

VOL 27.0 | AUGUST EDITION

Initiative of WE Foundation

# WOMENSHINE

A portrait of Kiran Bedi, a woman with short dark hair and glasses, smiling. She is wearing a light blue button-down shirt under a grey vest. Her hands are clasped in front of her, and she is wearing a silver watch on her left wrist. The background is a wooden panel wall.

## Kiran Bedi

+

**12 Inspiring Women**  
Pure Bond Of Love

**Travel Tales**

**Dil Se**  
Hariyali Teez

**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...and still rocking ...many congratulations to everyone, our readers, our associates, and our team members who believed in Women Shine every time.

Our August edition showcases inspiring stories of Women in various domains supllimenting it with the Cover Story of every inspiring **Kiran Bedi**. Also will take you to the beautiful spiritual place of Sadhguru 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**

"I never dreamed of success, I worked for it." "When I thought I couldn't go on, I forced myself to keep going. My success is based on persistence, not luck." "I didn't get there by wishing for it or hoping for it, but by working for it."

-Estee Lauder



# Contents



WHAT'S TRENDING  
1-4

COVER STORY  
5-8



SHE LEADS  
9-12

SHINING STAR  
15-26



HEALTH  
15-26

SHINE GLOBAL  
27-29



TRAVEL  
33



BEAUTY  
34-36



ART AND CULTURE  
37-38



ENTERTAINMENT NEWS  
39-41



WS WHISPERING THOUGHTS  
44-46



DIL SE  
47-51



Magazine designed by : TEX Technology Exchange  
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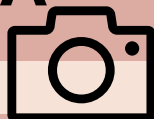
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(For editorial queries, e-mail:[connect@womenshine.in](mailto:connect@womenshine.in))

# Rakshabandhan story

## SHIVANI SHUKLA



We were just two sisters from a middle-class family, belonging to the rural district of Bhadohi in Uttar Pradesh. Frequently relatives, neighbors, and family members used to taunt my mother for having only two daughters. But when we were graduating all of a sudden, we came to know that my mother was expecting again and this time my father wanted a son. I was not very happy with the decision but I had no say over the matter as I was a girlchild. So, I don't know why but I used to hate that unborn child from the beginning. When my brother came to life the same people who wanted a son started taunting her for giving birth to a child at this age. We sisters were not accepting of our brother at the onset of things.



But eventually, my sister accepted it but I couldn't. One fine day when I was moving out from the family to pursue my higher education, my 5-year-old brother came to me and started crying, telling me that I shouldn't leave him and go else I will forget him and would never meet him. He also gave me his diary to pack with my luggage to remember him when I return. He also said he would do all the housework if I stayed with him. Little did he know that I was moving not because of him but for my career. But this was the melting point for me. I realized it's not his mistake that he came to life, westerners too have this kind of age difference between their children and we should be accepting of it. Since then, our brother-sister bond grew stronger and now we are the best of friends. Every year on Raksha Bandhan I get him gifts for tying Rakhi to me as I am his elder sister.





# WOMEN ALWAYS SHINE

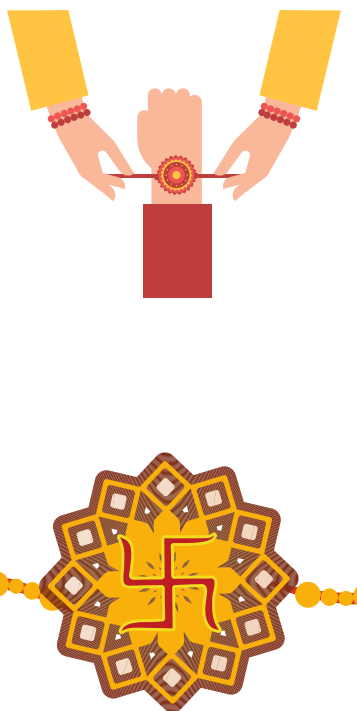


Women Shine, a global digital magazine organized their Second networking meet at Hotel Silvette, Lucknow on 6th Aug'22. The E-Magazine was launched during the Corona period on 30th May 2020. Now it is 28 months old. It is a global digital magazine for Women and Lifestyle. It projects the theme of the event was "Women's Safety and Empowerment". The event started with the enthralling performance by Dr. Ruchi Khare and her group. The event was associated with the Sports Skill Council of India. They emphasized the importance of Self Defence training for Women & girls. The Founder of Womenshine & WE Foundation spoke about the Journey of WomenShine so far plus also announced the WomenShine Subscriber club. This club will have all Women shine subscribers. There are various brands already associated with this which will give offers to the Subscribers. This club will have various social and informative activities pan India.



Hon. Mayor Sanyukta Bhatia was the Chief Guest at the Event and Mr. Mukesh Sharma, MLC & President, BJP Lucknow Mahanagar spoke about the work done by Modi Govt. for Women and their benefits. Also talked about the importance of Women's Safety and self-defense. Later they felicitated 12 women of Lucknow in various fields to Renuka Tandon, Simran Sahni, Anita Mishra, Akanksha Kumar, Suman Rawat, RJ Rafat, Dr. Ruchi Khare, Hina Sheeraz, Anjali Singh, Dr. Poonam Mishra, Nandini Diwaker, and Shipra Anand. The event had a huge turnout. All the elite women of Lucknow were present. There were few stalls too and people bought things like handicrafts and various gifts for Rakhi. The show was anchored by Roma Bachani.





## Pure Bond of Love: Rainna & Ankit

My elder sister, Rainna Gupta, and I, Ankit Gupta, share a lovely relationship since our childhood. She has been a motherly figure to me more than a sister and I have always seen her as a role model in various aspects of my life. We studied in the same school, Happy School, Daryaganj. She is seven years elder than me and passed out of school way ahead of me. However, she has been a star student in the school and a real favourite of all teachers, so they remembered her quite well even after she had graduated. I realized this in various instances where teachers treated me very nicely when they found out that I was Rainna's brother. There was one unforgettable incident that happened when I was in 9th standard. It was our maths class and the teacher was on leave, so a substitute teacher was sent just to look after the class. A few of the students were making a lot of noise and enjoying their free time despite many warnings. The teacher got so agitated that he started punishing every student by asking them to either stand on their spot or outside the class. Eventually, each and every one of my classmates was standing, and even I was asked to stand outside the class. There was a senior teacher passing by in the corridor while I was standing outside. She saw me and because of my resemblance to Rainna didi, asked me if I was her brother. She also asked me the reason I was standing there. Once I said yes and told her the reason, something unexpected and amazing happened. She held my hand and took me inside the class. She told the substitute teacher that as I was Rainna didi's brother, I could not have done anything wrong. Then she asked me to go sit down, and not be a part of the punishment.

It was so funny that everyone in the class was standing and looking at me thinking how come Ankit is being given such special treatment from a senior teacher who does not even teach us. Later on, I told my friends that it was just because of my sister's reputation that I got that advantage.

**Narrated by Ankit Gupta for Chef Rainna Gupta**



# IMPORTANCE OF SELF DEFENCE



**S**ports, Physical Education, Fitness & Leisure Skills Council (SPEFL-SC) is a Not-For-Profit organisation formed under the aegis of Ministry of Skill Development and Entrepreneurship (MSDE) and National Skill Development Corporation (NSDC) and has a mandate to impact 4.37 million people over a ten-year period. SPEFL-SC is promoted by Federation of Indian chambers of commerce and Industry (FICCI). It was founded in 2015 as an autonomous, non-profit organisation.



Key objectives of SPEFL-SC are to standardise, certify, monitor, and facilitate skill development in sports & fitness throughout the country. As a national body to standardize the quality and delivery of training, SPEFL-SC aspires to benchmark skilling and upskilling of professionals in sports & fitness industry. With our array of training in job roles in sports and fitness, we are humbled to witness the positive impact these training and certifications have been able to make in the lives of thousands of youths of our country.

# KIRAN BEDI: FEARLESS INDIAN WOMAN

**L**ooking for a higher purpose in all her endeavours **Dr Kiran Bedi** involved herself in a lot of community initiatives through her journey. She is not just a role model for women, but she is a role model for all the men in the country. To dive deep into her life, the challenges she faced and her lifetime achievements, Aditi from team WomenShine went into a conversation with her. That's how it went:



**1. You are a much-celebrated social activist, an IPS officer, and an icon who continues to inspire many. How did it all start and how was your childhood?**

My childhood was very healthy, positive, caring, and full of activities, full of education, and full of sports, festivals, celebrations and family. We were four sisters and mine was a memorable, caring childhood. I went to the city's best school, city's best college. I was in college at the age of 14 because then it was 10+4 and graduated at the age of 18. I was in the Punjab University, Chandigarh from 18-20 I was doing my Masters and at the age of 21 and a half, I started working as a lecturer in Khalsa College for women in Amritsar. So, this was my upbringing, it was full of achievements I was the national junior tennis champion at the age of 16. We were very bonded sisters. I was a mother to the youngest sister while a twin for the one who was close to my age. The younger sister went on to become an internationally renowned expert in autism.

**2. Not many people know that you were a professional tennis player as well. What contribution did sports give to your journey?**

Without sports I won't be what I am today because competitive sports, working hard for sports gave me tremendous discipline, eating at right time, sleeping at right time, and friendships were wonderful. So, tennis made me travel around the country, it made me travel overseas to play for India. So, sports gave me a love for hard work, I learnt to lose and then come back to win and enjoy the victory, get a lot of prizes, trophies, name, and fame. So, all those things come with the sports but these came after. The first thing was a lot of learning to handwork, go an extra mile always and from this, I learnt to question injustice and also go by the rules. And also learnt one cardinal rule that you can win only if you deserve.





### **3. You have had a Meritorious Police career. What are the biggest challenges that you faced during that time?**

The biggest first challenge was to establish that women can do it not by conscious effort but by being themselves. I was an Asian Tennis Champion when I entered the Indian Police National and Asian champion. I entered the service in July and won the Asian champion in February. The first challenge was to let people believe that women would be no less than a man, they can trust a woman in uniform. I think that let the message sink in that a woman is no less she is equal, equally given her opportunities, equally trained. I trained equally and I did the same training as the boys did because I wanted to give a clear message that the girls are better in many ways if some of them were smokers and I had more stamina than them. I ran the marathon; I did all the trekking with them and at many places, I was better than them. The second challenge was responsibilities for others and now in taking responsibilities for others somewhere you have resources but somewhere you don't, how do I create resources, how do I lead my team, how do I get myself trusted, how do I let them know that I am working for them, it was leadership, how do I express my leadership but since I grew up very humanly I think it was very easy for me. I think by nature sports gave me leadership I was the head girl of my school, and I was a very good debater as well.

### **4. What was the trigger to establish Navjot Foundation in 1988 and the India Vision Foundation in 1994?**

My one trigger was when I used to sit as a deputy commissioner of police. I have a habit of getting my triggers every day and I get my trigger by going to a field or listening to others. So, when I went to the streets during my patrolling, I used to see so many children surrounding me, following me. I saw two things there was selling drugs for money, and children out of school because there is no school. For women I set up tailoring and stitching centres and for children, I set up schools in the by lanes, we use by lanes for the gully schools 30 years ago and the gully was a single-teacher school and the single teacher was paid by the market associations, each Gali had 20 children. For the youth who were drug addicted, we started centres for them to treat them.

### **5. From 2009 to 2010, you had your own TV show, which was largely responsible for people knowing you and your vision. Was your life any different after the show?**

I fitted like a dream in the program because this is what I used to do, to mediate all the programs, resolve issue, do justice, this was what I used to do. Siddharth Basu was very smart to identify, I asked him why did you choose me for AAP KI KACHERI and he said they did a survey, and an opinion poll and he says you were chosen because you have topped the list. I was like a natural fit here but I thoroughly enjoyed that show because I loved the way Anurag Basu directed the show because I found them getting sharper and sharper and of course application of the law.



**6. Because of your efforts and achievements, you are a role model for many. However, do you have anyone as your role model?**

I get inspiration from inspirational people like Swami Vivekananda, he is my role model, for me Mahatma Gandhi, and Nelson Mandela are the role model, and for me, spiritual saints are the role models. I draw inspiration from them and apply it to myself. I get inspiration from watching great biographical documentaries. I get inspiration from all the sources from individuals, documentaries, especially biographies. Recently I saw the film Rocketry, it's truly inspirational you don't have to go beyond it. Recently I saw a documentary about Shimon Peres who was the president of Israel these are all very inspirational.

**7. What can we all collectively do to actually bring a positive change in our country?**

There are many aspects of a national development like economic development, social development, and environmental development and there is no one answer to all but one common factor in all of them is the person, the Indian, the character, and the mindset. So one common thing in all the development is the human being so if that character is the responsible character all directions will improve but if that character is the weak character then all these areas will be fits and starts. I think responsible character, responsible citizen is the key to all-round development.

**8. Any take-home message or notes for all our women readers out there?**

The future is in their hands as mothers. After all, I am the project of my parents. Am I not recognising them, parenting is not by chance, parenting should be a very conscious decision because parenting means living your life all over again, it is a responsible act and parenting it brings up boys and girls equally. Nation-making is in the hands of women more than the men because the child is closer to the mother and the majority of the women are teachers so women as teachers at home. I think the mother is the destiny maker. So that they can create brave, courageous, decision-making women and they will create responsible boys.

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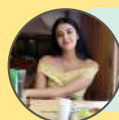
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**Interview by Aditi Gupta**



**#shiningwomen**

**WOMENSHINE.IN | 07**



# RENUKA TANDON

## A WOMAN WITH A MISSION

Renuka believes that authentic leaders inspire us to engage with each other in powerful dreams that make the impossible possible. We are called to persevere despite failure and pursue a purpose beyond the paycheck. This is at the core of innovation. It requires aligning the dreams of each individual to the broader vision of the organisation. She was born in a reputed and pioneer family in Moradabad, the famous city of the brass industry. She is married to a renowned family of Tandon's from Pihani. Renuka's schooling was done in St Mary's convent school, College from Dayanand degree college Moradabad. She passed BA in Economics, Psychology, and double English. She is an observer, a chronicler of life. She is committed in the sense if she is researching or planning an initiative, she can get obsessed and only think, sleep, talk, and discuss that subject. She believes that all can be well with the world. And good intentions should be given their due. She respects experience, honesty, patience, diligence, and ingenuity. What irks her is the way society perceives women. She is the director of Amren Group of Industries and founder and President of Amren Foundation. Looking after groups business modules and marketing section. Companies are into manufacturing of paper of boards, Nonwovens, Heels of soles, ladies footwear, etc. She has been working for the welfare of society since 1990.



### **Renuka has also been a founder representative of FICCI FLO Lucknow and Kanpur.**

Her expertise is in the area of upliftment of artisans and implementation of government schemes for startups. In the year 2015. She was FICCI FLO LUCKNOW KANPUR CHAPTERS convener and headed women chauffeur training which was a path breaker during the year 2015/16. In 2016/17 heading WE skilling initiatives she was instrumental in training girls for neonatal care at Mallihabad, women gardeners, and women in hospitality. She led her team to successful participation in the Megha tree plantation by Then CM OF UP, Under her leadership, they managed to plant 6000 trees in a record time of 6 hours at Kati Nahar Lucknow, In 2017/18, she was a Sr. chairperson of the FLO Lucknow Kanpur chapter. She managed to train 25,000 women in various fields of sustainable development.

A significant achievement was training 12,000 girls with self-defense techniques. In 2018/19, when she donned the mantle of Chairperson FLO Lucknow Kanpur Chapter, she aimed to initiate and apply the FLO-inspired economic nationalism as a political tool to fight against discriminatory economic policies in the knowledge-driven globalised economy. She organized the first FICCI FLO INDIAN ARTIST & ARTISANS Festival'18 (IWAAF) in February 2018 inaugurated by Hon'ble Chief Minister of Uttar Pradesh Shri Yogi Adityanath ji. The Objectives of the festival were to provide women entrepreneurs and artisans of different states with to interact with new audiences and explore marketing opportunities for their creativity

**Government association:** Several Respective government organizations offer diverse opportunities for entrepreneurship for women in our country, but, often women who need them do not get the benefit due to a lack of information. One of the goals of this festival was to provide a platform wherein women got to interact with government bodies and understand the scope of opportunities available to them.

**Networking:** For creating business opportunities for those women, by inviting local and national designers to interact and give business opportunities to these artisans.

**Free Medical Health check-ups:** Health is often neglected by women of this strata. Our complimentary health check-up was aimed to diagnose any health-related issues and provide recommendations and treatment opportunities in their respective regions.

Renuka also organized the International FICCI FLO ARTISANS AND FILM FORUM in November 2018 virtual inauguration by Hon'ble CM of UP Shri Yogi Adityanath Ji and concluded by Hon'ble cabinet ministers; Smt Smriti Irani and Dr. Rita Bahuguna Joshi Ji.

The key objective of the International Film Forum was conceptualized in keeping with the vision to skill and empower, create a positive partnership and facilitate interaction with policymakers/strategists, management, NGOs, Future thinkers, and influencers.



Deeply motivated by a burning desire to serve humanity made Renuka, launched her own philanthropic body AMREN FOUNDATION with a like-minded group of citizens in December year 2019. The Amren Foundation was founded by socially conscious individuals from Lucknow. The members of this organization all possess significant expertise in various fields, and they have come together to bring about positive social changes according to the path that the Government of Uttar Pradesh has outlined. She was instrumental in getting a cluster of Artisans to enroll for ODOP and MSME. It has two bodies: LUCKNOW FILM FORUM & DAKSHPEETH.

The Objective of 'AMREN Lucknow Film Forum' is to help & facilitate institutes specially catering to film production, dance, music, animation, special effects, direction, etc. with U.P. Government as well as filmmakers and film studios. Providing Employment opportunities for all sectors in the society in ongoing film productions in and around Lucknow.

**AMREN LUCKNOW FILM FORUM (Reel Talk)** - The Lucknow Film Forum helps to connect film aspirants and bridges the gap between U.P. (The Emerging Film Hub) & Mumbai film Industry, whilst generating employment and promoting tourism to create world-class Skill centers in existing academic institutes.





Amren Foundation has introduced the conducting of a series of Master Classes in order to decode and throw the necessary light on the different 71 verticals of our media and film industry. Masterclass by Seema Pahwaji who has a formidable presence in the arcades of 'Direction & Acting'. Dakshapeeth is the humanitarian arm of the Amren Foundation. It is focused on the empowerment of women, the youth, and the upliftment of the poorer sections of society. The Dakshpeeth is a forum for artisans and women entrepreneurs to provide sustainable economic and social development, helping start-ups.

As part of our mission, we initiated sustainable development in the village Naguamau Kala, Bakshi ka Talab, and the goal was to empower the women financially. Throughout the epidemic, Amren Foundation provided milk and bread to underprivileged children who were fighting covid-19. Amren Foundation's participation in the Mission Shakti program of the **Government of Uttar Pradesh-**

**AAROHNAM Chinese cuisine cooking Course** - under the national initiative 'Aatmnirbhar Bharat' & 'Mission Shakti', AMREN FOUNDATION is tirelessly working on realising its vision of making every girl equipped for sustainable growth in terms of skill and financial independence.

Amren Foundation under its social responsibility marked its participation in the UP Swachh Bharat mission by donating drums to be used in the composting plant of the Kitchen Wet waste in five phases. After successfully delivering financial assistance to 12 women, providing self-defense training to 200 girls, and holding a workshop on knowing your legal rights, Mission Shakti now gives 20 bicycles to grass-root college-going girls, giving them a sense of self-independence in turn. Providing 3 sewing machines for the skill training center and one cotton wick-making machine to a start-up. Collaboration with CIMAP for plantation of lemon grass (essential oil plants) under the AROMA MISSION for women farmers. In collaboration with lung care foundations, AMREN Foundation distributed 5,000 masks to below-the-poverty line members of our society. At the National Mahila Bal Grah and Nagwan May Kala Gaon, AMREN provided a flour and Spice mill to girls for their skill development and "encouraging grassroots level women entrepreneurship and helping in the development of girls eager for further studies". It is our aim and vision to bring self-reliance, and confidence with a sense of responsibility and ensure a bright future for them.

**Women shine, wishes Renuka Tandon in her endeavours.**

WS Team





## CHEF NANDINI DIWAKER



I am Chef Nandini Diwakar, I found my passion for cooking at a very early stage but I had never dreamed of being a very big star of culinary expertise, I have always worked with one passion that my dishes should reach every class of society even the unprivileged class as they are the once who are deprived of quenching their taste buds. As I had myself face these Hard Times, I didn't want anyone else to feel the same way. Being a Daughter of a DHOB (Washerman), yes you read it correctly and this with pride, it was a little hard for me to come out of this social stigma. The first challenge I faced was that I didn't have a proper house where I can explore my expertise. Along with my Mother and Father, we were 5 sisters and we lived in a 600 sq. ft. room with no proper roof. My Father had always asserted that me and my sisters to keep Education as our primary goal.

The next challenge I faced was proper equipment as I didn't belong to a well-off family, so even dreaming of Modular Kitchen was itself a dream. After that comes the basic challenge of Raw materials i.e. Vegetables and spices. My Father had a very strict principle which he followed religiously. It was whenever he earned more than Rs. 500/- only the family will have food. Else we had to sleep empty stomach. Gradually things began to change and I started participating locally in a cooking contest. After losing at many cooking contests. Suddenly after a few months, I found out people have started to talk about my dishes and innovation that I was regularly experimenting on. As I had developed a craze of participating in Cooking Contest regardless of considering my competitor's experience and vintage. Every time I participated, I worked out deeply and thoroughly about my shortcomings. Soon I started winning each one of the contests in that I participated. I worked out deeply and thoroughly about my shortcomings. Soon I started winning each one of the contests in that I participated. Not only winning, but even the competitors also started to know, what I made, and how I made it. When your competition starts praising you & learning from you, it means you are not only winning trophies, but you are also winning hearts. One day I was surfing Facebook searching for regular stuff. I found out about a contest named Lufthansa Cook & Fly Contest.





It was an all-over India Contest and the reward was, that the winner will get a free Europe trip & his/her signature dish will be served on an in-flight menu of Lufthansa Airlines. Winning this contest was the most remarkable turning point of my life. As soon as the Winner announcements were declared, my name took the Internet by storm. I was 3 most googled searched person in India. I was awarded by the Governor of Lucknow. I was made Brand Ambassador of Beti Bachao Beti Padhao Initiative by the Government of U.P. Also the Road was constructed in my name. Today, I honourably work as a consultant chef for Cafés & Restaurants, appear on TV shows, and conduct workshops. Even today my only source of Inspiration is my Father. He is the reason I stand strong today. I have been judged online and in live cooking contests.

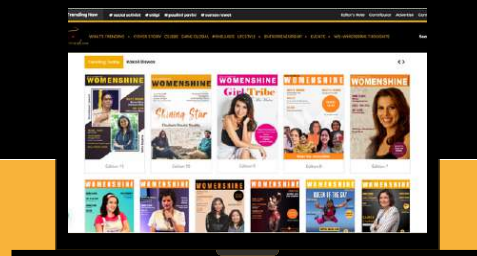
My two cookery books have been published. In 2019 I participated Masterchef India Season 6...and finally, I have managed to my place in the Top 8 contestants all over India among all most 3 lacks participants. Before Masterchef, I was working in Molecule Gastro Air Bar Lucknow. Currently, I am a Brand ambassador of a Cafe Age19 Gomti Nagar Lucknow in Lucknow, also doing live, webinars, workshops, Cooking classes, and Brand promotions.



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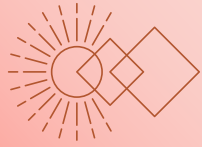
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# SIMRAN SAHNI

## An Entrepreneur by Heart



A nutritionist by profession & entrepreneur by heart. Been in the wellness industry for the last 23 years. Her passion is to add health & happiness to people's lives. Her purpose in life is to empower the women around her. As a serial entrepreneur, she along with her husband started a chain of wellness centers that are running successfully across Lucknow & Punjab. In 2018 she along with her husband started **KEEROS SUPERFOODS** which is India's 1st brand of fantastic tasting Supersnacks & Superfoods that are certified Diabetic friendly & healthy for All.



Keeros has become a trusted brand by lakhs of people across India. It is available on 30+ e-commerce portals, over 500 E-vending machines & premium stores in Delhi & major cities in north India. It is regularly a bestseller brand on Amazon. Their vision is to build an Indian multinational in this domain. Her tireless efforts have been recognized with several accolades coming her way – Currently, she is the chair for TiE Women Lucknow & Co heading Ficci Flo Lucknow Startup cell.



She recently got felicitated for her brand Keeros Superfoods by MR Piyush Goyal, minister of commerce & industry in an event by FICCI FLO in New Delhi

. In 2021, they received an award from the Economic Times for being 'Inspiring Leaders' in northern states 2021.

- Keeros was awarded the **"Startup of the Year 2018" by LMA.**
- She has been selected for the prestigious Fortune - U.S. Department of State Global Women's Mentoring Partnership 2020. This is a joint initiative of the US government & Fortune 500 companies. They have recognized her as a leader in her community and industry, and the only one selected from India in 2020.
- She is amongst the 15 women entrepreneurs selected nationally for the **FICCI -FLO** Incubator Startup awards for the year 2020.
- She has been recognized as **'An Outstanding mentor'** by **Project AIRSWEEE** (All-India Road Show on Women's Economic Empowerment through Entrepreneurship). This TiE Global initiative supported by the US Embassy was conducted from 2016 to 2019 across India.

WS Team



# ANITA MISHRA

*Beauty with Brains*



Not all entrepreneurs are the epitome of their ventures however Anita Mishra is certainly one. She is glamorous and elegant, while her grace comes naturally with enormous self-confidence. Coming from the lineage of a family of educationists (Laxman Das Atithi Grih in BHU is named after her great grandfather).

She is a cosmetologist by profession and successfully runs 6 Lakme Beauty Salons; 4 in Lucknow and 2 in Varanasi. Additionally,

She runs a couple of Lakme academies in Lucknow and Varanasi each, while also intending to expand in these cities and more. With more than 100 employees across all her centers, they have stuck together and worked like a big family. Her salon was chosen to be the official beauty and make-up partner for Pantaloon Femina Miss UP contests in 2013 & 2014. Her salons are the largest revenue contributor to Lakme Lever as they do more than 500 bridal make-ups in a year. She is widely recognized in both, printed & social media columns like Grihsobha, Hindustan Times, Times of India, Amar Ujala, Dainik Jagran, and various others. While she has also judged many prestigious beauty contests like Miss UP, UP Face of the Year, Pantaloon Miss UP, Anokhi Contest, Amar Ujala Rupantaran, Sahara India Fashion Show, and Fashion show by NIFT Varanasi, Times of India, Unity college fest, and Sri Ramswaroop University fest.



She has also had the honour to be a guest speaker at Banaras Hindu University (BHU) MBA school, Sri Ramswaroop University, CMS, and many other renowned schools and addressed the students several times, and shared her entrepreneurial journey. Also a guest speaker on Radio Mirchi and Radio City. Anita has been awarded and felicitated by Governor of UP, Shri Ram Naik, Governor of J&K Shri Manoj Sinha, and Bollywood actress Vidya Balan, Radio City (Varanasi) for her contribution to the beauty and her social work for the welfare of women. In the past, she has also been chosen as one of 30 successful women entrepreneurs in UP by Delhi press magazine in 2012. Anita had started showing her professional metal right from joining her first job with Eureka Forbes. As Customer Relationship Manager for North India, she was responsible for a task involving direct interaction with all sorts of customers to find the best solutions. This was recognized

and rewarded by the TATA group by appointing Anita Mishra the first franchisee of Eureka Forbes in Uttar Pradesh. Anita grew up in Chakia (a town 50 km from the city of Varanasi) with 4 siblings, where she completed her schooling.

She graduated with zoology honors from Banaras Hindu University and acquired masters in computer applications from Lucknow. Later, she did a diploma from the esteemed London school of cosmetology.

### WS Team





# HINA SHEERAZ

## Travelpreneur

W

ABU DHABI  
ISLAND

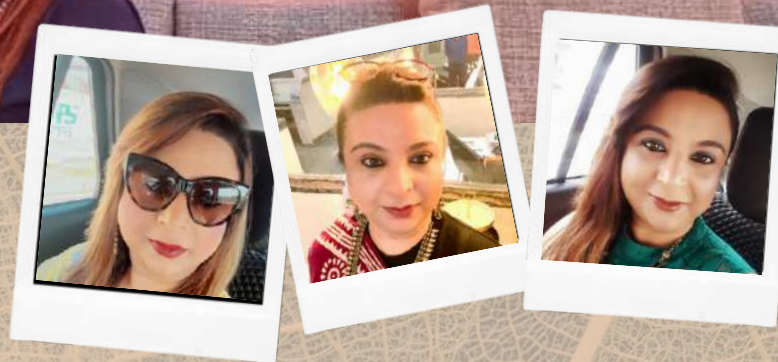
Mrs.Hina Sheeraz completed her secondary education at Delhi University as a student of English Hons. She further pursued her MA in English. Post the studies she developed an interest in Marketing & Sales.

So to enhance her soft skills, she did a course in Agency Building & Business Management from Kinder Brothers International, Texas (USA). Meanwhile, she also began her career in the Hospitality industry and then moved on to the automobile industry and worked for Giants like Bajaj automotive & Tata motors for 5 years as Marketing Head for Lucknow. She then switched to the insurance sector and worked for six years for Max Life Insurance as an Associate Partner-Sales. However, after dedicating almost 11 years to the corporate world, she finally decided to pursue growth on her own terms and became an entrepreneur. Her passion for travel and meeting new people of different cultures influenced her to join the Tourism sector. The idea of launching her own travel company struck in partnership with her husband Mr.S.M.Sheeraz who had been working in the tourism sector for the last 12 years. Finally, Sheeraz Tours was launched & there was no looking back.

Now after completing the journey of a successful 14-year, Sheeraz Tours is a star company not only in the state of UP but also a renowned name pan India. Year after year Sheeraz Tours has been awarded by multiple National Tourism Boards as a top performer in India. Sheeraz Tours is also recognized and applauded by some of the top airlines – Indian & international...for generating the highest sales in UP.

For her part, Ms.Hina Sheeraz has received many different awards which include 'Women Entrepreneur of the Year', 'Face of the Year', 'Inspiring Women' and 'Naari Shakti' awards amongst others.

Under her professional leadership and guidance, the company has been recording double digits growth every year by focusing on the delivery of great customer services at affordable prices thus enabling thousands of tourists to cherish the holiday experience of a lifetime..!



WS Team



# AKANKSHA KUMAR

## Believes in Passion & Precision



I am Akanksha, founder of Interioscape, a complete interior solution firm that deals in both residential and commercial projects. Coming from a humble background from the city of Gwalior I was always inspired to be an entrepreneur. During my career trajectory, I had an opportunity to work with leading real estate companies like Tulsiani group, Shalimar Group, Omaxe, and Rishita Developers. This experience created the perfect launchpad for me to chase my dreams and start my own company in 2020.

During the two years of our inception, our company has not only worked with many leading real estate brands but also got an opportunity to work with customers from all walks of life. This helped me develop my motto of not limiting myself to a certain segment of society, but helping flesh out the dream of anyone who wants a tasteful abode for themselves.

I am a strong believer in the Bhagwat Geeta and follow it in my business practices which have empowered me to go beyond myself and do every assignment which comes my way to the best of my ability. Established with a focus to serve, backed by passion and precision, Interioscape has grown to offer services across all requirements - from project planning, visualization, Design and followed by custom furniture which blends well with your living spaces. The projects we have owing to their strategic locations are the landmarks in the areas they are situated in, these project designs stand as a silent testimony to underline comfort and stress-free, luxury, and comfortable living which Interioscape has created for them

Team WS



#shiningwomen

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*Anjali  
Singh*

## A PASSIONATE ENTREPRENEUR

Anjali Singh is a first-generation entrepreneur. She was born in Bhopal and brought up in Lucknow. She went to Carmel Convent, IT College and finally did her MBA from Lucknow University. After her MBA, Anjali took up various private jobs. In 2009, frustrated of her private job, and a strong social desire to help empower and employ women, she quit her job and formed an association for Jute Artisans. Women were trained on jute projects with the help of National Jute Board and were felicitated with a certificate from the government of India.



It wasn't an easy task. She faced several hardships which included convincing women from rural area to work with her and getting raw material to manufacture the products. Her deep-rooted intolerance to poverty, and problems faced by women and children of underprivileged society, kept her motivated even in the hardest of times. She started this with only one woman ready to join her but by her constant efforts, today she has more than 500 women employed.



When these women could not come out of the village, she took the workspace to the village. There was no stopping her. She has been responsible for uplifting and improving the life of all of these women. Other than adding value to the lives of numerous women, she has also helped the environment by spreading the use of jute bags and eliminating plastic. Her jute bags are customisable and made with utmost care. She firmly believes in the Chinese proverb "Don't give the Bread but Give the art of earning Bread" and today she is one of those because of whom 500+ families earn their livelihood or add to their family income.

Her organization now gets mentoring support from Netherlands-based organization "Women on Wings". Recently Anjali launched a brand for jute products by the name of JUTE FOR LIFE.

After 9 years of dedicated efforts, Anjali has received several awards including VijayaLaxmi Das Award for best Entrepreneur 2022 on 8th March 2022, SIDBI ET India MSE Award 2019 – Best Employment Generating MSE, JCI Young Person of India 2019, Women Shine Award 2019 for Social Innovation by CWE, Gandhi Kutir Award 2019, Women of Excellence by All Ladies League, Anarkali Devi Rangbharti Samman by Honorable Governor, Techno Entrepreneur Award by Ministry of Science and Technology, FICCI Ladies Organization Woman Award for Social Entrepreneurship, Eastern Bhoomika Award 2017, Women Outstanding Achiever Award 2017 by Lucknow Management Association, Shan-e-Awadh Samman and many more. Recently signed MOU with University of Lucknow, Ramswaroop University, Lko and REVA University, Bangalore to provide employment opportunities to resource poor women to supplement their family income and also to provide internships to students to have first hands on experience to work in the field of social entrepreneurship. Because of her successful entrepreneurial journey, she has been assigned the position of **CHERIE BLAIR FOUNDATION MENTOR** for giving her expertise to other struggling social entrepreneurs anywhere in the world.



Her work has been covered by almost all leading Newspapers and also documentaries made by Times Now, ETV, Green TV and Samachar Plus and Sonu Sood Show on GNT.

Through Social Media footprints, US Embassy Economic Officers identified and approached her for assessment and the report has been submitted to Washington DC Economic Empowerment Wing for study. FICCI FLO has certified "Jute for Life" as "Preferred Work Place for Women".

"Jute for Life" Case Study has been published in Serbian Journal and recently it was published in Emerald Publication, U.K.

Anjali's latest achievement is that, she has received a government mega grant of for project SFURTI which will make the organisation the biggest in India in the Jute manufacturing sector where 1000+ women will get employment under one roof.

She believes that success can be achieved with dedication and devotion. Sources of her persistent energy are blessings and infinite support from her proud parents. Her father is her idol and her mom was the backbone. She feels privileged to be married to a supportive husband Mr. Shailendra Singh and has two kids Saanvi (8) and Adhiraj (5) studying in St. Francis School.



**WS Team**



SUMAN RAWAT

# Social Activist



सुमन रावत पॉवर विंग्स फाउंडेशन की संस्थापिका /अध्यक्ष है। सुमन रावत का जन्म मूलरूप से उत्तराखंड के जिला चमोली के बूंगा गांव में राजपूत खानदान में हुआ। शिक्षित संयुक्त परिवार में पली बड़ी होने के कारण अपनी सभ्यता संस्कृति शिक्षा नैतिक, सामाजिक और पारिवारिक जिम्मेदारियों का भी एहसास उनके अंदर कूट कूट कर भरा था। अपनी पढ़ाई के साथ साथ बचपन से ही दूसरों को मदद करने का जज्बा उनके अंदर था वह हमेशा दूसरों की परेशानियों वह जरूरत को दिल से महसूस करती। वक्त के साथ-साथ यह जज्बा व संवेदनशीलता उनके अंदर फर्ज के रूप में जन्म ले चुका था। जहां पर भी जरूरतमंद गरीबों को जो मदद चाहिए हर संभव उसको अवश्य मदद करने की कोशिश करती। धीरे-धीरे समाज उन्हें उनकी सेवा भाव से जानने लगा वह भी अपनी दिनचर्या का एक बड़ा वक्त समाज सेवा में देने लगी जिम्मेदारियां फर्ज के रूप में लेते हुए उन्होंने इस फर्ज को अपनी दिनचर्या की बना लिया एक बड़ी नेटवर्क कंपनी के साथ बड़े ओहदे पर होने के बाद भी उन्होंने वहां रिजाइन पर पूर्णरूपेण सड़कों अस्पतालों श्मशान और मलिन बस्तियों पर काम करना शुरू किया इसी के साथ-साथ अपने 3 दोस्तों से

मिलकर एक मुहिम की शुरुआत की बस इसी मुहिम की स्थापना पावर विंग्स फाउंडेशन के रूप में हुई और आज 7 साल हो गए संस्था को। वैसे सुमन का ये सफर 23 साल का हो गया। सामाजिक जिम्मेदारियों का यह सफर अनवरत आगे बढ़ता गया और फिर रुका नहीं लोग जुड़ते गए और एक बड़ा कारवां बन गया जिसने एक बड़ी टीम का रूप ले लिया। टीम के सभी सदस्य प्रोफेशनली अपने-अपने रोजगार में हैं लेकिन समाज के प्रति अपने फर्ज को बड़ी कर्तव्य निष्ठा के साथ निभाते हैं। निस्वार्थ। जिसमें टीम द्वारा महिला सशक्तिकरण, पर उनके सम्मान, सुरक्षा और स्वावलंबन शिक्षा और स्वास्थ्य पर समय समय पर कार्यशाला और सहयोग किया जाता है। सड़क दुर्घटनाओं पर घायलों को तुरंत अस्पताल पहुंचा कर उनकी जान बचना, गरीब जरूरत मंदों को ब्लड डोनेट करना, ग्रामीण क्षेत्रों और मलिन बस्तियों में मेडिकल शिविर लगाकर हेल्थ और हाइजीन पर कार्यशान देना, बेटियों और महिलाओं को सेफडिफेंस ट्रेनिंग देना, गरीब बलिकाओं के शादी व्याह में मदद करना, लावारिस को खाने कपड़े और इलाज में मदद करना।

मौसम के अनुसार जरूरतमंदों को कम्बल और कपड़े देना, टीम का मुख्य रूप से कार्य है। कोरोना जैसी महामारी में टीम ने लोगों की जिंदगियां बचाने के लिए पूरी तरह कमर कस ली। पॉकेट मनी जो को अस्पतालों में भर्ती करवाना ऑक्सीजन का इंतजाम करवाना एंबुलेंस का इंतजाम करवाना जैसे कार्यों में रात दिन लगे रहे, सैकड़ों परिवारों को राशन दिया गया। कोविड काल में अपने घरों की ओर पलायन कर रहे बूढ़े बच्चे महिलाओं बुजुर्गों को 5000 जोड़ी चप्पल कपड़े जरूरतमंदों को दिए गए बच्चों को दूध दवाइयां इलेक्ट्रोल फल खाद्य सामग्री दिया गया। पैदल चल रही सैकड़ों महिलाओं को बड़ी मात्रा में सेनेटरी पैड वितरित किया गया। जिन कोरोना मृतकों को उनके घरवालों ने मजबूरी बस या जानबूझकर भी छोड़ दिया था उसके धर्म के अनुसार उनका क्रिमिनेशन टीम द्वारा किया गया। लगातार कोविड में रात दिन टीम ने मदद की। साथ साथ कोविड टीकाकरण के लिए समाज को लगातार जागरूक किया और कर रही है। संस्था का एक अपना क्लोज बैंक भी है जिसमें समाज के तमाम नेक लोगों द्वारा अच्छी कंडीशन में कपड़े डोनेट किये जाते हैं जो कि टीम जाड़ा गर्मी बरसात सड़कों पर अस्पतालों में पड़े गरीब लोगों को पहनाती है। संस्था की एक अपनी एडवोकेसी टीम है, जो गरीबों की कानूनी लड़ाई में मदद करती है। संस्था जल जमीन जंगल माटी और पेड़ पौधों को बचाकर पर्यावरण की सुरक्षा के लिए भी टीम जागरूक करती है। टीम समाज के सर्वांगीण विकास में अपना अदना सा फर्ज निभाने के लिए 365 दिन कार्य करती हैं। और संस्था विभिन्न सरकारी गैर सरकारी संगठनों संस्थाओं द्वारा सैकड़ों बार सम्मानित हो चुकी है। जय हिंद।





# RUCHI KHARE

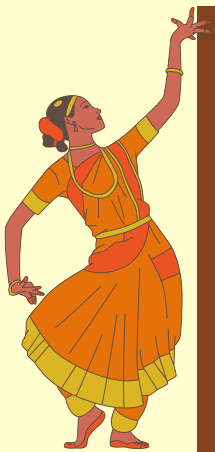
Loves the sound  
of Ghungroo



Born in Lucknow, U.P., Dr. Ruchi Khare is an 'A' grade artist of Doordarshan and empanelled artist of Indian Council for Cultural Relations, GOI.

She received her initial Kathak Dance training from Guru ( Lt.) Subhash Dixit and Smt. Deepa Deva, later

she completed her professional training of Kathak under Guru-Shishya Parampara from Dr. Purnima Pande ji. She has been awarded PhD for her research work "Scope of Kathak Dance as Healing Therapy (with special focus on Acupressure)". From 1990 till date, Dr. Ruchi has presented numerous Kathak dance Recitals and dance ballets at the regional, national and international level. Dr. Ruchi Khare produced and directed the dance choreographies and performed them along with her disciples which were highly appreciated by the audience and critics. She performed in the documentary "Zikr Us Parvarish Ka" curated by Central Sangeet Natak Akademi, New Delhi on Padma Shri Begum Akhtarji. Dr Ruchi has also been awarded with Junior Research Fellowship from the Government of India.



She has given successful Kathak performances and lec dems on international platforms like Shanghai, Beijing, Xian, Dubai etc . She was honoured with Shringar Mani Award, Chancellor's Gold Medal, Sanskar Ratna Award, Nrityakar-e-Awadh Award, Satyapath Samman etc. As a Kathak guru, she has been training a large number of disciples. Presently she is serving an Assistant Professor in Bhatkhande Sanskriti Vishwavidyalaya, Lucknow. Dr. Ruchi along with her Guru Dr. Purnima Pande launched their book "Yug Drashta" which is dedicated to the life of Nrityacharya Pt. M.S. Kallianpurkar and his contribution to Kathak. Dr. Ruchi Khare has been felicitated with the Academy Award for the year 2014 by the Uttar Pradesh Sangeet Natak Akademi for her remarkable contribution in Kathak.

WS Team



# SHIPRA ANAND

**A Design Educationist, Consultant, Designer & Entrepreneur**



Shipra Anand, Founder Director- Academy for Fashion Careers, Lucknow, is one of the early few NIFT Delhi alumnae, with 26 years of experience behind her. She is a Design Educationist, Design Consultant & and Entrepreneur, who has been playing a pivotal role in Design and Design Education in Lucknow. She has worked extensively in the crafts of Chikankari & Zari-Zardozi. Having belonged to Lucknow, when fate destined her to come back to Lucknow while her stint with the brand Lacoste, her campus placement, it seemed like professional hara-kiri as well more than two and a half decades ago Lucknow didn't have much to offer in terms of career after NIFT.

As they say, in limitations lie the opportunities too. She realized that Lucknow & UP had a great upcoming need for Hence, going with the flow and demands, came Academy for Fashion Careers, a self-owned enterprise, in existence since 1999. The aim of AFC is primarily to educate and create awareness of Design & Fashion as viable career options, its various specializations, and industrial opportunities, introducing students and parents to quality education centers like NID & NIFT, Colleges Abroad, and the requisites for the same, etc, well.as this was the time before internet took us by storm. designers & professionals as this area was completely untouched till then and thus a career in Design Academics chose her.

With the growing awareness, AFC met the demands of grooming students for the entrances of NID & NIFT and other similar colleges. To her delight, she discovered that she not only was immensely enjoying her role as a Design mentor which also organically evolved into that of a Career Counselor in the field of Design Careers but was good too, gradually earning her reputation of being the best in town! Working in the direction, through passionate hard work, today a majority of NID & NIFT graduates, belonging to and around Lucknow, in the last 25 years owe their success to her. Pooja Yadav, designer UPMRC logo, Manish Tripathi (Antardesi & Naveli), Antham by Abhishek, Ivy by Rateesha Bajaj, Sadhvi Suri, and Deepika Chopra Garg just to name a few.



Her passion for bringing quality design education to Lucknow was the motivation behind her to take up the J D Institute of Fashion Technology at Lucknow, which she co-owns with her husband and takes care of the academic excellence standards of the same. She is also a guest faculty at other Design colleges like FDDI.

Her passion for the cause of backward & forward integration of Design studies lead her to be commissioned by CMS Aliganj to start Fashion Design as an elective in their classes, for which she authored their study books as well. Balancing the role of the educator with that of the designer, she can be credited to be among the first two designers empanelled with DC(H) GOI. Since then she has worked consistently in the artisan sector with various crafts like Chikankari, Zari Zardosi, Terracotta, Punja durri, Patchwork & Jute & leather products.



She is a reputed presence at all quality fashion events, shows, pageants & juries and has been the talk show guest on the Fashion episodes of 'Sangini For Women' by ETV for good 10 years before it merged with News 18. She is a regular content contributor on Fashion and Design to various digital publications & platforms.

**WS Team**





# RJ RAFAT



After the long tiring day, when people want a break from chaos and peace in life, RJ Rafat enters and becomes their ride-along. RJ by profession at 94.3 Big FM, me Rafat tries to change and life people's moods through music and gossip. I am the type of girl that doesn't like to be bounded and bonded in patterns and ways. And things that are considered by society to not be done by a female is the first thing that is done by me. Right from childhood, whenever I hear any sorts of rules for girls, immediately a question occurs in my mind, are there these same rules for males as well? And if I do not find any logic behind any rule, then not abiding is the way, I choose.

The love of my life is my job and it is the reason I do it with utmost dedication. I have a rule in my life, called DPD which stands for Discipline, Punctuality, and Dedication. And people who can't work according to this, I prefer not to walk with them in my life.

Enough about me, let me narrate my history now. My Life has been one of a nomad. My father Retd. Subedar Manzoor Ahmed Ji was in army. I was born in Udhampur(J&K). Brought up in Firozpur (Punjab). Did my schooling in Bhuj Kutch (Gujarat) and from Dehradun to Andhra Pradesh to Rajasthan to Guwahati (Assam), where all the places where I attended school ended in Malad (West Bengal). And finally got permanently fixed in Lucknow. And I believe this is the reason why I have no Hindu or Muslim in my blood but only the whole of India. Right from childhood, watching and mimicking news anchors was my favourite activity. And in my classes, used to copy their style and would do book reading. For this, I used to get appreciation and at that time only I used to consider myself no less than a TV anchor. Further, I did my post-graduation in Shia PG College, Lucknow in Masters's in Journalism.





Then did the job for some time in Doo'darshan and All India Radio and later on got an opportunity to work as an anchor. And I guess my real training began from there only. In 2017 Lucknow Big FM got launched and I got the offer to become the first voice of Lucknow Big FM. Right from then till now, I have just been trying to entertain the people of Lucknow. I feel I am blessed, because where people are not really happy with their jobs but I have such a job where I am happy with my job and also got the opportunity to keep people happy.

With my show, **"EK SIP GOSSIP"**, in its segment **"Women Achievers Special Big Spotlight"**, I try to give a chance to all the women who are doing good work with their hard work. In my show, amidst all my talks and gossip, I can't stop myself to talk about people who have achieved something big with struggle, be it anybody, a labourer or a normal employee, a mother or children. If somebody has made it big with all the difficulties, then that person is an inspiration to me. That person becomes my hero and I take strength from them and inspire them to grow further.

I feel so happy to know what appreciation I give in my show to women, something like that is also done by Womenshine. The founder of Womenshine, Aparna Mishra, is to be congratulated that she thought like that and gave space to women. And I am glad that she added me to this list. Many thanks to you.

Thank you so much Womenshine.

And if any of the readers, felt any good or are curious to see or meet me then you can find me on social media @Rj Rafat Big FM. There you can find me and all my work.

Thank you from the heart.

**WS Team**

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## PREETI PANDEY

### BELIEVES IN SMART WORKING

Preeti Pandey is a business wizard and MD at INNAYA ROYAL HEIGHTS. She is a lady with big dreams and a strong work ethic.

Preeti Pandey is a known personality in construction work. A woman entrepreneur can handle all obstacles way better than any other so as Preeti herself. Her venture INNAYA Royal heights is a building project with a strong support system that ensures quality construction and outstanding results.

Preeti Pandey is a fun-filled and enthusiastic person, who loves to hang out with friends and family, explore new destinations, and most love her family specifically her darling dotty INNAYA lot.

She always believes in the Indian family system, and togetherness and that was her sole motivation behind starting a project INNAYA Royal heights, so she can provide the best housing in which one can live happily and comfortably with their loved ones. the world of Inaaya royal heights. The best residential apartments in the city. It is located at the most prime location of Gomti Nagar extension (oppo.Janeshwar Mishra park gate no.7.), Which offers the utmost luxury and quality. Surrounded by a well-organized network of roads, malls, parks, and transport connectivity. The project in itself is a valuable plus.

Inaaya Royal Heights Is a Luxurious Residential Apartment Project Which Offers 3bhk, 4bhk, and Penthouse Options Fully Loaded with Amenities like a Gym, Club House, Swimming Pool, Play Park, Kids' Play Area, and a Lot More. Equipped with Spacious Rooms Wide Balconies and a Perfectly Planned Design Structure It Is Anyday an Investor Paradise.



**WS Team**



# DR. SUGANDHA SAREEN VIJ

## The Story of Dream & Passion

Growing up I always dreamt of being a doctor, like it was inbuilt. I wanted to be a medical practitioner & seeing other doctors always fascinated me. In the year 2010, I got a seat in Bangalore at a college affiliated with Rajiv Gandhi University in Dentistry. Being a homely girl, It was difficult to leave Mumbai my hometown & my family. But the goal was far above it all. With the support of my family & their encouragement, I began living my dream of being a doctor.

Five arduous years later I finally graduated as a dentist. All the hard work & dedication, helped me become a skilled practitioner.

I finally returned home to Mumbai & established my private practice after training under several well renowned dentists to whom I owe my success today. However, something felt missing. I always had a passion to teach, but being a full-time practitioner never got any time to pursue something else other than my profession. Then I got married & settled down in Lucknow, after which I trained to teach IELTS & became a certified trainer by British Council & at the same time worked under a senior dentist to understand the requirements of patients in Lucknow.

Two months later Covid hit the world & everything came to a standstill. That's when I got the opportunity to start training students for IELTS & OET to doctors & nurses. In fact, I became the first OET trainer in Lucknow city.

It was a feeling of sheer fulfillment & joy. I thought what if I can do both?







Finally, in the year 2021, I established my private clinic 'The Dental Studio' in Indranagar, Lucknow has been running successfully for over a year. Currently, I am pursuing both my profession as a doctor & passion for teaching. I am blessed to always get motivation from my in-laws' family, my husband & father stood like a pillar all throughout my journey. My mother & sister became my biggest cheerleaders. I never had to worry about cooking meals or cleaning the house. My husband helped me accomplish my goals & making work-life balance easier.



Today I am Dr. Sugandha Sareen Vij, a Dentist & an English trainer.

"Behind every successful man, there is a woman. However, behind every successful woman, there is an army of people".

Shared by Dr. Sugandha Sareen Vij



**#shiningwomen**



# DIET FOR LACTATING MOTHERS



**B**reast milk is known as the “**gold standard**” for infant nutrition and is often referred to as liquid gold. Breast milk is full of nourishing nutrients and protective compounds that are essential for your baby's development. Breast milk contains everything your baby needs for proper development during the first 6 months. During breastfeeding your body requires more calories and nutrients to keep you and your baby nourished and healthy. It is important that your diet supplies the nutrients you need during breastfeeding, including:

**Protein** - During breastfeeding, it is very important to add plenty of protein in your diet. Protein sources include foods like chicken, meat fish, eggs, milk, yogurt, cheese, nuts, quinoa, and soy, lentils, beans, peas, and tofu.

**Calcium.** Calcium makes up an important part of breastmilk. Getting enough Calcium is especially important since breastfeeding draws from your body's calcium reserves, so it's important to get plenty of this nutrient. Good sources include dairy products such as cheese, yogurt and milk, soymilk fortified with calcium as well as broccoli, tofu and chia seeds. Calcium supports your skeletal structure and function, it also plays a major role in nerve function, cell communication as well as in muscle contraction and blood clotting.

**Iodine** - Baby depends on breastmilk as a source of Iodine. Iodine is very important for baby's development as it keeps baby's brain and nervous system developing. You get iodine from dairy foods, seafood, iodised salt, and bread flour fortified with iodine.

**Iron** - Try to get iron-rich food each day as pregnancy uses up your iron stores so during breastfeeding, you need to rebuild your iron stores with iron-rich foods. Good sources of iron include red meat, poultry, seafood, and egg yolks, nuts, dried fruits, beans or fortified cereals, green leafy vegetables.

**Vitamin B12** - Baby gets vitamin B12 from breastmilk. Vitamin B12 is very important for baby's growth as it plays a major role in the development of baby's nervous system. You get vitamin B12 from milk, fish, eggs, meat and fortified breakfast cereals. If you're not eating enough calories or nutrient-rich foods, this can negatively affect the quality of your breast milk and it can also be detrimental for your own health. So it's very important to choose a variety of nutrient-dense, whole food as well as nourishing foods to support your breast milk production.





**Add Whole Grains** - Whole grains are great supplement for healthy breastfeeding diet because they are naturally high in fiber, minerals and vitamins, as well as carbohydrates, protein. Eating whole grains can help digestive system to function well as well as keep you full longer. Eating whole grains like brown rice, barley and oatmeal per day keeps you energized.

**Eat Lots Of Fruits And Vegetables** - Fruits and vegetables are important part of any healthy diet. Fruits provide vitamins such as B1, B2, B6, and C, which help to keep you healthy and are necessary for milk production and also fruits are good source of fiber that helps in the digestive process and also assists your body to absorb nutrients. Include apricots, bananas, mangoes, oranges, prunes, grapefruit in your diet .

Vegetables are rich in vitamins, antioxidants and many other important nutrients that are essential for a healthy breastfeeding diet. Consuming sufficient quantity will help the body to replenish the nutrients it needs to make milk. Green leafy vegetables like spinach, broccoli, kale, cabbage carrots, sweet potatoes, tomatoes, pumpkin and asparagus all these contribute to healthy cell function and division.

**Dairy** - Both pregnancy and breastfeeding can leach calcium from the bones so you should ensure that you are getting enough calcium. As during breastfeeding, Calcium is depleted and this puts mothers at risk of osteoporosis. Dairy products, such as cheese and milk, are excellent sources of calcium, and many have added vitamin D .So aim for three to four servings a day from dairy foods, such as milk, yoghurt and cheese.

**Nuts and Seeds** - Nuts are powerhouse of nutrition as they are healthy source of essential fatty acids and protein. Nuts are also high in essential minerals such as iron, calcium, and zinc as well as vitamin K and B vitamins. Incorporate nuts such as almonds and walnuts in your diet .Seeds are also good source of healthy fats ,essential minerals such as iron, zinc, and calcium and protein . Choose and snack on a variety including sunflower seeds, pumpkin seeds, sesame seeds, chia seeds and hemp seeds.

**Stay hydrated** - While breastfeeding, your body needs more water so it's very important to stay well hydrated . To keep your breast milk supply where it needs to be, make sure to drink plenty of water to replace the fluids that you are losing while breastfeeding As water is the healthiest drink ,so drink water whenever you feel thirsty. Avoid flavoured water, soft drinks energy drinks and sports drinks.

**Galactagogues**-The word "galactagogues" comes from the Greek "galacta," meaning milk. A galactagogue, or galactogogues also known as a lactation inducer or milk booster, is a substance that promotes lactation. Foods that are used as galactogogues - Shatavari ,Fenugreek ,Fennel ,Garlic ,Ginger ,Yams and Sweet Potatoes, Carrots and Beets ,Spices like turmeric and cumin , Oatmeal As Breastfeeding uses a lot of energy and nutrients, a healthy diet is essential for ensuring that your baby is getting all the nutrients they need to thrive. No single diet will be ideal for everyone who is breastfeeding. Eating healthy foods postpartum can help you feel better both mentally and physically The goal should be to eat a healthful, varied diet.



**Ranu Singh.**

# ZENY

International Inner Wheel is the world's largest Voluntary Non- Governmental women's organization to help and serve the needy and underprivileged sections of the society. In recognition of its social service, it has been inserted in the ECOSOC roster of United Nations. Members in more than 100 countries are working on the motto of Friendship and Service. It was started in 1924 in Manchester UK by Margarete Oliver Golding.



The International Inner Wheel President Zenaida Y. Farcon, this year is from Phillipines, a charming dynamic lady. Zeny is celebrating her 34 years of friendship and service in Inner Wheel. Zeny is very much prepared to serve as IIW President for 2022-2023, where her dedication and competence shall contribute to the continual improvement of the management system of Inner Wheel, the organization she loves most. Zeny Farcon has high Organizational Sensitivity, exhibiting respect for the diversity of members, clubs, and districts while preserving systems thinking and big picture image. Her passion and love for Inner Wheel moved her to serve in higher positions and important committees. Here she is in conversation with Prabha Raghunandan International Inner Wheel Editor/Media Manager; a frequent writer in Womenshine since it started.

**PR . 34 years in Inner Wheel, that major part of your life, do you think there has been change in IW, if yes what?**

**ZF •** When Rotary started accepting lady Rotarians, that affected the membership of IW because many Inner Wheel members started joining Rotary. IIW resolved this by opening its membership to women not related to Rotarians but who believe in our causes.

- IW service projects were well-kept secrets in the past, but later IW recognized the need to publicize these projects to attract like- minded women, especially the younger generation, to become part of our organization.
- During the pandemic, IW clubs have optimized the use of different tools of technology, especially the way meetings are conducted. Virtual platforms were trendy for conducting meetings and events. IW was able to cope with the challenges of not meeting in person.

**PR . You served as club President at a young age again National President pretty young, do you think this taking up leadership at younger age, helps improve leadership skills.**

**Definitely.** As a young member, I was mentored by veteran leaders at all levels of the organization. I always accepted the committees given to me, and I have observed the many ways they do things and adopted the best style of leadership, which I believe is effective.



**PR . How many Districts and clubs in your country?**

Philippines is a charter member country of IIW. At present, we have 9 districts and 113 clubs.

**PR . How many members does your club have?**

We have 26 members.

**PR . What is their well-known service project?**

**Education for Girls:** Every year, we sponsor girls in public schools who were identified as slow learners, and we pay for the tutor's fee so they can cope with the class lessons.

**Above60 Academy:** We have a member who is a Geriatrics

Doctor, and she is the chairman of this project. Activities are: health education lectures, cooking demos with the Nutritionists from City Health Office, and exercise and health programs. **Teen Academy:** This is an offshoot of Above60, to educate the youth to care for the elderly. **Relief Operations:** Our club's area of jurisdiction is a valley—flooding always occurs during the rainy season. We give relief goods to the flood victims.

**PR . Why Inner Wheel? For you?**

I like it here because we serve the community together with our husbands. Our IW and Rotary Clubs are partners-in-service. Also, in IW, we do activities and projects with our girlfriends, whom we consider extended family members. In IW, Friendship is at its best.

**PR . Zeny was a member of the National Learning and Development Committee (NLDC) and a Subject Matter Expert (SME), and served as Resource Speaker in National and District Leadership Training Seminar** Revisiting the IWCPi Vision, Mission and Core Values, the Heart of a Servant Leader, Communications, Inner Wheel Branding, IWCPi History and Structure, Duties of Club and District Officers, and many more. These are presentations of yours that are well remembered in your country.

**PR . Servant Leader is description you have in the first few lines of your profile.** You have given presentations on it What does it mean? And what does your heart wish to convey to the outside world today .

- According to Robert Greenleaf, a Servant leader is first and foremost a servant first. It explains why Servant is the first word, and before you can become a leader, you must first serve or be a servant.
- So it begins with a natural feeling that one wants to serve, then the conscious choice brings one to aspire to lead. So, the desire to lead comes only after your desire to serve.
- A Servant Leader serves out of love, and this is very important because you can only enjoy serving if you do this out of love, especially if you will serve the poor. As Leaders of Inner Wheel, we are all here to serve and not to be served.



**PR . Mission and core values of Inner Wheel that you would like to emphasise to the world today through Women shine .**

As Inner Wheel is an organization motivated by friendship and selfless service, active work in its community and civic projects is purely voluntary. But all of us must always endeavor to make ourselves available to serve. Our dedication and commitment to our purpose will ensure the success of our work.

**PR . You have been Managing profession, Home, Inner Wheel since your 20s; and we have young women who say they cannot join IW because they are professionals, or they have to manage home. Your advice/suggestion.**

In Inner Wheel, I discovered that it fulfilled my needs. It gave me a feeling of belongingness, and it is a dynamic platform to learn and become a better person. It provides a hearty fellowship and a great opportunity to be involved in a worthwhile cause. I love the organization so much that I always find time to attend its meetings and activities. And as I involved myself in it, it eventually became a way of life for me.

**PR . Work Wonders is your IIW theme for 2022-23. A gist of what you would like members to do.**

**"Work Wonders"** is our calling and will be our unifying drive to transform, build and accomplish positive and uplifting results for humanity. As an international women & organization with a presence and influence across 100 countries, we have the power to make responses to address challenges globally. Together, we can unleash our inner power to make this world stronger for a better and brighter tomorrow. We will all do Inner Wheel work that is so meaningful, so valuable, so significant, and authentic to the world, that our work inspires and creates wonders for the greater community.

**Zeny takes the rapid fire in her stride as I bombard her with questions.**

**Mountains or beaches for a holiday? Mountains**

**If not Zeny whom would you like to be? Full-time housewife**

**What quality/qualities do you admire in a person? Loyal**

**What is your USP, uniqueness? Servant Leader**

**Something in your life, when you think back it is with gratitude. God has blessed me with a loving family and friends, a stable career, an opportunity to serve others through Inner Wheel, and a spiritual community, the Couples for Christ.**

**What makes you smile? Answered prayers**

**What do you like doing in your spare time? Sleep (a luxury for me)**

**Who is your inspiration? God and Family**

**How many languages do you speak? 2 Filipino & English**

**What would you like remembered about you? Supportive**

**Are you a morning person or a night one? Used to be a morning person; now, night person**

**Favourite type of Ice cream? Mint with chocolate chips**

**Whom do you take advice from? From husband and from very close friends**

**We saw you dance beautifully Do you sing too? Yes**

**Best/favourite possession My Faith**



**Interview by :  
Prabha Raghunandan**



# ROAD TO DIVINITY



**The restless soul in me has always been looking for the spiritual path which leads to the abode of Mahadev.**

Since it was my 40th birthday, I yearned to celebrate it with Lord Shiva and pay gratitude for my very existence.

I and two of my close friends booked the flight from Lucknow-Hyderabad- Coimbatore. The Journey started with fun n frolicking flying up above the blue skies. We had no idea that it was going to be an awakening journey and a 360°turn in our thought process. Finally, we hit the ground in the afternoon and our chauffer drove us to Isha. "Namaste Akka", these humble and soft words at Sarpdwar of Isha Foundation welcomed us. It seemed one such place on earth which was full of serenity, divinity, and simplicity. The cool breeze, blue sky, and mesmerizing aura made me feel eternal peace right after stepping inside the premise and reaching the Welcome point of Isha. At the help desk, we completed the formalities and got our hand band to proceed towards the 'Allayam' cottages. On our way to the room, we were instructed not to use mobile phones. The vibes all around were extremely soothing and the faces looked so calm as if everyone there was in a meditational state. After settling down without wasting a minute we went to attend the Aarti at Linga Bhairavi and visited Dhanalingam for 15 mins and sat near the pond which was full of blooming white and pink lotuses. The peacocks were singing and the trees were dancing as if there is a festival going on in heaven. There we saw a huge idol of Nandi, who is a symbol of patience.



I was stunned to see people from all across the globe had come here for 8-10 months to know the purpose of their lives despite having good jobs and a luxurious life. We were told that they have come to learn what cannot be learned in any of the syllabus of our schools.

True that !!

After that, we proceeded to the Bheeksha Hall to have our dinner at 7:00 pm. The Satvik Bhojan was served which was very light yet filling. We had a tour of the ashram after that. We visited their own retail store where one can buy a good collection of Handloom kurtas, dhoti, shawls, rudraksha, and many other organic products.

The next day we started our day by visiting the most popular attraction Adiyogi, a 112 ft statue Unveiled by our Honorable Prime Minister in 2017. It was a dream destination and I was there with Adiyogi on the very International Yoga Day. The perfect place at the perfect time. In the evening the Light and Sound show gave us goosebumps and we were completely spellbound and flabbergasted. The enlightenment we experienced gave us a sense of liberation by merely being in that vicinity. The Trip came to an end but we know this is the beginning of our spiritual journey. Isha is a place one yearns to Revisit several times in a lifetime.

**Shared by Neha**



# My Travel Tale

## MASAIMARA October 2019

Just before Covid pandemic hit the world like a bolt from the blue and brought all touring and travelling to a grinding halt, I was lucky to have witnessed the most breathtaking shelter of the wild, which left an indelible memory. Very few places on earth are as adventurous and authentic as the Masai grasslands where the great migration happens between August to October. Masai Mara is a wildlife enthusiasts' paradise which features a stunning kaleidoscope of the most enticing skies, unadulterated, wild, and rugged landscapes and an array of wild creatures, in their own shelter yet very visible to tourists owing to the sparse low grasslands of Savannahs.



No wonder Bollywood heartthrob Ranveer Kapoor chose this destination to propose his lady love, Alia Bhatt. This place is a dream come true for anyone who watched & Out of Africa and longed for the romantic nostalgia of an African Safari. We arrived at Masai Mara via Nairobi where the flight landed on a barren land strip. After checking into Keekorok lodge which boasts of hosting several dignitaries from around the world and a light lunch, the adventure began. Our cab driver took us for a game drive where to our delight we spotted the king of the jungle idling with its family. Evening was a bonfire dinner with dancing with locals on tribal numbers and sumptuous local delicacies. We woke up early next morning for a game drive which gives one a real feel of the jungle where the drivers are in contact with each other on walkie-talkie and pass on information about spotting the big five or any exciting event.







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one a real feel of the jungle where the drivers are in contact with each other on walkie-talkie and pass on information about spotting the big five or any exciting event. So, we could see leopards, lions, cheetah, zebras, giraffes, gazelles, elephants, ostriches, and birds in beautiful plumage, all in full wild glory. We saw a lion feasting on a buffalo it had hunted, while the vultures waited patiently for their share of the meal. On a narrow alley our safari jeeps tyre got stuck so we got down for a minute to help the driver push it across. There was a palpable tension in the air as we spotted a cheetah pass by. After lunch at our lodge and a brief rest we again went for an evening game drive. Evening in the wild has a different feel to it. We spotted a leopard sitting on a tree. All the scenes appeared straight out of a national geographic documentary. Though the rhinoceros remained elusive there were many big cat spottings, which gave a thrill each time. After dinner in the open area of lodge where we could feel the jungle buzz around, we called it a day early on. Next morning was the most exciting & 'Hot Air balloon ride'. An aerial view of the jungle activities from the balloon which sails above the forest for a good 45 minutes as the mysteries of the jungle unfold before u with a surreal dawn is like awakening to a new world. We landed amidst the wild for a luxurious champagne breakfast, where our cabs were waiting to drive us back to the lodge. After some rest we took a trip to a Masai village where u get an opportunity to interact with the tribals and see how they survive with most primitive ways. I bought an ornament made of beads from them we danced with them and played with their children. After grabbing some food on our way back we took our last drive which was very fulfilling to the senses yet left us longing for more. Next morning, we checked out and took our flight back to Nairobi where we carried with us priceless memories of an unforgettable experience permanently etched in the mind and heart.

**WS Team**





# SKINCARE: THESE MACRONUTRIENTS ARE ESSENTIAL FOR FLAWLESS SKIN

The food that we eat reflects its nourishment through our skin. Breakouts, blemishes, and acne often result from the processed food we intake. A healthy and balanced diet is essential for achieving fresh skin that is glowing.

Instagram influencer and dietician Manpreet resolved to her Instagram to share with us five macronutrients that are crucial for skincare and enrich the skin from within.



## 1. SELENIUM

To keep the skin supple and firm, protecting it from harmful UV rays is essential. In her Instagram post, Manpreet shared that Selenium is the ultimate macronutrient for it. Selenium helps in skin protection and ensures that the UV radiations do not damage your skin's natural texture.

## ZINC

All this while, when you're wondering if you should try the mushroom ravioli, why not just first listen to the experts and then decide? Mushrooms, pumpkin seeds, chickpeas, and cashews are sources of zinc. Zinc is essential for keeping your tiny skin pores healthy and preventing them from bacterial infestations that might lead to acne and pimples.





### VITAMIN C

Talk of the macronutrients and Vitamin C is the obvious name on the list. Its antioxidant properties help neutralize the body's free radicals, which results in skin rejuvenation. Lemons, guavas, tomatoes, and amla, are some instant sources of vitamin C.



### VITAMIN A

Green leafy vegetables might not be your go-to veggie, but their property as one of the significant sources of Vitamin A might make you change your mind. Rich in anti-inflammatory properties and a promoter of skin growth, vitamin A is essential for cell repairment and new skin generation.



**Written by : Saumya Singh**



**#shiningwomen**





# WHEN THE RAIN COMES BUCKETING DOWN.....



Amidst sylvan setting, under a verdant vineyard  
Rains sing sonorous lullabies  
I witness serendipitous showers  
O wow! The glorious, natural sanitizers !!  
Divine arrangement in progress by the Maker  
Friends, comprehend this captivating nature.

Raindrops cascade down on fecund earth  
Sun-baked land brims with water  
I deeply inhale the pious petrichor  
O wow! The earthy, natural scent !!  
Divine mechanism in progress by the Maker.  
Friends, enjoy this pristine nature.

Magical feat of light, sound and water  
Profound thoughts encrypted in each drop  
I decode these glorious musings.  
O wow! Musical messages from far above !!  
Divine process in progress by the Maker.  
Friends, bow down before this enigmatic nature.

Heaven erupts in a penetrating drizzle  
Scintillating expressions of the omnipotent  
I flourish in the quiet ecstasy.  
O wow! The omnipresent in natural silhouette  
Divine dance in progress by the Maker.  
Friends, be in communion with this spectacular na



@ Preeti Pathak



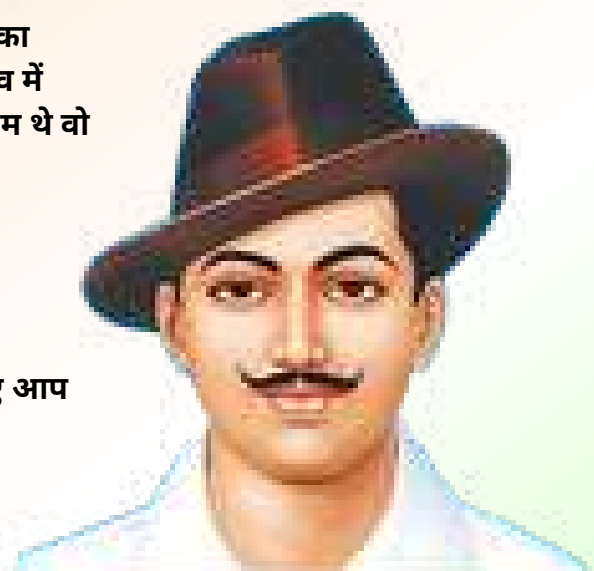


# Bhagat Singh

**B**hagat Phool Singh is one of those first social reformers who worked for women education and women emancipation. His first school, "**Gurukul**", to educate women consisted of his own daughter and two other girls in Khanpur Kalan in **1936**. That small effort has sustained to become a full-fledged university with two schools, a polytechnic Institute, a ayurvedic medical college and hospital within its campus. This precious soul was born on **24th February, 1885** in **Mahra** village near **Gohana** and brought forward this seminal idea of women's education and now that land has also produced Manushi Chhillar, miss world of 2017.

**Pratibha** student of **Bhagat phool Singh Mahila vishwavidyalaya, sonipat, Haryana** from department of English. Born in **Haryana (Gurugram)** . I'm trying to reshape the world with my verse, I'm very passionate poetic.

एक वक्त था आज़ादी से पहले का  
आप जन्मे थे छोटे से माहरा गांव में  
उम्मीदों की किरण का दूसरा नाम थे वो  
क्या पता था किसी को?  
आप इतना आगे बढ़ जाओगे  
आप इतना कुछ कर जाओगे  
इतने दुश्मन अपना कर भी  
कैसे संभाल पाए आप-  
कैसे लोगो को नींद से जगा पाए आप  
बचपन से कुछ करने की,  
शिद्दत थी आप में  
हृदयकरुणासे भरा हुआ  
इतने परोपकार से जुड़े हुए



इतना आगे बढ़कर,  
पटवारी के पद पर आएआप  
बड़ी निपुणता से कार्य पूर्ण करके  
रिश्वतके जाल में फसे भी आप  
कैसे निकले उस गलत भंवरसे  
कुछ संभल गए आप,कुछ संभाल पाए आप  
समाज के उद्धार की  
ज्ञान ज्योति जागृत कर पाए आप  
महानुभावोंएवंसंत,प्रेरणाप्रद के  
उपदेशोंको बार बार सुनकर  
कुछ करने की ठानी थी आपने  
वो भक्ति, वो श्रद्धा, वो आस्था  
विद्वानों जैसा हर गुण था आप में  
दृढ़ ईश्वरशक्ति, दृढ़ संकल्प के लिए  
प्रसिद्ध हुए आप,



पटवारी के पद पर आए आप  
 बड़ी निपुणता से कार्य पूर्ण करके  
 रिश्वत के जाल में फसेभी आप  
 कैसे निकले उस गलत भंवरसे  
 कुछ संभल गए आप, कुछ संभाल पाए आप  
 समाज के उद्धार की  
 ज्ञानज्योतिजागृत करपाए आप  
 महानुभावों एवं संत, प्रेरणाप्रद के  
 उपदेशों को बार बार सुनकर  
 कुछ करने की ठानी थी आपने  
 वो भक्ति, वो श्रद्धा, वो आस्था  
 विद्वानों जैसा हर गुण था आप में  
 दृढ़ ईश्वर शक्ति, दृढ़ संकल्प के लिए  
 प्रसिद्ध हुए आप,  
 हे ! गरीबों के देवता  
 एक प्रश्न है आपसे  
 इतना उदार, परोपकारी, पुण्यात्मा  
 कैसे बन पाए आप ?  
 वो एक दिन था -  
 अपने घोड़े पर होकर सवार  
 सांयकाल को निकले थे  
 उस अंधेरी रात में  
 इतने बेबाक होकर, कैसे ही लड़ पाए आप  
 हर लड़ाई को जीतकर  
 हर नारी को सम्मान दिलाया  
 न कभी बोलने का हक था  
 न बाहर चलने का अधिकार था  
 हमेशा से कुछ इन लक्ष्मण रेखाओं ने,  
 जकड़ का रखा था ।  
 उन पदों में रहने की आदत सी थी  
 बच्चों और खाने में दुनिया सिमट सी रही थी  
 नारी भी है एक इंसान,  
 उड़ने के है भी रखते है अरमान  
 आज़ादी की सांस लेने का हमारा भी है मन  
 यही बातें सबको समझाई।  
 न हिंदू, न मुसलमान, न जात पात  
 हर प्राणी को इंसानियत का धर्म सिखलाया  
 हर जाति, हर धर्म, हर गोत्र  
 इन बंधनों से मुक्ति दिलवाकर  
 मानवता का परचम लहराया



हे! गरीबों के देवता  
 बस एक ही प्रश्न है आपसे  
 इतनी लड़ाई कैसे लड़ पाए आप  
 गृहस्थ धर्म का पालन करके  
 वानप्रस्थश्रम के गुणकारी सर्वश्रेष्ठ पुरुष रहे थे आप  
 हे पुण्यात्मा!  
 वो गुरुकुल की स्थापना, वो शिक्षा की दौड़  
 वो उम्मीदों की किरणें  
 वो बदलते समाज के सपने  
 वो गुरुकुल भूमि का कठोर तप  
 वो अहिंसा की रह पर चलकर  
 वो गोरक्षा का व्रत  
 आखिर इतनी कठोर राह पर,  
 कैसे ही चल पाए आप  
 लाखों दुश्मन खड़े किए  
 कुछ आलोचनात्मक मनुष्यों ने  
 बागडोर संभाली थी अपने हाथों में  
 संस्कृति व संस्कृत से सरोकार नहीं  
 स्वच्छता का व्यवहार नहीं  
 सत्य का कारोबार नहीं  
 पारदर्शिता का अचार नहीं  
 ऐसे प्राणी समाज पर कलंक होते है  
 विषधर का पान होते है  
 व्याधि की गन होते हैं  
 सर्पघाट का धन होते है  
 कुकुरघृत वामन होते है  
 उल्लासित कुसुम दमन होते है  
 कंठ में वेदकसम होते है  
 इतनी बाधाओं के बाद भी  
 इतने विघ्नों के बाद भी  
 इतने परोपकारी कैसे बने  
 शत शत नमन आपको  
 लोगों के लिए मिसाल बने  
 नारियों के लिए ढाल बने  
 विद्वानों के भी विद्वान बने  
 समाज की मर्यादाओं की शान बने  
 हम धन्य हुए आप जैसे अदम्य पाकर  
 हम करेंगे आपका सपना पूरा  
 अपने मंजिलो पर चलकर।



Pratibha



#shiningwomen

# VEERANGNAE - THE CHOSEN ONES BY MEESHA KALIA

"WOMEN DON'T NEED TO FIND THEIR VOICES; THEY NEED TO BE EMPOWERED TO USE IT AND PEOPLE NEED TO BE URGED TO LISTEN"

Meesha Kalia, the force behind Meesha's Theatre says "Theatre for me is more than an art form, it is an expression of life- a therapy in doing. I believe that drama not only culminates in awe-inspiring performances but also helps individuals gain confidence, develop personality, and grow mentally and emotionally.



Continuing her crusade in the world of theatre, Meesha started her eponymous venture in February 2020 and subsequently a specialized theatre programme for children called Avadh Theatre in July 2020. MT's vision is to bring theatre workshops and play productions to all walks of life- be it children or adults, working professionals or Grade IV employees. It is in MT's mission to make theatre more accessible to all and enchant the audiences with spell bounding performances and messages to society in ways they are received most easily. Centuries down of our existence, whether we love them or ignore them, we can't do without women.



It doesn't matter if it's strength, kindness, struggle or loss, every woman has a story to tell. Prima facie may be just the tip of an iceberg. Loaded with hordes of adjectives woman is strength personified, in each act and scene of life played around her, whether she's the protagonist or sidekick. From being worshipped as deities in the past, succumbing to patriarchal mindsets in between and rising to their rights and esteem, women have played myriad roles all through. So, MT comes up with **VEERANGNAE** the chosen ones, a dramatic representation that chronicles symbolically, the face of these obstacles and how regardless, women continue to create, invent, and build. Being a Veerangna or a brave woman means that you succeed and persevere in the face of adversity. Brave women are not only the ones in roles of defence personnel, policewomen & guards, a brave woman handles challenges with grace and patience and also turns to others for help. By adding the attribute of bravery to the incredible patience, resilience and strength women have, they become unstoppable forces of innovation, strength, and power that improve the lives of all. Women who are brave challenge the status quo to innovate and create. You can't guarantee your success in life by having courage. Many challenges in life beat us down and beat us back again and again. While life isn't perfect, we don't need to be perfect to overcome it. We need resilience. It doesn't matter how many times a **Veerangna** is knocked down, she gets back up no matter what. Our Veerangnae are the most unique amalgam of strength and softness, comfort and challenge in stride, balancing out her life, her activities, her dreams, and her passions. Today the Veerangna is smart, stable, and supported, she knows that life is not easy but doesn't let that hold her back from achieving what she wants to. Braver women are those who can withstand adversity, and pain, struggle with grace and poise, make choices and walk tall and proud. More power to each of the women around, each as a Veerangna. May we have more, support more and raise more.



Team WS

# Actress Ridhima Pandit looks jaw drop gorgeous in wedding outfits designed by Label Arshi Singhal



Indian actor and model Ridhima Pandit was recently spotted for a photoshoot wearing wedding lehengas from Label Arshi Singhal's ethnic wedding collection. Ridhima first picked a hot pink color flared lehenga choli set. This beautiful lehenga choli is made up of silk fabric which is embellished with chikankari and sequins detailing. One can wear this stunning flared lehenga choli at ceremonial events or wedding events. The beautiful actor completed her with an oversized maang teeka. The second outfit was a deep wine raw silk lehenga choli with intricate mirror and thread work on the lehenga, blouse, and dupatta. If you are looking for a royal wedding lehenga then this is a perfect pick. Ridhima chose this stunning lehenga as it celebrates the undying spirit of Indian handicraft and boasts of delicate handwork and authentic royal embroidery. She looked stunningly gorgeous in this outfit that she matched with a gold necklace and Kada bangles. Designer Arshi Singhal and her collections under 'Label Arshi Singhal' are known to be inspired by the roots of Indian culture with a blend of contemporary fashion and style. In the recent past, we have seen celebrities opting for outfits designed by Arshi Singhal. All her collections have been appreciated for their intricate details.

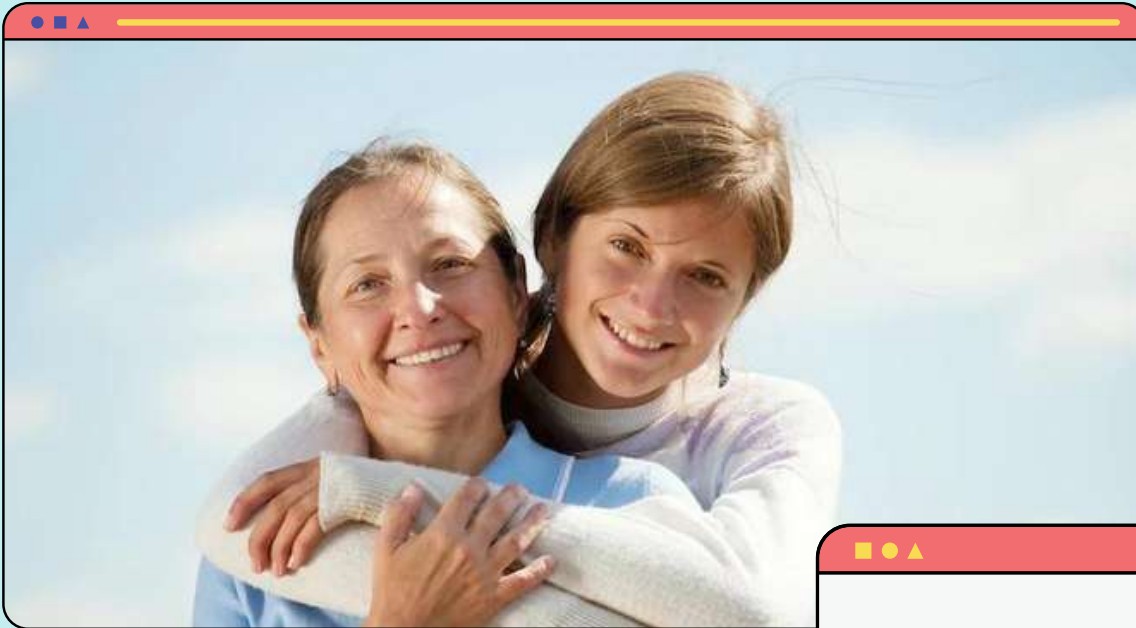
**Ridhima Pandit is known for her role of Rajni in Bahu Hamari Rajni Kant on Life OK. She was last seen in Bigg Boss OTT.**

**WS Team**



**#shiningwomen**





**P**retty sure, mothers of young adults like mine would do anything to go back to those wonder years of their lives when their young adults were not so adult. I mean, when they were little under 13-14. When managing them was slightly simpler. I hereby stress on the term - "slightly" because parenting at any stage is not simple. It cannot be simple. It is as simple as that!

**"KOI LAUTE DE  
MERE BITE HUE  
DIN"**



When our chotus listened to us. Or we could make sure that they listened to us because they had not touched their golden 18 when tables turn and parents come to the receiving end. When we could tell them politely. When we could tell them not so politely. When we could twist their ears and then tell them politely. And if we got lucky, we could even smack them on their bumchees for not listening to us politely. Although, honestly I have never had the luck to smack my son on his bumchees ever. Never had the heart to do so. Kiya hota to aaj mere bhi ache din aatey!

In fact, I know a lot of Indian parents living abroad, who get their spoilt brats (courtesy- of the rules and regulations of the western countries) to India for their summer holidays just so that they can full fill their long forbidden desires. The privilege that is denied to them in those countries. Wahan saare sukh hain bus ek yeh sukh nahi hai!

"Chal tu India, tera bharta banati hoon. Phir tujhe hee khilaaongi!"

Anyways, the point I am trying to make here is that, that controlling son was definitely simpler back then. We could control, rather than budget everything. His screen time. His good eating habits Versus his wrong eating habits. His clothes made sense versus his absolutely nonsense clothes. His expenditures. His demands, "tujhe pata hai na ki hum service class log hain!"

Even his company, "Dekho bête! A man is known by the company he keeps and we don't think that boy is good for you! Humein experience hai! We understand people more than you bête!"

Most importantly, we could budget his going out time with his friends. "Saat (7) baje hain! Nau (9) baje tak wapas aa jana har haal mein! Kyunki dus (10) baje humein sona hota hai!"



**“Dus baje kaun sota hai!”** The chota rebel in him would wonder.

But for the past 4/5 years, it has been a different story altogether! We now can only budget our expectations, our anxieties, our fears, our hopelessness, our good night's sleep, and most importantly, our anger. When I use the term **“budget”** I basically mean that once our children are 18, we need to put a budget for all that I have written earlier in this passage. For example, we should not think of having a good night's sleep of more than 4-5 hours because we won't get it. We should not have many expectations because they will never be fulfilled. We should not be too scared because our fears won't lead us anywhere. We can at the most gnash in anger, bottle up all our emotions, and then, one not-so-fine day, BLAAAST!! Blast at our children whose expressions would say it all, **“ki hum hee gadhe hain!!”** Only to get up the next morning feeling guilty, **“uth ja raja beta! Tere favorite sandwiches banaye hain!”** Ufff yeh Mamta! This “raja beta” theory is honestly the root cause of all the problems which actually are our problems because our problems is not their problem anymore - period.

**“Kahan hai Tu!”** I call up son and ask.

“I told you. I'll be going to galleria with my friends!” Son answers.

“Ok! When would you be back? It's 8 pm already!” I ask.

“By 10!” Came the crisp answer.

“Ok” I disconnect the call.

It is 11 pm and he is not home as yet. So I call again.

“Hello! Arey Kahan hai tu?” I am Angry

“Aa raha hoon thodi der mein! Golf course road par hoon!” He is cool.

“Golf course road!! How did you reach there! Weren't you at galleria!” I yell.

“Haan to!” He says.

“Haan to meaning? How did you reach golf course road?” I ask.

“Gaadi se!” He answers.

“Dude! Don't try to be smart! You know what I mean! You said you are going to galleria with friends and would be back by 10. It is 11 now aur tu golf course road pahuncha hua hai!” I say.

“Haan to woh purana status tha. Yeh naya hai. Status has changed in one hour.” He says coolly.

“Tu ghar aa jaldi before my status changes!” I say.

“How would that be mom?” He laughs and asks.

“If you do not reach in 15 minutes, phir mera status Maa se Durga Maa ho jayega. Samajh le tu!”



**Written by :Somali Bammi**



# ‘गूंज मुझसे शादी करोगी ना.....’

‘शिशिर, यहां मेरे पास आओ ना ....’

‘देखो आज का दिन कितना खूबसूरत है , ये डूबता हुआ सूरज ... उसका प्रतिबिम्ब समुद्र की लहरों पर कितना मनमोहक लग रहा है .... ठंडी ठंडी हवाओं का झोंका .... समुद्र में उठती आती जाती लहरे ऐसा लगता है कि वह कुछ अपने मन का दर्द हम लोगों से साझा करना चाहती हों ...’ लहरों के साथ खेलते हुये पानी की कुछ बूंद उसके चेहरे पर छिटक गई थीं .... सूर्य की रश्मियों के प्रकाश से वह मोतियों सी झिलमिल कर उसके सौंदर्य को द्विगुणित कर रहीं थीं..... शिशिर अपलक गूंज के चेहरे पर फैली खुशी को निहार रहा था ..कितनी प्यारी प्यारी , मासूम अनछुई खिली खिली सी हंसी बिल्कुल छोटे बच्चे की तरह निष्कलुष ..... वह भी उत्तर में मुस्कुरा दिया था ....उसके खुली हुयी लंबी केश राशि बार बार चेहरे पर लुकाछिपी का खेल खेल रही थी , वह अपनी लंबी पतली उंगलियों से अपनी जुल्फों को चेहरे से हटा कर फिर लहरों से खेलने में लग जाती ....जब शिशिर उसके नजदीक नहीं गया तो वह एक झटके से उठ कर आई और उसका हाथ पकड़ कर रेत पर दौड़ने लगी थी .... ‘आओ भुट्टा खाते हैं ’ ये खुशी के पल , अलमस्त माहौल फिर भी वह उदास और गंभीर चेहरा लिये हुये खड़ा हुआ था .... उसका कारण था ....उसकी शादी गूंज के साथ होने वाली थी .... वह महीनों पहले से इसी तरह एक दूसरे के साथ प्यार भरे पल बिता रहे थे ... भविष्य के सपने बुन रहे थे ... कभी कॉफी तो कभी डिनर तो कभी बीच ... उसका ऑफिस बिल्कुल पास में था ... गूंज उसके सपनों की रानी थी ...दोनों तरफ सगाई की तैयारियां चल रहीं थीं .... शॉपिंग .... संगीत का प्रोग्राम ....सजावट ... थीम ...एक कलर के आउटफिट्स .... सब कुछ अच्छी तरह से हुआ और खूब मौजमस्ती .... रिंग सेरेमनी धूमधाम से संपन्न हुई लेकिन पापा कुछ उखड़े उखड़े से थे उनके साथ में फूफा जी भी मुंह बनाये घूम रहे थे ..... गूंज के पापा नरेश जी ने क्या समझ रखा है ...इतना बेकार इंतजाम था कि लोगों को जगह का नाम बताने में ही मुझे शर्म आ रही थी ....हीरे सा मेरा लड़का , सोने का पतला सा छल्ला देकर सस्ते में रसम निबटा दी ....मिठाई भी सस्ती वाली ..... कपड़े कोई भी ब्राण्ड नहीं .... वह सबकुछ चुपचाप सुनता रहा था .... फिर एक दिन शादी की तैयारियों के सिलसिले में गूंज के पापा को बुलाया गया ... उस दिन फूफाजी को पहले से ही बुला लिया गया था ..... फिर उड़ाई जाने लगी धज्जियां .... सगाई में उनके ओछे इंतजामों की ..... उनके दिये उपहारों की मीनमेख ..... कपड़ों के ब्राण्ड की कमियां .... लंबी बहस ... और तकरार का परिणाम यह निकला कि गूंज के पापा ने कह दिया कि ऐसे परिवार में उन्हें बेटी नहीं देनी है जहां रिश्तों को पैसे से तौला जाये .... फूफा जी पापा की क्रोधाग्नि को अपने शब्दबाण की समिधा से प्रज्ज्वलित करते रहे और नतीजनन दोनों तरफ से रिश्ता तोड़ दिया गया ..... जिसकी शादी होने वाली थी , उससे तो कुछ पूछा ही नहीं गया था .....जब वह गूंज से मिल कर गुन गुनाता हुआ घर में घुसा तो उसके अरमानों पर कुठाराघात करते हुये पापा बोले , तुम्हारी शादी मैंने तोड़ दी है ....ऐसे नीच लोगों के साथ रिश्तेदारी करके सारी जिंदगी बेइज्जती थोड़े ही करवानी है . इस बात को सुनते ही उसे सहसा विश्वास नहीं हो पाया था ..... वह चुपचाप अपने कमरे में जाकर शून्य में निहारने लगा था .... उसके मुंह से विरोध का एक शब्द भी नहीं निकला था ...

शायद वह पापा से बचपन से ही डरता रहा था .... बीमार मां ने उससे धीरे से कहा , ‘बेटा शादी तुम गूंज से ही करना ....वह बहुत संस्कारी और सुशील लड़की है’ अगली शाम जब वह रोज की तरह उसी जगह पहुंचा कि शायद गूंज उसे कहीं दिख जाये परंतु यह क्या .... वह तो उसी तरह उन्मुक्त हंसीमुस्कुराती आकर उसके पास बैठ गई थी.... वह आश्चर्यमिश्रित कौतूहल से उसके चेहरेको देखता ही रह गया था .....अरे यार हमारीशादी ही तो टूटी है तो क्या हुआ .... हम दोनों दोस्त तो हैं ना.....हम दोनों ने एक दूसरे को थोड़े ही मना किया है .... दोस्त बनकर बातें और मुलाकातें ....आपस में बात करना हंसना बोलना तो हो ही सकता है ना..... वह भी कितना बेवकूफ था.... जरा भी नहीं सोचा कि जब घर वालों को पता लगेगा कि वह उस लड़की से मिलता है , जिसके साथ उसकी शादी तोड़ दी गई है , तो कितना बवंडर उठ खड़ा होगा ....लेकिन वह तो गूंज के प्यार में डूबा हुआ रोज के रोज खिंचा चला आता है और फिर उसकी अलहद सी मासूमियत में खोकर दिल से मुस्कुरा उठता है .जिंदगी में पहली बार तो उसका दिल किसी लड़की के लिये धड़का था और विधि का विधान तो देखो कि ख्वाब पूरे होने से पहले ही हवा के हल्के से झोंके से ही भरभरा कर सब कुछबिखर गया .....







छोटी सी बात को मान अपमान का इश्यू बनाकर दिन भर आरोपों प्रत्यारोपों का सिलसिला चलता रहता और नतीजनन नेट पर उसके लिये नये रिश्तों की तलाश जारी कर दी गई .....वह गूंगे की तरह मौन अब भी सब कुछ चुपचाप सुनता रहता..... 'शिशिर , इस लड़की का फोटो और बायोडेटा देखना , बहुत रईस परिवार की लड़की है .... तेरी तो लॉटरी लग जायेगी .....' उसने घृणा से मुंह सिकोड़ा और न जाने कैसे उसके मुंह से निकल पड़ा था , 'मुझे नहीं देखना ....' वह बाइक स्टार्ट कर घर से बाहर चला गया था ....वह रात दिन अपने को कोसता पछताता ..... क्या उसके मुंह में जुबान नहीं है . क्यों नहीं कह सका कि उसे गूंग के साथ ही शादी करनी है .....स्वयं को गुनहगार मान कर उससे भी नजरें चुराता .....लेकिन उसकी निष्कलुष मुस्कुराहट में वह खो जाता, सच कहा जाये तो वह अपने को भी भूल जाता .... जब वह कभी अम्मा की तबियत के बारे में पूछती या पापा के बारे में पूछती तो वह कट कर रह जाता ....कोई इतना अच्छा भी कैसे हो सकता है ....उसके मन को हर समय यह प्रश्न , उसे परेशान करता रहता ....

एक रात जब वह उसकी यादों में खोया हुआ सोने की कोशिश कर रहा था तभी व्हाट्सएप पर उसका मेसेज चमका ....' शिशिर , कल शाम आ सकते हो .... साथ में रोने वाली इमोजी ...' देख कर वह परेशान हो उठा ....उसने तुरंत लिखा ....' सब ठीक तो है ...' 'हां ठीक तो है लेकिन मिलना जरूरी है ....'उसकी आंखों की नींद उड़ गई थी ...सुबह देर से आंख खुली .... तो देखा गूंग के कई मेसेज पड़े थे .... वह जल्दी से तैयार होकर ऑफिस से पहले अपनी फेवरेट जगह पर पहुंचा तो गूंग पहले से ही उसका इंतजार कर रही थी .... उसको देखते ही वह ताजगी से भर उठा और मुस्कुराया लेकिन यह क्या .....गूंग आज उदास थी ....उसका चेहरा उतरा हुआ था ...उसके चेहरे पर उदासी उसके लिये आश्चर्य की बात थी ..... एकबारगी बोल पड़ा , 'क्या हुआ ... सब कुशल मंगल तो है ...' 'इस खूबसूरत मुखड़े पर उदासी के बादल कैसे छाये हुये हैं ?....'उसके चेहरे पर अपने प्रति बेरुखी देख वह समझ नहीं पा रहा था कि वह क्या कहे .... क्या करे ... कैसे उसे खुश करे ... 'शिशिर , कल मुझे लड़के वाले देखने आ रहे हैं ....'क्या ??'इतना ही वह बोल पाया था ..

शायद आज मेरी तुम्हारी यह आखिरी मुलाकात है , कल से मैं किसी और की अमानत हो जाऊंगीं ....'उसकी आंखों से आंसू की बूंदें टप टप कर टेबिल पर गिर रही थीं ....वह कायर , मूर्ख की तरह .... अभी भी मौन किंकर्तव्यविमूढ़ उसे आंसू बहाते देख रहा था .....गूंग ने एक बार फिर उम्मीद भरी नजरों से उसकी ओर देखा लेकिन वह कायरों की तरह मौन वैसे ही प्रस्तर मूर्ति बना खड़ा रहा था ....वह झटके से उठ खड़ी हुई और नेपकिन से अपने आंसू पोछती हुई तेजी से चली गई थी ....जब वह चली गई , तब उसे होश आया था ..... ऐसा महसूस हुआ , जैसे उसका सब कुछ लुट चुका है और वह पंख विहीन पक्षी की तरह तड़प उठा ....ऐसा लग रहा था कि वह घने अंधकार में हाथ पैर मार रहा है....'नहीं गूंग मैं तुम्हारे बिना नहीं जी सकता ...मैं तुम्हें कहीं नहीं जाने दूंगा .... तुम केवल मेरे लिये बनी हो ....'वह मन ही मन बुदबुदाया था उसने फोन लगाया .... एक बार ...दो बार .... तीन बार .... शायद उसने निराश होकर उसका नंबर ब्लॉक कर दिया था .... उसने सही किया ....उसकी कायरता को वह कितना सहती ..... आखिर कोई लिमिट होती है ....वह तेजी से उसके ऑफिस पहुंच गया था ..... 'गूंग मुझसे शादी करोगी ना....' वह एक सांस में बोल कर हांफने लगा था ..... उसका दिल जोर जोर से धड़क रहा था ..... वह घबराहट के कारण पसीनेसे नहा गया था ...कहीं गूंग उससे शादी के लिये मना न कर दे ..... इस डर से उसकी आवाज भी लड़खड़ा रही थी ...गूंग ने हाथ पकड़ कर उसे कुर्सी पर बिठाया , 'लो पहले पानी पियो ....'उसने गूंग का हाथ पकड़ा और आज बिना किसी डर और झिझक के उसको अपनी बांहों में भर लिया था 'गूंग, मुझसे शादी करोगी ना' ऑफिस के लोगों की तालियों की आवाज से शिशिर को होश आया था , लेकिन आज वह गूंग को अपने से दूर करने को तैयार नहीं था .... खुशी से अभिभूत गूंग की आंखें झिलमिला उठी थीं .....वह तो कब से इस पल का इंतजार कर रही थी....फिर वही समुद्र का किनारा दोनों के प्यार का चश्मदीद बन गया .....

....



पद्मा अग्रवाल



# किटी

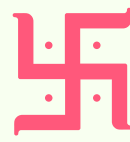
सावन, हरियाली तीज  
मेंहदी लगे हाथ, हरी हरी चूड़ियां  
राधा कृष्ण का हिण्डोला  
नीम की डाल के झूले पर  
सजी धजी बहू-बेटियां  
महिलाओं का मनबहलाव  
भारतीय संस्कृति से ओतप्रोत  
गीत संगीत से सराबोर  
जिसमें बच्चे, बड़े, बूढ़े  
सभी सम्मिलित हुआ करते थे  
मन से खुश होते थे  
अपने जीवन में संतुष्ट थे  
मोटा खा पहन कर भी  
प्रफुल्ल होते थे  
तनाव एवं द्वेष से  
दूर थे मस्त थे  
कृत्रिमता और बनावट से  
दूर वास्तविकता एवं असलियत को  
आत्मसात किये हुये  
बिना किसी दुराव छिपाव के  
मस्ती करती, हंसी ठिठोली करती  
नंद भाभियां और देवरानी जिठानियों  
का अलमस्त माहौल, माइके आती बेटियां  
का दिल से स्वागत होता था  
घरों में मेंहदी की महक थी  
तो मोगरे की गमक थी  
चूड़ियों की खनक थी  
नई साड़ियों की सरसराहट थी  
दिलों में मुस्कुराहट थी  
मेरे विचार से.....  
पुरातन किटी का रूप  
एकता सामन्जस्य एवं स्नेह  
का मिला जुला उदाहरण था  
आजकल भी चहुं ओर किटी की बहार है  
सुनिये जरा.....  
परिवार में अकेली महिला है  
दौड़ भाग है ..बच्चों का टिफिन है  
लंच है, ऑफिस है  
बच्चों का स्कूल है ट्यूशन है  
किटी है और किटी का  
मेम्बर होना अनिवार्य ही है

क्योंकि सोसायटी में जो रहना है  
और निखालिस मनोरंजन जो है  
किटी में हंसी के ठहाके हैं  
फैशन है, पार्लर है  
होटल है हलवाई है  
वन मिनिट गेम है  
गीत है संगीत है  
और बहुत कुछ है  
एक दूसरे से प्यार है  
तो कहीं कंपटीशन भी है  
आंशिक छिपाव है  
थोड़ा सा दुराव है  
वास्तविकता कम परंतु  
दिखावा ज्यादा है  
कटलरी की खनखनाहट है  
सिल्क की साड़ियों की सरसराहट है  
रिश्तों में बनावट है  
मन के कोने में द्वेष भी है  
एक दूसरे के प्रति मन में  
कहीं कलुष है राजनीति है  
रात के डिनर की चिंता है  
समय की हड़बड़ाहट है  
सासुओं के मन में बहुओं का डर है  
बहुओं के मन में सासुओं का खौफ  
है  
सब गोलमाल है भई गोलमाल  
सब ओर टेंशन टेंशन टेंशन  
मौज है मस्ती है  
क्रिटिसिज्म है आक्षेप है  
मन में आवेश है  
थोड़ी सी हंसी है  
थोड़ा सा क्रोध है  
शॉपिंग है मॉल है  
सबसे खास बात ...  
अपने यहां तो सजा ही सजा  
दूसरे के यहां मजा ही मजा  
इसलिये मित्रों दुनिया छूटे  
पर किटी न छूटे  
कहिये कैसी रही

पद्मा अग्रवाल



# हरियाली तीज



## स्मृतियां...

तीज पर्व के दो नाम प्रचलित हैं ....आसमान में उमड़ती घुमड़ती काली घटाओं के कारण इस पर्व को कजली (कज्जली) तीज और सावन की हरीतिमा के कारण हरियाली तीज के नाम से पुकारते हैं । इस तीज पर्व पर तीन बातों के तजने ( छोड़ने ) का भी विधान भी पुस्तकों में मिलता है -

- 1...छल कपट
- 2...झूठ दुर्व्यवहार
- 3...पर निंदा



कहा जाता है कि इसी दिन गौरा जी विरहाग्नि में तप कर भगवान भोलेनाथ से मिली थीं । इस त्यौहार पर सुहागिन स्त्रियां श्रंगार करके गौरी पूजन करती हैं । मेंहदी , झूला , एवं मेले का आयोजन विशेष रूप से होता है । यह पर्व मुख्य रूप से उत्तर प्रदेश के बनारस, मिर्जापुर में मनाया जाता है । कजरी( विरह गीत) का कंपटीशन भी होता था । यह वर्षा ऋतु का विशेष राग है । ब्रज के मल्हारों की भांति यह प्रमुख वर्षा गीत पपीहा, बादलों, तथा पुरवा हवाओं के झोंकों में बहुत प्रिय लगता है। तीज पर्व की स्मृतियों के साथ मायका जुड़ा हुआ है । बचपन की स्मृति सबके मन पर अमिट छाप रखती है । जीवन के किसी भी दौर में आप हों मायके का नाम सुनते ही हर स्त्री के चेहरे पर अनूठी मुस्कान आना स्वाभाविक सा है । तीज पर्व पर उसी मायके की याद करते हुये , लगता है कि कल की ही बात है ... जब मैं 8 - 9 साल की थी , और मैं नई फ्राक पहन कर यहां वहां कुलांचे भरती फिरती थी .... पहले संयुक्त परिवार हुआ करते थे ... ताई , चाची , बुआ आदि से भरा हुआ घर ... दादी की तो सबसे दुलारी लाडली और प्यारी पोती जो थी । घर में पहली पोती थी इसलिये मेरा रुतबा ही कुछ और था । दादी का लाड़ और स्नेह ऐसा कि सभी भाई बहनों को लगता कि वह उसे ही सबसे ज्यादा चाहती हैं । चूंकि घर में बहुत से लोग थे और त्यौहार उन दिनों बहुत उत्साह उमंग और धूमधाम से मनाये जाते थे । सावन का विशेष पर्व हरियाली तीज की स्मृतियां आज भी ताजी हैं

.....  
कहां से शुरू करूं सब कुछ सजीव हो उठता है ... कई दिन पहले से मिठाई , पकवान घर पर बनने शुरू हो जाते थे क्योंकि त्योहार की मिठाई बुआ मौसी आदि के घरों में भेजी जानी होती थी और हां , नानी के यहां से भी तो मिठाई आती थी । बाजार की मिठाई के डब्बों का इतना चलन नहीं था । मां , ताई , चाची आदि सभी प्रसन्नता पूर्वक कई दिन पहले से ही तैयारियों में लग जाती थीं ... साथ में सावन के गीत भी गुनगनाती रहती थीं । सबके लिये बाजार से नई साड़ियां आतीं ... साड़ी वाले भइया अपना गट्टर लेकर आते और घर में ही साड़ियां पसंद करके ले ली जातीं .... चूड़िहार आता और सबके हाथों में नई नई चूड़ियां पहनाता । लाल हरी पीली चूड़ियां देख हम बच्चे भी बहुत खुश होते ... यह भी लेना है , वह भी लेना है लेकिन नहीं.... सावन है इसलिये हरी हरी चूड़ियां ही पहननी होती थी । फिर आती थी मेंहदी की बारी ... नाइन आकर मेंहदी की हरी हरी पत्तियों को पीसती थी, सारा घर मेंहदी की महक से गमक उठता था । हम सबके लिये मेंहदी लगाना अनिवार्य होता था । सभी बच्चे तख्त पर लिटा दिये जाते और हाथ पैर में मेंहदी लगा दी जाती थी । और मेंहदी लगते ही भूख लगना स्वाभाविक था , फिर दादी का मनुहार करके एक एक कौर मुंह में प्यार से खिलाना ।

लाल लाल रचे हुये हाथ पैरों को बार बार निहारना और फिर सबको दिखा कर कहना कि मेरी मेंहदी सबसे ज्यादा लाल है । यह स्मृतियां भला कभी भूली जा सकती हैं । तीज की सुबह ताई , मां और चाची , बुआ सज धज कर गौरी की पूजा करतीं । सभी एक साथ बैठ कर बायना मनसतीं । नई साड़ी , जेवर और मेंहदी लगे चूड़ियों से भरे हाथ आज भी आंखों के सामने तैर उठते हैं ।

घर के पीछे नीम के पेड़ पर झूला डलता ... दोपहर में सब मिलकर झूला झूलते । बुआ अपनी सहेलियों के साथ ऊंची ऊंची पेंग लेकर झूला करती । हम बच्चों को छोटे झूले से ही संतोष करना पड़ता ।

मधुर स्वर लहरी में कजली, हिण्डोला गीत और झूलागीत गाया करतीं थीं । नन्हीं- नन्हीं बूंदों की फुहारों के बीच झूले पर बैठ कर पेंग मार कर झूला झूलना सावन का असली आनंद था । आज भी कुछ पंक्तियां याद आती



हैं..... झूला झूल ,झूला झूल

भइया माथे फूल , भाभी माथे सेंदुर

भइया भइयातुम भाग आओ, भाभी को भीजन देव

शादी के समय लड़की के लिये ससुराल से सिंधारा आने का रिवाज आज भी बहुत जगह हैं। सावन के महीने में मिर्जापुर ,प्रयागराज में लड़की का फूलों से श्रंगार करवाने का उस समय बहुत रिवाज होता था। वह दृश्य आज भी सजीव हो उठता है, जब बुआ के ससुराल से सिंधारा आया। बुआ को एक चौकी पर बैठाया गया था, उनका फूलों से श्रंगार किया गया था। बेले की कलियों को पिरोकर बीच बीच में गुलाब आदि लगा कर बहुत ही सुंदर माथापट्टी, वेणी, जूड़ा, गजरा, हार, हथफूल सब कुछ कलियों से ही बनाया जाता था .... उसे ही लड़की या ब्याहली बहू के भी फूलों के श्रंगार का प्रचलन था। आज भी बुआजी का वह अप्सरा जैसा सुंदर रूप आंखों के सामने सजीव हो उठता है।



शाम को तीज का मेला देखने भी जाया करते थे। मेले में सभी महिलायें सज धज कर जाया करती थीं। वहां पर झूला झूलने के लिये हम बच्चे बहुत लालायित रहते थे। लकड़ी के खिलौनें मे वहां से अपनी गुड़िया के लिये पालकी खरीदना नहीं भूलते थे। हम सभी बच्चे इन त्यौहारों या अवसरों का पूरा आनंद लिया करते थे। उन दिनों गुब्बारा लेकर ही हम सब खुश हो जाते थे।

हम सब उन पुरानी परम्पराओं और त्यौहारों से अपने को जुड़ा हुआ महसूस करते थे। आज कंप्यूटर युग में हम सबके पास इन पुरानी परंपराओं और रिवाजों के प्रति न ही रुचि है न ही समय.... हम बच्चों को ही दोष क्यों दें ...हम महिलायें भी केवल त्यौहारों पर मात्र लकीर पीट कर ही अपना काम पूरा समझ लेते हैं।

अब त्यौहारों के लिये न ही उमंग है और न ही उल्लास, जो कुछ भी है वह अभी छोटे शहरों में थोड़ा बहुत चल रहा है ... महानगरों की व्यस्त जिंदगी में सब कुछ प्रायः लुप्त हो रहा है ...सभा सोसायटी और क्लबों में तीज मिलन करके लकीर पीटी जा रही है ...

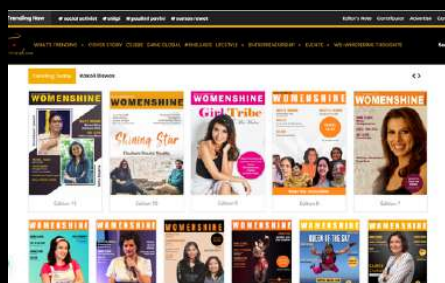
न रह गई अमराई, न ही नीम की डाल

न मस्ती न झूला, रह गई तो ...बस भाग दौड़...



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 मां की इज्जत और बाप की पगड़ी के खातिर खून के आंसू रो लेगी पर मर्यादा नहीं तोड़ेगी।  
 फूलों से नाजुक यह बेटी, कांटो से दामन भर लेगी पर मर्यादा नहीं तोड़ेगी।  
 अपने बनाए रेत के सपनों को, खुद ही पानी से बहा देगी पर मर्यादा नहीं तोड़ेगी।  
 मां सीता हो या रानी झांसी, हर किरदार को बखूबी से निभा लेगी पर मर्यादा नहीं तोड़ेगी।  
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 सभी ऊंचाइयों की सीढ़ियां चढ़ते चढ़ते यह गगन को भी छू लेगी पर मर्यादा नहीं तोड़ेगी।

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