

# WOMEN SHINE

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Initiative of WE Foundation

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# CHIEF EDITOR'S LETTER

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#SHINEON

**APARNA MISHRA**

Founder , Women Shine

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Let's win over the world  
Let's change the story*

Celebrating **3 years** of Empowering Women, Inspiring Dreams, and making Voices heard!

Join us as we commemorate the incredible journey of **Women Shine Magazine**.

From uplifting stories to breaking barriers, we've shone a light on the brilliance and resilience of women everywhere.

Thank you for being part of our empowering community!

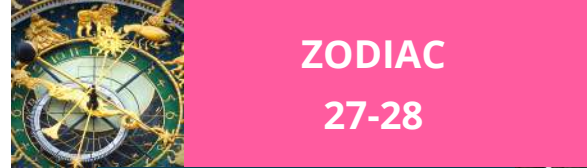
Here's to many more years of spreading positivity and empowering women to shine brighter than ever before.

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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# FORGING THE FUTURE: WOMEN LEADERSHIP SHAPES INDIA'S STEEL INDUSTRY



Gone are the days when the iron and steel industry was considered off-limits for women. Today, more and more women are joining the industry and making significant strides. The barriers that once stood in our way are gradually crumbling, thanks to a growing awareness of gender equality and a shift towards inclusive work environments. The future is promising and holds immense opportunities for women to thrive in the traditionally male-dominated field of the steel industry. As women, we are proving that we possess the skills, knowledge, and leadership capabilities to succeed in this challenging field.

## CHANGING PERCEPTIONS



Perceptions are changing, and the industry is realising the value of diversity and gender inclusivity. Companies are actively seeking to bridge the gender gap by creating equal opportunities for women to excel. This shift in

mindset is not just beneficial for women but also for the industry as a whole. Diverse teams bring fresh perspectives, innovative ideas, varied skill sets and enhanced problem-solving capabilities, ultimately leading to better outcomes and improved productivity.

Another crucial aspect that is shaping the future of women in the iron and steel industry is the establishment of supportive networks and mentorship programs. These initiatives



## SUPPORTIVE NETWORKS AND MENTORSHIP

provide women with guidance, support, and a platform to share experiences, overcome challenges, and foster professional growth. As women, it is essential for us to leverage these networks and build strong relationships that can empower us to navigate the industry successfully.



## LEADERSHIP AND ROLE MODELS



Women leaders in the iron and steel industry, like myself, have a significant role to play in shaping the future of aspiring women professionals. Many women feel apprehensive about entering male-dominated fields and often choose to stay within the comfort zone of their own gender. However, it's important to recognize that fear is the only barrier between women and their dreams. Instead of being intimidated by the unknown or unexplored paths, it's crucial to embrace them and carve a unique journey for oneself. By doing so, women can serve as role

models for others, inspiring them to break free from gender biases and join the steel industry. By leading with passion, competence, and resilience, we can inspire and pave the way for the next generation. It is crucial for us to actively mentor and guide young women, showing them that there are no limitations to what they can achieve in this industry. Let's work together to empower more women and liberate this industry from the constraints of gender discrimination.

## EMBRACING OPPORTUNITIES



The future of women in the iron and steel industry lies in embracing opportunities with confidence and determination. Women need to

equip themselves with the necessary skills and knowledge through education, training, and continuous learning. By staying informed about industry trends, advancements in technology, and market dynamics, we can position ourselves as valuable contributors and leaders in this field.

The future of women in the iron and steel industry is undoubtedly bright. Women aspiring to be part of the iron and steel industry must seize the opportunities before them, embrace

challenges, and unlock their full potential. Together, we can shape a future where women play an integral role in driving the growth and success of this vital industry.



**-Written By : Kairavi Mehta**



# Environmental Aspects of ACP

Association for Craft Producers (ACP), a non-profit and a non-government fair trade organization. ACP was incepted in 1984 to provide regular design expertise, technical assistance, management as well as marketing to low-income craft producers in general and women craft producers in particular which results in regular adequate wages to supplement the family income and improve the overall standard of living.

One of the major objectives of the association is to provide a safe, clean and productive work environment as well as to protect the environmental and natural resources and the locations where we operate. The Corporate Creed includes the pledges to "Protect the environment and natural resources in the locations where we operate to preserve them for the benefit of the communities we serve and for the future generation". ACP has always had Environmental concerns. We are committed to undertaking precautionary measures to prevent industrial pollution. For the preservation of Nepal's fragile environment, ACP has taken various steps in its production processes.







**Smoke-Free Environment:**

Taking into consideration the hazardous effect smoking has on the health of individuals as well as polluting the air, ACP discourages smoking. The producer and staff code of conduct strictly prohibits smoking inside the premises of the Association.

**Wastewater Treatment Plant:**

The production of handicrafts is done either in the ACP workshop or at the producers' own homes. In the workshop in Kalimati, numerous activities are executed from which printing and dyeing activities generate toxic wastewater. The source of wastewater at ACP is the block printing unit, screen printing unit and dyeing unit. From the printing unit, mainly cleaning of the equipment generate wastewater while from the dyeing unit, the wastewater exists from different dyeing

baths. The wastewater contains a lot of chemicals like dyes, bleaching powder, emulsifiers, binders, acids, salt etc. In 1994 with the help of a consultant from UNIDO, a simple effluent treatment plant was constructed.



**Rainwater Catchment System:**

Water consumption of the organization is very high. 75% of the water is used for dyeing and washing purpose. Taking into consideration the scarcity of water in Kathmandu, the Association installed a rainwater catchment system. A gutter had been affixed to the roof area of 3888 square feet. During the rainy season, water was collected in the underground tank with a capacity of 20,000 litres.



In 2005 as a part of an expansion of the cotton dyeing and processing unit, we dismantled the old collection tank and built a new underground rainwater collection tank with the capacity to collect 300,000 litres of water. Rainwater is collected and used for washing and dyeing purposes.



**Changeover from kerosene-based firing to electric firing:**

The ceramic kiln has been converted from kerosene based to an electric firing system. This has eliminated air emissions and sound pollution, reduced of the use non-renewable fuel in production and carbon footprinting.

**Installation of Solar Plant:**

In 2016 ACP installed a 32kWp solar plant on its premises. We have also installed a 4.96 kW solar system in our real store and solar water preheating system for our dyeing unit. This has largely contributed to self-reliance in energy.

**Product Development/ upcycling:**

product developments are being done using waste/ old materials e.g.- recycle yarn, silk sarees, scrap cotton fabric, and glass bottles. Recycled paper is used largely in producing paper products.

**Harnessing of steam:** The steam released during the cooling off of the boilers in the dyeing unit is used to heat the water required for the felting.

**Changeover from kerosene based to water-based printing inks and substituted acetic acid with hydrochloric acid:** We have substituted kerosene-based dye with water-based dyes. This has reduced the pollutant in the wastewater.

- Use of sustainable and biodegradable raw materials like clay, softwood, cotton, bamboo, wool and recycled paper

-Written By : Revita





# ARE WE READY FOR WOMEN ENTREPRENEURS?

The era of start-ups is in its golden period, in spite of the slow down, crashing unicorns & unprofitable businesses. Why? Because the ecosystem of start-ups has now matured. The number of patents has tripled in the last 5 years; however, women hold only 22.9% of patents internationally. In India, the percentage is much less.

But are we ready for women-led start-ups? With Falguni Nayar from Nykaa, Indira Nooyi from Biocon, and Melanie Perkins from Canva, being the poster girls for Unicorns, do they actually change the real scenario of women-led start-ups?

As per recent figures, only 14% of entrepreneurs in India are women, though globally the figure is one-third, which also means that there are 252 million women business owners in the world. In India, out of estimated 8 million women entrepreneurs, only 2000 women start-ups have been able to raise funding for their venture. Out of these 2000 women entrepreneurs, only 36% have moved to Series A funding.



According to Ms Anar Mehta Srishti Bharat Foundation in Ahmedabad says it was very tough to convince people to fundraising ventures led by women. It is a general mindset that men are superior to women when it comes to handling money.

It is especially difficult for women founders who are single or they do not have any family members on the founding team.

This is the situation when studies have shown that with at least one female founder inclusive team has outperformed all-male founding teams by 63%. It is also established that women founders are able to produce a more positive working culture. Sagarika Ghosh from Paaf Global Pvt Ltd, Kolkata was able to tie up with IIT Patna.



It is widely believed that most women lead start-ups are either towards marketing & liaising or extensions in households like cooking, decoration, stitching, designing or social start-ups. Only 8% of tech start-ups in India are led by women start-ups which utilise deep tech.

Since STEM is discouraged among female students at the education level, gender equality is still a distant goal in women's participation in technology.

Harassment on the basis of gender is equally a challenge. Namita Thapar is one of the victims. Calling her out or trolling her on the basis of her business would have been acceptable, but commenting about her worthlessness because she wears certain clothes or has access to money, is not what is right in any sense. Can we imagine people telling Aman Gupta of boAT that he dresses up too much?

Still, women are breaking the glass ceiling. Studies have shown that in Western countries, women have more opportunities now however in the Asian subcontinent they have fewer opportunities to raise funds as compared to men.

However, of late, the doors for women have been opening a bit more than earlier. While Funds set up by women to fund women-led ventures like Saha Fund, She Capital, AWE Capital, Kalaari, and Enzia Ventures, make it that much easier, the Government of India has also started loan schemes like Dena Shakti Scheme, Mudra Yojana Scheme, Mahila Samridhhi Yojana to elevate woman entrepreneurship ecosystem in India.

The fact that in the past the Private Equity and Venture Capital firms were run by male-dominated Boards and the majority looked at women as incapable of creating unicorns from their start-ups, this mindset is surely changing now. We are on our way to seeing a day where a boss is a boss, a doctor is a doctor, a lawyer is a lawyer and an entrepreneur is an entrepreneur.



**-Written By :**  
**Meghna Agnihotri**

# A JOURNEY TOWARDS SELF-DISCOVERY: SHWETANJILI SRIVASTAVA

*Shwetanjili  
Srivastava*



Born into a family of bankers, Shwetanjali was raised with a strong entrepreneurial spirit. Her mother, an accomplished businesswoman, has successfully run her furnishing boutique for the past 35 years. From a young age, Shwetanjali displayed exceptional academic prowess, consistently earning accolades such as the Student of the Year award.

With a natural inclination towards creativity, Shwetanjali found her calling in event design. She embarked on her professional journey as a copywriter for advertising agencies, collaborating with prestigious brands. This experience allowed her to hone her skills and develop a keen eye for detail.



As her career progressed, Shwetanjali seized the opportunity to design corporate and personal events for multiple renowned brands. Her ability to seamlessly blend creativity with strategic planning has earned her a reputation for delivering exceptional results.

Today, Shwetanjali stands as a respected professional in the field of event design, leveraging her expertise to create unforgettable experiences for her clients. With a passion for innovation and a commitment to excellence, she continues to push boundaries and set new standards in the industry.



She began her career in Delhi and, after getting married, she relocated to Lucknow with her extended family. It was in Lucknow that she founded her own handmade chocolate company, Chocofrills, in 2014. Since its inception, Chocofrills has thrived and evolved with the changing times, experiencing steady growth and success.

Shwetanjali is now a 38-year-old woman, who previously worked as an event designer. However, she had to leave her job due to the challenges of managing the office after the birth of her daughter.

With a background in psychology at the graduation level, Shwetanjali pursued further studies in this field and eventually ventured into the practice of spiritual therapy. After providing therapy to friends and relatives for five years, she took a significant step forward and established Mystic Vibes in November 2019.

After experiencing some relief, she embarked on a journey of studying spiritual therapy and promptly began applying it to herself. Remarkably, within a few months, she successfully managed to regulate her sugar levels and even ceased taking her blood pressure medication.

Despite the medical community's consensus that glaucoma is incurable, she found solace in the fact that her chronic pain had dissipated entirely. Encouraged by these positive outcomes, she gradually extended her spiritual therapy services to her loved ones and acquaintances, who were elated with the remarkable results they experienced.

Shwetanjali says "I specialize in a variety of modalities, offering my clients a range of transformative experiences. Through Intuitive Tarot Reading, Chakra Healing, Crystal Healing, Relationship Bond Awakening, and Pendulum Dowsing, I provide unique solutions for relaxation, peace, prosperity, career growth, business expansion, emotional healing, and enhancing one's marriage and love life.







**"My reputation has grown primarily through word of mouth, as people have experienced the incredible benefits of my therapies. To further connect with my clients and share valuable insights, I create WhatsApp groups and utilize platforms like Facebook and Instagram. Through these channels, I regularly send motivational quotes and Vaastu tips, empowering individuals to make positive changes in their lives."** Shwetanjali proudly says.

**"It is truly remarkable how even small tips can yield miraculous results. Allow me, Shwetanjali, to guide you on a journey towards self-discovery, healing, and personal growth."**



Get in Touch with  
Shwetanjali Srivastava



# Smashing Glass Ceilings: WomEntrepreneurs in the Design Business



In today's ever-evolving business landscape, women entrepreneurs are breaking barriers and reshaping industries traditionally dominated by men. The design business, known for its creative flair and futuristic thinking, is no exception. Across the globe, visionary women are fearlessly spearheading leading firms in the interior design industry, leaving an indelible mark on both aesthetics and business acumen. In this article, Monica Chawla, the Principal Designer at Essentia Environments, highlights the remarkable nuances of how the journey of various trailblazing WomEntrepreneurs is redefining success in the design business.

## Challenging Preconceived Notions

BusinessWomen in the design industry face unique challenges as they strive to create their mark in a traditionally male-dominated field. However, they have embraced these challenges as opportunities for growth and change. **“Visiting sites with ongoing work would sometimes pose a challenge as communicating with some labourers would be a little difficult. But with unflagged efforts everyday, we seem to have crossed that bridge. Endurance and consistency really is the key to this”**, says Monica. By challenging preconceived notions about gender roles and capabilities, the team at Essentia Environments has shattered stereotypes, gone beyond, and paved the way for future generations of aspiring female designers.



## Nurturing Creativity and Business Acumen



Successful Women entrepreneurs in the design business possess a powerful combination of passion, creativity, and business acumen. They seamlessly blend artistic vision with strategic thinking to create spaces that captivate and inspire. Their ability to envision the big picture while meticulously managing budgets, timelines, and client expectations set them apart. Through their expertise, they prove that innovative minds and strong business acumen go hand in hand.

## Building a Supportive Network

One crucial aspect of the success of women in the design business is their ability to build supportive networks. Collaborative design culture, according to Monica Chawla, is something that should be more profoundly and soundly promoted within the industry. **“The idea that you ‘live and learn to grow leaps’ is where this thought germinates from”**, she quotes. By forming alliances and associations with other women in the industry, they create a platform for sharing knowledge, experiences, and opportunities. These networks offer a safe space for mentorship, advice, and inspiration, fostering an environment where women can thrive and support each other.



## Championing Diversity and Inclusion

The rise of spearheading females in the design business has also brought to the forefront the importance of diversity and inclusion within the industry. These trailblazers champion inclusivity by embracing diverse perspectives, cultures, and talents. Their commitment to fostering diverse teams and creating spaces that cater to a wide range of individuals is transforming the design industry, making it more accessible and representative of the world we live in.





## Championing Diversity and Inclusion

WomEntrepreneurs serve as beacons of inspiration for aspiring female designers. By showcasing their achievements and sharing their stories, they empower young women to dream big and pursue their passions fearlessly. A thriving design business, Essentia Environments, undertakes many interns as well as designers under their wing. Monica and the team mentor them and then become the wind under their employees' wings to support them in the design journey that they decide to embark upon. Additionally, they actively contribute to nurturing the next generation of talented designers and leaders through mentorship programs, speaking engagements, and community initiatives. Many of them are also visiting faculties at various institutions and hence, promote an inclusive environment and motivate the youth that will shape the future of the country.

The rise of WomEntrepreneurs in the design business signifies a transformative shift in the industry. These visionary women have shattered glass ceilings and defied gender norms, leaving an inspiring legacy for aspiring designers. As we acknowledge and celebrate their remarkable achievements, let us continue supporting and uplifting females, creating a more inclusive and dynamic future for the design industry. Together, we can shape a world where talent knows no gender and where creativity thrives without limits.



**-Written By :  
Monica Chawla**



# Shop with Confidence, use a personal shopper

There's a place for you to go when you don't know what suits you more - be it the pool or the great outdoors. Unsure which colours flatter you? Not ready to try on that dress just yet? Turn your fashion fears into wins by meeting a personal Stylist/Shopper today! Maybe you're a college student trying to find your style, or a new parent looking to dress your bundle of joy for that perfect family photo. Perhaps you're a



busy professional with a well-curated collection of black and white formals - and while a classic, the new-age clientele demands something fresh and stylish from their wardrobe. Personal Shopping Services is just what you need! Helping find your style quotient, and helping you build your style within your budget, is what personal shoppers are great at.

Personal shoppers focus on understanding your preferences, style, and needs. They can tailor their recommendations and choices to align with your unique taste. Whether you're looking for a specific outfit for a special occasion or need assistance in selecting gifts, a personal shopper can provide a personalized shopping experience.

Using a personal shopper service can offer several benefits and make your shopping experience more convenient and efficient. Here are some reasons why you might consider using a personal shopper service:

First and foremost- There is a science to building your style. Body shape, lifestyle, work demands and most importantly achieving a personal style within your budget. Personal shoppers often have a deep understanding of different products, brands, and trends. They can provide valuable recommendations and insights based on their expertise, helping you make informed purchasing decisions.

**Keeps you up to date with trends:** Personal shoppers stay informed about the latest trends and developments in the market. They can introduce you to new styles, designs, or products that you might not have discovered on your own. This can be helpful if you're looking to update your wardrobe or stay current with the latest tech gadgets.

**Time-saving:** One of the main advantages of a personal shopper is that they can save you time. They are experienced in finding products and can quickly navigate through stores or online platforms to locate the items you need. This frees up your time to focus on other important tasks or activities.



Personal shoppers often have access to exclusive deals, discounts, and promotions that may not be readily available to the general public. They can help you find the best prices and potentially save you money on your purchases.

When choosing a personal stylist shopper service, consider factors such as their expertise, pricing structure, range of services, and customer reviews. It's also beneficial to have a clear idea of your budget, style preferences, and specific requirements to ensure a good fit with the service you choose. With the economic growth and expanding consumer spend of Indians, the concept of Personal shoppers is slowly but surely gaining momentum in the country.

Consumers are getting more selective about what they want to buy. They are increasingly relying on professional help to ensure they buy outfits and accessories that fit their lifestyle, personality, body type and skin tones.

It can be difficult figuring out what to wear for that important meeting, or if you should be pairing those mules with that top for the next office party. Not any more! Find your perfect fit, here to help you be effortlessly (and stylishly) dazzling every day.



**-Written By :  
Priya Rajesh**



# BEYOND THE TICKING CLOCK: EMPOWERING WOMEN WITH EGG FREEZING AND THE FREEDOM OF CHOICE

In the pursuit of gender equality, women have broken barriers and shattered glass ceilings across various spheres. However, the realm of motherhood still presents challenges and complexities that impact women's careers, relationships, and personal aspirations. Traditionally, society has defined motherhood as a biological deadline, leaving many women torn between their professional ambitions and starting a family. But what if we told you that a revolutionary option exists, one that liberates women from this conundrum and grants them the freedom to choose when to become a mother? Enter the groundbreaking practice of freezing eggs, a game-changing technology that heralds a new era of empowerment and autonomy for women everywhere.

## THE MODERN DILEMMA

As women strive to establish themselves professionally, the ticking biological clock can serve as a looming threat. Balancing career ambitions, education, and personal growth with the desire to become a mother can create enormous pressure and anxiety. Society often dictates that women must choose between either pursuing their dreams or embracing motherhood, leading many to feel compelled to make difficult sacrifices. This traditional view of motherhood as a limiting factor for women's progress is outdated and fails to acknowledge the multifaceted nature of a woman's identity.



## THE BIRTH OF EGG FREEZING

The concept of egg freezing, also known as oocyte cryopreservation, has transformed the landscape of reproductive choices for women. Initially developed to preserve fertility for women facing medical treatments with potential fertility-impairing side effects, egg freezing has evolved into a tool that enables women to embrace motherhood on their terms. By retrieving and preserving a woman's eggs at a young and fertile age, she can choose to delay motherhood while pursuing other life goals.

## HOW EGG FREEZING WORKS

Egg freezing involves a carefully orchestrated process. Women undergo ovarian stimulation to produce multiple eggs, which are then extracted through a minimally invasive procedure. These eggs are then flash-frozen using a technique called vitrification, preserving them in a state of suspended animation until the woman decides to use them. When she feels ready to start a family, the eggs are thawed, and if viable, fertilized with sperm and transferred into her uterus.



## BREAKING DOWN BARRIERS

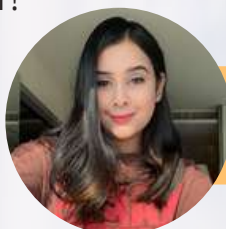
The concept of freezing eggs brings about a paradigm shift in societal expectations, granting women the freedom to shape their lives with greater autonomy. By removing the pressure of the biological clock, women can concentrate on personal development, advancing their careers, and nurturing their

relationships without fear of missing out on motherhood. Furthermore, this technology is especially empowering for women who may face health challenges or those in LGBTQ+ relationships, enabling them to build a family in a manner that suits their unique circumstances.

## CHANGING THE NARRATIVE

Egg freezing is not just a biological intervention; it is a tool for gender empowerment. Embracing this technology requires us to redefine motherhood and support women in their quest for self-fulfillment. Society must shed the notion that a woman's worth lies solely in her ability to bear children at a predetermined age. Instead, we should celebrate her resilience, courage, and ambition in carving her path, with motherhood being one aspect of her remarkable journey.

In a world where gender equality is an ever-persistent struggle, freezing eggs emerges as a beacon of hope for women seeking to navigate the intersection of career and motherhood. By offering women the freedom to decide when and how they embrace motherhood, this groundbreaking technology opens the doors to a more inclusive and compassionate society. As we break free from outdated norms, let us champion the cause of egg freezing as a powerful catalyst for empowering women to shape their destinies with autonomy and confidence. After all, when women shine, the whole world sparkles brighter!



**-Written By : Aditi Gupta**





# The Top 9 Superfoods for a Healthy Digestive System

We all know that eating well is crucial to maintaining our health, but did you know that some foods can also improve immune function and aid with digestion? Superfoods are packed with vitamins and minerals that can improve your digestion and reduce digestive problems. In this post, we'll examine 9 superfoods and explain why they're so healthy for digestion. A healthy gut system is essential because it is in charge of absorbing nutrients and eliminating waste. A healthy digestive system can help to balance your overall health, including your body, mind, and soul. Gut health is considered so important by some scientists that it is referred to as a **"second brain."**

## Fiber-Rich Foods:-



Fiber is necessary for maintaining a healthy digestive tract; it is the key component when thinking about digestion. Improving the passage of food through your intestines and assisting with waste removal, keeps your digestive system functioning properly. Whole grains, legumes, fruits, and vegetables are examples of foods high in fibre. One of the best sources of dietary fibre is whole grains. One of the finest foods to eat to get your recommended daily intake of fibre is oats, followed by quinoa and brown rice. One cup of quinoa has roughly 5 g of fibre, making it particularly high in fibre. Beans, peas, and lentils are just a few of the fantastic legumes that are high in dietary fibre. About 15 g of fibre can be found in one cup of cooked lentils.

## Probiotic Foods: -

Probiotics are good microorganisms that reside in the digestive system. They aid in preserving a favourable bacterial balance in the digestive tract, which can lessen symptoms of digestive problems like bloating and constipation. Fermented foods including yoghurt, sauerkraut, kimchi, and kombucha are examples of probiotic-rich foods. One of the most consumed foods that is high in probiotics is yoghurt. It is produced by fermenting milk with advantageous bacteria, which aids in the digestion of lactose and helps break it down. One cup of Greek yoghurt can contain up to 10 billion living cultures, making it particularly high in probiotics.



## Fermented Foods: -

Foods that have been fermented have been exposed to bacteria or yeast to promote the growth of beneficial microbes. This procedure aids in breaking down the meal, enhancing its nutritional worth and making it simpler to digest. Foods that are fermented include pickles, cheese, and sourdough bread. Cheese is a fermented food that contains lots of calcium and probiotics. It is produced by fermenting milk with advantageous bacteria, which aids in lactose breakdown and makes the cheese easier to digest. A type of bread called sourdough is produced by fermenting dough with helpful microbes. This makes the dough's carbohydrates easier to digest and encourages the growth of good microorganisms.

## Plant-Based Foods:-

In addition to helping in many other ways, protein is a crucial nutrient for the body's tissues to develop and heal. Beans, lentils, and nuts are all excellent sources of plant-based protein that can support a healthy digestive tract and strong immune system. Some of the best plant-based sources of

protein are beans and lentils. Due to their high fibre content, they aid in extending your sensation of fullness. About 15 g of protein is included in a cup of cooked beans or lentils.

## Healthy Fats:-

For the digestive system to be in good shape, healthy fats are crucial. They can aid in reducing inflammation in the body and are essential for the appropriate absorption of vitamins and minerals. Avocados, nut butter, and olive oil are examples of healthy fats. Avocados are another excellent source of good fats. They have monounsaturated fats, which help facilitate better digestion and lessen inflammation.





## Antioxidant-rich Foods:-

Antioxidants are substances that can aid in defending the body against harm done by free radicals. They can also aid in reducing bodily inflammation and enhancing digestion. Foods high in antioxidants include berries, dark chocolate, and dark leafy greens. Some of the best sources of antioxidants are dark leafy greens like kale and spinach. Also, they are rich in fibre, which might aid in better digestion and lessen constipation. Antioxidants included in berries can aid to lower inflammation in the body. They are also among the best sources of fibre, which can aid in controlling your cravings.

## Foods high in magnesium:-

Magnesium is a mineral that is necessary for several bodily processes, including digestion. Almonds, spinach, and dark chocolate are examples of foods that are high in magnesium. One of the best sources of magnesium is almonds. A standard serving of almonds has roughly 20% of your daily necessary magnesium intake, or 75 mg, in one serving. Around 157 milligrams of magnesium can be found in one cup of spinach. Furthermore, rich in fibre, spinach can aid in better digestion and provide the body with more energy.

## Foods high in Zinc:-

The body needs zinc for a number of processes, including digestion. Oysters, steak, and pumpkin seeds are a few of the meals that contain higher zinc. One of the best sources of zinc is oysters. About 74 mg of zinc, or roughly 500% of your daily requirement, can be found in three ounces of oysters.

## Water:-

A healthy digestive system requires water. Your body stays hydrated, which might lessen the signs of constipation, bloating, and other digestive problems. Strive to consume eight 8-ounce glasses of water or more each day.

The foods you eat can have a big impact on your digestion. Superfoods are high in nutrients and minerals that can benefit your digestive health. Eating these foods can help to reduce digestive symptoms as well as inflammation in the body.



**-Written By :  
Sakshi Singh**

# SPICY MANGO DRINK

## INGREDIENTS:

1cup peeled and sliced mango  
2 tbsp pomegranate  
2 tsp lemon juice  
2 tbsp chat masala  
2cup Sprite  
2green chilli for garnish  
2chopped green chilli

## METHOD :

Take two glass  
Put chopped mango  
Add pomegranate  
Add lemon juice  
Add chopped chilli and chaat masala  
Then ice and Sprite  
A spicy mango drink is ready to be served.



**-Written By :  
Richa Bhatnagar**



# BERRY - CITRUS SPARKLE MOCKTAIL

It's a refreshing experience for your taste buds this summer... try this amazing, flavor-explosive mocktail today...

## INGREDIENTS:

Grapefruit (wedges and juice)  
Lemon juice  
Blueberry  
Mulberry compote  
Ginger  
Mint  
Vanilla extract  
Sugar simple syrup or honey as per choice  
Chilled soda

## METHOD:

1. Take wedges of grapefruit, lemon, blueberry, ginger, and mint in a glass and muddle them.
2. Add berry compote (here I have used Mulberry compote).
3. To this, add simple syrup or honey, vanilla extract, and give a good stir.
4. Add ice cubes and pour chilled soda and enjoy.

Vitamins and minerals compounds found in berries, fruits, mint, and ginger relieve heat. Keeps the gut healthy, and provides a soothing effect to the body.



**Recipe By:**  
**Khushbu Bengani Nahata**



# MONSOON SEASON – TIPS TO STAY HEALTHY AND FIT

Monsoon showers have been blessing our surroundings. While nature blossoms in rain, the seasonal changes come with their pros and cons, as this season brings along a spectrum of health woes. As refreshing as it may feel, the onset of the rains brings with them a host of diseases and infections that can pose a serious range of health threats for you and your family. The good news is that staying healthy during these months can be as simple as taking the right precautionary measures at the right time.

A healthy diet is key to good health. Here are some simple & effective dietary tips to keep you healthy during the rainy season.

**Avoid Street Food:** During the monsoon season, it's advisable to avoid street food to prevent foodborne illnesses as the water used for preparation may not be safe & street food may be contaminated due to the increased humidity. Opt for freshly cooked, home-prepared meals instead.

**Consume freshly cooked meals:** During this season, try to consume freshly prepared meals and avoid leftovers, as they may be a breeding ground for bacteria and fungi. Consuming freshly cooked warm foods helps maintain body temperature and aids digestion. Soups, stews, lightly spiced curries, and steamed vegetables are good options.





**Exercise caution with salads:** Raw salads may be a breeding ground for bacteria and parasites and may lead to digestive issues, especially during the monsoon season. If you choose to consume salads, ensure that they are washed thoroughly and hygienically prepared.

**Stay Away from Excessive Oily and Fried Foods:** While occasional indulgence is fine, try to limit your intake of oily and fried foods as they can lead to sluggish digestion and weight gain. Opt for lighter cooking methods like grilling, baking, or steaming.

**Include fibre-rich foods:** Foods rich in fibre help regulate digestion and prevent constipation, which can be common during the monsoon season. Include whole grains, oats, lentils, and fresh vegetables in your meals.

**Stay Mindful of Seafood:** If you consume seafood, be cautious during the monsoon season as it can be prone to spoilage. Fresh seafood can be scarce or contaminated during the monsoon season. Avoid raw or undercooked seafood as it can pose a risk of foodborne illnesses. If you choose to consume seafood, opt for thoroughly cooked seafood dishes & ensure it is fresh and from a reliable source.

**Increase immune-boosting foods:** Include immune-boosting foods like garlic, ginger, turmeric, and spices such as cumin and coriander in your meals. They have antimicrobial & anti-inflammatory properties and can help strengthen your immune system & help protect you from seasonal illnesses. Include them in your cooking to enhance the flavours and reap their health benefits.

**Stay Hydrated:** It's essential to stay hydrated. Drink plenty of water & fluids throughout the day to keep yourself well-hydrated. Avoid excessive intake of caffeinated and sugary beverages.

**Consume herbal teas:** Herbal teas like ginger, tulsi (holy basil) and cinnamon can help soothe your throat and boost immunity. These teas have antimicrobial properties and can aid in digestion.



**Choose light, warm soups:** Opt for warm soups and broths made with vegetables and lean proteins. These are not only nourishing but also help keep you warm and hydrated.

**Include seasonal fruits and vegetables:** Consume a variety of seasonal fruits and vegetables. They are rich in essential vitamins, minerals, and antioxidants that can help boost your immune system and protect you from common monsoon illnesses.

**Go for lighter meals:** Opt for lighter meals that are easy to digest. Include steamed or grilled foods instead of heavy, fried, or oily foods, as they may lead to digestive issues.

**Increase Vitamin C intake:** Vitamin C helps boost immunity and protects against common monsoon-related illnesses. Include citrus fruits like oranges, lemons, and grapefruits in your diet, as well as Indian gooseberries (amla) and bell peppers.

**Stay Active:** Don't forget to engage in regular physical activity to maintain a healthy lifestyle. Exercise helps boost your metabolism, improves circulation, and supports overall well-being.

**Hygiene is crucial:** Practice good food hygiene with increased moisture and humidity during the monsoon season, as the risk of food contamination rises. Ensure proper hygiene while handling and cooking food. Wash fruits and vegetables thoroughly, cook food thoroughly, and avoid consuming leftovers.

**Maintain personal hygiene:** Keep yourself clean and maintain good personal hygiene to prevent the spread of infections and illnesses. Wash your hands thoroughly before cooking or eating and maintain cleanliness in your kitchen to prevent foodborne illnesses.

**Use natural antiseptics:** To wash fruits and vegetables, add a few drops of vinegar or salt to a bowl of water. This can help remove dirt, pesticides, and potential contaminants.

**Stay mindful of food storage:** Store food properly to avoid spoilage and contamination. Keep perishable items refrigerated and consume them within the recommended time frame.

So, during the monsoon, it is very important to focus on maintaining a healthy and balanced diet to support your immune system and overall well-being. Keep yourself healthy by carefully choosing what you should and should not eat during this season & enjoy monsoons to the fullest.



**-Written By :  
Dt. Ranu Singh**



# TAROT PREDICTIONS



## Aquarius

**Tarot card: Ace of Pentacles**

Whatever you've been doing, keep it up, Aquarius, because this card doesn't suggest anything other than grand success and all the good vibes a person could ever want. While this mainly concerns itself with material issues, it easily covers the area of health and well-being also. Whatever challenges you've been wanting to get over will easily be gotten over with this month, Aquarius. If you've put in the time, then you will read the rewards of your efforts, no matter what topic those interests apply to. Inner work will bring you peace, and you'll once again feel very secure in your life.

**Keywords for the month: winning, security, clarity**

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## Cancer

**Tarot card: Ace of Cups, reversed**

July brings you an interesting challenge that will revolve around how well you take the big change that is about to take place in your life. This reversed Ace is similar to a test: what you want isn't happening, but does that not lead you in the direction of something else, something even better? Here's your chance to make lemonade out of lemons, Cancer. There is much success here for you, but it's going to be all about how you use your intelligence to perceive the innate opportunity that awaits you.

**Keywords for the month: twist, renewal, ideas**

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## Gemini

**Tarot card: Five of Wands**

Major change occurs during the month of July '23 for you, Gemini, as you are finally able to put so much into proper perspective. There are sacrifices you'll be making this month, but you know what needs to go and what needs to be worked on. This card suggests that you have been waiting for the right moment to jump-start your career, and this is indeed an auspicious month for you in this regard. Stay on track and fight the good fight, Gemini; don't let distractions sway you too far off course. Stay on target.

**Keywords for the month: change, focus, bravery**

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## Virgo

**Tarot card: Page of Cups**

What July brings you is innocence and that feeling of being able to experience joy from a child's point of view. This could imply a new love or maybe a change for the better within the relationship you are already in. This card is always joyful in its way, as it doesn't ask for much, which suggests that during July, you will not ask for much as well. That leads to you being satisfied with just about everything. And for you to spend a month without complaint, that's a life changing event. July brings you joy and relaxation.

**Keywords for the month: lightness, laughter, acceptance**

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## Sagittarius

**Tarot card: Nine of Pentacles, reversed**

July has you entering into a new state of gratitude as you have come to realize that you are indeed the luckiest person in the world...or at least, it sure does feel that way. You get what you get and you don't get upset, and that's the way it is. You recognize how much time you've wasted in complaint and now all you can see is that every day is blessed beyond belief. You have the money, the job, the love and the health; it's that good, and July lets you get in touch with humility and gratitude for all that you have.

**Keywords for the month: humble, grateful, satisfied**

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# Scorpio

Tarot card: Eight of Pentacles

July is all about the party for you, Scorpio, except this is no ordinary party. You are all about getting together with friends, eating at exceptional restaurants, and spending until your heart's content. You aren't interested in being told how to live your life, and you may even fluster a few of the people who are in your life now. However, July is not about holding back, on emotion, opinion, or indulgence, and you will do what you want to do, in spite of the naysayers who beg to differ.

Keywords for the month: rebellion, ego, gratification

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# Taurus

Tarot card: Ten of Wands, reversed

July brings an entirely new focus into your life and it is interestingly enough — a career. You have dabbled in several areas that interest you, but it will be during July of 2023 that you figure out what you really want to do. Don't be surprised if your eventual landing pad is in the natural sciences. Agriculture and earth-based interests look profitable and interesting to you. Go where your passion leads you, Taurus, as this is truly a very expansive and good time for you to be involved in all things life-affirming.

Keywords for the month: life, science, career

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# Leo

Tarot card: Knight of Wands, reversed

Now that the summer is in full blast, you too, feel fiery and enthusiastic about life. You may run into the occasional obstacle here or there at work, but you'll continue to pull through no matter what. You have a very keen sense of where to put your money this month, and as per usual, you will always find a way to get attention for your creative endeavors. Whatever troubles you this month will easily be eradicated in creative acts; you will be praised for your abilities and you will direct yourself to new experiences.

Keywords for the month: momentum, joy, experience

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# Pisces

Tarot card: Three of Pentacles

July brings you an artistic month filled with planning and execution. You may be someone who is running an event, and you are exceptionally interested in the details here, or, you may be planning a vacation, and the time you put in will be well worth your while. The month in general brings you the fruits of your labor; if you put in the time, you'll see the rewards come to you. July of '23 lets you feel like you're in control of your creative will and you will be putting much of your energy into the arts.

Keywords for the month: creativity, solutions, ingenuity

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# Aries

Tarot card: Queen of Pentacles

This month brings you a great sense of self, and honestly, you've been doing some very intense 'inner work' and it seems that now it's seriously paying off. This card shows that you are in your power now; you aren't messing around, but you do have a great sense of humor. The thing is, you make allowances for good humor but you've always got your eyes on the prize. During July of 2023, you, Aries, will finally feel as though you've arrived.

Keywords for the month: confidence, authority, courage

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# *The Lines of Separation: Book Preview*

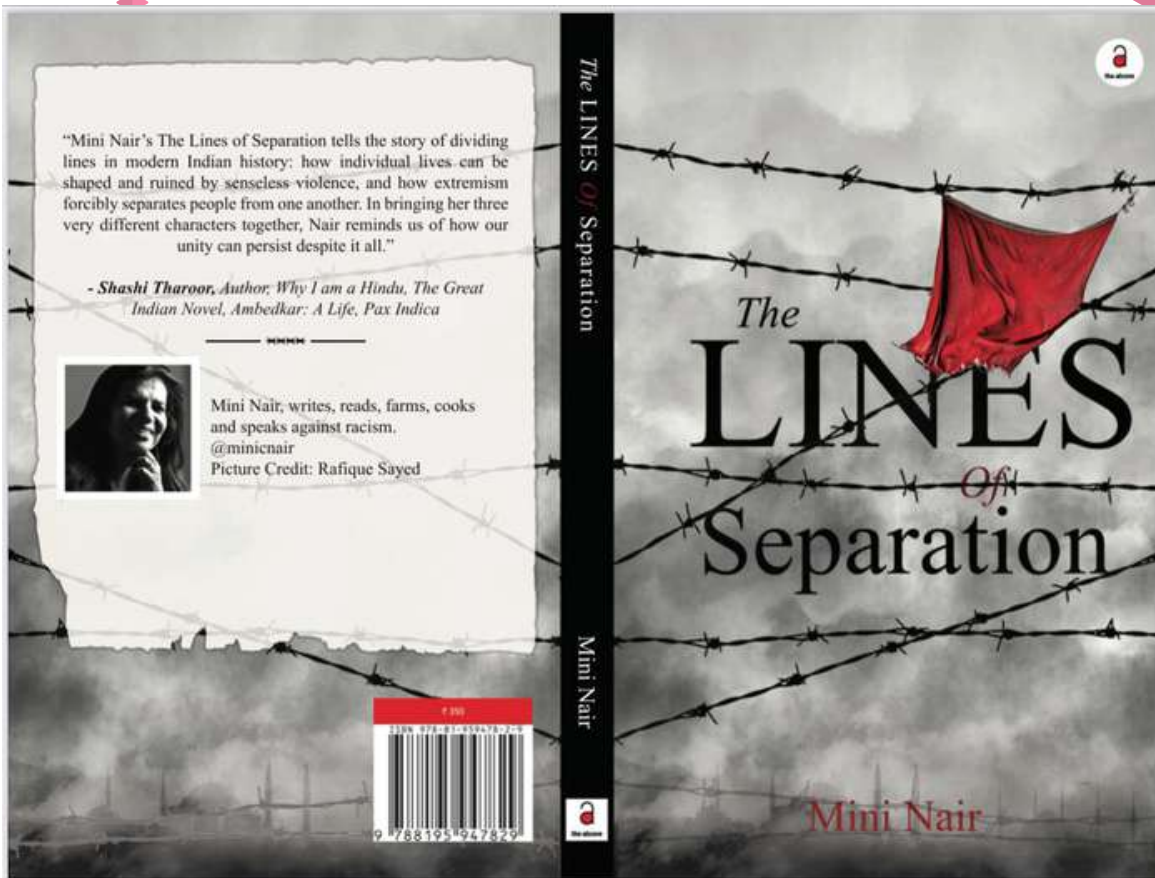
**T**he Lines of Separation is a story of three women, Subhadra Menon, Zohra Khan and Rehana/Saraswati Sheikh. Each woman has a past that intersects at some point in the story. Subhadra the central character, having lost a lover, Altamash, to the Mumbai riots, is constantly in a state of guilt and yearning. Rehana an illegal migrant from Bangladesh, who changes her name to Saraswati, to assimilate into majoritarian India is a domestic help at Subhadra's home. She fled her homeland to escape the perennial poverty and her transformation to Rehana is woven in.

When the covid pandemic brings a lockdown, Subhadra starts a quiz on Twitter where she posts food from Kerala and asked people to identify it. Zohra Khan, from Lahore, Pakistan identified it as intriguing Subhadra. This led to the story of Zohra whose ancestors fled from India in 1947 but left a missing grandmother behind in Mumbai. Subhadra helps Zohra locate the missing grandmother with the help of Arif, a police officer who also fled Mumbai in the 1992 riots.

Saraswati, also, after an accident makes her way back home to Bangladesh.



Subhadra happy with the closure that Zohra and Rehana get, decides to look for Altamash, after thirty years. Arif helps her since that was just about the time, he too had fled Mumbai as a young boy.



**“ Mini Nair’s *The Lines of Separation* tells the story of dividing lines in modern Indian history: how individual lives can be shaped and ruined by senseless violence, and how extremism forcibly separates people from one another. In bringing her three very different characters together, Nair reminds us of how our unity can persist despite it all. ”**

**- Dr Shashi Tharoor**

The book is available on:  
**AMAZON:** Add a little bit of body text  
**KINDLE:** Add a little bit of body text



**Team WS**



# बारिश और बचपन

निया ऑफिस से निकली स्कूटी स्टार्ट करते ही बादलों की रिमझिम से उसका मन भीग कर बचपन में पहुँच गया था जब बारिश में अपने संगी साथियों के साथ भीगना, झूला झूलना, गीत गाना और डांस करना उसका सबसे प्रिय काम था. उन्हीं यादों में खोया हुआ उसका मन उल्लसित एवं तरंगित हो उठा था. आकाश में सतरंगा इंद्रधनुष देख कर प्रकृति की रचना से आश्चर्य चकित हो उठती. गली में छोटे छोटे बच्चे कागज के टुकड़ों को फाड़ फाड़ कर पानी की धारा में बहा कर उसके पीछे गाते हुये भाग कर खुश हो रहे थे.

काले मेघा पानी दे, काले मेघा पानी दे

पानी दे गुड़ धानी दे, पानी दे गुड़ धानी दे

वह भूल गई थी कि अब वह 50 वर्ष की उम्रदराज महिला है. उसने बच्चों से कागज झपट कर ले लिया और नाव बना कर जब बच्चों को दी तो वह किशतियाँ तैरा कर ताली बजाने लगे उनकी खुशी देख कर वह स्वयं को भूल कर कागज की किशती को तैरा कर प्रसन्नता के अतिरेक से बच्चों की तरह ही ताली बजाने लगी थी. वह स्वतः ही गाने लगी थी....

काले मेघों के घिरते ही

कागज की किशतियाँ बस्ते में

बन कर रख ली जाती थीं

बरसाती गड्डों के पानी में छप छप

कर मटमैले पानी में भीगना

फिर डर लगना कि

भीगे बालो से घर जाना

हम कितने होते थे बेपरवाह

ना ही माँ की डॉट की फिकर

ना ही बीमार पड़ने का डर

जब भीगे हुये कीचड़ में सने

घर आते तो पता होता था

कि डॉट से शुरू होकर

प्यार से बाल पोछने पर खत्म हो जायेगी

मेरे चेहरे की मासूमियत पर

माँ भी मुस्कुरा उठती थी

निया फिर से बचपन को जीकर वह अत्यंत प्रफुल्लित थीं.



पद्मा अग्रवाल



See you in the next edition