शैक्षिक गुणवत्ता हेतु प्रयास-

विज्ञान विषय को रुचिकर, बोधगम्य सहज और सरल बनाने के लिए शिक्षण में विभिन्न नवाचार विधियों का प्रयोग खुर्शीद अहमद द्वारा किया जाता है जैसे- कक्षा शिक्षण में स्वनिर्मित TLM/मॉडल का प्रयोग प्रोजेक्ट वर्क, प्रैक्टिकल, लर्निंग कॉर्नर, आईसीटी, SUPER30 क्लास का संचालन, शैक्षिक प्रतियोगिताओं का आयोजन, खेल व रोलप्ले विधि द्वारा कक्षा शिक्षण, पाठ्य सहगामी गतिविधियां जैसे -बाल संसद, विज्ञान क्लब, स्काउटिंग, हम सक्षम हैं, नाटक मंचन, वाद-विवाद, शैक्षिक भ्रमण, समर कैंप, स्कूल मेरा घर आदि। खुर्शीद अहमद ने अपना यूट्यूब चैनल *खुर्शीद अहमद TLM संसार* के नाम से बना रखा है।

यूट्यूब लिंक-जहां शैक्षिक प्रयास, नवाचार संकलित हैं--

विद्यालय की उपलब्धियां-विगत वर्षों में विद्यालय को अनेक राज्य स्तरीय उपलब्धियां प्राप्त हुई हैं--

- *1*-उत्कृष्ट विद्यालय पुरस्कार 2019 बेसिक शिक्षा परिषद, उत्तर प्रदेश द्वारा प्राप्त है।
- *2*-इंस्पायर अवार्ड हेतु विद्यालय की छात्रा आलिया चयनित है।
- *3*-राज्य स्तरीय मेरी उड़ान प्रतियोगिता में विद्यालय के 3 छात्र विजेता रह चुके हैं।
- *4*-मंडल स्तरीय /जनपद स्तरीय विज्ञान मॉडल प्रदर्शनी में छात्र अनेक बार विजेता रह चुके हैं।
- *5*-राज्य स्तरीय बालिका फुटबॉल प्रतियोगिता में विद्यालय लगातार दो बार वर्ष 2018 एवं 2019 में विजेता रहा है।
- *6*-राष्ट्रीय आय योग्यता आधारित परीक्षा 2020 में विद्यालय की छात्रा कुमारी सलोनी गोंड चयनित हुई है।

***व्यक्तिगत सम्मान एवं पुरस्कार*-खुर्शीद अहमद को प्रयास को देखते हुए बेसिक शिक्षा विभाग द्वारा अनेकों बार सम्मानित किया जा चुका है।**

- *1*-उत्तर प्रदेश राज्य अध्यापक पुरस्कार 2019 से पुरस्कृत।
- *2*-विशिष्ट प्रतिभा सम्मान 2019, (एससीईआरटी)
- *3*-बेसिक शिक्षा परिषद उत्तर प्रदेश सम्मान-2019
- *4*-कला, क्राफ्ट एवम पपेट्री पुरस्कार -2020,(एससीईआरटी)
- *5*-आदर्श पाठ योजना पुरस्कार वर्ष 2018, 2019, 2020 एवं 2021 (एससीईआरटी)
- *6*-कहानी सुनाओ प्रतियोगिता पुरस्कार वर्ष 2018 एवं 2019 (एससीईआरटी)
- *7*-नाट्य प्रतियोगिता पुरस्कार 2020, (एससीईआरटी)
- *8*-जिला स्तरीय उत्कृष्ट अध्यापक पुरस्कार -2020
- *9*-विभिन्न शैक्षिक गतिविधियों एवं सामाजिक जागरूकता के लिए जनपद एवं मंडल स्तरीय प्रशस्ति पत्र प्राप्त हैं।

"ज्ञान से बड़ा कोई दान नहीं, और गुरु से बड़ा कोई दानी नहीं।"



खुर्शीद अहमद,

एक स्त्री की कहानी उसी की जुबानी

आज से तीस साल पहले स्त्री की मानसिक पीड़ा का चित्रण करती मेरी कहानी शायद आज भी पुरुष के अहंकारी वर्चस्व से आजाद नहीं हो पाई....

फरवरी महीने की हल्की हल्की ठंड, कुछ देर पहले बारिश भी हो चुकी थी मौसम सुहावना और खुशनुमा था ... लक्ष्मी जी रोजाना शाम को सोसायटी के गार्डन में आतीं थीं ... यहाँ पररंगबिरंगे फूलों के समान नन्हें बच्चों को खेलते , भागते दौड़ते , हँसते खिलखलाते देख कर उनका मन आनंद से सराबोर हो उठता था सच तो यह है वह इन पलों का दिन भर इंतजार करतीं रहतीं थीं . कुछ बच्चों के साथ उनकी आया तो कुछ के साथ उनके दादा दादी ... यहींपर उनकी मुलाकात मंगला जी से हुई थी , वह उनसे उम्र में काफी बड़ी थीं , वह उन्हें प्यार से आंटी जी कहने लगी थी . वह बंगलुरु में अपने बेटे के साथ कुछ दिनों के लिये रहने के लिये आई हुई थीं , वह छोटे शहर से थीं इसलिये सबसे बात करने को आतुर रहतीं थीं . रोज रोज की मुलाकातों से हम लोगों के बीच व्यक्तिगत बातें भी एक दूसरे से होने लगीं थीं . एक दिन दो बच्चों की तोतली बातों को सुनकर वह खिलखिला कर हँस रही थीं और नन्हे से आयुष को अपनी गोद में उठा कर अपनी बांहों में भर कर प्यार करते देख वह बेसाख्ता पूछ बैठी थीं , **‘आपके बच्चे’** ‘उस समय उन्हें ऐसा महसूस हुआ कि मानों किसी ने उनके जख्मों को कुरेद कर हरा कर दिया हो उनकी आँखें छलछला उठीं , वह तेजी से वहाँ से उठ कर अपने फ्लैट की की तरफ चली गईं ... काफी देर तक आँसू बहाने के बाद आज लक्ष्मी जी का मन शांत हुआ पति को खाना देने के बाद , आज उन्होंने खाना नहीं खाया लेकिन पति ने एक बार भी नहीं पूछा तुमक्यों नहीं खा रही हो उनका मन बहुत खराब हो रहा था , उनकी आंखों की नींद उड़ चुकी थी ... वह अपने जीवन से बहुत निराश और हताश हो रही थी..... वह पति से केवल सहानुभूति और उनकी भावनाओं को समझने की चाह रखतीं थीं ... उनके पति रामन्ना राजेश्वर राव वेड्डियार गहरी नींद में खरटि भर रहे थे यद्यपि कि वह उनके खरटों के शोर की वह आदी थी , परंतु आज यह खरटि उनके दर्दको बढ़ा रहे थे .



वह मन ही मन में सोचनें लगीं कि ये पुरुष कितना स्वार्थी और अहंकारी होता है ... सदैव अपने अहं को संतुष्ट करने के लिये स्त्री पर किस तरह अत्याचार कर बैठता है और कभी भी उस पर महसूस भी नहीं करता हैप्रति पल वह अपनी इच्छाओं को पूर्ण करने के लिये स्त्री के जबरदस्ती सहयोग की भी कामना करता है . यदि स्त्री मानसिक रूप से भी असहयोग काभाव दिखाती है तो भी उसके अहम् को चोट पहुँचती है . आज नींद उससे कोसों दूर चली गई थी इसलिये वह अपने अतीत में विचरण करने लगी थी वह सोचने लगी कि जीवन की क्या विडंबना है कि लड़की को जन्म से ही सामंजस्य करते रहने की शिक्षा जीवन घुट्टी की तरह ही पिला दी जाती है ... बचपन से ही परिवार में यही सिखाया जाता है कि पुरुष का स्थान स्त्री से कहीं ऊँचा है ... परिवार के सभी कार्यों में पुरुष का निर्णय सर्वोपरि होता रहा है ... जब भी कहीं स्त्री ने विरोध प्रगट किया वहीं से उसका पारिवारिक और सामाजिक जीवन उसके लिये चुनौती बन कर रह जाता है आज लक्ष्मी अपने बचपन के दिनों में उलझ गई थी ... उसे ऐसा लग रहा था कि जैसे कल की ही तो बात है वह अपने घर के बड़े से आंगन में दौड़ दौड़ कर आँख मिचौली और गेंद तड़ी , ऊँचनीच खेल रही है ... कभी तितली पकड़ने के लिये उसके पीछे भागती फिर रही है ... उनके चेहरे पर मुस्कुराहट छा गई थी ... वह अपने माँ बाप की पहली संतान थी ,

इसलिये परिवार में सबकी लाडली, दादी का दुलारी तो दादा जी की प्यारी...पापा अपनी आँखों से दूर नहीं कर पाते तो माँ अपना सर्वस्व निछावर करने को तैयार रहतीं, लाड़ प्यार से पल रही थी, आँखों के इशारों से इच्छा पूरी की जाती, अभाव क्या होता है, यह कभी जाना ही नहीं था. लेकिन अनुशासन के मामले में पापा और दादा जी दोनों ही बहुत कठोर थे अनुशासन तोड़ने पर कड़ी सजा का प्रावधान था ... घर में काम करने वालों को भी काका, या अम्मा बोलना होता था, साथ में उन्हें इज्जत की दृष्टि से देखना होता था ... दादा जी के हाथ का वह थप्पड़ उन्हें आज भी याद है जब कृष्णम्मा अम्मा के नाम को बिगाड़कर उन्हें पुकारा था, तभी से यह सीख मिली थी कि सभी का समुचित आदर करना आवश्यक है. बचपन की यादें धूमिल नहीं हुई थीं, स्कूल जाना आज भी याद है ...शहर के सबसे अच्छे स्कूल में उन्हें शिक्षा मिली ... जीवन का उद्देश्य प्रत्येक स्थान में प्रथम रहना सिखाया गया और वह सदा उसी में ही लगी रही थी.



कक्षा में प्रथम स्थान उनके नाम के साथ जुड़ सागया ... सुम धुर स्वर ईश्वर प्रदत्त गुण था ... शिक्षिकाओं की चहेती छात्रा बन गई थी ... विद्यालय में होने वाले समारोहों की जान हुआ करती थी ... उनके गीत के बिना विद्यालय का कोई समारोह पूरा नहीं होता था यद्यपि कि वह श्यामवर्णा थीं परंतु उनकी आँखें बड़ी और कंटीली थीं ... उनमें अनोखा आकर्षण था, केश काले घने और घुंघराले थे, सब लोग उन्हें सुंदर कहते थे ... चूंकि कक्षा में वह सदैव प्रथम आती थीं इसलिये सम्मान पाने की आदत सी हो गई और साथ ही मन में विशिष्टता का भाव पैदा होता गया कि वह सामान्य बालिका न होकर कुछ विशिष्ट हैं विद्यालय की शिक्षा पूरी होने के बाद उन्होंने मद्रास विश्वविद्यालय में दाखिला लिया था ... सदैव प्रथम आने का नशा लग चुका था इसलिये वह किताबी कीड़ा बन चुकी थी, उसका परिणाम यह हुआ कि विश्व विद्यालय में भी उनका वही सिलसिला जारी रहा और वहाँ पर भी उन्हें गोल्ड मेडल से नवाजा गया उनके मातापिता का सिर गर्व से ऊँचा उठ गयाउनके चेहरे की चमक और तालियों के शोर कीगूँज आज भी उनके कानों में गूँज रही है ...स्वयं के लिये न ही उनके मन में कोई इच्छा थी और ना ही कोई चाह और ना ही जीवन का कोई लक्ष्य था ... बस घर वालों ने जो कहा वही करना था ... केवल मन में एक ही भूख थी, सम्मान और विशिष्टता पाने की भूख और शायद इसी कारण आज निराशा और हताशा की गर्त में डूब उतरा रही हूँ ... यद्यपि कि मेरा पढ़ा लिखा परिवार था फिर भी आज से तीस वर्ष पहले मद्रास विश्वविद्यालय में इंग्लिश साहित्य में मास्टर डिग्री में एक लड़की का टॉप करना उनके परिवार, खानदान और यहाँ तक कि पूरे शहरमें उन्हें विशिष्ट और महत्वपूर्ण बना दिया ... अखबारों में फोटो छपी, बड़े बड़े इंटरव्यूज समाचार पत्रों और पत्रिकाओं में प्रकाशित हुए... चारों ओर उनके नाम की धूम हो गई थीसब जगह एक ही प्रश्न पूछा जाता कि आपकी भविष्य के लिये क्या योजना है ... क्या सपना ... क्या लक्ष्य है ...परंतु इन सबके बाद भी उनमें कोई परिपक्वता नहीं थी ... वह स्वावलंबन नहीं था कि अपने भविष्य के विषय में कोई निर्णय स्वयं ले सकूँ औरफिर तो परिणाम वही हुआ जो होना थासंपन्नऔर रईस परिवारों से उनके लिये रिश्ते आने लगे ... चूंकि वह संपन्न आधुनिक विचारों वाले जमींदार परिवार की स्वर्णपदक प्राप्त कन्या थी, उनका परिवार समाज में प्रतिष्ठित स्थान रखता था, इसलिये रिश्ते भी बहुतायत में आये ... उनके पिता ने टी. राजेश्वर राव वेड़डियार को उनके लिये चुना, वह भी दिल्ली विश्वविद्यालय का स्वर्ण पदक प्राप्त युवक था ... कुलीन परिवार, आकर्षक व्यक्तित्व, उच्च पदस्थ अधिकारी को उनके योग्य समझा गयाआज भी उन्हें अच्छी तरह से याद है कि जब वह उन्हें देखने आने वाले थे तो किस तरह से पूरे घर को सजाया सँवारा गया था ... घर के एक एक कोनों को सजाया गया था ... कहाँ किस रंग के फूल सजाने हैं, किस रंग के पर्दे, कौन सी चादर कहाँ बिछाई जायेगी, सब कुछ करने के लिये पहले से प्लान बनाया गया था मेवे मिठाई और फलों का अंबर लगा दिया गया, पकवान और मिठाई की महक से पूरा घर भर गया था .अंत में वह घड़ी भी आगई राजेश्वर अपने माता पिता और छोटे भाई के साथ आये, थोड़ी औपचारिकता के बाद वह उनके सामने गई थीं, लेकिन अम्मा और दादी के निर्देशों को मानते हुये उन्होंने अपनीनजरें नीचेझुका रखीं थीं ...लाज के मारे उन्होंने राजेश्वर की ओर ठीक से देखा भी नहीं था और फिर उन्हें घर के अंदर भेज दिया गया था ... उन दिनों लड़कियों से उनकी राय मात्र दिखावे के लिये पूछी जाती थी ... कुछ ही क्षणों में उन लोगों का निर्णय सुनने में आया कि वह पसंद कर ली गई हैं ...घर वालों के चेहरे खुशी से खिल उठे और सब एक दूसरे को बधाइयाँ देने लगे थे ...उनके अच्छे भाग्य के लिये सब लोग उन्हें सभी लोग बधाई दे रहे थे ...सबको खुश देख कर वह भी उन क्षणों में प्रसन्न थी वह राजेश्वर की वाग्दत्ता बन गई थी, उनकी प्यार भरे मीठे मीठे पत्र लिखने पढ़ने में दिन बीतने लगे थे ... वह मीठे मीठे सपनोंमें खो गई थीं ... सब कुछ बहुत सुहावना और मन भावन लग रहा था...चूंकि उनकी अपनी कोई सोच ही नहीं थी.



... अपना कोई वजूद और लक्ष्य नहीं था इसलिये सब खुश थे तो वह भी खुश थीं ... उन्होंने कभी सोचा ही नहीं कि उनकी खुशी किसमें है और वह क्या चाहती हैं शादी की तैयारियाँ शुरू हो गई .. वह भी खुशी खुशी जेवर साड़ियों को खरीद कर खुश हो रही थी ... जल्दी ही शादी का दिन भी आ गया और भारी जेवरों और सिल्क की ढेरों साड़ियों से लदी फंदी हुई अपने ससुराल में उन्होंने अपने कदम रखे ... उनका ससुराल नाम के लिये आधुनिक विचारधारा का था , वरन् वास्तविकता यह थी कि वह लोग अंधविश्वासी , पुरातनपंथी और कट्टर पंथी थे ... उन लोगों की जीवन शैली परंपरावादी और रूढ़िवादी थी ... बहू के लिये तरह तरह के नियम कानून थे ... उसे साड़ी पहन कर सिर ढक कर घर के काम काज करना होता था .. सुबह सबरे नहाने के बाद पूजा करना फिर किचेन में जाना होता था ... जब घर के सब बड़े लोग नाश्ता कर लें तभी बहू को नाश्ता करने का अवसर मिलता था . राजेश्वर के लिये उनके माता पिता ही सब कुछ थे , जो वह कहते राजेश्वर वही किया करते किचेन में क्या खाना बनना है या उन्हें क्या पहनना है , इस सब का निर्णय उनकी माँ का होता था .. कुछ दिन के लिये तो सब अच्छा लग रहा था फिर मन में रोष होने लगा ... यदि वह कभी राजेश्वर से कहती कि कहीं बाहर चलिये या मूवी चलिये तो वह कहते पहले माँ से पूछ लो ... वह उन्हें बहुत खराब लगता ... धीरे धीरे वहाँ की दिनचर्या और जीवन शैली में उन्हें

घुटन महसूस होने लगी... राजेश्वर उन्हें खुश देखना चाहते थे , इसलिये जब वह ज्यादा उदास होती तो वह उन्हें माँ के पास भेज दिया करते , वहाँ जाकर वह खुली हवा में साँस ले पाती लेकिन आखिर वह वहाँ कितने दिन रहती राजेश्वर के बिना उनका मन वहाँ नहीं लगता ... वह चाहती थीं कि वह राजेश्वर की बाहों में बाहें डाल कर उन्मुक्त होकर आजाद पंछी की तरह यहाँ वहाँ घूमूँ फिरूँ लेकिन कभी उन्हें ऑफिस का काम होता तो कभी सास का मन नहीं ... इस कारण बस मियाँ की दौड़ मस्जिद तक बसमाँ के पास चेन्नई जाती , वह भी गिने चुने दिनों के ही लिये ... चूँकि राजेश्वर प्रशासनिक अधिकारी थे , इसलिये बहुत व्यस्त रहते थे . उनका साथ उन्हें मिलता था लेकिन जिस उन्मुक्तता की उन्हें चाहत थी , वह उन्हें नहीं मिल पाती थी ... वह दिन भर ऑफिस में रहते और वह घर में रहती .. उन दिनों लड़कियों का नौकरी करना शर्मनाक समझा जाता था दिन भर क्या करूँ यह समझ नहीं आता था ... राजेश्वर की पोस्टिंग चेन्नई से बहुत दूर उत्तर प्रदेश के शहर मेरठ के पास एक छोटे शहर में हो गई ... वह खुशी से झूम उठी थीं लेकिन यहाँ आकर उनकी व्यस्तता ज्यादा बढ़ गई ... उनका अकेलापन बढ़ने लगा ... वह अपना समय किताबों के साथ बिताने लगीं परंतु निरुद्देश्य किताबें पढ़ना भी ऊब देने लगा जीवन एक निश्चित दिनचर्या में बँध गया था , तभी उनके शरीरमें राजेश्वर की निशानी नवांकुर की आहट सुनाई पड़ी थी ... डॉक्टर ने बताया कि वह माँ बनने वाली हैं .. शुरू के दिनों में ज्यादा देख भाल की जरूरत है वह क्षण उनके और राजेश्वर के लिये जीवन के अनूठे अविस्मरणीय पल थे . कई वर्षों के इंतजार के बाद उन्हें मातृत्व के वरदानसे उनकी झोली भरने वाली थी . उस दिन वह और राजेश्वर दोनों ही मंदिर गये और भगवान् के सामने सिर नवा कर आशीर्वाद माँगा था ... राजेश्वर बहुत खुश थे उन्होंने अपनी समझ से उसदिन उन्हें ढेरों हिदायतें दे डालीं थी... तुम कुछ काम मत करना , बस आराम करना , लेटी रहना आदि आदि वह मन में भविष्य की कल्पना करती रहती ... शिशु के कोमल स्पर्श के सपने देखती . अपने अंदरकी हलचल महसूस करके वह अकेले ही मुस्कुरा उठती... बड़े मीठे मीठे प्यारे से दिन राजेश्वर के छोटे भाई व्यंकटेश उम्र में उन लोगो काफी छोटे थे और प्रारंभ से उनके साथ ही रहते थे , इसलिये उनकी शिक्षा की जिम्मेदारी उन लोगों की ही थी, इसलिये उन्होंने अपनी इच्छाओं को दमित करते रहने का प्रयास किया करती रही थीं ... यथासंभव घर में सामंजस्य बनाने के लिये अपनी इच्छाओं को दमित करते रहने का प्रयास करती रहती थी ... जिसका परिणाम यह हुआ कि राजेश्वर ने हमेशा अपनी इच्छाओं को ही प्राथमिकता दी.... वह अपनी कल्पनाओं में खोई रहती ... डॉक्टर की सख्त हिदायत थी कि शुरू के कुछ महीनों तक पूर्ण विश्राम आवश्यक है अतः बिस्तर से भी उठने की मना ही कर दी थी ... तीसरा महीना पूरा हुआ ही था कि राजेश्वर के पिता जी को गंभीर दिल का दौरा पड़ा ... वह आइ. सी. यू. में एडमिट थे और उनकी हालत गंभीर बताई जा रही थी उस समय बदहवासी की हालत थी ... किसी को कुछ समझ नहीं आ रहा था , हवाई यात्रा की उन दिनों कोई व्यवस्था नहीं होती थी .. राजेश्वर मजबूरी में उन्हें साथमें लेकर चेन्नई के लिये चल दिये ... लंबी दूरी की यात्रा ने उनकी आशाओं पर तुषारा पात कर दिया ... उनके सपने चूर चूर हो गये ... वह कई दिनों तक हॉस्पिटल में एडमिट रहीं थीं ... शारीरिक कष्ट और मानसिक तनाव से वह पूरी तरह टूट गई थीं . डॉक्टरने स्पष्ट रूप से कहा कि दुबारा मातृत्व के लिये लंबे इलाज और देख रेख के बाद ही इनका माँ बनना संभव हो सकता है ... किसी विशेषज्ञ की सलाह और उपचार के बाद ही मातृत्व संभव है ,,, उन्होंने राजेश्वर को बहुत मनाने का प्रयास किया परंतु उनका अहंकारी स्वभाव इसके लिये राजी नहीं हुआ और फिर वह माँ नहीं बन पाई वह उदास रहने लगीं .. उन्हें अपना जीवन वृथा लगने लगा उन्होंने अपने आस पास के बच्चों को पढ़ाना शुरू कर दिया ... वह अक्सर गाँवों में निकल जाती हैं वहाँ ग्रामीण महिलाओं को पढ़ने के लिये प्रेरित करती हूँ , उन्हें सफाई और अन्य उपयोगी जानकारी दिया करती हूँ .. . कुछ महिलाओं को सिलाई सीखनेके लिये एक टीचर की भी व्यवस्था की है ,

उनके सिले कपड़ों को बाजार मिले , इसके लिये भी प्रयत्न शील थीं ... जल्दी ही पापड़ , अचार आदि की कार्यशाला करके उन महिलाओं को ट्रेनिंग दिलवा कर स्वावसंबी बनाने का प्रयास कर रही थीं

राजेश्वर का उनका घर से निकल कर इन ग्रामीण महिलाओं के साथ घुलना मिलना पसंद नहीं आता ... परंतु अब वह उनकी इन बातों की परवाह नहीं करतीं ... कवितायें और कहानियाँ लिखती हूँ ... अपने अकेलेपन की दुनिया बना ली है ..और उसी में व्यस्त रहती हूँ लेकिन उनके मन का अभाव आज भी उनके मानस को कुरेदता रहता है ...

एक दिन राजेश्वर से बच्चा गोद लेने के विषय में बात की तो उनका मन थोड़ा पिघल उठा और उन्हें भी महसूस हुआ कि यदि वह एक बच्चा गोद ले लेंगे तो उन लोगोंका जीवन ही बदल जायेगा ... फिर कुछ सोच कर बोले कि वह अपने माता पिता से पहले अनुमति लेंगे , उसके बाद ही निर्णय कर सकेंगे ...

राजेश्वर की इस बात से वह क्रोधित हो उठीं लेकिन आदत के अनुसार वह मौन रहीं ... जब उन्होंने अपने माता पिता से पूछा तो वह एकदम नाराज होकर बोले , 'तुमने ऐसा सोचा भी कैसे ? किसी दूसरे खानदान और परिवार का बच्चा अपना वारिस कैसे हो सकता है ... यदि तुम ऐसा कदम उठाओगे तो उन लोगों की चिता को अग्नि देने के अधिकार से वंचित कर दिये जाओगे ... व्यंकटेश है , उसके बच्चों को अपना बच्चा समझो राजेश्वर ने अनमने ढंग से पिता की बात मान ली और वह भाई के बच्चों पर अपना प्यार लुटाने लगे ... लेकिन उन्हें उसी दिन से राजेश्वर और उनके परिवार से घृणा हो गई

यद्यपि कि वह दोनों एक ही छत के नीचे रहते हैं लेकिन दोनों की राहें अलग हो चुकी हैं ... वह अपने ऑफिस और मां बाप और भाई में उलझे रहते हैं और वह अपनी कविता कहानियाँ और सामाजिक कार्यों में लगी रहती हूँ ...गाँव में महिलाओं के बीच दीदी के नाम से लोकप्रिय हो गई हूँमहिलायें जब अपने पति के अत्याचारों की कहानियाँ सुनाया करती हैं तोउन्हे लगता है कि जो उनके साथ हुआ ... क्या वह अत्याचार नहीं है ... उन्होंने अपने प्रयासों से गाँव के बच्चों के लिये एक स्कूल खुलवाया है , जहाँ शाम को महिलायें भी पढ़ने के लिये आती हैं स्कूल में बच्चों की संख्या लगभग 100 होचुकी है और शाम को भी महिलाओं की संख्या में निरंतर बढ़ोत्तरी हो रही है और अब तो पुरुष भी उत्साहित होकर अक्षर ज्ञान और जोड़ना घटाना सीखने आने लगे हैं ...

महिलाओं के लिये समय समय पर बड़ी पापड़ अचार और फूड प्रिजर्वेशन की ट्रेनिंग करवाई जाती हैउनके छोटे छोटे प्रयासों से महिलाओं में आत्मविश्वास बढ़ा है ...उनका सदा यही प्रयास रहता है कि कोई भी महिला को उनकी तरह की पराधीनता वाली स्थिति से न गुजरना पड़े ... हर स्त्री अपने पैरों पर खड़ी हो और वह अपने लिये निर्णय स्वयं ले सके ... पहले उन्हें हर समय यही लगता रहता था कि उनका जीवन वृथा हो गया क्यों कि वह गोल्ड मेडल और तालियों की गूँज उनके कानों में गूँजती रहती थी लेकिन इन ग्रामीण महिलाओं के बीच काम करने के बाद जीवन की सार्थकता का अनुभव हुआ ... अब उन्हें एहसास हुआ कि कि उनके जीवन का उद्देश्य क्या है ... इन महिलाओं की समस्या का समाधान करने के बाद या उनकी सहायता करने के बाद जो अपार खुशी मिलती है , उसका वर्णन शब्दों के माध्यम से संभव नहीं है ... यह अनुभूति है ...मंगलाजी के दो शब्दों के सामने 'आपके बच्चे ' मातृत्वकी अनुभूति के लिये वह भरभरा कर रो पड़ी थी ... शायद ईश्वर ने उन्हें मातृत्व से इन महिलाओं के हित को ध्यान में रख कर ही वंचित रखा ...

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उम्र को अपने ऊपर हावी न होने दें ...

आज कल अनेक महिलायें अपने घर की दहलीज पार कर नौकरी या व्यवसाय में व्यस्त हैं परंतु अभी भी बहुत सी महिलाओं की बड़ी आबादी ऐसी है जो गृहिणी कहलाती हैं .. यह महिलायें सुबह से रात तक घरेलू कामों में लगी रहती हैं . झाड़ू पोछा, बर्तन, खाना आदि कामों में व्यस्त रहने के कारण उन्हें अपने शौक या कहा जाये तो स्वयं के लिये कुछ करने को तो दूर सोचने के लिये भी फुर्सत नहीं मिल पाती यही वजह है कि उनके जीवन में अवसाद अपना पैर पसारने लग जाता है ... इसलिये आवश्यक है कि महिलायें अपने लिये भी कुछ समय निकालें ... हमेशा पति और बच्चों का ख्याल करने और प्यार करने के साथ साथ स्वयं से भी प्यार करें . अपने मन को नकारात्मक विचारों से दूर रखें. नकारात्मक विचार आपको अस्वस्थ करके असमय बूढ़ा कर देते हैं ... अपनी खासियत और उपलब्धियों पर गर्व कीजिये ... आप स्वयं पर विश्वास रखें उस से आपको स्वतः ही दूसरों से सम्मान प्राप्त होगा . समय और उम्र खुशी के मानदंड बदलते रहते हैं ... जैसे जैसे उम्र बढ़ती जाती है ... हमारी पसंद नापसंद के साथ साथ जीवन जीने का तरीका भी बदलता जाता है ... उम्र के बढ़ते कदम के साथ यदि आप खुश रहना चाहती हैं तो पहले तो अपने को समय के साथ अपडेट रखें दूसरे आप अपने व्यक्तित्व में निखार के प्रति सदैव सचेत रहें.



अपने व्यक्तित्व और सौंदर्य के प्रति कभी भी लापरवाही न बरतें 40 की उम्र आते आते आप समझ लेते हैं कि आप आखिर में क्या चाहते हैं ? अब वह समय है जब आप उस काम को पूरे उत्साह और लगन से करें , जिस काम को आप पहले करना चाहती थीं लेकिन कर नहीं पाई थीं जैसे आपको पेंटिंग का शौक था लेकिन पहले आप कभी उसको कर नहीं पाई अब जब आप पेंटिंग करियेगा तो आपको बहुत खुशी होगी गार्डनिंग , डांस , योगा आदि जिस में भी आपको रुचि है , वह करिये ... आप देखियेगा कि आपको कितनी खुशी महसूस होगी पहले कभी बैडमिंटन खेलना आपको बहुत पसंद था लेकिन नहीं खेल पाई ... आप देखियेगा कि इस समय आप खेलने के बाद आपके तन और मन दोनों को नई ऊर्जा से भर देगा . किसी हॉबी क्लास को ज्वाइन करने के बाद आपको खुशी के साथ जीवन में नई ताजगी महसूस करवायेगा . अपने पार्टनर के साथ रिश्ते पर ध्यान दें क्या आप अपनी व्यस्तता के कारण पार्टनर के साथ न ही डिनर पर गई हैं ही आउटिंग पर पार्टनर के लिये सरप्राइज डिनर प्लान करें ... या पहले की तरह पति के साथ उनके फेवरेट जगह पर जायें और उनके साथ रोमांटिक आउटिंग प्लान करें दोनों के रिश्ते में दूरियाँ बढ जाये , उसके पहले ही सचेत हो जायें डेट पर जायें सरप्राइज ट्रिप प्लान करें ... उम्र का कोई भी पड़ाव हो , रिश्ते जीवन के लिये सबसे मूल्यवान होते हैं यदि आपके पास कोई अपना नहीं है जिसके साथ आप अपनी खुशियाँ और उपलब्धियाँ साझा कर सकें तो आपको वह उपलब्धियाँ एवं खुशियाँ अधूरी लगेंगी ... आपसी रिश्ते ही ऐसे होते हैं जो हमें संतुष्टि और खुशी प्रदान करते हैं ... इसलिये रिश्तों में गर्माहट जरूरी है ... उस पर धूल न जमने दें और इसके लिये निरंतर प्रयासरत रहें चाहे पति पत्नी हो या पार्टनर या अन्य कोई रिश्ता .. स्वयं को नजर अंदाज न करें आप शुरू के दिनों पर अपने रख रखाव और ड्रेसिंग पर कितना ध्यान देती थीं ... तो अब क्यों नहीं उम्र हो गई है ऐसा कह कर लापरवाही न करें इससे आपका उत्साह और आत्मविश्वास कम होता है .

जीवनमें खुश रहने के लिये कभी कभी स्पा या अरोमा थेरेपी लें , पार्लर से मुँह नमोड़ें... मसाज करवा कर आप को सुकून और शांति महसूस होगीअपनी उम्र के अनुरूप अपने मेकअप और हेयर स्टाइल में बदलाव लायें ... अपनी वार्डरोब में समयानुसार बदलाव करती रहें ...जब आप तन और मन से अपडेट रहेंगीं तो पार्टनर के साथ साथ सोसायटी मे भी आकर्षण का केंद्र बनीं रहेंगीं

स्वयंके लिये समय अवश्य निकालें अपनी बॉलकनी , लॉन या कमरे के कोने में बैठ कर एक कप चाय कॉफी अकेले पीना और साथ में यदि पढने का शौक है तो मनपसंद मैगजीन या किताब खोल कर अपना पसंदीदा टाइम पास या फिर किसी मित्र के साथ गॉसिप करके , किचेन में कुकिंग करके , गार्डनिंग करके या जो भी आपका मनपसंद काम है करके आपको आत्मिक खुशी मिलेगी ... विचारकों का भी कहना है कि 'मी टाइम ' से संतुष्टिऔर खुशी प्राप्त होती है . आपकी अपनी रचनात्मकता की प्रसन्नता अनूठी होती है .

सेहत जीवन की अमूल्य निधि है विद्वानों का कहना है कि जो लोग अपने स्वास्थ्य के प्रति सचेत रहते हैं , सुबह टहलना , जिम , साइकलिंग , एरोबिक या योग आदि करते रहते हैं , उन्हें बढ़ती उम्र स्वास्थ्य संबंधी परेशानियाँ कम होती हैं ...एक्सरसाइज के साथ साथ अपनी डाइट का भी ध्यान रखें ... और हेल्थ चेकअप समय समय पर करवाते रहें ... अपने रोजमर्रा के भोजन में ताजे फल , साबूत अनाज , फलियाँ आदि अवश्य शामिल करें . जंक या प्रोसेस्ड फूड से दूरी बरतें .

अपने भविष्य को सुनियोजित करें40 की उम्र तक आप जिम्मेदारियों के बोझ से घिरे रहते हैं परंतु यही समय है जब आप अपने भविष्य को सुनियोजित करने के लिये बचत योजनाओं में निवेश कर सकते हैं , घर खरीदने का प्लान कर सकते हैं , बच्चों की शिक्षा के लिये बचत योजना कर सकते हैं , मेडिकल स्कीम में निवेश कर सकते हैं , जो भविष्य में आपको सुरक्षा और चिंता मुक्त करेगा . इस तरह से आप अपनी व्यस्तता एवं सोच के साथ अपने भविष्य की रूपरेखा बनाकर अपने जीवन को सुरक्षित कर आगामी वर्षों का आनंद उठा कर प्रसन्नता पूर्वक जीवन यापन कर सकती हैं .



पद्माअग्रवाल



#shiningwomen





Tarot Talks



Aries Tarot May 2022

Dear Aries,

you have already come a long way, and you must be proud of yourself. You chose to convert your challenges to opportunities for growth in the last quarter and have come out with flying colors. Now that the survival challenges are taken care of, and life is more settled and organized than before, it's time you focus on creating the much-needed balance. The right balance is the key to success and one of the most important ingredients that bring consistency and overall growth in life. Creating the right balance is an 'art.' This is where most of us struggle. But, remember that "practice makes a man perfect," so keep trying, and eventually, you will reach there.

Tarot Reader says -

Growth can happen when there is balance in every aspect of life.

Remedy

- **Breathwork is your answer, as this will connect you to your inner world and take you much deeper into your own self. Working on balance will be a child's play for you once you access the inner dimensions and see its magical powers. Rhythmic breathing will be good for you, and there are a lot of exercises that you can practice.**



Taurus Tarot May 2022

Dear Taureans,

You have to be realistic and fair in your approach. There should be no place for manipulation and dishonesty in your life. Unfortunately, if you do so, you are spoiling your own karma. You should be aware that Chitragupta knows everything you do as he keeps track of it because he is known to be the record keeper of your Akashic Records. Akashic Records has all the debits and credits of your karmas of this life and the previous ones. Be honest and hold on to your dignity and value system to avoid long-term or future regrets.

Tarot Reader says

- Greed has no end. You must always inspire and strive to do the right things.

Remedy -

Practice silence as much as you can. This will purify your energies and give you more wisdom to differentiate between right and wrong.

Gemini Tarot May 2022



Dear Geminis,

it's a beautiful world, and Mother Nature is blessing you with abundance and grace. Be as receptive as you can this month so that you can use the maximum energies that are being showered on you. Make sure you receive the energies to make the most of them. There are specific body postures, dress materials, colors, food items, meditative postures, and practices, with the help of which you can make yourself more receptive. They can also help increase your overall vibrations and reach the peaks of divinity. For example, you can avoid crossing your hands and legs while connecting with a higher source or during meditation, as that restricts the flow of energy.

Tarot Reader says

Make hay while the Sun shines, which means make the most of a favorable situation while it lasts.

Remedy

- Wear white clothes as per Color Therapy to make yourself more receptive to energies.



Cancer Tarot May 2022

Dear Cancerians,

it's time to follow your passions and create a bucket list. All those things that you always wanted to do but could not do due to family, work, and other responsibilities, you can do them now. Now is the time to make yourself a priority and to attend to your emotional and mental well-being needs. You are the most important person for yourself, and if you cannot love yourself enough, then the love you get from others will never suffice. Self-love is of the utmost importance. Remember, you have had the longest relationship with yourself, so love yourself and be true to yourself. Cooking, gardening, painting canvas, dancing, listening to music, or traveling, whatever gives you happiness, you should start doing them now. You will go through a deep cleansing process wherein any unwanted energy shall be released from the body, and new energy alignments will take place. This will be a deeply healing journey for you.

Tarot Reader says -

You are a divine being having a human experience.

Remedy -

Light a lamp in your room every day. This will clear the obstacles in your path and offer you much-needed light in life.

Leo Tarot May 2022



Dear Leos,

Your health issues might persist. This is because you are not taking care of yourself. You are too engaged in unhealthy situations and are wasting your precious time and energy. It's high time you start using your own intelligence and life experience to differentiate between right and wrong. You should not come under anyone's influence and allow them to manipulate you. You need to use your discretion and intuition before arriving at conclusions or any final decisions that significantly impact your life; otherwise, you will be harming yourself as well as others. That is what causes stress, anxiety, and health degradation. Change your attitude and perspective towards life, and you will start seeing positive changes in your life.

Tarot Reader says -

You are the architect of your life.

Remedy

Chanting 'Om' every day will remove the negative energies and protect and strengthen your aura.

Virgo Tarot May 2022



Dear Virgos,

This month, focus on your food intake and what you consume. You should get your body type assessed as per Ayurveda, and then manage your diet based on Vata, Pitta, and Kapha Doshas. This will also balance your Pancha Bhutas or the 5 elements, i.e., fire, air, water, earth, and space, as well as the Chakras in the body. We have 114 body Chakras; 2 Chakras are outside our bodies, so 112 Chakras are within. However, what is usually talked about are the 7 major Chakras. Aligning them and balancing them in totality resolves all the conflicts in your life and, at the same time, blesses you with love, a flourishing career, and health as all the energy meridians connect with the source. That is what every cell and tissue of the body is craving.

Tarot Reader says -

We are what we eat, so pay attention to your diet.

Remedy - Get a Nadi Pariksha or Pulse diagnosis from an expert, as this will benefit you.



Libra Tarot May 2022

Dear Librans,

it's time to get back to the books. Books are our best friends. We can learn almost everything from books. Many people are taking sabbaticals from their corporate jobs to get back to education or pursue higher education. It is highly recommended that you read books and texts on self-help, Ayurveda, and plant healing and implement the knowledge and wisdom gathered from the books in your day-to-day life. This is your time to strive toward peace, solace, and pure bliss in your life. Whatever choices you make for your well-being, from using more refined spices to your beverages and your daily meditation, everything will eventually get added and aid in your well-being. Your overall goal should be pure healing.

Tarot Reader says - Make the books your best friends.

Remedy - Go for Book Therapy or Reading Therapy. Also, start a daily journal, where you can record your notes based on your daily experiences and learnings.

Scorpio Tarot May 2022



Dear Scorpions,

it's time to travel. Get your travel bag and shoes, and head out straight to your pristine destination. You should opt for a place unknown to most tourists, so it will not be overcrowded. While traveling, make it a point to interact with the locals. Experience everything that the place has to offer, and do not stay indoors in your fancy resort; instead, move around. Try local delicacies and beverages, mingle with the locals, and learn about their culture and customs. By doing this, you will get healed. Experiencing everything is not like memorizing some random knowledge, but by doing so, you open yourself up and allow yourself to get free from the chains that you had shackled yourself with. Click pictures so that you can capture the good memories. This healing journey will be a fantastic idea.

Tarot Reader says - Traveling is on the cards! It's time to tap into your wanderlust.

Remedy - Visualize a bright golden light around you daily to make your aura stronger.

Sagittarius Tarot May 2022

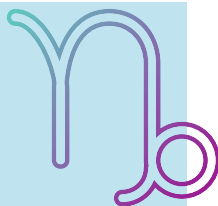


Dear Sagittarians, you should focus on your professional life at the moment as enough attention has already been put on your personal life. Your work should be of utmost importance to you as it gives you money to pay your bills and helps construct your identity in society. Your individuality and uniqueness should be depicted in your assignments and projects you are associated with, and overall whatever work you do. You should do every task as if it's a piece of art and put your heart and soul into it. When you give your heart and soul to your work and do continuous hard work, everyone will appreciate you. This includes not only the management and your top bosses but even your colleagues and peers. They will all come to you to learn the tricks of the trade as your work quality will reflect your superiority.

Tarot Reader says - Your work is worship! So be faithful to your work.

Remedy - Grounding Meditation will help you a lot.

Capricorn Tarot May 2022



Dear Capricorns, when it comes to relationships and your love life, it's an excellent time to explore and try to venture out in order to find your perfect companion. Various platforms like matrimonial sites and dating apps can open the doors to numerous possibilities. You can explore these options to find a compatible match as per your liking. People already in relationships might plan to take their relationship to the next level, and married couples will find their bonding becoming stronger. At the same time setting your priorities right will be quite important, and making sure that you do not get distracted unnecessarily.

Tarot Reader says -

Love is in the air, and Cupid is blessing you.

Remedy - Do Sacral Chakra meditation.

It is also known as Svadhisthana or the Water Chakra, as water is its main element.

Aquarius Tarot May 2022



Dear Aquarians, it is best recommended that you balance your water element (Jal Tattva) this month, or else it can affect your emotions and feelings. The water element also touches the relationship aspect of our life as we are majorly made up of water out of all the 5 elements. Water also covers about 71% of the earth's surface. The easiest way to balance the water element is to start drinking charged water and try to drink 3 to 4 liters of water. Water donation also helps, especially since it's getting hot, so donating water to the poor will generate positive karma. You can charge your drinking water with Reiki or other healing modality symbols.

Tarot Reader says -

Balancing the Pancha Bhuta, or the 5 elements is the key!

Remedy - Water Therapy will benefit you. Make sure you consume only charged water.



Pisces Tarot May 2022

Dear Pisceans

it's time to go back to your ex-lover. Though time has passed, some memories might have faded, and you might feel that you have moved on, but that is where you belong. Earlier, you chose your duties and responsibilities over what your heart desired. Before, you had given in to societal pressure, but now it's time to listen to your heart. Choosing your love does not mean compromising your duties, as both can co-exist. You do not have to feel guilty for thinking about your own self or your life. Being a water sign, you are always conditioned to think about others and neglect your own needs, resulting in a long-term build-up of frustration and helplessness. So it's time to change your patterns.

Tarot Reader says - Listen to your heart always. Your mind can play games, but your heart will always be right.

Remedy - Chant this Sanskrit mantra every day- "Aham Prema." It means "I am divine love." This mantra makes you a love magnet.

Make sure to remember that these are just generalized predictions.

**DRAMANJYOT
UPPAL**

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**DRAMANJYOT
UPPAL**



“Being a mother is being a multitasker where you need to balance between work and family. You juggle between a successful career and being a caring mom. Your strength, Time management and decision making is the utmost key to connect with your personal and professional life. Being a doctor mother of a beautiful daughter my patience, attitude and strong personality became as key qualities for my daughter and represented me as her role model. The struggle in running a business with all ups and down made my daughter learn and apply in her professional career too. The love and sacrifice she felt from early age is a set example for her to prioritize work. Our upbringing is the bringing in the new future?”

WHEN GRATITUDE MET GOODNESS

*In the
beautiful
words of
Melody
Beattie,*



"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend." I shall recount two episodes where the goodness of one person and the gratitude of another one were interwoven to create an incredible story of human hearts.

Let me first transport you to **Ranikhet**, a beautiful hill station in the state of Uttarakhand, our hometown, which is known for its pristine glory and view of the majestic Himalayas. This charming hill station offers everything to pacify the nerves of any individual. My father, born and bred in these supremely serene surroundings, was equally supremely serene in his temperamental makeup. His army career took him places around the country but he sought tranquillity and pleasure, only in this magical hill station during his sabbatical. The year was 1964. My father, an eligible bachelor, in his new car, drove to **Ranikhet** merrily one morning and parked his new purchase near **Mission School**.

Then he walked down the lush green mountain slope to reach his ancestral beautiful cottage. The following evening he learned that his new car was stolen!!! There was a simple mountain man who had fallen into bad company and became a petty thief. Later he transformed into an infamous dacoit by the name of Hira dacoit. It was this very notorious dacoit who had driven away my father's car but was ambushed by the police and the local youths while he was making his way to the jungles through the busy market area. In order to save his skin, he stopped the car abruptly and ran in the opposite direction, and had become oblivious to all in mere seconds. Luckily, the lost and the found car came home safely, rather too soon, to my father, its rightful owner. Some witnesses had filed a case against Hira dacoit. The police, in the meantime, nabbed him and produced him in the court. My father was to validate and verify the stolen car case and identify the thief in person.



That day when the judge asked my father to testify that Hira had indeed stolen his car, my father had looked deeply, right into the dacoit's eyes for a couple of seconds! Then my father apprised the judge that he could not acknowledge that it was this very Hira dacoit who had actually stolen his car. The fact was, my father really hadn't seen him stealing and driving away. At that moment the recalcitrant Hira dacoit had looked deeply, right into my father's eyes for a couple of seconds!



Later when my father came out of the court premises, he had even saluted him. He seemed completely inundated in the waters of gratitude. Hira dacoit was a seasoned thief. He was alternating between prison life and jungle life. He would ruthlessly loot shops, homes, and people for food, drinks, and money. Ranikhet was mighty scared of this dacoit. Years rolled by. Time flew. Papa would come to Ranikhet year after year. When I was barely five years old, Papa drove us to Ranikhet as usual in the same old car of his

The year was 1974. My grandfather was deliriously unwell and was bedridden in a comatose condition. His death seemed imminent. After spending a month or so, we drove back to Delhi.

That evening itself when we reached home, a telegram awaited us. Alas!! It announced that my grandfather had breathed his last. My father, along with my uncle, embarked upon the arduous return journey to Ranikhet that same evening, leaving mom and me behind. My father drove unhaltingly and tirelessly and sometime around three o'clock at midnight when they were passing through hilly terrain, the car suddenly broke down. It was a terribly cold, dark winter November night of 1974. My father and uncle struggled with the car. They made all possible endeavours in that chilly, hilly roadside with only scant moonlight to assist them. The car had simply stopped. They pushed it to the side of the road. The bonnet of the car loomed over their lowered heads while the duo fidgeted with the mechanics of the car. Just then a shadow of a figure loomed large from amidst the thick jungle towards them. A man approached them and enquired as to what had happened.

My father informed him that they were on their way to **Ranikhet** for their father's cremation but the car had suddenly broken down. The stranger offered to help them. In fact, he assured them that he would get the car repaired and even delivered to them. All this while my father had strained his eyes hard to see the stranger, who had emerged before them in this unholy hour. Suddenly and unmistakably, my father recognised the expressions of Hira dacoit. A truck was passing by incidentally. My father and uncle took a lift from it to reach Ranikhet. My uncle told papa later, that Hira dacoit had easily scampered off with his car and that he would sell the car parts off soon to generate quick money. But surprisingly, just a day later Hira dacoit, covering and camouflaging his appearance, appeared before my father in my grandfather's cottage to return the car keys personally to my father. By then the last rites of my grandfather were done with. Hira dacoit expressed his condolence to papa and even saluted him, nice and proper before he disappeared into oblivion yet again. It was incredulous that the ruthless Hira dacoit would ever do anything of this nature.

The only justification was perhaps his sense of gratitude towards my father shifted him to a higher frequency and gravitated the hardened criminal toward papa's goodness. No wonder, goodness begets goodness!!!! Yet another incident is worth recounting and here it goes. My father, known for his large-heartedness, trusted fellow human beings without a trace of skepticism, all his life. At times even if he knew that the other person was taking undue advantage of him, he would still feign ignorance and readily help. Papa's house in Noida was a first-floor one and the ground-floor house was rented to a Sikh family. The handsome, turbaned man Navjot, and his pretty wife with their newborn had just moved into our neighbourhood. The new tenants made acquaintances soon.

They initiated an electronics repair and servicing business. Navjot utilized his big car garage as a storeroom cum workstation. Summers were to set in soon shortly. Hence, scores of people, including many from our neighbouring areas came to him for repairs and likewise services. The entire neighbourhood witnessed Navjot's meteoric rise in his new business in a very short span of time but after about a month or so we also started witnessing customers who would come and complain to him. Some would even shout and vent their anger upon him for not repairing their air conditioners, refrigerators, television, coolers, etc. on time. Navjot was not able to meet the aspirations of his clients. The bickerings and fights between him and his customers also grew fast and furious.

We would clandestinely watch from our terrace how Navjot in his mild-mannered ways and soft voice would calm and convince his agitated visitors but of course, the situation was becoming precariously bad for Navjot with each passing day for he only collected the new items and never repaired and never returned the goods. When he would meet my father once in a blue moon, he would confide in him and tell him that he was working really hard and was sanguine of his business bouncing back and booming soon. All the neighbours in the meantime distanced themselves from the recalcitrant Navjot and his reticent wife. Navjot would occasionally come to papa for favours. He had borrowed papa's scooter for some time saying that he had given his car for servicing and papa despite knowing that people were ignoring him still extended this help. When my mother and I asked him why he should help such a defaulter, my father would justify his stand by telling us that the man was perhaps braving rough weather in his new business and that with a certain faith he had come upstairs to him. Mummy and I had to maintain our calm somehow. After about a fortnight Navjot had again come to papa requesting this time for our car. Believe it or not, much to our shock and nays, my father offered this help too! Navjot in his inimitable style had convinced papa that he urgently needed the car in an emergency just for a day as the scooter that my father had given had run out of fuel and that he was just not getting any time to go out even to the petrol station. My mother and I were dead sure that Navjot was up to some great mischief. In order to carry out our mundane work and purchases, we had to commute distances in a rickshaw despite being proud owners of a car and a scooter! I would sometimes yell at papa in frustration for being so gullible and rendering help to a man who was doubted, ignored, and isolated by one and all but my father remained undeterred.

Meanwhile, the commotions and fights between Navjot and his clients became precariously high and rough. Mom made an earnest request to Navjot for returning our vehicles but he gave some reason or the other for not being able to return those then. We could do nothing but feel helpless. In fact, our blood pressure would soar thinking about our crafty neighbour. My father would also get affected watching our angst.

He would try soothing our irritated nerves by promising us that he would speak to Navjot about this burning issue each time we created a furor. It had been barely three days of our car in Navjot's custody that a spine-chilling scene occurred. Navjot had gotten into financial debt. A complete humongous financial mess. To escape fights, bickerings, complaints, and police, one night, at midnight, Navjot organised a gigantic truck, which parked right in front of his garage. Nineteen armed men loaded all the gathered electronics and all the household luggage with impeccable coordination and efficiency onto the truck. Two guards who were stationed for the purpose of security at the security gate were threatened, tied with ropes, and their mouths gagged and sealed. Before the break of the first light, the truck disappeared with everything that the house and its garage stored. At four in the early summer dawn, when it was still dusky outside, our doorbell rang, loud and clear, piercing our ears. Papa went hurriedly thinking that there was some emergency in the neighbourhood. On opening the door, papa was shocked to see Navjot standing there, sweating and speaking jerkily.

He handed over the two sets of keys, one of our scooter and the other of our car. He told papa that he was leaving Noida for good. He said that he was going to Punjab to his kith and kin and would restart his business there. Papa could definitely sniff that something was amiss. Before my father could quiz him, he hurriedly and worriedly went down the stairs after saying a quick thanks and bye to papa. He even complimented my father for standing by him in times when no one else did. He seemed completely inundated in the waters of gratitude! My father looked pensive. He was brooding over the next course of action to follow. The rising sun had started to appear in the skyline and its radiant beams awakened and emboldened the sleeping humans of our society only to discover that Navjot had done the disappearing act. The entire sequence of the events as narrated by the two aghast and petrified security guards whose hands and mouths were unfastened by the early risers of our colony. The story travelled far and near, everywhere, like wildfire. It reached our ears too. We were shocked to the core. The distraught and distressed customers of Navjot, in the following weeks, visited and went back shocked and cheated by the trickster. My father was the only recipient of Navjot's kindness or mercy. It was incredulous that Navjot would ever do anything of this nature. The only justification was perhaps his sense of gratitude towards my father shifted him to a higher frequency and gravitated the hardened criminal toward papa's goodness.

Dear readers, I reiterate, Goodness begets goodness!

"Be a good human being. Just be yourself and then see your goodness will gravitate people towards you. You will eventually become likeable to all."

These oft-quoted lines by my father still resonate and reverberate in my ears always, although, now my dear father resides in heaven in the company of Gods and watches me with love.



SHARED BY
PREETI KANDPAL PATHAK





See you in the next edition