

VOL 32.0 JANUARY EDITION

Initiative of WE Foundation

WOMENSHINE

UJJWALA SHANKER



NEW YEAR RESOLUTIONS

**ARE YOU IN THE RIGHT
RELATIONSHIP**

FOOD TOURISM

WEDDING DESTINATIONS

NUMERLOGY



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 will be completing 3 years of **Womenshine** very soon...many congratulations to everyone, our readers, our associates, and our team members who believed in Women Shine every time.

May this New Year brings so much happiness and best of health.

Our **January edition** is ready again with the inspiring stories of Women.

Check on the **new year resolutions** and various articles. I am sure you will love the edition.

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

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

Aparna Mishra

Founder-Editor, Women Shine

#Shineonwomen

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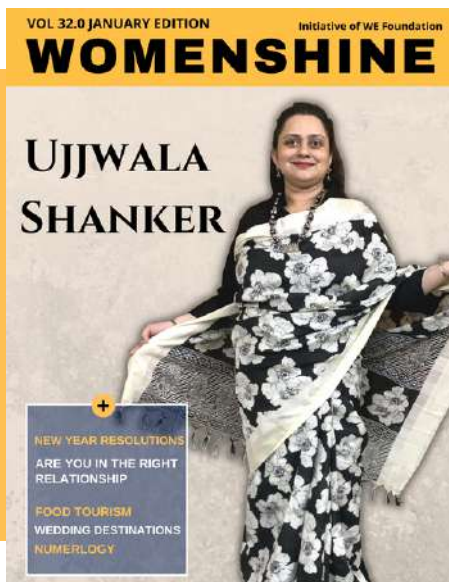


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How to stick to your New Year Resolutions



NEW YEAR
Resolutions

Making resolutions at the beginning of the year is a great way to start a fresh chapter, which is why so many people do it. The start of a new year often feels like a fresh start, another chance to break bad habits and develop new ones. Unfortunately, more than half of all resolutions fail, let's change that in 2023.

THE FOLLOWING TIPS WILL HELP YOU
IN DOING SO.

SMALL GOALS

If you want to get into reading books, do not set a goal of finishing 100 books this year; a book or two in a month would do. You may be enthusiastic about your goals right now, but don't let this push you to impossibly high standards.

Start by breaking down the bigger goals into smaller achievable steps. When you are clear on what you need to do, it is easier to hold yourself accountable and stay committed to a goal.

MAKE A PLAN

Achieving any goal requires making informed choices and this can be done through extensive planning. Without a proper plan, you can easily find yourself giving up when you encounter any kind of challenge or setback. Create a detailed plan and consider what tactics you will use to overcome challenges.

LIMIT YOUR RESOLUTIONS

While you might have a long list of potential New Year's resolutions, it is better to pick a few and focus all your energies on them rather than spreading yourself too thin. Focusing and achieving one goal at a time can boost your self-confidence and help you strive for more.

REWARD YOURSELF

People frequently forget to enjoy the process because they are so preoccupied with the difficulties that come with it. Take a moment to celebrate your progress to motivate yourself to keep going. It also helps to create a support system who are aware of your goals and encourage you along the way.

LEARN FROM THE PAST

This may not be your first attempt at New Year's Resolutions, so spend some time evaluating your previous results to not repeat the mistakes again. Consider every missed opportunity to change as a step closer to your objective. Sincere attempts indicate lessons learned. Make small tweaks to make your resolution more attainable.

REMEMBER THAT CHANGE IS A PROCESS

The unhealthy habits that you are trying to change now probably took years to develop, so don't expect to completely alter them in just a matter of days. Bad habits can cut you down just as easily as good habits can build you up", so in 2023 let's work towards building these habits and sticking to them.



WRITTEN BY: JATHIN ARAVA

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NEW YEAR'S RESOLUTION



DAKSHATA MAGADE

I enter each new year with an open heart and open mind making room for this delightful new journey to start. As I reflect on the year gone by and think about the journey ahead, I hope the coming year 2023 brings new inspirations, motivations, and achievements as gifts of learning, growth, and hope.

As we enter the new year, I wish this year helps me to continue moving forward as self-improvement, is

an endless journey and should be accepted as an opportunity to set out on the next adventure in this journey.

Honestly, I've always believed that it doesn't take a fresh new year to make a new beginning, "**now**" is consistently the perfect opportunity to begin. I have a motto "**Goals not resolutions**", which are the key to long-term growth and success.

My goal this year is to envision my best self and do one thing every day that will get me closer to the purest version of myself, that will leave me with a sense of fulfillment, and will impact the world around me positively. I wish to set healthy boundaries that help and protect my emotional well-being time and energy. Our mindset is the most undervalued asset it plays a very significant role in determining our life's outcomes. This perspective is helpful as it allows me to approach the dangers of the future with a positive mindset that allows me to relish rather than fear the future. This is significant as there is endless peace between where I am and where I need to be.

I feel we should be more connected and gentle towards ourselves and trust the process by practicing and enjoying it all the while. I have confidence in the force of discipline, for me, consistency is far more significant than perfection. I wish to design my next activities and act upon them with confidence and persistence. To solidify this to a fresh new goal, I wish to set my focus on the goals that are realistic and achievable as it's easier to leverage the process and boost motivation. Normalizing "**It's OK to feel uncertain at times**", we need to still keep making mindful and intentional steps towards where we are meant to be. It's time to reflect on what matters the most as this journey is going to be a hard one but the most rewarding one.



UDAYA SRI DASARI

Director of Operations, Bluevoir

“Each day for me is hectic, with numerous office roles in the busy corporate life and a long list of household responsibilities along with the never-ending demands of kids. Yes, our lives do not have much scope for any physical or mental personal care. But we often ignore the fact that it's only us who are pushing this away. In the coming year, I want to incorporate the resolution of not pushing away my physical and mental well-being. In my hustling-bustling lifestyle of mine, I wish to practice regular mental health by doing Yoga, meditation, and wellness courses. In addition to that, I feel this can only take me a long way if I continue practising my healthy eating habits, and making conscious food choices.

Unproductive days quickly harden into unproductive years if we don't sharpen our focus and prioritize them. So yes, 2023 is going to be my year of mental and physical health practices and foreseen joyful habits that I always want to maintain. ”

SHAINA WIJ

Founder, Bandwagon Communications

Strengthen mind & body by spending more time practicing spirituality.



#shiningwomen





DIVYA SINGH

1. Focus on a Passion, Not the Way You Look.
2. Work out to feel good, not be thinner.
3. Stop gossiping.
4. Give one compliment a day.
5. Do Random Acts of Kindness.
6. Read a book a month.
7. Go someplace you've never been.
8. Become a Volunteer.
9. Travel on a small budget.
10. Write down one thing you're grateful for every night.
11. Drink more water.
12. Take a part of your paychecks and put it in savings or investments.
13. Talk to yourself with kindness.
14. Call a friend instead of texting them.
15. Don't buy things you don't need.
16. Let go of a grudge.
17. Stay in touch with the people who matter.
18. Bring a plant into your home.
19. Remove negativity or anything that makes you feel lousy.
20. Talk Less, Listen More.
21. Whatever Your Goals Are, Write Them Down.



ANURADHA

Founder Owner, Happy Hearts.

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AMRITA MALLIK

No resolutions for me. It's easy to create some lists but it's too difficult to follow it throughout the year. As soon as the hype recedes, the motivation drops. Moreover, 365 days don't remain the same. Some storms destroy the set-up and you have to start again. Hence, I will choose consistency over perfection and motivation. I would like to focus on building healthy habits, that would stay with me all the time. Moreover, they will attract good

vibes for me. Right now I am trying to control the urge to instantly provide my attention to everyone and everything. Hopefully, I will imbibe it next year.

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MISSION CHANGE



MEET SHARMILA OSWAL, A PATRIOTIC ENTREPRENEUR MAKING WONDERS WITH WONDER GRAINS

The United Nations declared the year 2023 as the International Year of Millets (IYOM 2023) at the Food and Agriculture Organisation (FAO) headquarters. Millets, mainly a kharif crop in India, have a high nutritional value. They are a diverse group of cereals including pearl (bajra), proso, foxtail, barnyard, little, kodo, browntop and others, and are an essential source of nourishment for millions across Sub-Saharan Africa and Asia.

Sharmila Oswal has been a part of the millet mission in India for the last 20 years. She has played a paramount role in raising awareness about one of India's staple crops that has been recognised on the global stage. Based in Pune, she is the Managing Director of 1Organic, a social venture started during the lockdown. It aims to make organic food more accessible and affordable.

THE BEGINNING & THE GREEN ENERGY FOUNDATION

Born and brought up in a conservative Marwari family in Konkan, Sharmila fought for her education and studied by securing scholarships both in India and abroad. She had to even convince the administration's office at ILS Law College that she would be an asset to the institution to get admission.

From there, she went on to secure scholarships to pursue the Water Leadership Programme from the National University of Singapore and earned a position as a Water Diplomat at Tuft University. "As a young child, when I saw my sisters in the Ghunghat, I wanted to make my own path through education," Sharmila shares. Sharmila hails from a family that has been literally involved with India's freedom struggle. Her mother had been part of the Satyagraha movement during the time of Mahatma Gandhi. Patriotism for her meant being of help to people in need and she hence began working closely with farmers from across the country through her non-profit organisation, Green Energy Foundation.

THE INSPIRATION BEHIND



The world has hit a "reset button in 2020 - people are now keen to go "back to the basics". It is now well known to us that food laced with harmful chemicals cannot give us health and immunity. The only solution now seems to be organic food - the kind of fresh, chemical-free food our ancestors used to eat before harmful chemicals and pesticides took over agriculture. Sharmila is a firm believer in the old adage that

prevention is better than cure and that it begins with healthy eating."Today, eating organic and naturally grown food has become a trend associated with the rich and the wealthy. As we saw deaths due to COVID-19 and other diseases during the lockdown, making organic food accessible felt like the need of the hour," she mentions. This encouraged her son Shubham Oswal to officially launch 1Organic, a marketplace for affordable and cruelty-free organic food.

1ORGANIC: ORGANIC FOOD FIRM ON A 'HEALTH MISSION'

Ours is a health mission to turn kitchens into pharmacies through supply of organic products. This will boost immunity and help build a healthy India," adds Ms. Oswal. The company aims to break the myth that organic food is expensive and only the rich could afford it. They are bringing it to the masses by closely working with more than 2,000 farmers. It is also providing employment to numerous women and men in villages.

By cutting middle-men and directly working with farmers 1Organic has managed to sell their products at rates of non-organic general products available in the market. So the common people can now afford organic products. The firm offers more than 75 products in the categories of pulses, rice, spices, seeds, oil and seeds.



2023: INTERNATIONAL YEAR OF MILLETS



Working at the nexus of agriculture, water and food security, Sharmila has been training farmers and equipping them in capacity-building for over two decades, speaking about the advantages of millet and why India is propagating this crop.

"Millet grains are fortified, and well-equipped with zinc, ammonite, phosphorus and iron. These seeds cater to the malnourished in rural India as well. It is the best choice for pregnant women, and children lacking nutrition or with anaemia issues. Millets are a great nutritional resource and a supplement for India," she adds.



By ADITI GUPTA

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UJJWALA SHANKER



BEGINNING BIG JOURNEYS WITH SMALL STEPS

Ujjwala Shanker, is a determined woman who believes in empowering others. Life has shown her many ups and downs but that has not deterred her confidence and zeal to empower others. WomenShine got to interact with her and meet this dynamic personality.

Early Years Of Life: It's my life

I was a brilliant student, but I got married at 18 (It was a love marriage) and had my first child at 19. My marriage was not very happy, but I stayed in it for my children. I opened a beauty salon in 2002. After my elder son's demise in 2010, I lost all zest for living and closed down the salon.

However, God blessed me with my younger son and I slowly picked up the pieces of my life. I helped set up a skill development wing at Jagriti in Loreto Convent and teaching underprivileged girls to become self-sufficient somehow healed me from within.

My parents were ill so I took up the care of my mother's school, Holy Shrine Inter College.

The birth of Holy Shrine Incenses



I run a school where 'not so privileged' children study. I feel that they need to undertake skill development besides regular studies so that they are able to earn something. Also, many ladies from neighbouring villages were asking me for jobs. As they say, where there is a will, there is a way and at that time, Mr Sudhanshu Sharma ji, heading Corporate Banking in North India introduced me to Mr Om Pandey ji who wanted to train my children in Agarbatti making. Both of them were instrumental in my entering this field. They were kind enough to provide me with technical support and know-how so that I felt confident in undertaking this venture. In fact, Mr Sudhanshu Sharma suggested that I should start skilling rural women so that they become financially independent. Towards this, I started training them in Agarbatti making. My enterprise, Holy Shrine Incences is geared towards providing employment opportunities to rural women and skill development.

This enterprise is totally environmentally friendly. The ingredients used are totally natural, be it charcoal, wood powder, wood bark, guar gum, bamboo sticks or flower petals. In fact, sawdust powder or flower petals are recycled without any pollutants and harmful chemicals into beautiful incense. There is no noise pollution, water pollution, air pollution or soil pollution during the manufacturing process. Incense and aromatherapy have proven psychosomatic benefits. The smoke from our incense does not irritate the eyes or lungs. We use essential oils for our perfumes which promote wellness. Leftover raw materials are recycled so there is negligible wastage.





Major Hurdles and Challenges

Raw incense sticks get damaged so we have to handle them carefully to minimise wastage. Since there are no preservatives or chemicals are used, the incense sticks are prone to getting fungus very quickly and hence need to be dried and stored with stringent precision. To enhance the shelf life they need to be perfumed and packed properly which is an expensive process. Finding buyers and a market for my ready products is a great challenge. As this is an extremely labour intensive business, hence the retention of good workers is a major challenge because when they learn what they need to, they tend to leave.

The Marketing Strategy

- a. Creating awareness for my brand through social media via Digital Marketing- Instagram, Facebook and Google.
- b. Direct marketing B to B via Sales and Marketing team
- c. Pamphlets and roadshows to create awareness.
- d. Making Miss India, Pankhuri Gidwani my brand ambassador.
- e. Inviting dignitaries for a formal launch.
- f. Joined BNI to get business links to wholesalers and C and F agents.
- g. A radio campaign for 15 days prior to the formal launch.
- h. Targetting Corporate Gifting with my premium range of incense made of flowers.
- i. Showcasing my products on Trade India for bulk selling.
- j. Planning to sell through Amazon.
- k. Making a business website showcasing my complete range with an option for ordering and paying online.
- l. My tagline is, " Jeet tumhari hai" (Victory is yours) I want incense to be part of daily life, not just religious rituals. I want my consumers to associate Holy Shrine Incenses with victory in whichever form it means to them.

Roadmap:

- a. I see making complete inroads into Lucknow in the coming 6 months and entering UP by the end of 12 months.
- b. I will enter big retail chains and make inroads into the Indian market by the end of 12 months.
- c. I hope to get a slice of the premium Corporate gifting segment where a personalised thoughtful gift makes a difference.

Advice for Women Entrepreneurs:

- a. Be very thorough with the production process- procuring raw materials, training the staff, and putting infrastructure in place.
- b. Register your firm/NGO
- c. Get proper labour clearance, get your PAN and GST number and understand the laws that govern your business.
- d. Have a proper marketing strategy.
- e. Have patience and faith in God. Be prepared for teething troubles and stumbling blocks. Don't let them deter you.

The reason behind my happiness:

WHAT TRULY MAKES ME HAPPY IS EMPOWERING OTHERS.

Brand Tales

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By ADITI GUPTA

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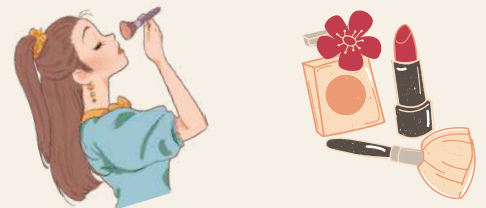


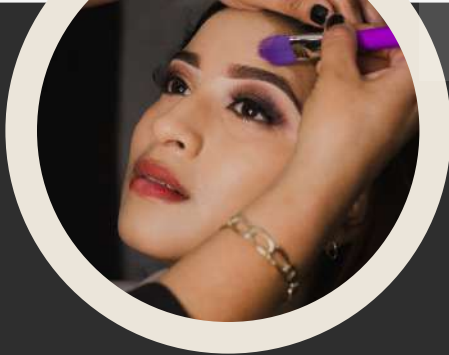
Dermal Piercing and Crystal Eye Makeup

Are catching the Youthful Eye

Dermal piercing unique is a form of trendy piercing today. They are called microdermal piercings as they are single-point piercings that lie flat against the surface of the skin. This piece of jewelry is unique and fashionable as it does not follow the traditional method of piercing having a separate entry point and exit point. The method followed in this microdermal piercing has an anchor around 6-7 millimeters long and the top sits on the surface layer of the skin, making it appear like beads directly under the dermis. It is a single-point piercing that is anchored to hold tight to the surface of the skin usually with a gemstone or a flat piece of jewelry on top.

Latest Fashion Trending - Why Dermal Piercings and Crystal Eye Makeup





Most times these dermal piercings sit well on various body parts and not just one singular body part including parts such as eyes, collar bones, back dimples, arms, hips, or chest. They are modifiable as they

can be placed flat on the surface of the body. This is very different from a surface piercing which would require a barbell to cut through the flesh and enter from one point and exit from another and requires a needle insertion to create the pathway for the piercing. Dermal piercings do not need such. These are more like pressure piercings and heal between one to three months.

Eye makeup has decided to make its big return this year in 2022. It is all about glitter, gemstones, sparkle, and full-on crystals dominating the makeup world. Crystal eye makeup typically focuses on accentuating the eyes and around the eyes right from the inner corner pop to four dot eye trends dominating all across social media. All one needs to do to follow this trend is buy the jewels or gemstones with the tool and apply a small amount of lash glue to the backside of the jewel.

The desired and placed jewelry needs some time to dry, say about a few seconds, and to make them last an entire day or even five hours, one has to ensure that an adequate and sufficient amount of glue is placed to hold the jewelry intact. Smaller jewels and crystals are used for a simple and subtle look whereas these are trickier and harder to apply whereas the bigger crystals are used for a more flashy or eye-catching look. Some eye-catching spots for the crystals and jewelry are usually the inner corner of the eyes, along the upper lash line and the lower lash line where it is most prominent. The crystal makeup trend could look funky if placed even along the eyebrows.



By Sahana Sridhar



#shiningwomen

Clothes To Put In Your Wardrobe for 2023

The fringing cutouts at Victoria Beckham's fashion week, namely the "Paris Fashion Week", has already showcased playful check suits and LBD's mainly from the brand Chanel.

Some of the most fashionable trends which are required for the upcoming year 2023 are -



LACE

Gothic glamour was on full display by the big brands of Dior and Versace, whereas baby blue pieces were all showcased in the Burberry London Fashion Week. Lacework and long maxis with some unique cutwork were all about trending and catching eyes.



TAILORING

The Valentino show had more slouchy and over style sized blazers and Chanel opted for more relaxed versions of the fit of its very signature Boucle jackets in a variety of pink shades.

MINI DRESSES

Mini dresses are back again in fashion since 2023 and throw the entire idea of texture. Givenchy provided pearl embellishments to all of its clothing and Chanel provided opulence. Purple chromes were used and this made the clothing all flashy and shiny.

FRINGING

Versace's buttery leather fringing was covering the theme of "cool girl meets cowboy", whereas Victoria Beckham highlighted the minis and ultra-kinetic hems.



THIGH-HIGH SPLITS

The thigh-high bombshell split is coming back into gowns and dresses once again, especially through the showcase displayed by Givenchy, the florals at the Dries Van Noten and midis by Prada are all showcasing the slit again.



DENIM

Designers are ensuring that apt fashionable denim makes a comeback in ss23. Asymmetrical fitted shirts with soft brown co-ords at the A.W.A.K.E have a hippie style and the buckle provided by Givenchy showcases utilitarian sultriness.



By Sahana Sridhar



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ALL THINGS BEAUTY: WITH ADITI

HOW TO CHOOSE YOUR RIGHT FOUNDATION SHADE



If wandering the makeup stores for hours with swatched-out hands looking for someone to tell you which foundation shade to choose, then I totally get you. Call us crazy, but we suspect that the most tedious process in the beauty world is figuring out our perfect foundation shade. In that spirit, here's a simple step-by-step guide to finding your match.

STEP 1: MATCH THAT BODY-ODY-ODY

As a woman, our first instinct is to pick a shade closest to our face colour but hold your horses. The truth is, due to multiple factors such as sunscreen and exfoliation, most of us won't have an identical face, body and neck colour. The preferred outcome is to have your foundation appear seamlessly blended across your face and neck so that it matches the rest of your body. What is the best way to do that?

Test those shades along your jawline to easily compare them with your neck colour. If things are more complex and your face and neck are a considerably different colour to your chest or body, try swatching below your collarbones.

STEP 2: DON'T UNDERESTIMATE UNDERTONES

Figuring out your skin's undertones plays an essential part in ensuring your foundation of pick won't end up looking odd on you. In general, skin tends to lean towards one of three types: cool (pink undertones), neutral (mix of cool and warm) or warm (golden or yellow undertones). Matching your foundation tone to your skin's undertones means you get to bypass looking either ashy or way too orange. Also, you might have a mix of undertones across your face and body, so go with the undertone of the area you are attempting to get the best match for.



STEP 3: TEST AND ASSESS

Not all foundations are curated equal - some may oxidise due to air exposure and as a result, darken on your skin after some time. That implies it's a good idea to test out a new foundation by letting it sit on your skin for some time to see if it's still a good shade match. I suggest scrutinising your potential picks in natural daylight, as the lighting in stores and malls may distort the colour you see.

And remember, if all else fails (or if you're just feeling lazy), there are always so many apps out there, ready and standing by to match you up with your perfect shade!



Aditi Gupta

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Travel| Top 5 countries to travel without visa

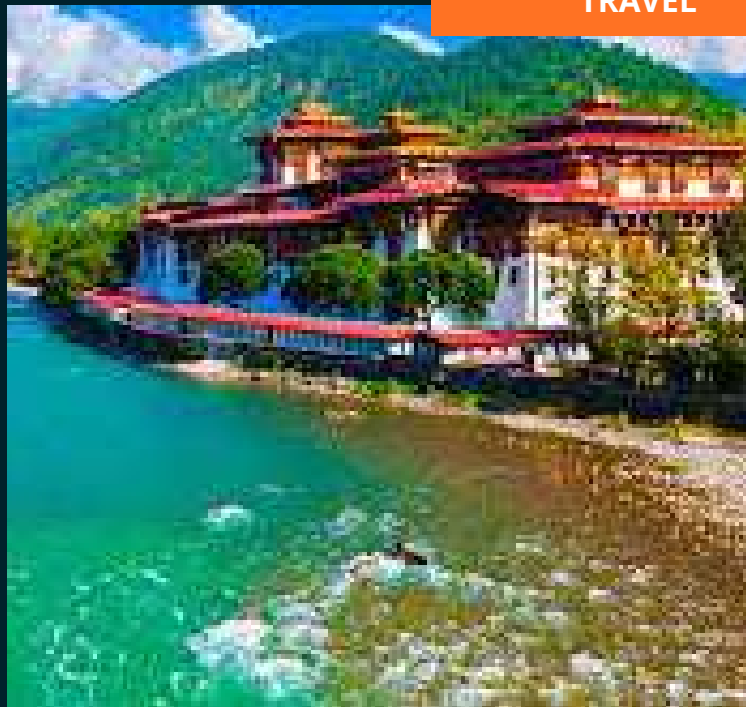


India is one of the oldest civilizations in the world. Since ancient times, India has had many diplomatic relationships with other countries in the world. Although these relationships were mainly focused on trade practices, religious and cultural exchange has also led to influencing and strengthening our relationships with foreign

countries. Even in today's times, India has strong diplomatic relationships with many major and minor countries. Usually, when we travel to a foreign country, we need a visa to enter the country. But, in some countries, any Indian citizen has the right to travel without a visa! Yes, you read it right. Currently, India's passport ranking (the ranking is based on how strong the diplomatic relations are) is 84 and a person carrying an Indian passport can Travel visa-free to 57 countries.

HERE ARE THE TOP 5 DESTINATIONS WHERE YOU CAN TRAVEL VISA-FREE.



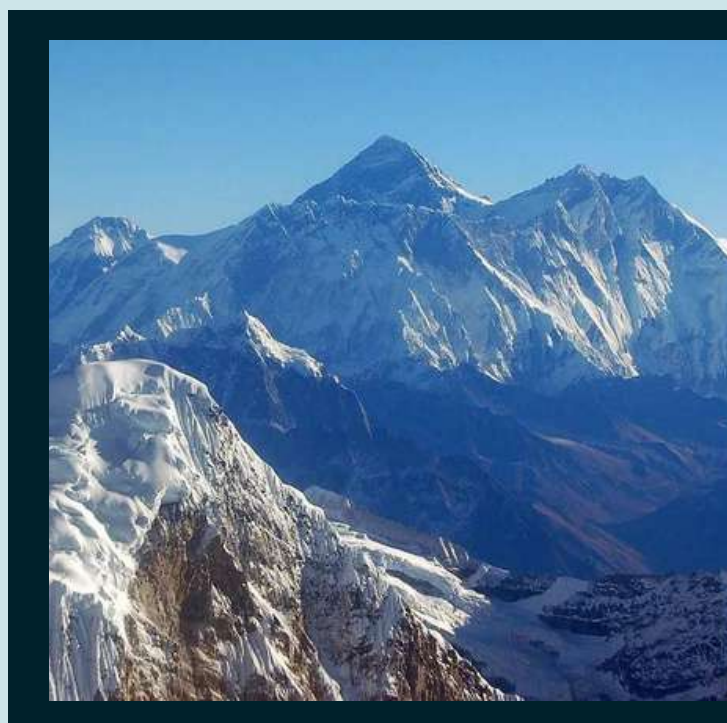


BHUTAN

Located on the ridges of the Himalayas, this neighbouring country is unique in terms of culture and environment. Bhutan is well known for its environmental conservation and is the only country in the world that is carbon negative. Travellers from India can enter and travel around Bhutan without a visa and Indian currency has a legal tender in the country. This means that you can make transactions in the country using Indian currency. The best time to visit this place is during spring and winter.

NEPAL

Another neighbouring country, Nepal is a country nestled in the Himalayas between India and China. Although a small country, it boasts its diverse terrain and rich culture. Nepal's geography contains fertile plains, forested hills, and eight of the world's ten tallest mountains, including Mount Everest. This place is like heaven to trekking enthusiasts and should not miss it. Indians do not need a visa to enter and stay in the country, however, if you are planning to permanently stay there, you need to have documents like a passport, ration card, or an ID issued by the Embassy of India in Kathmandu.



SEYCHELLES



Seychelles is a country with an archipelago of 115 islands in the Indian Ocean. It is a stunning, untouched country with pristine beauty and adequately protected land areas and coral reefs. The main attraction of this place is endemic wildlife spotting, and eco-tourism and is a perfect location for family trips and nature enthusiasts. Indians need no visa to enter this country and the best time to visit this place is between April and May and between September and October months.

BHUTSVALBARDAN

Wish to see the North Pole? Visit Svalbard. Located in the north of mainland Europe, Svalbard is an archipelago situated in the Arctic Ocean, halfway between Norway and the Arctic pole. Although the place is covered with snow the entire year, this place gives you an astounding experience of various seasons. The main seasons of this country are the Polar Summer, the Northern Lights Winter, and the Sunny Winter. Trekking enthusiasts can trek along the trails of Hiorthfjellet Mountain, which provides stunning views of Longyearbyen and the Adventfjord. Other activities like Ice cave adventures, Snowmobile safari, Sledding, and Sea Kayaking also attract a lot of tourist attractions.



TRINIDAD AND TOBAGO

Trinidad and Tobago (formerly known as the Republic of Trinidad and Tobago) is an island country located on the southeastern coast of the West Indies. It is one of the wealthiest countries in the Caribbean, owing to its large oil and gas reserves. The major population in these islands is Indians and the locals celebrate Indian religious festivals like Holi, Diwali, and Eid. You can visit the famous Maracas Bay, Trinidad's one of famous beaches. Asa Wright Nature Centre and Lodge, located on 1,500 acres of dense forest in the Arima and Aripo Valleys, is a paradise for bird enthusiasts. Species like Hummingbirds, Woodcreepers, Pygmy Owls, Trogons, and the rare Nocturnal Oilbird can be found in this place. You can also enjoy water sports like stand-up paddle boating, kayaking, and snorkelling at Pigeon Point in Tobago.



Travelling is a therapeutic experience. It fills our souls. Experiencing new cultures and new terrains gives us a sense of liveliness in our otherwise boring life. Though borders restrict us, our minds shouldn't. Every country in this world should strive to improve and maintain a healthy relationship With other fellow countries, so that one day, they don't have to restrict anyone to come to their land, marvel their culture, and spreading it to the world.

Visa Free Countries for Indians



Ashwathi Anoopkumar

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MARCH ALONG! TIPS AND TRICKS FOR YOUR FIRST TREK

India is famous for its distinct landscape. From the Himalayas in the North to the Nilgiri in the South, the Purvanchal range in the East, and the Sahyadri ranges to the West, India's topography is so diverse that it makes the country Mecca of trekkers. Trekking has become one of the latest trends in the country. People go for treks to get along with nature and to find peace in the middle of their busy schedules. This has led to a rapid increase in the total number of trekkers in these few years and the mountains are getting crowded with an average of 300 people trekking daily during peak seasons. While there are experts to guide you in this, sometimes we feel under-prepared. The first-timers don't have any idea about the rights and wrongs of trekking and due to this they back out. So, here are some common mistakes made by first-time trekkers and how to prevent them.

NEVER HIKE ALONE

It is always better to have someone when you try things for the first time. If you are trekking for the first time, going for a group trek is always beneficial as there will be people to guide you and help you when in need. You can also learn new tips from experienced trekkers and have a great time making new friends and enjoying the beautiful scenery. There are many online groups like Wanderlust, White Magic Adventure etc. conduct regular treks and travels to unexplored and beautiful places.

ONLY PACK ESSENTIALS

Travelling light is always the best. Especially while trekking, where you have to climb relentlessly, carrying heavy backpacks will not help. Hence only carry what you really need. Just carry one set of clothes, a down jacket, a rain gear. Other essentials like sunscreen, moisturizer, shampoo, perfume etc. should be avoided. Instead, carry a small container of soap and toothpaste. Carry medicines and first-aid.



WEAR APPROPRIATE CLOTHES AND SHOES

Wearing appropriate clothes for travel is extremely crucial. Many first-timers wear jeans or heavy leather jackets while trekking, thinking that it will protect them from the temperature. But it's not true. Jeans are one of the most uncomfortable wear for trekking as it gets wet easily but doesn't dry well. Layer your clothes instead of wearing a heavy jacket. This will make sure to trap your body heat properly and keep you warm from the decreasing temperature.

Shoes are another important factor while trekking. Sneakers and running shoes do not have the build appropriate for trekking. They have a lesser grip on the soles and hence will slip the moment you start your trek. Also, these shoes don't have any water-resistant coating or membrane. So, once you step in a puddle or try walking through water, they'll get wet for sure. Trekking shoes have a higher grip, provide good ankle support and are water resistant. Therefore, it can be used in any rough terrain.

USE A TREKKING POLE

Many trekkers avoid using trekking poles. But that's not a wise decision as it helps us in climbing through rough patches during the trek. Using a trekking pole helps maintain your balance, especially while descending and it also saves your knees and toes from pain. It acts as a third leg and helps you save energy to walk long distances. Hence, set your ego aside and buy a trekking pole that is appropriate for you.

HAVING ENOUGH WATER AND SNACKS

While trekking, it is very important to keep your energy levels intact. Carry water bottles and take small sips regularly to stay hydrated while you travel. Pack light snacks like dry fruits, chocolates, energy bars etc. and consume them at regular intervals.



MAINTAIN A STEADY PACE

We all have that excitement when we try doing things for the first time. However, in this excitement, we tend to forget that we are also new to it, and hence overexert ourselves. This overexertion may lead to various mental and physical stress and we may lose our motivation. To avoid this, start slow. Take micro-steps and then slowly build up your speed. Remember, this is not a race and there is nothing to win. Hence, be the tortoise and enjoy the view.

BE LESS ADVENTUROUS

The whole point of going for a trek is to be adventurous. But sometimes, that can lead to recklessness, which in turn can become hazardous. Hence it is better not to be too adventurous if you are the first timer. Listen to your guide and stick to the usual route taken by the trekkers. However, if you get confused and lose your way, then retrace your steps and wait till someone shows up.



Most of the first timers always underestimate that they'll have an easy trek. However, that's not the case every time. Never underestimate your trek. Always expect it to be excruciating. But don't lose hope. Prepare yourselves accordingly and train your body before your trek. Start with daily brisk walking and climbing the stairs. And most importantly, just have fun!



Ashwathi Anoopkumar

Wedding Tourism

BEST OFFBEAT LOCATIONS FOR DESTINATION WEDDINGS



As Indians, we love a good party. We love to celebrate everything important in our lives. One of the main events that we celebrate rather lavishly is the wedding. The emergence of destination weddings has majorly affected the travel and tourism industry as well. Destination Weddings, also known as Wedding tourism has gained a lot of attention these past few years. It is redefining our Indian culture, which is known for its colour, customs, and traditions. When compared to global destinations, India has much scope in terms of destination weddings as we have a lot of beautiful and picturesque locations which attract local as well as international tourists. The famous places for destination weddings are Jodhpur, Jaipur, Goa, Kerala, etc. But these places are extremely common and can be quite expensive. So where to go? Here are some offbeat wedding destinations for your perfect wedding travel this season.



RISHIKESH, UTTARAKHAND

Situated at the base of the Himalayas, this holy city holds a deep spiritual and cultural significance. Located right next to the banks of river Ganga, it is a great place for a religious wedding. Its scenic city view and romantic atmosphere will give you romantic wedding vibes, making your wedding momentous.



PUSHKAR, RAJASTHAN

Tie your knot in one of the oldest cities in India. Pushkar is located to the northwest of Ajmer and attracts tourists and devotees alike. The timeless architectural heritage and mythological history give you the perfect spot for your divine wedding.

KHAJURAHO, MADHYA PRADESH

Located in the Chhatrapur district in Madhya Pradesh, Khajuraho is well known for its Hindu and Jain temples. It is an ancient city in the Bundelkhand region and is also enlisted as the UNESCO world heritage site. If you are searching for a venue which offers you a princely wedding, you should choose this.



DALHOUSIE, HIMACHAL PRADESH

Situated at the base of the Himalayas, this holy city holds a deep spiritual and cultural significance. Located right next to the banks of river Ganga, it is a great place for a religious wedding. Its scenic city view and romantic atmosphere will give you romantic wedding vibes, making your wedding momentous.



VISHAKHAPATNAM, ANDHRA PRADESH



Interested in a French-style wedding without travelling there? Pondicherry is the place for you. Located in Tamil Nadu, this impressive coastal town is filled with scenic French colonial architecture and mesmerizing beaches, giving you a belle mariage (beautiful wedding) destination.

SHILLONG, MEGHALAYA

Conduct your nuptials in the Abode of clouds! That's right. Meghalaya, which translates to the Abode of Clouds in Sanskrit, is located in the northeastern part of India and is known for its subtropical forest and rich biodiversity. Shillong, its capital city, is an unexplored hill station that has lush greenery, alluring lakes, and scenic landscape, making it a perfect backdrop for a forest theme or white-theme wedding.



NAUKUCHIATAL, UTTARAKHAND



Naukuchiatal is one of the hidden gems of Uttarakhand and a popular site for destination weddings. Also referred to as the 'treasure of Natural Beauty', this place is located in Nainital and gives a beautiful view of both hills and lakes. You can host your wedding in the lush green forest, overlooking the lake, and make your special day an unforgettable memory.



Matches are made in heaven. But their memories are made in appealing locations. But destination weddings not only give us a place to conduct a ceremony, it also gives us a chance to appreciate our cultural and natural heritage. Travelling to such locations compels us to learn more about the place, its history, the local delicacies, and the life of the local people. Along with this, it also employs various people related to the wedding industry, for example- the tourism, hospitality, and event management industry, and even local vendors who offer services. This makes Wedding Tourism a strong and comforting prospect for all the tourism-based industries in India.



Ashwathi Anoopkumar

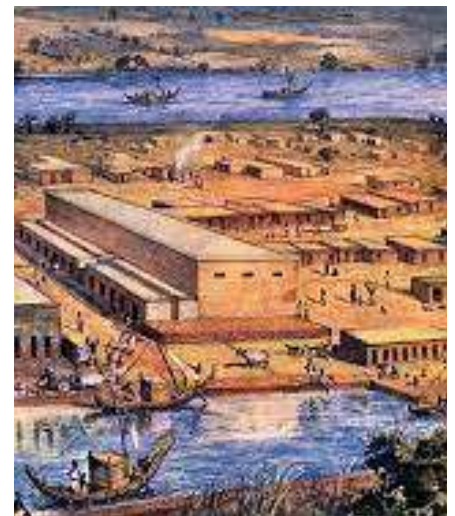


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UNKNOWN HISTORICAL MONUMENTS IN INDIA THAT YOU MUST VISIT

India is home to one of the most ancient civilizations in the world. Many dynasties and rulers, both from this land and foreign, have ruled this nation for several centuries and have left their marks on this land. While many of these marks are still prominent and known to the masses, a lot of historical symbols and monuments have succumbed to the wear and tear of the times. Archaeologists are trying to rejuvenate these monuments into their prior glory, but our technology precedes the ancient ones. However, there are a few places that are open for tourists and every Indian must visit them.

HERE ARE A FEW UNKNOWN GEMS OF ANCIENT INDIA THAT YOU MUST VISIT



INDUS VALLEY EXCAVATION SITE: LOTHAL, GUJRAT

Lothal, which in Gujarati means 'the mounds of the dead' was known to be the first-ever port city in the history of Indian civilization. The city was located in the southernmost parts of the Indus Valley Civilization and is said to be a major port of river trade routes. The excavation site revealed that this place holds the world's oldest artificial port, which was connected to the old course route of the Sabarmati River. This site has also been nominated as a UNESCO World Heritage site.

SHETTIHALLI ROSARY CHURCH: HASSAN, KARNATAKA



Located just half an hour from Bengaluru International Airport, this 'Floating Church' is a masterpiece of its own. The Shettihalli Church is an abandoned church situated in the Shettihalli village of Hassan district of Karnataka and is a classic example of Gothic architecture. The church was said to be built in the year 1860 by a French missionary named Abbe J A Dubios. But what makes this church more interesting is that it is submerged in the water. In fact, only one-third part of the

church is visible during the monsoon season, the rest is submerged in the water. Despite that, the church gives you some stunning views and an amazing experience. The best time to visit this place is from July to October, when the church is flooded with water, however, you can also visit from December to May, when the water level goes down to see the church in its full glory.

CHAND BAORI: ABHANERI, RAJASTHAN

Rajasthan has always inspired travellers with its majestic and clever architecture. The same goes with Chand Baori, one of the oldest and largest step wells in the world. Chand Baori was built during the 8th and 9th centuries and was named after Raja Chanda of the Nikumbh dynasty. Unlike any other step wells, the steps in the Chand Baori are made into the sides that lead into the water. But what makes this stepwell is its haunted stories. Though not in official records, there is a famous legend related to this place. It is said that this 3500 steps and 13 stories deep stepwell were built in just one night! The locals believe that this was the work of the Djinnns (ghosts). Another interesting fact is that no human can use the same steps twice to ascend and descend the stepwell. Although debatable, many tourists have confirmed such occurrences. So paranormal enthusiasts, make this place a must-see on your list.



ARVALEM CAVES: BICHOLIM, GOA



Other than beautiful beaches and culture, Goa is also known for its ancient Portuguese architecture. But the history of the party capital dates way back to the sixth century. Located in the Bicholim town in North Goa, Arvalem Caves, also known as Pandava Caves, are ancient rock-cut caves that speak a lot about ancient and mythological tales. According to the legend, the Pandava brothers sought refuge in these caves during their exile. Four Shivlings which are carved

and inscribed in Sanskrit give this claim some weight. However, it is also claimed that these caves were of Buddhist origin, and were carved with a single laterite rock by traveller monks. During excavations done nearby these caves, a large statue of Mahaveer Gautam Buddha, which dates back to the fourth century was also found. This mystery is what allures the tourists to visit this place.

VEERABHADRA TEMPLE: LEPAKSHI, ANDHRA PRADESH



Veerabhadra Temple in Lepakshi gives us a glimpse of the glorious years of the Vijayanagar Dynasty. Located in the Anantpur district of Andhra Pradesh, this temple was built in 1530 AD by Virupanna Nayaka and Viranna, both governors of the Vijayanagar Empire. The temple is known for the dynasty's art and sculpture and is also on the tentative list of the World Heritage Committee. But the main attraction of this temple is the Hanging Pillar. Yes, you read it right! Among the 70 stone pillars, there is one pillar that hangs from the ceiling. The distance between this pillar and the floor is such that a thin sheet of paper or cloth can be easily passed from one side to the other. Many tourists flock to this place only to see this marvel.



As of 2022, India has a total of 40 UNESCO world heritage sites. Out of this 32 are cultural sites. But only a few are well-known. There are also places which are not even discovered or maintained properly. These monumental structures are the face of our Indian culture and tradition. As Indians, it is our responsibility to restore and protect our culture and we should take pride in it. Only then our country can stand tall in the eyes of the world.



Ashwathi Anoopkumar



ARE YOU IN THE RIGHT RELATIONSHIP?

Being in a relationship has its own benefits but sometimes when things turn ugly we start blaming everything for our failed relationship, be it our partner or circumstances or ourselves. However, break-ups don't happen suddenly, you must have gotten signals about it earlier but you must have not given it the due importance and ignored it. The best way to deal with relationship problems is to act swiftly whenever you get any signal that something is going wrong. You should analyze the situation and problem and communicate with your partner about it. Here are some points in regard to relationships which will give you a good idea about how healthy your relationship is:

RIGHT ATTITUDE

Accept the person as he is; don't try to change the person as per your preferences and choices. When you enter into a relationship with someone, it means that you accept all his qualities, whether bad or good. You may try to convince the other person to change or get rid of any of his habit if it is harmful but forcing him would be absolutely wrong as you were aware about it from the very beginning.

DON'T FORCE:

For example, if your partner smokes then you may try to make him understand the ill-effects of smoking and motivate him to quit smoking but forcing him will be considered as wrong. In the same manner, if a man knows that his partner doesn't know how to cook, forcing her to cook food or start cooking will also be wrong.

MUTUAL TRUST

A healthy relationship is always based on mutual trust and love and if these factors are missing from any relationship then it is highly impossible that it will last longer. Don't waste your time and energy on a person who is not concerned about you and doesn't give you much importance.



PROOF OF LOVE:

A partner should have faith in his partner and in his love and expecting that the other person should prove it regularly is certainly not correct. This also means that one of the partners has doubts regarding the sincerity and dedication of another partner concerning their relationship. These doubts will take the form of big problems in the coming days and these should be cleared as soon as possible.

EXPRESS YOUR LOVE:

Lovers should also express their love by taking their partner out for romantic dates or outing or by giving gifts as it will not only strengthen their love and relationship but it will also not let any doubt crop up in the mind of another person. Spending some quality time with your loved one will also rejuvenate you and make you happy as well.



FACING THE PROBLEMS:

Problems are a part of our lives and whether we like it or not, we have to face them. Problem can be connected to one of the partners but those who are in love will face every problem together and will never leave their partner alone in any situation.



DON'T PLAY THE BLAME GAME:

However, if at any given point in time, a partner starts blaming his partner for the problem and tries to separate himself from it, then it means that they both need to think about their relationship. This type of relationship is not long-lasting and if it doesn't break now, then it will break in the future because it is not a strong or mature relationship.

**PERSONAL DEVELOPMENT OF A PERSON:**

A true relationship is always constructive and a person grows not only in personal but also in a professional capacity. If a person is in a strong and healthy relationship, he will look to improve himself professionally as well, he will develop his network and work hard to earn more to have a bright future. He will get ample support from his partner which will further boost his confidence and motivate him to achieve more in life.

IN THE WRONG RELATIONSHIP:

However, if you find that you are neither getting promotion nor increment in job nor you are happy at home, it means that you are stuck with the wrong person and taking a decision regarding the relationship is the need of the hour.

EMOTIONAL STABLE:

Your emotions for your partner should be stable and they should not flicker on the basis of situations or circumstances that you face in your life. If you are comfortable with your partner at one point of time then it seems quite irrational if you feel uncomfortable at some other time.

**A FRAGILE RELATIONSHIP:**

In the same manner, if you are excited and happy to be with your partner today but the very next day you feel like breaking up all the ties and getting separated, then it means your relationship is not mature enough and it is fragile too.

JEALOUSY AND FAITH:

Being concerned for your partner and being jealous are completely different aspects of a relationship. Many times, it has been seen that relationships get broken because of misunderstandings that took place because partners didn't have enough faith in each other. If your partner is talking to some other person in a happy mood, it doesn't mean that there is something wrong going on between them.

**GIVE PERSONAL SPACE:**

You should give some personal space to your partner and make them believe that you have complete faith in them. In today's world when both are working it is quite obvious that your partner will meet and work with different people, with some he may become friends but you should not doubt them until and unless you get a solid reason for that.

LIES:

Lies have no place in a true relationship and if you feel that your partner is constantly lying to you then you should take it seriously. You should talk to your partner about it and if he is not in the mood to correct himself then it will be beneficial for you to end this relationship and move on.

LOVE:

The presence of love in a relationship is as important as breathing for a human being. A person will lose his life if he is not able to breathe, in the same manner, a relationship will also lose its importance if there is no love between them. Even if a couple fights a lot, it doesn't mean that they don't love each other, it is just that they don't know how to settle issues and they have been doing some things in a wrong manner.

LOVE IS POWERFUL:

Love makes people forgive their loved ones if they have committed some mistake but you should make sure that nobody takes undue advantage of your feelings. Love is the binding force which ensures that two people will stay together for their whole life and not only share the happiness of life but will also fight problems together.



Shared by: Dr Ashutosh Srivastava



Latest Floral Design Trends

Floral design trends keep changing and getting different and better each year. This year in 2022 too we have seen various floral trends dominating the market and have also been going viral on social media drawing more attention to the kind of flower placements and arrangements around the house. The floriculture trend in 2022 has seen brighter and bolder colors returning to the forefront. It has also become part of the theme this year, "Pantone Colour of the Year 2022", along with blues, greens and pinks joining the team of colors for flowers. Latest floral designs have been following the sustainable path and elimination of floral foam and usage of sustainable packaging materials are the new trends that have picked up largely.

Floral arrangements adorning the more "organic" and "undone" looks rather than the usual systematic arrangement of standard bouquets and flowers. The plant structures use organic plant material. Usage of dried and preserved flowers too seems to be making a comeback. When the bouquets are arranged in a monochromatic manner, texture is very important and is a critical element. In terms of sustainability and textual interest, dried and preserved flowers require comparatively less maintenance and are long lasting. These days, floral designers and designers in general have been trying to keep up with the minimalist trend since this type of sophistication is more soothing to the eye. Asymmetric arrangements with emphasis on texture from the dried flowers. Neutral bohemian inspired flowers are also in trend since they are fitting into any given interior space like the dining room, living room and bedroom. They are very boho chic and are long lasting providing the aesthetic minimalist trend that most people are currently attracted towards. People now want neutral palettes, interesting and unconventional designs like for instance brown flowers. Popular colors that are trending now are heath, castalina, hazel, sunburst, queen protea, peonies, roses and morello. Layering flowers is part of the new trend and brides too seem to be opting for deeper saturated flower bouquets instead of the traditional pastels. Brides in 2022 are using more flowers like - roses, carnations, chrysanthemums which are all easily available and are eye-catching whilst walking down the aisle.



By Sahana Sridhar

WISHING YOU A VERY HAPPY NEW YEAR!!!!



I pray and wish that 2023 brings to all of us good luck and growth and helps us manifest our wishes... So, at the onset of this 2023 whose total is 7, this year is all about spiritual growth, intellectual growth, wisdom, sophistication and development of high level of philosophical attitude to life but as is aptly said, with every good thing, there's always a negative accompaniment and 2023 will make us lazy, non-accepting as well as high on temperament. So be careful!!!!!! Now let's see how each no. is going to be benefitted in this January 2023. To calculate each no., make a sum total of your entire date of birth and break it down to single digit, e.g.: Date of Birth is 21-11-1991, so total= 2+1+1+1+1+9+9+1=25, further adding it, 2+5=7. Hence our no. is 7.



NUMBER 1

January is all about discipline and balancing out. No. 1 people need to balance out their work-life balance, physical-mental-emotional balance, spiritual-material balance, and at every arena of their lives. You need to watch your health with special focus on your back and spinal region.

NUMBER 2

January is a month for you to relax and take backseat so that you can have broader picture and not only that but you need to let go off that emotional baggage which you have been carrying with yourself since a long time and if you are not ready to let it go, be ready to face the wrath of the nature, which will force you to take the much-needed break. Watch out for blood circulation and hormonal issue.

NUMBER 3

This month is all about having fun and more fun but don't get over-indulged in fun that it becomes an addiction. Enjoy life to the fullest but within the limits and that limit can be defined only by you. Watch out for any addiction or new habit forming this month as it can decide your life ahead. Keep an eye on your legs area and if injured, give it the rest it needs.

1

A, I, Q, Y

2

B, K, R

3

C, G, L, S

4

D, M, T,

5

E, H, N, X

6

U, V, W

7

Q, Z

8

F, P

Jc

Numerologist
&
Vastu Expert

NUMBER 4

Come out of your own box this month and feel the cool breeze blowing around you. Life is amazing outside. It's good to let your guards down for sometime and it won't harm you much, if you take some time off from your mind and let your heart take the driving seat. Watch out for any stomach related issues.

NUMBER 5

An explorer by nature, keep up the spree and look for further opportunities to explore anything you wanted to explore but couldn't explore until now. The time and zone are all yours and keep on moving with open hands. Universe is working with you and for you. Just think and it will be served. Be ready to experience the life to it's fullest. Just watch out for your Stomach and abdomen area.



NUMBER 6

Someone has rightly said that responsibility comes to only those who are ready to take the responsibility and you are an example of a over-responsible person but don't drain yourself out for being responsible towards others as you need to be responsible for yourself as well, as more responsibilities coming your way but be sure to keep some "me-time" for yourself. Keep an eye on your shoulders are.

NUMBER 7

So, the spiritual leader, are you feeling confused as to what went suddenly wrong in 2022 and doubting yourself? Then, it's time that you will get answers to all your questions that were raised in 2022, just be on the "active mode" and don't let your boredom absorb you. Keep a close watch on any major or long-timed headaches as it could be a sign of third eye opening and your resistance towards it.



NUMBER 8

The material world is a beautiful world with all the luxury it gives but is it the final goal?

Are you happy with the success you have achieved? Are you on the right track? It's time to get answers to all these questions which you might have been encountering over some time now.

Explore the opportunities you may come across which may help you get answers to all these as this is the time for you to awaken your inner spiritual self and align both spiritual and material world. Just watch out for any eye or vision related issues

NUMBER 9

So finally, we come to the emotionalists whose mind is in their heart and even if you take any decision from your mind, you instantly start to regret it. So, guys it's your month as you will meet and come across like-minded people and who will not only make this world a better place for you but will also build up confidence in yourself, so that you don't remain aloof from others. Just be yourself. Watch for any pain in ears and/or throat.



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PRADHIKA BHARTIA



Eggless Fruit Cake

Ingredients:

Maida – 125 gm
 Baking Powder – 1 tsp
 Baking Soda – ½ tsp
 Melted Butter – 55 gm
 Powdered Sugar – 75 gm
 Hung Curd – 120 gm
 Buttermilk – 52 gm
 Vanilla – ½ tsp
 White Vinegar – ½ tsp
 Tuti Frooti – 2 tbsp
 Mixed raisins - 2 tbsp
 Yellow gel colour - 1 drop

Method:

Grease and dust a 6-inch cake tin and keep it aside.

□ Sift maida, baking powder & baking soda.

□ In another bowl cream together curd & powdered sugar.

□ Add in melted butter, vanilla essence, buttermilk, vinegar & yellow colour.

□ Mix everything to form a thick batter.

□ Fold in tuti frooti and raisins.

□ Pour mixture into the cake tin and garnish with some more tuti frooti n raisins.

□ Bake at 170°C for 30 - 35 minutes.



Chef Sandhya Singh Moga



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Navigating Food Trends for 2023

Social media such as Instagram and TikTok have been making waves over the internet by catching viewers' eyes with all kinds of pastas, croissants, breads, soups, and other such foods. Many are wanting to switch over to traditional baking, frying, sauteing and many methods to make the food fresher and healthier to consume. Many traditional dishes are coming back with a more modern upbeat twist to their flavor and ingredients. Some of the most trending foods for 2023 happen to be -

AUTHENTIC TOUCH

Sarah Brekke, Test Kitchen Brand Manager, stated that she started noticing more and more customers wanting the old-school recipe collection method and started preparing it freshly. She says, "I have been seeing development requests for more "authentic" or "regional recipes" and the trend for home-made croissants, cakes, shortbreads, pastas, etc. which take two to three days to prepare and are a classic method.

TINNED FISH REVOLUTION

Shareable fish tinned options are available for dinners and date nights. Since Laurentia Romaniuk posted on her social media TikTok page, her viewership has reached millions. She stated that tinned fish is helping us expand our horizons, taste buds, and appreciation for trying new fun, and more innovative things. Seacuterie boards are also trending. The marketing director of Wild Planet Foods, Shannon Daily says, "there are varieties of tinned fish to infuse all sorts of home-cooked meals". Sardines are being used such as shakshuka, flatbreads, pates, and tartines. Anchovies are being used extensively in frittatas, fried rice, and potato salad. Mackerel for fish stews, pizzas, and fish tacos.

PASTA ALTERNATIVES

Many pantries and health-conscious people have switched over to gluten-free options and used ingredients such as chickpeas, lentils and rice. Noodles are made from zucchini, squash, and other such WholeFoods had been introduced with plant-based alternatives and they are providing an array such as spaghetti squash, hearts of palm, and even green bananas.



DATES AGAIN

Dates have been a sustenance food throughout the middle eastern region for a huge amount of time. Nomads to the royalties relished the snack and savored it for its sweetness element. CEO of Magic Dates, Diana Jarrar stated that dates being the oldest fruit and a necessary staple should be considered a healthy munching option for snacks as well as for natural sweetener purposes such as syrups, sauce, or more.

NOSTALGIC EATS

Retro foods is also making a comeback on the scene. Social media is actively recreating dishes and "vintage foods" theme has already hit a 31.3 million views on platforms such as Tik Tok. Remixed versions of childhood food such as macaroni and cheese, prebiotic soda, etc. are some of them.



By Sahana Sridhar

FOOD TOURISM



TOP 5 CITIES FOR FOODIE TOURISTS



Food is a crucial part of every travel. Whenever search for a destination, the first thing that we search about is "what will I get to eat there?", "does it suit my palate?", "Are there any options? India, being a diverse community, has an impressive food culture. Every state and every city has something new to offer. Due to this factor, India has become a hub for Food Tourism. But where should you start your enlightening journey?

HERE ARE THE TOP 5 CITIES OF INDIA FOR THE 'FOODIES'.

DELHI

Along with being the capital city of India, Delhi is also the capital city of the best foods in the country. The street food in Delhi is world-famous. All types of North-Indian cuisines, from starters to desserts, and even snacks are available on every corner. Street foods like Chole Bhature, Aloo chaat, Golgappe, Poori Aloo, and Paapri Chaat are famous among the streets of Delhi, whereas cuisines like Mughlai, Punjabi, Nepalese, Afghan, etc. are also available.



MUMBAI

The city of dreams is also famous for its multicultural cuisine. As the city has a melting pot culture, a lot of different cuisines like Persian, Gujarati, Maharashtrian, and even South Indian are available here. Dishes like Pav Bhaaji, Misal Pav, and Vada Pav are the must-have Maharashtrian snacks. Persian dishes like Kheema Pav, Bun Maska, and Mava cakes will fill your taste buds with a new experience and satisfy your hunger.

**GANGTOK**

Gangtok is a picturesque place with mesmerizing view of the Himalayas and the simplicity of Buddhism in the atmosphere. This place has a mixture of Nepalese, Tibetan, Bhutanese, and Himalayan cultures, and hence most of the cuisine is inspired by these cultures. Phagshapa is one of the most famous street food in the city. It is made from pork radish and chilli and is suitable for people who like spicy but healthy food. The Momos of this place are considered to be the most authentic in terms of taste. Perhaps the most popular dish in Sikkim is the Masaurya curry, which is made using fermented black gram. Other famous foods of the city are Sha Phaley, Sel Roti, Thukpa, and Thenthuk.

**LUCKNOW**

The city of Nawab also has cuisines suitable for the Nawabs. Lucknow is mostly famous for its Biryani, Kebabs, Paya, and Sheermal. Lucknowi Biryani is numbered as one of the best biryanis in India. The must try biryanis are the Veg Handi Dum Biryani, Awadhi Biryani and Mutton Biryani. Kebabs like Tunday kebabs, Galouti kebabs, and Veg Shami kebabs are popular street food that forces you to smack your lips. Another unique street food of Lucknow is the Basket Chaat. A crispy potato shell filled with mashed potato, tangy chutney, and other vegetables, this snack makes the best street food chaat in the city.



JAIPUR



The Rajputs of Jaipur also have a royal platter to offer. Jaipur has a lot of delicacies that are not normally offered in other cities. Dal Baati Churma is the most famous dish in Rajasthan. Mava Kachori, Pyaz Kachori, Omelet, Mutton Tikka, and Mirchi Bada are some of the famous street foods in Jaipur. But if you are visiting this Pink City, you can never miss the Rajasthani Thali, teamed with Lassi and Ghevar, the most popular sweet dish.

EVERY STATE IN OUR COUNTRY BOASTS VERY UNIQUE CUISINES. IN THESE CURRENT TIMES, THE WORLD IS MORE CURIOUS ABOUT INDIAN FOOD CULTURE. WHILE THERE ARE CERTAIN STEREOTYPES LIKE 'DELHI BELLY', STREET FOODS STILL THRIVE AND ATTRACT LOCALS AND FOREIGN TOURISTS AS WELL. MANY TOP CHEFS OF THE WORLD ARE VISITING OUR COUNTRY TO LEARN OUR FOOD-MAKING AND PRESERVING SKILLS. THIS IS A HUGE BONUS FOR FOOD TOURISM IN OUR COUNTRY AND AS FELLOW INDIANS, IT IS OUR DUTY AND RESPONSIBILITY TO PROMOTE AND MAINTAIN OUR FOOD CULTURE.



Ashwathi Anoopkumar

“

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



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MONEY GAME

ON BEAUTY DUTY

One visit to a fancy salon and you shall get an idea of the fascinating economic adventure entrepreneurs in the beauty business are on. A friend, a confidante, an artist, a business person, an influencer, a trainer – your beauty expert can be many of these at the same time. What makes this industry unique?



The secret probably lies in the marketing techniques used to convince how desperately you need their products and services. But is it all black? Let us look at some shades of grey. The beauty industry of India has a large number of units being owned and managed exclusively by women entrepreneurs.

The secret probably lies in the marketing techniques used to convince how desperately you need their products and services. But is it all black? Let us look at some shades of grey. The beauty industry of India has a large number of units being owned and managed exclusively by women entrepreneurs.

Increased disposable income and an overall change in thinking of the Indian middle-class population towards a better presentation of the self is another reason for this industry to thrive. Being a sunrise industry, each of its segments holds immense potential. So how should we judge these people on 'beauty duty'? (And judge we must, because, it's always good to talk).

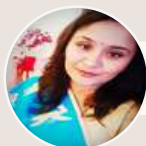


Entrepreneurs in the beauty industry are very hardworking people who are often single-handedly dealing with registration, staff, marketing strategies, suppliers, risks, customer service and satisfaction, investments, among other things.



Based on the scale of operation, their profits may vary. Though lucrative, the involvement of the customer's body makes this business highly risky. A few unsatisfied customers and your reputation might just nosedive. However, there is no denying the fact that some products and services are seriously overpriced and there should be room for negotiation.

So, the next time we get lured by a salon's package deal, we might want to assess its actual need. Leaving you with this thought, I'll go get my nails done (which is entirely superfluous for me by the way).



Ajeeta Srivastava



#shiningwomen



नववर्ष के लिये संकल्प..

2021 दुःखद यादों के साथ अंततः बीत ही गयाकालचक्र तो अनवरत् गतिवान रहता है वर्ष 2022 का आगमन होने ही वाला है ... एमीक्रोन डरा रहा है ...फिर भी 7में सुरक्षा उपायों को ध्यान में रखते हुये नववर्ष का स्वागत हम सबको सुखद उम्मीदों और आशाओं के साथ करना चाहिये ... नये वर्ष के लिये लगभग सभी लोग अपने लिये कोई न कोई रेजोल्यूशन या संकल्प निर्धारित करते ही हैं ... अधिकतर लोग अतिउत्साह में अपने लिये कुछ असंभव से संकल्प निर्धारित कर लेते हैं , जो अधिकतर पहले हफ्ते या महीने में ही टूट जाया करते हैं ... और फिर हमारी जिंदगी पुरानी ठरें पर ही चलने लगती है और कभी कभी इस कारण हम निराश भी हो उठते हैं ... इसलिये आवश्यक है कि हम अपने लिये ऐसे संकल्प तय करें , जिन्हें पूरा करना संभव हो यदि आप अपने निर्धारित संकल्पों को पूरा करेंगे तो निश्चय ही आपका मन प्रसन्न रहेगा और साल के अंत में आपको बहुत अच्छे और सार्थक परिणाम मिलेंगे आइये फिर 2022 के लिये कुछ नये रेजोल्यूशन तय करते हैं

1-अपनी आदतों और निर्णय क्षमता में बदलाव नये वर्ष में आप अपनी आदतों में बदलाव के लिये तैयार रहें , यदि आप अपने अंदर अच्छे बदलाव के लिये तैयार नहीं होंगे तो फिर आप समय के साथ अपडेट नहीं रह पायेंगे आप दूसरों से पिछड़ जायेंगे . आप स्वयं को मानसिक और शारीरिक बदलावों के लिये तैयार करें ... यह बदलाव आपकी आदतों , सोच और काम के तरीके आदि से जुड़ी हो सकती है.....

2- पौष्टिक आहारनये वर्ष के अवसर पर आप स्वयं के लिये स्वास्थ्यवर्धक भोजन को प्राथमिकता देने का संकल्प अवश्य निर्धारित करना चाहिये , क्योंकि स्वास्थ्य तो जीवन की पूंजी है . नये वर्ष में आप पिज्जा बर्गर, केक , बर्गर , जंकफूड आदि से दूरी बनाने का संकल्प अवश्य करें और उसे जरूर निभायें भीघर का बना शुद्ध ताजा खाना और संभव है तो शाकाहारी भोजन करें . अपने खानों में हरी पत्तीदार सब्जियां और फल अवश्य शामिल करें . बाहर के खाने से परहेज बना कर रहने की कोशिश करने का संकल्प करें . स्वास्थ्यवर्धक भोजन से आपको संपूर्ण पोषण के साथ अच्छा स्वास्थ्य भी प्राप्त होगा .

3-अपनी दिनचर्या में एक्सरसाइज को शामिल करना ,,,, यदि आपका वजन ज्यादा है तो अपने वजन को कम करने और उसे नियंत्रित करने का संकल्प लें ... इसके लिये आप एक्सरसाइज , योग या प्राणायाम को अपनी दिनचर्या में शामिल करें या फिर कोई आउटडोर गेम प्रतिदिन खेलेंऐसा नियमित करने से आपका वजन भी कम होगा और आप शारीरिक रूप से फिट भी रहेंगे .

4- कोई नई हॉबी या शौक विकसित करेंगे नये वर्ष में आप अपने कैरियर को नया आयाम देने के लिये या फिर आय के नये स्रोत विकसित करने के लिये कोई नई स्किल या हॉबी विकसित करने का संकल्प ले सकते हैं .

5- खर्चों में कटौती और पैसे की बचत हम सभी को नये वर्ष में बचत करने का संकल्प अवश्य लेना चाहिये . अपने वेतन या आमदनी से कुछ निश्चित पर्सेंट या हिस्सा सेविंग के लिये अवश्य रखें जिसे आप एमरजेंसी के समय या अपनी जरूरत की वस्तुएं जैसे वाहन आदि लेने में प्रयोग कर सकते हैं . बाद में उस बचत को सुरक्षित भविष्य के लिये निवेश कर सकते हैं . यथासंभव कर्ज लेने से बचें कर्ज के कारण आपकी आर्थिक स्थिति बिगड़ सकती है और आप परेशान हो सकते हैं .

6- अनुशासित जीवन की आदत का संकल्प करें—अधिकतर लोग अपने कमरे या घर को अस्त व्यस्त रखते हैं और जरूरत का सामान समय पर न मिलने पर नाराज और परेशान होते रहते हैं अव्यवस्थित जीवन शैली के कारण समय पर अपने काम पर पहुंच नहीं पाते और इस कारण उनकी छुट्टि खराब होती है . इसले नववर्ष पर आप व्यवस्थित और अनुशासित जीवन का संकल्प ले सकते हैं . अपने लिये भोजन , सोने , खेलने , पढ़ने आदि का समय निश्चित और निर्धारित करके अपने जीवन को व्यवस्थित करें और यह सब अनुशासन के द्वारा ही संभव है .

7—काम हो या निजी जीवन ...लक्ष्य निर्धारित करेंइस नये वर्ष के लिये आप कोई बड़ा लक्ष्य निर्धारित करें . उस लक्ष्य को पाने के लिये समयबद्ध तरीके से योजनायें बनायें उस बड़े लक्ष्य को आप महीनों के अनुसार छोटे छोटे पड़ावों में बांट सकते हैं . हर महीने अपने लिये निर्धारित पड़ावों को समय पर पूरा करके अंत में बड़ा लक्ष्य हासिल कर लेंगे . अपने लक्ष्य को पाने के लिये दृढ़ इच्छाशक्ति और दृढ़ निश्चय का होना जरूरी है

8—अल्कोहल और स्मोकिंग छोड़ना - स्वयं को सेहतमंद रखने के लिये आप सबसे पहले इस वर्ष में धूम्रपान एवं शराब आदि का परित्याग करने का संकल्प लें . ये दोनों आपके स्वास्थ्य और सेहत के साथ साथ जीवन के लिये भी हानिकारक है. यदि आप स्वयं नहीं कर सकते हैं तो किसी विशेषज्ञ डॉक्टर की सहायता लेकर कोशिश करें .



9—मोटापा कम करने का संकल्प लें -इस नये वर्ष में आप अपने स्वास्थ्य पर नये सिरे से ध्यान केंद्रित कर सकते हैं . आप अपने भोजन की मात्रा तय करके या किसी डाइटेशियन की मदद लेकर वजन नियंत्रित करने का अवश्य प्रयास करेंगे .

10—किसी जरूरतमंद की सहायता करने का संकल्प करेंहमारे इर्द गिर्द अनेक ऐसे जरूरतमंद रहते हैं , जो आपकी छोटी सी मदद से जीवन भर के लिये आपके कृतज्ञ बन जायेंगे केवल आर्थिक सहायता ही नहीं होती वरन् किसी अशिक्षित को शिक्षा के लिये प्रेरित करना और किशोर बच्चों को विभिन्न संस्थाओं एवं कोर्स के विषय में जानकारी देकर आप उनकी सहायता कर सकते हैं . किसी जरूरतमंद को बैंक की विभिन्न बचत योजनाओं की जानकारी दे सकते हैं , किसी बीमार को सही डॉक्टर या हॉस्पिटल की सलाह या जानकारी देकर उसकी सहायता देकर आपको मानसिक शांति और सुकून प्राप्त होगी .

इस तरह से आप नये वर्ष में अपने लिये कुछ संकल्प निर्धारित करके स्वस्थ में सुधार करके जीवन में सुख शांति प्राप्त कर सकते हैं .



पद्मा अग्रवाल



JASHN - A - AAZADI

जश्न ए आजादी
कुछ पंक्तियां उनको समर्पित जिन्होंने
आजादी के समय पार्टीशन देखा
पन्ने पलटू या रहने दूं
कहो, तो सोती रुक को जगा दूं
स्वतंत्र हैं हम खुश हो लूं
या, अनचाहा इतिहास दोहरा दूं
मानवता के एक मंथन को
फिर से आज तोहरा दो
लकीर की क्या बात करें
तकदीर ही बदल दी
मां के आंचल से छीन
दो पुत्रों को अलग उसने कर दी
जलता चूल्हा छोड़ दूं
या मवेशी का बंधन खोल दूं
कहां समय था सोच लूं

कुछ गिन्नीया ही बटोर लूं
मानवता के एक मंथन को
फिर से आज दोहरा दूं
गुलामी की जंजीरों में भी
अजब सी इंसानियत थी
आक्रमण झेले हमने पर
अलग नहीं हुए
एक फैसला जाने किसका
एक रात में बदल दिया
जहां आंखों में कटी थी सदियां
उसने सदियों की जुदाई दिया
स्वतंत्र हैं हम खुश हो लो या अनचाहा इतिहास दोहरा दूं
बिछड़ते वक़्त का आंसू
ताह उम्र बहुत रुलाता है
सन्नाटे गूंजते हैं दूर
जैसे कोई पुकारता है
नज़दीकियां होते हुए भी
फासलों में कैद हैं
कितनी आजादी से हमने
मन भी मेला कर लिया
मानवता के एक मंथन को
फिर से आज तोहरा तू
जितने कटे थे, सब लाल थे दूर तक फैले सन्नाटे थे
इतिहास के पन्ने ना पलट, वह आज भी लहू से गिले हैं
जिनके बिछड़े थे अपने
वह आज तक नहीं सोए
आज भी कुछ आहत दिल
छुप छुप के लहू रोते हैं
स्वतंत्र हैं हम खुश हो लूं
यह अनचाहा इतिहास दोहरा दूं
मानवता के एक मंथन को
फिर से आज तोहरा दूं
पन्ने पलटू या रहने दूं
कहो तो सोती रुक को जगा दूं
तनुजा मेहंदीरत्ता
कतर

By Tanuja



Ashwika Saggar Calligraphy.



Introduction: Hello everyone! I'm Ashwika Saggar. I study in class 10 and am very fond of reading books. Besides this, I really like to play basketball and do my all-time favourite hobby which is calligraphy. I am a big fan of Harry Potter books and can read them forever. I make some calligraphy cards in my free time. I am also good at studies and manage to get good grades.



Ashwika saggar



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