

VOL 36.0 | MAY EDITION

Initiative of WE Foundation

WOMENSHINE

A portrait of a woman with long, dark, wavy hair, looking slightly to the left. She is wearing a dark top with a gold necklace. The background is a textured, light-colored paper.

Awani Singh

+

MOTHER'S DAY
GIFTING STORIES

SUMMER SHAKES

HEALTH & HAPPINESS

TRAVEL TALES

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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** on **30th May**.

Many congratulations to everyone, our readers, our associates, and our team members who believed in Women Shine every time.

Our May edition is dedicated to all **Mother's Day** and **Health & Fitness**.

Don't forget to check out the Mother's day gifting stories even. Buy lovely products and surprise your Mothers with amazing gifts.

Also try the lovely recipes of Summer Shakes under Taste Buds section.

Keep sharing your thoughts, and suggestions at [**connect@womenshine.in**](mailto:connect@womenshine.in)

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

Aparna Mishra
Founder-Editor, Women Shine
#Shineonwomen

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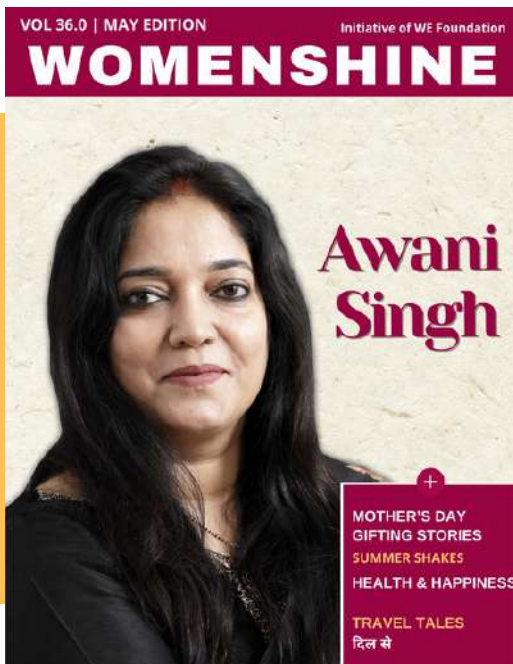
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Self-Confidence in the Age of Social Media

Eyes glaze over as photograph after photograph of flawless Indian influencers scrolls across the screen.



Teenagers around the world are spending countless hours on various social media platforms, constantly consumed by the addictive domain cycle induced by the colourful bursts of content that remind them they aren't good enough, smart enough, or successful enough. It is no surprise then, that experts in psychological research are warning educators of the negative, long-term impacts of social media on adolescent mental health and overall well-being. Studies have shown that kids today are growing up with more anxiety and less self-esteem than ever before.

At Athena Education, a leading education consultancy, we are acutely aware of the challenges this new age poses to the confidence and self-esteem of our students. To actively mitigate this, our program is specifically designed to empower students to regain control of their own identity and start taking pride in their innate characteristics.

Through our proprietary assessments like the Deep Autobiography of a Scholar, we focus on understanding each student inside and out, making sure to identify issues of self-confidence early on and that we know the specific self-limiting beliefs they hold. Subsequently,

our expert mentors, many of whom are trained in psychology, work closely with the student to unlearn the negative self-talk brought on by glamorized portrayals of their peers on social media. Through these deep discussions, students are able to open up and confide in their mentors, thereby regaining confidence in themselves and evolving into more positive, self-assured individuals.

One significant way to boost students' confidence is to help them see their inherent potential and apply themselves to the execution of a self-driven project. This is precisely what Athena does. After we understand a student's goals, we help them design, develop, and execute a uniquely authentic project that pushes them out of their comfort zone and helps them gain skills in public speaking, leadership, management, and creativity. This exercise is a powerful tool that shows students just how capable they are, and that they indeed need not compare themselves to others on social media.

When students learn to derive their self-worth from what they can do instead of how they look or what they own, they discover true confidence.



**- Written By :
Chandra Chandhok**

Unveiling the business secrets with Awani Singh, Founder Kashni Creations



1. What is the inspiration behind Kashni Creations?

I always had a keen interest in fabrics. Even during my college days I looked up to different fashion designers and aspired to be like them. My father was a doctor &

wanted the same for me. However, I never had any interest in medical sciences. What attracted me the most were good fabric and textiles. This profession always gave me joy and delight from within.

2. How did it all start? What prompted you to come in this fashion line?

Some people suggested that I work under some renowned designer, however I wanted to do something on my own & that's how Kashni creations was born. I always try to create something new and bring the best of innovation in fashion. It is my brand & I am proud of it.



3. What is your range of Clothes in Kashni Creations?

The clothes range from mid range to pure cotton, chiffon and silk fabrics. I always keep the budget of my customers in mind and never compromise on quality no matter what.



4. Tell us about your childhood days?

I had an amazing childhood. As my father was a doctor, he used to keep getting posted at different locations. Hence, our family kept moving. I finished my 12th in Rai Bareilly. I lived in a joint family and I genuinely enjoyed my childhood to the maximum.



5. How does it feel to do something on your own?

I am extremely happy and delighted. Every new project gives me joy. My work doesn't feel like work to me and I never get stressed or tired of doing it. I feel elated when I see people wearing my clothes and it motivates me to do more.

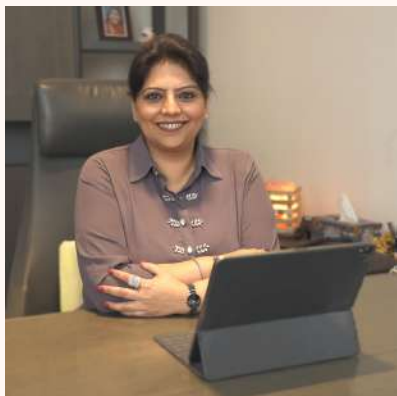
6. What message do you give to Women who want to enter this business?

Anyone who wishes to enter this business must understand that the fabric and clothing business is relevant worldwide & one must go ahead to give this a try. It's a good industry if you give it your heart and honesty. In this business, client satisfaction is utmost important. No matter, how fine your clothing piece is, a client can find it not up to the mark, hence satisfying the client is a priority. The industry is growing, can give you money and fame but only with 100% honesty and pure dedication with no compromise on quality.



**-Written By :
Aditi Gupta**

A DUO, A DREAM TEAM



The journey of running a business is a challenging one indeed, more so when there's family involved. However, the one of Dr. Gagan Bhatia and her son, Bhavkaran Bhatia has been an exception to this general notion that revolves around familial businesses. This mother-son duo share a partnership which involves the elements of love, professionalism, creativity and the will to thrive with passion. Uniqaya, the brand that emerged in the pandemic has now established itself with a loyal clientele;

Something that is rather difficult to achieve without an honest, diligent partnership and an able team. Uniqaya, by the stroke of luck or through the duo's hard work, has both.

The duo between the mother and the son comes with a set of responsibilities, or more, that Bhavkaran Bhatia caters to, and does exceedingly well. As the marketing director of UniQaya, his role transcends the interpretation of numerical gains and budget allocations. He's often at the forefront to direct almost all the meetings, discourses and conversations that revolve around conducting PR activities, digital campaigns and internal resolutions. Dr Gagan Bhatia can rightly be deemed as the brains behind the entire foundation. The brand runs through her vision and her years of expertise in the pharmaceutical industry.



As a woman who has donned multiple careers in her life and succeeded pretty well in the realm of motherhood as well, there's no title that fits her role, and what she does for the brand and the team. Dr Gagan Bhatia is omnipresent and so is her input in the operations related to Uniqaya.

As a duo, Dr Gagan Bhatia and Bhavkaran Bhatia make it a whole lot more seamless for the team to function together, for the lot has someone to look up to, and the beauty of it is that it isn't just one person; It's a duo that works together, for the brand in unison.

Shared by: Dr. Gagan

BEYOND BUSINESS:

PAKHI BANSAL



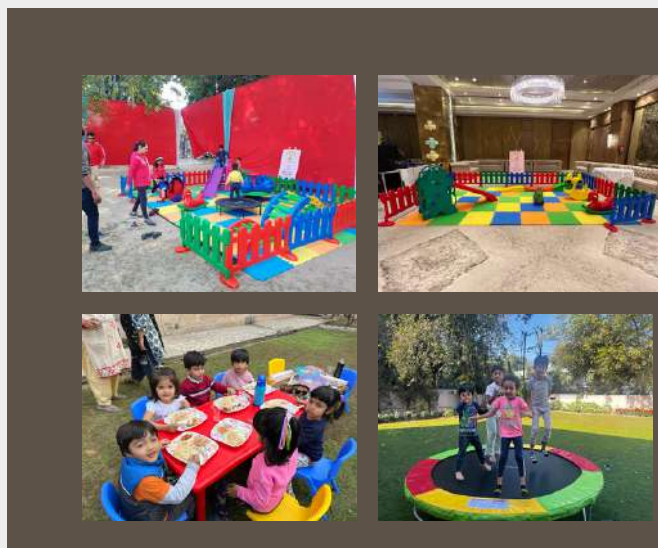
a) Commencement of Little Seekers and its journey

Covid has impacted the lives of everyone. But most of all, it adversely impacted young kids. We realized this when post covid, in May 2021, we threw a birthday bash for my elder son. It was at this party that I noticed something very strange.

It seemed like the kids had forgotten to interact, have fun and play with each other. A couple of months later, it was my younger son's birthday. This time I called only a few kids his age and used his routine toys, like a slide, battery car, small trampoline, etc., as activities. The kids were familiar with these toys and were instantly attracted towards them.

They felt comfortable playing with these toys, and gradually by the end of the party, my son had made new friends.

After the party, a few moms contacted me and requested to arrange for a similarly safe, but fun play area for their kid's party as well. I discussed the idea with my husband, and with his support, Little Seekers was born.





b) Idea/ reason behind the business

Little Seekers is something beyond business. It was started to give young ones a platform to interact with their peers in a fun manner. I, myself have experienced the lack of interaction between kids these days (post covid) I came up with the idea to start something that was engaging and fun at the same time.

c) Your deliverables and expectations from the audience

Very soon, through sheer word of mouth, I started getting orders on a regular basis. Having started off with just basic play area items, like a playing mat, fence, slide, etc., within a year my business scale has grown more than 100 times. I now cater to large parties of 1000 people, where the number of kids using my play area set up is as huge as 100 kids at a time.

d) How do you see yourself in the coming times

Little Seekers has become a well-known name in the party circuits of Lucknow. I plan on soon expanding my business to Pune as well. Eventually, I hope to make it a pan-India business.



**- Written By :
Pakhi Bansal**

Mother-Son Duo Doing Business Together In the Social Sector



In today's fast-paced world, we often hear about successful mother-daughter duos in the business world. But what about mother-and-son teams? In recent years, there has been a growing trend of these duos working together to make a positive impact in the social sector.

These amazing moms and sons bring their skills and viewpoints to help their communities. They are tackling important issues like mental health and environmental problems and making a real difference.

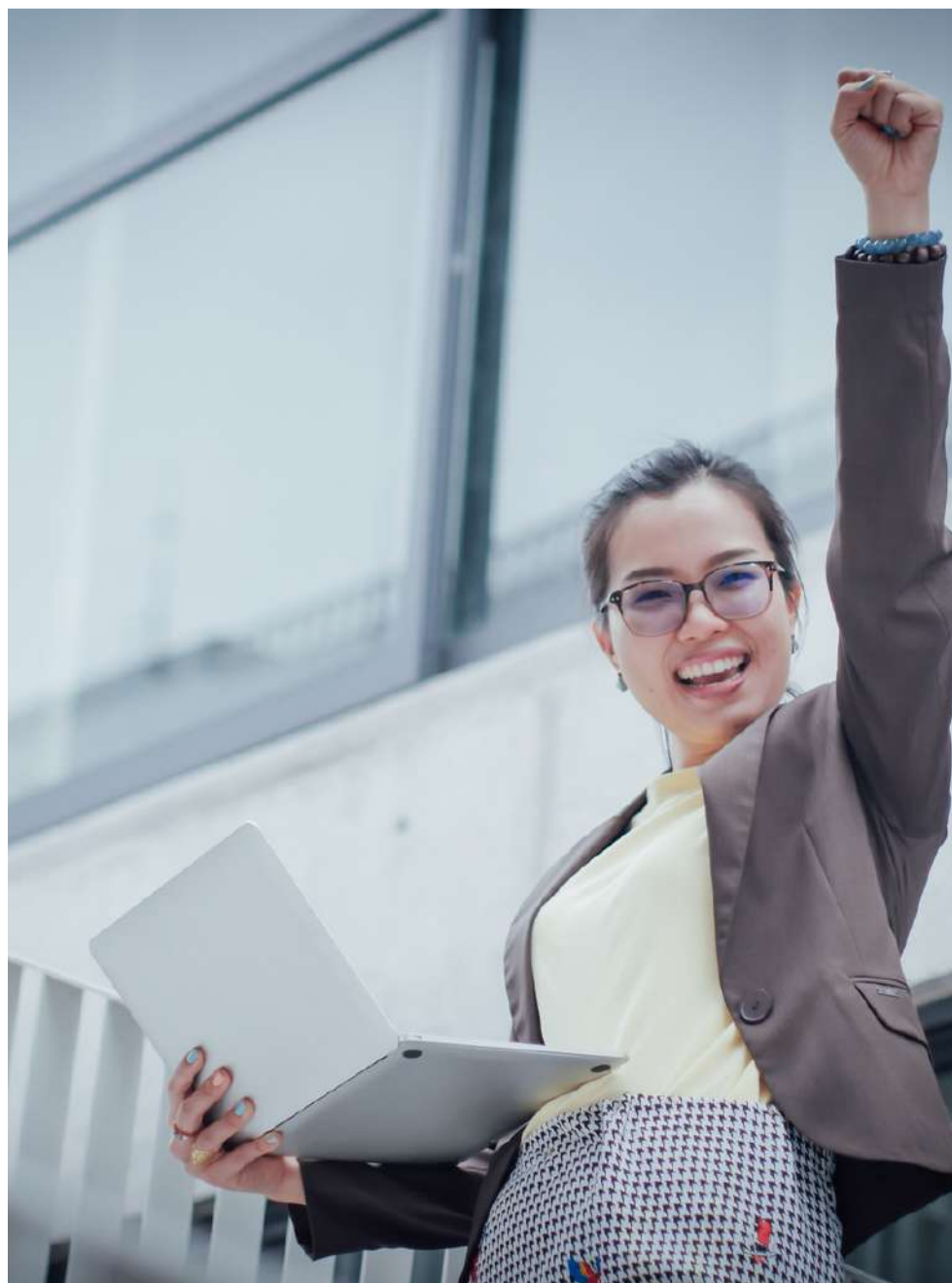
For example, consider the case of Dr. Vibha Tripathi and her son Advait Kumar. They founded Boon, a water technology start-up in Gurugram, with the goal of making clean drinking water easily accessible to everyone. Vibha had been teaching at one of India's most prominent institutes when she realized her true calling was to create

something that would benefit the people. Her travels through India's slums and rural areas with her previous start-up, Saurya EnerTech, led her to recognize the urgent need for clean drinking water nationwide.

Together, Vibha and Advait founded Boon, which has installed over 1,000 solar-powered water ATMs across India. The filtration system, powered by solar energy, provides clean drinking water sustainably and economically. Boon has successfully reached over 500 villages and provides drinking water to half a million people daily while also contributing to the removal of 85 tons of plastics annually.

The success of Boon is due to Vibha's vision and expertise and Advait's technological innovations and business development skills. This is just one example of the inspiring trend of mother-son teams working together in the social sector. These collaborations demonstrate the power of working towards a common goal and making a difference in our communities.

PURVI PATEL



“A dynamic and self-made lady who reached her goal by self-determination”

Ms Purvi Patel, who supervises the implementation of business strategy and planning at Creative Newtech, formerly known as Creative Peripherals and Distribution Pvt Limited, is the epitome of a modern professional woman. She effortlessly manages the arduous responsibility of assessing market strategies and taking responsibility for introducing niche products for the organization's growth and productivity. Her proactive initiative, keen business sense, contagious passion, positive energy, and optimistic attitude enable her to motivate her team

and build long-term strong client relationships. Her unique way of formulating thoughtful business strategy decisions and envisioning effective marketing and sales approaches, helped the organization carve out a niche among its customers.

Ms Patel began her career in the early 1990s as a strong supporter of Mr Ketan Patel, Chairman and Managing Director, when Creative's business comprised volume-driven products including monitors, desktops, and other computer peripheral components. Realizing the changing market, Ms Patel and Mr Patel moved on to become end-to-end distribution specialists for niche, experiential brands. This led to the emergence of Creative as a market entry and penetration specialist.



Ms Patel's future plan for Creative Newtech is to penetrate numerous geographies across India and countries in APAC and the Middle East. Her aim is to leverage their strength to enable more niche brands to enter and expand in new markets. Moreover, their expertise in licensed manufacturing will also be well-used as they bring more brands under this business model. She also heads the newly launched digital platform Ckart. As the platform gains momentum with more customers and transactions, she aims to utilize this technical know-how to expand the platform with additional functionalities and services.

Ms Patel believes in "One should know their markets". Being a businesswoman requires vision and enthusiasm, and recommends discarding the rose-tinted glasses to conduct regular competitor scans and genuinely comprehend the customers' needs. Creative Newtech is making significant progress across all three business lines, with plans to accelerate the company's growth in the next years to be sustainable, scalable, and resilient.



- Written By : Purvi Patel

THE RISE OF THE INTERNET AND ITS EFFECT ON TEENAGERS MENTAL HEALTH AND EDUCATION

Examining the Effects of Mental Health Issues on Teenagers' Educational Attainment



The 21st century has brought with it great strides in the progress, development, and advancement of civilization. Technology has cemented its necessity, purpose, and importance in the functioning of society as a whole. The 21st century has also birthed Gen-Z and the millennials a population of highly intelligent, adaptable, and sensitive youngsters. How this generation has related/interacted with the world has been vastly different from any before it?

The sensitivity of this generation and their affinity towards technology had affected their self-worth, perception of the world, and the value they place on a fake reality of fame, affluence, and apparent popularity. This has led to uncertainty, mental anguish, and mental instability among the youth and young adults. The popularizing of get-rich-quick schemes drop-out start-up success, and misfit syndrome has further dwindled the importance and value placed on education. Social media has also had a very successful anti-establishment narrative that has proven effective. Youngsters have over the last decade placed lesser importance on the purpose and utility of education.

How success is interpreted has been re-defined in the last few years, the rise of TikTok stars, social media influencers, and you-tubers has given youngsters a false notion of easy success. Education as a result has taken a back seat. However, the pressure of social media and its fantasized reality has diluted book learning.

The time has arrived for establishments, parents, and stakeholders to acknowledge and take appropriate steps before we lose a generation of intelligent and able young minds to the notion of un-profitable education. Studies have highlighted how instant gratification promoted on social media through trigger-happy apps has reduced the attention span and level of patience in younger and adults a like. In the last few years, society had large as seen a sharp increase in mental health issues among teenagers and young adults. The pandemic has further annihilated an already struggling set of people. Depression, anxiety, paranoia, and a slew of neurosis.



Conclusion

In order to assist teenagers to deal with any potential mental health concerns, it is crucial to give them access to mental health resources like counselling and therapy. Finally, a supportive atmosphere that encourages good mental health and academic performance must be developed through collaboration between parents, educators, and politicians. This entails establishing venues where youth may speak openly about their mental health, encouraging school-based mental health programs, and funding initiatives that foster academic success.

In conclusion, despite the fact that the internet has many advantages and opportunities, it is important to address the risks it poses to the mental health and education of teenagers. We can support teenagers in thriving both online and offline by encouraging responsible internet use, giving access to mental health resources, and fostering supportive surroundings.



- Written By :
Aishwarya Rao

Health & Happiness



Each and every person possesses a dream of being healthy and active. However, because of their hectic schedules and work obligations, individuals gave up their real dreams. Health and happiness, as we are all aware, are the most important resources that money cannot buy, but they are indeed the saving account.

On this World Fitness Day, here are some important tips that you may utilize to keep your body healthy and fit while maintaining your work commitments.

1. Pre-plan your meal:

Planning a meal at least one or two days in advance will not only help people eat healthy and balanced, while hungry but will also prevent last-minute stress.

2. Eat a Balance Diet:

Everyone should eat a balanced diet, according to portion size to prevent overeating and obesity. You can choose rainbow foods like carrots, greens, different fruits and grains to make your meal plate.



3. Eat food in small intervals:

When we eat food in small intervals, it helps in satiety and stabilizes blood glucose levels. People can take fruits, and nuts like almonds, dates, walnuts, and fox nuts, in between meals as healthy snacking.

5. Body movement:

Body Movement is very important for healthy blood circulation. People, working by sitting in one place, should move their bodies every 40 minutes. Other than this, 15-20 minutes of aerobic exercise, in the morning or evening hour would be helpful in boosting energy and regulating metabolism.

4. Stay hydrated:

Taking water or any other low-sugar drinks like Jal jeera, aam panna, buttermilk, and lemon water in between meals, would be helpful in better brain functioning, temperature regulation and weight management.

Thus, good health allows you to further stay active and increase the potential for work efficiency. So stay healthy and be Active.



- Written By :
Mayuri Rastogi

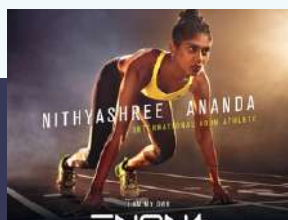
QUOTES: FROM ENGN ATHLETES FOR WORLD FITNESS DAY

ENGN an athlete representation company that exclusively works with Indian sportswomen.

ENGN follows a 360-degree management approach where it will not only bring in sponsorship but also provide athletes access to the right nutrition and mental health coaches along with providing them financial support for training within the country as well internationally.

Anoli Shah, International Medallist, Speed Skating, ENGN:

Working on your fitness is so important for your physical and mental well being. You owe it to yourself. A fit body and a fit mind can make you much more efficient and productive. When you're fit, you feel better and you move better. That is so important not only for my performance in my sport but also my mental strength. Your whole attitude towards life and the things you do in it changes once you start prioritising your fitness and begin to work on it.



Nithyashree Ananda, International 400m Track Athlete, ENGN:

World Fitness Day is an important occasion to raise awareness about the benefits of fitness and the importance of staying physically active. Regular exercise can improve overall health, boost energy levels, reduce stress, and even prevent chronic diseases. Engaging in physical activity can also have positive effects on mental health, including reducing symptoms of depression and anxiety. However, it's important to remember that fitness looks different for everyone, and finding an activity that you enjoy is key to maintaining a consistent exercise routine. Whether it's going for a walk, practicing yoga, or lifting weights, taking steps towards better physical health can lead to a happier and more fulfilling life.

Lakshmi G M – National 400m Hurdles Athlete, ENGN :

Fitness is important and consistent fitness is even more important for a healthy life. It is hard. And it is supposed to be hard. Because hard is what makes it so great. Fitness is a way of life for me and I cannot imagine a single day without me doing something for my health 's benefit. Being fit makes me feel my best and when I feel my best, I perform my best both on and off the field. Always dedicate yourself to becoming your best and you will fall in love with yourself more and more every day

Katya Coelho – International Windsurfer & iQFoil, ENGN :

As an athlete being physically fit is just a way of life for me. Our body is our temple and we should look after it. Simply daily exercises are the best gift we could give our selves, it doesn't matter if you're an athlete / doctor / teacher or any professional, being fit is a must !

Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best.

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life.

**Shivani Soam, National Level Long Jumper, ENGN:**

It is very important for us to stay fit and healthy for our lives in the long run. Regular physical activity is one of the most important things that you can do for yourself and your health. Being physically active can improve your brain health, help manage weight, reduce the risk of diseases, strengthen bones and muscles and makes doing everyday activities so much easier. Being fit isn't difficult. One can do simple activities such as walking, yoga and eating healthy, nutritious food to maintain a fit and healthy life.

**Maana Patel, Olympian Swimmer, ENGN:**

Physical fitness is so important for everyone . Children , Adolescents, Adults or all ages need to engage themselves in some or the other form of physical activity.

For children and adolescents it has various benefits one of them being , fitness or any kind of sport helps in sharpening your focus & keeps you fresh which assists in regular studies . It also helps in better development of muscles and strengthening of bones .

For adults due to the increasing stress in daily life , engaging in any form of physical activity releases hormones called dopamine and serotonin which helps in enhancing the mood , keeping you happy and fresh .

Chahat Arora, Fastest Breaststroke Swimmer, ENGN:

Fitness to me is a way of life. It's more than just being physically fit. It's about loving your self and your body. Keeping your body healthy, exercising regularly, sleeping well, eating healthy foods, and being emotionally stable makes a person fit. Fitness even boosts up a person's self-esteem and makes you feel good about yourself. On this World Fitness Day I would like to encourage each and every individual to keep yourself involved in some or the other physical activities to keep your mind and body healthy.

Anisha Aswal, All India Rank 1, World Rank 65, Taekwondo, ENGN: Fitness**INTRODUCTION :-**

Every individual has been blessed with a beautiful body and mind. So, it is necessary to keep the body and mind fit. Fitness is all about the understanding of one's own body and mind.

IMPORTANCE OF FITNESS:-

Many people do not understand the importance of physical fitness and maintaining good health, therefore they ignore physical fitness and activities which then could lead to life-threatening conditions such as heart disease, obesity, high blood pressure, and many more. There is a famous saying "**Health is wealth**". Without good health, one cannot enjoy

life. So, by enduring daily physical activities, you are not only improving the state and condition of your body, but your state of mind as well. This can benefit your mental state of mind by improving your confidence, and make you feel overall better about yourself and your looks.

BENEFITS:-

1. Improve brain health
2. Help manage weight
3. Reduce the risk of disease
4. Strengthen bones & muscles
5. Improve your ability to do everyday activities

VALUE OF GAME:-

While playing a game like Taekwondo, Tennis, Badminton, etc., one forgets everything else, concentrates, and their fitness level is good by regular practice for a long time. So every game contributes to the development of mind and body. The habit of fair play makes a man learn honesty, and justice, which are great moral qualities. Games also teach to accept a defeat with a smiling face. Playing games teach many lessons like team spirit, co-operation, unity, leadership, and obeying orders.

HOW TO BE FIT:-

It is good to do exercises, play outdoor games and to lead a simple life. If you are a normal person then a morning walk is needed to be fit. Fresh air from the morning walk, a nutritious diet with vegetables, regular exercises, sound sleep, and proper rest is necessary for good health. And if you are a sportsperson then you should know the needs of your body it could be good sleep, good nutrition, good rest and meditation.



My first period story



15/08/2003 - Independence Day that took away all of my freedoms!

I used to practice gymnastics actively during my school days. We were doing our final rehearsals for the Independence Day performance, and I accidentally fell while doing a handstand. My right hand had a major fracture on my wrist, plastered for 3 months. I could not perform in the main event, which was a different pain; To add to it while bathing me, my mom realized I had got my period. She went to the bedroom to grab a pad. I was wearing my clothes in my room when she said she wants to come in. I said, "I won't let you in! Just prompt me I will follow as you say." She instructed me from the door, and I did it right the very first time!

Every 15-20 minutes my mom with hot waterbag in her hand, kept asking me, are you feeling sick? Are you getting cramps? Do you have pain in your stomach? While I was sitting feeling guilty about missing the gymnastics performance, I felt her questions irritating at that time! Now, how badly I wish, someone asks me those questions again! And someone gets me that hot waterbag too!

That's my first-period story for you!



- Written By : Nilshree

A BLESSING IN DISGUISE



Periods, Menstruation, Monthly cycle, Those days, body ache, back pain, and the list of names goes on. The experience of our body bleeding without any wound is usually unusual. Some are frightened, some speak to their parents, and some parents educate the children, but, for the first time we all panic because it's all blood there. While we girls are trying to sink the normal fact - Bleeding is normal and an essential process for the body, there is a deeper shocking fact - This will be a monthly affair for a great period of time in our life. Then, we experience 'mood swings' which are annoying complimentary gifts with the periods.

Back in April 2012, I noticed blood spots on my underwear. I ignored the first day, as I was scared to tell this to my parents. On the third day, I was bleeding and was much more frightened. So I went to my mother and told her the whole story. I remember the very next moment she told me to take a bath and taught me how to wear a pad. She called up a few of our relatives and shared the news happily. In the evening, there was a celebration for me. I was wearing a new saree and a few aunts along with my mother were explaining to me why girls and women bleed.

Over the years I have realised, getting periods on time is much more essential than the pain and hormonal imbalance. The physical pain and ride of emotions can be managed and maintained by yoga and simple exercises. So, our menstrual cycles are indeed a blessing in disguise.!



**- Written By :
Nidhi Kulkarni**

DIET FOR HAIR AND SKIN:

Rakshita Mehra

Overall health depends on the condition of the skin and hair because they serve as the body's main barriers to external dangers like pathogens, UV radiation, and mechanical harm. Many people think that having a good body, a clear complexion, and healthy hair and nails can improve self-esteem; to get these qualities, they might think about joining a gym, a beauty salon, or taking supplements. It's crucial to remember that beauty can also be attained naturally, without the use of supplements, through a healthy diet and lifestyle. The health and appearance of skin and hair can be greatly improved by eating a nourishing and balanced diet that is high in essential vitamins, minerals, and proteins and engaging in regular physical activity. Additionally, staying hydrated is essential for keeping your skin and hair healthy. It's vital to remember that different people have different requirements and preferences when it comes to their skincare and haircare regimens, so it's crucial to experiment and find what works best for you.

VITAMIN C

The health and look of your skin as well as how it ages may be affected by what you eat, even while there isn't a single miraculous meal that can stop the ageing process. There are some straightforward dietary recommendations to follow if you want to keep strong, healthy skin, hair, and nails. Iron-rich meals should be eaten with vitamin C-rich foods because vitamin C enhances the absorption of iron. Moreover, vitamin C promotes the production of collagen, which improves the condition of the capillaries

that supply the hair shafts. Moreover, this vitamin functions as a powerful antioxidant to fend off free radicals and lessen their damaging effects. Also, by boosting the immune system, it can reduce acne irritation.

You may consume citrus fruits like lemons, oranges, and grapefruit as well as other fruits like strawberries and vegetables like peppers, broccoli, cabbage, and cauliflower to add vitamin C to your diet.



VITAMIN A

Sebum, an oily fluid that naturally nourishes the scalp and maintains good hair, is produced by the body and requires vitamin A for production. Insufficient sebum production can lead to dry hair and itchy scalps. Moreover, vitamin A is essential for the regeneration of skin tissue. Lack of vitamin A can cause dry, brittle, and flaky skin. Since vitamin A can diminish wrinkles and fine lines when given topically, it is also utilised as an anti-aging agent. It is advised to take foods high in beta-carotene, which the body converts to vitamin A, in order to receive vitamin A.



ESSENTIAL FATTY ACIDS

Omega-3 and omega-6 essential fatty acids are vital nutrients that our systems cannot create on their own and must be received through food. The oils that feed and condition the scalp and hair include omega-3 fatty acids, as do the cells that make up the scalp. They are essential for the creation of fat, which serves as the skin's natural barrier.

You may include foods like soybeans, corn, safflower and sunflower oils, nuts and seeds, as well as meat, chicken, fish, and eggs in your diet to get these necessary fatty acids.

VITAMIN E

Eat foods high in VITAMIN E to protect your hair from the sun, which may harm it just as it can our skin. Strong antioxidant vitamin E helps guard against UV ray and carcinogenic damage. It lessens wrinkles as well. The most crucial lipid-soluble antioxidant in the tissues of the body is vitamin E.

Nuts, seeds, olives, seeds, vegetable oils, and spinach are food sources.

VITAMIN B COMPLEX

The vitamin B complex, a combination of B vitamins, is crucial for keeping strong, healthy skin, hair, and nails. Vitamin B7, often known as biotin, is very important for maintaining healthy skin, and a lack of it can cause skin irritation, itching, peeling, and even hair loss. Niacin, often known as vitamin B3, on the other hand, has anti-inflammatory qualities and aids in maintaining the skin's moisture. Many dietary items, such as meat, fish, milk, green vegetables, cereals, legumes, bananas, eggs, and rice, are good sources of vitamin B complex.



MINERALS

Minerals like selenium, copper, and zinc, in addition to vitamins, are essential for keeping good skin. These minerals help to build elastin, which is necessary for preserving the skin's suppleness, and shield the skin from UV damage. Moreover, they aid in the healing of wounds and encourage the restoration of damaged tissues.

An antioxidant mineral called selenium protects the skin from UV radiation and other environmental contaminants. Zinc is essential for cell development and repair as well as controlling the skin's oil production, while copper plays a role in the synthesis of collagen, which maintains the skin elastic and tight.

These necessary minerals may be found in a range of foods, such as whole wheat, almonds, eggs, garlic, chicken, oysters, legumes, and mushrooms. By consuming these foods often, you can make sure that your body gets the minerals it needs to maintain healthy skin and shield it from outside stressors.



PROTEIN

Protein is an essential component for keeping thick, strong hair because it makes up the majority of hair. Lack of protein can cause hair to become dry, brittle, and fragile, making it more likely to break. However, eating a very low protein diet might stymie hair development and possibly result in hair loss.

Protein-rich meals must be a part of your diet if you want to encourage healthy hair development and avoid hair damage. The protein in foods like chicken, turkey, fish, dairy products, and eggs is great for

maintaining healthy hair. You can still get enough protein for strong hair on a vegetarian diet by eating lentils and almonds.

It's crucial to keep in mind that the quality of the protein you eat is just as significant as its amount. Your body can get all the critical amino acids needed for healthy hair development by eating a range of high-quality protein sources. In order to guarantee that you obtain a full complement of amino acids, it is advised to incorporate a mixture of both animal and plant-based protein sources in your diet.

In order to prevent common skin and hair issues including rapid skin ageing, dehydration, skin inflammation, allergies, hair loss, and hair damage, it's important to maintain a balanced diet. Alcohol and caffeine, along with sugary, fatty, and processed meals, can also exacerbate these problems and should be avoided.

Including a balanced and nutritious diet may help support appropriate biological processes as well as improve one's self-image and confidence. This is in addition to avoiding harmful meals. The look and health of the skin and hair can be enhanced by eating a diet high in vitamins, minerals, and other necessary elements.

Moreover, nutritional supplements might help you grow healthy skin and hair. These vitamins, when combined with a good diet, can aid in preventing ageing and promoting a young appearance. In order to guarantee that the body obtains all the nutrients required for good skin and hair, it is crucial to emphasize that supplements shouldn't be used in place of a balanced diet. One may acquire healthy, youthful-looking skin and hair by making a conscious effort to keep a nutritious diet and include vitamins.



**- Written By :
Rakshita Mehra**

HAIRSTYLES MADE EASY VIA TIK TOK

After being quarantined for nearly two months, Tik Tok has become a worldwide hit amongst all youngsters and the Gen Z. It has a range of fashionable things for girls and women across the world to follow such as beauty hacks, braided hairstyles, on the go makeup and makeup hacks. Makeup tutorials are all going super viral although the timer for a video upload on Tik Tok is only 15 to 60 seconds long. If you have long tresses and you still want to look fashionable and chic, the best Tik Tok Tutorials that are a must try are mentioned here -



1. Bathrobe Curls

Taking a break from all those hot- hair styling tools? The latest Tik Tok hack showcased a hack involving wrapping hair in a towel from the belt located on the bathrobe and sleeping with it around the hair at night and in the morning lo! One wakes up to refined curls. It is easy and heat free.

2. 90's Half Ponytail -

This model like half up ponytail can be brought to life within ten minutes with just a scrunchie, hair spray and brush and maximum a texture spray. The hair requires to be in the form of a half-up ponytail.



3. Curly Ponytail -

This TikTok trend has a massive following of 46.7 million and involves brushes, flexi rods and styling gel. The hair needs to be wrapped up in these for a few hours and then left free to achieve the curls.

4. TikTok Flipped Updo -

For achieving this style, just part the hair down the middle, starting with your shortest face framing layers, pull them down under your chin and tie them to the ponytail. Continue sectioning and tying off ponytails exactly like this under your chin until it looks like a beard and then one by one, take each ponytail and flip it from the front and over your head to the back.



5. Butterfly Cut -

The butterfly cut has emerged as one of TikTok's most popular styles, amassing close to 5 billion views on the platform. It looks good on everyone and it adds volume, movement and texture to all types of hair.

6. Two Toned Neon -

"Neon hair colour" is blowing up TikTok with 9 billion views and the e-girl aesthetic two toned colour look is also trending, meaning pops of neon would be all over in trend this summer.



7. Statement Extensions -

Hair extensions of all shapes and sizes as well as textures would be available. It has racked up close to 2 billion views on TikTok and the best and most fashionable way to carry these off is to create a super-long ponytail or braid.

8. Wavy Lob -

The lob, otherwise known as long bob, has nearly 100 million views and "Wavy lob", around 20 million. This style and haircut inspiration was taken from Ana De Armas's style in Deep Water film.



Written by :
Sahana Sridhar

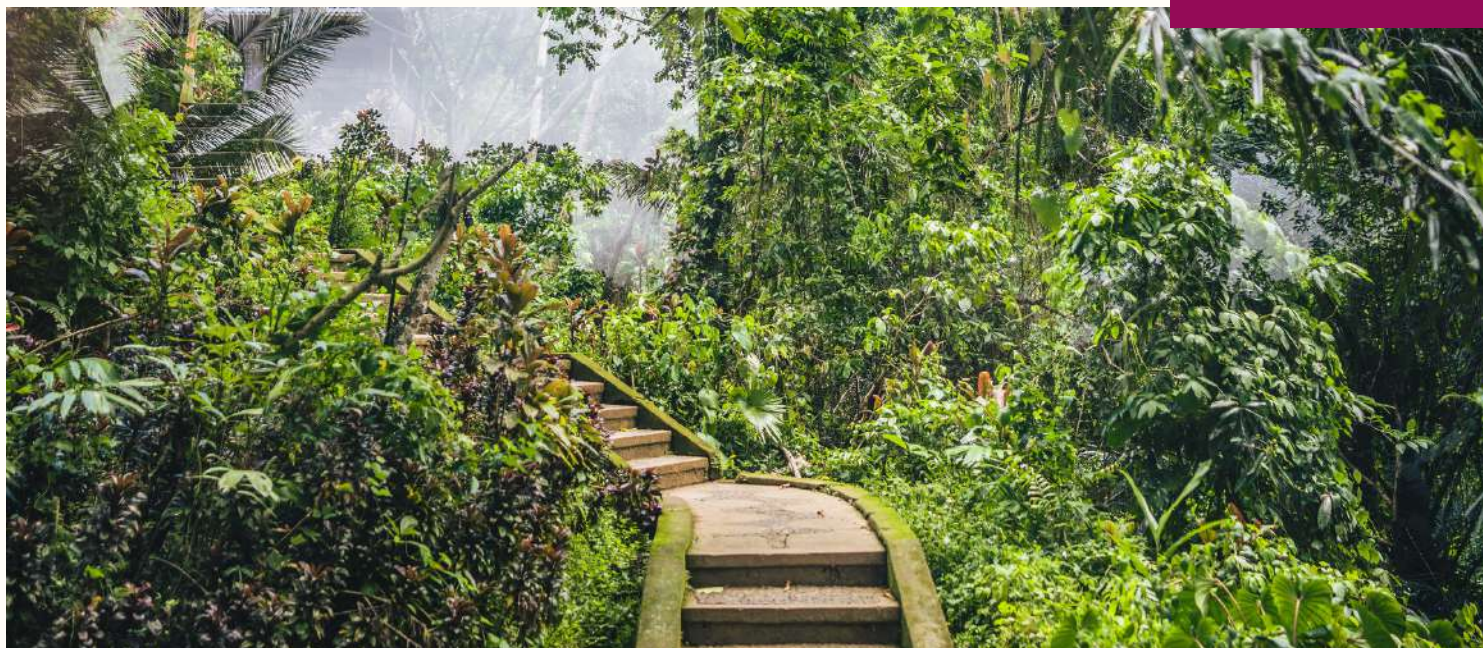
Christmas Island: The Galapagos of the Indian Ocean



“An island named Christmas?!” is the first thought that came into my mind when I saw this name. I am sure you all might have had the same reaction reading about it. Don't worry, this is not a false article. Such an island really exists. But where? What is it known for? How to reach there? All the questions will be answered in this article.

About Christmas Island:

Officially known as the Territory of Christmas Island, this place is located in the Indian Ocean. You might probably find a small dot nearby south of Jakarta and Sumatra islands on the globe. Although it is nearest to Asia, this island is in the Australian territory. This region was first discovered in the year 1643 by Captain William Mynors on Christmas day, hence the island's name came into being. The first settlement started in the 19th century, and currently, it has a population of 1,692 people.



Its Geography:

Christmas Island has a total land area of 135 sq kilometres. Out of this around 80 kilometres is of shorelines but only a few areas are fully accessible. The island is filled with sharp cliffs, making it difficult for people to get to the beaches. However, this factor makes the trip an adventurous one.

Things to do there:

Christmas Island has exquisite flora and fauna. Due to the tropical climate, the island is covered with lush jungle and greenery around. It is home to numerous amount of birds and crabs, along with secret waterfalls and beaches, making the trip worthwhile. Here is a list of things you can do when visiting this place.

1. Crab Watching

One of the main attractions of Christmas Island is its variety of Crab population. You'll find more species of crabs on this island than in the whole world. You can also witness the famous red crab migration during the first rainfall of the monsoon, where the red crabs move out from the shady places on the island and travel towards the ocean to breed. This event mostly occurs between October to January, however, you will still find a lot of other species of crabs throughout the year.

2. Bird Watching

Besides crabs, this island is also a paradise for bird watchers. People travel from around the world to watch rare and endangered bird species like Christmas Island Frigatebird, Goshawk, Hawk-Owl, Brown Booby, Golden Bosun etc. You can also sight endangered birds like Abbots Booby which can be found only on the island.





3. Witness the melting pot culture

As the island was discovered by merchants and travellers, the culture prevailing on this island is mixed. Historically, the Chinese, Malay, and Indian descendants were the first people to settle down on this island. Hence, the religious beliefs in this region are diverse. You can look around the islands for mosques, and Buddhist temples and in places like The Settlement, Poon Saan etc. You can also visit the old administrator's house "Ta Jin House", which is now a museum, to explore more about the island's history.

4. Visit beaches

Christmas Island has some of the best beaches in the world, however, they are slightly different from the other normal beaches. As the island has volcanic origins, the beaches are filled with cliffs made of limestone and basalt,

rock pools and rainforests. Nevertheless, these beaches are uniquely beautiful. Another interesting fact about the beaches is that these beaches were named after the wives and daughters of the first settlers of the island. Dolly and Greta's beaches are best for crab sightings. It is also a site for year-round green sea turtle nesting. So, if you're lucky, you might even witness turtle hatching. Some beaches like Winifred and Merrial Beach are only accessible during the low tide. Hence, you have to be careful while visiting these beaches.

5. Snorkelling and Scuba Diving at Flying Fish Cove

Flying Fish Cove is the most popular beach on the island and is mainly known for snorkelling and Scuba Diving activities. The southern part of the beach is peaceful and has alluring rock formations. You can visit the magical underwater land consisting of coral gardens and rare underwater species. It is also a dreamland for freedivers.

How to reach there:

The best way to reach Christmas Island is via Perth. Take a flight from Perth in Australia to the islands, which sometimes flies first to the Cocos (Keeling) Islands, before coming to this island. There are also a few flights from Jakarta, Indonesia from where you can reach this island. Another route to visit this island is travel via sea from Indonesia. You can book a boat or a private yacht to reach there.



**- Written By : Ashwathi
Anoop Kumar**



ANDORRA: THE REAL FANTASY LAND



Doesn't this name sound like a fantasy land? Well, this is an actual country in Europe, located right between France and Spain. Andorra is not a new country. In fact, its existence has been recorded for 1,000 years. It also has a seat in the United Nations and participates in the Olympics. Andorra is listed as the 16th smallest country in the world in terms of land and 11th in terms of population. Even so, the country follows a co-principality and is headed by two princes;

the President of France Emmanuel Macron and the Bishop of Urgell, currently headed by Joan Enric Vives Sicília. Andorra uses Euro as their currency.

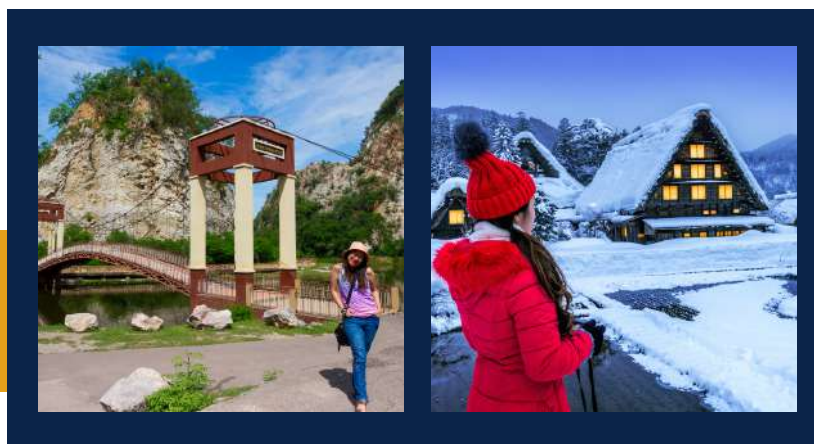
Andorra is famous for its tourism. Although the population of this country is only 77,000, Andorra has the highest number of tourist visitors in the world, with over 10 crore visitors every year. Let's take a look at the top cities to visit in Andorra.

1. Andorra la Vella -

Andorra la Vella is the highest capital city in Europe in terms of altitude. The capital is also one of the most visited tourist spots in the country. This city was initially isolated for many years. Modernization here began in the 1930s and tourism developed here after World War II. Later in the 60s and 70s, this rustic town was developed into a commercial city to attract people from around the world. You can walk around most of the city and do some duty-free shopping. Winter sports are also an attraction here.

2. Arinsal

Arinsal is a small village bordering Spain. Located at an altitude of 1550 to 2560 meters, this village is a prime location for skiing and other winter sports. Tourists from around the world flock to this place during winter to enjoy the snow and the amazing nightlife offered. During summer, the village is quiet and often attracts adventurers for mountain biking.



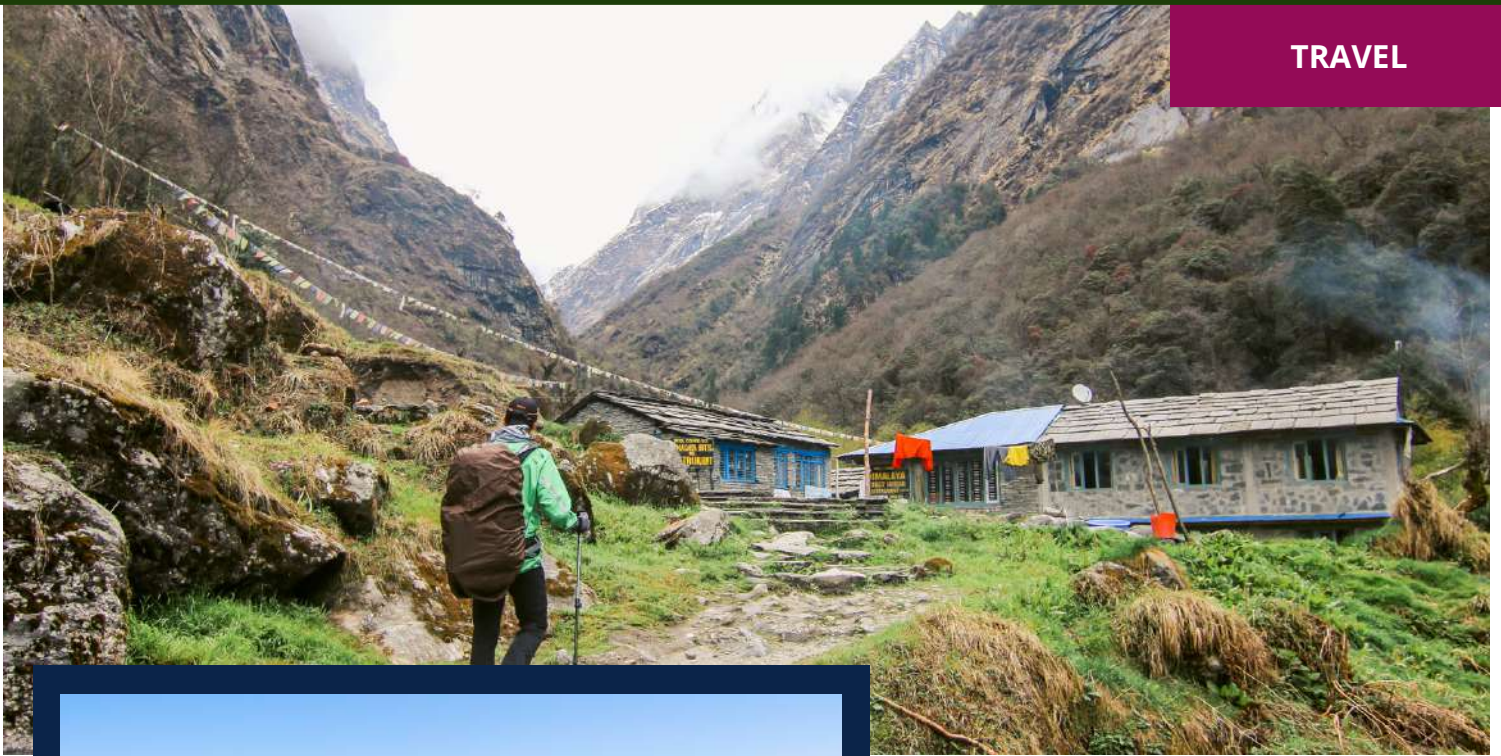
3. Meritxell

Located near the French border, Meritxell is really a serene place to visit. This place is a holy site and has the most religious temple of Andorra, The Sanctuary of Meritxell Basilica is located here.

Most of the time people come here to enjoy this enclosed landscape and visit Our Lady of Meritxell, the nation's patron saint. The place is also home to statues of various other Andorran States, who are patrons of other parishes in the country. There are two structures in the sanctuary, the Old temple and the New temple, which was made after a fire broke out and the Old temple perished. The New temple has an exhibition hall and attracts a huge number of religious people to visit.

4. El Serrat

Located in the Ordino parish, El Serrat is a village surrounded by mountains. The country rests at the head of the El Serrat valley. The village has a beautiful view to offer, covered with lakes and ridges. Tourist season is in the winter when they come for skiing and snowboarding. During the summer, the valley is open for hiking. The most popular trail starts from El Serrat to the Tristina Lakes. They also offer you exquisite regional cuisine which will blow your mind.



5. Canillo

Canillo is a village as well as a parish located in the northwestern part of Andorra. Canillo is the highest parish in the country, hence is also known as the summit of the Principality. Meritxell is located in this parish. One of the must-see sights is the Christmas nativity during Christmas. During this, the city lights up and transforms, giving you all the Christmas vibes. Another site to visit

is the Tibetan Bridge. This 603-meter-long bridge is the second-longest Tibetan bridge in the world and attracts tourists and adventurers alike.

With a great view of the mountains and long history, Andorra sure has a lot of things to offer. As the principality is landlocked, tourists should travel to Spain or France and enter the border. Most of the tourists enter the borders via Spain as it is relatively a straight drive, rather than France where there's only a single road and the terrain is rough. Andorra is a great choice for family ski trips and also honeymooners and a must-visit for adventure lovers.



**- Written By : Ashwathi
Anoop Kumar**

Solo Camping with the Sadhus in Himachal



His hands grabbed the loose ends of the saffron attire that kept falling off. On one ear hung the double-rounded golden earring. The bereaved tattoo under the sleeve. The main priest of an unadorned temple somewhere between Kullu and Manali.

Dadour, a place of no striking contention. 'Can I pitch my tent somewhere?' The whole family would inquire, 'Are you alone?' 'Yes, I just need a piece of land'. Several attempts rolled out. A woman looked up from the heaps of clothes she was washing.

'Walk for 10 minutes, take a left. Walk over the culvert. You will see a temple on a huge playground', her answer, curt and precise.

'Would it be safe there?' This a question I never fail to ask.

'Yes. Two Sadhus live there.'

The Trishul rose above the culvert. The main priest displayed no unintended curiosity about my whereabouts. He pointed at the vast field where the village kids were playing football, and to the washroom.

His smile broadened, from a flicker to an assurance, and he slowly entered the temple. Should I trust him? I pitched my tent a few meters away from the immediate temple ground, intentionally. Should I trust the red-eyed Sadhu?



As the evening appeared thick and thin, a drunk Himachali man started howling around my tent with a torch, pestering me to stay the night at his home. Nicety ended when his request turned into a preposterous persuasion. From inside the tent, I yelled strong and harsh words that suited his moronity and held tightly to my pepper spray. He kept coming back. Once, twice...

The second priest knocked on my tent door at around 9 pm. 'Your dinner is ready!' The main priest, half-reclining on the dirty floor, was feasting on a bong and weed. 'We have cooked Khichdi and Paneer for you, prepared in local ghee'.

He devoured himself back into his semi-slumber.

'Please have dinner with me

'No no, we are happy with weed. This is for you. Maybe we will eat later. Who knows!' He let out a hearty laughter.

The morning revealed itself with the pet parrot on his palm, and the parrot, binge-eating bananas. The morning breakfast ended with the growing curiosity around my tent. 'This is like a house! We should also get a tent', the priests mumbled.

- Written By : Ipsita

HOT CHOCOLATE



INGREDIENTS :

- *1 & 3/4 cups milk
- *90 grams Chopped Chocolate
- *1/4 cup
Tetra pack cream
- *1/2 tsp
Vanilla Essence
- *Pinch of salt
- *1 tbsp slightly heaped cocoa
powder (mix in 1/3 cup warm
water)
- *2 tbsp brown sugar
- *Cream for decoration
- *1/2 cup mini Marshmallows for
decoration
- *2 tbsp chocolate sauce for
drizzle
- *2 glasses or cups

METHOD :

In a saucepan add chocolate, cream and brown sugar. Cook on low flame and keep stirring till chocolate is melted. Now add milk, cocoa mixture, salt and vanilla

essence. Cook on low flame till it comes to a boil. Remove from the heat and pour into the glasses. Top with marshmallows and cream. Drizzle over chocolate sauce. Enjoy!



- Written By :
Chef Rainna Gupta

ORANGE CHIA PUDDING

INGREDIENTS:

1 1/2 cups fresh orange juice
1 cup Nestlé yogurt
1/2 cup chia seeds
2 tbsp honey
1/2 tsp vanilla essence

METHOD:

In a bowl add all the ingredients and stir well. Leave for 5 minutes. Stir again very well.

Chill in the fridge for 4 to 6 hours or overnight. Serve in the glasses garnish with orange slices. Enjoy!



-Shared By :
Chef Rainna Gupta

STRAWBERRY ORANGE SMOOTHIE:

INGREDIENTS:

- 1 cup fresh orange juice chilled
- 2 frozen bananas
- 1/2 cup heaped Nestle yogurt chilled
- 8 big strawberries chilled
- 2 tbsp honey

METHOD:

In a blender add all the ingredients. Blend till it's completely smooth.

Divide it between two glasses. Garnish with orange slices and strawberry halves. Enjoy!



-Shared By :
Chef Rainna Gupta

CANTALOUPE/MUSKMELON CHILLER:

INGREDIENTS :

- *4 cups heaped cantaloupe/muskmelon pieces chilled
- *3/4 cup sweetened condensed milk
- *2 tbsp lemon juice
- *2 cup ice cubes



METHOD :

In a blender add cantaloupe/muskmelon pieces, lemon juice and sweetened condensed Milk. Blend for a minute. Then add ice cubes and blend till smooth. Pour into glasses and garnish with muskmelon.



Shared by : Chef Rainna Gupta



ENERGY BOMBS/BALLS /BARS

Make this simple yet highly nutritious energy balls at home and make healthy eating a wise resolution. Enjoy the goodness of nature's gift with a dash of organic honey and ghee and snack on it when you are on the go and have very limited time to spare for your meal!

Method :

1. Dry roast all the seeds until a pleasant aroma emanates and allow to cool completely.
2. Dry Grind dates to fine paste
3. Dry Grind all the seeds coarsely without adding any water
4. Mix well with warm ghee all the seeds powder, dates and honey until the dough comes clear to make a ball without being very sticky on the fingers.
5. Knead well. With ghee smeared palms make round lemon sized balls or bars, allow to cool. Serve as energy boost snack 1-2 bars per day for the entire vitamin and protein make up.

Ingredients :

1. 2 tbsp organic ghee
2. 2 tbsp organic honey
3. 50 gms of each varieties of edible seeds each (pumpkin, melon, flax, sunflower, cucumber, watermelon, niger seeds, poppy seeds, til(black or white)-roasted well
4. Soft dates-150gms- washed and ground well to fine paste
5. Dry ginger powder-1/2 tsp

Recipe by :
Mrs Shilpa Kumar

EARTH DAY

हम सभी अपने बचपन से सुनते आ रहे हैं कि हमारा शरीर मिट्टी का पुतला है और अंत में मिट्टी में मिल जाना है . गम आज चाहे इस बात की गंभीरता को न समझें और इस कथन को मात्र जुमलेबाजी कह कर मजाक बनायें परंतु सच्चाई यह है कि हमारे पूर्वजों को पृथ्वी के महत्व से अवश्य परिचित थे . और अपने-अपने इस कथन के द्वारा हम सबको इसके महत्व को समझाना चाहते थे . आज शहरीकरण और विकास के नाम पर हम प्रकृति का अधाधुंध दोहन कर रहे हैं |

हर मिनट में दस फुटहॉल के मैदान के बराबर जंगल काटे जा रहे हैं , यह संयुक्तराष्ट्र की रिपोर्ट है . एक करोड़ हेक्टेयर से अधिक जंगल हर साल दुनिया भर में काटे जा रहे हैं |



- 1..देश में दूषित हवा का स्तर कम करने के लिये हर मेड़ पर पेड़ की योजना के तहत 149करोड़ से 94हजार हेक्टेयर में पेड़ लगाये गये हैं |
 2. 30 करोड़ टन से अधिक प्लास्टिक कचरा दुनिया भर में हर साल पैदा होता है |
 - 3.वर्ष 2016 से 2021 के बीच 808 नर्सरी तैयार की गई हैं |
 - 4..भारत में हर वर्ष औसतन34 लाख टन प्लास्टिक कचरे का उत्सर्जन करता है .
- यदि वनों की कटाई नहूँ रोकी गई तो वैश्विक स्तर पर तापमान को 2 डिग्री बढ़ने से नहीं रोका जा सकता |



पद्मा अग्रवाल



एक बोतल दूध

45 वर्षीय रामचरण का नाम आज शहर के जाने माने लोगों में गिना जाता है . उन्होंने अपनी मेहनत और लगन के बलबूते दौलत का ढेर इकट्ठा कर लिया था ...इस दुनिया में किसी भी व्यक्ति को अपने जीवन में खुश होने के लिये धन दौलत , सुंदर पत्नी , प्यारा सा बच्चा सब कुछ तो था उनके पास बस वह धन के दंभ में चूर होकर अपने को दूसरों से श्रेष्ठ , संपन्न और वह स्वयं को सामान्य लोगों से कुछ अलग होने का भाव रखते थे .

‘प्रभुता पाय काय मद नाही’ गोस्वामी तुलसीदास जी की उक्ति उन पर पूर्णरूपेण चरितार्थ होती थी .

वह अपने बचपन के उन दिनों को बिल्कुल भूल चुके थे, जब वह एक मजदूर के बेटे हुआ करते थे और पिता को मजदूरी मिली तो रोटी, नहीं तो फांके ... इस तरह की अनेक दुश्चारियों के बीच उनका बचपन बीता था . पिता शराब पीकर आते और माँ के साथ गालीगलौज और मार पिटाई करते तो वह आक्रोशित हो उठता लेकिन डर की वजह से वह चुप रह कर आंसू बहा कर रह जाता .. एक दिन नशे में उन्होंने माँ को दीवार में सिर पटक पटक कर इतना मारा कि वह वहीं गिर पड़ीं ,शायद मर गई थी... उस दिन वह डर कर वहाँ से निकल भागे और यहाँ वहाँ भटकते रहे ... कभी ढाबें में बर्तन धोते तो कहीं चाय की दुकान में मेज पोछ कर चाय पहुँचाया करते ... अक्सर भूखे पेट रात भर ठंड से दाँत किटकिटाते हुए रात बीता करती ...इन सब हालातों से गुजरने के बाद उसको यह महसूस हुआ कि इस दुनिया में जीने के लिये पैसा ही सबसे जरूरी है .. इसलिये उन्होंने निश्चय कर लिया कि उनके जीवन का लक्ष्य येन केन प्रकारेण... साम दाम दण्ड भेद किसी भी उपाय से पैसा कमाना है ...

जवानी की दहलीज पर कदम रखते ही उन्होंने यहाँ वहाँ हाथ पैर मारना शुरू कर दिया था ... जीवन के अनुभवों से वह चालाक और होशियार बन गये थे ...

कहावत है कि जहाँ चाह होती है वहाँ राह भी होती है उनकी संगत जेबकतरे और बदमाश लड़कों की थी ... वहीं पर उनकी मुलाकात बलराज से हुई जो ऐसे गैंग का सदस्य था जो सरकारी कागजों की हेराफेरी का धंधा करके पैसा बनाता था ...एक दिन वह लोग घूमते घूमते जंगल की ओर निकल गये थे वहाँ फैले हुए विशाल जंगल को देख कर आइडिया ने जन्म लिया और उन लोगों ने आपस में तय करके जंगल की जमीन पर सोसायटी बनाने का प्लान तैयार किया और रामचरण सरगना बन गये और 4-6 लोगों ने मिल कर वनविभाग की जमीन पर कब्जा करके जंगल के हरे भरे पेड़ों को काटना शुरू कर दियावहाँ पर पहले प्लॉटिंग करके लोगों के हाथ प्लॉट बेच दिये फिर सोसायटी का सतरंगी सपना बेचना शुरू कर दिया ... धड़ा धड़ प्लैट की बुकिंग होने लगी और रुपयों की वर्षा होने लगी..... सोसायटी का निर्माण करने के लिये छोटी छोटी पहाड़ियों को काटने के लिये डायनामाइट का भी प्रयोग करना पड़ा ... जल की जरूरत के लिये धरती माता का हृदय चीर कर बड़ी बड़ी मोटर के द्वारा रातों दिन जल का दोहन करते नदी में सारा मलबा फेंक कर नदी का रास्ता ही बदल डाला और मलबे के कारण नदी अब नाले के रूप में परिवर्तित हो गई थी लेकिन उन लोगों को तो पहले प्लॉट फिर सोसायटी बना कर पैसा कमाना था दिन रात बड़े बड़े ट्रकों, ट्रैक्टरों और आने वाली गाड़ियों के हॉर्न का कानफोड़ू शोर शराबा , तोड़ा फोड़ी , मशीनों का शोर , उपयोग में आनेवाले अनेक उपकरणों के द्वारा होने वाले ध्वनिप्रदूषण ने पूरे वातावरण को प्रदूषित कर रखा था .



वहाँ काम करने वाले मजदूर खाँसते खाँसते बेहाल हो जाते तो वह तुरंत उसकी छुट्टी करके नया आदमी रख लेते ...

जब भी पर्यवरण विभाग से या किसी दूसरे विभाग से नोटिस आता तो उसके जवाब में मुट्टी गरम कर दी जाती और कंस्ट्रक्शन का काम निर्बाध रूप से चलता जाता ... देखते ही देखते वहाँ रहे भरे पेड़ों के जंगल के स्थान पर कंक्रीट का जंगल खड़ा होता चला गया ...मल्टी स्टोरीड बिल्डिंग , क्लब हाउस , स्विमिंग पुल , पार्क आदि बन कर खड़ा होता गया , सच कहा जाये तो जंगल में मंगल छा गया ... एक आधुनिक सोसायटी बन कर तैयार हो गई थी और दूसरी की तैयारी चल रही थी ...

राम चरण ने होशियारी से एक एक कर अपने साथियों को मरवा कर स्वयं बिल्डरों का बेताज बादशाह बन गया... अब उसका रुतबा राजामहाराजा जैसा हो गया था .. बिल्डर और कंस्ट्रक्शन के बाद उन्होंने रत्नों के काम में भी हाथ आजमाया ... उनका व्यापार विदेशों तक फैल गया था .

इसी बीच 42 साल की उम्र में उन्होंने 16-17 साल की इटैलियन लड़की जेमिमा से शादी कर ली थी और उसके इश्क में डूबे हुये थे तभी एक बार एबार्शन होने के बाद मुश्किलों से बेटा उन्हें मिला था , वह 6 महीने का भी नहीं हो पाया था कि जेमिमा एक दिन बच्चे को छोड़ कर चली गई थी ... वह समझ नहीं पा रहे थे कि इतनी सुख सुविधा को छोड़ कर भी कोई जा सकता है ... खैर उन्होंने उसको पालने के लिये नर्स रख ली थी लेकिन मन में निराशा और अवसाद हावी होने लगा था..

सरकार की नीतियों का विरोध करना और सरकारी नियमों और नीतियों का उल्लंघन , यही इन धनकुबेरों की नीति होती है . रामचरण जी को सरकारी आदेशों की अनदेखी करते हुए धनी बनते

देख , उनका अनुकरण करके उन जैसे दूसरे रामचरण भी इस अंधी दौड़ में शामिल हो गये और वहाँ पर बड़ी बड़ी मल्टी स्टोरीड बिल्डिंग अर्थात सीमेंट के जंगल खड़े होते चले गये ... कहावत है कि जहाँ चाह होती है वहाँ राह भी होती है उनकी संगत जेबकतरे और बदमाश लड़कों की थी ... वहीं पर उनकी मुलाकात बलराज से हुई जो ऐसे गैंग का सदस्य था जो सरकारी कागजों की हेराफेरी का धंधा करके पैसा बनाता था ...एक दिन वह लोग घूमते घूमते जंगल की ओर निकल गये थे वहाँ फैले हुए विशाल जंगल को देख कर आइडिया ने जन्म लिया और उन लोगों ने आपस में तय करके जंगल की जमीन पर सोसायटी बनाने का प्लान तैयार किया और रामचरण सरगना बन गये और 4-6 लोगों ने मिल कर वनविभाग की जमीन पर कब्जा करके जंगल के हरे भरे पेड़ों को काटना शुरू कर दियावहाँ पर पहले प्लॉटिंग करके लोगों के हाथ प्लॉट बेच दिये फिर सोसायटी का सतरंगी सपना बेचना शुरू कर दिया ... धड़ा धड़ प्लैट की बुकिंग होने लगी और रुपयों की वर्षा होने लगी..... सोसायटी का निर्माण करने के लिये छोटी छोटी पहाड़ियों को काटने के लिये डायनामाइट का भी प्रयोग करना पड़ा ... जल की जरूरत के लिये धरती माता का हृदय चीर कर बड़ी बड़ी मोटर के द्वारा रातों दिन जल का दोहन करते नदी में सारा मलबा फेंक कर नदी का रास्ता ही बदल डाला और मलबे के कारण नदी अब नाले के रूप में परिवर्तित हो गई थी लेकिन उन लोगों को तो पहले प्लॉट फिर सोसायटी बना कर पैसा कमाना था

दिन रात बड़े बड़े ट्रकों, ट्रैक्टरों और आने वाली गाड़ियों के हॉर्न का कानफोड़ू शोर शराबा , तोड़ा फोड़ी , मशीनों का शोर , उपयोग में आनेवाले अनेक उपकरणों के द्वारा होने वाले ध्वनिप्रदूषण ने पूरे वातावरण को प्रदूषित कर रखा था .

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इसी बीच 42 साल की उम्र में उन्होंने 16-17 साल की इटैलियन लड़की जेमिमा से शादी कर ली थी और उसके इश्क में डूबे हुये थे तभी एक बार एबार्शन होने के बाद मुश्किलों से बेटा उन्हें मिला था , वह 6 महीने का भी नहीं हो पाया था कि जेमिमा एक दिन बच्चे को छोड़ कर चली गई थी ... वह समझ नहीं पा रहे थे कि इतनी सुख सुविधा को छोड़ कर भी कोई जा सकता है ... खैर उन्होंने उसको पालने के लिये नर्स रख ली थी लेकिन मन में निराशा और अवसाद हावी होने लगा था..

सरकार की नीतियों का विरोध करना और सरकारी नियमों और नीतियों का उल्लंघन, यही इन धनकुबेरों की नीति होती है. रामचरण जी को सरकारी आदेशों की अनदेखी करते हुए धनी बनते देख, उनका अनुकरण करके उन जैसे दूसरे रामचरण भी इस अंधी दौड़ में शामिल हो गये और वहाँ पर बड़ी बड़ी मल्टी स्टोरीड बिल्डिंग अर्थात सीमेंट के जंगल खड़े होते चले गये ... परंतु प्रकृति भी आखिर कब तक अपने प्रति मनुष्य के शोषण और अत्याचार को सह पाती ... वह क्रोधित हो उठी थीशहर में वर्षा का तांडव शुरू हुआ थावर्षा का अमृत जल अब प्राण लेवा बन गया था ... रात दिन की अनवरत् घनघोर बारिश के कारण मुंबई शहर में जनजीवन थम सा गया था . जिस नदी के मार्ग को उन्होंने अवरुद्ध करके वहाँ पर जंगल में मंगल मनाया था उसने विकराल रूप धारण कर लिया था वहाँ पूरी सोसायटी जलमग्न हो गई थी उन्होंने तो अपना महल सबसे अलग थलग काफी दूर बनाया था उसकी दो मंजिल गंदे नाले और पहाड़ी मलबे से पानी में डूब गई थी ... चारों ओर केवल जल ही जल दिखाई पड़ रहा था ... रामचरण ऊपर की तीसरी मंजिल पर कैद होकर रह गये थे .. उनका गोल्डेन महल आज उन्हें मुँह चिढाता हुआ दिखाई पड़ रहा था ... उनकी दसो अंगुलियों में मँहगे रत्न जो प्लैटिनम और गोल्ड में मढे हुए थे, उनका महल फाइव जो स्टार होटल जैसा भव्य वास्तुकला का अद्भुत नमूना था जिसे बनाने में उन्होंने करोड़ो करोड़ रुपये खर्च कर दिये थे ... हर कमरे बेल्जियम के बड़े बड़े शैंडलर टंगवाये थे ...एक एक क्रॉकरी पर सोने की मीना कारी करी हुई थी .. उनके पास क्या नहीं था देश विदेश में बड़े बड़े रिटेल स्टोर परंतु आज प्रकृति के रौद्र रूप के कारण उनके जिगर का टुकड़ा, उनका लाल, उनके दिल का टुकड़ा, जो इस दुनिया में बड़ी मिन्नतों और प्रार्थनाओं के बाद उन्हे मिला था ... चार दिनों तक तो पॉउडर का दूध मुश्किलों से पीता और मुँह से निकाल देता लेकिन आज उनका दुधमुँहा बेटा दो दिन से एक बोतल दूध के लिये तड़प रहा था, बिलख बिलख कर रो रहा था ... उसके रोने चीखने की आवाज से उनकी आत्मा ग्लानि से कलप रही थी ... जिस स्टाफ के लोगों से वह हमेशा



गालियों से बात करते थे अछूतों सा व्यवहार करते थे, आज वह बेटे को चुप कराने के लिये मिन्नते करते फिर रहे थे लेकिन कोई कुछ नहीं कर पा रहा था बाढ के पानी ने पूरे एरिया को अपने आगोश में डुबो रखा था .. चारों तरफ लोग अपने अपने घर की छतों पर कैद थे .. उनकी अपनी कोठी सारे ब्लॉक से अलग थलग सिर उठाये हुए अपनी दो मंजिलों में भरे हुए पानी और कीचड़ के कारण सरकारी मदद का इंतजार कर रही थी ... पानी क्या था पूरा जल प्रलय का दृष्य था ... जहाँ पीछे से अपने लाडले की धीमी होती चीत्कार उनके कानों में गर्म पिघला शीशा सा उंडेल रही थी .

मंत्री जी हवाई सर्वेक्षण कर रहे थे . हवाई जहाज से खाने के पैकेट गिराये जा रहे थे . सरकार बराबर सहायता का आश्वासन दे रही थी और बाढ पीड़ितों की सहायता के लिये सेना, एन . डी आर . एफ के साथ स्वयंसेवी संस्थायें भरपूर प्रयास कर रहीं थीं परंतु प्रकृति के रौद्र रूप के सामने सब मजबूर दिखाई दे रहे थे ... अपनी अपनी छतों में चारों ओर लोग सरकारी सहायता की आस में खड़े हुए थे.....तभी जोरों का शोर मचा सरकारी मदद वाली नाव दूध का पैकेट और ब्रेड आदि बाँटने के लिये लेकर आ रही है ... अपने लाडले की दूध की छटपटाहट के कारण उनका मिथ्या दंभ, दौलत का गुरूर धूल धूसरित हो गया और वह उसी पंक्ति में जाकर खड़े हो गये और दूध के पैकेट पाने का इंतजार करने लगे जहाँ लेबर बस्ती के मजदूर, नौकर सब लगे खड़े हुए थे ..परंतु प्रकृति के रोष के कारण आज उनके मन की सारी कटुता, मिथ्या अभिमान, दुर्भाव अपने आँसुओं के साथ बह गया था .

बाढ उतर जाने के बाद वह एकदम बदल चुके थे . उन्होंने अपने सभी कर्मचारियों को बाढ में हुए नुकसान के लिये मुआवजा दिया, उन्हें मान सम्मान दिया ... उनका अभिमान, घमंड और धन दौलत की श्रेष्ठता की भावना को इस बाढ ने सच्चाई का आइना दिखा दिया था .. जिन लोगों को हेय की दृष्टि से देखा करते थे, उन्हें अपने गले से लगा लिया था . अब उन्हें उन लोगों के साथ खाने पीने में कोई परहेज नहीं था वह पश्चाताप की आग में जल रहे थे ... ये उन्हीं के कुकर्मों का फल है कि प्रकृति ने अपना रौद्र रूप दिखला दिया है ... उन्होंने प्रकृति और पर्यावरण के साथ जो अन्याय किया है ...हरे भरे पेड़ों के जंगल को काट कर सीमेंट का जंगल खडा कर दिया उसी वजह से उन्हें प्रकृति के रोष को सहना पड़ा है .. आज उन्होंने मन ही मन में यह प्रण किया कि उन्होंने जितना पर्यावरण को नुकसान पहुँचाया है उसकी भरपाई के लिये अपनी सारी दौलत "वृक्ष लगाओहरियाली बचाओ "अभियान पर खर्च करके पर्यावरण को शुद्ध करने के लिये तन मन और धन तीनों को न्यौछावर कर दूँगा बस उस दिन के बाद से उनकी जीवन शैली और सिद्धांत बदल गये थे

उस दिन से अपने मन के भेद भाव और ऊँच नीच की भावना को सदा के लिये त्याग कर सबके प्रति प्रेम और समानता के भाव के साथ रहने लगे थे... गरीबों और जरूरतमंदों के लिये उनके दरवाजे सदा खुले रहते थे ..उनकी मदद करने से उन्हें आत्मिक खुशी और मन को अपूर्व शांति मिलती थी .



पद्मा अग्रवाल

मातृत्व

निम्न मध्यवर्गीय प्राइमरी स्कूल की अध्यापिका सुषमा जी आज पहली बार ट्रेन के ए. सी. कूपे में बैठने के लिये छोटे बच्चे की तरह उत्साहित थीं। उन्होंने सदा कल्पना लोक में विचरण करते हुये ए.सी. कूपे की ठंडक का अनुभव किया था। बेटी की जिद और उसी की अनुकंपा से उन्हें आज यह सौभाग्य मिलने वाला था। वह अपने जीवन की इस उपलब्धि पर गौरवान्वित महसूस कर रही थीं। उनके मन में अभिजात्य वर्ग के साथ कदम मिलाकर चलने में अपार संकोच का अनुभव हो रहा था। अपनी बर्थ पर पहुंचते ही उन्होंने अपने चारों ओर नजरें घुमाई, वहाँ सभी यात्री अपनी दुनिया में खोये हुये थे। उनके साथ उनकी बेटी मिनी और उसके बच्चे सनी मनी थे, जिनकी उम्र 4 और 6 वर्ष थी।

बच्चे तो आखिर बच्चे थे बस शुरू हो गई धमाचौकड़ी, कभी भूख लगी है तो कभी पानी की प्यास। कभी इधर भाग तो कभी उधर, सन्नाटे को चीरते हुये बच्चों के कोलाहल के कारण वह लज्जा का अनुभव कर रहीं थीं।

उन्होंने बच्चों को डाँटने के अंदाज में इशारे से चुप बैठने को कहा। आंखों ही आंखों के इशारे से उन्होंने अपनी बेटी से भी बच्चों को शांत रखने को कहा था।

वैसे तो इन बच्चों की बाल सुलभ क्रीड़ाये सभी यात्रियों को मुस्कराने पर मजबूर कर रहीं थीं। फिर भी शांत वातावरण में बच्चों का शोरगुल उन्हें अटपटा लग रहा था।

सामने की बर्थ पर एक अभिजात्य वर्ग की दक्षिण भारतीय महिला बैठी हुई थीं, उनकी उम्र लगभग 45 वर्ष, पक्का सांवला रंग, गोल्डेन फ्रेम के चश्मे के अंदर से झांकती बड़ी-बड़ी आंखें, नुकीली नाक के बाईं ओर डायमंड की दमकती लौंग, लिपिस्टिक से रंगे हुये होंठ, घने काले घुँघराले केश, गले में लगभग 15 तोले की मोटी लंबी सोने की चेन, और साथ में उतना ही लंबा भारी मंगलसूत्र, कलाई में डायमंड के चमचमाते कंगन, लाल चौड़े बार्डर वाली प्योर सिल्क की साड़ी उनके धनी होने की कहानी कह रही थी। वह फरटिदार इंग्लिश में अपने पड़ोसी यात्री के साथ धीरे धीरे बात कर रहीं थीं।

उनके व्यक्तित्व से आतंकित होकर वह स्वयं में ही सिमट कर बैठ हुई थीं। अनायास उन्होंने उनके साथ अपनी टूटी फूटी हिन्दी में वार्तालाप आरंभ किया। बातचीत का कारण सनी था। बातों ही बातों में वह सुषमा जी से घुलमिल गई। वह हिन्दी भाषा समझ लेती थीं लेकिन बोलने में कच्ची थीं।

लक्ष्मी अयंगर ने अपना परिचय देते हुये बताया कि वह आई. ए. एस. अधिकारी की पत्नी हैं। वह अपने भाई के पास बेंगलुरु जा रही हैं। वह बार बार अपने पति व्यंकटेश की बातें कर रहीं थीं। उनकी पसंद नापसंद का जिक्र कर रहीं थीं। वह सनी और मनी के आकर्षण में बंध गई थीं। वह बच्चों के साथ उन्मुक्त होकर बच्चों की तरह उत्साहित होकर खेल रहीं थीं। कभी उनके साथ तुतला कर बात करतीं, कभी बॉल खेलतीं। उनके संग वह स्वयं बच्चा बनी हुई थीं।





दोनों बच्चों के साथ खेलते हुये उनकी खुशी और उल्लास देखने योग्य था । सुषमा जी के मन में उत्कंठा हुई और वह लक्ष्मी जी से पूछ बैठी थीं," आपके बच्चे?"

उनके इन दो शब्दों को सुनते ही उनकी खुशी काफूर हो गई थी ,उनका चेहरा विवर्ण होकर सफेद पड़ गया था । ओर वह एकदम गंभीर हो उठी थीं ।

वह घबरा गई कि उन्होंने कोई बड़ी गलती कर दी है । वह स्वयं अपराध बोध से पीड़ित हो उठीं थीं, संभवतः उन्होंने उनकी कोई दुखती हुई रग छेड़ दी थी।

कुछ लम्हों के लिये वह एकदम चुप हो गई थीं। उनकी आंखें भीग उठीं थीं ,थोड़े अंतराल के बाद सामान्य होने की कोशिश करते हुये बोलीं," वह उच्च शिक्षा प्राप्त गोल्ड मेडलिस्ट धनी महिला हैं । उनके पास कोठी, बंगला ,कार,इज्जत, शोहरत, नौकर चाकर सब कुछ है । नहीं है तो एक अदद अपना बच्चा.... एक बार कुछ उम्मीद हुई थी लेकिन एक हादसे में सब कुछ समाप्त हो गया ।

ससुराल पक्ष के दबाव में पति बच्चा गोद लेने के लिये राजी नहीं हुये। उनका कहना है कि पराया खून पराया ही होता है । वह कभी अपना नहीं हो सकता ।

इसलिये मन के किसी कोने में मां न बन पाने का दर्द कचोटता कहता है । धन ,पद प्रतिष्ठा सब कुछ होते हुये भी मातृत्व के बिना अपने को अधूरा समझतीं हूँ।

अपने अधूरेपन से निराश होकर समाजसेविका बन गई हूँ।

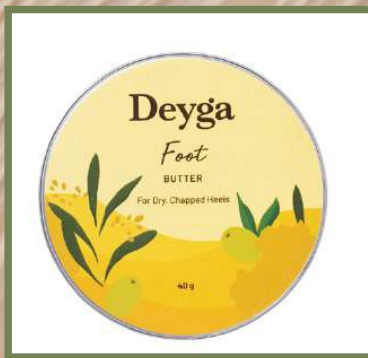
गरीब बच्चों को पढा कर उनकी सेवा के माध्यम से अपनी कुंठा और अपने अधूरे पन को भूलने का प्रयास करती रहती हूँ।"

उनकी बातें सुषमा जी के दिल की गहराई में उतर गई थी। वह स्तंभित होकर सोचने को विवश हो गई थीं कि क्या स्त्री की पूर्णता मातृत्व में ही है ।



पद्मा अग्रवाल

Mothers Day Gifting Stories



WILD FROOT: SKINCARE WARDROBE



Whilst I was eyeing the new products in the firmament of beauty, I found new creams of the many well marketed-to-be -known brands, I see the stall manager keenly approaching me to tick her sales and she dare say, **“Consider buying this for your pimple marks, it’s all natural ingredients.”**

I wanted to burst into guffaw, but remained a mute witness to their illiteracy towards brands. I could never foresee all these as I am the one who delve in this firmament from past 4 years with a surviving moto of healthy outlook, after I suffered the aftermath of devastating dermal treatments resulting in Xeroderma. I carried that skin for many months.

Back in 2018, I started a deliberate study on the subject and formulated my own skin care wardrobe. I pompously assert that I am a certified cosmetic chemist who passionately crafted each product of **‘Wild Froot’**. Wild froot is a Biome positive, Plant based and biocompatible skincare brand that offers products composed of mild ingredients to cater to all skin types, sensitive skin in specific. Our products are multi-purpose, gender neutral, mindfully curated, crafted with ethically sourced certified organic & wild-harvested ingredients which stays true to its name and a friend to nature rendering a bite of wellness for your soul, body and mind.

They are loved by populace and can be bought from:

Instagram: <https://instagram.com/wildfrootskincare?igshid=NTc4MTIwNjQ2YQ==>

Our brand is having a hard time persuading the younger generation to bid adieu to the high-in-chemicals products and stick to milder ones whose value they are sure to understand in the long term. Trust in raw, open ingredients. We solicit you to stick to the **‘Hand-made’** with a clean agenda of natural and healthy. On purpose, we have this curated in small batches not to hedge with quality.



CELEBRATE MOTHER'S DAY IN ELEGANCE: INDULGE IN LUXURIOUS DELIGHTS

Roperro is a brand that truly understands the importance of indulging in everyday luxury and there is no better time to do so than on Mother's Day. With a passion for high-end handbags, CEO, Arpita Katyal has made it her mission to bring luxury within reach for all and has created a stunning range of bags under the '**everyday indulgence**' vision, which offers a range of luxurious bags that are obtainable at a more affordable price point. What sets Roperro apart from other luxury brands is the exceptional attention to detail that goes into each and every design. With five sub-brands under its belt, Roperro offers an impressive collection of handbags to choose from, ranging from a sleek and sophisticated collection to stylish totes for everyday use and statement pieces that are sure to turn heads.



At Roperro, quality is never compromised. Every material and design is carefully handpicked by Arpita Katyal herself, ensuring that each bag is of the highest possible quality. This dedication to excellence is what sets Roperro apart from the rest, making it one of the few brands in India that boast a collection of every kind of bag that one could need.

So, this Mother's Day, treat your mom to the ultimate indulgence with Roperro's impressive collection of handbags.

Make a statement with our stunning handbags, featuring a chic and timeless design with an exquisite finish that radiates sophistication. Add a touch of charm to your outfit with our adorable collection, boasting cute and playful designs with an elegant finish. Perfect for carrying your essentials in style, a must-have accessory for any fashion-forward person.

<https://roperro.com/product/desiree-tote-bag-2/>



DRK JEWELS CELEBRATES BEAUTY



DRK Jewels, named after its founder, has been crafting exquisite jewellery mastering the art of valued brilliance. Renowned for its signature magnificent pieces and rare craftsmanship, DRK Jewels harmonizes classical tradition with modern interpretation of ancient aesthetic and techniques. The brand firmly believes that simplicity is the ultimate sophistication and this is reflected in the design philosophy.



The exquisite diamond choker necklace is a reflection of pure elegance that celebrates the beauty, independence and style of women. It is a bold statement piece created by the designer that empowers womanhood. It reflects sparkly affairs in the stunning craft.

With a lineage of over seven decades, DRK Jewels is a name to reckon with. It was founded in 1950 by Shri Dhani Ram Khanna, an ordinary man who hailed from a small town in Uttar Pradesh, India. He was a great visionary, who not only defied age but also overcame hearing impairments to start the business from zilch in his late 50's and made a mark for himself.



The third generation expands the legacy to blend new designs and technology with tradition to create modern eclectic jewelry with world-class designs. Parth Khanna has also travelled in many countries and interacted with local artisans to understand the art and intricacies of designs more deeply. He has honed his skills and knowledge through unconventional ways, like one of his masterpieces designed on Persian architecture's inspiration- Called the Persian filigree earrings. Paarth also derives inspiration from various forms of art and strongly believes that the best designs stem out of a deep emotional connect. He is advertently influenced by Leonardo Da Vinci and his style of art.

<https://drkjewels.com/>



PraanaPoorna: Handcrafted and Natural products



At PraanaPoorna, we believe in the power of nature to revive and transform lives. Our brand story is one of passion, determination, and a deep-rooted commitment to creating a sustainable and healthier world.

It all began with Smitha Kamath, a former IT professional from Bengaluru, who experienced the heart-wrenching ordeal of watching her two-year-old daughter suffer from acute skin allergies. Determined to uncover the underlying causes instead of merely treating the symptoms, Smitha embarked on a journey of exploration.

In her quest for answers, Smitha discovered that her family, and indeed people at large, were surrounded by harmful chemicals. Everything they consumed, from personal care products to food, was laced with harmful chemicals and preservatives that could lead to allergies and even diseases. It became clear that this was not an isolated problem but a widespread concern affecting the entire Indian population. This realization struck a chord with Smitha, compelling her to delve deeper into the issue.

Driven by a desire to understand why this was happening, Smitha immersed herself in workshops and seminars. Years of research led her to a profound revelation: the abundance of preservative-laden products in the market was a primary trigger for allergies and other health problems. This epiphany marked the beginning of her transformative journey.

With a burning passion to make a difference, Smitha Kamath decided to take matters into her own hands. She envisioned a world where people could lead healthier lives, free from the burden of allergies and diseases caused by harmful chemicals. And thus, PraanaPoorna was born.



Our handcrafted products are carefully produced, reflecting the wisdom of traditional methods. By embracing a circular economy, we reduce waste and maximize resource efficiency, contributing to a sustainable future.

Shampoo - Natural Origin saponin extract from Shikakai and Soapnuts with
100% Natural certified | Plant based | Non-Toxic
LabTested | Eco- friendly

PraanaPoorna Mosquito Repellent Daily Spray

100% Natural & Safe insect repellent spray that keeps mosquitoes at bay | Made with unique blend of essential oils | No Toxic fumes | Kids safe



PraanaPoorna Healing Skin Butter

100% natural origin, chemical free, multi purpose butter which Skin safe. Can be easily used by adults and children. It has a natural and safe fragrance. It also contains anti inflammatory properties. It helps in reducing wrinkles and age spots.

PraanaPoorna Basil Spray Aroma therapy Energizing spray

Promotes clear deep breathing and improves mental health. 100% Natural | Aroma healing| Plant based

<https://praanapoorna.com/product/praanapoorna-basil-spray/>



Raynakriti



Prakriti Gupta Singh, Founder- Director of Raynakriti Jewels. I was working as an HR Business Partner and heading HR business operations in mostly multi-nationals before I embarked on this adventure of starting my own homegrown label. It was a tough call to let go off a stable job that promised a handsome credit at the end of every month in my account. My love for dressing up, my passion for owning hand-crafted jewellery pieces for my own collection, being appreciated for the same and the desire to do something I could call my own, brought the Label Raynakriti into existence in 2014.

Rayna comes from my one and only daughter's name Rayna and Kriti is the latter half of my name.

My husband belongs to Rajasthan and has a deep cultural connection, that helped me to find the artisans who could craft what I desired to create. Every craftsman Raynakriti is associated with is skilled with both traditional and modern techniques and their hands weave magic.

Raynakriti delights every woman!

As a woman, you have so many responsibilities on your shoulders- Your home, your family, work-life balance and above ask yourself!

The decision to quit a lucrative job was certainly out of the box at that time.

8 years into the game. Raynakriti is a successful jewellery brand where we customise any kind of jewellery just to delight our customers. From 92.5 silver jewellery from not only India but also from Turkey, Thailand, parts of Europe and Indonesia, we have it all. Our forte is also crafting Jadau jewellery in 22ct gold, polki jewellery and so much more to choose from.

To know more you can follow us on various social media handles.

https://www.instagram.com/invites/contact/?i=1172ickeas8hgi&utm_content=nv3s700

Celebrate your love this Mother's Day with Deyga Organics

As the scent of freshly bloomed flowers fills the air, and the warmth of the sun shines down, we are reminded that Mother's Day is just around the corner. This is the day to celebrate the woman who has brought us into this world, nurtured us, and made us who we are today and it's a perfect time to show the most important woman in your life how much she means to you. From endless sacrifices to unconditional love, mothers are the pillars of light in our lives. With so many options available, it's hard to know where to start. To make your search a little easier, we've put together a list of unique and thoughtful gift ideas that any mom will love. Whether you're looking to surprise your mom with memorable gifts, or heartfelt gestures, we've put together a list of unique and creative ideas that are sure to leave a lasting impression on your mom's heart.

Please find below the list of amazing gifting ideas you can gift to your Mother this Mother's Day and make them feel special because the best way to a woman's heart is through her love for gifts"

1. Anti Aging Serum

The Deyga Anti-Aging Serum is a powerful, all-natural solution to combat the signs of ageing. This serum is formulated with a blend of nutrient-rich oils and antioxidants to hydrate, firm, and rejuvenate your skin.

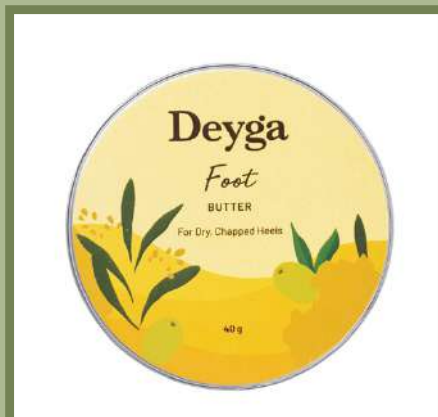
The lightweight formula of the serum is easily absorbed into the skin, leaving it feeling soft, smooth, and hydrated. It is suitable for all skin types and can be used day or night, as a standalone treatment or as a part of your skincare routine.

2. Foot Butter

The Deyga Foot Butter is a luxurious and nourishing foot cream that deeply moisturizes and softens your feet. This 100% natural and vegan product is formulated with a blend of nourishing oils and butter that work together to hydrate, repair, and soothe dry and cracked skin on your feet.

The rich, creamy texture of this foot butter is easily absorbed into the skin, leaving your feet feeling soft, smooth, and moisturized. Its refreshing scent of peppermint oil also provides a cooling and soothing effect, leaving your feet feeling refreshed and rejuvenated.

The Deyga Foot Butter is suitable for all skin types and can be used daily as a part of your foot care routine.





3. Baby Care Combo

The Deyga Baby Care Combo is a bundle of 100% natural and safe products that are specially designed to take care of your baby's delicate skin. This combo includes three essential products: Baby Soap, Baby Butter, and Baby Massage Oil. Each product is made with gentle, nourishing, and toxin-free ingredients suitable for your baby's sensitive skin.

These products are free from harmful chemicals, preservatives, and artificial fragrances, making them safe and gentle for your baby's delicate skin. They are also cruelty-free and vegan.

The Deyga Baby Care Combo is the perfect way to take care of your baby's delicate skin with natural and safe products. It is also an excellent gift for new parents looking for safe and effective baby care products.

4. Pre-mature Greying Oil

The Deyga Pre-Mature Greying Oil is a natural and effective solution for premature greying of hair. This hair oil is formulated with a blend of nourishing and potent herbs and oils that help to nourish and strengthen your hair from the roots, prevent hair fall, and delay premature greying.

The lightweight and non-greasy formula of the oil is easily absorbed into the scalp, leaving it feeling nourished and moisturized. Its refreshing scent also provides a soothing and calming effect, leaving you feeling relaxed and rejuvenated.

5. Essentials Gift Set

Our Gift Box with the bestsellers is wholeheartedly handpicked for you by us to bring the best of nature to your skin and hair. Gift this to your loved ones to make them feel super-special.

Gift Set includes:

Beetroot Lip Balm- For moisturized & soft skin

Aloe Vera Gel- For hydrated & clear skin

Charcoal soap- For clear & acne-free skin

Large Comb- To effortlessly remove tangles & boost hair growth

Liquid Gold Hair Serum- For frizz-free & Strong hair

Rose Toner- For fresh & glowing skin

Treat your mother to the ultimate beauty experience with Deyga Organics.

Availability: deyga.in

Kosmoderma Research Centre: formulating skin, hair, and body care products suited best for Indian skin types.

This Mother's Day, show your love in the most meaningful way possible and make it a day that your mother will cherish forever. surprise your mother by gifting skincare. With so many gift options available, choosing the perfect one can be overwhelming. To make your search easier, we've put together a list of unique and thoughtful gift ideas that will undoubtedly impress and delight any mom.

Please find below the list of amazing gifting ideas you can gift to your Mother this Mother's Day and make them feel special because the best way to a woman's heart is through her love for gifts"

1. Soap-free Daily Gentle Skin Cleanser

The first and foremost part of any skincare routine starts with cleansing. It's a multi-purpose face cleanser crafted with a unique formula providing an oil-free glow to the skin. Our soap-free face cleanser skin types thoroughly hydrate, cleanse, and protects the skin. With shea butter and oats i

ngredients, the skin remains soft and supple. This oil control face wash does not cause irritations or leave any residue that clogs pores. It's a sulphate-free and pH-balanced cleanser that cleans your skin from within. Protects skin from sun damage by 24/7 hydration. It's dermatologically tested and enriched with saponins by exfoliating the skin.



2. Next Gen Hair Shampoo for Hair Fall Control

A unique hair fall shampoo formulation for stronger, healthier, and smooth hair. Kosmoderma HairGen Shampoo for hair growth and thickness helps in combating hair fall and reducing hair damage. This dermatologist-recommended shampoo is an important product in the hair care kit for hair fall. This anagain and caffeine-rich hair fall control shampoo stimulate the scalp and signals molecules in the dermal papilla region of the scalp for reactivating hair growth. This dermatologist-recommended shampoo in India can be used by both men and women having androgenic or hair loss problems. The mild shampoo's cleansing agents not only nourish and strengthen the hair and scalp but also gently cleanse them.





3. Hyaluronic Acid Hydra Boost Gel

Kosmoderma's Hydra Boost Gel is an ultra-hydrating and nourishing gel that is specially formulated to provide intense hydration to the skin. This lightweight gel is enriched with natural and effective ingredients that work together to deeply moisturize the skin and improve its texture and appearance.

The gel is non-greasy and absorbs quickly into the skin, making it ideal for use as a daily moisturizer or as a base for makeup. It is also free from harmful chemicals, parabens, and fragrances, making it safe and gentle for all skin types.



4. Hydrating Skin Care Combo

The combo contains hydrating products that hold moisture on the upper layer of skin (epidermis). It also restores the skin barrier by giving it a supple and healthy look. The presence of hyaluronic acid, ceramides and glycerin in skincare products helps prevent water loss and preserve the skin's natural moisture barrier.

- 1 Photo Protect Sunscreen Gel
- 1 Daily Gentle Skin Cleanser
- 1 Ultra Moisture Blast
- 1 Kosmo Skin Hydrate Caps
- 1 Free Hair Gen Serum



5. Hair Care Combo for Hair Growth

Kosmoderma's Hair Care Routine Combo is an all-in-one hair care solution that is specially designed to help you achieve healthy, lustrous, and voluminous hair. This combo pack includes three products, each of which is enriched with natural ingredients that work together to nourish and strengthen your hair.

The combo pack includes a Hair Growth Shampoo, a Hair Growth Conditioner, and a Hair Serum. The Hair Growth Shampoo is enriched with Biotin and Keratin, which help to strengthen the hair and promote healthy hair growth. It also contains essential oils such as Tea Tree and Peppermint, which help to soothe and nourish the scalp.

Availability: <https://shop.kosmoderma.com/>

Irida Naturals | Eco Friendly Kitchenware Products



Irida Naturals, a sustainable kitchenware brand based in Bangalore, has been making waves in the industry by offering eco-friendly alternatives to traditional kitchenware products. The brand's products are made from eco-friendly materials such as wheat straw plastic, rice husk, and wood, with a focus on sustainability.

Irida Naturals has been committed to creating products that are both functional and beautiful, as well as sustainable, since its inception. Sooraj and Sanjana, the brand's founders, believe that small changes can have a big impact on the environment.

"We at Irida Naturals believe that sustainability is more than just a buzzword; it is a way of life. We are dedicated to developing products that are environmentally friendly, functional, and fashionable. We want to inspire people to make environmentally conscious decisions" Sooraj stated.

Irida Naturals' sustainable kitchenware collection includes plates, bowls, cutlery, bottles and more that are both functional and environmentally friendly. The items are ideal for environmentally conscious customers who want to make a difference by making sustainable choices.

Irida Naturals' sustainable kitchenware is available on their website as well as on Amazon. The brand is dedicated to developing sustainable and functional products that make a difference and inspire others to make environmentally conscious choices.

<https://www.instagram.com/iridanaturals/>

O'Mumsie - Organic Mother & Baby Skincare Brand

"We bring the kindest & purest skincare for mothers and babies"

Mother's Day is a special occasion to show your love and appreciation towards your mother. One of the best gifts you can give her is a set of skincare products. There are a wide variety of products available that are specifically designed for mothers. They include moisturizers, serums, toners, face masks, and more. These products help to rejuvenate the skin, reduce wrinkles, and provide a

healthy glow. So, give your mother the gift of beautiful, radiant skin this Mother's Day.

"We use organic ingredients that are perfect for nurturing sensitive, delicate, reactive or eczema-prone skin. Made with the utmost care, our collection combines exquisite, authentic natural ingredients, so you can rest assured that you and your baby's precious skin is in expert hands."

1. No-rinse Body Cleanser

This no-rinse cleanser cleans the baby without water. Our cleanser is gentle on their skin. Olive oil and Aloe vera work in unison to soothe, moisturize and nourish the skin. Damp a soft cloth with this cleanser and wipe to clean. Ideal for makeup removal to

2. Face & Body Butter

A rich butter for your kid's sensitive skin. Shea butter, Cocoa butter, and Jojoba oil make this butter nourishing and moisturizing. Apply this butter after a bath or whenever your kid's skin feels dry. Soft, supple skin for the whole day!



3. Detangler Hair Serum

This serum fights your child's frizzy and rough hair to give silky, shiny hair within minutes. It is enriched with pure coldpressed Avocado, Grape seed, and Nairoli oil. Simply apply the serum before combing for manageable hair

4. Sore Muscle Rub

This muscle rub comes with the power of heat and freeze therapy. Packed with natural botanicals, this muscle rub will de-stress your body while elevating your soreness. Massage the affected area for maximum effect

5. Mommy Essentials Kit

Happy Leg Gel:- A soothing leg gel for pregnant and post-pregnant ladies. Active ingredients like Spirulina, Aloe vera, and cucumber are present in the gel depuffs and relax the leg. Massage generously to activate the ingredients for a pain-free leg.

Headache Soother:- A powerful rub packed with soothing herbs. Use it whenever you start getting a headache or when stress slows you down. Massage your forehead, neck, and temples for a relaxed and soothing sensation.

Sore Muscle Rub:- This muscle rub comes with the power of heat and freeze therapy. Packed with natural botanicals, this muscle rub will de-stress your body while elevating your soreness. Massage the affected area for maximum effect.

Availability: <https://www.omumsie.com/>



Skin By Dr.G: Luxury Skincare Products

Skin By Dr. G. is a leading brand in luxury skincare products, known for its high-quality formulations that are backed by over a decade of dermatology expertise and on-ground practice. The brand takes pride in offering skin care solutions that are specially designed for Indian weather conditions, which can be harsh and unforgiving, and can take a toll on the skin.

With a range of variants that cater to different skin types. Dr. G. has become a go-to for those looking for effective skincare solutions that do wonders on the skin. The brand's products are designed to nourish and protect your skin from environmental stressors like pollution and UV rays, they are carefully formulated with gentle, high-quality ingredients for the skin. Whether you have oily, dry, combination, or sensitive skin, a Dr. G. product can help you achieve your skincare goals.

In conclusion, if you're someone who values quality skincare products and wants to invest in your skin's health, then Skin by Dr. G. is the perfect brand for you. With a range of luxury skincare products that are backed by an Indian award-winning dermatologist Dr. Geetika Mittal Gupta, you can trust that your skin is in good hands.

So why wait? Give your skin the care it deserves with Skin by Dr. G.'s luxury skincare range today!

Get 50% discount from Website :
<https://skinbydrg.com/>

Product List

1. Gentle Facial Foam
2. Avo Glow Mist
3. B3 Super Serum
4. Rose Bio Stem Cell Gel
5. Kakadu Plum & Orange Glow Gel
6. Face Oil





See you in the next edition