

VOL 26.0 | JULY EDITION

Initiative of WE Foundation

# WOMENSHINE

*Vineeta  
Singh*

+

She Leads  
Shine Global  
Beauty  
Dil Se  
Travel  
Taste Buds  
Whispering Thoughts



# CHIEF EDITOR'S LETTER

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#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.

July Edition is on " Beauty and Wellness" Our cover page of Ms. Vineeta Singh, Founder of Sugar Cosmetics say it all. The edition is bundled with inspiring stories under " Shining Star".

A lot of informative articles on " Birth Control" under Health also will take you to the beautiful country of Croatia under " Travel Tales".

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](mailto: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**

# Contents

	WHAT'S TRENDING 1-4				
	COVER STORY 5-8			TRAVEL 33	
	SHE LEADS 9-12			BEAUTY 34-36	
	CELEB 13-14			ART AND CULTURE 37-38	
	SHINING STAR 15-26			ENTERTAINMENT NEWS 39-41	
	HEALTH 27-29			TASTE BUDS 42-43	
	SHINE GLOBAL 30			WS WHISPERING THOUGHTS 44-46	
	FASHION 31-32			DIL SE 47-51	
				UNBOX TALENT 52	



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In a relatively short period of time in human history, social media has managed to make a rather significant impact. From the dawn of the first social media site called Six Degrees in 1997, to the growth in popularity of blogging sites closer to the 2000s, social media at large has come a long, long way. And not all of the impact that it has made has been on the positive end of the spectrum, which begs the question, can the powers of social media be used for good rather than evil? And the answer is yes, but it's like walking a tightrope, so the only way to be successful is to keep your eye on the prize and not fall into the negative trappings of social media.

So, to answer the question, 'Can social media be your best friend?' people need to first examine what social media's initial intent was and try as best they can to allow that to guide their decision-making.



# Can social media be your best friend?



## What is the power of social media?

Simply put, social media's purpose, when it began, was to connect people, help them communicate easily, and also to facilitate businesses' growth by enabling them to reach their desired audiences. And the power of social media lies in the fact that people can leverage these platforms that have a reach that is far and wide, to widen their circle of influence and engage directly with the people they want to talk to, easily and effectively.

**How do you correctly leverage the power of social media and make it your friend?**

## Focus on content creation and curation

People tend to get hung up on the numbers very early on, when in fact the thing that should be in focus when trying to build a business is in fact the content creation and what the aesthetic of the feed should be, and so on. The content that is posted needs to be visually appealing, have a story, and have some takeaway as well. This ensures that the audience and people consuming the content walk away with something—be it a good feeling, some new learning, etc.

## Know your audience

It is the job of every business owner to know their target audience. When someone starts a business, one of the first questions they should ask themselves is who am I speaking to or creating this for and what need is it filling? Basis this, they can then zero in on all the demographics that will allow them to understand how to build their social media strategy, depending on who their audience is, what needs they have, and what they are looking for.

## Strategize

It is also helpful to think of tools that might help the business and break it up into phase growth. If phase one is about allowing the audience to get to know the brand, then phase two can be studying competitors and figuring out how to capture more market share for growth and so on.

## Collaborate

While healthy competition keeps people on their toes, one should never shy away from collaboration. In today's world, a lot can be achieved and accomplished by steering clear of toxic competition and choosing to seek out like-minded people and collaborate with them for mutual benefit instead.

## Engage with your audience as well as others

It is also prudent to remember that one cannot and should not create content, put it out there and then forget about it. Some of the most successful social media celebrities and brands make it a point to not only engage with their audiences on their own content but go one step further and engage with pages they follow as well. Followers love to feel like they are being heard and paid attention to and other pages also appreciate getting attention from contemporaries.

## Network

Seeking out people and building a network is essential to putting something out there. The more the reach, the higher the likelihood to find someone who may help take the business to the next level. As the old verse in the Bible goes, 'Ask and you shall receive, seek and you shall find, knock and the door will be opened for you'

## Mix it up

While building the business/brand should be the priority, there should always be a mix of genuine value-adding content and promotional brand-led content. The least successful pages on social media are always those that blast their followers with promotional post after promotional post with no respite.

## Don't compare or be obsessed

The downside of social media that everyone needs to be aware of is that it becomes very easy to fall into the trap of comparing one against another. The helpful thing to remember is that everyone is on their path and has their own struggles that might not be publicized on social media but it doesn't mean that they are not there. Also, obsessively tracking your growth is something everyone does, but always remember; that there are many metrics to gauge and measure success, and follower count is only one of them

**If followed, these steps (some simple and some significantly more difficult) will help in decoding how anyone and everyone can make social media their best friend and use its powers for good.**



Written by By- Malini Agarwal

# Transforming lives



The Femina Miss India pageant has carried out the legacy of transforming the lives of young talented women and helping them along the path to becoming icons in the glamour and fashion industry. **VLCC presents Femina Miss India 2022, co-powered by Sephora, Moj & Rajnigandha Pearls** aims to continue the tradition with a clear goal to extend whole-hearted support to the new generation of women who have a myriad of talents and heaps of potential to lead and represent a great country like India in the future. With every powerful and prestigious title comes the great responsibility of fulfilling one's duty toward society. While the Covid-19 pandemic hit the world in the years 2020 and 2021, the seas and oceans faced excessive garbage disposal due to increased waste.

The excessive garbage disposal led to the growing concerns for the coral reef conservation and sustenance of marine life. Femina Miss India 2022 and Rajnigandha Pearls have decided to act upon and spread awareness on the above matter.

With the ideology of "**achchai/ goodness**" at its core, which inspires people to do good for humanity and the natural flora and fauna around them, **Femina Miss India 2022** and Rajnigandha Pearls had organized a Sea Cleaning Initiative with all the 31 state winners, and to effectively implement it, had joined hands with the decorated environmental activist and recipient of United Nations' highest environmental honor, Afroz Shah. During the Rajnigandha Pearls Act of Goodness – Sea Cleaning initiative, the **31 State** Winners of Femina Miss India 2022 did their due part. It contributed to keeping our oceans and seas clean. Each State Winner got 15 minutes apiece to collect as much garbage, which was then weighed upon arrival onshore. The State Winners not only collected plastic bags, bottles, and other non-biodegradable garbage but also pledged to continue their support to dedicate some of their own time to this cause. Femina Miss India 2022 cumulatively collected a total of approximately 1000 kgs of garbage. Further, with a combined score from this activity and assessment of all the acts of goodness that the state winners exhibited throughout the pageant, the winner will be sashed as **Rajnigandha Pearls Miss Goodness Ambassador** during the **Awards ceremony on 16th June 2022 at Famous Studios.**





Afroz Shah remarked, "The love we carry for our mother nature must be manifested by acting on it and taking the initiative to protect and conserve it. The pageant has always been a fertile ground for grooming the young leaders of tomorrow. It is encouraging to witness State Winners rolling up their sleeves and cleaning up the water bodies, and I consider it a huge step in making people realize their responsibilities towards our environment. It also adds to prove the fact that, indeed, Femina Miss India is all

about beauty with a purpose. I would like to express my gratitude to all the participants for helping us out today and actively participating in this initiative."

Pooja Chopra opined, "The oceans play an important role in the sustenance of our ecosystem and biodiversity. It is essential to keep our water bodies safe, in the interest of marine and coral life. I believe that we should be the change we want to see. I would like to remind us all to cut down on the use of plastic and recycle it as much as possible. I am glad I could participate in this noble & impactful initiative and hope that many will continue to shoulder this responsibility and create awareness about conserving our marine life. Manika Sheokand said, "I have always believed that our actions are the defining factors for our beauty. Seeing these ladies fulfill their responsibility and give back to society gives me great pride. Protecting our environment is a responsibility that we all must bear. I would encourage our youngsters to join The Sea Cleaning initiative and play a responsible part in keeping our seas and oceans as clean as possible. If we want to see a change, it should start with us, and it's high time we feel responsible for our actions. **Manya Singh commented,** "It is extremely crucial to keep the environment and beaches clean so that marine life can live peacefully. If we want to live in a cleaner and safer environment, we should start developing the habit of ensuring that we keep our surroundings hygienic and clean. I would like to appeal to civic authorities to take necessary actions to control marine pollution by keeping a check on industrial and domestic littering.

**About Miss India Organization:** The Miss India Organization is the most sought-after glamorous beauty pageant in the country that turns dreams into a reality. It is a property with a mass appeal as millions worldwide gear up to watch India's next representative on the global platform. It is the search for the perfect woman with beauty, poise, elegance, and intelligence to represent India on the Miss World stage. It is a platform that has won many accolades for the country in the international arena, and past winners are Aishwarya Rai, Priyanka Chopra, Dia Mirza, and Manushi Chhillar. Each of them has made India proud in international circles. About Rajnigandha Pearls: This is the 4th year of association for Rajnigandha Pearls and Femina Miss India. Rajnigandha Pearls believes in 'Achchai ki Ek Alag chamak hoti hai' & this philosophy goes into their product which is created with the choicest cardamom seeds, blended with purest saffron & silver coated with goodness. Through the Rajnigandha Pearls Act of Goodness – Sea Cleaning Initiative, the brand hopes to bring out the inner goodness of the 31 State Winners, making them more radiant and beautiful inside out.

**Team WS**

# Carving out an inspirational journey of **SUGAR** from the bitter-sweet instances of life



*Know the story of Vineeta Singh, Founder and CEO of SUGAR cosmetics in conversation with Saumya Singh, Womenshine.*

Daunting orthodox ideologies, discriminating tropes, pink taxes, and wage gaps are some of the myriad issues that women face in the society. The situation worsens if a woman decides to choose the path of becoming independent and self-sufficient. Prioritizing career is still considered to be a blot on a woman's character.



However, smashing these stereotypes there are women who have decided to be their own bosses. And one of them is the Founder and Chief Executive Officer (CEO) of SUGAR Cosmetics, Vineeta Singh. Singh not only gave up the easier walks of life but also chose to empower women fraternity by establishing a name in the entrepreneurial world. She recently appeared as a jury member on Shark Tank India where she was seen guiding the contestants by sharing her experiences from the early days of her journey. In a candid interview with Women Shine, Singh breaks down her journey and talks extensively about her successful brainchild SUGAR Cosmetics.

**SUGAR is a brand that is synonymous with cosmetics now. So, when did you realize that you wanted to be an entrepreneur?**

I can still recall the moment that I decided I wanted to become an entrepreneur, clear as day. One of my high school teachers, in what happened to be a life-changing moment for me, asked me rather casually what I wanted to be when I grew up. While I was still pondering on the answer to his question, he instantly said that I should become an entrepreneur. At that time, I didn't even know what the meaning of the word was, but he believed I would be a good fit for it and so began my journey. That single statement stayed with me long after but it was only during my days at B-school that I understood my path and felt confident to pursue it.



**Entrepreneur, CEO, and Being Your Own Boss** are some words that excite today's youth to start their venture, which is a good thing. But what they mostly miss out on is the fact that being an entrepreneur does not mean that all the days will be of wines and roses. Therefore, please enlighten us about both such situations that you must have faced in the business.

Challenges are definitely a part and parcel of any new job and entrepreneurship is no different. With time I have learnt that it all starts with making up our mind that - We are going to do this really well. Keeping that in mind, when there is so much at stake and so many people depending on you to make the right decision, one can't help but feel anxious. However being a runner & entrepreneur, over the period of time has taught me that no matter what challenge is thrown at you, agility matters. One of the challenge that I think all new businesses face and so did we - was working capital. Managing the credit cycle is key to keeping the working capital cycle to a bare minimum which in turn ensures efficient capital use and rotation. With little funding when we had started this was really tough - I recall times when we were out-of-stock and yet couldn't order a new batch of products because we just didn't have the money. Today we have a dedicated team that monitors this daily and proactively intervenes to help our trade partners ease and improve our cash flows. And now that we've overcome the challenge, we are working towards sustaining it



**Do you feel that every woman should be empowered and independent? How does SUGAR live up to this?**

SUGAR Cosmetics was built on the core idea to create something by women and for women, which is why we ensured that we provided ample opportunity to women in our company. SUGAR is one of the companies that gladly hires women after a maternity break and encourages working mothers, which is still a barrier faced by them in the industry. Makeup has the ability to boost confidence, help de-stress and make people feel more secure in their skin. Through SUGAR, it's our constant aim to enable women to feel as confident and beautiful in their skin as they can.

**You were one of the jury members in Shark Tank, India. Do you feel that the show has helped (if any) in changing the point of view of Indian society regarding entrepreneurship to some extent?**

India has had a long vibrant entrepreneurial culture, and the Shark Tank India television show has further strengthened it. The show not only gave the 'pitchers' a great platform to showcase their products/ brand but it also gave the audience a first-hand experience of demystifying various nuances of business and the potential that it holds. Post the show, we can also witness the change in society's perception of entrepreneurship. Whether it be them supporting homegrown small businesses or even the kind of love they have shown to our Shark Tank contestants remains unparalleled!

**Make-up is now emerging as a universal necessity for every gender. Do you feel that this change was imperative? If yes, then does SUGAR want to support such ideology, and how?**

While the popular belief is that makeup is solely created for feminine use, we at SUGAR believe that makeup doesn't correlate with gender or sexuality. SUGAR Cosmetics' product line has always been launched as a unisex line that caters to all sexes. While of course the makeup consumer market in India is dominated by women, there is a small but growing number of men using makeup as well, and this also shows in our current sales split. You will also see men feature in our makeup videos, and a lot of them as our exclusive Beauty Advisors at our stores as well. We have ensured that across our communication, we consistently deliver SUGAR product usage for men as well.

**Please share some of your favorite experiences as an entrepreneur.**

I believe getting the chance to take a concept and convert that into a flourishing business - has been my most cherished experience, especially with women as my core audience. I still remember in 2012, my team and I had been running a Direct-To-Consumer beauty subscription venture that served a young 18-30 year old demographic. Our close proximity to this TG, a closed-loop feedback gathering system and ability to send 200 products each year to women gave us a very unique vantage point in the industry. With over 200,000+ women sharing their beauty preferences, it helped us realise that most women didn't have access to the right products that were suitable for their skin tones and types, and that's when we decided to fill in that gap by launching SUGAR Cosmetics in 2015. The brand was born to address a white space in the industry that was being overlooked. Through SUGAR Cosmetics our goal was to make beauty

accessible for Indian women with affordable high-quality products, that had a pigmented colour payoff, lasting power that are specifically curated to complement Indian skin tone and climate conditions. So, when we launched matte, long lasting makeup with shades for India, the brand grew virally through women talking about it on Instagram. The product market fit was evident from more than 2 lakh online reviews with 4 to 5 star ratings. This was an experience that changed everything for us, it also gave me a chance to motivate those around me and help them improve, implement, and contribute to their passion which has been extremely fulfilling.



**You are an entrepreneur of a company that is growing bigger every day, a mother, a wife, and you manage everything at your pace quite well and the way you like. However, do you still get judgemental advice and gazes from society?**

I have always been the one to forge my own path and follow my dreams which did bring in judgmental advice from society but I never let it deter me. Luckily, I have been blessed with the strongest support system in the form of my family and friends that have always had my back. And when it comes to society, I do believe in the law of nature that progress is inevitable and as time has progressed so has people's understanding, openness and acceptance. We can see the shift as women today are not expected to choose between a family and career. Watching them push boundaries and create their mark in the industry has been a delight. It truly is quite exciting to be a woman in today's time when the possibilities are endless.

**A piece of advice for all the women entrepreneurs who are toiling day and night to leave a mark in the business world.**



When I first started 15 years ago, there weren't many women entrepreneurs in the industry which lead to numerous learnings for me. Today, there is a lot more awareness around how women can be role models and entrepreneurs which truly brings me so much joy. Now, being an entrepreneur comes with its own set of challenges and before venturing out in the field, it is very essential to understand and be clear of the problem statement that you are trying to solve. The market is cluttered and the competition is fierce so the only way to stand out is to create a unique solution to a problem that is faced by your core TG. Additionally, it's imperative to be consistent. The only way to build consumer trust is to be consistent over the years with respect to packaging, product, quality and design. Another point to always keep in mind is to ensure you are listening to your consumers and satisfying their demands and needs. Creation of value beyond just the price of the product through strong engagement patterns with consumers at all levels should always be prime focus at any time your business. And the most important would be to not lose motivation when you aren't seeing instant results, but rather keep pushing through until you see the light at the end of the dark tunnel.



**Interview by: Saumya Singh**



# Westernised Lifestyle Plays A Major Role In Infertility Dr Rita Bakshi

Dr Rita Bakshi, Founder of RISAA IVF is an IVF specialist with a backdrop from AIIMS, Lady Hardinge Medical College and St Stephens. Her work with institutes from Singapore, Germany and Belgium has delineated her worthy experience in the fields of Gynaecology, Obstetrics, Laparoscopy and Assisted Reproduction. She has proficiency in IVF, IUI, ICSI, surrogacy, recurrent miscarriage, endometriosis and ovulatory disorders and their treatments.



**How have the fertility rates of couples in metros been impacted by COVID? Please share trends and statistics.**

COVID has been found to have no direct impact on fertility. SARS-CoV-2 infection is unlikely to have long-term effects on male and female reproductive function. There is fear in the mind of people owing to COVID-19. The pandemic has not only affected the physical health of individuals but also adversely affected mental health and social interaction. It has resulted in depression, anxiety, stress, social isolation. All this may have an indirect impact on the fertility of the couples.

**Why do you think this has happened?**

The burden of infertility is linked with the changing lifestyle, increased use of contraceptives and exposure to toxins. Stress, sedentary lifestyle, fancying consumption of alcohol and tobacco, obesity increases the chances for sperms to die. All these contribute to the declining rates of fertility. COVID-19 is not the only wrongdoer. There is not only a decline in female fertility but male fertility is also attributed to it. In metro cities like Delhi, Mumbai and Chennai, over 15 per cent of the male population is infertile. This rate is greater than that of the female infertility rate.





**Do you feel this trend will become the norm in the future?**

Stress, obesity, sedentary lifestyle, smoking and alcohol, polluted environment are the contributing factors to declining pregnancy rates. Westernised lifestyle and contaminated environment play a major part in infertility amongst couples and increased miscarriage. Reduction in testosterone in males and estrogen in females results in loss of libido. As the age increases, sperm motility and quality decrease. COVID-19 has not directly impacted implantation of pregnancy and miscarriage rates. No such evidence has been found in seminal fluid or follicular fluid.

### How has the pandemic changed relationships among couples?

Relationships among couples have changed keeping in view the stress and fear of the pandemic leading to generalised depression and anxiety which is bound to affect the sex life of the couple, hence adding to fertility problems even more. There are couples who are facing economic hardships, some of them have lost their jobs and are stressed figuring out how to pay rent or to take care of their children. While other couples are self-sufficient, they may be able to take benefit and spend quality time together. Some couples faced increased anxiety, stress due to their valid reasons, which has shaped a strained relationship, regardless of love and regard. Pandemic-related stress had an impact on the relationships.

**Team WS**



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# Empowering lives with nature and its gems

## The story of Chhaya Nanjappa

It is rightly believed that if a woman is determined to empower herself, she does it with the whole tribe, and Chhaya Nanjappa is a living example. **Chhaya Nanjappa** is the founder of India's first brand Nectar Fresh which proudly carries the Women-owned logo of We Connect. Nectar Fresh was started with the support of Khadi and Village in collaboration with Women Entrepreneurial social undertaking for collecting and managing honey and other products. She is also the founder of **Naman- an initiative under Aatma Nirbhar Bharat post-covid-19** outbreak. The common factor in both the initiatives of Nanjappa is that they aim to support and empower the tribal communities, local artisans, small-scale farmers, and women. The projects spearhead the resurgence of growing the businesses by closely knitting the farmers, food industry, and consumers in a way that mutually benefits everyone in the tier.



**Chhaya Nanjappa is the definition of hard work and dedication**



Burning the midnight oil is not everyone's cup of tea. But those who remain patient and trust the process surely succeed. Nanjappa also believed in herself and presently has numerous accolades added to her name. She is a member of the prestigious National Bee Board. She is currently the Country president of the **Association of Business Women in Commerce & Industry (ABWCI)**. She has won the **Women Transforming India Award by NITI Aayog for 2021-22**. In the past, she has been recognized for her efforts in making the Indian Food Industry bigger and better. In 2014, she was bestowed with the CNBC Women Entrepreneur Award. She was the speaker at the Indian Science Congresson 'Implementing Technologies Acquired by R&D Labs'. She has been a resource person for major prestigious events and conferences by APO Japan, South Asian Women Developmental Forum, as well as Regional Economic Cooperation Conference on Afghanistan. She has been privileged to Chair the session 'Inspiring Women' at the World Hindu Congress in Chicago. She was chosen by the export council of Australia and foreign affairs and trade among a few women from Asia for a special training program on scaling up the business.



## Nectar Fresh - An inspiring example of 'Vocal For Local'



The journey of Nectar Fresh began when the waters were testing for Nanjappa. Without any guidance or mentorship but strongly driven by her passion for learning about supply chains and allied sciences, Nanjappa transformed **Nectar Fresh** from being a local start-up into an internationally recognized brand. The mission of Nectar Fresh is to manufacture and distribute the **highest-quality honey** to consumers from the land of **Kodagu**. Nectar Fresh is one of the leading buyers of natural honey from the tribal communities and small-scale farmers with the sole intention of providing them a life of comfort and additional income opportunities. During its course of glorious years, Nectar Fresh has diversified into manufacturing agro-based products like seed **cocktails**, **apple cider vinegar**, **mother vinegar**, **coffee**, and **superfoods** like **chia seeds**, **flax seeds**, and **spices**.

The brand has already earned its reputation in the **world of honey** and portion packs of natural and freshly prepared jams and sauces. Therefore, it would not be an exaggeration to state that Nectar Fresh celebrates the synergy among nature, farmers, rural folks, tribals, and skilled workers who are striving en-masse to promote the supply of nutritious food in the industry.



Written by : Saumya Singh

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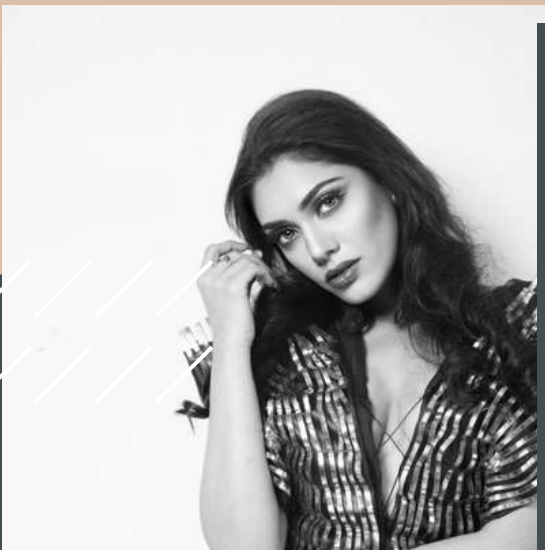
# Diya Chevli

## Glamour World



An enthusiast of Fashion. She pursued her education in fashion communications, media and industries. She started off as an assistant fashion stylist. Passionate about modelling and fashion, Diya has already achieved milestones at a young age. At 17, she walked the runway for a fashion show in Singapore. She has already marked a dent in the fashion world. The dream to do something big in the '**glamour world**' took her to the '**dreamland**', **Mumbai in 2017.**

In 2019, she debuted in a **Bollywood film** and carried on pursuing modelling in Mumbai. She has bagged various global projects for modelling in various locations like **Dubai, UAE, Singapore, and Mumbai.** She has worked with top brands like Jabong and shot a commercial with Jio as well. Diya always wanted to expand her horizon. Apart from modelling and the fashion world, she tried her hands at acting too. She appeared in **music videos, with Malaysian artists, Sri Lankan artists (ADK and Yohani), and a Bhojpuri song as well.**



She has appeared in a couple of fashion and lifestyle magazines in 2022 such as Stylecruze for New York, Malvie for France, and Vigour to name a few. Like others, her life in the 'city of dreams' was not full of roses. She has had her struggles, undergone many auditions, and faced rejections. "**If you have a strong belief in yourself, you know you want something you're so passionate about, just keep working towards that goal.** Don't give up no matter how many hurdles you face. Be persistent and have a positive mindset. **Just give it your all.**", says Diya. She is currently pursuing modelling in Singapore. She has a strong support system, which she is proud of. Her mother has been with her through thick and thin.



# PLAY WITH PRINTS WITH NUSHRRAT BHARUCCHA



Nushrratt Bharuccha is a real fashionista with an amazing sense of style. Her off-screen appearances, like her on-screen characters, reflect her lively, fun, and diverse nature. During the promotions of Janhit Mein Jari, she flashed a variety of gorgeous looks. She wore green Paulita drawstring separates from Appapop to keep things classy. A layered golden neckpiece and white platform heels completed the look. She accentuated the outfit with light makeup and left her hair open.

Punit Balana's printed beige ensemble got its perfect match in Nushrrat. The outfit was made up of a strappy crop top and a matching skirt with natural designs all over it. She completed the outfit with statement earrings and smokey eyeshadows, flushed cheeks, and neutral lip color. Punit Balana's printed beige ensemble got its perfect match in Nushrrat. The outfit was made up of a strappy crop top and a matching skirt with natural designs all over it. She completed the outfit with statement earrings and smokey eyeshadows, flushed cheeks, and neutral lip color. Bharuccha looked equally gorgeous in a patterned cape and jumpsuit combination. It was worn with minimal makeup and accessories. Hoop earrings, glossy makeup, and a neutral lip color completed the actor's ensemble.



Nushrratt donned a navy blue lehenga set with intricate threadwork, frills, shells, and beading details, and she looked stunning. Nidhi Jeswani styled her, who accessorized with a stack of silver bracelets and kept her curly hair open.



**Written by : Saumya Singh**



# VAISHNAVI JOIL, CO-FOUNDER, FLYING KONKAN ZIPLINE ADVENTURE SPORTS

As an IT engineer and a robotics expert, Vaishnavi Joil was as far away from starting an adventure tourism company, as anyone else! Yet the pandemic happened and the dream to form a tech Start-up transformed into a deep desire to do something to uplift the people of her hometown, Devgad, and put it on the tourist map and path to development, just like its neighboring towns of Malvan and Ratnagiri. Devgad is a quaint little beautiful beach town, along the picturesque Konkan coastline, that has been the native of Joil family and the place where the sibling spent most of their childhood summer vacations lapping up delicious Devgad mangoes. This was also the place where the pandemic found them in their adult lives and also highlighted the various challenges faced by the locals. After 18 years in IT, working with some of the leading MNCs, Vaishnavi joined a start-up in Pune and then the lockdown forced her to move to her hometown in Devgad. Although raised in Mumbai and working in Pune, Vaishnavi had dreamt of a regular Tech career trajectory.



However, the move to Devgad was a revelation about the state of affairs in her hometown and she was saddened to see the lack of opportunities for the youth and the rate of unemployment. Although equally picturesque when compared to some of Konkan's popular tourist destinations, Devgad had not witnessed any tourist flux. That is when Vaishnavi teamed up with her brother and decided to do something to uplift her hometown, by putting Devgad on the tourist map and thus creating employment opportunities for the people. Combining her passion for adventure sports with this goal, the siblings co-founded 'Flying Konkan' – an adventure sports company that brought the unique experience of coastal Zipline to the shores of Devgad. Although a well-known adventure sport abroad, Zip lining is rare in India, and whatever few options are available, they are generally restricted to the mountains and hill stations. Zipline along a beach was never heard of in India. But Vaishnavi knew it was a possibility to not only introduce it to the Indian population but to also break away from the niche 'water sports' category that is actively promoted across coastal holiday destinations, especially in Konkan.



What started with a curiosity and an idea in 2016, finally took shape and materialized in January 2021, after years of meticulous research, planning, permissions, paperwork, and several trials. Perched at a height of about 280 meters from sea level and with a total length of 1885 meters, Flying Konkan Zipline is the first of its kind adventure sports activity in the coastal region of India. Apart from Zipline, Flying Konkan also plans to launch a surfing school to further enhance the reach of water sports beyond just a form of entertainment. Through the surfing school, she also aims to provide skills and employment to local youth who can become instructors and volunteers. As a woman entrepreneur herself, Vaishnavi is also invested in empowering the local women folk and plans to start a restaurant/ eatery that employs local women, who cook the best of local cuisines, to allow travelers the most authentic taste of the region while also helping local women become independent. When she is not inspiring women folks or recruiting local youth as adventure volunteers, Vaishnavi is busy innovating with RPA robots and creating solutions that help solve a series of real-world problems!

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# SHUBHITA AGARWAL CARING COMPOUNDS



Caring Compounds, a newly launched COSMOS certified organic anti-aging skincare brand is a dermatologically tested skincare brand, that offers a range of products that target ageing concerns of women to the core. Caring compounds, is a brand for women who believe in balance. Women who are focused on their successful careers, social circles, family lives, and life aspirations, who also consider personal care to be an important part of their daily lives or because of added responsibilities have forgotten taking care of themselves. Caring Compounds combines nature's most potent and pure ingredients with adding a new organic spin to unwinding from

bustling schedules and hectic lifestyles. Focused on the personal journey and struggle of the brand's Founder, Shubhita, Caring Compounds' purpose is rooted in what they call **'The Circle of Honesty'**. With products like Anti-Pollution Day Detox Cream, Advanced Pigmentation Correction Formula, Night Repair Gel, etc, the brand is a synthesis of honest experiences that focuses on combining a woman's skincare regime with compassion and striking the right balance!



Shubhita Agarwal, the Founder of the brand says, **"After witnessing women's anti-aging struggles around me, including my mother's, I decided to create high-performance anti-aging inventions that strike a balance between nature and science.' At Caring Compounds, we believe in Earth's finest inventions and strive to bring you the honesty you deserve through our fresh organic mixes!"**



An MBA in finance and an avid nature lover Shubhita, a mother of two has always been keen on finding the solutions in nature. Caring Compounds is dedicated to a multitude of humanitarian issues, including child education. The products are FDA approved, PETA certified, cruelty-free, vegan, GMP, and Ecocert COSMOS Organic certified. You can lay your hands on the products via Amazon and Flipkart. And on their website [www.caringcompounds.in](http://www.caringcompounds.in)

## ABOUT THE BRAND

Built on the foundation of Shubhita's mother's remarkable story and her struggles during her concerns with ageing, the brand's purpose is anchored in what they call 'The Circle of Honesty, the aim of empowering women all around the world with every Caring Compounds product. All the products are created with a purpose, a mission, and an open heart. The brand is a synergy of honest experiences that will move modern women's routines toward more compassionate and caring ones, allowing the brand to take greater steps toward educating the women of the future.

### Social media links

<https://www.facebook.com/caringcompounds/>

[https://instagram.com/caring.compounds?](https://instagram.com/caring.compounds?igshid=YmMyMTA2M2Y=)

[igshid=YmMyMTA2M2Y=](https://instagram.com/caring.compounds?igshid=YmMyMTA2M2Y=)

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# DR. MAYURI NIGAM NAVYAM AYURVEDA

Navyam Ayurveda , is a wellness center for healthcare through authentic Ayurveda. it is established by Dr. Nilesh Nigam and Dr. Mayuri Nigam in the year 2011 it is located in the heart of the City, Lucknow, the capital of Uttar Pradesh.

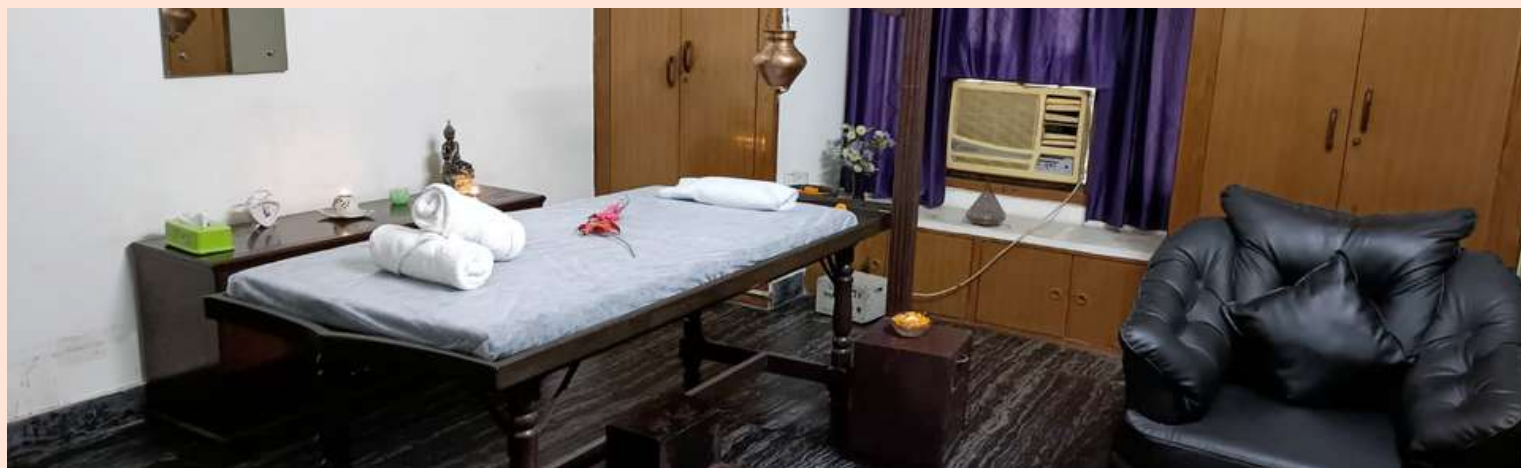


Navyam Ayurveda offers holistic healing facilities aimed at providing lasting and permanent relief to people suffering from a number of ailments. Not just a treatment center... a life transformation experience. Navyam, where India's ancient healing secrets are put to work in ironing out the kinks in your system. Whether it be a therapeutic or rejuvenating n relaxing treatment, our doctor and therapist will ensure you return to a better state. At Navyam, we have a special team of professionals who understand the requirements of the human body and accordingly design the various health programmes.

There are some of the Ayurvedic Panchkarma therapies that are being performed by well-trained and experienced technicians under the directions of our expert ayurvedic doctors. Ayurvedic treatment involves an individual's mind-body constitution (**prakruti**) and nature of imbalance (vikrut) after a detailed consultation with the physician and then seeking to return to a state of healthy balance. Navyam Ayurveda is providing a complete solution for Anorectal problems like piles,fistula -in -ano,fissure ,pilonidal sinus, etc. through the world's most popular method of surgery i.e.Ksharsutra







Navyam Ayurvedic Panchkarma & Anorectal Treatment center facilities include **Ayurvedic Panchkarma** treatment rooms for the body, a well-equipped sterilized room for Anorectal surgical procedures, treatment room for face, and hair, relaxing body massages, wraps, scrubs, facials, and ayurvedic steam rooms. We give preference for the privacy of our patients with a soothing and relaxing atmosphere all around. The full hygienic conditions are maintained in the rooms as well as during the procedures. We aspire to offer our esteemed patients a temple of the body & soul..... so what are you waiting for? Come and indulge your senses like never before and get rid of all your ailments.....Dr.Mayuri N.Nigam, working as an **Ayurveda & Panchkarma** Consultant. Specialist in Gynaecological, Lifestyle disorders, and Infertility. Having a working experience of more than 17years. She is also the co-director of NAVYAM AYURVEDA PANCHAKARMA AND WELLNESS CENTRE in Gomtinagar, Lucknow running since 2011 where they provide authentic Ayurvedic panchkarma, Ksharsutra, and relaxation therapies for all ailments. We are providing the Garbhsanskar sessions for pregnant females and Swarnprashan for the kids She has also worked as a health consultant in VLCC and Patanjali Yogpeeth. She is also the founder of CHAON FOUNDATION Shade Of Care which works for female health awareness and for the growth of Ayurveda in different fields. We have organized many offline and online workshops, courses, and webinars also to strengthen the Clinical Hands of Ayurveda Practitioners and to spread Ayurveda knowledge. Our foundation is working to enhance the clinical skills of AYUSH practitioners by providing them with a knowledge-sharing platform where more than thousands of practitioners and students are connected.



U can visit her website on [www.navyamayurveda.in](http://www.navyamayurveda.in)  
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You can contact her on 9532339282, 0522-2304879, 9450940094, 83170 42320

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You can join us on kutumb app

<https://kutumbapp.page.link/DjoqrgTrkz9Yr2mU8>

The app of Chaaon Foundation is available on play store

[https://play.google.com/store/apps/details?](https://play.google.com/store/apps/details?id=co.barney.dgwc)

[id=co.barney.dgwc](https://play.google.com/store/apps/details?id=co.barney.dgwc)

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# Navyam Ayurveda

Navyam Ayurveda, is the reputed name among Ayurveda centres in the city where you will get all the Ayurveda services under one roof. We provide Ayurveda Doctor's Consultation, all Ayurveda Panchkarma Treatments as well as Relaxing and rejuvenating Traditional Ayurveda Keraliyan Therapies. We provide Insta Pain Management Techniques of Ayurveda like Agnikarma and Viddhakarma. The patients having circulatory issues can get Leech Therapy and Cupping Therapy at our place.

We provide successful treatment of all Gynaecological disorders and Infertility through Ayurvedic medicines and Authentic Ayurvedic Procedures of Uttar Vasti, etc. We provide Garbhsanskar Sessions for pregnant ladies and Swarnprashan for the kids to boost their immunity. The various serious Anorectal disorders like piles, fistula, fissure, etc can be simply treated by the old traditional surgical method of Ksharsutra at our centre. Besides with this Navyam Ayurveda is providing successful Ayurveda treatments for all acute and chronic disorders like joint pain, migraine, skin disorders, hair fall, psychological disorders, neurological issues, eye disorders, obesity, etc., and also provides healthcare programs for general wellbeing. So if want to avail Authentic Ayurveda then just come to us and have a meet with our experienced and well-trained team of Doctors and staff.



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**ARTHRITIS**  
AND ITS MANAGEMENT  
THROUGH AYURVEDA

2/35, Vijay Khand, Near SBI, Gomti Nagar, Lucknow

Team WS



#shiningwomen



# Blossom Tea Teas for your every mood

A heritage family Tea Brand Golden Super tea Store is situated in the heart of the city of Nawabs Lucknow is the oldest loose tea store in Lucknow. It has been serving the finest Assam & Darjeeling Teas for over the past 50 years,

The man behind this extraordinary odyssey was **Mirza Shamshad Hussain A Master Tea Taster** who has spent Close to two decades in the Tea Gardens and returned back to his roots to open his store. With a vision of making this local tea brand into a Global tea brand, Nazia Ali along with her husband **Sunny Faraaz** started the signature brand Blossom Tea, a high-quality hand-crafted tea blended with the finest herbs and fruits customized specifically to suit your lifestyle Ever since her childhood Nazia has been fascinated with the very idea of small leaves beholding the power to prevent a range of ailments, she has profiled over a hundred teas for every occasion and mood. Blending the right ingredients together and making the magical potion that possesses the power to help people get over depression, memorize better, and boost their immune system. In today's world with the growing awareness among people about the numerous health benefits of organically grown products, Blossom tea aims at bringing to you the finest and widest varieties of teas including Chamomile, Lemongrass, Green teas, Darjeeling black teas, Oolong whites, etc. at your doorstep, available on all leading online



At your doorstep, available on all leading online market places, Nazia plans to create Blossom Tea a Global Brand. Nazia Is a postgraduate in business and has over 7 years of work experience in the banking sector, she was a banker by profession and she started her **entrepreneurship journey in 2016**, after she visited Assam and auction houses in Kolkata, was very impressed and attracted with live tea tasting and blending sessions and found it very interesting and subsequently enrolled and mastered the art of tea tasting and blending and learned the tricks of the trade-in a jiffy.





SHINING STAR

She set up the factory and ensures that all the tea blends are made in small batches maintaining high standards of hygiene under her personal supervision. She opted for a retail supply chain model initially where they were selling only at their own outlets, online marketplaces, and exhibitions, but the real challenge was in expanding to retail outlets in Lucknow for which she created a network of distributors in the city to increase the reach of Blossom Tea and make it convenient for customers to find their preferred brand at a nearby store and as a result, it is available at all leading stores of Lucknow. Now she is planning to launch it nationally very soon. Getting selected for the WEDP 0.3 (**Walmart**) has boosted her confidence by going through sessions on various fields of the business has resulted in her getting useful insights as to how to build a brand at the national as well as global level. The journey to building the business is grueling, exciting, and inspiring- **“Don’t worry about being successful but work towards being significant and success follows”** Nazia truly find this very inspiring because it provides perspective if you are significant in your arena results will follow, **Trust your journey and invest in the end game.**

Team WS







## Entrepreneur- National Capital region's Achieving Women: Shaila Rizvi, Director, My happy space designs

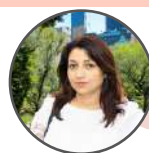
As a woman working in a male-dominated construction and design, Rizvi admits that she has often felt neglected or underrated by her peers in the sector- however, she made sure that such challenges never deterred her from realizing her goals. This article is a part of our annual Achieving Women series, in which we profile female leaders making a mark in our northern region. Shaila is an Interior designer but her persuasion to get her designs well-crafted, with the finish of an admirable grade, pushed her to wear an additional hat of a contractor. She took up residential and commercial interior design projects from start to finish in New Delhi, and adjoining cities of Gurgaon, Noida, Ghaziabad, and Meerut. Rizvi admits that often she was required to compete with male contractors for work and often felt neglected or taken for granted by her peers in the sector- however, she made sure that such challenges never deterred her from realizing her goals.



A designer charged with provoking change in the field of interior, she committed to using materials and processes that maximise worker, end-user, and planetary health. She likes to encourage her clients to use materials that eliminate risks to human health and the environment. She seeks to enjoy design projects that are at the intersection of design, human experience, and health. Rizvi started her design consultancy in 2016, but her project management experience in the sector picked from 2017 mid onwards, since then, she has completed over 35 Projects. Some of her work includes Homes of Shashi Shekhar- chief editor Hindustan times, Chandramauli Kumar Prasad- Supreme Court Judge & chairman press council of India Mahender Singh malik-director oppo India, Gupshup-restaurant New York, Movie Set design Zindagi kashmakash. In all, she has taken up a wide variety of interior design assignments. Her work is rich in variety, which makes her a versatile designer.



But amid successes are the inevitable lessons that come through failed endeavours and unprecedented stumbling blocks. Rizvi's lens appears to be untainted by unrealistic situations, and that is perhaps most evident in how she handled Covid -19 crisis and what it has taught her. "Prepare for the unexpected!" she declares. "I think my leadership style has remained unchanged through the pandemic, it's the performance field that had definitely shifted. During the Pandemic year, I decided to utilize it in attaining higher education. The Master's program at Parsons school of design has brought her more design clarity. Helped her to understand better, the core area that interests her which is the design based on the theme of care & empathy.



**Shared by Shaila Rizvi**



# RIDDHI SHARMA BABYORGANO

## ABOUT THE FOUNDER



Making the foundation strong. Riddhi Sharma founder of BabyOrgano Riddhi Sharma – The CEO & Founder of BabyOrgano, and mother of four year old is a new-age mompreneur who always strives to research the market and help businesses grow exponentially. She laid the foundation of her venture BabyOrgano when she sensed the huge gap between modern mothers & the ancient science Ayurveda and vast industry potential. Together with Ripul Sharma, her husband, and the duo have been working continuously to introduce Ayurveda in the childcare segment. She realized that despite its magical results and worldwide acceptance, the baby care sector was still missing out on the benefits of Ayurveda. Corporate IT professionals turned into Entrepreneurs, Riddhi & Ripul has 12+ years of rich experience in the IT industry with a successful business in the IT segment. With the born of their first baby Kayaan, everything changed in their life. They wanted to assure the best care for the newborn. In search of the best, they got to know about the 5000-year-old remedies and their magical results. With her motherhood experience and IT expertise, she decided to build the bridge between the Ayurveda's benefits and modern mothers.

## ABOUT THE BRAND

BabyOrgano was founded in the year 2019, and is India's first D2C baby care brand focused on Ayurveda's branch "Baal Chikitsa". Baal Chikitsa is extremely important segment as children can not explain their problems, the dosage of medicines are different for them and every medicine must be palatable to them thus every single product of

BabyOrgano has done extensive research and developed products under the guidance of professional Ayurvedic experts. All products are compliant with FDA and GMP guidelines. We at BabyOrgano connect with our clients (kids) with modern packaging of their favourite characters and works on every mothers' concerns of long term overall growth and immunity of their kids with the blend of powerful Ayurvedic ingredients.

Team WS



# TAKE NOTE OF THESE ESSENTIAL NUTRIENTS TO SOOTHE YOUR EYES

Throughout the day, our eyes are active. However, the amount of time we spend in front of computers can induce stress and headaches and impede our everyday tasks. A nutritionist, Loveneet Batra, took to Instagram to discuss some nutrients that can help enhance eye health. She captions her post, "Puffy eyes, swollen under eyes; dark circles are only a few downsides of excess screen time," and gives tips to take care of our eyes.



## VITAMIN A

Vitamin A is a fat-soluble vitamin that, according to the dietitian, helps lower the risk of age-related macular degeneration, a common eye ailment. It also shields the eye from the harmful effects of sunshine. Beta carotene, an organic pigment found in vegetables, is also essential for keeping the cornea bright and healthy.



## VITAMIN C

Vitamin C is important for maintaining the body's appropriate balance of antioxidants and free radicals, as well as keeping eye cells healthy. It is an important factor in the production of collagen, which is required to give structure to the cornea and sclera, which make up the eyeball's outer layer.



## OMEGA 3

Her caption read, "Omega 3 is a very important fatty acid that helps save the eye from drying up and from discomfort."



## LUTEIN AND ZEAXANTHIN

They are useful for filtering out hazardous high-energy blue wavelengths. According to the specialist, they also protect the eye from aging



Written by : Saumya Singh





# Know your options: 6 of the best contraception/Birth control options for women



Getting frisky doesn't have to be a risky business – not when there are many contraception methods out there to suit different needs. Contraception can be used to prevent pregnancy and some types will also protect you from sexually transmissible infections (STIs). You might find yourself asking: Which method will be best for me and my lifestyle? Which method protects against STIs? It can be difficult to decide which birth control method is best because of the wide variety of options available. The best method is one that you will use consistently, is acceptable to you and your partner, and does not cause bothersome side effects. Other factors to consider include:

- How effective is the method?
- Is it convenient? Do I have to remember to use it? If so, will I remember to use it?
- Do I have to use/take it every day?
- Is this method reversible? Can I get pregnant immediately after stopping it?
- Will this method cause me to bleed more or less? Will the bleeding I have while using the method be predictable or not predictable?
- Are there side effects or potential complications?
- Is this method affordable?
- Does this method protect against sexually transmitted diseases?
- Will it be difficult to discontinue this method if I choose to do so?

No method of birth control is perfect. You must balance the advantages and disadvantages of each method and then choose the method that you will be able to use consistently and correctly.

## **1. Intrauterine Device (IUD)**

This small, T-shaped device is made from a material possessing progesterone hormone or plastic and copper and is fitted inside a woman's uterus by a trained healthcare provider. It's a long-acting and reversible method of contraception, which can stay in place for three to 10 years, depending on the type. Some IUDs contain hormones that are gradually released to prevent pregnancy. The IUD can also be effective emergency contraception if fitted by a healthcare professional within five days (120 hours) of having unprotected sex. IUDs having coppers are 99% effective and the ones containing hormones are 99.8% effective, so you're about as protected as you possibly can be by a contraceptive method. However, irregular bleeding and spotting occur in the first six months of use; requires a trained healthcare provider for insertion and removal and does not protect against STIs.



## 2. Internal (female) condoms

Female condoms (also known as internal condoms) are a barrier-type of contraceptive that is inserted into the vagina prior to having sex. Female condoms protect against unintentional pregnancy and sexually transmitted infections (STIs). People may appreciate sex more with a female condom because they feel safe knowing that they are in control of their sexual and reproductive health. Female condoms require practice to be inserted properly

## 3.The Contraceptive Injection

A contraceptive injection includes a synthetic version of the hormone progesterone. It is given into a woman's buttock or the upper arm, and over the next 12 weeks, the hormone is slowly released into her bloodstream. This injection lasts for up to three months; is very effective; permits sexual spontaneity and doesn't interrupt sex.

However, this injection may cause disrupted periods or irregular bleeding; it requires keeping track of the number of months used and does not protect against STIs.

## 4.Emergency Contraception Pill (The 'Morning After Pill')

The Emergency Contraception Pill can be used to prevent pregnancy after sex if contraception wasn't used, a condom has broken during sex, or a woman has been sexually assaulted.

While it is sometimes called the 'Morning After' pill, it can actually be effective for up to five days after having unprotected sex. The sooner it is taken, the more effective it is; when taken in the first three days after sex, it prevents about 85% of expected pregnancies.

This pill contains special doses of female hormones. Any woman can take the emergency contraception pill, even those who cannot take other oral contraceptive pills. It can be bought over the counter at a pharmacy or chemist without a prescription.

The common side effects of the emergency contraceptive include nausea, and vomiting and the next period may be early or delayed. Emergency contraception does not protect against STIs.

## 5.Diaphragm

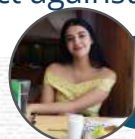
A diaphragm is a little, soft silicone dome placed inside the vagina to act as a barrier for the sperm from entering the uterus. The diaphragm needs to stay in place for at least six hours after sex. After six - but no longer than 24 hours after sex - it needs to be taken out and cleaned.

While you can use the same diaphragm more than once, and it can last up to two years if you look after it, using a diaphragm can take practice and requires keeping track of the hours inserted. The diaphragm works fairly well if used correctly, but not as well as the pill or an IUD.

## 6. Contraceptive Ring

This method of contraception consists of a relaxed plastic ring constantly releasing hormones in the vagina of the woman. It stays in place for three weeks, and then you remove it, take a week off then pop another one in. The ring releases the hormones oestrogen and progesterone. These are the same hormones used in the combined oral contraceptive pill but at a lower dose.

You can insert and remove a vaginal ring yourself; this contraceptive method has few side effects, still allows control of your periods and allows your fertility to return quickly when the ring is removed. However, it is not suitable for women who can't take oestrogen-containing contraception; you need to remember to replace it at the right time and does not protect against STIs.



Written by: Aditi Gupta





# Raheema Adam

## Transforming Lives

**Raheema Adam, Country President, Maldives, ABWCI**

truly believes that the challenges and hardships are common factors in the life of entrepreneurs, be it a woman or a man. Raheema is a champion of small and medium businesses owned by women entrepreneurs. She is skilled in developing a successful strategy to run a small business sustainably. She is an author and a mentor for emerging business leaders. She is also a women's rights activist who continues to fight for women's empowerment. As a mentor and woman business leader, she trains women and conducts workshops for them in the islands to help them overcome their challenges. Through her training, she wishes to empower them to become financially independent and change their lives through entrepreneurship

She believes women are capable of doing any work that they decide on. In her own words, "Women need willpower and determination to look forward and work. And they have the right to be and are no different to a man in becoming financially independent and living the life they want to." The idea of transforming the lives of women in her country stemmed from the fact that her personal life was full of challenges. She was a single mother from an early age and took care of her family and children. Moreover, being in a patriarchal society, it was indeed difficult for her initially. But she pursued her dreams despite challenges and went to become the owner of a hotel in the capital city Male. But as a hotel operator, she learned that it needs strategy and courage to run a business. And she accomplished the task. At present, she represents some of the Governmental and private committees and is a Director of Business Enterprise and Employment Support for women in South Asia. Through her efforts, she not only achieved success but also fulfilled her responsibilities as a mother. Her most triumphant moment came when her hard work and dedication to women's rights and progress got noticed. The government appreciated her efforts and awarded her the most prestigious civilian recognition in the Maldives, the National Award in 2016.

**Team WS**

# Janhvi Kapoor

LOOK BOOK · LOOK BOOK · LOOK BOOK







## Ananya Panday

Summers call for vacations, and traveling calls for the perfect airport look. And our celebrities never fail to make the airport their fashion ramp. They style up and put their best foot forward to make the paparazzi go head over heels for them. Ahead, we round up the week's best celebrity airport looks for you to take inspiration from.

## Kiara Advani

Want to keep it cool and breezy? Take lessons from Kiara! The actor wore a loosely fitted overall with a mix of colors that looked stunning. She, too, kept her hair loose, and as always, it did not go wrong.



## Sanya Malhotra

Keeping it casual and basic can be learned from Sanya Malhotra. The actor chose a white top and denim skirts with sneakers to travel, and we must say she looked beautiful. Sanya's curls just added a little bit of play to her curls.



Written by : Saumya Singh

# Croatia

## FULL OF LIFE



The eastern European country with the longest coastline in Europe has a mellow history. Croatia declared independence from erstwhile Yugoslavia in 1990, sparking an ugly war. Today the bloodshed is history, and there's a lot to explore and understand for the discerning traveller. There are ruined Roman palaces, Byzantine mosaics, Venetian bell towers, medieval walls, and more. Dubrovnik is the "Pearl of the Adriatic", with its old town encircled by a medieval wall. This is the city of the "Game of Thrones", and the Shahrukh Khan starrer 'Fan' was shot here. Zagreb is the quirky capital city of Croatia with cosmopolitan bustle, generous parks, and in-love-with-life cafés. There are some delightfully offbeat museums around here. The museum of Naïve Art showcases a uniquely Croatian art form: paintings by the untrained peasant artists. Just across the road is the equally endearing Museum of Broken Relationships, featuring true stories of failed couples from around the world.

Ban Jelacic Square has served as the city's commercial heart since 1641 when it was declared a place where fairs could be held. The square was Zagreb's main marketplace and carried the name "Harmica" (Hungarian for one-thirteenth) after the tax levied on the goods sold here. In 1848, the square was renamed to honour the Ban (Governor) Josip Jelacic. After World War II the name of the square was changed to "Republic Square", only to return to its previous title in 1990. There's a legend connected with the name of Zagreb. The story goes like this: One sunny day an old Croatian war leader was returning from battle, tired and thirsty, and asked a beautiful girl Manda to scoop up some water for him from the nearby spring. The Croatian word for 'Scoop up water' is Zagrabit, so the spring got its name Mandusevac after the girl, and the town got the name Zagreb after a scoop of water. Today Croatia is worth your time and money, and three days should be good enough to look around.



# Benefits of Saffron



It is said glowing skin is a result of proper skincare. It is the reflection of overall wellness. One should invest in one's skin as it will represent you for a very long time. It is said 'Mother Earth's medicine chest is full of healing herbs of incomparable worth'- Robin Rose Bennet. If we talk about herbs & spices we think of Saffron. This has medicinal cum cosmetic properties and is beneficial in fighting skin ailments that plague both young and old.

Saffron, a fragrant spice, commonly known as 'Kesar' in Hindi, got from the crocus plant (*Crocus sativus*). It is made of dried stigmas or the female part of the plant. It is considered the most expensive spice in the world. This is because it can only be harvested for two weeks out of the year, and each saffron flower has to be handpicked. Saffron was considered a wonderful cooking ingredient, along with that it possesses both medicinal properties and cosmetic properties. It is very useful in curing skin issues. Being rich in manganese helps in regulating blood sugar which in turn, gives a healthy glow to one's skin.

**Let's find out in detail how saffron benefits the skin.**

## Benefits of saffron-

### 1. Treats acne & blemishes-

Saffron has both anti-bacterial and anti-inflammatory qualities and is the best ingredient for treating acne and breakouts. It has medicinal properties which help in clearing up acne-prone skin. One can take 5-6 fresh basil leaves and 10 saffron strands. Soak them in clean water, then make a paste out of them and use on breakouts to clear them. Basil leaves help in eliminating the bacteria that causes acne and pimples.

### 2. Reduces hyperpigmentation

When used topically, saffron not only brightens skin tone but also improves and reduces hyperpigmentation, due to its high vitamin C content.

### 3. Heals cuts, scrapes, and other wounds:

Saffron has healing properties which help to hasten the process of skin recovery. The application of saffron on wounds or injured skin helps them heal faster. Saffron even helps in lightening the marks in the long run.



#### 4 Radiant skin-

Studies have shown pollution, harsh weather and external factors make the skin dull and lifeless. Regular application of saffron can revitalize the skin, making it radiant. Saffron contains minerals and carotenoids which help in damage repair and keep the skin smooth and supple.

#### 5 Brightens skin-

Saffron contains antioxidant properties which help in brightening the skin without harsh side effects. It prevents UV damage and pollutants that produce free radicals which tend to play havoc on the skin.

#### 6 Anti-inflammatory-

Saffron due to its anti-inflammatory property helps in reducing redness, inflamed skin, and even acne.

#### 7 Anti-ageing-

Saffron contains a carotenoid called Crocin, which has anti-ageing properties and helps to keep the skin firm and wrinkle-free.

#### How to use saffron on the skin-

**Saffron has been formulated into many different types of products, masks, toners, gel, oil and serums.**

**Best products of saffron are-**

##### ● Honey-saffron mask

This helps in soothing irritated skin, strands of saffron are crushed and mixed with honey and applied all over their face. The mask is applied for 10 minutes and then washed with cold water. The skin should be air-dried and followed up with a mild moisturiser.

##### ● Saffron gel

This helps in treating inflammation of the skin, it is a cooling gel treatment for the face. A couple of strands of saffron are crushed and mixed with natural aloe vera gel and rose water. A small amount of gel is rubbed in the skin until all of it is absorbed. Do not rinse after the application of the gel.

##### ● Saffron skin toner

A couple of crushed strands of saffron are infused in witch hazel or rose water and soaked for 1 to 2 days, in a non-metallic container the mixture is poured into a spray bottle and used as a toner whenever required.





### ● Saffron oil treatment

For using saffron essential oil as a moisturiser, it is mixed with carrier oils like grape-seed or almond in order to avoid overly sensitising one's skin. Saffron oils are used as a natural moisturiser for clear, glowing skin. One of the best saffron oil is Kankanam face oil. This contains Sweet almond, argan and jojoba oil infused with Kesar (saffron), star anise and fenugreek seeds. It helps to repair damaged skin and keeps it glowing.



### ● Normal Skin Daily Face Pack Cum Scrub-

Saffron can be used as a daily scrub cum face pack to exfoliate and have glowing skin. The best scrub cum face pack is Kanakam Normal Skin Daily Face Pack Cum Scrub. It contains Red/Pink lentils, Almonds, Orange Peel Powder and Mongra Saffron which help in exfoliating and giving radiance to the face.

### USE SAFFRON TO GLOW



Written by :Dr Preeti Talwar



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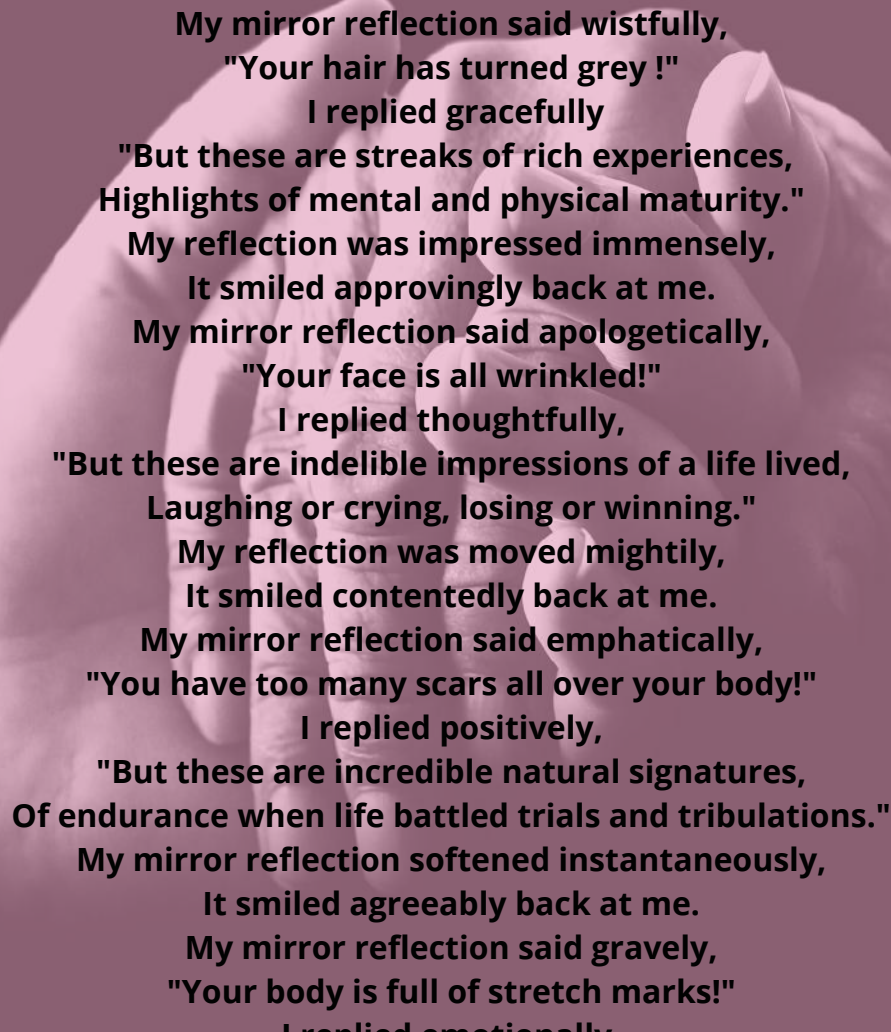
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# IN CONVERSATION WITH MY MIRROR REFLECTION



My mirror reflection said wistfully,  
"Your hair has turned grey !"  
I replied gracefully  
"But these are streaks of rich experiences,  
Highlights of mental and physical maturity."  
My reflection was impressed immensely,  
It smiled approvingly back at me.  
My mirror reflection said apologetically,  
"Your face is all wrinkled!"  
I replied thoughtfully,  
"But these are indelible impressions of a life lived,  
Laughing or crying, losing or winning."  
My reflection was moved mightily,  
It smiled contentedly back at me.  
My mirror reflection said emphatically,  
"You have too many scars all over your body!"  
I replied positively,  
"But these are incredible natural signatures,  
Of endurance when life battled trials and tribulations."  
My mirror reflection softened instantaneously,  
It smiled agreeably back at me.  
My mirror reflection said gravely,  
"Your body is full of stretch marks!"  
I replied emotionally,  
"But these are natural proofs of motherhood,  
Permanent marks telling the story of metamorphosis."



**#shiningwomen**



My reflection sobered miraculously,  
 It smiled serenely back at me.  
 My mirror reflection said seriously,  
 "Your eyesight is surely blurred!"  
 I replied maturely,  
 "My eyes witnessed triumphs, tears impacting them,  
 But surely widened the horizon of worldly vision."  
 My reflection was influenced favourably,  
 It smiled tenderly back at me.  
 My mirror reflection said pityingly,  
 "You have become far too old."  
 I replied calmly,  
 " So hugely fortunate am I to have experienced,  
 The depth and the long length of precious human life.  
 My reflection was stirred profoundly.  
 It smiled divinely back at me.



By Preeti Kandpal Pathak

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# Asha Bhosle

## Main Hamesha Gaana Chahti Hoon

A house full of people wanting for more, jam-packed streets post-show leaving even chauffeurs intrigued, that's what happens when a legend like Asha Bhosle performs! The Shanmukhananda Auditorium in Sion, Mumbai, came alive, resonating with applause, as the legendary singer Asha Bhosle took to stage, and belted out some of the best compositions of late music composers from Bengal in a show titled, 'Asha Bhosle Live with the Bengal Tigers', organised by Rahul Ranade and team. The show was indeed a befitting tribute to S.D. Burman, R.D. Burman, Kishore Kumar, Hemant Kumar, Salil Chowdhury among many others. Asha Bhosle sang 'Achcha Ji Main Haari Chalo Maan Jao Na', 'O Mere Sona Re', 'Aaja Aaja Main Hoon Pyaar Tera' et al. And by the time she crooned 'Dum Maaro Dum' and 'Piya Tu Ab Toh Aaja', people in the audience left their seats, came up to the stage, and cheered on the legend.

It was a night of many emotions as she sang, shook a leg, joked, and shared anecdotes from the past. There was also a teary-eyed moment when she remembered Lata Mangeshkar and said, **"I am here because of Didi."** The event also witnessed many songs from the ace singer Sudesh Bhosale. Asha Bhosle's granddaughter, Zanai Bhosle also participated, leaving the audiences mesmerised with 'Ajeeb Dastaan Hai Yeh', the last song Zanai had sung to Lata Mangeshkar when she was alive. Proud parents Anand Bhosle and Anuja Bhosle watched on. Asha Bhosle, who will soon turn 89 this September, is perhaps the only singer in India to perform live at this age. When asked how she manages to be so sharp and youthful on stage, the singer beamed in her glittering White saree, and quipped, **"Mujhe pata nahi main kaise kar leti hoon par main hamesha gaana chahti hoon** (I don't know how I do it, but I would always want to sing and perform." **And to that, we say Amen!**

Fans go crazy, please download videos here: <https://we.tl/t-F0tq8NjfH2>



Team WS





# IIFA 2022: These Celebs Made Sure To Leave Us In Awe By Their Looks For The Awards'



The two-day International Indian Film Academy (IIFA) Awards began on June 3 with IIFA Rocks, an evening of fashion and music hosted by a number of celebrities prior of the main event. The star-studded gala's glamour quotient remained high, as expected, with B-town celebrities donning gorgeous attire. The event will be telecasted in Colors TV this weekend on June 25th for the audience.



Ananya Panday was one of the evening's best-dressed stars, wearing a Marchesa ice-blue strappy gown with 3D floral appliques and a short train. The actress accessorized her appearance with drop earrings and dewy makeup while wearing her hair in a bun.

On the green carpet, Jacqueline Fernandez shined in a one-shoulder silver and golden metallic gown. Sequin tassels and a thigh-high slit adorned the glitzy ensemble. She finished the outfit with some nude makeup and a set of earrings.





In this strapless red gown with a thigh-high slit and beaded embroidery, **Divya Khosla Kumar** painted **Abu Dhabi crimson**. Emerald earrings, a bracelet, and crimson stilettos completed her ensemble.



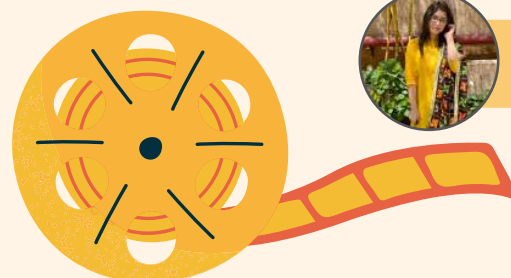
Lara Dutta's appearance was all about glitz and glam, as she wore a strapless silver gown with a train and a knee-high slit.



In a strapless black tulle gown with an irregular hemline, Sara Ali Khan was a sight to behold. She completed the ensemble with a pair of black heels and simple jewelry.



**Sharvari Wagh** chose a beautiful white gown instead of sequins for the occasion. The sleeveless gown included a train and a thigh-high slit. With diamond accents and vibrant red lip color, she boosted this outfit.



**Written by : Saumya Singh**



# KAJU KA TARBOOJ



## INGREDIENTS

200 g Kaju  
50 g Milk powder  
160 g Sugar  
80 ml Water  
1 tsp pure ghee  
Few drops of green colour  
Few drops of red colour

Shared by: Chef Neelima Kapoor

## METHOD

1. Grind and sieve the cashew powder.
2. Mix in milk powder.
3. Micro water and sugar on 100% for 2 minutes in a Borosil bowl.
4. Again micro on 80% for 1-2 minutes. Stir in between.
5. Check the sugar syrup, it must be soft ball consistency.
6. Add cashew and milk powder.
7. Stir continuously, till it is a smooth paste.
8. Add ghee and knead on a hard surface.
9. Divide the mixture into 3 parts.
10. In 1 part add red colour and in remaining parts add green colour.
11. Make small balls with a red portion and cover the red balls with a green mixture.
12. Slit with a knife and it will look like a tarbooj (Watermelon).

# KESARI MURG

## Ingredients

400 g Boneless chicken pieces  
3-4 Onions, ground into a paste  
1 tsp Ginger paste  
1 tsp Garlic paste  
1/4 tsp Saffron, dissolved in little milk  
1 tbsp Coriander powder  
1/4 cup Cashewnut powder  
3/4 cup thick curd  
1/4 cup Olive oil  
2 Bay leaves  
6-8 Cloves  
6-8 Green cardamoms  
1/2 cup Cream  
1 tsp White pepper  
1/2 tsp Red chili powder  
1- 1/4 tsp Salt



## Method

1. Microwave olive oil, bay leaves, cloves, and green cardamoms for 2 minutes in a micro-proof bowl.
2. Add onion, ginger, and garlic paste and again microwave on 100% for 5 minutes. Stir 2-3 times.
3. Add coriander powder, chili powder, salt, and chicken pieces and stir well.
4. Microwave for 5 minutes on 80%, then add beaten curd and mix well.
5. Add saffron and cashew powder and again microwave for 8 minutes.
6. Check the chicken. Again micro till chicken is tender.
7. Add cream and serve hot.

Shared by: Chef Neelima Kapoor



# RESPECTING WOMAN A HOBSON'S CHOICE



During the last few years my sensibilities have been bludgeoned like never before. Here's why – Dhoni's five year old daughter was issued a rape threat by because his team lost an IPL match, a woman in Vijaywada was set on fire by her stalker because she resisted his advances, Sonal, my friend, who heads an NGO which works for child rights narrated to me a horrifying incident of a father repeatedly raping his seven year old

daughter even as he told her that this was the way all fathers showed their love to their little princesses! In May 2020, India was shocked by an online chat group of school boys on Instagram called Bois Locker Room where the participants used to talk about porn, gang-raping minor girls and make obscene comments about even teachers. In **Saare Jahaan Se Achha there is a rape every 15 minutes**. It wasn't always like this. Our culture always held woman in the highest esteem. We gave as much importance to our Goddesses as we did to our Gods. In Jagannath Consciousness there is a tale of Goddess Lakshmi teaching her husband Lord Jagannath and his elder brother Lord Balabhadra a lesson for their peccadillo. The Blast Furnaces in SAIL's Rourkela Steel Plant are named after various **Goddesses – Parvati, Lakshmi, Saraswati, Annapurna and Durga!**

Then how did this happen. How come today 50 per cent of the population when it walks to the streets or roads or lanes of the country has to keep looking over its shoulder. How has India descended to this Hades – and is being labelled as 'no country for women'. There are many reasons. Intrusion of other cultures and influence of films, TV serials, music videos and social media have swamped our senses. Almost every medium commodifies and objectifies our women. In every second film the hero woos his heroine making obscene gestures, singing double-meaning songs and parading his machismo in a vulgar manner. A couple of reels later this very heroine falls for her hero's offensive antics. So, what is the message that is being sent across. If you want to get your girl behave like the hero. If the films give your modern Romeos tuition in wooing girls, almost every TV serial conducts a master class in reinforcing patriarchy and anachronistic values.

RESPECT



Music Videos specialise in song which are loaded with double entendre lyrics and very suggestive visuals which leave absolutely nothing for the imagination. OTT channels who are now competing with each other to push the envelope of violence, sadism and sexual entropy as much as possible have taken the 'rape' of our culture to another level. So then what is the way out? I believe that it is now time for the parents to come out and take a firm and positive stance. Here are a few pointers:



Parents should treat both the boys and the girls as equals – give them same freedom and privileges. Sonal, told me about an incident which made me lose my sleep for days. She was working for an ad agency that was shooting at a construction site. Sonal noticed a visibly pregnant woman with six girls working there. The eldest of the girls who was around ten was walking in a funny way – with her legs spread at an angle. "Has she hurt her legs?" Sonal asked.

"No, beti. A man comes once a week and takes Bijli in an auto. He drops her back after a few hours. With the money he gives I feed myself and my daughters."

"You are pregnant again? What are you going to do with the child?"

"If it is a boy, I will educate him and make him a gentleman. He will take care of me in my old age. If it is a girl I will strangle her," she said in a matter of fact manner and walked away.

Parents have to begin talking to both the boys and the girls almost from the cradle that both the genders are equal. Boys are not special. My friend Rajan's daughter Kriti and her husband Bala are both working in the same bank. Often Kirti has to work late. As soon as she returns home, she is handed over their two year old son even before she has had the time to freshen herself and take a cup of coffee. Bala on the other hand returns from office and immediately sits in front of the TV relaxing. When I told the parents that they should talk to Bala Rajan's response was curt, "Come on, Ramen. I can't tell my son-in-law how to live his life. That is not in my culture. Anyways, taking care of the child is primarily a mother's responsibility."

Women should learn to respect themselves. If a woman doesn't treat herself with respect, guard her individual space no one else will. And once she does that the son and daughter will observe and follow suit.

Our generation has a great tool in our hands – social media. Though it has been damned it can be used effectively to create a revolution. Parents should get together and start a movement to ban films, TV serials and series on OTT platforms which perpetuate patriarchy and show content that is vulgar and regressive.



**#shiningwomen**





We should use social media to promote content which destroys stereotypes and promotes values which treat women as 'children of an equal God'.

Whenever there is a rape we should come together and raise our voices for speedier justice.

Can we then as parents take a pledge that we will start this process of moral and ethical cleansing right from our homes and then take it to the virtual and physical world.

**I would like to end with a poem 'inspired' by the sickening 'Bois Locker Room' incident.**

**The web of patriarchy and popular culture  
Has reduced a woman to an object,  
Her only purpose of being,  
Is to, on command, bed and beget .  
What is the way out  
Of this morass of perversion?  
To ensure every woman is treated  
Like an equal part of creation.  
She is not viewed as a paternal legacy  
To be used and abused with brazen  
impunity.  
We have to get the 'bois'  
Out of their locker room zone  
And this has to begin from  
The cradle, in every heart and home.  
The 'bois' need to grow up  
And finally become 'human'  
Only then can we create  
A haven for every woman.**



**Written by : RAMENDRA KUMAR**

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# महिलायें और अवसाद



अवसाद आज एक विश्व्यापी समस्या है . ताजा अध्ययन कहता है कि भारत में पुरुषों की तुलना में महिलायें अधिक संख्या में अवसाद या डिप्रेशन की शिकार होती हैं यही वजह है कि अक्सर हम महिलाओं की आत्महत्या जैसी खबर सुनते और पढ़ते रहते हैं . ताजा अध्ययन के अनुसार हर 7 लोगों में एक को यह बीमारी पाई जाती है ... इसके कई रूप हैं जिन्हें अवसाद , चिंता , सिजोफ्रेनिया और बायोपोलर डिसऑर्डर के नाम से जाना जाता है . हमारे देश में 3. 9 फीसदी महिलायें एंग्जायटी की शिकार हैं , वहीं पुरुषों को औसत 2.7 फीसदी है. एम्स के डॉक्टर ओमर अफरोज के अनुसार दुःख , बुरा महसूस करना, दैनिक कार्यों में रुचि न रखना , हम सब इन बातों से परिचित हैं ... परंतु जब यह सारे लक्षण हमारे जीवनमें अधिक दिनों तक बने रहते हैं और हमारे जीवन को प्रभावित करने लगते हैं तो हमारे लिये खतरे की घंटी है और यही अवसाद या डिप्रेशन होता है . WHO के अनुसार पूरे विश्व में अवसाद सबसे सामान्य बीमारी है और पूरी दुनिया में 350 मिलियन लोग अवसाद से प्रभावित होते हैं .

भारत में महिलाओं की जीवन शैली ऐसी है कि उन पर डिप्रेशन का खतरा मंडराता रहता है ...हालांकि समय के साथ बदलाव आया है ... अब महिलायें अपने पैरों पर खड़ी हो रही हैं , उनमें आत्मविश्वास भी बढ़ा है फिर भी डिप्रेशन का खतरा उनमें अधिक दिखाई पड़ रहा है . मासिक धर्म से जुड़ी बीमारियाँ ... मासिक धर्म को लेकर आज भी समाज के बड़े हिस्से में खुल कर बात नहीं होती है परिणामस्वरूप इससे जुड़ी सभी परेशानियों को लड़की या महिला को खुद ही झेलना पड़ता है . यही कारण है कि वह चिंता और डिप्रेशन की शिकार बन जाती है . यह स्थिति उन्हें शारीरिक के साथ भावनात्मक रूप से कमजोर कर देती है . उनमें चिड़चिड़ापन और थकान महसूस होने लगती है . हमारे देश में महिलायें डिप्रेशन से ग्रसित होती हैं , लेकिन वह कहने या मानने में हिचकिचाती हैं कि उन्हें डिप्रेशन का सामना करना पड़ रहा है , इसी कारण डिप्रेशन अपनी जड़ें जमा का गंभीर रूप धारण कर लेता है . डिप्रेशन बढ़ने के कारण महिलाओं में कई तरह के हार्मोनल बदलाव देखने को मिलते हैं ....

## डिप्रेशन के लक्षण ,...

- 1...पीरियड्स का अनियमित होना ....अधिक तनाव और डिप्रेशन की वजह से महिलाओं को पीरियड्स की अनियमितता की शिकायत हो सकती है .किन्हीं परिस्थितियों में डिप्रेशन के कारण महिलाओं में मेनोपॉज जल्दी हो जाता है , जिसके कारण उनके शरीर में कई बदलाव दिखाई पड़ने लगते हैं . कार्यों में अरुचि .... महिलाओं में हर चीज के प्रति अरुचि होने लगती है . ऐसा भी देखा गया है कि अपनी दिनचर्या या आसपास के लोगों से बातचीत करना भी बंद कर देती हैं . हम लोगों में यह कमी है कि इन बातों पर ध्यान ही नहीं देते जिसकी वजह से डिप्रेशन की स्थिति ज्यादा बढ़ने लगती है।
- 2...डायट का अनियंत्रित हो जाना ....महिलाओं में डिप्रेशन के कारण खान पान अनियंत्रित हो जाता है ... कुछ महिलायें तो डिप्रेशन के कारण ओवर ईटिंग करने लगती हैं , वहीं कुछ महिलायें डिप्रेशन में आकर खाना पीना छोड़ देती हैं . दोनों ही परिस्थिति स्वास्थ्य के लिये नुकसानदायक होती हैं .
- 3 ... नींद .... डिप्रेशन का हमारी नींद से गहरा संबंध होता है . महिलाओं में डिप्रेशन के दो तरह का प्रभाव देखने को मिलता है . डिप्रेशन से पीड़ित महिलाओं को या तो बहुत नींद आती है या फिर बिल्कुल भी नींद नहीं आती है . अगर आप ऐसी किसी समस्या से पीड़ित हैं तो समझ लीजिये कि आप डिप्रेशन से जूझ रही हैं .
- 4....थकान लगना ..... महिलायें अपने घर और बाहर के कामों में काफी व्यस्त रहती हैं . ज्यादा काम के बावजूद भी उनके चेहरे पर मुस्कान बनी रहती है परंतु यदि थोड़े थोड़े काम करने के बाद ही परेशान हो रही हैं तो समझ लें कि डिप्रेशन की शिकार बनने जा रही हैं . हर समय छोटे छोटे काम करके थकान महसूस करना डिप्रेशन का गंभीर लक्षण हो सकता है .





5.....आत्मविश्वास की कमी होना .... डिप्रेशन की शिकार महिलायें हर समय अपनी आलोचना करती रहती हैं , वह स्वयं को ही हर समय बुरा भला कह कर कोसती रहती हैं . वह बीते दिनों में ही जीती रहती हैं और अपने लिये कोई हमदर्द तलाशती रहती हैं जिसके साथ वह अपना दुःख शेयर कर सकें .

6.....किसी भी चीज पर फोकस करने से डरना ...डिप्रेशन की शिकार महिलाओं को किसी भी काम पर फोकस करने में डर लगता है कि यह काम पता नहीं पूरा होगा या नहीं ...इस चिंता के कारण वह काम पर फोकस नहीं कर पातीं .

7.... स्वयं को किसी लायक नहीं समझना .....डिप्रेशन के कारण महिलाओं में निराशा का भाव हावी हो जाता है वह हर काम करने में अपने को अयोग्य समझने लगती हैं , वह सोचतीं हैं कि उन्हें कोई पूछता नहीं है ... वह किसी काम को करने के लायक ही नहीं हैं .

8....चिड़चिड़ापन महसूस करना ....यदि महिला बात बात पर चिड़चिड़ी होती रहती है तो ध्यान देने की आवश्यकता है कि संभव है कि महिला डिप्रेशन से जूझ रही हो ... इस समय उसे आपके साथ की जरूरत है , उनकी बातों को समझने की जरूरत है ताकि उनके मन के अंदर की गांठ खुल सके और वह डिप्रेशन से बाहर आ सकें .

9...अच्छी उम्मीदें खो देना ....वर्तमान और भविष्य में कुछ अच्छा होने की उम्मीद खो दिना भी डिप्रेशन का एक लक्षण है . इस परिस्थिति में महिलाओं को पॉजिटिव विचारों की जरूरत होती है . ऐसे में आप उन्हें अच्छा साहित्य पढ़ने को दें या अच्छे विचारों के द्वारा उनकी नकारात्मकता को दूर करने की कोशिश करें . सेक्स में अरुचि .... डिप्रेशन की शिकार महिलायें अपने पार्टनर के साथ भी खुश नहीं रह पाती हैं . इस दौरान सेक्स के प्रति रुचि खत्म हो जाने के कारण सेक्स से जुड़ी परेशानी भी हो सकती है .

10.....डायजेस्टिव डिसऑर्डर और क्रॉनिक पेन की समस्या ,...डिप्रेशन से जूझ रही महिलाओं में पाचन और क्रॉनिकपेन से जुड़ी परेशानी हो सकती है . थोड़ा सा खाने के बाद पेट में दर्द , गैस की परेशानी , सिरदर्द बना रहना जैसे लक्षण दिख सकते हैं । सही परिस्थिति में आवश्यक है कि आप किसी अच्छे मनोचिकित्सक के पास जायें और उनकी सलाह के अनुसार इलाज करायें

भारत में महिलाओं की जीवन शैली ऐसी है कि उन पर डिप्रेशन का खतरा मंडराता रहता है ...हालांकि समय के साथ बदलाव आया है ... अब महिलायें अपने पैरों पर खड़ी हो रही हैं , उनमें आत्मविश्वास भी बढ़ा है फिर भी डिप्रेशन का खतरा उनमें अधिक दिखाई पड़ रहा है .मासिक धर्म से जुड़ी बीमारियाँ ... मासिक धर्म को लेकर आज भी समाज के बड़े हिस्से में खुल कर बात नहीं होती है परिणामस्वरूप इससे जुड़ी सभी परेशानियों को लड़की या महिला को खुद ही झेलना पड़ता है . यही कारण है कि वह चिंता और डिप्रेशन की शिकार बन जाती है . यह स्थिति उन्हें शारीरिक के साथ भावनात्मक रूप से कमजोर कर देती है . उनमें चिड़चिड़ापन और थकान महसूस होने लगती है . हमारे देश में महिलायें डिप्रेशन से ग्रसित होती हैं , लेकिन वह कहने या मानने में हिचकिचाती हैं कि उन्हें डिप्रेशन का सामना करना पड़ रहा है , इसी कारण डिप्रेशन अपनी जड़ें जमा का गंभीर रूप धारण कर लेता है . डिप्रेशन बढ़ने के कारण महिलाओं में कई तरह के हार्मोनल बदलाव देखने को मिलते हैं ....

डिप्रेशन से जूझ रही महिलाओं में इस तरह के लक्षण देखे जा सकते हैं .... यदि आपके परिवार या आसपास किसी महिला में इस तरह के परिवर्तन नजर यें तो उन्हें किसी अच्छे डॉक्टर को दिखायें उनका साथ दें , उनकी समस्या को समझें ताकि वह डिप्रेशन से बाहर आ सकें . आजकल एकल परिवारों का प्रचलन है .... अवसादग्रस्त व्यक्ति खुद को अकेला कर लेता है , दूसरी तरफ आजकल की भागदौड़ भरी जिंदगी में दूसरों से उम्मीद करना कि वह आपकी अवसाद से बाहर आने में मदद करेंगे तो आपका सोचना गलत है लेकिन आपको घबराने की जरूरत नहीं है क्यों कि जहाँ चाह है वहाँ राह भी निश्चय ही निकल आती है ... आप स्वयं ही अपनी दम पर अपने डिप्रेशन से बाहर आ सकती हैं .....

1..... आपको मेडीटेशन करना चाहिये .... इसका अभ्यास करने से दिमाग से नकारात्मक विचार निकल जाते हैंअध्यात्म के सहारे आप खुद को अकेला नहीं समझते और धीरे धीरे उससे उबरने लगते हैं .

2....प्रकृति और पेड़पौधे से प्यार करना दिमागी शांति के लिये बहुत लाभदायक है . यदि गार्डनिंग कर सकते हैं तो गार्डनिंग करें ... धीरे धीरे प्रकृति के संग आपके जुड़ाव से आपके मन के नकारात्मक विचारों से आपको मुक्ति मिल सकती है .

3.....एक्सरसाइज करने से हमारे दिमाग में हैप्पी हॉर्मोन्स का उत्पादन बढ़ जाता है , जो आपके मूड को खुशनुमा बनाने में मदद करते हैं और आप डिप्रेशन से बाहर आ जाते हैं .

4.....म्यूजिक सुनना भी डिप्रेशन को कम करने में मददगार होता है . म्यूजिक तनाव और अवसाद को कम करने में मदद करता है . म्यूजिक सुनने से आपका मूड बेहतर हो सकता है ... म्यूजिक के साथ आप मेडीटेशन भी कर सकते हैं ... बस ध्यान रखें हैप्पी और प्यारा संगीत सुनें , दर्द या गम वाला म्यूजिक नहीं

....

5....कई शोध यह बताते हैं कि जो लोग पालतू जानवर अपने पास रखते हैं , वह मानसिक रूप से ज्यादा मजबूत होते हैं . पालतू जानवर आपका अकेलापन दूर करने में बहुत सहायक होते हैं क्यों कि पालतू जानवर आपको बिना शर्त प्यार देता है

6...हमारे यहां एक कहावत है कि 'खाली दिमाग शैतान का ' इसलिये आप अपने को अपने मनपसंद काम में व्यस्त रखने की आदत डालें ...जैसे पेंटिंग , निटिंग , कुकिंग , पढ़ना लिखना , डायरी लिखना आदि ..खुद को बुरी तरह थका डालिये ... जिससे बेड पर लेटते ही नींद आ जाये

7....अपनी उपलब्धियों को याद कीजिये , जब आपने कुछ खास हासिल किया था ... बचपन के वह शरारती पल , जब आप ठहाके लगा कर हंसे थे ... स्कूल में जब अच्छे अंक आने पर आपको प्रिंसिपल ने प्रेयर में सबके सामने शाबाशी दी थी .

8... एक ऐसा पॉजिटिव दोस्त तलाशें , जो आपकी समस्या के प्रति सहानुभूति रखता हो , पति , माँ या बहन - भाई भी हो सकता है , जिसके साथ खुलकर अपनी बात बता सकते हों यदि वह आपको सचमुच में प्यार करते हैं तो आपको डिप्रेशन से बाहर निकालने में जरूर मददगार बनेंगे .

9... एवर ग्रीन कॉमेडी फिल्म या सिरीज देखें ... भूलने की कोशिश करें कि जीवन में आप किन उलझनों से गुजर रहे हैं .

10 .... खुद को पार्टी दें ....हमेशा अपना मनपसंद खाना ऑर्डर करें . जो काम अच्छा लगता हो वही करें .



ये बिल्कुल सच है कि डिप्रेशन से उबरना आसान नहीं है . संभव है कि आप अपने जीवन के सबसे मुश्किल दौर से गुजर रहें हों लेकिन यकीन रखिये आपका प्रयास व्यर्थ नहीं जायेगा और आप इस कठिन समय से बाहर निकल कर अवश्य आयेगें ... जरूरत है आपके हौसले और हिम्मत की जो आप के अंदर हमेशा से है , बस उसे पहचानिये और निश्चय ही डिप्रेशन आपसे दूर भाग जायेगा . लेकिन यदि अभी भी डिप्रेशन आप पर हावी है तो किसी योग्य मानसिक चिकित्सक की सलाह अवश्य लें और डिप्रेशन को हल्के से न लें .



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# प्यार व्यार तो केवल टाइम पास है .....



आस्ट्रेलिया का नाम सुनते ही कुंदन की आँखों के सामने कस्तूरी से मिलने की उम्मीद जाग गई थी वह बहुत खुश था... वह लैपटॉप में सोशल साइट्स पर कस्तूरी को सर्च करने में लग गया .... सिडनी के नाम से कस्तूरी की यादें उसके मानस पटल को आंदोलित करने लगीं थीं ... कस्तूरी के चले जाने के बाद उसे लड़की जाति से ही नफरत हो गई थी और वह अकेले ही रह रहा था. कस्तूरी के साथ बिताये पल बार बार उसकी आँखों के सामने चलचित्र की भाँति सजीव होकर तैरने लगते थे....कस्तूरी को गये लगभग 3 साल हो गये थे लेकिन आज भी वह उसके इंतजार में आँखें बिछाये बैठा हुआ है ... वह अतीत की मीठी यादों में खो गया .....एक दिन जब वह ऑफिस पहुँचा था , तभी उसकी निगाह एक सुंदर लड़की पर ठहर कर रह गई थी ... संगमरमर सा सफेद गोरा रंग , हिरणी सी सपनीली आँखें, कोमल पंखुड़ियों गुलाबी होंठ , लंबे लंबे सेट करे हुये बालों की बलखाती हुई लंबी सी चोटी ...रॉयल ब्लू ट्राउजर पर लाल टी शर्ट , कानों में मैचिंग लाल इयरिंग ... वह एकदम परी सी दिखाई पड़ रही थी....सबको गुड मॉर्निंग का जवाब देते हुए उससे नजरें मिली तो उसने अभिवादन करते हुए कह'आई एम कस्तूरी , न्यू एप्वायंटमेंट ...' कोयल की सी मीठी आवाज ने उसके कानों में मानों संगीत का सुर छेड़ दिया हो .. वह चमत्कृत हो खुशी से झूम उठा था , यही तो मेरे सपनों की रानी है , जिसे वह यहाँ वहाँ कब से ढूँढ रहा था ... वह सोचने लगा कि कहावत सही है ...' गोद में छोरा नगर में ढिढोरा '.... वह खुशी से आल्हादित होकर कल्पना के झूले पर पेंग मारने लगा था . बस उसी दिन से कॉफी साथ में पीने के बाद तो मिलना जुलना , घूमना फिरना , साथ में लंच और वीकेंडस में डिनर .... बेशुमार बातें ही बातें ... वह चहकती तो मानों उसका दिन बन जाता ... वह मन ही मन उसे इतना चाहने लगा था कि लगता था कि उसके बिना दुनिया ही अधूरी है ... उसके लिये एक घर बनाऊंगा ,... वह हर वह खुशी देगा जो वह चाहेगी .... विदेश की सैर करवाऊँगा ....हर पल वह सपने सजाता रहता और ख्वाबों में उसे अपनी बाहों में पाता ... जब एक दो बार उसने उसकी नर्म हथेलियों को छुआ तो उसे अपने आगोश में लेने के लिये उसका मन मचल उठा लेकिन अपनी छवि न खराब हो जाये , इसलिये अपने हाथ पीछे खींच लिये ... लेकिन एक दिन थियेटर में जब उसके गालों पर अपने होंठ रखने लगा तो वह चिंहुक कर बोली , " कुंदन कंट्रोल योरसेल्फ "और फिर झट उसने सॉरी बोल कर स्थिति संभाली थी . एक शाम वह बीच पर उसका इंतजार कर रहा था , तभी वह तेजी से भागती हुई उसके पास आई और खुशी से उसको अपनी बाहों के घेरे में जकड़ लिया .... इस अप्रत्याशित आलिंगन से उसकी सारी इंद्रियां तानपुरे के तारों सी तरंगित हो उठी ...." कुंदन आज मैं बहुत खुश हूँ ... मुझे तुमसे कुछ कहना है ...." वह कल्पना लोक में डूबा हुआ खुशी के अतिरेक में उसे अपने बाहुपाश में जकड़ कर चुंबनों की बौछार करने के बाद बोला , " जल्दी बोलो....." "आज मुझे भी तुमसे कुछ कहना है ....""कुंदन आज का दिन मेरे जीवन का बहुत खास दिन है .... और वह खुशी मैं अपने प्रिय दोस्त के साथ सबसे पहले साझा करना चाहती हूँ ...." पहले तुम ... पहले तुम होता रहा ... फिर कस्तूरी अपने को नहीं रोक पाई थी , "मेरी जॉब ऑस्ट्रेलिया में लग गई है ... 20 जून को वीसा इंटरव्यू के लिये जाना है .... "वह तो जैसे चेतना शून्य हो उठा ... उसके सपनों का महल एक क्षण में भरभरा कर चूर चूर हो गया था ... उसकी आँखों में आंसू आ गये ... मुँह के शब्द कहीं खो गये ... तुम बताओ क्या कहने वाले थे .... वह रूँधे गले से बोला , "आई लव यू कस्तूरी ... तुम्हारे साथ शादी करके अपनी दुनिया बसाऊँगा ... मैं तुम्हें पहले दिन से बहुत प्यार करता हूँ ...." "प्यार व्यार तो टाइम पास है ... कुंदन यह मेरी लाइफ का गोल्डेन चांस है ... मेरा कैरियर ..." वह खुशी से वहाँ पर नाचने लगी थी ... एक बार फिर वह बोला , " मेरा प्यार " "ये प्यार नहीं है ,... स्वार्थ है ... यू आर सेल्फिश ....""तुम्हें तो दूसरी लड़की मिल जायेगी लेकिन मेरा कैरियर .... मैं ऑस्ट्रेलिया जाऊँगी .... " एयर होस्टेस की आवाज से उसकी तंद्रा टूटी थी .... कस्तूरी ... कस्तूरी .. कह कर उसने आँखें खोली और एयरहोस्टेस को देख कर वह शर्मा गया और उसने सूप लिया और फिर प्रोजेक्ट के प्रेजेंटेशन की तैयारी के लिये अपने लैपटॉप में सिर झुका लिया था . "प्यार व्यार तो टाइम पास है ...." कुंदन के कानों में गूँज रहा था ....



पद्मा अग्रवाल



# क्या हैं नारी



क्या कहते हैं क्या है नारी  
ना समझो इसको बेचारी  
प्रेम की प्रतिमा इसको कहते  
संघर्षों से कभी ना हारे  
त्याग ,समर्पण और सेवा,  
इसके आंचल में रहता है।

पलको में जिसके नीर भरा, द्रवित हृदय भी रहता है।  
नव पीढ़ी का निर्माण करें, पीड़ा को भी सुख कहती है।

सृष्टि का रूप है यह नारी,  
जो सिसक सिसक कर रहती है ।

कभी सीता बनकर वनवासी ,अपना जीवन दे जाती है।  
कभी सावित्री का रूप धरा, यमराज को भी हर लाती है ।

नारी नर का सम्मान है, नारी नर की पहचान है,  
सृष्टि के रचयिता है नारी,  
जिस में बसते भगवान है ।  
क्या कहते हैं क्या है नारी,  
ना समझो इसको बेचारी ।

प्रेम की प्रतिमा जिसको ,कहते संघर्षों से कभी न हारी।



उपमा शर्मा



#shiningwomen



# Paintings

**Name - Vaishnavi Walia**

**Vaishnavi Walia, I am a National level swimmer artist, and photographer. I love traveling and adventure and the blissful life as an artist. I aspire to be more one day**



**Written by : Saumya Singh**



See you in the next edition