

VOL 28.0 | SEPTEMBER EDITION

Initiative of WE Foundation

# WOMENSHINE



Reeti  
Mishra

+

SHE LEADS

TRAVEL

HEALTH

#WSWHISPERINGTHOUGHTS

HINDI DIWAS SPECIAL



# CHIEF EDITOR'S LETTER

#SHINEON

APARNA MISHRA

Founder , Women Shine

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

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

We are now 2.5 years old...many congratulations to everyone, our readers, our associates, and our team members who believed in Women Shine every time.

Our **September edition** showcases various Hindi stories on Hindi Diwas.

Here in this, we talk about Travel tales from the Netherlands, What is the right nutrition for kids under Health, and many interesting articles.

Under "**She Leads**" we have another amazing woman entrepreneur **Anushree Dash**, who lives in **Orissa**

Our Cover story again features another Iconic Woman **Ms. Reeti Mishra** who is an intercultural and interpersonal behavioural analyst with extensive global experience. A very strong personality, go-getter, courageous and humble, and a fantastic person.

From this month we have started various interesting prompts #150word stories...enjoy reading them.

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

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

**Stay Safe | Take Care |**

**Aparna Mishra**

**Founder-Editor, Women Shine**

**#Shineonwomen**

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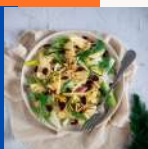
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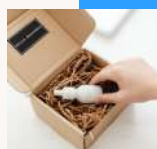
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# TRIBUTE ON TEACHER'S DAY

When a woman gets to teach students, she is not only a teacher, she pours in her blood and flesh to mould children, there comes the feeling of motherhood... this is what I had read in a book where a teacher who was awarded by the President had to say that she **"loved her children "**.

I began my journey as a teacher in 2010, little did I know about what I was to discover about children; my role that destiny has decided to shape students. I began my journey as a part-time teacher when my daughter was less than a year old. Every day in class, I felt that time flies in class.



Gradually, as my daughter grew, I began increasing my teaching hours and I kept elevating my levels. From a part-time teacher to an educator and a counsellor, my transit was unbelievable. I always have been child-sensitive. I could feel the pain of the low score of the average learner. I am always pulled toward notorious children. It's been 12 years and I have been dealing with teenagers from grades 9 to 12. There is a transition of mindset in this age group. Their perception of everything keeps evolving every year. Probably that's what we call the increase in maturity. As a woman, I have felt that biologically I am a mother of one, but sentimentally, all those whom I teach, I feel are my children. I always have a soft approach to students. Along with my teaching career, I did 2 master's degree courses, whenever I had assignment deadlines or exams, I got the real-life experience to put my feet in students' shoes. I feel that if children are treated well, understood from their perspective, and taken care of with love, they have enormous potential to bloom. I began feeling the pains and would identify stressors of students in my journey. I started feeling that overburdening a child with excessive work is creating a barrier for children to do activities that would bloom them **360°**. For this, at our institute, we developed a system where every child; be a scholar, average learner, or an academic struggler learns at ease. I began giving them exposure through field trips. Instead of learning answers, they began feeling the topics....What I observed is that with less stress they perform better, they go calm, they stay happy, and become better communicators. It is during the pandemic when children were physically away, that I realized that an integral part of life was missing. They began sharing their issues with me. This made me realize that there is a need of teaching them beyond academics. I developed modules that shape the mindset of teenagers. My venture, Discover U, The Counselling Lab is getting lots of love and appreciation, both; from children and parents. I feel that our nation has a bright future with the wonderful talent of children if dealt with care. So satisfying it is to me when I contribute my part to nation-building.



**BY RICHA BHAGDEV**

# SOARING HIGH AND HIGHER

## REETI MISHRA



A pioneer in the use of social media for promotion of Indian culture and intercultural communication and dialogue, Reeti is an intercultural and interpersonal behavioural analyst with extensive global experience and a motivational speaker on various themes of human interests and contemporary relevance. Here is how our conversation went with Ms. Reeti Mishra :

**Q. You are a well-travelled woman. What impact has global travel made in your life?**

**RM:** Travelling is equivalent to learning from books. My grandfather, a great social worker used to say that one should either travel more or study well. He was right.

Travelling and living in many countries has enriched me with the knowledge of many international cultures, history and languages from all over the world. I speak many languages and have lived in many countries like Ireland, Canada, Tanzania, Nepal, Italy, the USA, The Maldives, Peru, etc. One develops a deep appreciation for foreign culture. Same time, it has also deepened the bonds of who I am, my own entity. As it has helped me to appreciate more our rich Indian cultural heritage and its diversity which has always given me so much pride. I have projected and demonstrated my cultural values wherever I have been.

**Q: According to you how can women “Work across the divides” of opinions?**

**RM:** आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः।

An individual should lift oneself by self alone because this self alone is his friend and this self alone is his enemy. Women need to remember who they are, and their strengths and focus on their goals. Firstly women need to make their goals and work towards it, they need to come out of their comfort zone, add skills, have their own social network and personal support system, stay away from negativity, trust themselves to make decisions, using every opportunity on their way, remembering their personality does not depend on how they look, feeling the pain and happiness completely and realising that they are not just feelings.



In case of divides of opinion, you have to come out of the imposter syndrome. Change the way others think, need to communicate, and stick to what their heart says as nobody knows her better than herself. They need to voice their thoughts and accept their equal importance. Being bold as no boldness is like a muscle, it grows the more one exercise it. More importantly, being kind to themselves and to others. Asking for help and practising gratitude are important attributes.

**Q. You have been the President and Founder of India Maldives Friendship Women & Group. According to you how can women support other women in their organizations?**

**RM:** Women need to celebrate themselves, the obstacles they have overcome, the silent battles they have fought and the hard decisions they have taken to become strong and resilient. This helps them to appreciate what other women are doing.

Always remember that it is not possible to fall behind in one's life because everyone is on their own path at their own pace with different goals and aspirations. You are the only one who can set the direction and pace of the journey. Never let anyone else convince you otherwise. Women can support other women by helping in overcoming their fears, teaching them about self-care, self-respect, embracing the past, self-evolving, failures are the process of learning, trusting oneself, practising gratitude and kindness. Last and not least ask for help.



**Q. What efforts have been made for the betterment of the blind girls you have been associated with?**

**RM:** The Group of blind girls live in a hostel. Their food, clothing, safety and education is well taken care of through charity and voluntary help. It is amazing how even small help can mean so much in someone's life. People help with donations of food, medicines, toiletries and clothes. Their marriages are done through donations and voluntary help. I fondly remember when I was there for one of the weddings and felt so touched. It is overwhelming and very difficult to explain.



**Q: You have spoken on the evolution of a handwoven saree in India. How do you think The Indian textile industry has changed over the years?**

**RM:** Indian textile industry has seen a golden era in past. Glorious years from Indus Valley Civilisation till Britishers colonised India and destroyed our cottage industries. The story of its revival is fascinating and empowering. Khadi was used as a symbol of self-reliance, cultural awakening and a power statement against British rule. Women and men wore hand-spun khadi clothes on their March for India's freedom. An Irish woman, Annie Besant who was part of our freedom struggle wore khadi sarees. Today Indian textile is valued all over the world and its rich history of weaves and different design techniques fascinates the people. It has inspired not only Indian designers but also many International designers. On the international level many saree-inspired garments can be seen by many known designers. Saree is now a global and the most ancient unstitched garment in the world! I promote wearing sarees in India and abroad as I feel there is a need to wear saree more and to wear handwoven sarees to promote our weavers who work under many stressful conditions. We all need to work to save our heritage and heirlooms otherwise they will become distinct.



**Q: You are an avid practitioner of yoga, how does it help in your overall wellness?**

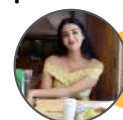
**RM:** समत्वं योग उच्यते

The evenness of mind is known as Yoga. Yoga has given me mental, physical and emotional strength. It grows on you. I believe that a yogi's journey is an unending path. Yoga is about self-care and brings the feeling of gratitude. It is also about how you care about others and have empathy and compassion. It heals you and everyone around you. It teaches you not to be baffled by setbacks and failures but to remain the same during happiness and sadness. This uplifts you and you start living on a different plane.



**Q: What advice would you give to women around the globe for their personal and professional well-being?**

**RM:** Don't be afraid of disappointing others if it is about your goals, your self respect and being true to yourself. Remember positivity is not about ignoring your negative thoughts. It's about overcoming them. It is definitely not about how you fall. It is only about how you get up. Setbacks are just a test of your resilience. Be just you and you will soar higher and higher !



**INTERVIEW BY : ADITI GUPTA**



# Be the Change

I stood by one thing in my life, always and that's," Be the change". Women's issues are never considered real issues, so there is no point in discussing equality if we are still doing the same. That's what made me so passionate about women's rights, women's education, their health and hygiene, marital rights, etc. Till the time women's issues are considered human issues, equality is a distant dream. And for that, we need unbiased and loud voices who are willing to do work at the grassroots. That's the definition of a changemaker for me and I wish to be one such.

Carrying an MBA degree from a reputed business school and having around 10 years of work experience with me in several mid-management roles in various MNCs, I got exposure to working in different geography and got exposed to different practices followed in various strata of society. These experiences have helped me to take a conscious decision to leave a high-paying job and come back to my people and become a social reformer and a changemaker. The social sector has been my area of interest from the very beginning and I have always been involved in some or other way, even during my corporate tenure. But the decision to get completely indulge in social service was indeed a big one. I am happy that the love I have received from various sectors and the accolades I got in this short tenure. I believe that normalizing menstruation through reproductive health education and open dialogue with menstruators and the wider community of men and boys will reduce long-term gender inequality by enabling menstruators to advocate for their needs and reclaim agency over their bodies. I care for periods because so many people avoid talking about them, but it's something natural that happens all the time. Why is something normal so heavily stigmatized?





Odisha, specifically Sundargarh district is a tribal area. That implies the level of education, lack of awareness, and age-old practices of the indigenous people. My work with the weavers community for my handloom initiative ADiBha has taken me to various parts of the state and understand the local practices in a better way. I have witnessed similar situations during my visits to neighboring states like Jharkhand and Chhattisgarh. Even in a few areas, the situation is worse in this time and era, as well. Many women risk getting a severe infection, at times causing death, due to poverty, ignorance, and shame attached to their menstruation cycle.

Taboos about menstruation present in many societies impact girls' and women's emotional state, mentality and lifestyle, and most importantly, health. I have been a part of several NGOs and have worked on projects related to education, women empowerment, and environmental issues for over ten years. That leads me to start ADiBha She Vision, a registered NGO, which works on various aspects of women empowerment along with environmental protection. SHE for SHE!, is the motto of ADiBha She Vision. Started with a vision to empower women, ADiBha she vision advocates equality, equal rights, equal opportunities, equal pay, and equal respect. Currently, we are focusing on the tribal and rural segment and urban slums of Odisha as well as neighbouring states like Jharkhand, Chhattisgarh, and Uttar Pradesh. So far, touched on the lives of around 30,000+ menstruators in person from different facets of life and got featured in several national as well as regional media as the Pad woman and a change-maker. Of course, our reach through various online campaigns would be much more.





Started a campaign #periods\_are\_normal to normalise menstruation and create awareness in rural areas and urban slums. Period poverty is real and period equity should be real too. With this thought, am taking care of various aspects of period poverty like unavailability of sanitary products, lack of education, proper hygiene, sanitation, and disposal methods. We have also started an initiative called 'I Bleed Red' to normalise periods and break the stereotypes. Also running a 'Green Periods with Menstrual Cup' campaign. Slowly and steadily aiming to lead the women to menstrual cups to benefit the environment and their betterment. With our campaign, we are distributing menstrual hygiene kits, "treasure boxes", to women from rural areas and impoverished parts of society as part of our initiative. Started another unique campaign "Sponsor a girl" on a crowdfunding platform to help more and more girls in need. Developed a curriculum for educating girls in school and named it "Anandini" which we are taking to all the government schools and colleges. I aim to take Anandini, which means happiness in Sanskrit, to the all schools and make a girl feel happy about her body and periods. Recently started an awareness campaign for differently-abled girls and the responses were so enriching and motivating. I wish to take this initiative to other cities and rural regions as well and want to reach one lakh women and change their lives. I name it 'Mission one lakh' and took up the challenge for myself. I feel health and hygiene and women's rights, are basic for every woman and have been ignored for a long but we need to break the silence. Not only women's mental and reproductive health and hygiene, but we are also working on other gender equality issues and women's education and skill development. ADiBha She vision is to implement highly impactful and innovative social initiatives to uplift vulnerable people in urban and rural slums. Change is a journey and dialogue is the only solution to advocate change. With that thought, started penning down my experiences, stories, rage, and many more for a larger audience on several platforms. Womanhood is the main focus of my writing, at the same time aesthetic living, poetry, Indian architecture, travel, art, and passion for life got their fair share in my writing and blogging. My blogs [www.theycallmenari.com](http://www.theycallmenari.com) always speak on various women's issues and equality and has served as a medium to share my voice. I write articles and columns on various prestigious forums on women's issues and currently working on my book as well.





When stayed out of Odisha, I felt a strong inclination toward my state's cultural heritage, folk art, and music, especially handloom. I feel the connection with my roots has always helped me to grow sustainably. To get more connected to our local artisans and promote the rich textile heritage of the Western part of Odisha, I started my handloom venture, ADiBha with the weaver's community a few years back. A social initiative to promote the rich textile heritage and craftsmanship of weavers from different parts of Odisha. ADiBha aims to generate a valuable livelihood for the true artisans and weavers' community of Odisha, India, and make them feel proud and confident about their art, craft, tradition, and their profession. It is effortlessly trying to ensure that Indian art and craft do not die with time and is being transferred from generation to generation. It designs/revives/markets the most beautiful and uniquely made hand-crafted and hand-woven sustainable fashion from parts of Odisha to the customers and give them a space to think, understand, value, adopt and retain the art, culture, and tradition by supporting and sustaining a life, a family, a village and a livelihood. Sustainable living is the mantra for ADiBha.





# NO MORE LEAKS

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**Dr. Poonam Mishra**  
**MBBS, DGO, DNB, FAM, FCG**  
**Gynaecologist, Obstetrician**  
**and Cosmetic Gynaecologist**  
**Director of Manas Hospital,**  
**Manas Gynae Cosmetology**  
**& Laser Centre and**  
**Miracle Aesthetic Clinic**

Here comes a sneeze and.....ACHOO! And hence you end up in an embarrassing situation where a little bit urine squeezes out of your bladder, isn't that the case? I would like to tell you that you're not alone. A number of other women, in fact 25 to 30 in a hundred are dealing with the same problem. But they usually ignore it and go on with their daily lives. Little do they know that this 'problem' is actually a disease. Urinary incontinence, that is the passing of urine from the urinary bladder involuntarily goes way beyond what it actually seems like. It is found mostly in women but very rarely in men. Firstly it can happen due to various reasons and is also categorized accordingly. If a person feels the need to urinate after a little stress or pressure, it is called Stress Urinary Incontinence (SUI). But people with Urge Urinary Incontinence (UII) have it way worse. When a lady feels the urge to pee, she can't hold it like the rest of us, and a little urine passes out if she doesn't rush toward the nearest washroom. In Mixed Urinary incontinence, persons suffering experience a combination of both SUI and UII, which leads to a loss of control on the need to urinate. So they pee, when they cough, sneeze, exercise, lift something heavy and sometimes even when they laugh out loud. **AND THE REASONS FOR THIS CRUEL DISEASE ?**

The list goes on. Aging, Birth Trauma, Post Accidental Events, Obesity, Diabetes, Side Effects of some medicines, Other Prevailing Diseases and so many more. Aging leads this list. Just like the passing years have an effect on the person's vanity and facial features, it does on the person's insides too. Just as with age, a woman's breast start sagging, the muscles of her urinary bladder start to sag too, by getting loose. The urethra, the duct through which urine passes out of the body, has fat and tissue around it that act as a cushion and provide stability to the urethra. With age, these tissues and fat start decreasing, leading to loss of stability of this duct. The passing of urine from the urethra then requires only a little pressure, leaving a feeling of incomplete evacuation. When the person tries to pass this remaining urine, they put in a lot of pressure but are still left unsatisfied. There are two types of sphincters in urethra. The one that we can control and the one that we can't. When we feel the need to pee, the internal urethral sphincter, the one that we can't control, is pressurized but we don't feel the need to immediately pee as the external urethral sphincter helps us keep it in, till a better time. Aging leads to weakness in these sphincters too, and thus, the ability to 'hold on' is lost gradually.



During the course, a normal delivery, if not executed properly, leaves a bad mark on the bladder. If during an accident, trauma is suffered directly at the bladder or pelvic region, it too leads to weakness of the concerned muscles. Obesity puts pressure on the inner walls of the body, making quick work to cause urinary incontinence in the person. Addiction of alcohol and tobacco and chronic diseases like diabetes, Asthma, Tuberculosis etc also lead to this disease. But you can do your part to decrease chances of getting this disease, like regular exercises for pelvic muscles, treatment of diseases related to the bladder at the right time and even making sure that the delivery is conducted by a trained staff. And also by avoiding requesting a normal delivery when the doctor has advised an operational delivery!

## CONCLUSION

One in all, it is important to know when to reach the doctor if one has the symptoms. Because it is wrong to stay ignorant and keep believing. "Oh this just happens at some point" or that a treatment for this disease does not exist. If not treated timely, urinary incontinence increases and one should know that there will be a time when leaving the house will be like a curse looming over your head!

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# RIGHT NUTRITION FOR KIDS

Creating a healthy diet plan for kids is crucial, especially in the years of their growth. With the amount and variety of food out there, ensuring that your kids eat healthy can be quite a task. A healthy diet plan for kids sets the base for substantial growth.

Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a healthy and balanced diet because each food has a unique mix of nutrients—both macronutrients (**carbohydrates, proteins and fats**) and micronutrients (vitamins and minerals). We need to focus on all five food groups and plan a kid's meals accordingly. There are a few points that need to be taken care while planning a meal, so that wholesome nutrition is provided to a child and the child readily accepts it with least resistance.

**1.** Foods rich in protein and energy are important for kids as the growth years require a little extra focus on it. The foods that are rich in protein are beans and peas, nuts, seeds, and other plant-based healthy protein options, as well as fish, eggs, and poultry. Limit red meat (beef, pork, lamb) and avoid processed meats as these have an extra dose of salt and preservatives which are not healthy.

Milk and other dairy products are a convenient source of calcium and vitamin D, but children with lactose intolerance, need to avoid cow and buffaloes milk and alternate options like A2 milk, soy milk, and almond milk should opt.

**2.** Creating a relaxed atmosphere during meals encourages eating.

**3.** Ensure that your kid eats the right amount from each food group for complete nutrition. More veggies and fruits and specially coloured veggies and fruits will help the child get all the right vitamins and minerals. Choose whole fruits or sliced fruits rather than fruit juices. Limit fruit juice to one small glass per day.

**4.** The other food group, which includes whole grain, forms 60% of our meal and so our very essential in a child's plan. Whole grains, like whole wheat, brown rice, quinoa, and foods made with them, such as whole-grain pasta and 100% whole-wheat bread have a gentler effect on blood sugar and insulin than white rice, bread, pizza crust, pasta, and other refined grains.





**5.** It's also important to remember that fat is a necessary part of our diet, and what matters most is the type of fat we eat.

Use healthy oils from plants like extra virgin olive, canola, corn, sunflower, and mustard oil in cooking vegetables, and at the table. Limit butter to occasional use.

**6.** Water should be the drink of choice with every meal and snack, as well as when we are active. Water is the best choice for quenching our thirst. It's also sugar-free, and as easy to find as the nearest tap.

Limit juices to one small glass per day, and avoid sugary drinks like sodas, and fruit drinks, which provide a lot of calories and virtually no other nutrients. Over time, drinking sugary drinks can lead to weight gain and other problems.

**7.** Lastly an hour per day of any physical activity takes care of a child in addition to the right diet. Children and adolescents should aim for at least one hour of physical activity per day, and they don't need fancy equipment or a gym. Activities for children such as playing tug-of-war, or having fun using playground equipment are good option.



**#shiningwomen**



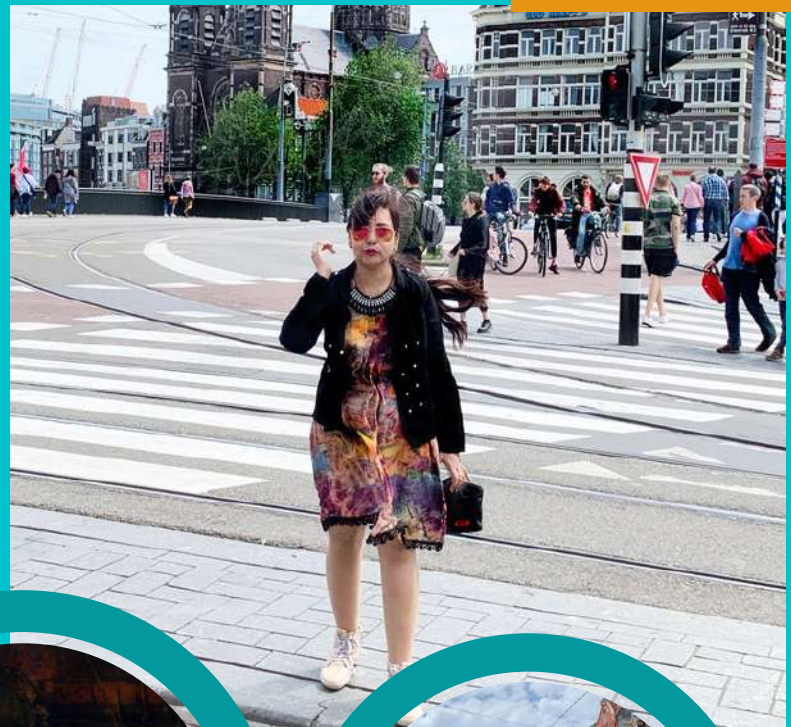
**Nutritionist Tanya Sahni**

# NETHERLAND



## Windmills, wooden shoes, cheese, tulips, and lots of bicycles:

These images conjure up the traditional view of the Netherlands, a.k.a. Holland. (While North and South Holland are just two of the country's 12 provinces, they're so dominant that people use the names Holland and the Netherlands interchangeably.) But dig deeper and you will discover that the country also has high-tech culture, far-out architecture, and no-nonsense people with a global perspective. The Dutch generally speak English, pride themselves on their frankness, and like to split the bill. As connoisseurs of world culture, they appreciate Rembrandt paintings, Indonesian cuisine, and the latest French films, but with a non-snooty, blue-jeans attitude. The capital, Amsterdam, is a laboratory of progressive living, bottled inside Europe's most 17th-century city. Like Venice, this city is a patchwork quilt of canal-bordered islands, anchored upon millions of wooden pilings. But unlike its dwelling-in-the-past cousin, Amsterdam sees itself as a city of the future, built on good living, cosy cafés, great art, street-corner jazz, and a spirit of live-and-let-live.



Because the Netherlands is compact and flat, it's easy to do day trips from Amsterdam. The slick, efficient train system gets you anywhere in just hours. Approach the Netherlands as an ethnologist observing a fascinating and unique culture. A stroll through any neighbourhood is rewarded with things that are commonplace here but rarely found elsewhere. Carillons chime quaintly in neighbourhoods selling sex, as young professionals smoke pot with impunity next to old ladies in bonnets selling flowers. Truly, Dutch society is the most tolerant in the world, for many years now, they have decriminalised soft drugs, prostitution, etc. The Dutch society and government feel that either accept alternative lifestyles or build more prisons, interestingly the per capita drug abuse and sex crime is abysmally low in the Netherlands than in many developed countries. That's what the Dutch call 'Pragmatic Harm Reduction'. While in Amsterdam and the Hague, we visited many places, did a canal cruise, and explored the city and its museums. Amsterdam is a treasure house of the works of some of the world's most famous artists, Van Gogh, Rembrandt, Vermeer, and many more. Madurodam is a miniature park and a major tourist attraction in The Hague, Netherlands. The park is located in the Scheveningen district of the city and features miniature 1:25 scale model replicas of the most famous Dutch castles, industrial projects and public buildings. Guests are treated to a trip through the history of the country and its famous buildings. Not only that, but they can also enjoy a hands-on experience while exploring the park. The windmills were used to pump the polders dry. An area once the merciless sea is now dotted with tranquil towns.



Many of the residents here are older than the land they live on, which was reclaimed in the 1960s. All this technological tinkering with nature has prompted a popular local saying: "God made the Earth, but the Dutch made Holland. The Netherlands' flat land makes it a biker's dream. And in Amsterdam, bikes are by far the smartest way to travel. Everyone—bank managers, students, pizza delivery boys, and police—uses bikes to get around town. Wooden shoes have become a Dutch cliché—a symbol of the low-lying Netherlands' past. Even their name, Klompen (yes, the singular is Klomp), has fun and oh-so-Dutch ring to it. The Netherlands is a developed nation, the average per capita income of the Dutch is higher than the US. With a happy and tourist-friendly atmosphere. this is a country one must visit.

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-By Ruchi Jain



#shiningwomen

# ONLY GOOD HAIR DAYS FOR HANSIKA MOTWANI POST FORMALDEHYDE-FREE KERATIN TREATMENT

Mumbai, 19 August, 2022: Actor Hansika Motwani is all smiles these days. The reason: It's only good hair days for her post a hair treatment that's not just resulted in smooth, lustrous tresses but more importantly, a safe option without any harmful chemicals. The talented actress, who began her career as a child artiste, has recently opted for Godrej Professional's Kerasmooth treatment.

This is an intense protein reconstruction keratin treatment with an advanced formaldehyde-free formula that helps replenish the keratin in the hair. Hansika flaunted her new look through her latest reel on Instagram.

In the video she highlights how one can get relaxed hair for upto 6 months and pointed out that there is no visible demarcation line as hair grows. It shows how the treatment offers 98 % frizz control for upto 6 months\*. It also helps with 100% retention of easily manageable hair\*\*. Significantly reduces blow-dry time by making it fairly easy to maintain healthy hair. (\*Based on expert panel study conducted on Damaged hair by external laboratory considering 10 washes per month \*\* Combability)

Speaking on the association, actress Hansika Motwani, said, "I am very conscious about choosing products for hair care and treatment products. Just like how I care for my hair, my collaboration with Godrej Professional is to inspire people to use the right products while opting for keratin hair treatment. Kerasmooth by Godrej Professional with its formaldehyde-free formula stands out in the beauty space. It reduces frizz and smoothen hair. Using Formaldehyde-free products is best to keep hair smooth, shiny and manageable for a long time"

Godrej Professional Kerasmooth formulation is enriched with moisturizing complex with ingredients like Panthenol, Shea Butter, Wheat Germ Oil and Hydrolyzed Keratin. All these moisturizing agents will help in adding moisture & lustre to hair while reconstructing hair fibres and retain moisture to prevent further hair destruction.



TEAM WS

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# IS YOUR CHILD HOOKED TO SCREEN?



In my parenting sessions & there is one most commonly asked question among the audience, "My child is hooked to the screen" It starts from the parents having as little as 1.5 years tiny toddlers to going beyond 9 years. And thereafter, things go so much out of proportion, that small rebellions start happening at homes once kids attain their 12 years and plus.

**This is undoubtedly one of the most widespread challenges of the new age parenting. The technology options may have increased a decade back, yet there is one mistake being committed in most homes and by maximum mothers. Many times, the answers and the solutions come from my personal does and don'ts as a mother myself. My memories rinse off when I became a conscious mom a decade back. As an entrepreneur, my work was my phone. I still remember, my mobile usage was even more than the call center executives.**

Yet today, I feel surprised to see why my own child has no screen craving at all. At the most I remember is when my child crawled into her 6 months, after every 2 hours when it was meal time for her, I would discontinue with my meetings and work, and head straight from my work space @ home. In just 15 minutes, I would share little stories with her and make her eat and off to my work again. May be consciously or unconsciously, my phone would never be on my dining and I never ever felt the need to divert her attention to something else while she relished the new flavours & My professional commitments could wait for those essential 15 minutes. It would be strictly & our time& And this is what worked wonders for my child. Did I press the right buttons? Although, Its wrong to judge the parenting styles, still there are a certain strict & don'ts & that need to be universally followed. The same year, I noticed among my family and friends that most new moms & were repeating one common thing. Which is still being done by my next generation and I call it & An obsessive self compulsion of deliberately playing a rhyme, a story or a cartoon on the **ipad/TV/Mobile** when the child is made to sit and eat"



This one habit is out of my understanding so far, as a parenting coach. Why is it essential to distract the child while he/she learns to eat. Eating which is by far the most important part of our being alive. What on earth educates us that the meal time has to be a screen time? Of course a 6 month won't be guiding us on this. Its completely the parents who inculcate this pattern in utter unawareness or may be your toddlers have already seen you using mobile while eating! Not many people may know that the digestion process starts from the chewing itself. Gradually, the child starts associating screen with food as mandatory and misinterprets as integral. A meal that can be finished in 15 minutes extends to an hour. Food eaten peacefully or in a celebratory mood gets digested in 50 minutes. Else it takes approx. 3 hours. More the chewing, the better the digestion. When distractions are there, children chew less and gallop more, this delays digestion and slows the formation of healthy cells. No wonder, our children have more infections, ill health and emotional imbalances like never before. And a child who has been conditioned to eat while watching something consciously starts linking the meal and the screen so much that this routine further spills to more hours a day. And the unfortunate outcome is, children stop eating if something is not played only at homes but also outdoors. Therefore, the new moms need to wake up soon. No parenting is wrong ever. But at least there must be some logic or some insight behind it. Hence, rub your intellect, innovate better methods of parenting. As this is the only thing in the world that can't be learnt from books!

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**MEENU CHOPRA**

# RADIO MIRCHI



**\*Mirchi Plus presents a true-crime series 'India's Most Wanted', hosted by Suhaib Ilyasi\***

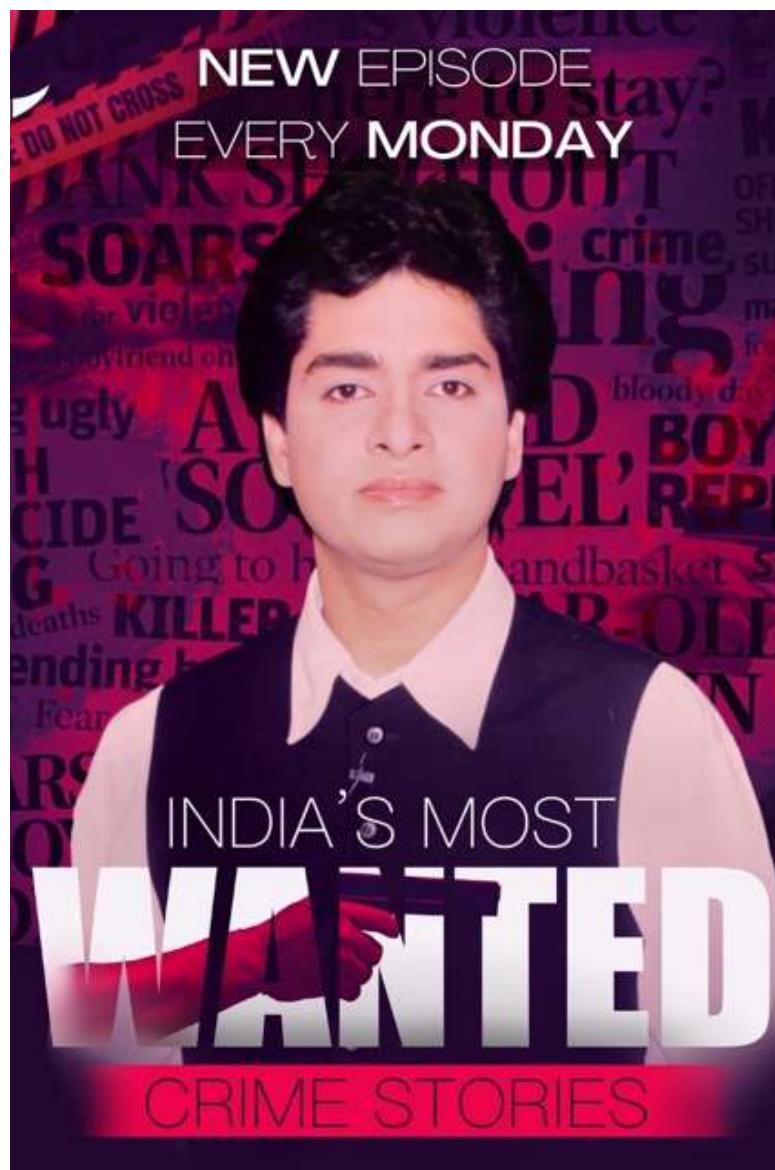
Narrated by the host of the original TV show, Suhaib Ilyasi, India's Most Wanted breaks down real-life crime scenes for the listeners and takes them through a series of riveting stories

**\*Mumbai, 29th August 2022:\*** Mirchi, India's no.1 city-centric music and entertainment company, has launched its new crime audio series, **'India's Most Wanted'**, exclusively on the Mirchi Plus App. The audio series, which is hosted by Indian television producer and director, Suhaib Ilyasi - a pioneer of crime shows on TV - is a spin-off of his 90s crime TV show.

us App.

With his unique voice and iconic narration style, Suhaib Ilyasi delves deep and provides an analysis of the nation's 10 enthralling crime stories for Mirchi Plus listeners. Each 30-40-minute episode takes the listeners through a different heinous crime story. The series brings a diverse set of stories set from different parts of India centered around mass killings, kidnapping, and scandalous high-profile murders, among others. The combination of Suhaib Ilyasi's gripping storytelling skills and the turn of events in the stories are sure to keep the listeners engrossed throughout. Furthermore, each episode has Mirchi's original background score, thus creating an immersive listening experience for the users. Commenting on the show's launch, **\*Indira Rangarajan, National Content Director, ENIL, Mirchi,\*** "We are delighted to witness a positive response from the audiences with the launch of each audio content. Our first celebrity marquee audio show 1000 Crore Ki Laash has been a huge success. In line with Mirchi's aim of making Mirchi Plus **'kahaniyon ka asli adda'**, we have launched our latest true-crime audio story - **India's Most Wanted**. Narrated in Suhaib Ilyasi's quintessential voice, the series is sure to treat the users with a thrilling crime genre. We hope to continue to bring in multiple genres of audio entertainment for our listeners."

**Catch the episodes of India's Most Wanted only on the Mirchi Plus App.**





# DARLINGS



Don't get me wrong, actually, someone dropped in and I didn't want to spoil my pleasure, my natural happiness.

The film opens with all sweetie cutie scenes. Two love birds waiting and meeting and then getting married and settled in a good home. The boy is in Sarkari Naukri, what else does one desire, especially if it is a marriage, a little going against her Mom's wish? The first twist is very gradual..... Three Years Later, and Badru, played by Alia Bhatt, is seen cooking. Her body language is still. Her plate is empty and she is by with ample amount of fear in serving her love of life.....and the audience now can feel, not her pain, but rather a lack of pleasure in matrimony. As usual, the blame is on the drinking habits of Hamza (the husband) played by Vijay Verma. In an Indian home, being blamed for not cooking well, and mothers do come into the picture for not raising the girl well to serve their husband well. Alia played a zombie and this so well explains the lost three years on the screen to the audience.

## **Plot and Script**

It is interesting and has all elements to keep you hooked up. At times, the audience may feel like supporting the Mother-Daughter duo to deal with the situation by giving two-three trips. The plot is led to the extent where an audience too wanna be a partner in disposing of. There are certain elements of predictability in the storyline too because all good things i.e. love, dating, marriage, home, etc. have already happened in the first 2-3 scenes only, so there is something not-so-sweet that has to follow. The revenge line is also in the air, but the method, the intensity, and the model of the execution of the conspiracy remain to be unfolded.



I truly admired the role of PENCIL HEEL, and also loved unskinning of green peas with tied hands. Very creative ideas as a return gift to someone who dares to make a loving life miserable. The presentation of an intense theme like Domestic Violence, so prevalent within four walls of so-called Home Sweet Home, is done so beautifully.

The script is intense and has good enough elements to hook up the audience.

**Character:** With three lead Characters in focus, another one, the 4th one gets a stealth entry as part of the ecosystem in the storyline. Characters in Hamza's office do add up to the body of the film beautifully, if not seamlessly. Zulfi's character has taken a meaty role later and added a surprise element. The character of Hamza is developed very powerfully. Not for a moment, he lost control over his presence. Alia's character is quite predictable, but her performance, along with Shefali Shah, carries a bombing effect in her silent, innocent moves. The character building of the Mother-Daughter duo is lovely in the script.

**Casting:** The film has perfect casting. The Casting Director has done a wonderful job. Picking up Vijay Verma for Hamza's role is the biggest discovery. Alia in Lead Role has not been disappointed by any means. She moduled herself so well to fit in as Badru.....

**Performance:** A very talented cast worked to make the film a good film. Despite being a dark comedy, it pinches a part of your heart to see a young girl suffering. Alia has learned to excel in each role. She is comfy in her skin. So much to fit in as Badru-----a young girl, marrying the love of her life, taking daily soap operas at home, as her fate, and also a die-hard love-sick girl, who believes that things will change, as per her dreams.

Vijay Verma is a natural artist. In the movie, it is difficult to separate Hamza and Vijay. He is as good as Alia, and his performance has made him a currency in Bollywood now.

Nothing to say about Shefali as "Shamsu", as she is always flawless, subtle, and leaves an impact.

The surprise is Zulfi, Roshan Matthew .....He has a long way to go with his charming look and intellectual intensity. Music: It sounded good during the movie, but it didn't stay with me. It was cool. The dark comedy genre and Vishal Bhardwaj, go together.

Directed by Jasmeet K.Reen, it is released on 5th August 2022, on Netflix, its running time is 134 minutes.

**Netflix acquired distribution rights for 75-80 Crores.**

It is going really well. Script, dialogues, and running time has done the justice to culminate it into a really good film of the year

**RATING: 4.5/5**

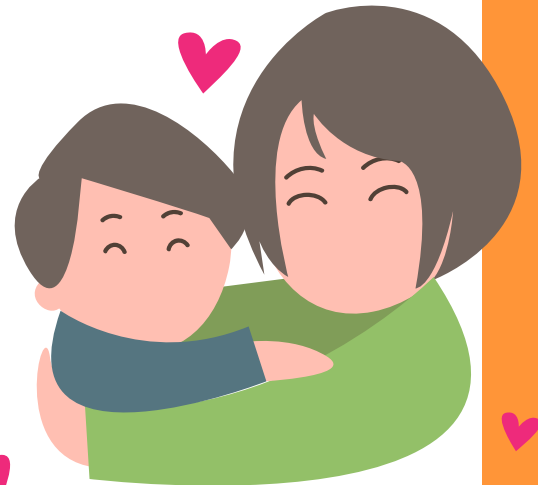


**MS. LALITA PRADEEP**

# RENDEZVOUS WITH A PALM SQUIRREL

**14th November 1996.....**a very important date for me because the mother in me was also born on this very date. My son & birthday! Awwwwwwwwww! My parents and I had nervously awaited my boy's arrival into our worlds. Normal delivery and then the homecoming had followed for the two of us - the mother-son duo. My world had suddenly changed for the good!!!!!!!!!!!!!! The bothersome thing for us was that my little fella was barely 2.5 kgs. He appeared skinny and bony.

The eyebrows seemed missing in his impeccably fair complexioned countenance. The eyes were large but he barely opened them. Most of the time the little angel was to be seen sleeping soundly. And then barely in a week, the baby was diagnosed with physiological jaundice. That had multiplied my existing worries then. Phototherapy was the answer to this issue. Such was the doctor's stern advice to us. The baby had to be put in the sun without clothes. And in just a few days my little bundle of joy got tanned from white to light brown to dark brown to black and finally to jet black colour. This transformation seemed alarming not only to the eyes but whether the problem was getting cured or not had become a major concern. It must have been about a fortnight of such difficult afternoons for us in Noida! Our neighbours and friends, as is customary, visited us on and off and brought lovely presents for the newborn. Almost everyone had remarked, that the baby was too thin and needed careful monitoring. These remarks doubled my nervousness and anxiety. My father, being an extremely sensitive person sensed that I was grappling with unknown fears and worries about being a new mom! My father had always held my hand in such moments and had tenderly advised me to carry on discharging my primary duty of rearing my newborn without paying undue stress over all those disparaging remarks I am sanguine that he too must have had worried himself for me and my boy while maintaining a calm stoic exterior. The terrace of our first-floor house was very humongous. Three or four rows of strings were tied from one end to the other to accommodate the new baby's apparel. The nappies outnumbered all the other types of clothes put together. The mittens, wipes, booties, and nappies were among the smallest clothing accessories for the baby. One afternoon while we were all sun-basking with my frail sunburnt boy, a group of relatives landed up in our house to extend good wishes and congratulatory greetings to me and my parents.



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It appeared to be a graceful afternoon! But all of a sudden one of our visitors was seen to be abruptly getting up and shooing away something with extreme urgency. On inquiring we learned that one of the baby's mittens that were hung on the wire for drying in the sun was surreptitiously being taken away by a squirrel. The lady had tried her level best to save the mittens from the squirrel & grasp but she simply failed in her endeavour. Her misery that the new pair of mittens that belonged to the newborn was taken away by the squirrel was ominous. She could not say much in words but the lady's expression said almost everything. A sense of disappointment and anxiety

descended on me and for a while, I was enveloped in the gloom of implied superstition! How could the baby lose his new clothing to the squirrel? My father discerned my baseless fears and consequent depression and immediately he started the healing process. He came by my side and put his hand atop mine with great love, affection, and tenderness and he told me that I did not need to look so upset over this episode of the squirrel. My father had said that the squirrel was also a mammal like us. He had further remarked that squirrel symbolizes energy and enthusiasm. The cheerful activity (robbing away my boy's mittens in broad daylight) was just an interesting scene for us to witness and was also a reminder for all of us (humans) to play and enjoy life. My father had remarked, "so what if the squirrel took away your boy's cloth! Your son is a giver from birth itself. My girl.....blessed is your child whose cloth is helping fulfill somebody & purpose. The squirrel is preparing a nest (a home) for its babies. The sole purpose of taking the little piece of cloth is to strengthen its nest which would eventually be a shelter for the young baby squirrels. Is n't it a nice feeling? Tell me, my girl.....should not you be a happy mother? Should not you feel grateful that your son is the chosen one to shelter some being? Do you think we are for a loss of any kind? Rather it & God's intervention and intention to make your little infant a giver! Stay blessed my daughter. Do not let superstitions and dogmas twist your positivity." My perspective had changed altogether at that very moment! A happy light feeling embraced me. My dad could see the transformation by way of my body language. My father did not stop here. He continued with the healing process... My father then narrated to me the story of Lord Rama, the much worshipped Hindu God, and the squirrel. My father in his inimitable style had told me that legend has it that when Sita was abducted by Ravana, the king of Lanka, a bridge had to be constructed to rescue Sita with the help of Vanar Sena, which comprised of monkeys. It was noticed by some monkeys that a tiny brown squirrel had been running back and forth on the construction site. They had observed that the little brown squirrel dipped itself in the sea and rolled on the sands till its body was covered with sand to its full capacity. It then ran to the site and shook the sand off its frail body and ran back to get the next 'load' of sand.





This was the tiny creature's love and devotion towards Lord Rama and Sita. When Lord Rama heard about this, he was much too touched and he acknowledged the contribution of the squirrel howsoever small. Lord Rama lovingly ran his fingers on the back of the squirrel howsoever small. Lord Rama lovingly ran his fingers on the back of the squirrel as a gesture of profound thanks and immense love. That impression of Lord Rama's fingers earned the squirrel its stripes which are carried even to this day by the three-striped palm squirrels. And by way of storytelling, my wonderful father had concluded by reiterating that his grandchild was a giver by birth itself and was the chosen one to contribute to the squirrel's home, the squirrels which were Lord Rama's loved creatures. I felt completely healed, energetic and enthusiastic. There was a drastic change in my perception, behaviour, and thought process. My father was like a wonderful magician who could transform my life with his knowledge, conviction, and word power. Friends, today I would like to make a very candid admission before you. The sight of squirrels anywhere simply delights me and also, takes me on a spiritual sojourn and I am reminded of my dear father who now rests in heaven in the company of Gods. The mythological legend of the squirrel being associated with divinity in conjunction with the philosophical yet practical ponderings of my erudite father has resounded in my ears since then many times and has negated the depressing thoughts or disturbing vibrations if any and replaced those with harmonious, joyous, and celebratory ones.

**The rendezvous with the squirrel many years ago turned out to be an enriching experience for me indeed!!!!**



**Preeti Kandpal Pathak**

# Ab Tumhare Hawale Kitchen Sathiyon



I love September for many reasons. So much to look forward to! Birthdays, festivals, celebrations!

However, I dread it also for a few reasons. Especially when my poor refrigerator has to suffer so much around this time. Yes, it is that time of the year when my son's birthday falls and when not only his birthday but birthday eve, pre eve, post eve, basically all the eves are celebrated!! The house is full of Adams and Eves and celebrations are never-ending! Exaggeration... Ummm ... may be a bit what you see in my refrigerator is no exaggeration. It's for real and it gives me all sorts of blood pressures. My blood pressure fluctuates from low at the night to high during the day. My body feels like how it feels when you sit on a camel. You go up and you sink. You again go up and you again sink! You keep going up and you keep sinking. Ohoo! While I am writing this, I am only sinking!

"Bête! Yeh mere refrigerator ka Kya haal bana rakha he? Kuch hatate kyun nahin?" I ask son.

"Mom, I have thirty friends coming over. I need all this!" He responds.

"But beta yeh itna bojha (burden) nahi seh payega! Isko adat nahi hai! You have seen how empty my fridge usually is!" I say.

"Yes, it is because you don't cook and keep anything interesting in it!" He says.

"Jyada na bol! It is because I don't like leftovers in the fridge. They are not good for our health. I like to finish off everything on the same day and cook fresh the next day. Huh!" I react although I am guilty as charged.

"Whatever mom! But I need all this!" He says.

"BÊte, but I believe you have stuffed your refrigerator and dadi's refrigerator too. Do you intend to party for the next six months or the next two days only? Also, do you have thirty friends or three hundred friends coming over my bête?" I am sarcastic.

"Thirty mom!" He rolls his eyes and says.

"Bête then thirty beer bottles and few soda ones are more than enough na! Tumne kaun sa "doobey haan doobey" gaana shoot karna hai mere laal?" I say while I turn laal peela neela.



"Mom Ek Banda aaram se do beer to le lega plus uske baad bhi kuch na kuch chalta rahega! Leave it now and please let me work! I am managing everything on my own and not giving you anything to do na! Be happy about it!" He reacts.

"Arey! Who says you are not giving me anything? You are giving me anxiety na! I am very worried about my poor refrigerator. Taras kha us bechare par! Kuch bol nahi paata to iska matlab yeh nahi, tu uspe jyaati karega! Aese karega to uska compressor hee bol jaayega!" I request.

"Mom! Please stop your melodrama! Itna chota refrigerator laane ko kisne kaha tha!" He says. I am shocked beyond words. Nobody insults my refrigerator.

"Chota! Chotaaaa! Nalayak yeh full-size ka refrigerator hai!!!! Is mein banda tak ghus ke aaram se so sakta hai! And What melodrama bête. Humare birthdays mein to ek do (2) litre coke ki bottle khulti thee aur dus (10) bachon mein bantati thee! It was like, kaddu katega to sab mein batega." Ab to yeh haal hai ki ek hee dus dus bottle gatakne ko ready betha hai!"

I respond and go back to console my lifeline. My refrigerator!!



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**@SOMALI BAMMI**

# JUVENESCENCE

I saw a little girl ,  
 A free bird shooting across the sky  
 She could win anyone ,with just a dazzling smile  
 Her anger flourished laughters , chased everyone's  
 misery away for miles  
 That precious little pearl,  
 Was not answerable to a question called why  
 She lived in a bliss ! Nothing in the world could  
 make her cry  
 She had no worry , no care  
 She lived a life which just seemed fair  
 Now the little girl is grown up  
 The dream is gone and reality is up  
 She is now into mazes and spirals its all messed up  
 Moments , the unforgettable memories and the time is  
 up  
 She is now wise and enlightened  
 The world is still the same and brightened  
 Only now she is grown up !  
 The darkness in the light is not disguised  
 Its deep enough to make her frightened



**Suhani Makkar**



**#shiningwomen**



# TIME

I came across a bridge named time  
 Like a cool breeze I tread  
 Glaring at a sign  
 Which stated " never to look behind"  
 It aroused a million suspicions in my mind  
 Clueless , I had no other option but to stride  
 On the mystifying bridge named time !!  
 Every wrong step had no amendment  
 The bridge itself was a harbinger of bewilderment  
 Every little accomplishment ,  
 Gave a different feeling of contentment  
 Every little mistake ,  
 Led to a new sense of enlightenment  
 Some were capering , Some were tumbling  
 Others were petrified to move on  
 Some were struggling...  
 Some in a glimpse were gone  
 It was hard to move on , but limited to no options I had to trod on !!  
 I came across a bridge named time  
 Like a cool breeze I tread  
 Knowing that one day it would drift apart , and I will be dead  
 Realising it late was the biggest crime  
 Once there was a bridge named time !!



**Suhani Makkar**

“

कहानियां, कवितायें, कुछ  
अच्छे पल, यादें ...  
आमंत्रित हैं



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# THE ENCAGED THOUGHT

A voice underneath shrill but precise  
A bewildered dream , a hindrance in disguise  
I can't let it go , even though I know  
I will find serenity in its demise  
Its stuck , Its frozen like the ice  
I took a sigh and closed my eyes  
Closed the aperture of my mind  
Deafened myself from the intruding cries  
I set myself free from the chaotic ties  
I cleared the pathway,  
To let that encaged thought travel through miles  
I discovered the door where serenity lies  
Deep down beneath the archives of my mind


The encaged thought uncaged like the fire  
illuminating my mind and letting the fear retire  
As the positivity flourished like the fire  
I became a person ,  
The world was awaiting to admire



**Suhani Makkar**



# THE TRAIL OF LIGHT THAT I FOLLOW



---

I shall tell thy tale  
Being my role model,  
I always follow thy trail  
My dad is a hero ! I always hail

Your love is unconditional, but disguised  
You are my secret well wisher, because you  
always want me to rise .

Every second with you is a mystery and  
surprise  
Oh father ! You don't know how grateful I  
am

You're really a blessing in disguise

The moment you held my hand  
I knew If I were to fall , you would give me  
the courage to stand  
All the hellish places with you felt like a

dream-land  
In my heart there is a special pedestal  
,where you stand .



**Suhani Makkar**



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# MY JOURNEY

Oh my merciful deity !  
 Shower thy blessings on her  
 Her life is a maze ,which is dark and blur  
 You are the author of her destiny  
 Its thy duty to nurture her  
 You have the prophesy of her fate  
 This was the way my mother bade  
 It was my first step in this tyrannical world  
 Everyone was in dismay  
 But someone was giving my life a way  
 A dazzling angel, my talisman brave and bold  
 A valiant mother and a father with a heart of gold  
 The guardians of my life  
 Were fighting to see me alive  
 Oh my little daughter  
 Conquer this battle of life  
 The demons are standing in the battleground  
 With a sharp murderous knife  
 To accomplish your mission  
 You must work hard and thrive  
 Being a girl was just like a curse  
 I was brutalised at ostracised  
 I fought with orthodoxes and stereotypes  
 The discrimination I survived was even worst  
 Oh my unbiased lord what sin did I commit  
 Why are only women treated like prisoners  
 But with the deficiency of guilt  
 Why has this wall of discrimination been built  
 Why only a woman is thrown in the prison of ties  
 Why nobody is concerned about what she likes  
 Why nobody asks her where she strikes ?  
 Now I am taking my first flight  
 My heart is pounding , the brain is in fright  
 The seatbelt on my waist is now tight  
 I have conquered the world and proved myself victorious in this fight  
 Aiming for the moon is every women's right  
 Now I am taking off but I am leaving a trail of light  
 For every woman to make her future bright



**Suhani Makkar**



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# THE MIRROR OF REFLECTION

Once I saw a mirror of reflection  
It lacked a trail of perfection  
I had certain suspicions  
Which led me in the dilemma of two questions  
Is it me or the mirror of reflection??  
Which lacked a trail of perfection  
I First carried out an inspection  
Of the dark mirror of reflection  
Then I took an introspection  
And I got the answer of my question  
It was never the mirror of reflection  
It was never the mirror of reflection ...



**Suhani Makkar**



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# Situations

I was stuck in a situation  
With my brain full of emotions , I had no indication  
My heart was steady, like a passenger  
Still on a train station  
The mellow day ,yesterday seemed to be a hallucination  
The mystery day , tomorrow aroused a million  
suspicions  
I wandered for hours , searching for a  
solution  
Then It hit me that my next stride , will be my own creation  
Just with tint of concentration and imagination  
I can get through any situation  
Life is this situation it just seeks contemplation  
You are its author , its your own fiction  
Its a dream just relish it with harmony and affection



**Suhani Makkar**



# ZINDAGI



## \*50 वर्ष की आयु के बाद कैसे जीना चाहिए? संदेश - 1.\*

यह सामान्य बात है, कि 50 वर्ष की आयु के बाद धीरे-धीरे शरीर में वृद्धावस्था आने लगती है। उस वृद्धावस्था में जैसे जैसे आयु और बढ़ती है, वैसे वैसे शरीर में शक्ति और कम होती जाती है। वृद्धावस्था में यदि शरीर हल्का होगा, तो उसे हिलाने डुलाने चलाने के लिए कम शक्ति से काम चल जाएगा। और यदि शरीर भारी होगा, तो भारी शरीर को हिलाने डुलाने चलाने में कठिनाई अधिक होगी। अब 40 वर्ष की आयु के बाद, जैसे-जैसे आयु बढ़ती है, वैसे-वैसे पाचन शक्ति कम होती जाती है। 40 / 50 साल की उम्र तक व्यक्ति खाता पीता तो खूब रहता है, कोई कोई व्यक्ति कुछ कुछ शारीरिक व्यायाम भी करता है, और काम भी करता है। तो भाग दौड़ करने से, व्यायाम करने से खाया पिया भोजन पच जाता है। तब तक तो शरीर में भार अधिक नहीं बढ़ता। परंतु 40/50 वर्ष की उम्र के बाद जब पाचन शक्ति कम होने लगती है, तब भोजन की मात्रा तो व्यक्ति कम करता नहीं, और भागदौड़ तथा व्यायाम कम हो जाता है, जिसका परिणाम यह होता है, कि भोजन ठीक से पूरा पचता नहीं। और न पचने से शरीर में चर्बी बढ़ती है, तथा भार बढ़ता जाता है। इससे फिर वृद्धावस्था में कठिनाई होती है। (यह भोजन ठीक से पूरा न पचना और न पचने से शरीर में चर्बी बढ़ना, तथा भार का बढ़ना, 40/50 वर्ष की आयु से पहले भी हो सकता है। इसलिए सदा सावधान होकर खाना पीना चाहिए।) तो वृद्धावस्था आदि में शरीर का भार बढ़ने से आने वाली कठिनाई से बचने का उपाय यह है, कि \*40 वर्ष की उम्र के बाद, जब शरीर में पाचन शक्ति घटने लगती है, तभी से अपने भोजन की मात्रा पर संयम आरंभ कर दें। अर्थात् भोजन थोड़ा कम खाएं।\* आयुर्वेद का नियम है कि \*भोजन खाने से शक्ति नहीं आती, बल्कि पचाने से आती है।\* इसलिए उतना ही भोजन खाएं, जितना ठीक प्रकार से पच जाए। \*ठीक से भोजन पचने पर शक्ति पूरी मिलेगी, और शरीर में चर्बी एवं भार नहीं बढ़ेगा। परिणाम यह होगा, कि वृद्धावस्था में भी शरीर हल्का रहेगा और आप आसानी से सारे काम कर सकेंगे।\* यदि ऐसा नहीं करेंगे, तो भोजन ठीक से पचेगा नहीं। शरीर में चर्बी और भार बढ़ेगा। और आपको चलना फिरना उठना बैठना आदि सारे काम करने में कठिनाइयां आएंगी। \*इसलिए सावधानी का प्रयोग करें, 40/50 वर्ष की आयु के बाद भोजन थोड़ा कम करें। अपने मन को भोजन से हटा कर, स्वाध्याय सत्संग व्यायाम ईश्वर का ध्यान यज्ञ आदि कार्यों में लगाएँ।

## \*50 वर्ष की आयु के बाद कैसे जीना चाहिए? संदेश - 2.\*

आजकल आपने बहुत से लोगों को देखा होगा, कि वे सुबह-सुबह बाग बगीचों में सैर करने जाते हैं। कुछ लोग दरी चादर आदि बिछाकर आसन व्यायाम आदि भी करते हैं। कुछ लोग दौड़ लगाते हैं। और कुछ युवक लोग वहां पर भारी व्यायाम रस्सी कूदना, दंड बैठक करना अथवा अन्य खेलकूद आदि भी करते हैं। पिछले कुछ वर्षों से लोगों में स्वास्थ्य के प्रति यह जागृति दिखाई देती है।



एक दिन मैंने बगीचे में ही दो लोगों को बात करते हुए सुना। एक ने कहा कि \*आजकल लोगों में स्वास्थ्य के प्रति बहुत जागृति आ रही है। सुबह सुबह लोग बाग बगीचों में सैर व्यायाम आदि करने लगे हैं। क्या कारण है?\* तो दूसरे व्यक्ति ने उसे उत्तर दिया कि \*इनमें से आधे लोग तो डायाबिटीज़ हाई ब्लड प्रेशर हृदय रोग आदि के रोगी हैं। डॉक्टर साहब ने जबरदस्ती धक्का मार कर यहां बाग बगीचों में भेजा हैं। डॉक्टर साहब ने उनको चेतावनी दी है, कि प्रतिदिन सुबह व्यायाम सैर आदि करने के लिए बाग बगीचों में जाया करें, अन्यथा कुछ ही दिनों में गंभीर रोगी हो जाओगे, और जल्दी ही मर जाओगे। इस रोगी होने और जल्दी मृत्यु न हो जाए, इस भय के कारण से लोगों में व्यायाम और स्वास्थ्य के प्रति कुछ जागृति आई है।\* और कुछ लोग दिखावे के लिए भी बगीचों में व्यायाम करते हैं। दूसरे लोगों पर प्रभाव जमाने के लिए, कि \*देखो, हम भी व्यायाम करते हैं। हम आलसी नहीं हैं।\* चलो जो भी कारण हो, फिर भी व्यायाम करना तो अच्छा ही काम है। व्यायाम करने से स्वास्थ्य अच्छा रहता है। स्वास्थ्य को ठीक रखना बहुत महत्वपूर्ण है। क्योंकि कुछ भी कार्य करना हो तो उसके लिए सबसे पहला साधन स्वस्थ शरीर है। \*इसलिए चाहे छोटे हों, चाहे बड़े, किसी भी उम्र के व्यक्ति हों, अपनी आयु बल सामर्थ्य आदि के अनुसार सबको व्यायाम करना ही चाहिए।\*

अब जो 60 वर्ष की आयु में सेवानिवृत्त हो गए, ऑफिस से रिटायर हो गए, उनके लिए तो स्वास्थ्य का महत्व और भी अधिक बढ़ जाता है। क्योंकि 60 वर्ष की उम्र के बाद प्रायः व्यक्ति ऐसा सोचता है, \*अब तो जीवन पूरा हो गया, जो करना था, सो कर लिया। ऑफिस या सरकार ने भी हमें अब रिटायर कर दिया है। अब तो जीवन में कुछ बचा नहीं।\* ऐसा सोच कर उनमें से बहुत से लोग आलसी एवं निष्क्रिय हो जाते हैं। सैर व्यायाम आदि सब कार्य छोड़ देते हैं, आराम परस्त हो जाते हैं। ऐसा करना उचित नहीं है। इस शरीर को जितना आप हिलाते रहेंगे, चलाते रहेंगे, उतना ही यह स्वस्थ रहेगा। यदि चलना फिरना व्यायाम सैर आदि छोड़ दिया, तो यह शरीर रोगी हो जाएगा, अकड़ जाएगा। आयु घट जाएगी, और शीघ्र ही मृत्यु हो जाएगी। 60 वर्ष की उम्र के बाद शरीर में शक्ति अधिक घटने लगती है। उस समय यदि कोई व्यक्ति स्वस्थ रहने के लिए \*सामान्य अर्थात् थोड़ा सा व्यायाम\* करता है, चाहे घर में करे, चाहे बगीचे में, तो वह \*उसकी मजबूरी\* है, ऐसा समझना चाहिए। क्योंकि व्यायाम के बिना तो वह शीघ्र ही रोगी हो जाएगा, और जल्दी संसार से चला जाएगा। हां, यदि कोई व्यक्ति 60 वर्ष की उम्र के बाद भी \*विशेष व्यायाम\* करता है, तो उस व्यक्ति पर परमात्मा की विशेष कृपा तथा उस व्यक्ति की \*बहादुरी\* अवश्य स्वीकार करनी चाहिए, \*और उससे प्रेरणा लेकर अन्य लोगों को भी अपने स्वास्थ्य तथा आयु की वृद्धि के लिए प्रतिदिन कुछ न कुछ व्यायाम अवश्य करना चाहिए।\*

\*बिना पूछे या बिना माँगे किसी को सलाह न दें। आपत्ति काल में या जिज्ञासु को सलाह दे सकते हैं।\* एक बार कुछ बुद्धिमानों ने बैठकर मीटिंग की। चर्चा में यह विषय निकल आया, "यह पता लगाया जाए, कि संसार में अक्ल कितनी है?" खूब तर्क वितर्क हुआ। परंतु कोई निर्णय नहीं हो पाया, कि संसार में अक्ल कितनी है? फिर यह सोचा गया, कि चलो 6 महीने तक संसार में घूम घूम कर पता लगाएं। फिर 6 महीने बाद हम यहां दोबारा मिलेंगे और इस बात का निर्णय करेंगे। मीटिंग समाप्त हो गई। सब लोग खोजबीन करने के लिए संसार भर में फैल गये फिर 6 महीने के बाद दोबारा मीटिंग हुई, और सब ने अपना अपना अनुभव सुनाया। एक अनुभवी वृद्ध व्यक्ति ने कहा -- \*संसार में कुल मिलाकर डेढ़ अक्ल है।\* लोगों ने कहा -- \*या तो एक कहिए, या दो कहिए। इस डेढ़ अक्ल का क्या अर्थ है? यह तो हमारी समझ में नहीं आया। हमें समझाइए।\* तो उस वृद्ध अनुभवी व्यक्ति ने कहा, कि -- \*मैंने संसार में बहुत लोगों का परीक्षण किया। अधिकांश लोग ऐसा मानते हैं, कि मेरी अक्ल तो पूरी है, और बाकी सब संसार के लोगों की मिलाकर मुझसे आधी है। इस प्रकार से डेढ़ अक्ल हुआ। यह लघुकथा आपने शायद पहले भी पढ़ी/सुनी होगी। संसार के लोगों को देखने से ऐसा ही लगता है, कि \*प्रायः प्रत्येक व्यक्ति अपनी बुद्धि को पूर्ण अर्थात् सबसे अधिक मानता है, और दूसरों की बुद्धि को आधी अर्थात् अपनी बुद्धि से बहुत कम मानता है। इस कारण से वह किसी की सलाह सुनना पसंद नहीं करता।\* जब भी आप किसी को सलाह देंगे, तो आप देखेंगे, कि "प्रायः उसे आपकी सलाह सुनने में कोई विशेष रुचि नहीं है। उसके चेहरे के लक्षणों से भी पता चल जाता है, कि वह आपकी सलाह सुनना नहीं चाहता। बस औपचारिकता निभाने के लिए सुन रहा है।" जब आपकी आयु 50 वर्ष से अधिक हो जाए, 55/60 या इससे भी अधिक हो जाए, तब तो इस बात पर विशेष ध्यान देना चाहिए। जवान लोग तो वैसे ही जवानी, ताकत और अपनी अक्ल के नशे में डूबे रहते हैं।



वे किसी वृद्ध अनुभवी व्यक्ति की बात सुनना पसंद ही नहीं करते। उसे आउट ऑफ डेट, पुराने विचारों का, या दकियानूसी मानते हैं। \*इसलिए बड़ी उम्र में, अपने घर में, बाजार में, रेल में, बस में, मॉल में, सड़क आदि पर दूसरों को सलाह देने से जितना बचें, उतना ही आपके लिए हितकर और शान्तिदायक होगा।\* यदि किसी को सलाह देने की आपकी तीव्र इच्छा हो, और आप स्वयं को रोक नहीं पा रहे हों, तो सलाह देने से पहले उससे पूछ लें, "मैं आपको एक सलाह देना चाहता हूं, क्या आप सुनना पसंद करेंगे?" यदि वह 'हां' कहे, तो उसे सलाह दें, अन्यथा नहीं। वैसे यह नियम सभी उम्र वालों पर लागू होता है। बिना पूछे सलाह तो कोई भी व्यक्ति न दे। यह सभ्यता का एक नियम है। इसका एक अपवाद यह है -- \*यदि कहीं आग लग गई हो, या ऐसी ही कोई खतरनाक परिस्थिति हो, तो

ऐसे अवसर पर तो बिना मांगे सलाह दे सकते हैं, बल्कि वहां आग बुझाने में सहयोग करना भी कर्तव्य बनता है। इसलिए ऐसे अवसरों पर तो आग बुझाने की सलाह के साथ साथ आग बुझाने आदि कार्यों में तुरंत सहयोग भी अवश्य देना चाहिए।\* इसका दूसरा अपवाद यह है -- \*यदि कोई आपका विद्यार्थी हो, आप उसके आचार्य हों, और विद्यार्थी जिज्ञासु हो, आप पर बहुत श्रद्धा रखता हो, आप की विद्या योग्यता अनुभव ज्ञान आदि गुणों से बहुत अधिक प्रभावित हो, आप से बहुत कुछ सीखना चाहता हो, तो ऐसे व्यक्ति को भी आप बिना मांगे सलाह/ सुझाव दे सकते हैं। उसे बहुत सी बातें सिखा सकते हैं।\*

### \*50 वर्ष की आयु के बाद कैसे जीना चाहिए? संदेश - 3.\*

कुछ वर्ष पहले तक दादी नानी छोटे-छोटे बच्चों को कहानियां सुनाती थी, विशेष रूप से रात को सोते समय। कभी दिन में बच्चे दादा जी के साथ खेलते थे, और दादा जी भी उन बच्चों एवं युवाओं को बड़ी अच्छी अच्छी रोचक बातें बताते थे, तो बच्चे बड़े प्रसन्न होते थे। आजकल कम्प्यूटर का ज़माना आ गया है। अब जवान लोग तो बड़े बुजुर्गों की बात प्रायः नहीं सुनते। वे अपने कार्यों में व्यस्त भी अधिक रहते हैं। परंतु छोटे बच्चे फिर भी दादा जी की कुछ बातें सुन लेते हैं, क्योंकि अभी वे दुनियादारी से कुछ दूर हैं। उनके पास समय भी होता है। तो बुजुर्ग लोग छोटे बच्चों को भी ऐसी रोचक बातें सुनाएँ, जिनसे बच्चे प्रसन्न रहें, और आगे भी सुनने में उनकी रुचि बनी रहे। ऐसी बातें न सुनाएँ, जिनको सुनकर बच्चे ऊब जाएँ, और आगे सुनने में उनकी रुचि ही न रहे। यदि कभी बच्चे स्वयं कहें कि \*दादा जी, आप हमें अपने बचपन की बातें सुनाइए।\* तो बहुत थोड़ी मात्रा में उनकी इच्छा पूरी करने के लिए थोड़ी सी बातें सुना सकते हैं। वे भी ऐसी बातें रोचक सुनाएं, जिससे कि उनकी आगे भी सुनने में रुचि बनी रहे। अनेक बड़े बुजुर्ग अपने पोतों को अपने बचपन की इस प्रकार की बातें सुनाते हैं, जिनका आज की दुनिया से कोई संबंध नहीं होता। उदाहरण के लिए -- कुछ बुजुर्ग लोग कहते हैं, \*हमारे बचपन में बैलगाड़ी होती थी। हमारा स्कूल घर से 6 किलोमीटर दूर था। हम बैलगाड़ी से स्कूल जाते थे। बैलगाड़ी से ही स्कूल से घर वापस आते थे। कोई कोई बुजुर्ग लोग तो यहां तक भी कहते हैं, कि हम हर रोज 4 किमी पैदल ही स्कूल जाते थे, और पैदल ही वापस आते थे। हमारे गांव में एक किरयाने की दुकान थी। उस दुकान से हम अपने बचपन में खट्टी इमली की गोलियां खरीद कर खाते थे। तब तो सस्ता ज़माना था। हमें हर रोज जेब खर्च के लिए 3 पैसे मिलते थे, इत्यादि।\* इस प्रकार की बातें सुनाने से बच्चों को बुजुर्गों की बातों में रुचि नहीं रहेगी। क्योंकि नगर में रहने वाले बच्चों ने, आज के ज़माने में न तो बैलगाड़ी देखी। न कोई खट्टी इमली की गोलियां देखी। अर्थात् जो चीजें अब इस जमाने में आसपास दिखाई नहीं देती, बच्चों ने कभी देखी नहीं, वे उन चीजों को कैसे समझेंगे? नहीं समझेंगे। जब नहीं समझेंगे, तो उन बातों से बच्चे बोर हो जाएंगे। इसलिए इस प्रकार की बातें बच्चों को न सुनाएं। उन्हें तो बच्चों के स्तर की रोचक कथा कहानी या वैसी बातें सुनाएँ, जो चीजें उनके आसपास होती हैं। जिन चीजों को वे देखते सुनते जानते हैं। यदि उन्हीं वस्तुओं की घटनाएं कथाएं कहानियां सुनाएं, तो बच्चे लोगों को बुजुर्गों की बातों में रुचि बनी रहेगी। वे बुजुर्गों के साथ बैठेंगे, उनकी बातें सुनेंगे। कभी-कभी उन्हें देशभक्त वीरों की, महापुरुषों की, ऋषि मुनियों की ऐतिहासिक कथाएं भी सुनाएँ, जिससे उनको भारतीय सभ्यता संस्कृति का भी ज्ञान हो। बच्चों को गायत्री मंत्र, अच्छे अच्छे श्लोक आदि भी सिखाएँ। धीरे-धीरे उनके बौद्धिक स्तर का ध्यान रखते हुए, उन्हें ईश्वर आत्मा आदि के विषय में भी थोड़ा थोड़ा समझाएँ। इसी बहाने बड़े बुजुर्ग बच्चों को अच्छी अच्छी व्यवहार की बातें, सभ्यता की बातें खेल खेल में सिखा दें, जिससे बड़ों का भी टाइम पास अच्छा हो जाएगा, और बच्चों को अच्छे संस्कार भी मिल जाएंगे। इससे यह लाभ होगा, कि वे बच्चे बड़े होकर एक सभ्य नागरिक बनेंगे, और अपने परिवार समाज राष्ट्र का कल्याण करेंगे।



पद्मा अग्रवाल

# धुंधलाती आंखें



रात के 10 बजे थे मेघना बच्चों के कमरे में लेट कर पत्रिकायें पलट रही थी , अचानक ही बर्तन गिरने की टन्न की आवाज से उनका ध्यान भंग हुआ तो वह झटके से उठ कर किचन की ओर तेजी से गई थीं तभी वैभव का नाराजगी भरा उनका स्वर उनके कानों में पड़ा था , 'इस घर में रात में भी चैन से काम करना मुश्किल हो गया है .' उनका तलखी भरा अंदाज उन्हें अच्छा नहीं लगा था .... वैभव डिग्री कॉलेज में मैथ्स के लेक्चरर हैं .... इन दिनों वह एक्जाम की कॉपियों के करेक्शन में बिजी थे . जब से वह हेड ऑफ डिपार्टमेंट बने हैं ... उनका काम बहुत बढ़ गया है इसी वजह से वह बहुत टेंशन में रहते थे ... बात बात पर चिड़चिड़ाता उनकी आदत बनती जा रही है . मेघना ने देखा कि मां गैस जला कर सामने रैक में कुछ टटोल रही है ..... "मां आप क्या ढूँढ रही हैं? आपको दिख नहीं रहा है क्या? आपको कुछ चाहिये था तो मुझे आवाज दे देतीं .... " हां बेटा , वैभव के लिये कॉफी बना दूँ..... तुम लेट गई तो मैंने सोचा कि वह देर रात तक काम करता है तो उसे कॉफी दे दूँ लेकिन अंदर आकर भूल गई और फिर घबराहट में मेरे हाथ कांप गये इसलिये ग्लास छूट गया था ...बेटा चश्मे का नंबर भी लगता है बदल गया है ....आंखें भी धुंधला गई हैं .... " रात में वैभव और बच्चों को हल्दी का दूध जरूर दे दिया करो .... आजकल ठंड के दिनों फायदा करेगा .." मां की वात्सल्य भरी बातें सुन कर उनका दिल भर आया था... मां के अंदर कितनी ममता भरी होती है . वह अपनी सासु मां मालती जी , जो अपने हार्ट के चेकअप के लिये दिल्ली लेकर आई थीं , अकेले मां गांव में कैसे रहेंगीं , ऐसा सोच कर उन्होंने उन्हें अपने साथ रखने का फैसला कर लिया था . उन्हें कुछ महीने पहले माइनर हार्टअटैक आ चुका था इसलिये उन्हें विशेष देखभाल की जरूरत थी , यह उनका अपना सोचना था जब कि वैभव का कहना था कि मां की जिम्मेदारी अभय की भी होती है , इसलिये वह उन्हें आकर अपने साथ ले जाये . इसी वजह से वैभव उनसे और मां से भी उखड़े उखड़े से रहते थे . बार बार हॉस्पिटल , डॉक्टर और टेस्ट और कंसल्टेशन के लिये मां को लेकर जाने के कारण से वैभव की व्यस्त दिनचर्या में अक्सर व्यवधान और बाधाएँ आती रहती हैं ..... वैभव को मां के यहां रहने से विशेष आपत्ति नहीं है परंतु रोज रोजहॉस्पिटल और डॉक्टर के यहां की भागदौड़ के कारण वह खीज उठते थे . जब मेघना सोने के लिये कमरे में आई तो वैभव अपने लैपटॉप पर नजरें लगाये बैठे थे , यह तो उनकी नित्य की दिनचर्या थी . सुनिये वैभव मां को डिमेंशिया के साथ साथ अब चश्मे का टेस्ट भी करवाना पड़ेगा .... उन्हें किचन में दिखाई नहीं पड़ रहा था इसलिये वह यहां वहां टटोल कर कुछ ढूँढ रही थीं . वह खीझ भरे स्वर में बोले , " तो मैं क्या करूं ?"



“उन्हें देखने में परेशानी हो रही है ....” “ तो मुझसे ये बातें क्यों कह रही हो ?” “मैंने कल का डॉक्टर से एप्वायंटमेंट ले लिया है और मेरी जरूरी मीटिंग आ गई है , इसलिये कह रही हूँ...” “अच्छा देखता हूँ, उनकी नजरें अभी भी अपने लैपटॉप पर थीं ... सुबह जब उन्होंने पूछा कि डॉक्टर से कितने बजे का समय मिला है .... “दोपहर 1 बजे “ “ओ. के. “ मेघना ने चैन की सांस ली थी ,मां के चेहरे पर भी बेटे के साथ जाने के कारण खुशी दिखाई पड़ रही थी .. वैभव जब हॉस्पिटल पहुंचे तो वहां की भीड़ देख हैरान रह गये थे क्योंकि हॉस्पिटल का काम सब मेघना ही हमेशा से करती आई थी . वह भीड़ पर एक नजर डाल कर डॉ. गोडबोले के केबिन की ओर बढ़ गये थे क्योंकि घड़ी एक बजाने वाली थी ... लेकिन वहां बैठे सहायक ने सूचना दी कि डॉक्टर किसी आवश्यक सर्जरी में व्यस्त हैं इसलिये वह आधा घंटा विलंब से आयेंगे . वैभव ने मां को एक कोने में सिकुड़ी सिमटी घबराई सी बैठे देखा ...तभी मेघना का फोन आया कि मां का ख्याल रखना वह भीड़ देख कर घबरा जाती हैं ... वह इधर उधर न कहीं चल दें ... उन पर नजर रखना .... वह सोचने लगे कि मां मेरी हैं लेकिन मेघना उनका कितना ध्यान रखती है ,...सोच कर उनके चेहरे पर मुस्कान छा गई ... तभी साधारण वेशभूषा में एक हमउम्र महिला उनके पास आई और बोली , ' हेलो वैभव .. वह आश्चर्य से उसे

देखने लगा और पहचानते ही खुश हो गया ... वह उसकी स्कूल फ्रेंड सुविज्ञा थी , जिसके साथ क्लास में उनका हमेशा कंपटीशन रहता था ... परंतु उसकी साधारण वेशभूषा देख वह रुखाई से बोला ...सुविज्ञा ने उसके स्वर की रुखाई को महसूस कर लिया था ,.... वह वहाँ से चली गई और अपने साथ आये वृद्ध की देखभाल में लग गई थी ... वह कभी उनके सिर को सहला रही थी कभी पानी पिला रही थी तो कभी उन्हें दवा अपने हाथों से खिला रही थीं . वैभव कनखियों से सुविज्ञा के सेवा भाव को लगातार देख रहे थे , अब उन्होंने मां से एक बार पानी के लिये पूछा और फिर सुविज्ञा से बात करने के लिये उसकी तरफ चल दिया था ... ये मेरे ससुर हैं , इन्हें अल्जाइमर्स है और आंखों से भी धुंधला दिखने लगा है , इसलिये यहां टेस्ट करवाने के लिये लेकर आई हूँ , मैं इन्हें 2 साल पहले गांव से अपने साथ ले आई थी कि यहां पर इनका अच्छा इलाज हो जायेगा ... “सुविज्ञा , तुम्हारे देवर , जेठ नहीं हैं , जो इनकी देखभाल कर सकें ...तुमने सारी जिम्मेदारी अपने सिर पर ओढ़ रखी है .... पति सहयोग करते हैं कि नहीं ...” “पति तो एक साल पहले ही एक्सीडेंट में साथ छोड़ गये ...” “तुम अकेले कैसे ये सब संभाल लेती हो ?”वैभव देखो , ‘काम तब कठिन लगता है जब हम काम को बेमन से किया जाये ...जब मैं शादी करके आई तो इन्हीं पापा और मां ने मुझे इतना लाड़ प्यार दिया और मुझे कभी बोझ नहीं समझा कि मुझे मेरे मायके की कभी याद नहीं आई और आज जब उन्हें मेरी जरूरत है तो अब मैं अपने कर्तव्य को क्यों न पूरा करूं... शहर में बड़े बड़े डॉक्टर और सारी सुविधाओं के कारण मैं आसानी से इनका ध्यान रख पा रही हूँ ,,, उसे अपनी मां की याद आ रही थी , वह उनके पास जाकर बैठ गया और उनकी गर्म हथेलियों को जोर से अपनी मुट्ठियों में बंद कर लिया था ... मां ने ही उसकी आंखों में कुछ बनने का सपना दिखाया था . उसे यहां तक पहुंचाने में मां की बरसों की तपस्या थी . उनकी आंखों में बरबस आंसू झिलमिला उठे . अब उनकी अपनी आंखों में आंसुओं के कारण धुंधलापन छा गया था ... आज सुविज्ञा की मामूली सी बात के सामने उनका सारा संचित ज्ञान का दंभ चूर चूर हो गया था ,



#shiningwomen



पद्मा अग्रवाल

# गणेशोत्सव



गणेशोत्सव महाराष्ट्र का बहुत लोकप्रिय त्यौहार है . यह हिंदुओं का पसंदीदा पर्व है ...अब तो इसकी लोकप्रियता पूरे विश्व में फैलती जा रही है हिंदू धर्म मे गणपति जी को विशेष स्थान प्राप्त है . सभी शुभ कार्यों के पहले गणपति की वंदना पूजा अनिवार्य बताई गई है . लोकमान्य तिलक द्वारा शुरू किया गया यह गणेशोत्सव जाति , पंथ या धर्म की परवाह किये बिना भारत के साथ साथ अब तो विदेशों में भी मनाया जाता है .

**गजाननं भूत गणादिसेवितम्, कपित्थ जंबु फल चारु भक्षणम्  
उमासुतं शोक विनाश कारकम्, नमामिविघ्नेश्वर पादपंकजम्**



शिव पार्वती के पुत्रगणेश जी को ज्ञान का देवता माना जाता है . गणपति जी का आगमन भाद्रपद की चतुर्थी को होता है , यह त्यौहार 10 दिनों तक बड़े उत्साह से मनाया जाता है . भगवान् गणेश की मूर्ति को घर में बाजे गाजे और सम्मान के साथ लाकर प्रतिष्ठित करके 10 दिनों तक श्रद्धा भक्ति के साथ उनका नित्य भोग और आरती करने का रिवाज है . घर के नन्हें मुन्ने ढोल नगाड़ों की आवाज के साथ उत्साह के साथ घर में लाकर स्थापित करते हैं . गणपति बप्पा मोरया मंगलमूर्ति मोरया का जयकारा लगाते जाते हैं ... **दूर्वा , जसवंडी फूल , केवड़ा लाल फूल से गणपति की पूजा की जाती है . गणपति जी के भोग में मोदक , खीर पूरनपोली , लड्डू** आदि अवश्य चढाने का रिवाज है . सभी को प्रसाद में मोदक दिया जाता है . गणपति के मंडप को रंगबिरंगी लड़ियों , झालर आदि से खूब सजाया जाता है .वहीं सार्वजनिक मंडल आकर्षक कार्यक्रमों का आयोजन करते हैं . गौरी के दिन महिलायें हल्दी कुमकुम का आयोजन करती हैं . पंडालों में सामाजिक , ऐतिहासिक और पौराणिक सुंदर दृश्यों का प्रदर्शन किया जाता है . सार्वजनिक मंडल विभिन्न प्रतियोगिताओं का भी आयोजन किया करते हैं . अनंत चतुर्दशी के दिन गणेश जी की मूर्ति का विसर्जन किसी सरोवर , नदी या समुद्र में कर दिया जाता है . 'गणपति बप्पा मोरया अगले बरस तू जल्दी आ' कह कर सभी अपने प्रिय बप्पा को विदा करते हैं . इस दिन गणपति का विसर्जन जुलूस निकाला जाता है और घंटियाँ बजाई जाती हैं . पुणे में **लोकमान्य बालगंगाधर तिलक ने 1892** में इस त्यौहार को सार्वजनिक रूप से मनाना शुरू किया क्यों कि अँग्रेजों की सरकार किसी भी राजनैतिक आयोजन पर लोगों को गिरफ्तार कर लेती थी परंतु धार्मिक आयोजन पर लोगों को गिरफ्तारी से छूट थी ... इसलिये इस आयोजन पर लोग 10 दिनों तक एकत्र होकर आपसी संवाद करने की सुविधा होती थी . सभी लोग एक जुट होकर खुशी के साथ त्यौहार को मनायें , यह उनकी सोच थी ... तिलक ने भारतीय समाज को एक करने के उद्देश्य से इस त्यौहार को सार्वजनिक किया .



इसका उद्देश्य जन जागरण था . गणेशोत्सव के माध्यम से राजनैतिक जागरूकता पैदा करने के लिये कलाकारों की प्रतिभा का सहारा लेकर आम जनता के ज्ञान को बढ़ाने के लिये व्याख्यान आयोजित किये गये . कुछ गणेशोत्सव मंडल हैं जो आज भी विभिन्न प्रतियोगितायें आयोजित करते हैं जैसे गायन , वाद्य यंत्र , भाषण कौशल , खेल प्रतियोगितायें ,, लेखकों , कवियों , नाटक आदि के प्रदर्शन आयोजित किये जाते हैं .इन आयोजनों से निश्चित तौर पर नई पीढ़ी को सही दिशा प्राप्त होगी. गणेशोत्सव पर फिजूल खर्ची से बच कर सामाजिक जागरूकता के मुद्दों पर प्रकाश डालने के लिये गणेश मंडल विभिन्न गतिविधियों को अंजाम देने पर ध्यान देना चाहिये . लोकमान्य तिलक के द्वारा नेक उद्देश्य के लिये शुरू किये गये इस पर्व के महत्व को सभी को पता होना चाहिये . विभिन्न भौड़े कार्यक्रम को आयोजन से बचना चाहिये . विसर्जन जुलूस अनुशासित माहौल में होना चाहिये . मूर्तियों के रंगों को पानी में मिलाने से पानी प्रदूषित होता है , इसलिये हमें ऐसी मूर्तियों का प्रयोग करना चाहिये जो प्रदूषण न फैलायें . आजकल बाजार में ऐसी इको फ्रेंडली मूर्तियाँ ( घुलनशील मूर्तियाँ ), जिनमें ऑर्गेनिक रंगों का प्रयोग करके बनाई जा रही हैं जो पानी और पर्यावरण को प्रदूषित नहीं करतीं .हम सबको प्रदूषण मुक्त वातावरण की दृष्टि से त्यौहार मनाना चाहिये . विसर्जन जुलूस में परंपरागत वाद्य यंत्रों का प्रयोग किया जाये न कि कानफोडू संगीत लहरी का ...समाज को सही दिशा देने के लिये समाज के हर वर्ग को गणेशमंडलों को प्रयास करना चाहिये . यदि पर्यावरण के अनुकूल गणेशोत्सव मनाया जाये तो इसका महत्व आने वाली पीढ़ी के लिये और अधिक उपयोगी हो जायेगा .



पद्मा अग्रवाल



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# मेरी प्रिय टीचर



श्रीमती छाया मुकर्जी, उनकी स्टाइलिश साड़ी , जूड़े में लगा गुलाब , वह इंग्लिश टीचर थीं . मैं 9 TH में थी ...पढाई से जी चुराने वाली , टेस्ट वाले दिन जानबूझ कर घर बैठ जाती . उन्होंने मुझे अपने कमरे में बुलाया , मैं डरी सहमी सी उनके पास पहुँची तो मेरी कॉपी पलटते हुये बोलीं , तुम्हारी हैंडराइटिंग बहुत साफ और सुंदर है होमवर्क, क्लास वर्क भी ठीक ठीक है तो टेस्ट से क्यों डरती हो ? मेरी सिर झुक गया था ... कल टेस्ट है जरूर आना , जीवन में आगे बढ़ना तो मेहनत करना ही होगा .... मुझसे जब ब्लैक बोर्ड पर PRONOUN की परिभाषा लिखने को कहा तो पूरा क्लास हो हो कर हँसने लगा था....

जब मैंने लिख दिया तो उनके एक वाक्य ने 'शी इज ब्रिलियेंट स्टूडेंट 'मेरे जीवन को आत्मविश्वास से लबालब भर दिया था .

उनको मेरा नमन्



पद्मा अग्रवाल



“

कहानियां, कवितायें, कुछ  
अच्छे पल, यादें ...  
आमंत्रित हैं



EMAIL करें  
womenshinemag@gmail.com

Womenshine

## मैं कलमकार

कविताएँ कहानी मेरे शौक  
मुझे मेरे किरदारों को जीने के  
अलावा कुछ नहीं आता  
मेरे किरदार मेरी कमाई हैं  
और उनकी भावनाएँ  
मेरे बोनस और ग्रेजुएटी  
कभी कभी सोचती हूँ कि  
मेरे रिश्ते मेरे किरदार होते  
तो अपनी कलम से उन्हें  
मन चाहे रंग में रंगती  
पर वो किरदार हैं  
उस विधाता के  
जिसने लिखा है  
मेरा किरदार जो  
सिखाता मुझे कि  
मुझे कैसे मेरा किरदार  
है निभाना खुद से  
छोड़ के ये बंधन कि  
क्या कहेगा ये ज़माना  
क्यूँ की ज़माना तो  
कुछ ना कुछ कहेगा  
वो तो अपने ही  
चश्मे के साथ रहेगा  
उसको ही सही कहेगा  
और अपनी ही कहानी कहेगा

पर मैं कलमकार  
कविताएँ कहानी मेरे शौक.....



डॉ. मनीषा मनी



# अस्तित्व...

क्या है वजूद.?  
कौन हूं मैं.?  
किसके लिए हूं मैं.?  
क्यों जी रही हूं.?  
किसके लिए जी रही हूं.?  
कौन करता है फिक्र.?  
किसको है चिंता.?  
औरत हूं मैं  
वजूद की तलाश में  
खुद से लड़ रही हूं.....

~~~~~  
वजूद की तलाश में दर दर भटकती नारी  
~~~~~

मां हूं तो किसने बनाया  
बेटों को हैं क्या परवाह  
वजूद तो हैं मां का उनसे ही  
कहता है एक बेटा  
मुझसे ही तो हैं मां का अस्तित्व.....

~~~~~  
वेदना एक मां की क्यों है क्षुब्ध  
~~~~~

पति कहता लाया तुझको डोली में बिठाकर  
मुझसे ही तो है तेरी पहचान  
मैंने दिया तुझको  
नए नए नाम  
जुड़ कर मुझसे बनी तुम  
पत्नी , बहु , भाभी , मां  
वरना पड़ी रहती है पीहर में  
बनकर एक अधूरी स्त्री.....

~~~~~  
अर्धांगिनी बनकर भी बनी रही हीन  
~~~~~

देख ले मेरा रूतबा  
मैं घर की शान  
मैं ही सबका अभिमान  
बाजुओं में हैं ताकत मेरी  
मैं बच्चों का बाहुबली.....

~~~~~

पुरुष सत्ता का कैसे ये अभिमान  
~~~~~

तुम तो एक वस्तु हो  
पड़ी रहो घर के कोने में  
होगी जब तुम्हारी जरूरत  
पूछ लेंगे तुमसे भी एक बारी  
चूल्हा चौका ही है तुम्हारी किस्मत.....

~~~~~  
भगवान की ये कैसी लीला औरत को क्यों  
बनाया निर्बल  
~~~~~

मत उलझों पुरुषों के दावेदारी में  
भगवान ने दी है बुद्धि थोड़ी कम  
मत ढूंढो अपने वजूद को  
जो है मिला उस में खुश रहो.....

~~~~~  
अबला सबला नारी सब झेल रही है पुरुषों की  
मनमानी  
~~~~~

औरत का ये कैसा नसीब  
छोड़ कर सब कुछ अपना  
जी रही दूसरों के खातिर  
कर दिया समर्पित जीवन  
फिर भी मिला नहीं पुरुषों से रत्ती भर भी  
ज्यादा.....

~~~~~  
अस्तित्व की लड़ाई में जूझ रही है हर नारी  
~~~~~

औरत हूं मैं  
क्या है वजूद मेरा.....!!  
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संगीता गुप्ता





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**WSWHISPERINGTHOUGHTS  
HINDI DIWAS SPECIAL**

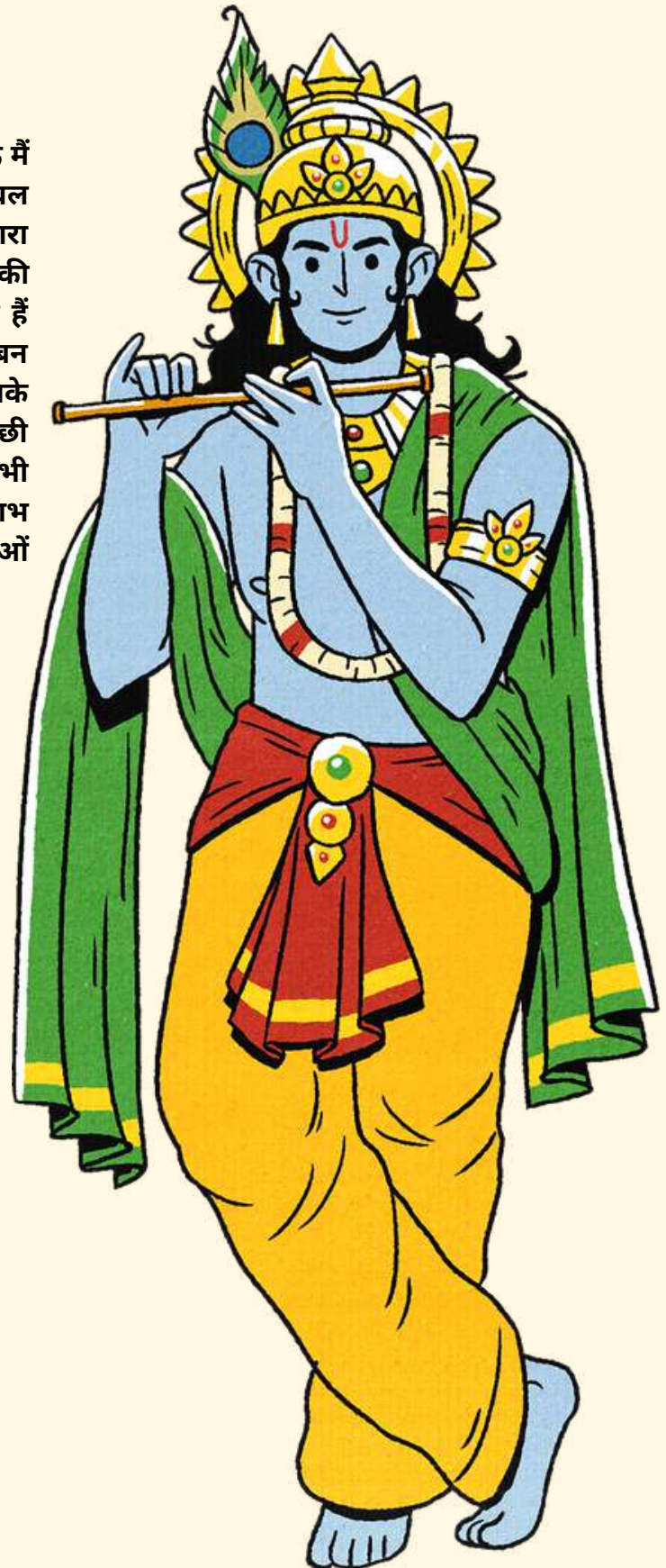
# गुम है किसी के प्यार में

गुम है किसी के प्यार में दिल सुबह शाम पर तुम्हें लिख नहीं पाऊँ मैं उसका नाम.... और लिखूँ भी कैसे उनके १००८ नाम का तो केवल शास्त्रों ने वर्णन किया है, परन्तु प्रेम से तो उन्हें कुछ भी हो पुकारा जाता है। ये जो दिल जो उन्होंने दिया है ये बस उन्हीं को ही देने की वस्तु है क्योंकि हम प्राणी आनन्द और निर्भयता ही तो चाहते हैं और ये इनके पास है। हम पवित्र स्नेही जन्म लेते हैं और संसारी बन अपना मूल अस्तित्व खो देते हैं, परन्तु समर्पण, सतर्कता और चुपके से ये दिल उनके सपूत कर देने से ही वे इस दिल की बहुत अच्छी संभाल करते हैं और समय समय पर परिष्कृत कर विकास भी करते हैं। प्रभु के श्री चरणों में मन समर्पित करने के कई लाभ समझें, जैसे स्वयंसिद्ध आनन्द पाना, कर्म फल से मुक्ति, कामनाओं और अपेक्षाओं के बंधन से निवर्ति।

जय श्री कृष्ण



रजनी खन्ना



# गुम है किसी के प्यार में

"गुम है किसी के प्यार में "

"गुम है किसी के प्यार में दिल सुबह शाम | " ये पंक्ति शायद मेरे परखरी उतरती है | मेरे हमदम, प्रिय चले गये कोरोना की भयंकर विभीषिका में | मैं जीवन में नितान्त अकेली रह गयी | परिवार का कोई उत्तरदायित्व मुझ पर छोड़ कर नहीं गये किंतु मुझे तो जीवन के झंझावात में जूझने के लिए छोड़गये | लेकिन मैं क्या करूँ, मेरा मन अबभी उन्हीं की यादों में खोया रहता है | बस यादों की परत दर परत खुलती चली जाती है | मेरा ये मन आज भी " गुम है किसी के प्यार में " | कभी प्यार के क्षणों को याद करती हूँ तो विह्वल हो उठती हूँ | भ्रमणप्रेमी प्रिय मेरे! मुझे पूरा भारतभ्रमण करालाये | अब जीवन के अंतिमपड़ाव में जब मेरा दिल का सहारा छूट गया तो मन तारतार हो कभीकभी फूट कर रोता है कि तुम क्यों चलेगये अकेला छोड़कर |

आजभी मन " गुम है किसी के प्यार में " |



**ABHA MAHESHWARI**



# गुम है किसी के प्यार में



प्यार एक बेहद खूबसूरत एहसास होता है। प्यार करने के तरीके सभी के अलग-अलग होते हैं, लेकिन प्यार के मायने सभी के लिए एक होते हैं। प्यार और भरोसा ही किसी भी रिश्ते की बुनियाद होती है, भले ही वो पति-पत्नी का रिश्ता हो या फिर मां-बेटी एवं भाई-बहन का। हर रिश्ते में प्यार होना बेहद जरूरी है, क्योंकि बिना प्यार और सम्मान के रिश्ते नहीं चल सकते हैं।

जरूरी नहीं है कि प्यार सिर्फ एक लड़के और एक लड़की के बीच ही हो। किसी भी रिश्ते को भरोसे और प्यार के माध्यम से ही कायम किया जा सकता है।

कई लोग ऐसे हैं जो किसी से प्यार तो करते हैं लेकिन अपने दिल के जज्बातों एवं अपने मन की भावनाओं को व्यक्त नहीं कर पाते हैं।

सच्चा प्यार ईश्वर की तरह होता है चर्चा उसकी सब करते हैं पर आजतक किसीने देखा नहीं।”

कैसे कहूं मुझे तुम में क्या अच्छा लगता है

तुम्हारी बातों का अंदाज भाता है

तुम्हारी आंखों का खुशमिजाज लुभाता है

तेरी हर अदा पर ही मेरा दिल आ जाता है

वो कहते हैं ना जब आप खुश होते हैं तो आपके पास भी सब खुश होते हैं इसलिये अगर आप खुद से प्यार करेंगे तो आपको लगेगा की सब आपके साथ है

दिल की बात

समय रहते बोल दो

अपनी मोहब्बत का राज

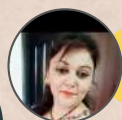
उसके सामने खोल दो

रुठने मनाने के सिलसिले को खत्म कर देते हैं,

एक दूजे के जज़्बात अपने दिलों से भांप लेते हैं,

ना मिलने की खुशियाँ हो न गम हो बिछड़ने के,

चलो कुछ अपनों के दिलों की सच्चाई नाप लेते हैं



. डॉ इति मेहरोत्रा





## गुम है किसी के प्यार में



एक माह की छुट्टी लेकर, चार दिन बाद ही बटालियन में लौट आना, अभय को सुखद, दुखद शांत व उफान लिए, विचारों का आभास हो रहा था। उसकी आखों के आगे बूढ़े माता पिता व सुंदर सलोनी रूपा का चेहरा चल चित्र की भांति घूम रहा था। किन्तु मातृ भूमि के प्रति उसका क्या कर्तव्य है वह उसके प्रति पूर्ण रूपेण सजग था। बिस्तर पर लेटते ही रूपा की खनकती चूड़ियां व पायल और मां का प्यार भरा हाथ सिर पर उसे पल पल उन्मादित कर रहा था। उधर बिस्तर पर लेटे रूपा भी इन चार दिनों को याद कर के कि कैसे अचानक अभय आया, उन सब के लिए उपहार लाया व फिर बिजली की कौंध की न्याई वापिस लौट गया। उसे समझ ही नहीं आ रहा था। तभी फोन की घंटी बजी। उठाय तो अभय का फ़ोन और उस पर ये धुन बज रही थी - गुम है किसी के प्यार में। दोनों चुपचाप, छत को निर्णिमेश आंखों से ताकते वह गाना सुनते रहे मानो उनके दिल की बात वह धुन सुना रही हो और खामोश, चुपचाप आंसू बहाते वह कब सो गए उन्हें पता ही नहीं चला।



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