

VOL 25.0 | JUNE EDITION

Initiative of WE Foundation

WOMENSHINE



Chhavi Mittal



Sanyukta Bhatia

WHAT'S TRENDING

Pride month

SHINE GLOBAL

Almas

SHE LEADS

Dr Manjunath

SHINING STAR

Krushnaa patil



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 Women Shine every time.

June month is dedicated to Environment's day. This is also Pride Month. In this edition, we have published stories on Pride Month. The cover story is on the Mayor of Lucknow Hon. Sanyukta Bhatia and Chhavi Mittal Hussein, who is an Indian film and television actress.

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

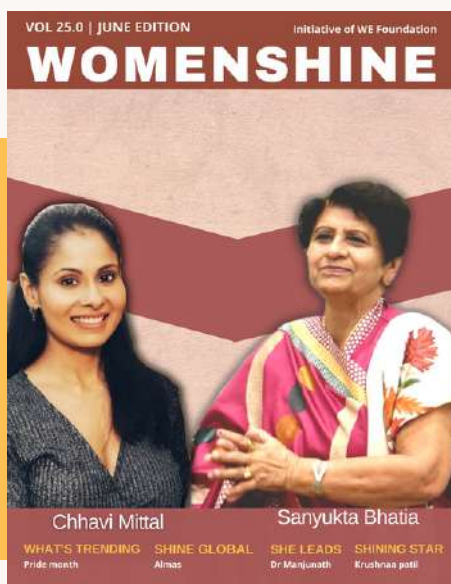
Founder-Editor, Women Shine

#Shineonwomen

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

JUNE: THE MONTH OF PRIDE AND LOVE



June is celebrated as pride month. The month is a representation of love and togetherness. It marks the uniqueness and pride in one's love and identity. Although there has been significant progress in people accepting each other and embracing their identity, we feel that there we should shed some light on the significance and history of the pride month. Before we jump on pride month, we need to understand that pride month is celebrated to honor the **LGBTQI+ Community**. **LGBTQI+ means lesbian, gay, bisexual, transgender, queer, and intersex community**. So let us dive in.

**STRONGER
TOGETHER**



Significance of Pride Month

Pride Month is the month that amplifies the voices and rights of the LGBTQI+ community. The month celebrates the community's culture. Throughout the month, by the means of live theater, live performances, drag shows, and parades, the community pays homage to the people of the community who had lost their lives in making the community recognized and have succumbed to deadly diseases like **AIDS/HIV**. Over the years, it has become more of a political activism cum celebration.



Pride Symbol

The pride symbol is nothing but the well-known six-colored Rainbow Flag, created by the artist **Gilbert Baker in 1978**. The rainbow flag is not just a mere collage of colors but also has a meaning behind it. Each color of the rainbow flag represents an essential aspect of one's identity. Red symbolizes life, orange signifies healing, yellow represents sunshine, green reflects nature, blue showcases harmony, and purple is symbolic spirit. Originally, the flag had eight colors: hot pink and turquoise, which represented sex and art, respectively. However, later these colors were dropped by Baker due to production issues of these two colors.



June-The Pride Month History

June is celebrated as pride month. The month is a representation of love and togetherness. It marks the uniqueness and pride in one's love and identity. Although there has been significant progress in people accepting each other and embracing their identity, we feel that there we should shed some light on the significance and history of the pride month. Before we jump on pride month, we need to understand that pride month is celebrated to honor the **LGBTQI+ Community**. **LGBTQI+ means lesbian, gay, bisexual, transgender, queer, and intersex community**. So let us dive in.



Ending Words

This year, after almost two years from the Covid-19 wave, Pride Parades and festivals are taking place. Go ahead, take your chance to get involved in the fun and educational part of the celebration. Take a step towards embracing everyone with love and grace as we all are one, irrespective of our choices and predilections. Since this year marks the **52nd anniversary** of the Pride Parade, as the first one happened in **1970**, get yourself involved in celebrations and togetherness. You can also show your support by donating to organizations that support and work towards the upliftment of the **LGBTQI+ community**.



Saumya Singh

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Celebrating The Uniqueness Of Love With Pride

June is the month of pride or, in simple terms, where we celebrate and recognize the strength of the **LGBTQI+ Community**. Love and even life stories of the members of this community are inspiring and groundbreaking. Therefore, to celebrate the language of love and oneness, we asked our readers to share any written piece about the **LGBTQI+ community**- this could be anything ranging from personal anecdotes to poems and short stories. We were overwhelmed with the responses and thank everyone who contributed. So, here we present you the best picks from those responses. We respect people's privacy therefore, we only presented the name (s) who had given their consent. Go ahead, read and enjoy the bliss of Pride Month. June is the month of pride or, in simple terms, where we celebrate and recognize the strength of the **LGBTQI+ Community**. Love and even life stories of the members of this community are inspiring and groundbreaking. Therefore, to celebrate the language of love and oneness, we asked our readers to share any written piece about the LGBTQI+ community- this could be anything ranging from personal anecdotes to poems and short stories. We were overwhelmed with the responses and thank everyone who contributed. So, here we present you the best picks from those responses. We respect people's privacy therefore, we only presented the name (s) who had given their consent. Go ahead, read and enjoy the bliss of Pride Month.



Every Child Is A Gift Of God

Every child is a gift of God
 So as they are !!!!!
 They too took birth from their mumma's womb
 They haven't fall from the way of stars
 A difference, a transformation, a revolve
 In their hormones, genitals and into their anatomy
 Have revived numerous denominations for them
 Yes, They are trans
 The Transgendered people
 Life seemed pleasing till their puberty
 But as puberty
 strikes with the blink of their eyes
 Their life got shattered broken into pieces
 Left them all alone seeking for a shoulder
 But no one found closer And now It is the truth
 The truth of being a beggar, a prostitute
 A person living in an isolated community
 A person surviving with daily critics
 A person never certified with their identity
 But as a community
 Community of transgenders
 A community which is never liked by the society
 But always recognised in the name of threat
 The threat of being cursed or abused.
 Those clapping hands, singing throats and dancing feets
 Often create fear in kiddos minds
 And a funny topic adds up in our gossiping nights
 They are Getting penalized for their whole life
 For something that is given by God
 And not under their hold!!
 But have you thought how blessed they are
 They have got more than what we are
 Few words from them decides
 Whether you are lucky or Cursed for life
 Even God hear for what they ask
 This depicts how special they are
 Their prayers are heard quicker than all
 And should be named as
 "Unique of all"
 Often said they can't be a mum
 But have you thought about the number of orphans
 Every kid will get a mom
 and Count of orphans will turn to none

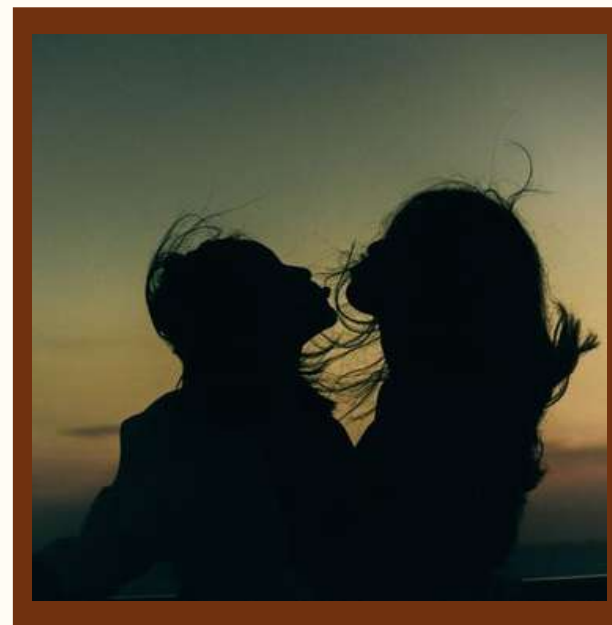


Fought Battles after battles,
 Still haven't loose hope
 Long way waiting ahead
 To change everyone's thought.
 When you'll meet them next time
 Just remember the first line
 Every child is a gift of God.

Kanika Gupta

Connecting With The Soul And Not Just Body

cannot say I always knew that I was queer because I have grown up with a lot of restrictions so I couldn't have known this as an adolescent. However, when I moved away from home for college I had my first physical experience with a girl, and I did not enjoy it the first time and like I do with other things, I dismissed my potential to be queer. But I connected with the person emotionally and the second time was absolutely phenomenal and I couldn't believe my own senses. I am not very good at co-dependent relationships hence I did not engage with the person for too long but the experience impacted me a lot and still visit those amazing times in my heart.



A Mother's Love Is Unconditional

My daughter was born a boy to **us in 1995**. We named her **Tushar**. She was 5 when for the first time, I saw her in my elder daughter's bikini admiring herself; it had just happened to walk in on her. I wondered if there was something there. My husband had brushed it off as a curiosity. As she grew into an uncomfortable unhappy boy, I continued to question. I remember telling both my children when they were around 10 and **11 years old** that if they felt any kind of difference, they must share with me first so that I become their biggest advocate and defender. She was in high school when she first presented herself- Lacy dress, hair clip, the works. I was uncomfortable and at a loss for words. She was confused as to why I couldn't compliment her just as I always complimented my older daughter. Thereafter she would present as a girl off and on. When she made the announcement to come **out at 26**, all of us were ready for the news. We celebrated that evening and have been supporting and educating ourselves ever since. She chose to name herself Arohi. She is happy and glowing each day. We couldn't be happier for her. We are proud of her and celebrate her.



Ideated and compiled by **Saumya Singh**



LESSENING THE CARBON FOOTPRINT



Increased levels of Carbon footprint has become a global issue. It is creating havoc for both man and animals. All the nations have pledged to get a zero carbon footprint by the year 2050. But what is this Carbon footprint which is causing havoc for all living beings. Carbon footprint is said to be the amount of greenhouse gases—including carbon dioxide, methane, nitrous oxide, fluorinated gases and others—that one produces as one lives one's life. The increase in carbon footprint has led to global warming and climate change. It is not only the nation but the duty of every citizen of a country to take the responsibility to help in lessening the carbon footprint. This can be done by bringing about lifestyle changes

A few changes which can help in reducing the carbon footprint to a large extent -

1. Say no to plastic water bottles. Get a reusable water bottle
2. Opting for walking or biking for short distances instead of driving
3. Turning off lights and unplugging devices when not using them.
4. Eat local organic food and lessen the consumption of red meat
5. Using the cold water cycle for washing your clothes
6. Using alternative transportation (bus, train, carpool, or bike) to go for work
7. Eat less on the food chain. Which means eating a diet consisting of fruits, veggies, grains, and beans. as Livestock—meat and dairy—is responsible for 14.5 percent of global greenhouse gas emissions.
8. Reduce the food wastage
9. Buy foodstuffs in bulk
10. Buy less stuff! And buy used or recycled items whenever possible.

11. Use reusable bag when shopping
12. Avoid items with excess packaging.
13. One should opt for Laptops compared to desktops as they require less energy to charge and operate than desktops.
14. Drive less
15. Avoid unnecessary braking and acceleration.
16. Take care of your car. Keeping the tires properly inflated can increase the fuel efficiency by three percent.
17. Add solar panels to the roof of one's home.
18. Use of own food containers, cup, and utensils to avoid unnecessary throw-away plastic
19. Invest in bamboo earbuds and toothbrush
20. Avoid disposable straws and sticks
21. Purchase of solid packaging free detergents, soaps, and shaving creams
22. Invest in eco friendly cosmetics
23. Purchase from grocery stores and local markets that sell their produce loose and free of packaging.

- 24 Embrace a minimalist lifestyle. Declutter the home and donate unneeded items to charity.
- 25 Buy, borrow or rent used clothing, electronics, house decorations and furniture, cars and other products whenever possible.
- 26:Sealing of heating and cooling ducts
- 27 regular equipment maintenance
- 28 Add insulation and weatherstripping - especially for doors, windows.
- 29 Switch to LED lightbulbs
- 30 Minimize use of fireplaces or wood stoves
- 31 Installation of a programmable thermostat which is set neither too high or low
- 32 Reduce water usage
- 33 Compost food waste
- 34 Lessen air travel
- 35 Planting more trees
- 36 Using eco-friendly sanitary napkins
- 37 Sending less emails
- 38 Printing on both sides of paper
- 39 Reducing usage of paper as paper production leads to emission of gases
- 40 Use digital calendars
- 41 Say no to use of toilet paper,
- 42 Paperwork should be changed to electronic work
- 43 instead of paper E- readers can be used
- 44 Avoid printing of tickets and documents

- 45 Waste segregation
- 46 Cutting down on cigarettes as they take 100 yrs to decompose
- 47 Use of microwaves is recommended over conventional ovens
- 48 Grow your own vegetables
- 49 Use electric cars
- 50 Wash less clothes
- 51 Use leftover bathwater or "greywater" to water plants.
- 52- Turn off lights when not in use.
- 53 - Turn off water while brushing teeth.
- 54 Use eco-friendly deodorants
- 55 Use waterless car wash to wash the car or bike.
- 56 Read magazines, newspapers and other publications online.
- 57 Switch to biodegradable sunglasses.
- 58 Opt for pet furniture and toys made from natural materials
59. Buy second hand pet supplies instead of new
60. Store food in reusable containers
- 61 Re-brew your tea leaves
- 62 Banana fabric can be used for Light clothing, tropical clothing, shawls, cardigans, blouses, slacks, pants, skirts, hats, scarves, ropes, mats, etc. It is biodegradable
- 63 The mantra of recycle and reuse is a must

THESE TIPS CAN GO A LONG WAY TO MAKE THE ENVIRONMENT CLEAN AND GREEN.

Smart cities are those who manage their resources efficiently. Traffic, public services and disaster response should be operated intelligently in order to minimize costs, reduce carbon emissions and increase performance.



Dr Preeti Talwar

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Dr. Geetha Manjunath

NIRAMAI Health Analytix

Dr. Geetha Manjunath is a multi-faceted personality that brings together a great blend of technology, healthcare, and innovation. She has over 25 years of rich experience in research expertise in the IT industry and has proposed and led multiple research projects in AI, cloud computing, semantic web, mobile, and distributed computing. Her research in these areas has resulted in innovative prototypes, patents across the globe, publications, and new products.



Dr. Geetha has done her Ph.D. from IISc and received management education from Kellogg's Chicago. She has proposed and led multiple Artificial Intelligence led projects at Xerox Research and Hewlett Packard India. Geetha was a Lab Director for Data Analytics Research at Xerox India. Dr. Geetha is the author of the book "Moving to the Cloud" which is used as an engineering college textbook.

Dr. Geetha lost two of her cousin sisters to breast cancer, leading her to research further and figure out that early detection could have saved their lives. Further research along with her expertise in technology led her to start up Niramai, an AI-based solution for detecting early-stage breast cancer in a non-invasive, radiation-free, and painless manner. Her continuous efforts and unrelenting march towards the goal of saving maximum lives of women with early detection has led Niramai to become the 1st Indian startup ever in the female healthcare space to have received regulatory approval from two major global regulatory bodies - the US FDA clearance and the European CE Mark Approval. So practically, Niramai technology can be now used to screen any woman in the world. Dr. Geetha has received international and national recognition for her innovations and entrepreneurial work - Fortune India's Most Powerful Women in Business 2021, Forbes List of Top 20 Self-Made Women 2020, CSI Gold Medal, BIRAC WinER Award 2018.

Team WS

Krushnaa Patil

Mountaineer | Motivational Speaker | Entrepreneur | Author



As a multi-faceted personality, Krushnaa Patil cannot be defined by just one of the several passions that drive her life! Apart from being a trained and acclaimed mountaineer, motivational speaker (**6 TED Talks and counting!**), she is also a trained Kathak dancer, chef and entrepreneur, Women's rights and inclusivity champion, sustainability and green practices advocate and a pet parent! And now, after spending 4 years in Kashmir, running her own café, she is ready to don a new hat, as an author! But her journey started with a strong urge to go away from the city life and into the wilderness and silence of the mountains. Even as a teenager, she found herself feeling claustrophobic in the city and the existing pre-defined fabric of life offered by the society, that she soon realised, was not for her. She started climbing at an early age and eventually, formal training was the next step forward. In 2007, she enrolled in the Nehru Institute of Mountaineering in Uttarkashi, Uttarakhand, for formal training. And by 2008, at 18 years of age, she became the youngest in the world to climb **Mt. Satopanth** at **7075 mtrs.** in the Garhwal Himalayas. At the age of **19, in 2009**, she became the youngest Indian to climb Mt. Everest! And while having ascended the highest peak in the world would have been a goal for many, Krushnaa was only just getting started! In her own words, '**Mt. Everest** was not a dream, just mountains were'. She wanted to climb, it didn't matter what and **Mt. Everest** just seemed like the next logical step. And just like that, Mt. Everest, which was another mountain to her, became the starting point of her love affair with mountains, and herself!

A year after Krushnaa became the youngest Indian to reach the summit of Mt. Everest, she had also attempted to climb the highest peak in every continent and became the first and youngest Indian on the highest peaks in Antarctica, South America and Europe. Apart from mountaineering, Krushnaa also enjoys rafting, paragliding, rowing, and horse riding. Krushnaa is also been a part of the international Access Water Expedition, run by the Bancroft and Arnesan Explorers. The team consists of one woman from each continent led by Ann Bancroft and Liv Arnesan, who were the first women to cross the Antarctica unsupported. As part of the initiative, 7 women from 7 continents came together to raft along the longest rivers in each continent, drawing attention to issues like water conservation. The Access Ganga expedition, conducted in December 2015, was hugely successful.



When she is not climbing or indulging in adventure sports, Krushnaa is busy drawing from her experiences, to give motivational speeches as an INK talks fellow and an **UNCTAD facilitator**. She's a regular speaker at the IITs, IIMs and has even given three **TedX talks**. She also conducts various corporate leadership and team building workshops for larger corporate and **MNC's**. She is passionate about and

loves to speak on a plethora of subjects related to overcoming personal and professional challenges (Details shared below). In 2018, the mountains beckoned again but this time, she left the city in search of a peaceful way of life. And her quest led her to **Srinagar, Kashmir**. Over the next 3 years, and in the midst of the pandemic, she honed her skills as a chef and took the first steps as an entrepreneur, with her café '**Bricks and Books**', which has now become a popular destination among locals and tourists alike! And now, she is all set to write the next chapter of her life, literally, as an author. Over the course of her journeys she has written playful diaries of all her climbs, and now she is bringing them all together in a 3 part book series of her adventures, highlighting the magic that she saw and the dramatic twists of her life. Through the book series, she also aims to bring out the life lessons and the and the truth of what she felt during these adventures, rather than the scoreboard she created.

- Rajiv Gandhi Puraskar, 2009
- Kesari Lokmanya Tilak Felicitation, 2009
- Hirkani Puraskar, 2009
- Young Achiever, Citadel Award 2009
- Young Achiever, Mitcom Award 2009
- Jhansi Ki Rani Award 2009
- Indira Gandhi Puraskar, 2009
- Maharashtra Ratna - 2010
- Rotary International Award, 2010
- Gr8 Women's Awards, 2010
- Young Indian Leaders, CNN-IBN, 2010
- Today's Youth Asia Award (Nepal), 2010

- Nepal
- Reliance LEAP Conference
- Indian Merchant Chambers Women's AGM
- Singularity Youth Summit, India Topics she enjoys talking about include:

- Goal Orientation
- Time Management
- Teamwork & Team-Building
- Dealing with High Stress Work Conditions
- Strategic Planning for the Impossible
- Being ready for Imperfect Situations
- Preparing plans A, B and C during Competition
- Man vs woman: Today's Emerging Roles
- Mountaineering and Sports in India
- Nature, the Environment and Climate Change

• Sustainable Planning for Greener Corporations
PROMINENT TALKS: <https://youtu.be/9MxHinlynHQ>
<https://youtu.be/9MxHinlynHQ>
https://youtu.be/fBih_VdGQ9w <https://youtu.be/VH-QS2wjYI> https://youtu.be/zU_f8uxTRIs
<https://youtu.be/TQ0lbNIMzjw>



Krushnaa Patil



ALIA SHARMA

Hey all, I am **Alia Sharma** and I am a professional model for **6 years**. Since the lockdown happened and travelling stopped, that is when I found my calling. I started as a part-time influencer and started learning about Makeup. That is when I became a **Professional Makeup Artist** and also a Professional Influencer too. I collaborated with different brands in various categories like **skin care, hair care, makeup, fashion, place reviews..** etc, and a lot more. Also, started doing makeup looks on me to show my audience more different looks and help them to learn how to do it. This February I started **My own studio** and now I also do all the makeup looks, hairstyles, and all at my studio. I also give **online classes**. Frequently I keep interacting with my audience by going live on Instagram and talking to my audience and sharing new things about fashion makeup and lifestyle.

My target always is to show that beauty is for everyone women not only for young or beautiful women. I believe that every woman is beautiful in her own way. I have always loved makeup and fashion and I guess I lockdown gave me that chance to start this beautiful journey and to do what really I want to do. For me, **blogging** is more about sharing details and ideas with my audience. I even have a **5-year** plan for sure to be able to focus and work more. I will be shifting to the USA this year and there too I will continue **my journey as a blogger**. I will create more content which will include new places, new products, new ideas, and my new studio. In my blogging journey, I have created a community of people who are all different in their own way. In the longer run, I will try to create more and more content that will be liked by all of my audience. I will focus more on what they want to see and will create reels, vlogs, etc according to that. I am also into sustainable fashion and try to mix and match things and use every piece of cloth as many times. I try to build good trust with my audience and try to reach as many followers as I can. In the end, I would like to say just be who you are and love what you do.

I just wish I can make a positive change in society through my work.



Alia Sharma

BODYCAFÉ

The global market for vegan cosmetics is expected to record **\$21.4 billion by 2027** & despite so many skincare brands in the market, we see alarmingly increasing skincare complaints and more and more online DIY skincare searches. Most people are resorting to natural **skincare via DIYs**. We realised most people do not have access to off-the-shelf products that offer them ancient remedies and are price sensitive. They dedicate a '**self-care Sunday**' to make these combinations at home, which is not sustainable. We address this directly, by hand making our products with the quality of age-old remedies and nature's goodness and give our users an affordable packed product.



BodyCafé is an organic grooming and wellness brand that is based on authentic and traditional beauty practices. We take inspiration from ancient home remedies (**gharelu nuskhe**), the goodness of nature (**prakriti**), and Ayurveda. We started **BodyCafé** in 2019 and have built the proof of concept on 'word of mouth' and cater to the Gen 'WHY' by building a value centric, ethos driven brand that also leaves a social and conscious footprint. Through our brand, we empower the Indian agriculturalists - the REAL GROWERS and strongly focus on the community grown products of India. For instance we procure Lakadong Turmeric from Padma Shri awardee Trinity Saioo also known as the Turmeric Lady of India who is credited with spearheading the women led turmeric farming in the

North East of India and just with this association empowered over **1000** women farmers. We include women in our value chain by including warriors of domestic and marital abuse in our packing and bottling. We are Vegan (except for our pedi butter), cruelty free & we are also certified Plastic Neutral.

Painstaking research, highest standards of purity, authenticity, quality, and ethical sourcing of organic ingredients go into the making of our products. We do not outsource the manufacturing of our products and develop them in house. We handcraft our products so that our users do not compromise on the quality of the product. Our ingredients are extremely unique and we bring forgotten ancient Indian ingredients to the forefront. As a brand we refrain from any marketing language that could contribute to body dysmorphia and maintain absolute honesty and transparency be it in our products or in our branding.



We offer a wide range of products that are categorised under daily **grooming, wellness, and spa range**. Under the daily grooming section we cater to three major categories, viz, Facial Care, Body Care and Hair Care. These products are further classified under Lifestyle range for everyday use, and Spa & Luxury range to help you treat yourself to a revitalising spa experience. We also provide you with bespoke hampers and travelling kits of our products so that nothing comes between you and a healthy lifestyle. We also do customised gift hampers.

This gives our users the option to not just enjoy our products but also have them made as per their choice and preference. We empower at least 5 homepreneurs when we offer gifting solutions to our clients as we strongly believe in the power of community over competition.

With the pandemic, more and more businesses are opting for homegrown brands with strong value propositions. We are extremely proud to be a **#womenled #vocalforlocal #MadeInIndia brand live pan India & Dubai**. With few esteemed corporate clients such as **Amazon, Fynd, Axis Bank, Miniso, MakeMyTrip, DrinkPrime, Govt. Of Maharashtra, Brandcurry**, and having **catered to clients globally**, we have managed to carve a steady niche for ourselves.

Team WS



#shiningwomen

SONAM JAIN



THE MAGIC PLATTER

Sonam Jain is a professional content creator and mom influencer based in Mumbai. She started her journey as a **rural marketer** and decided to document the rural stories. However, life gifted her a beautiful baby boy and since then she decided to document her motherhood/parenting view points. Very soon Sonam got famous for her innovative skills in creating food art for kids who were fussy eaters. Her platters are colourful, bright and so mystical that

every **platter** will tell a story, o watch and kids will not want t **TV/ Mobile phones** while eating food but rather relish their meals. Her innovative food arts got her featured in various parenting communities and Sonam took a step ahead to talk about parenting, sharing recipes for kids and moms and sharing about her lifestyle on her Instagram platform - **themagicplatter**. She also writes parenting articles for various organization's giving impactful insights on new-age parenting, how to be more conscious and gentle towards kids and how to inculcate a growth mindset in them

So If you are a mom and want to take a little bit dose of inspiration, watch out for her content on Instagram - **themagicplatter** and enjoy motherhood in a new form

Team WS



Almas Jiwani



Attempting to forge an enlightened path on the road less travelled is no easy task and one which most would prefer to avoid. One who strives to accomplish change irrelevant of the obstacles that face her is Almas Jiwani, a highly accomplished self-made businesswoman, a dedicated volunteer, and an advocate for Gender Equality. Considered a mountain of perseverance and determination Almas has been a fighter for women's rights and gender equity for decades and shows no signs of slowing down.

Ms. Almas Jiwani, President, Emeritus UN Women NC Canada, and CEO of Almas Jiwani Foundation have expertise in Business Development, Communications, Public Diplomacy Protocol, and Public and Government Relations.

Almas has made significant contributions toward social change, helping women achieve equal rights within the domestic and economic spheres. Her primary objective of strengthening women's economic capacity as entrepreneurs and producers has earned her accolades globally.



This commitment has taken her around the world to participate in speaking engagements that enrich lives and uplift the status of women, provide insight and guidance on policies and programs, and support multi-lateral initiatives between governments of developed and developing countries, and between the private and humanitarian sectors. She spearheads the initiative of corporate growth in relation to humanitarian development to ensure a change in the status quo is sustainable, achievable, and respectful. Almas has fostered pivotal ties between UN Women and the Inter-Parliamentary Forum of the Americas (FIPA) and Parliamentary Confederation of Americas (COPA), where she addressed over 400 parliamentarians from 42 countries at the International Assembly in the Dominican Republic and also Quebec City, on the benefits of economically empowering women and the roles and responsibilities of parliamentarians.



She has addressed, among many others, the Commonwealth, Federal Government, APEC, the World Bank, and World Forum alongside Nobel Peace Laureate Archbishop Desmond Tutu and Deepak Chopra to name a few. She also had a world record of addressing one million women in the Pakistan National Assembly., She has assisted the Government of Indonesia to develop gender equality laws and is currently working towards the realization of a trade mission of female African parliamentarians to Canada. Almas brings a myriad of accomplishments to UN Women Canada and is a dynamic and self-made businesswoman with a relentless spirit that is inspiring and contagious

Ms. Jiwani's impact and influence have created a lasting legacy for communities around the world and continue to gain worldwide legitimacy and media attention. LifeStyles glossy 400 pages publication featuring interviews with Former President Tony Blair on the cover with former president Bill Clinton, prince Williams and more also held an extensive interview highlighting Ms. Jiwani's global achievements. Additionally, she is appointed a member of the Magna Carta Canada committee alongside former Canadian Prime Ministers and Governor Generals; Almas Jiwani has been humbled to receive numerous local and international awards and accolades.

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Being Positive In The Times Of Adversity With Chhavi Mittal



Acted in over shows that aired on **Star Plus, Colors TV**, and now owns popular internet platforms named Shitty Ideas Trending and Being Woman with **Chhavi, Chhavi** Mittal is no less than a dynamic personality. Recently, she even fought against breast cancer and emerged victoriously while keeping a brave face throughout.

In a **candid interview with Women Shine**, the actor turned entrepreneur and content creator shares her experiences of being her boss and how she stood firmly **against cancer**.

1.You described yourself as an influencer, blogger, YouTuber, singer, actor, model, and the list goes on and on. So how do you feel when you see so many adjectives attributed to you?

I feel that there's so much more that I can do and that lists will get longer as I am willing to take up stuff that I haven't tried yet.

2.You have done television shows and films and are a YouTube influencer. That is, you have worked on these three different media platforms. So how do it is different from working on these three platforms? How is the working other on that?

It's very different because every platform demands other skills and different amounts of dedication from an actor, or a creator, on television, cinema, and internet platforms. I was only an actor, but I create content as a digital content creator. So it's not just acting. So there are lots of different roles that I play as a creator. I think there's no comparison between the two.

3.You're the co-founder of SIT- Shitty Ideas Trending. So how does it feel like to do something of your own?

It feels great. One works very hard to create the videos, and it feels fantastic that they belong to you and you make them, and people enjoy them. And when we get the appreciation from the audience, it's a pat on the back, which is fulfilling!

4. How did SIT and Being Woman With Chhavi come into existence, and what are your future plans regarding the same?

SIT is a brainchild of mine and my husband's together, and we run it together. Being Woman with Chhavi is something I came up with after becoming a mother. I realized that many women have questions regarding motherhood and pregnancy that they don't get answers to. So I felt if I just shared my journey, it might help others out there, so I started Being Woman. I don't plan to execute the ideas that I come up with. I just put them into action and see where they go.



5. We saw you were battling cancer, and you had put up such a brave face during this journey. But there would have been some low days. So on the low days, what motivated you to get going?

I believe that one should keep looking for motivation. I think motivation is short-lived. Some days you're motivated, and some days you're not. So the thing that you should look for is not motivation but it's consistency. If you can consistently continue doing what you want to do, whether you're motivated or not, you will eventually get where you want to. And that is a fundamental mantra that I follow. And when one is diagnosed with cancer, you don't need the motivation to survive and fight. You just need consistency to keep going one day at a time. And I think every person who's against the survival of breast cancer has all had their journeys where they've had high and low days. But one thing that everybody shares is that they didn't stop fighting, which is essential. When you are diagnosed with a malignant disease such as cancer, you have no choice but to fight. The universe has not given you a tough choice to make. It's not giving you two complicated things to choose from. You have to survive, and that is your only choice. So you may as well do it happily, and you may as well be in good spirits, or you can be sad and keep crying. Nevertheless, I always choose to do everything bravely, and I always prefer to face all my struggles with a happy face because I don't think there is any other option. But yet, many people feel low about their struggles, and I tend to look at them more brightly. I like to think that I'm blessed in many ways, which keeps me going.

S4 E3

Maid In Heaven



6. A message for all the women entrepreneurs out there and cancer patients struggling in their ways.

For all the women entrepreneurs, I'd like to say that don't doubt yourself. Just have confidence and faith in yourself if you feel confident about the product you're developing, promoting, marketing, manufacturing, or whatever business you're trying to establish. Don't let critics bog you down. And every business needs a little time to flourish. Give yourself that time, and don't be hard on yourself. Always accept constructive criticism because that will make you grow in life. For cancer patients, I don't think I am anyone to advise them anything. They're already fighting their battle and doing a good job. You can probably smile through the process and be optimistic about the outcome. This can help make the results of chemo, radio radiation, surgery, medication, diet, or naturopathy a hundred times better.



**Interview by
Saumya Singh**



#shiningwomen

MAYOR SANYUKTA BHATIA



1. How did you make your journey fruitful..as Lucknow has become a beautiful city and you have contributed a lot to this?

I have always had a dream to contribute to the growth of Lucknow city and take it to newer heights. Being a woman, people questioned my position, but that thrilled me, even more, to work harder. It started with Lok Mangal Divas. I visited different districts of the city every Tuesday to interact with the public on ground level. After being aware of the obstacles the general public was facing, I started working to eradicate all those troubles.

I have always made a point to daily visit around the city for inspection and supervision. Being on the ground, I started working towards getting all on-road dumping grounds removed. It was ensured that all cleanliness workers reach every nook and

corner of the city to maintain hygiene and no garbage is dumped on the ground. We attempted to beautify all walls and get smart city traffic lights within the city to add a visual appeal. We have been striving hard to take Lucknow to the number 1 ranking in terms of cleanliness. With our constant efforts, we have jumped on the list from rank 269 to rank 12 in the span of 4 years.

2. What are the plans and strategies devised to maintain the cleanliness of River Gomti?

A permanent machine is installed for cleaning the river. We have allotted a fixed budget to clean the dirty water canals falling into river Gomti. The techniques of bio-remediation and other efforts are also going on.

3. Nagar Nigam is all about road cleanliness, garbage, city hygiene, etc. you have huge manpower who does all this. How do you monitor all this?

Supporting the digital India initiatives of our honourable Prime Minister, Mr Narendra Modi, there are arrangements for digital monitoring of work. We make use of a mobile application to maintain attendance and supervise all the work allocation and task completion. A supervisor and zonal officer are also appointed to monitor all work advancements manually.





4. How to take care of the wellness of stray animals that cause accidents and trash on the road?

A lot of sick or non-milking animals were abandoned on the street. They also consume trash from the road. We have established a relief home for such animals to ensure medical facilities, hygiene and nutrition. And as guided by our honourable chief minister Adityanath Yogi, we are all working hard to take care of our cows.

5. In An incident that happened wherein a sewer cleaner died because of a poisonous gas inside, what steps are being taken about people cleaning sewers without the safety equipment?

We have strictly implemented the orders issued by the High Court that no such manual cleaning will be done anymore. With the technology provided by Switch India company, all cleaning efforts are done with the help of machines and robots. The presence and signatures of a zonal officer are also made mandatory during the ongoing cleaning.



6. Monsoon season is approaching. What steps Nagar Nigam is taking to avoid water logging and overflow?

We are making all efforts to eradicate water logging. We have been maintaining the cleanliness of all our water canals and efforts are done annually to ensure no dirty water remains stagnant. Despite having a fractured leg, I have an entire team to ensure all canals are thoroughly cleaned before the onset of monsoons.

7. Is there any helpline or one point contact in various wards so that the public can go and file their complaints?

Every Tuesday, I personally visit different zones to have a one on one interaction with the public. All department heads accompany me on such visits. People can also reach out to me via social media handles and mobile applications. A contact number is also available for the public to express the problems they have been facing. The contact is 5222307770



8. At this age you still work so much, even during the pandemic, despite having a fractured leg you were seen with a walker at one demolition site...from where do you get so much energy?

All my efforts are driven by a motive to stand up to the expectations of the citizens of Lucknow. Despite having late-night events, marriages etc, I ensure that I mark my presence on the early morning daily supervision.

9. Before becoming mayor what was your pass time?

Even before becoming a mayor, I have always wanted to serve the public and contribute to the growth of the city. Helping people has always been my passion and after being appointed as a mayor, I have been graced with an opportunity to follow what makes me happy the most.

10. How do u take time to spend some time with your grandchildren?

I try to make as much time as I can for my grandchildren. Even for late-night movies etc. Also, I have had the privilege of personally knowing the Late honourable Mr Atal Bihari Vajpayee, and with his guidance, I have been steering through maintaining work-life balance.

11. Message to women, and girls on safety, security, and empowerment?

The future is female. There was a time when there were multiple restrictions on females, but now with constant efforts of Women Empowerment by our government, women are proving themselves in every field and passing with flying colours. I am always standing in support of women and I extend all my help to uplift them. My message to them is to keep going and keep moving forward.



Aditi Gupta

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BATTLE OF IDENTITY

They say this is the work of a girl, do it!
They say behave like a girl!
What does it mean? like a girl?
Why this difference? I am I,
I will exist as I wish.
You are a boy, play with cars, not dolls,
You are a boy! How can you cry like this?
So what if I am a boy ? I have emotions too!
My likes dislikes are already set. How to
Laugh, cry, play, everything predetermined.
So what is the meaning of my existence.
Where is my identity? I am but
A puppet of society, it's norms
This is the practice, the answer given always
Talk and behave as society decrees,
Neither thoughts , nor likes, nor speech
Are your own, your very own!
What if the girl played with cars, climbed mountains?
What if the boy cooked, cleaned vessels?
Shall we try this shuffle? Shall we start? do it?
Will the world reverse? Will it turn upside down??
Now this campaign is for survival
Of identity, of satisfaction,
Speak up, step up, march ahead
Time to bring in social changes
Time to build a new society.



Prabha Raghunandan

Environment day.

**The trees gasp, even as they give us oxygen
The rivers thirst even as they provide water
The forests Starve, even as they give their abundance
Animals die, even as we look on indifferently!**

**The past years have shown the Mirror
Slowing down helps Our Planet!
Pledge needed today and everyday
To understand, work responsibly for Earth!**



Prabha Raghunandan



CZECH REPUBLIC

Our travels took us to many places in our own country and abroad. This is a story about our sojourn to the Czech Republic, a geographically small country- the size of Jharkhand in India. The Czech Republic has everything from beautiful landscapes to quaint countryside and world-class art and architecture. Although the Czechs have a long history of rule by foreigners, today as an Independent nation they can boast about their education system, technology, art and whatnot? During our stay in the Czech Republic we explored the beautiful capital city of Prague, and later Cesky Krumlov. There's a saying that, **'Every European city is jealous of Paris, but Paris is jealous of Prague.'** Few cities in the world can match Prague's over-the-top romantic appeal and the old world charm. Prague is the only European city to have escaped bombings of the last century's wars. The city is filled with magnificent Art Nouveau facades and offers Mozart and Vivaldi concerts at very reasonable prices compared with Vienna or elsewhere in Europe. We were particularly delighted because Prague is a photographer's dream come true. We rambled through the walkable neighbourhoods, past statues of bishops and saints, and narrow medieval lanes. Almost everything has countless little architectural details.



WE STAYED IN THE CZECH REPUBLIC FOR THREE DAYS, AND OUR PLAN TO EXPLORE AND THE EXPERIENCE WAS

Day 1: Charles' bridge walk and Old Town Square. Charles' bridge was built across the Vltava river in 1337 and beautifully survives to date. It's an atmospheric, statue-lined bridge that connects Old Town to the Lesser Town and Prague castle. There are 30 statues of Saints and Patron Saints on both sides of the bridge. Old Town Square is between the Wenceslas Square and Charles' bridge. The Old Town Square is a magical main square of Old World Prague, with dozens of colourful facades, the dramatic Jan Hus Memorial, looming Týn Church, and fanciful Astronomical Clock attached to the Old Town Hall.

Day 2: We visited Prague Castle and Lobkowitz Palace. After lunch we explored the Lesser town, later we saw the Mucha museum. Prague Castle has been the traditional seat of Czech rulers, with St. Vitus Cathedral, Old Royal Palace, Basilica of St. George, shop-lined Golden Lane, and lots of crowds. St. Vitus Cathedral is the Czech Republic's most important church, featuring a climbable tower and a striking stained-glass window by Art Nouveau artist Alfons Mucha.

Day3: We went to Wenceslas Square, a lively boulevard at the heart of modern Prague. We also took an unforgettable one hour ride in a 1935 Alpha-Romeo vintage car, which took us through the marketplace of the Palladium Praha and other nooks and corners of the gorgeous city, We feel that Prague is a fine place to wander around and take in the fun atmosphere. This is one of the places we would love to come to again



SHARED BY : RUCHI JAIN



#shiningwomen

TOP 5 SUMMER DESTINATIONS THIS HOLIDAY SEASON



Summer is the season to laze around and take a break from your busy schedule. You plan your trips, and everyone is in a vacation mood. Some are fond of the warmth of beaches, and some prefer the serenity of mountains. So to help you with your travel destination list, Women Shine brings you the top five destinations in India that you can visit to break the monotony from your schedule.

Coorg, Karnataka

Karnataka has many ideal hill stations, and one of them is Coorg. The lush green scenery and pleasant climate add to the place. Known as the Scotland Of India or Kashmir Of The South, you must visit this place in the scorching summer to escape from the heat. For the adventure, opt for trekking and bird-sighting. One of the major highlights of the place is the coffee and spice plantations.



Kodaikanal, Tamil Nadu



With a misty and dewy climate, green forests, splendid hills, and vintage roads, Kodaikanal has become one of the most promising summer destinations. Kodaikanal offers waterfall cycling, leisure walks, kayaking, and horseback riding as well. Also known as the Princess Of Hills, Kodaikanal is a must-visit hill station in summers.

Gokarna, Karnataka



Known as the land of golden sand, palm trees, and blue waters, originating from Sanskrit, the name literally means cow's ear made by the ear-shaped confluence of two rivers. Om beach is one of the major attractions of the place as the beach forms the Om Symbol, which is a Hindu spiritual symbol. Surfing and sunbathing are the major tourist attractions of this destination

Ziro Valley, Arunachal Pradesh



Talking of the hills and missing out on the hidden beauty of the northeast would be unfair. It is a flat terrain surrounded by sky-jutting mountains with roughly five villages, most of which belong to the Apatani tribe. Ziro provides an ideal setting for the annual music festival. It is one of the loveliest destinations to visit in North East India, with its luscious rice fields, in-line tribal homes, and colorful attires and accessories of the Tribal people. You cannot miss the handmade crafts by Apatani people, clothes, and bamboo items like bamboo baskets that form the significant souvenirs of the place.

Gorichen Peak, Arunachal Pradesh

Gorichen Peak is around 164 kilometers from Tawang Town and shares a northern border with China. Gorichen Peak is also known as Sa-Nga Phu, which the Monpa people believe is a sacred peak that protects them from all evils. The Gorichen Peak will provide breathtaking views from Bomdila to Tawang. The summit is located at 22,500 feet between the Tawang and West Kameng districts, making it one of the most challenging treks in northeast India.



Team WS

SUMMER DRINKS

SUMMER RETREAT: ENJOY THESE REFRESHING DRINKS TO BEAT THE HEAT



All you need is a glass of a refreshing summer cooler to quench your thirst and relieve your scratching throat from the heat. However, due to our busy schedules, we tend to opt for aerated drinks and sodas that are unhealthy. So to your rescue, Women Shine presents you with some natural drinks that will beat the heat and keep you healthy.



Sattu Drink

Sattu is a refreshing drink that is also a good source of easy-to-digest protein in the heat. To prepare this at home, add one teaspoon of sattu powder with roasted cumin, pink salt, and jaggery in a glass of water.

Mint Sharbat

Add 2-3 glasses of water, a bunch of mint leaves, and small bits of rock sugar (to taste) to a blender and blend until smooth. Then, toss in half a lemon and a pinch of rock salt (to taste), filter, and enjoy this refreshing mint beverage.



Kokum Sharbat

Take two fresh kokum fruits, split them in half, remove the seeds, and ground them into a fine pulp to prepare this wonderful drink. Then, in a separate bowl, create a rock sugar syrup and pour it over the kokum paste. To taste, season with cumin and cardamom powder. When you're ready to drink, combine 2-3 tablespoons of this paste with cool water in a glass.



Bael Sharbat

Cut the bael fruit down the center and remove the spongy core pulp. Soak the puree for 20 minutes in one glass of water, and after this, mash the pulp. Strain it and mix in one teaspoon of jaggery, roasted cumin, cardamom, and a pinch of black salt to make bael sharbat.

Fennel Sharbat

Take a bowl and add two teaspoons of fennel powder to produce this refreshing cooling. Toss in two glasses of water and a pinch of rock sugar (to taste).



Saumya Singh

K se Kulcha

Born and brought from the streets of Amritsar but rules over the heart of every foodie. Yes, you guessed it right! Made with a melange of exotic species, strong memories and a pinch of nostalgia, bringing to you "K se Kulcha" straight from your favourite streets to DLF Mall of India. Let covid alone create no barriers of hygiene and keep your taste buds aloof from this absolute delicacy. Have it in breakfast or at day end this is one of its kind and a meal in itself. Complete your treat with fresh lemonade or desi lassi, Chhole Kulche are a soulful feast to satiate your cravings.



Hunt for the best Amritsari Kulchas end here! Bite into varied lip smacking breads at "K se Kucha" which will make you leave your calorie counting for a short while atleast. Take a stroll around the food court in DLF Mall of India and amidst the hustle bustle you will explore aromas seeping out of our outlet which will make you want to indulge in the taste of kulchas loaded with butter. When it comes to taste, kulcha has no match. Bringing the spicy aroma, soft on inside, crisp on outside, the bread is prepared in tandoor with different stuffings. When topped with butter and served with Punjabi chole and chutney, it makes one's mouth watery. The kulcha and its rich taste will make you drool over this Punjabi meal for sure. Deliciousness from the streets on a plate, Amritsari kulchas are a delight for our cravings. "K se kulcha", located in DLF Mall of India is undoubtedly the best place to be when desiring a plate of scrumptious, buttery kulcha. Their tandoor, herbs and spices, including their unique chole masala which is used in the making are specially prepared to provide foodies the soulful taste. The crunchy onion-stuffed kulchas are served along with chickpeas and tangy chutney to give your taste buds that heavenly taste. And the eatery takes all necessary precautions against covid 19.

The owner, Mr Manas Wadhwa (talk about owner and other food outlets).....he knows the flavours inside out, which makes the kulchas here no less tasty than those you'll find in the lanes of Amritsar.

TEAM WS

WORLD BICYCLE DAY

DEVESH PUROHIT

Bicycle
Day



"Cycling is the new golf" is being used as a global corporate lingo. The United Nations advocates cycling as a climate smart means of transport to align with the Sustainable Development Goals. World Health Organization backs cycling of it being accessible, affordable and socially equitable in nature and communicates to the member nations to adopt this sustainable mode of transport. Cycling definitely has profound health and fitness benefits and it is eco-friendly and good for the planet, but it can be wisely used to leverage entrepreneurship and create a business impact. As of 2020, the Global Market Size of Bicycle Industry stood at **USD 97.20 Billion**.



Here are 6 of the Entrepreneurship and Management lessons one can leverage at Pedaling activity on a daily basis:

1. Networking: If you join a cycling club or community in your locality, you will definitely meet and interact with people from varying backgrounds, socio economic class, experiences, age groups and work environment. With time you will also get in touch with clubs from other cities and regions or maybe of some other sport. Over a period of time, it will develop your outlook on consumer behavior, current trends, cultural roots and world view after all the agreements, disagreements, personal agendas, internal politics and other factors involved as you interact with the fellow members. Also being in touch as a fellow member on ground level with a set of audience will help you create trust and credibility and a personal touch to create a brand value for your venture.



2. Lead Without Title: Being a part of a cycling community, you are not just a member but also a leader, even though not given any official position or title. This is because at times you will be making your decision, persuading the decisions and opinions of others and changing tactics when need arises and be resourceful. At times while navigating you will be the decision maker on certain solutions of which you would be an expert in your group. At varying occasions, you would be adopting different type of style like Democratic, Transactional, Delegative or Coaching. You will definitely be a Charismatic Leader for your brand as a representative.

3. Cohesiveness and Team Building: A group tour and mission can be accomplished only through cohesiveness of all the members despite all the differences. D&I (**Diversity and Inclusion**) are the basics of the thriving organizations to survive in the globalized business market. At times you will be supporting or need an aid when your bicycle tire has a puncture, or you lose the track, or something is missing in your task. Only with the group support and unity a successful community or a club can run. Many cycling groups across the cities have their own uniform of jerseys, helmets and accessories. Being a part of a cycling community is a firsthand practical case study on community building and D&I.

4. Social Advocacy: Brands and Organizations actively collaborate with cycling groups or cyclists as a marketing activity to promote their PR Agenda. It can be Women Empowerment, Anti-Drug Campaign, Girl Education, Organ Donation, Raising Funds for underprivileged or any other social issue. If your club or any brand in your knowledge is promoting any relevant social issue in which you strongly believe, you can join and communicate your personal ethos and values through action of participating and endorsing such causes. It will be a resourceful asset for personal profiling and brand building.

5. Blue Ocean Strategy: As a holistic member of a cycling club, you won't be participating to be a winner in some marathon but for fun, recreation, gratification, business growth and socializing. Your goals would be focused on personal and business growth so you would be away from the Red Ocean space and create a Blue Ocean platform where you are growing, and some day six degrees of separation will help you achieve your business goals.

6. Public Relations: PR is gaining goodwill and strengthening associations for synergies. You learn to represent your brand and business as a thought leader, analyze the synergies with other members and build power corridors for self and your brand as a lobby and leverage the opportunities and associations. With the established trust and goodwill, you will earn third-party endorsements with your fellow members and you would too be promoting the other brands.



As cycling is eco-friendly and favorable for a healthy lifestyle, Corporates and Industries should encourage their employees to commute to work places on pedal and provide incentives. Government authorities can, too, provide subsidies and encourage the use of environment-friendly mode of transport.

About Devesh Purohit: Devesh Purohit is a PR and Corporate Communications & Public Policy professional and a brand building maven. In **2020** he turned a cyclist and have participated in group cycling activities of **100KM, 60KM, 50KM and 40KM** in his town Valsad. As an advocate of Circular Economy and Sustainability, he strongly recommends cycling to be adopted at a larger level for altruistic sustainability goals.



Author Credits: Devesh Purohit



THE ACCIDENTAL THIEVES

It so happened one fateful morning in Noida, many years ago, that my father and I ended up becoming the accidental thieves! Oh my God! Can you imagine what I am saying!!!! My father, a retired, distinguished army officer, all of eighty years, in my able company earned this title! Not to say that I was an intentional thief but the deed performed that morn supposedly made us so.



I shall now narrate that hilarious anecdote of our life. My father ailing from hypertension and sugar needed to urgently collect his monthly medicines from the Military Hospital Noida. That winter morning he told me to accompany him. I politely refused because it was a time-consuming process. One had to wait for endless hours in the hospital for medicine collection. But my father coaxed me. He reasoned that he didn't want to drive in the cold weather so he wanted his young girl along. Moreover, his contention was that both he and I got along superbly well and would therefore be able to pass those long waiting hours in the hospital by indulging in soft and silky conversations on all possible subjects. Surely he was right in this aspect. Both of us had incessantly suffered from verbal diarrhoea all our lives. Thus our conversations never had a dull moment! These were either soft or loud, dynamic or dynamite-like, easy or difficult.

The tone, tenor, pitch, and fluency of our conversation depended entirely on the subject being addressed. But one thing was always certain that there would never be a serious fight or a lengthy silence, howsoever much either of us disagreed or disliked the other person's opinion. Perhaps it was attributable to the father-daughter bond, mutual love, and admiration for each other. And our verbal diarrhoeal tendency always drifted us towards building a more robust and healthy relationship. I had come to my parental home for about a month on a sabbatical and I had just reached a day prior to this unforgettable hospital visit. Anyway, after a little more deliberation I succumbed to my father's earnest request.



I drove him in his brand new red Maruti car which I had noticed for the first time since coming here. My father was clad in a smart tweed coat with a maroon tie. He sported a smart balaclava. (a woollen cap). My father is tall and a handsome man who always made a mark wherever he went. His dressing sense was old-fashioned and conventional but his mannerisms, general demeanor, and conversations were wonderfully splendid, modern, and contemporary.

I parked his brand new red Maruti car near the hospital gate along the congested roadside. The two of us engaged ourselves inside the hospital in happy and humorous conversations and passed nearly two hours of the waiting period finally, we received our box of numerous medicines for my father. It was then time to return home!! Our car was parked on the left side of the busy road and the hospital was to its right. When we got to our brand new red Maruti car, we instantly noticed that someone had parked his scooter too close, in front of our car. Also, there was a humongous tree trunk at the rear end. It was impossible for me to get the car out of the parking. Just that moment an old retired Sikh officer appeared before us. He offered his help to my old father in picking that wretched scooter out of our way. My father and the angelic officer sweated it out rather bravely!!! We profusely thanked the helpful turbaned officer whose timely help rescued us from further prolonged misery!! I set the car ignition on and my father got onto the seat swiftly. This obstacle removing exercise must have consumed about ten minutes or so but all along we had also heard the warning or alarm sound coming out of some vehicle, loud and clear. We had also noticed a sizeable crowd of retired officers near the hospital gate trying to cross the busy road over to our side. I just didn't realize that the blaring alarm sound was coming from our vehicle and that people all around were looking at us. I had mistakenly unlocked someone else's car with my car keys and I confidently manoeuvred someone else's brand new red Maruti car with a calm mind and smart hand cum footwork. The dexterity in my driving was obvious to all those who had witnessed my sharp, quick, and neat manipulations on that busy, heavy traffic road. Soon I was racing the car home happily. Our house was barely a kilometre away from the hospital. As I neatly parked the brand new red Maruti car and had just pulled the handbrake I suddenly realised to my utter dismay and disbelief that the car perfume bottle looked a little different. In that fraction of a second, I discovered that even the seat covers were of a different hue. In fact the car interior was entirely so different and with that, realisation dawned upon me and in panic, I wailed and screamed like a wounded soul!!! I had erringly driven someone else's brand new red Maruti car!! My father also immediately understood the horribly difficult and terribly embarrassing predicament that we both had got into unwittingly. He instructed me rather hoarsely that I should drive him back to the hospital area to return this brand new red Maruti car to its rightful owner. The return trip suddenly highlighted me as a clumsy chauffeur for I was driving jerkily because of my nervousness and pathetic hand cum footwork. I raced back towards the hospital parking area only to notice the humongous crowd waiting for us there. Sheepishly we got out of the car and with great caution, my father and I crossed to the other side of the road to the waiting folks.

My mind was thinking of all the possibilities of offensive and defensive arguments and embarrassment that would follow but the forgiving owner was a thorough gentleman. He said that he had seen us inside the hospital premises. He was convinced that we weren't the real, dreadful thieves when he saw us going away in his car!! He rather appreciated my driving skills smilingly and commented with a naughty spark in his eyes that I had returned his brand new red Maruti car in record time after stealing it ...



In fact, the gentleman was wearing the hugest grin on his face while all of those with him seemed equally amused and displayed their expressions of amusement in varying degrees. What embarrassment had I caused to myself and to my father unknowingly? The gentleman took my father's hand in his hand to comfort his incomplete understanding of the rather funny situation that had metamorphosed suddenly. He informed us that when he heard the warning or alarm sound emanating from some vehicle, he rushed out thinking that his car was being stolen. But when he saw us, the formally attired and confident individuals, he was relieved and rather amused that we had definitely made an error of judgment in recognising our car. And sure, that we had!! My father and I, then, detected our own brand new red Maruti car standing majestically, parked a little further away from the so-called stolen brand new red Maruti car. My father made me a scapegoat in this incident but really speaking it was his car. Logically he should have recognised that we were getting into a different vehicle. When I confronted him with this argument he laughed off saying that old age does such wonders!!!!!! And well I justified my goof-up by announcing that I had a very young association and even younger acquaintance with my father's brand new red Maruti car. We have narrated this hilarious and delightful episode countless times evoking rapturous laughter from our loving audience. I hereby rest my case by concluding that my father and I have gone down in history being labelled as the accidental thieves...

HAHAHAHAHAHAHAHAHAHA!!

(PS- Thrice I have repeated this same mistake of unlocking and driving away someone else's car thinking it to be mine and then returning it to the owner after realising about the accidental theft and so now I may as well call it a tradition. Those were the Maruti car years...only a few sets of keys were designed for all the manufactured Maruti ...so the probability of opening other cars was pretty high...purely because of those few keylock arrangements by the car manufacturers resulted in this faux pas on my part.)



Written by:
Preeti Kandpal Pathak

THOUGHTS GOOD OLD QUARANTINE DAYS

“My good old quarantine days and Italian Paneer Parantha!”



forced to eat. Simply because I have made it. Koi refuse to kar ke dekhe. Agale do din wohi khaane ko milega! No sabji phal grocery errands! It's an endless list and a testimony to how much even stay-at-home moms have to do on a daily basis! It was plain and simple confinement. A true bliss! However, the harsh fact of life is that happiness and good days do not last for long. Son comes back from his biking and asks for breakfast. There's no shying away from the fact and admitting it also that food and money are the only time when your children remember that their parents are very much in this world.

You know sometimes I feel, I was much better off during my quarantine days. No rush of going to bed in time. No rush of getting up on time. No fight for television channels. No cooking. No botheration about the menu for the day. No cleaning up, except for my own room and my bathroom. No screaming at the family for not listening to you. Though honestly I did scream a couple of times through my door and most of the time, standing at my door with my double masks on because I could hear the father and the son fight like mads over who would do what (although at the end of the day, hardly anything got done) while our dog snored away to glory. Even he has understood for so many years that humans are beyond repairs. Especially his humans. Moving on with the list of things that I did not have to worry about while I was in my quarantine- No answering the doorbells. No haggling with my family about what they would like to eat or what they would be





This is what transpired... **"I am making paneer paranthas with Italian seasonings today. Would you like to eat them?"** I ask my son (I think asking kids what they'll like to eat is the biggest mistake we Indian moms ever make. Actually it's the biggest blunder we commit. It's a crime we commit against us only).

"Yeh to pehlee baar sun raha hoon. Who makes paneer paranthas like that!!" Son says in a shocked tone. **"Arey, it tastes exactly like a pizza and it is done in butter. What is pizza after all? Parantha is topped with cheese! I can add mozzarella cheese also to it. It tastes yummm!!! You loved it when you were a kid."** I say.

"Mom you have made enough fool of me when I was a kid. No more now. Please just give me normal Indian paneer paranthas and thanks for describing pizzas. Italians would be very proud of you today!." Son rolls his eyes once again.



Kabhi kabhi to Mann karta hae isko sun glasses pehna doon. Ya khud pehen ke ghar mein ghumoon. As a matter of fact, Mann to bahut kuch karne ko karta hae but I rather reserve my comments and my intentions. Nahi to Zucker Bhai naraz ho jaayenge!

"Tu biking pe jaata hae na? To kabhi kabhi biking karte karte padosiyon ke yahan breakfast ke liye nahin jaaaa sakta!!" Roz aa kar mera sir khata hai! Ab to khali bhi ho gaya hai!!! I scream.

Anyways, I finally make peace with myself as I always will have to do and make him his Indian paranthas. Make the Italian kinds for myself and I deliberately eat them in his room. You know why!

Aaaand dude is not able to resist. He asks me for a bite..."achaa zaraa taste to karana aapka so called **Italian parantha."**

He tastes it and loves it. He goes back to watching his Netflix, pretending that he does not care. Which is when I ask him, **"khaayega?"**

"Haan de do. It is nice" he says in a mellow tone.

And I walk back to my kitchen with towering confidence and a grin. The ultimate feeling of a mother's triumph. Huh huh huh!!

#hummaahain



Somali Bammi



#shiningwomen



LIFE IS AN OXYMORON

& SWEET BUT SOUR,
 KIND BUT INCONSIDERATE;
 SOMETHING YOUR MIND CAN'T PENETRATE.
 SOCIAL AND OUTGOING YET SO SILENT.
 SOMETHING YOU CAN'T DEVOUR,
 MIGHT SEEM INSIGNIFICANT BUT IS MONUMENTAL.
 LIFE MIGHT GET VIOLENT,
 BUT WILL ALWAYS REMAIN GENTLE.
 WHILE STRANGE STARTS TO FEEL NORMAL.
 LIFE IS ALWAYS A LITTLE OUT OF ORDINARY,
 STILL LIVE LIFE WITH YOUR MORALS.
 CELEBRATE DEFEAT LIKE VICTORY,
 HAPPINESS IS RUNNING IN EVERY CELL, EVERY NEURON.
 MY LIFE IS AN OXYMORON.



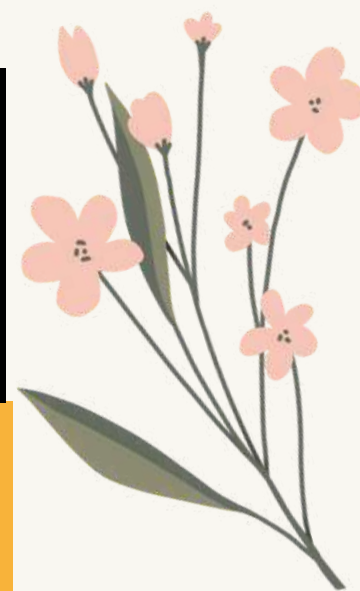
Awalkathuria

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Womenshine

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A global digital magazine for women, lifestyle and more...

RAINBOW ENDS



There are millions of myths of old.
Some say there lies a pot of gold,
Some talk of other prizes,
Rainbow ends are full surprises.

Rainbow brings colour to a life,
To get to the end one must strive.
Some say there stands your soulmate,
myths or facts, the stories are great.

But the truth is, there is no end.
It's just an old trend.
Like this little illusion,
Life has no typical conclusion.

Awalkathuria

NO PAIN IS SMALL



nO PAIN IS SMALL.
YOUR PERSPECTIVE MAY BE CONTRASTING,
BUT THEIR PAIN MAY BE EVERLASTING.
SOULS MAY BE CRYING,
TIRED OF TRYING,
PAIN CAN BE SEEN IN ALL.
HOLDING ON TO THE THREAD,
HOLDING ON FOR DEAR LIFE.
NO PAIN IS SMALL.
THEIR WORLD MAY FALL
FALL DUE TO NO MEANING,
FALL DUE DECLINE.
FALLING IN FEAR,
FALLING IN LINE,
NO PAIN IS SMALL.
YOUR PERSPECTIVE MAY BE CONTRASTING
BUT THEIR PAIN MAY BE EVERLASTING,
NO PAIN IS SMALL.

Awalkathuria

FEELINGS TO FEEL

A slight expression,
A little appreciation,
Like a melody to ears
Longing to hear it for years.
Tears, tears aren't just drops
Coins of gold flow till they can't stop.
Smile brighter than lights on New York streets
Sweeter than a bag of treats.
Everyone has a feeling to feel,
Let the them flow in their divergent motions.
Something to do instead of Instagram reels.
Take a hold of your emotions,
Feel the feeling you can't deny,
Everyone has a feeling to feel,
Be it melancholy, anger or something alive;
Alive as hope, gratitude, joy
Feelings aren't to play with like a toy.
Feel real not just reel.

Awalkathuria

HOME

It is not just a place,
It could be a memory;
A person standing in under your glaze.
A state of mind that takes you to space,
Hoping the feeling lasts an eternity.

Value of it more than ever,
Because it's lies beyond the above;
And feel this feeling before its all over.
Later wishing we lived there forever,
Because HOME is a feeling of love.

Awalkathuria

INTROVERT

Caught up in your phone,
Away from the talks,
Overthinking existence,
During silent midnight walks.

Hiding from everyone else's thoughts,
Social skills like water in a drought,
Thoughts of what 'they' will think,
Better to hide from talks that stink.

Read, write even sleep to distract,
Hiding behind a mask; broken behind intact.
Even making plans for them to avert.
That's the story of a little introvert.

Awalkathuria

MIRROR MIRROR

Mirror, mirror on the wall,
 Who is the fairest of them all?
 The answer you seek, isn't the one you want.
 If there is a name, it isn't true at all.
 Some short, someone tall
 No way to decide what is the right call.
 Curvy hips and tiny waist me not be your number one,
 But it maybe the dream of someone.
 Insecure of your legs or waist is not a loss
 Insecurities just bring chaos.
 Everybody is perfect in one or other way,
 Wanting be someone else, it will lead you astray.
 The true question is the following one...
 Mirror mirror on the wall
 Who is the kindest of them all?
 Who is the nicest of them all?
 They say don't judge a book by its cover,
 See what is inside,
 It maybe full of ego and pride,
 Or maybe it will be a bright light to make you smile.
 Don't change your looks, hoping to be better,
 Spark the light inside of you and let it shine brighter.
 Personality builds is a person's profile.
 A negative one breaks everything in you and the outside.
 Mirror, mirror on the wall,
 who is the fairest of them all?
 It's me, it's you, it's everyone around.
 Around with a bright smile, someone who isn't take it all.



-Awalkathuria

CONFIDENCE THROUGH MY FLAWS



Every rose has its thorns,
Every human has their flaws,
Every typical insecurity been caused,
Breaking down every false walls.
Every flaw and the attention it draws,
You just want the bickering to pause.
Wear your flaws with pride,
Confidence in your stride.
Every insecurity in you that confide,
What 'they' say doesn't decide,
If you wear it or hide.
Confidence shows in your life's ride.

-Awalkathuria



#shiningwomen

NUMEROLOGY

Numerology can help us to predict the future. It can also predict the event of the future.

*Numerology helps you to know your partner's desires. .

*Numbers reveal information about your personality, temperament, intelligence, spirituality, finances, and health.

Each number has a unique energy . There are particular energies related to each number. For example:- If people are born in ;

1

Number 1
(1st of any month)–
Ruled by planet SUN.
Traits:-Leadership
Qualities,
dominating

2

Number 2
MOON
Traits:-,
Emotional,
creative

3

Number 3
JUPITER
Traits:-
Courageous,
hardworking

4

Number 4
RAHU
Traits:-Life is
full of
unexpected
happenings

5

Number 5
MERCURY
Traits:-Deep
Thinker

6

Number 6
VENUS
Traits:-
Attractive
personality

7

Number 7
KETU
Traits:-Religious,
fond of arts

8

Number 8
SATURN
Traits:-Introvert,
Struggle in life

9

Number 9
MARS
Traits:-
courageous,
impatient

Numerology can answer dozens of questions about character traits, upcoming events, opportunities, careers, and relationships.



Pallavi Bajpai

डिप्रेशन

हम सभी ने अपनी जिंदगी के किसी न किसी अवसर पर स्वयं को उदास और हताश अवश्य महसूस किया होगा . असफलता , संघर्ष , और जीवन में किसी अपने से बिछड़ जाने के कारण दुःखी होना बहुत ही आम और सामान्य सी घटना है परंतु यदि अप्रसन्नता , उदासी , दुःख , लाचारी , निराशा जैसी भावनायें कुछ दिनों या कुछ महीनों तक बनी रहती है और व्यक्ति को सामान्य रूप से अपनी दिनचर्या जारी रखने में असमर्थ बना देती है तो समझ लीजिये कि आप डिप्रेशन या अवसाद के शिकार हो रहे हैं . **WHO के अनुसार हमारे देश में डिप्रेशन का आंकड़ा 5 करोड़ से ज्यादा है जो कि एक बहुत गंभीर समस्या है** डिप्रेशन किशोरावस्था से 30 या 40 वर्ष की उम्र में शुरू होता है परंतु सच तो यह है कि यह किसी भी उम्र में हो सकता है . पुरुष की अपेक्षा महिलाओं में डिप्रेशन की समस्या ज्यादा देखी जाती है . मानसिक कारकों के अतिरिक्त हार्मोंस का असंतुलन , गर्भावस्था एवं अनुवांशिक विकृतियाँ भी डिप्रेशन का कारण होती हैं . डिप्रेशन के लक्षण हल्के और तीव्र अलग अलग लोगों में अलग अलग तरह के होते हैं . जैसे

1. दिन भर और विशेष रूप से सुबह के समय उदासी
 2. हर समय थकावट और कमजोरी महसूस करना
 3. स्वयं को अयोग्य , असफल एवं दोषी मानना
 4. एकाग्र रहने और फैसले लेने में कठिनाई होना
 5. लगभग हर रोज या तो सोते रहना या बहुत कम सोना
 6. हर काम में अरुचि और नीरसता दिखाना
 7. बार बार मृत्यु या आत्महत्या का विचार आना
 8. बेचैनी या आलस्य महसूस होना
 9. अचानक वजन बढ़ना या फिर कम होने लगना
- यदि किसी व्यक्ति में इनमें से 5 या 5 से अधिक लक्षण दो हफ्ते या उससे ज्यादा दिनों तक रहते हैं तो वह DSM-5 (परीक्षण तकनीक) के अनुसार उसे डिप्रेशन हो सकता है . डिप्रेशन एक मानसिक समस्या है परंतु इसका असर शरीर पर भी होता है **जैसे ... थकावट, दुबलापन या मोटापा , हार्ट डिसीज, सिरदर्द , अपचन आदि** ... यही कारण है कि ज्यादातर लोग इन शारीरिक लक्षणों के इलाज के लिये भटकते रहते हैं परंतु इन लक्षणों के जड़ों में छिपे डिप्रेशन पर ध्यान ही नहीं जाता ... डिप्रेशन के कारण का पता लगाने के लिये किसी विशेषज्ञ से संपर्क करना आवश्यक है . मनोरोग चिकित्सक डिप्रेशन के प्रकार और उसकी गंभीरता के आधार पर इलाज का चयन करता है . जैसे काउंसलिंग , व्यवहार परिवर्तन , ग्रुप थेरेपी , दवाइयाँ या फिर मिश्रित पद्धति ...



. सही इलाज के बाद डिप्रेशन के मरीजों में से अधिकश पूरी तरह ठीक होकर सामान्य जिंदगी में लौट आते हैं यदि आपके परिवार , आसपास या फिर परिचित को डिप्रेशन के लक्षण हैं तो आप उस व्यक्ति की सहायता करें ...

- 1.. डिप्रेशन को दूर करने के लिये किसी कुशल मनोचिकित्सक से परामर्श अवश्य करना चाहिये .
- 2... इस समस्या को अच्छे से समझने की कोशिश करें , इसके लिये अपने चिकित्सक की सलाह लें .
- 3.. रोगी को अकेला न रहने दें ... दोस्तों के साथ बाहर जायें लोगों से मिले जुलें बातचीत और गपशप करें .
- 4... सुबहशाम टहलनें जायें .
- 5... अपने आप को काम में व्यस्त रखें
- 6... उदासी भरे गीत न सुनें
- 7... दिल ही दिल में घुटने के बजाय अपने मन की बातें किसी विश्वास पात्र या फिर मनोचिकित्सक को अवश्य बतायें .
- 8... काम को करने के नये तरीके खोजें और नये रास्तों से गुजरें
- 9... खुश रहने की ऐक्टिंग कीजिये जैसे आप सचमुच में कितने खुश हैं . सहकर्मियों , मित्रों के साथ हँसना स्वास्थ्य के लिये अच्छा है .. यदि हम रोते हैं तो कोई नहीं रोता हँसने में दुनिया हँसने को तैयार हो जाती है .
- 10... सकारात्मक कहानियाँ, लेख पढ़ें पॉजिटिव लिविंग का लाभ उठायें .
- 11... योग का सहारा लें . अनुलोम विलोम, प्राणायाम , ध्यान को सीख कर अपने जीवन में उतारें .
- 12 टी. वी . और मोबाइल सोने से एक घंटे पहले बंद कर दें क्योंकि यदि आप कुछ नकारात्मक देखते हैं तो वह आपके अंतर्मन में बना रहता है . याद रखें
- 1... डिप्रेशन एक बहुत ही आम लेकिन गंभीर समस्या है , जिससे बाहर आने के लिये व्यक्ति को चिकित्सकीय सहायता की आवश्यकता होती है
- 2... डिप्रेशन पागलपन नहीं है और डिप्रेशन के अधिकतर मरीज सही इलाज से पूरी तरह ठीक हो जाते हैं .
- 3.. डिप्रेशन के इलाज के लिये सही जानकारी बहुत जरूरी है .
- 4... इस समस्या के इलाज के लिये चिकित्सक और मरीज के साथ-साथ उसके परिवार और दोस्तों का सहयोग बहुत आवश्यक है .



पद्मा अग्रवाल

कायाकल्प

निया निशि जी और अखिल जी की इकलौती लाडली थी , जिस दिन से उसकी सगाई हुई है दोनों लोग शादी की तैयारियों में बिजी रहते थे . आज जब निशि गेस्ट की लिस्ट फाइनल करने में बिजी थीं तभी उनका मोबाइल बजा था उन्होंने मोबाइल पर अपने समधी अर्जुन जी का नाम देखा तो उन्होंने लपक कर फोन उठाया था ...नमस्कार भाई साहब कैसे याद किया '....कुछ खास नहीं ... शाम को निया फ्री है क्या ? आज ज्वेलरी और लैहंगा पसंद करने के लिये यदि वह आ सके तो हम लोग प्रोग्राम फाइनल कर लें ...'हाँ वह फ्री है ... आप टाइम बता दीजिये ... ' 'शाम को 5 बजे , आप भी साथ में आइयेगा तो अच्छा रहेगा 'सिविल लाइंस के रिलायंस के शोरूम में शाम 5 बजे मैं आपका वहाँ इंतजार करूँगा ...जी हम लोग पहुँच जायेंगे ...'नमस्कार हम लोग शाम को मिलते हैं ...'... ज्वेलरी शॉप में अकेले सजल और अर्जुन जी को देख उन दोनों का माथा ठनका था सजल की माँ सरोज आंटी क्यों नहीं आई ... वह मन ही मन में सोचती रही ... जब निया ने सजल से पूछा , तो वह बोला , 'मम्मी यहाँ आकर क्या करतीं ... ज्वेलरी तुम्हें पसंद करनी है.....'निया चुप रह गई थी ...लेकिन उसे मम्मी जी का न आना अटपटा सा लगा था ...उसने जब भी माँ जी को देखा था , उन्हें बिल्कुल चुप चुप ही देखा था शादी की गहमागहमी में वह इतनी व्यस्त रही कि कुछ सोचने का समय ही नहीं मिला... वह विदा होकर ससुराल में आई तो जब मां जी ने उसकी आरती उतारी तो चेहरे पर खुशी और रौनक के स्थान पर डर और सहमापन था .. यद्यपि कि वह भारी साड़ी और जेवरों से सजी हुई थी.... लेकिन चेहरा बुझा हुआ था... एक के बाद एक रस्में होती रहीं लेकिन मां जी के चेहरे पर वही उदासी और अनजानापन छाया रहा .. चेहरे पर बहू आने का कोई उल्लास या खुशी का नामोनिशान नहीं दिखाई पड़ रहा था ... वह रिश्तेदारों की भीड़ से घिरी हुई बैठी थी जिठानी, चाची , बुआऔर नंदों के साथ हंसी ठिठोली में शरम से लाल हो रही थी तभी कमरे में सजल को झांकते देख चाची बोलीं , "क्यों सजल तुझे जरा देर भी सबर नहीं हो रहा ... बहू तो तेरे साथ सारी जिंदगी रहेगी... हम सब तो थोड़ी देर में चले जायेंगे ".सजल शर्मा कर वहाँ से मुस्कराते हुए चले गये थेरिसेप्शन की भीड़भाड़ समाप्त हुई तो घर के सब लोग बैठ कर बातें कर रहे थे.... निया प्याजी रंग के जड़ाऊ लंहगे में और कुंदन के भारी से रानी हार में बहुत सुंदर लग रही थी तो सजल भी क्रीम कलर की शेरवानी और प्याजी दुपट्टे में बिल्कुल राजकुमार सा लग रहा थानींद से उसकी आंखें बोझिल हो रहीं थी ... तो मुग्धा दी ने उसे कपड़े बदलने को कहा और वह गहरी नींद में सो गई थी .सुबह जब मम्मी जी कमरे में उसे जगा कर बोलीं , 'निया पापा के फ्रेंड रिषभ अंकल नाश्ते पर आ रहे हैं , कल रिसेप्शन में नहीं आ पाये थे इसलिये तुम लोगों से मिलने आ रहे हैंतुम रेडी होकर आ जाना तुम्हारे लिये दूध और बदाम टेबिल पर रखा है '.... 'मां जी आप कितनी अच्छी हैं ... वहां मेरी माँ भी इसी तरह सुबह मुझे जगाती थीं....' कहते हुये वह अपनी सास से लिपट गई .. बहू का लाड़ दुलार पाकर सरोज जी की आँखों में खुशी के आंसू झिलमिला उठे ... सरोज जी हड़बड़ा कर बोलीं , 'तुमसे बातों में उलझ कर मेरा टाइम खराब हो गया ...मुझे किचन में नाश्ता बनाना है '

'माँ जी मैं साड़ी पहनूँ या सूट' उसने पलंग पर सूट और साड़ी दिखाते हुये पूछा तो हिचकिचाते हुये वह 'साड़ी' बोलीं.... तभी सजल बाथरूम से बाहर आकर बोला , 'मम्मा तो पूरी देहातिन हैं उन्हें भला क्या समझ ...मुग्धा दी से पूछो वह बतायेगी ...' अपना अपमान होते देख माँ पनीली आंखों से कमरे से बाहर चली गई ...थोड़ी देर में दूसरे कमरे से पापा अर्जुन के चिल्लाने की आवाज उसके कानों में पड़ी ...' इस शर्ट के साथ ये टाई ... तुम्हें जाने कब अक्ल आयेगी सारी जिंदगी तुम गँवार ही बनी रहोगी ...तुमने ना सुधरनेकी कसम खा रखी है....अपने को बदलना ही नहीं चाहतीं ... 'पापा के चिल्लाने की आवाज से वह सहम उठी थी ... कहीं सजल भी उसके साथ ऐसे ही बोलेगा.... तो कैसे काम चलेगा जब वह तैयार होकर नीचे पहुँची तो प्रशांत अंकल और आंटी आ चुके थे , उसने पैर छूकर उन लोगों से ..

आशीर्वाद लिया ... उन्होंने बहुत प्यारा सा झुमका गिफ्ट में दिया वह किचेन में मां जी के पास लेकर गई ... 'माँ जी मैं कुछ आपकी हेल्प करवा दूँ...' 'नहीं बेटा ... तुम नाश्ता करो वह चुपचाप सबको नाश्ता सर्व करने लगी तभी रामू ने पनीर का परांठालाकर प्लेट में रख दिया था ... वह तेजी से उठी और पापा को परांठा देने लगी तो पापा बोले, 'न जाने ये औरत ... कब नाश्ता बनाना सीख पायेगी ... कुछ इडली या सैंडविच ही बना देती' सजल ने सुर में सुर मिलाते हुये कहा, 'मेरे लिये ब्रेड टोस्टर में डाल दीजिये'अंकल आंटी बड़े स्वाद से परांठा और दही खा रहे थे ... भाभी जी परांठा खाकर तो आज मजा आ गया ... ढोकला भी बहुत स्पंजी बना है वेरी टेस्टी... पर्फेक्ट...और आपका मूंग का हलवा तो कमाल बना है आप अपनी रेसिपी को यू ट्यूब पर डालिये ... आपका चैनल हिट हो जायेगा ... मैं सीरियसली कह रहा हूँ भाभी जी ... आदि आदि "भाई साहब, मुझे क्यों झाड़ पर चढ़ा रहे हैं....." "सच कह रहा हूँ ...भाभी जी, मुझे तो लग रहा है कि इतना टेस्टी नाश्ता करने के लिये मुझे अब रोज रोज ही यहाँ आना पड़ेगा' वह जोर से हँस पड़े थे'मम्मी जी पनीर परांठा तो मेरा फेवरेट नाश्ता है ... मजा आ गया .." सबके कमेंट सुनकर सरोज जी के चेहरे पर तनाव की जगह मुस्कान छा गई थी ... आज वह उन्हें पहली बार मुस्कराते हुये देख रही थी सजल बोले, 'मम्मी परांठा खिला खिलाकर तुम्हारी फिगर बिगाड़ कर रख देंगी...' "अभी मुझे इतना टेस्टी परांठा खा लेने दो .. बाद में देखूँगी'' तो तैयार हो जाओ ...कमर को कमरा बनाने के लिये जैसे मम्मी ने अपनी कमर को कमरा बना रखा है वैसे ही तुम्हारी भी वह लाड़ में बना कर छोड़ेंगी "कहने के बाद वह जोर से हँस पड़ा था'कुछ भी कहो, पनीर परांठा खाकर मुझे तो मजा आ गया ...इतना टेस्टी मूंग दाल हलवा तो मैंने अपनी जिंदगी में आज पहली बार ही खाया है वाह ..वाह ..मम्मी जी ... वाह ... वाह...'अगले ही दिन वह हनीमून पर चली गई थी वहाँ पर उसने गौर किया कि सजल या तो अपने पापा से बात करता है या अपनी बहन मुग्धा से ... अपनी माँ से वह कभी बात ही नहीं करता था ...इसलिये वह माँ जी से ही रोज फोन पर बात कर लेती थी उसने वहाँ सबके लिये शॉपिंग की ... पापा जी के लिये शर्ट और टाई खरीदा तो माँ जी के लिये एक प्यारा सा सूट लिया और लिपिस्टिक ले ली ... जब घर आकर वह सूट उन्हें देने लगी तो पापा जी बोले, "निया सूट तो इन्होंने आज तक पहना ही नहीं है और लिपिस्टिक लगाना तो इन्हें आता ही नहीं यह अपने को बदलना ही नहीं चाहती ...गाँव की गँवारिन बन कर रहना इन्हे अच्छा लगता है भला अब इस उम्र में क्या सूट पहनेगी" लेकिन वह समझ गई थी कि माँ जी को कोई केयर करने वाला चाहिये ... वह सूट पहनना चाह रहीं थीं लेकिन पापा और सजल उनका उपहास बनायेंगे, यह सोच कर वह डरती थीं ... उन्होंने कभी अपने ऊपर ध्यान ही नहीं दिया था ...हमेशा गिंजी- मुसी हुई सूती साड़ी में लिपटी रहतीं ... कभी बाल बनाया तो बनाया कभी नहीं बनाया ... बस किचेन में बिजी रहतीं उन्हें कुकिंग का शौक था ... किचेन में तरह तरह के अचार मुरब्बे और घर के बने लड्डू मठरी आदि रखे हुये थे शाम के 4 बज रहे थे और मम्मी जी अभी भी किचेन में ही थीं ...'माँ जी आप आराम नहीं करतींइस समय आप क्या बना रही हैं...' 'तुम्हारे पापा को मेरे हाथ की कुल्फी बहुत पसंद है, इसीलिये दूध गाढ़ा कर रही थी ...' माँ जी आप दिन भर सबके लिये कितनी अच्छी अच्छी चीजें बनाती रहती हैं ... अपना भी तो खयाल रखा करिये ... जाइये आप मुँह हाथ धोकर कपड़े बदल कर तैयार हो जाइये ...' कहीं जाना है क्या... नहीं पापा और सजल आने वाले होंगे ... आपको तैयार देखेंगे तो उन्हे अच्छा लगेगा' वह जल्दी जल्दी इडली गैस पर चढ़ा कर मिक्सी में चटनी बनाने लगीं ... 'आप जाइये माँ जी मैं चाय कॉफी जो वह लोग लेंगे मैं बना दूँगी ... वह अपने कमरे में गई और निया का लाया हुआ सूट पहना, अच्छे से जूड़ा बनाया, हल्की सी लिपिस्टिक लगा कर पपर्मूम भी लगा लिया था... सुंदर तो वह थी हीं ... आज वह बहुत ही अच्छी लग रहीं थीं ...'वाउ माँ जी ... आप कितनी प्यारी लग रही हैं 'सजल और अर्जुन जी ऑफिस से आये तो माँ जी कुर्सी पर बैठ कर गृहशोभा पढ़ रही थीं ... पति को अपनी ओर अपलक निहारते हुये देख वह नर्वस हो रहीं थीं 'क्यों भई सास बहू की कहीं जाने की तैयारी है क्या आज तुम्हारी मम्मी बड़ी तैयार शैयार हैं ... "नहीं पापा जी ... मैं सूट लाई थी, वही माँ जी को मैंने जबर्दस्ती पहनने को कहा था सूट में माँ जी कितनी स्मार्ट लग रही हैं"अर्जुन जी को चुप देख कर उनकी आँखें भर आईं ... रात दिन गँवार गँवार सुनते सुनते उनका आत्मविश्वास समाप्त हो चुका था ... उनको अपनी पोस्ट ग्रेजुएशन की डिग्री पर भी अब तो शक होने लगा थानिया ने सजल से पूछा कि पापा हर समय माँ जी को इतना हिकारत से क्यों देखते हैं ? पापा कितने स्मार्ट हैं उनके सामने मम्मी एकदम गँवार लगती हैं ... ऐसा तो नहीं है... वह सजल की बाहों के घेरे में लिपट कर सो गई थी लेकिन मन ही मन सोच लिया था कि वह माँ जी को उनका मान और सम्मानदिला कर रहेगी . जब वह दोनों घर पर अकेली थीं तो उसने उनसे कहा, ' माँ जी आप हर समय इतनी उलझी उलझी डरी डरी सी क्यों रहती हैं?' 'बेटा जब से मैं यहाँ पर ब्याह करके आई हूँ, अपने लिये बात बात पर ताने और ये गँवार है, देहातिन है और साथ में सबकी हिकारत भरी निगाहें ही झेली है ... इसीलिये अब मुझे भी लगता है कि हाँ मैं गँवार ही हूँ ...उनकी आँखों से गंगा यमुना की झड़ी लग गई थी....निया ने उनके आंसू पोछे और प्यार से उन्हें गले लगा लिया था ... वह बच्चों की तरह फफक फफक कर थोड़ी देर रोती रहीं ... निया की आँखें भी छलक उठीं थीं लेकिन मन ही मन वह इस समस्या का निदान सोच रही थी....वह देख रही थी कि पापा और सजल दोनों मिल कर माँ जी को नीचा दिखाने की कोशिश करते रहते हैं .. उसने सजल से अकेले में कहा भी कि माँ जी का मजाक मत बनाया करो, वह बहुत ही सीधी सादी सी महिला हैं, जो पति और बेटे की खुशी के लिये ही जीती हैं उन्हें तुम्हारा प्यार और इज्जत की जरूरत है लेकिन जब पापा जी ने बोला, " न अकल की न ही शकल की, इसे मेरे ही पल्ले से बँधना था," तो सजल जोर से हो हो कर हँस पड़ा था निया को उन लोगों का व्यवहार अच्छा नहीं लगा था और वह रोष जाहिर करते हुए गुस्से में वहाँ से उठ कर कमरे में चली गई ... जब वह दोनों ऑफिस चले गये तो निया बोली, "माँ जी आप तैयार हो जाइये ...हम लोग बाहर जा रहे हैं" "नहीं बेटा, तुम्हारे पापा को मेरा बाजार जाना पसंद नहीं है ... "



“आप डरती क्यों हैं , मैं आपके साथ में चल रही हूँ आप चलिये तो” वह उन्हें पार्लर लेकर गई , उनका हेयर स्टाइल सेट करवाया , आई ब्रो बनवा कर फेशियल करवाया...जब आइने में उन्होंने अपना चेहरा देखा तो वह स्वयं को देख कर शर्मा उठीं थीं ... निया ने मन ही मन में निश्चय कर लिया था कि वह माँ जी की जीवन शैली का कायाकल्प करके ही रहेगी .जब रात में सजल और पापा जी लौट कर आये तो पापा जी मांजी को चोर निगाहों से देख कर बोले थे” निया क्या बात है ... तुम्हारी माँ जी तो सास बनते ही बदली बदली सी नजर आने लगीं हैं ...”

“देखते जाइये पापा”उसने उनकी सूती साड़ियों में कलफ और प्रेस करके उनकी वार्डरोब सजा दी थी ...ऑनलाइन 6-8 सूट ऑर्डर कर दिये और कह दिया कि आपअच्छे से तैयार होकर ही किचन में आया करिये ...

पापा जी के रुख में बदलाव दिखाई पड़ने लगा था ... अब वह पत्नी को प्यार भरी नजरों से देखने लगे थे . जब एक सन्डे को उन्होंने माँ जी से कहा , चलो हम दोनों भी कहीं बाहर डिनर के लिये चलते हैं ...तो सरोज जी की आंखों में खुशी के आँसू तैर उठे थे ... जाने कितने समय बाद वह पति के साथ बाहर जा रही थीं ... उन्होंने जाने से पहले निया के माथे को प्यार से चूम लिया था

एक दिन निया बोली, “माँ जी आप मूँग का हलवा की रैसिपी बताइये.... मुझे आपसे सीखना है ... ” उन्होंने अच्छी तरह से पूरी विधि बताई ... बस माँ जी आप बिल्कुल ऐसे ही बोलियेगा ... मैं आपके नाम का एक ‘यूट्यूब चैनल’ बनाऊँगी उसमें आप बस जो कुछ बनायेंगी उसका वीडियो बना कर डाला करूँगी ... जब लोग आपको सब्सक्राइब करेंगे तो आपकी आमदनी शुरू हो जायेगी और आप की फैन फालोईंग बढ़ जायेगी ...”नहीं बेटा मुझसे ये सब नहीं होगा ... “



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अपने ही आराम की खातिर कितना दोहन करते हैं
तरक्की के नाम पर हमने सारे जंगल काट दिए
पेड़ लगाने थे जहाँ पर महल अटारी बाँट दिए
जब भी देखो बरसे बादल धरा यहाँ रो देती है
कहाँ संजोऊँ इस पानी को जड़ें नहीं है मिट्टी है
अपनी ही जननी पर देखो मत इतना अत्याचार करो
जीओ और जीने दो इसको मत इसका संहार करो
माँ सदा देती है हमको बस थोड़ा हक तुम अदा करो
पेड़ लगाओ ज्यादा से ज्यादा बस ये अहसान करो
जितना हम धरा को देंगे ज्यादा ही हम पायेंगे
वरना निर्वस्त्र अटारी में सब जिंदा दफ़न हो जायेंगे
जैसा बोये वैसा काटे कहावत ये पुरानी है
बिन पेड़ों के इस धरती की फिर तो खत्म कहानी है
धरा पर हमने जन्म लिया, माँ का इसको रूप दिया
लेकिन अबोली माँ को हमने क्यों जहरीला बना दिया
पेड़ काटे जंगल काटे सूने किए सब मैदान
तप उठी है सारी धरती निष्ठुर हुआ है आसमान
नहीं लगेंगे पेड़ नये तो पानी कहाँ से आयेगा
फैलेगी हवा जहरीली जीवन कहाँ बच पायेगा
बदल गया है मौसम सारा मची त्राही चारों ओर
पेड़ लगाओ धरती पर तुम अगर देखनी सुंदर भोर
चौली दामन का साथ है पर्यावरण और मानव का
माँ का सीना चीरेंगे तो रूप बने फिर दानव सा
वक्त अभी बचा है बाकी कृदरत से तुम प्यार करो
नदियाँ नाला बनेंगी इक दिन प्रकृति पर क्यों वार करो

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के. के. का इस तरह जाना.....



कृष्ण कुमार कुन्नथ अर्थात् के. के. का मंच से इस तरह से विदा होना मन में अनेक प्रश्न खड़े करता है ... आज शो बिजनेस जिस मुकाम पर है वहाँ गलाकाट प्रतिद्वंद्विता के कारण कलाकार के लिये स्वयं को स्थापित करने के लिये अपने शरीर और दिल के साथ बहुत मशक्कत करनी पड़ती है और यदि आप सांस लेने के लिये ठहरे तो दूसरा कब आपकी जगह लेकर आगे निकल जाये और आप पीछे रह जायें , इसलिये सांस लेने के लिये कोई ठहरने का खतरा नहीं उठा सकता ... यही कारण है कि कलाकार को स्वयं को मंच पर चुस्त दुरुस्त दिखाने के लिये कठोर परिश्रम और मशक्कत करनी पड़ती है जिसके परिणाम स्वरूप कलाकार शारीरिक थकावट, तनाव दिल के रोगों के साथ साथ अवसाद के भी शिकार हो रहे हैं प्रतिभाशाली कलाकार सुशांत सिंह के दर्दनाक अंत को हम सब भूले नहीं हैं . सिद्धार्थ शुक्ला और कन्नड़ स्टार पुनीत राजकुमार को भी अकाल मौत का शिकार बनना पड़ा था .संगीत जिसके तार आत्मा से जुड़े होते थेकलाकार के साथ साथ श्रोता को भी संगीत के सुर आत्मिक शांति देता था और गायक और ओता दोनों ही मंत्रमुग्ध होकर संगीत के सुरों में डूब कर आनंद लेता था परंतु आज इसका स्वरूप बदल चुका है ... वर्तमान समय में प्रतिस्पर्द्धा में बने रहने के लिये मात्र संगीत का अभ्यास ही आवश्यक नहीं है वरन् स्वयं को चुस्त दुरुस्त दिख कर मंच पर प्रस्तुतीकरण करना आवश्यक हो गया

है . इसके लिये कलाकारों को अनावश्यक रूप आकर्षक बने रहने के लिये जिम या कसरत या स्टेरॉयड आदि का इस्तेमाल करने के लिये मजबूर होना पड़ता है ...शो बिजनेस में आकर्षक दिखना सबसे जरूरी होता है ...यही वजह है कि वॉलीवुड हिरोइन को कई बार प्लास्टिक सर्जरी की कष्टकारी प्रक्रिया से गुजरना पड़ता है . कन्नड़ अभिनेत्री चेतना राज को तो इसी सर्जरी के कारण भरी जवानी में अपनी जान ही गँवा बैठीं . वॉलीवुड अभिनेत्रियों के लिये प्लास्टिक सर्जरी सामान्य सी बात है ... कभी पं. भीमसेन जोशी , पं. रविशंकर या अन्य किसी ऐसे कलाकार को मंच पर प्रस्तुति करते देखिये तो उनके आभामंडल से मानों उनका संगीत एकदम आत्मा तक उतर कर शांति प्रदान करता है और श्रोता मंत्रमुग्ध होकर उनके सुरसंगीत में डूब कर रह जाता है . जबकि आज का संगीत शोर शराबा गलाकाट प्रतिस्पर्द्धा और तरह तरह के दबाव, आज के प्रोफेशनल्स कलाकारों के जीवन का जरूरी हिस्सा बन गये हैं , जिसका खामियाजा उन्हें अपनी जान से खेल कर करना पड़ रहा है .अमेरिकी रिसर्च के अनुसार भारत में 30-40 वर्ष की उम्र वालों में दिल के दौरे की घटनाओं में 13% की बढ़ोत्तरी देखी जा रही है . प्रदूषण , तनाव , बदलती जीवन शैली और पल पल की प्रतिस्पर्द्धा की कीमत इन प्रोफेशनल्स को चुकानी पड़ रही है ...के. के. का लिवर और दिल ठीक ढंग से काम नहीं कर रहा था लेकिन वह रुक नहीं सकते थे क्योंकि 'शो मस्ट गो ऑन '.....हम अपने ग्रंथों का मजाक उड़ाने को तैयार रहते हैं परंतु गोस्वामी तुलसीदास जी ने कहा थागो धन , गज धन बाजि धन और रतन धन खान , जब आवै संतोष धन सब धन धूरि समान वर्तमान में हम सबके जीवन से इसी संतोष धन ने ही अपना स्थान खो दिया है और यही कारण है कि परिणाम की चिंता छोड़ कर हम भौतिकता की अंधी दौड़ में आगे होने के लिये आंख मूंद कर अपने जीवन की बाजी लगा कर भागते जा रहे हैं ...हम कब समझेंगे कि अब हमें रुक जाना है प्रश्न है ... इस शो बिजनेस के कारण कब तक होनहार कलाकार अपने जीवन के साथ खिलवाड़ करते रहेंगे ..



पद्मा अग्रवाल



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