

WOMEN

SHINE

VOL 39.0 | AUGUST EDITION

Initiative of WE Foundation



Inspiring Stories

Divorce Discovery

Whispering Thoughts

The Queen Tells her Story

Equality by Empowering Women



NEHA BHATT



CHIEF EDITOR'S LETTER

#SHINEON

APARNA MISHRA

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*Let's reach for the sky
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**

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

Aparna Mishra
Founder-Editor, Women Shine
#Shineonwomen

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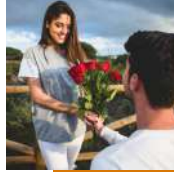
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Unlocking Creativity and Learning: How Art and Education Platforms are Empowering Children

Passé are the days when societal challenges such as social equity, gender equity, and racial issues were predominant concerns. However, in today's competitive world, children are facing various obstacles that make them doubt themselves, feel inadequate, and have low self-esteem. In response to these challenges and to assist children engage with community, civic, and social issues, art education has come to the rescue. Though art has been a part of the education system for centuries, its significance is often overlooked. Albeit recently, in 2019, the necessity for well-rounded learners was recognized by educational policymakers, which sparked a trend of including art as a disciplined focus in educational platforms.

Additionally, it is no surprise that in the era of digitalization, various industries have embraced technological advancements, and education is no exception. This is where, to provide students with a sense of connection and community, allowing them to express themselves and connect with others, various online art and education platforms emerged. While art education is the umbrella term, it encompasses learning different art forms and leveraging art as a medium to comprehend various concepts in mainstream subjects. Consequently, the rise of art and education platforms has become a guiding force in empowering children, unlocking their creativity and enhancing their learning experience.



Here, let's delve into the details of how art and education platforms are empowering children:



Nurturing Creativity:

With the real world at odds with the standard classroom experience, art and educational platforms appeared as stepping stones to nurture creativity. These platforms utilize advancements in art to create games that unlock creativity, foster artistic expression, and provide an immersive learning environment for young artists worldwide. Thus, children gain confidence in their capacity to learn new things by engaging in arts and learning activities. Additionally, art encourages risk-free experimentation, which builds confidence and enables them to see things from a variety of perspectives.

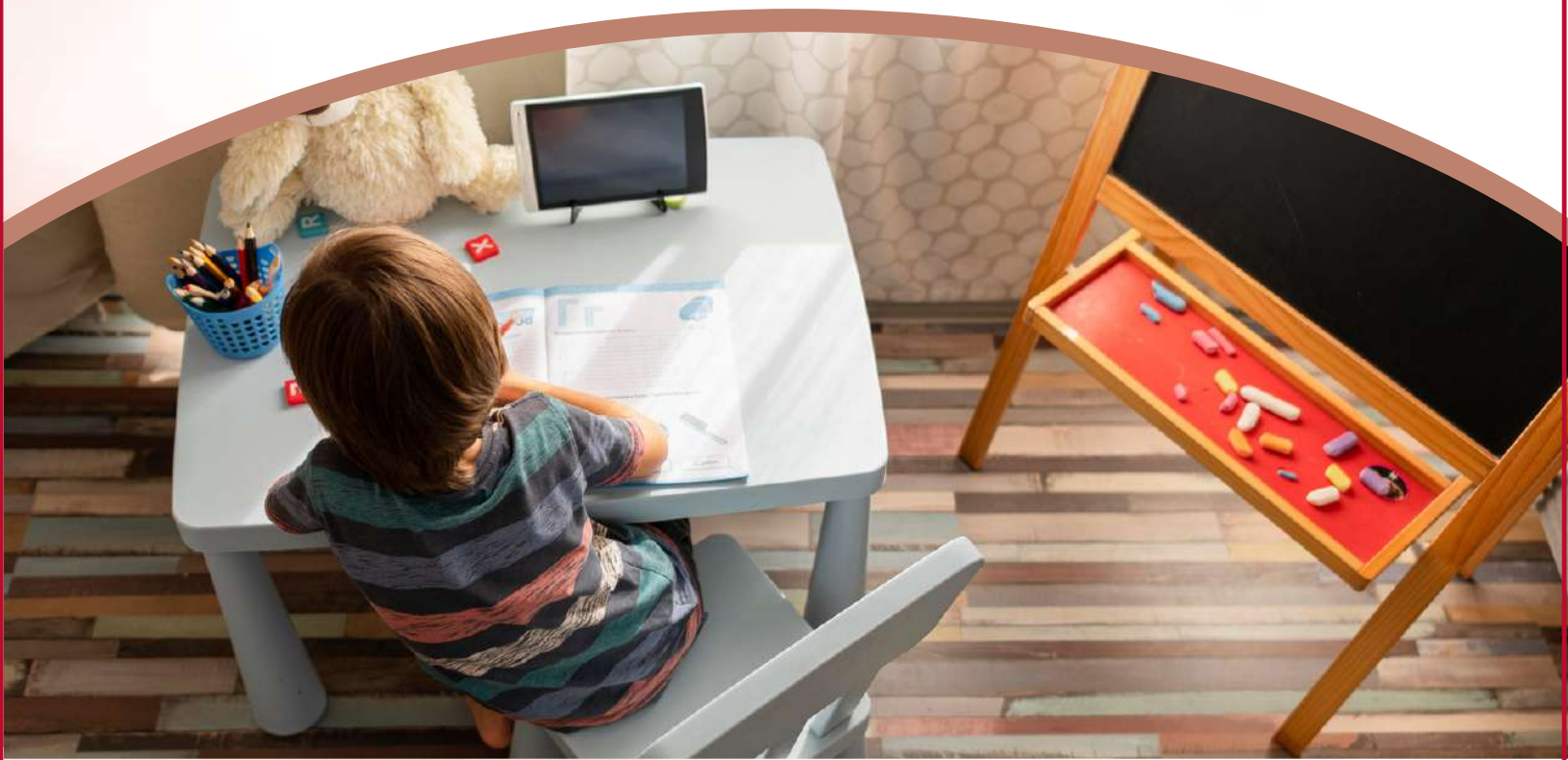
Developing Problem-Solving Skills:

With the real world at odds with the standard classroom experience, art and educational platforms appeared as stepping stones to nurture creativity. These platforms utilize advancements in art to create games that unlock creativity, foster artistic expression, and provide an immersive learning environment for young artists worldwide. Thus, children gain confidence in their capacity to learn new things by engaging in arts and learning activities. Additionally, art encourages risk-free experimentation, which builds confidence and enables them to see things from a variety of perspectives.



Fostering Critical Thinking:

In recent years, studies have demonstrated the importance of creativity and the arts in improving children's well-being. Thus, through art and education platform, children are encouraged to analyze and interpret visual information, strengthening their critical thinking abilities. Furthermore, children can experiment with various roles, emotions, and experiences, which helps them get a better knowledge of who they are and where they fit in the world. They also acquire the ability to discern patterns, comprehend opposing viewpoints, and make defensible choices in their creative endeavours.



Immersive Learning Environment

Gone are the days when education was only limited to four walls, but with advances, it has become accessible and boundless. This is where the adoption of art and education platforms comes into play by providing an immersive and dynamic learning environment that captures children's attention. Children can learn complicated subjects such as arithmetic, physics, and history more enjoyably and memorably by engaging in artistic activities. As children witness the development of their creative skills, they gain confidence in their overall learning.

It is not an overstatement to say the arts and education platforms have come a long way and are now playing an important role in empowering children by encouraging their creativity and equipping them with useful skills for academic and personal growth. Children who participate in art education can benefit from an interesting and immersive learning environment as well as improved problem-solving skills, critical thinking, and confidence. These platforms give children a safe atmosphere in which they may express themselves, collaborate, and communicate with the outside world, ultimately preparing them to tackle life's challenges with creativity and resiliency.



**-Written By :
Manya Roongta**

What if a fraud happens?

Let's talk about Financial Fraud!

When we hear the word fraud, we get scared. We think, 'OMG A fraud happened!'

Let's talk about the simplest financial fraud.



We'll take a scenario:

A lady was going to the market when someone from a bike came and pulled her golden necklace. This is the simplest fraud in finance. When we hear about all these thefts, from that day, till 7-8 days, all the ladies passing from that lane will wear a stole, or they will cover their chains and go out, and sometimes they stay alert that anyone is coming from behind, coming on a bike, etc. All this stays for 7-8 days, then this fever goes off, and from the 8th day the routine continues till the next fraud occurs.

Today we will learn about frauds and their protection.

Firstly, don't be afraid of fraud. If you are not investing and thinking, 'What if a fraud happens?' then you are wrong.



Just take the below precautions:

If you are doing big or small transactions, please do not connect that device to free public Wi-Fi. Do not do any financial transactions using public Wi-Fi.

Then, always turn on your mobile internet when not in use because this can be used for cyber fraud. I learnt this effective thing from my friend Ms Anupama Basrur, a renowned and competent Cyber Security Expert.

Then, we always get attracted by a free app or game. India is a very free-free mindset country. In that app free editing happens, in that app image is created for free etc. Very good. Obviously, all the free apps would have ads. So, there would be many ad distractions in between. Many times, these ads want that you do something. And normally, we wait for that skip ad button on YouTube also. And these people who make ads highlight that button with which you can go to their website. Sometimes these buttons get clicked but that opens 4-5 tabs more in the background. Which we can't see in the browser or the phone. Be aware. These small Little apps that open in the background, can be dangerous. And sometimes even your credit card details get copied.

Whenever you set passwords, set them very strong, specifically for your banking or any UPI or something like that. And always remember to have a two-factor verification authentication

Never get trapped in- the "You have a bonus unclaimed on insurance policy" kind of calls. These have even statements like "RBI/SEBI/IRDA senior official is on the line"! Why would a regulatory officer call us for an unclaimed bonus????!!

Check website URLs correctly specifically Amul and Anmul.

There should be no remote access to your computer.

You should have Ready access to the helplines of companies and regulators. As RBI rightly says, Jaankar Baniye, Satark Rahiye!

Women, you are the home ministers... This finance ministry step is also yours!



**- Written By :
Priyanka Acharya**



ADVANCING PROGRESS AND EQUALITY BY EMPOWERING WOMEN



With the increasing importance of women professionals, the human resources (HR) industry has seen a significant transition. In this article, we examine the crucial part that women play in HR, highlighting their accomplishments, difficulties, and the transforming influence they have on workplaces all around the world. We hope to spur further development in establishing inclusive workplaces that fully utilize the potential of all HR practitioners by celebrating the successes of female HR professionals and highlighting the significance of gender diversity in HR.



Initiatives to Promote Gender Diversity

Organizational initiatives to promote gender diversity are being spearheaded by women in HR. They understand how crucial it is to develop an inclusive workplace culture where each person is treated with respect and worth. They play a crucial role in putting into effect laws and procedures that support gender-neutral equal chances for professional growth and career promotion by supporting diversity and equity.

Women's Evolution in HR Throughout History

Women's engagement in HR has gradually increased over time. In the past, men predominated in HR positions. But during the last two decades, there has been a noticeable shift, with more women assuming senior roles and making important contributions to the industry. Their intrinsic capacities for empathy, communication, and relationship-building have proven to be priceless advantages in the HR industry, which focuses on people.

Eliminating the Glass Ceiling

Although they have made great strides, women in HR still have a long way to go before they can break through the glass ceiling. Gender biases, stereotypes, and established norms frequently serve as barriers. Nevertheless, many women have successfully broken down these obstacles and attained the highest levels of HR leadership, acting as role models and champions for present and future female HR professionals.



Encouraging pay equity and justice

The promotion of pay parity and fairness inside firms is crucially aided by women in HR. They support equal pay for equal effort by examining compensation plans and detecting any potential gender inequalities. Their efforts not only assist female workers but also boost the organization's overall productivity and performance.



Achieving Success by Overcoming Obstacles

Women in HR still run through challenges in their careers despite their successes. It is still possible for bias and discrimination to prevent someone from moving up. Their commitment to effect change and promote more inclusive workplaces is further strengthened by these difficulties. They encourage people to persevere and seize growth chances by sharing their experiences and tales.

With their distinctive viewpoints and ideas, women in HR are transforming the field of human resources. They have not only changed workplaces via their leadership, commitment, and advocacy for gender equality, but they have also paved the way for upcoming HR generations. The invaluable contributions of women in HR will surely be at the forefront of building a more equal and successful working environment as firms continue to embrace diversity and inclusion. Let's recognize their accomplishments and work together to make gender equality in HR and other fields a reality in the future.



**- Written By :
Pranavi Gupta**

Never Say Die: Neha Bhatt

Have you ever been to Ahmedabad and especially the Sabarmati River Front????

There is a very common sight which is very new to the people there One could; see a young woman selling tea near the tea stall by the name " Ampu Tea" at Sabarmati Riverfront Event Centre.



She has happened to take social media by storm with her awe-inspiring grit, bravery and ambition. She lost her leg in an accident 18 months ago and is an amputee. Recently, she started a tea stall called '**AmpuTea**' given her condition and the desire to not be dependent on anybody.

Neha Bhatt was a teacher in a well-known school in GIFT City in Gandhinagar before she met with an accident when she was travelling between Ahmedabad to Mahuva in Saurashtra in November 2021.

The GSRTC bus was hit by a truck coming from the opposite side. Bhatt, who was sitting in the front row, was severely injured. She was the only passenger who was critically injured and admitted in Asarwa Civil Hospital.

Due to profuse bleeding and injury, her left leg had to be amputated. This started off an immense struggle in her life. But she chose not to be cowed down, and started a crowdfunding campaign that raised Rs 10 lakh. She underwent several medical procedures and got a prosthetic leg made with the help of the people.



Neha lost her job as she was no longer able to take care of small children as a teacher in a pre-primary class. And so she started selling tea at the riverfront with her parents' help. "We lived in Mahuva and my father had a modest job. I studied and got a job as a teacher in a school in Gandhinagar, and started living in Bapunagar.

During a trip to Mahuva, our bus met with an accident and my left leg had to be amputated," said Neha Bhatt, who opens her tea stall at 2 pm and does business till 11 pm.



Neha is quite a tea connoisseur herself and also good at business. "At one point, I broke down and thought of ending my life. But then I started to listen to other inspirational stories.



I was particularly impressed by the story of Arunima Sinha, the world's first amputee who conquered Mount Everest, and also Sudha Chandran, an actress and dancer with a prosthetic leg. I appealed to people for funding and got Rs 10 lakh to get a prosthetic leg," she said.

Over time, videos and photos of Neha selling tea have gone viral. People come to meet and support her. "After I lost the job and stopped getting a salary, I had to look for ways to make money and be independent. I am glad that people are with me and I hope to live up to my dreams," she said.

Team WS

Some common breastfeeding mistakes every mother should avoid



Breastfeeding is an important and beautiful element of parenting, with various advantages for both the mother and the baby. As natural as breastfeeding may feel, it's not always easy. There is a lot that can go wrong with nursing, from choosing a comfortable breastfeeding position to ensuring that the baby is latching properly. Unfortunately, new mothers frequently make blunders that negatively impair their breastfeeding journey. Therefore, mothers must recognize and avoid these blunders to foster a successful and joyful breastfeeding experience.

Some of the most common breastfeeding mistakes every mother should avoid -

• Poor Latch:

A proper latch is one of the most important components of breastfeeding. A poor latch can result in ineffective milk transfer, painful nipples, and insufficient milk supply. To avoid this error, make sure the baby's mouth covers not only the nipple but also an adequate portion of the areola.

• Ignoring Hunger Cues:

Babies possess unique eating patterns, and it is crucial to promptly identify their hunger signals. Waiting for a baby to cry as a sign of hunger can hinder breastfeeding efforts. By recognizing early hunger symptoms such as lip smacking, rooting, or putting hands to mouth, it is advisable to offer the breast and ensure that the baby burps after each feeding. Swiftly responding to hunger cues not only minimizes frustration but also enhances the likelihood of successful nursing.



• Inconsistent Feeding Schedule:

Establishing a consistent feeding schedule can be beneficial for both the mother and the baby. Babies thrive on routine, and breastfeeding at regular intervals helps stimulate milk production and maintain a healthy milk supply. Avoiding long gaps between feedings and ensuring that the baby receives frequent, adequate feeds help prevent issues such as engorgement and low milk supply.

• Supplementing with Formula:

One common breastfeeding mistake that every mother should avoid is supplementing with the formula too soon. While there may be valid reasons to introduce formulae, such as low milk supply or medical concerns, it is important to understand the potential impact it can have on breastfeeding. Early formula supplementation can interfere with establishing a sufficient milk supply and disrupt the delicate balance of demand and supply between the baby and the mother. Breastfeeding works on a principle of supply and demand, and supplementing with formula can decrease the demand for breast milk, leading to decreased milk production. It is crucial to seek guidance from a lactation consultant or healthcare professional before considering formula supplementation to ensure it is necessary and done in a way that supports successful breastfeeding.



- **Inadequate Breast Emptying:**

Ensuring that the breasts are adequately emptied during each feeding is crucial for maintaining milk production. Let the baby feed from one breast for a sufficient duration before switching to the other breast. Ensure they've received both foremilk and hindmilk. Emptying the breasts thoroughly helps stimulate milk production and prevents issues like engorgement or blocked ducts.



- **Neglecting Self-Care:**

Breastfeeding can be demanding, both physically and emotionally. Many mothers make the mistake of neglecting self-care while focusing entirely on their baby's needs. Remember to take care by eating nutritious meals, staying hydrated, and getting enough rest. Practising self-care not only supports overall well-being but also contributes to successful breastfeeding.

- **Lack of Support:**

Breastfeeding can sometimes be challenging, and having a support system in place is crucial. Seek help from experienced breastfeeding mothers, join support groups, or consult a lactation consultant for guidance and encouragement. Surround with individuals who understand and support the breastfeeding goals & can make a significant difference in one's breastfeeding journey.

Breastfeeding is a learning process for both mother and the baby. Embracing mindfulness in breastfeeding can truly elevate the experience. By Seeking guidance and support when it is essential, and with patience and perseverance, one can overcome any challenges that arise along the way.

**-Written By :
Dr Shelly Singh**

PIRUL Handicraft: Transforming Pine Waste into Empowerment and Livelihood Generation



Khetikhan, a picturesque village nestled in the Uttarakhand hills at an impressive altitude of 1815 meters, offers breathtaking vistas of the snow-capped Himalayas and expansive pine forests. Traditionally, the village thrived on cattle rearing and agriculture, but challenges like climate change, erratic rainfall, and wild boar disturbances have hindered their progress. Also, the abundance of pine needles in the area poses a major risk of forest fire.

Turning this risk into an opportunity for the region, Dr Nupur Poharkar initiated PIRUL Handicraft as a Fellowship project with SBI Foundation's Youth for India program, to revolutionize the way pine waste is managed. Recognizing the potential impact of the project on local communities, she was later joined by her sister, Sharvari Poharkar, a textile designer from NIFT, to scale up the initiative for the rural women of Khetikhan and surrounding villages. With a shared vision of inclusive growth and a desire to make a difference, the sisters actively lead the enterprise, empowering women and addressing environmental challenges caused by pine needles.



PIRUL Handicraft's Approach:

By collecting and processing the pine needles, the PIRUL initiative creates a variety of exquisite craft items such as baskets, mats, and decorative pieces. The skilled artisans of PIRUL Handicraft transform the seemingly worthless waste into valuable commodities, imbuing them with creativity and artistry. It is also successful in tackling environmental issues, with the upcycling process removing approximately 2000 kg of pine needles monthly.

Empowering Women and Creating Livelihood Opportunities:

One of the core objectives of PIRUL Handicraft is to empower women in the region by providing them with an alternate livelihood. By imparting training and skill development, the initiative equips women with the necessary craftsmanship techniques to earn additional income of INR 5000-7000 depending on the orders received. By connecting these artisans to a larger consumer base, PIRUL Handicraft opens up new avenues for income generation, ensuring a consistent demand for their

creations and a sustainable income in return. It aims to train around 100 rural women in 2023 in the Kumaon region and empower them with the skill set.



PIRUL Handicraft serves as a shining example of how innovative thinking can address environmental challenges while empowering marginalized communities. By transforming pine waste into beautiful craft items, this initiative provides women in Khetikhan and the nearby villages of Tyarsun, Pati, Pamda, and Jhulaghat, with an alternative livelihood, economic independence, and a platform for self-expression. Through their remarkable efforts, PIRUL Handicraft not only beautifies the surroundings but also creates a sustainable future for both the environment and the local community.

-Written By : Dr. Nupur Pohalkar

"BEING PASSIONATE IS THE KEY TO SUCCESS."

These lines truly go with a trained preschool teacher, now an acclaimed baker Asti Sheth, owner of Asti's Bon Appétit, Thane, Mumbai.

A Passionate Homecook turned into a home baker,



Started her baking journey in her hometown Vadodara. Astis Bon Appetit had gained popularity in the city by providing delectable cakes. Who had entered in Masterchef India 5, and reached in the top 60.

Another feather in the hat after Masterchef India received the certificate of achievement from Jindal Cocoa and ranked in the Top 50 home bakers in the rest of India.

A self-taught baker, who has hands-on whipped cream, alluring in-house flavours and untarnished finishing. Her elegant, simplistic & minimalistic confections stand out in the crowd. Even passionately she loves preparing her forte - Gourmet cuisine too.

A well-known baker of Vadodara relocated to Mumbai in 2022. With the support of friends and family have started over again in Mumbai with zeal, a new wave of emotions, and new patterns now serving the Mumbaikars with her appetizing and succulent confections. All the scrumptious in-house tried & tasted recipes are curated unassisted from scratch. With passion and agony Asti has marked her footsteps in the Baking World; committed to providing the best, hygienic cakes which one can moreish.

She loves what she does, she does what she loves.



- Written By :
Asti Sheth

Divorce Recovery

What is it?

No it's not alimony recovery services, if you were thinking so. Recovering from a Divorce is what we are talking here.

Do you know someone going through a Divorce or Separation? Then this article will be of help to them.

A divorce lawyer gives a person a legal opinion. A financial planner gives a financial recommendation. But is one in a right mental and emotional state to take those big decisions of their life? That's where a Divorce Recovery Coach (DRC) comes into picture.



WHO is a DRC?

A Divorce Recovery Coach is a professional who offers emotional support and mental well-being services, coaching & mentoring around the journey of Divorce along with all the information one may need to walk this path. They work closely with the Divorce Advocates and Financial planners if needed. It is a stressful period in someone's life, and a Divorce Recovery Coach can help them ensure they make wise decisions.

WHAT is in DR Coaching?

Divorce Recovery Coaching is a flexible, end-objective driven approach, designed to guide, motivate, and support people going through divorce to empower them to make best choices of their current situation and redesign their future consciously, wisely.

Based on their particular interests and concerns, the approach is extremely centralized and customized to their need.

A few reasons why people chose to work with a DRC:

- DRC helps a person find the core reason of their distress and touch-base with their underlying fears to resolve them.
- DRC helps one understand the importance of Self care, Self Love especially when you feel empty, feel alone. Whether it's taking time to relax or looking after one's health or identifying passions.
- DRC help you arrive at a reasonable financial agreement. It is easy to get carried away with emotions running high.
- DRC help one settle post-divorce issues, including parenting, feeling anxiety, loneliness, guilt, frustration, lack of self worth... rebuilding one's life, dating and moving on after divorce.
- DRC help the entire family focus on the future. The relationship may have ended but one may be tied together forever with their ex-partner if they have children. It's important for the family can consciously move forward.
- DRC assists a person to communicate with clarity & confidence, without the haze of intense emotions clouding their perception.
- DRC saves a person's valuable resources: time, intent and money. The longer one spends arguing about arrangements for the children or finances, the more lawyers may bill you. These costs escalate quickly, but a DRC can help you close an agreement quickly and fairly.

With a 50% increase in divorces post covid, it is an issue we can no longer afford to push under the carpet. The need of the hour in this society today, is to address the two Social Stigma around Divorce and Mental Health together and openly. It's high time to normalize divorce in the society, without making the people involved feel guilty, ashamed or disgraceful about it. A Divorce needs to be viewed as a respected option out of an abusive marriage and not as taboo.



If you know someone going through a difficult phase like this one, please lend them a non-judgmental ear, a safe space where they can open up their inner most feelings or guide them to a professional empathetically.

Summarizing it, we need as many GOOD LISTENERS today as we need GOOD SPEAKERS.



**- Written By :
Punita Lakhani**



Tarot



TWO OF CUPS

Scorpio

Tarot card: Two of Cups

Your card is the two of cups, Scorpio or Scorpio rising. August brings you plenty of partnerships. This is a time to collaborate with others. You'll likely have a very busy social calendar and can anticipate making a new important connection in the midst of it all. August is bringing you soulmates in the capacity of both platonic and romantic relationships. Soulmates are harmonious interactions that bring us a deeper sense of comradery. Step outside of your comfort zone, Scorp, and go interact with the world. It's a positive month for love and friendships. Offer your cup of love, and you won't be disappointed.

f / @mysticvibesindia

Shwetanjali Srivastava
SHWETANJALI SRIVASTAVA
PSYCHOLOGIST, THERAPIST AND SPIRITUAL HEALER



THE EMPRESS

Virgo

Tarot card: Empress

Your card is the empress, Virgo, or Virgo rising. It's a month of blooming. This is a major arcana card in tarot, which is indicative of a transformative time. You're approaching the month from an empathetic and nurturing perspective. Many are viewing you as "having it all." However, you've become this prosperous person through the understanding of practicing healthy boundaries. This is a time of allowing yourself to give and receive, Virgo. As an Earth sign, you enjoy consistency. August will not only promise such, but it will bring an increase in success. You're manifesting at an all-time high right now. Go after what your heart desires. Have fun, Virgo!

f / @mysticvibesindia

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Gemini

Tarot card: The Hierophant

Your card is The Hierophant, Gemini, or Gemini Rising. It's a month of stepping into an authoritative role. It could be you land a promotion during this time or are expected to take the lead in some sort of capacity. Structure and a methodical approach can help create the strategy needed for the month. However, check in with yourself if you're becoming too fixed, rigid, or complacent with your mindset and daily routine. August could feel contradictory. It brings the question of when is conventionalism helpful or actually causing harm. You're an air sign who thrives off living unconventionally and always being innovated. Stay true to your authentic vision for life while maintaining the discipline needed to get goals done. You're a thought leader, Gemini. Don't forget it, baby.

f / @mysticvibesindia

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Cancer

Tarot card: Judgment

Your card is Judgment, Cancer or Cancer rising. This is a major arcana in tarot and it's indicative of an important time in your life. August is bringing you relief through answered prayers. It's a month of renewal for you. Feeling refreshed upon clarity about important matters in your life. New information that is significant circulates your way this month to pave a new path in your journey. Choosing to integrate a deeper sense of self-awareness and accountability is where your true growth awaits you in August. You'll tap into enlightenment when you replace judgment with empathetic understanding. Lend a helping hand this month if you can.

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PSYCHOLOGIST, THERAPIST AND SPIRITUAL HEALER



Capricorn

Tarot card: Page of Pentacles

Your card is the Page of Pentacles, Capricorn, or Capricorn rising. You're full of ideas this month. You're probably viewing the month from a naive perspective. However, this is what is giving you a creative boost. You're focused on building your money this month and would benefit from collaborating with others in order to do so. You're feeling lighter in August. This is a much-needed change from the last six months. There could be a small increase in money coming your way. Invest it wisely so that you may manifest it wisely. Responsibilities may have felt like they were becoming a burden until now. You're seeing the fruits of your labor pay off and seeing the potential for the future as you continue striving towards your goals.

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Taurus

Tarot card: Eight of Wands

Your card is the eight of wands, Taurus or Taurus rising. Things are moving fast in August. It's a pleasant change now that the nodal axis has left your sign. You might've felt this year to be difficult and challenging so far. However, the year is going to fly by for you. This is a great month for travel or moving into new environments. Think of August as a month of transitions and big full-circle moments. It's an exciting month for you — full of energetic shifts. Be mindful of when you're not feeling grounded. This month will require stamina. You could feel completely drained by the end of the month if you didn't pace yourself with everything you're taking on. You'll have tons of energy and tons of enthusiasm. Grab life by the horns, Taurus.

f / @mysticvibesindia

Shwetanjali Srivastava
SHWETANJALI SRIVASTAVA
PSYCHOLOGIST, THERAPIST AND SPIRITUAL HEALER



Aries

Tarot card: Three of Wands

Your card is the three of wands, Aries or Aries rising. This is a month of expansion for you. You can expect August to get you fired up and ready to take the lead. You're tapping into your inner explorer. This month feels expansive for you and you're realizing all the possibilities that await you.

It's a time of celebrating your growth and reflecting on your hard work. Now is the moment to build a new plan forward. Proceed in new endeavors. You have the longevity on your side that it takes to create a wealth legacy. It's a great month for taking risks.

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Libra

Tarot card: The World

Your card is The World, Libra, or Libra rising. This is a major month for you. New portals are opening up for you. There are big decisions to be made this month. Equally, there are many opportunities within your grasp.

You're feeling an intuitive urge to expand. You also could be feeling the need to make dramatic changes that you know are for your highest good. August will help you usher in new cycles. You must confront limiting beliefs and fixed attitudes as it relates to how abundance can manifest. There are unseen forces working in your favor at this time. You must surrender to the knowing that nothing is written in stone. However, good fortune is on your side at this time. Take that leap of faith. Crush any fear. You've got this, amiga.

f / @mysticvibesindia

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Sagittarius

Tarot card: Four of Cups

Your card is the four of cups, Sagittarius or Sagittarius rising. This is the card of missed opportunities. August might seem like it's not going perfectly your way. They say every rejection is divine intervention. This month presents you with the opportunity of being a visionary. Perception is alchemy. Instead of focusing on the lack, you'll find the month to be more productive when you release sulking tendencies and move into action. You might not have all the answers now, but they will reveal themselves to you this month. It's a month of learning and following through on your word.

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Aquarius

Tarot card: Four of Pentacles

Your card is the four of pentacles, Aquarius or Aquarius rising. August is a month of organizing and restructuring. Maybe in a literal sense, but more so, getting clear about your intentions. It might feel uncomfortable, but there will be chances needed at setting healthy boundaries with others. This is a month of moving out of chaos and into self-restraint. You can only control, literally, what you can control. There's no use in stressing over matters that are within reach. Once you streamline your efforts, you'll move into a confident energy of productivity. Sit with yourself this month in healthy isolation in order to align with your true vision.

f / @mysticvibesindia

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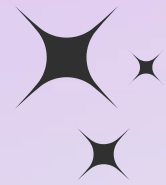




Leo

Tarot card: Nine of Pentacles

Your card is the nine of pentacles, Leo or Leo rising. You're feeling like the star that you are. Plus, it's your birthday month — or birthday season. Happy solar return to our Leo baddies. This is a card of wealth and fulfillment. Shinning bright like that star you are, Leo. This is also a card that represents confidence and success. There is great news coming in. You're watching your empire unfold and observing all the magical blessings in your life. This month is best spent exuding your charisma and confidence. People want to be around you at this time. They're finding you magnetic and appealing. This is giving you major access to the law of attraction. Cultivate your visions and call in your blessings by sitting in the embodiment of the lioness.



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Pisces

Tarot card: Eight of Cups

Your card is the eight of cups, Pisces or Pisces rising. This is a month of self-discovery. With Leo's and Virgo's energies influencing you for the month, you're receiving a lot of newfound clarity. You've likely reached a resolution that certain matters must have their ending. It could be a bittersweet month of goodbyes. However, there are so many open doors ahead of you. It's a month of closing cycles and looking for the deeper meaning in it all. Put on your explorer hat. Life's about to hand you bigger blessings as a reward for your courage. A sentimental matter can turn into an opportunity for ancestral healing. Be proud of the continuous progress you're making in the area of self-worth.

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THE QUEEN TELLS HER STORY: SUTAPA BASU



Sutapa is well-known for her best-selling historical fiction, *Padmavati, The Queen Tells Her Own Story* published in 2017 by Readomania Publishers.

Her second historical fiction initiated the *Invader Series* with *The Legend of Genghis Khan* was published in 2018 by Readomania Publishers and continued with *The Curse of Nader Shah* was published in 2019 by Readomania Publishers.

Sutapa's short stories have appeared in anthologies, *Crossed & Knotted*, *Defiant Dreams When They Spoke* and *Write India Stories*. Her poems have been published in *Muse India*, *Kaafiya*, *The Dawn Beyond Waste* and *The Remnants of Loss*. Let's know about her in conversation with Dr Preeti Talwar.

PT- How did you start writing, was it in your genes or during childhood or after reaching adulthood?

SB- Well, I did have a grand uncle who was very well-known as a poet. Since the age of seven, I used to write scripts for plays that we staged at home. I have always been writing poems and stories something or other throughout my teenage years and even after marriage while raising a family. I have been writing but never thought that it was worth it. So, it was only in 2014 that I decided to publish my work. I was working at that time with the publishing house *Encyclopedia Britannica*. And I just decided to drop my corporate career and continue writing. Everyone felt I was crazy to leave a cushy job.

It was at this juncture the *Write India* campaign happened. And I submitted my story like so many others, and to my utter surprise, my name was announced as the Winner. I never believed it until the *Times of India* people got in touch with me and confirmed the news. That was the turning point in my life.

Soon I found a publisher called *Readomania*, and they to published my first book which was *Dangle*. a psychological thriller. So, my romance with writing started and is still going strong day by day.

PT: After winning the "Write India" campaign you became a celebrity overnight. How did you handle the celebrity status?

SB: I was delighted and it boosted my confidence. The Times of India gave a very good platform to all writers who were the winners.,

PT: Write India campaign was the kickstart and you started pursuing your calling...

SB-Absolutely because from Oxford I shifted to Britannica where I started the vertical for educational publishing. Britannica didn't have any educational publishing.



PT: Did you get an epiphany to chuck away a well-paying job?

SB: While I was working I had to commute from Delhi to Dwarka. It was a long distance and I used to think a lot during that time. Both stories and poems popped into my head and on reaching the workplace I would be at the laptop typing the stories lest I may forget. That is when I decided to quit my job and focus on writing.

PT: What seems to have attracted you to history so much?

SB: Nothing is past. Nothing is dead. History lives in the present. Every event has its roots in something that has happened in the past. And to understand the present, to understand what is happening to us or our environment, that is why one of the reasons why this history has always attracted me and I chose Padmavati. I loved her extraordinary character, personality, determination, and courage.

PT-. Most of your novels are set in Kolkata, why?

SB: My in-laws stayed in Kolkata and I spent 3 months there. I got fascinated by mansions built during the British regime. I would wonder about the stories that these mansions could tell us.

So, it was all the time there in my mind and I wrote a thriller with a mansion as the protagonist.



**- Written By :
Dr. Preeti Talwar**



Sunshine

Marlene was sobbing uncontrollably. Her house was a complete mess. Dishes were unwashed, and things were strewn around. She had been lying in bed for the last 3 days with no interest to get fresh, eat or do anything. She would start crying suddenly and keep crying till her head ached and her eyes burned. The darkness outside depressed her. It was dark and freezing cold, with no sunlight, no day for 65 days now at a stretch. The darkness outside seemed incomparable to the darkness and burden in her heart. What had happened to her? Where did she go wrong?



She still remembered the first time she met Sam at the local grocery in Utqiagvik. He had graciously given her the last box of diabetes medicines while agreeing to wait for it. Utqiagvik had no road access due to the permafrost and getting essential supplies, fresh vegetables, medicines etc were all by air cargo and were imported into the city. Sam had asked for a coffee date in return when Marlene thanked him for the medicines. Days flew with them dating, till one day Sam proposed to her and she said Yes. But her happy days were short-lived.



All hell started when Marlene got promoted to Senior Professor and her pay became 2 times that of Sam's. His attitude started changing from then on. He used to taunt her and make sarcastic remarks about the way she dressed, cooked or did anything. He would intentionally smoke and blow it on her when he knew she could not bear it. He had started drinking excessively and would hit her. The last 65 days were hell for her as the Covid lockdown had restricted whatever little outside movement there was to none. Working from home and constantly getting emotionally and physically abused by Sam had taken a toll on her. She decided that she was going to put an end to all this and reached out to the bottle of sleeping pills. There was no electricity too and she had lit a candle.

Tears still streaming down her cheeks, she emptied the whole bottle of pills in her hand and was about to swallow them, when the electricity came back. The TV turned on which she had forgotten to turn off. The local news channel was on and the newsreader was saying that the lockdown had been officially ended by the Government and all schools and colleges would reopen in the next 48 hours. Just then, her phone rang. It was her father calling her from Canada. She said ' Marlene are you ok? I had a terrible dream. I hope you are fine. Why are you crying? Remember that no matter what happens, you have someone who cares for you and a home awaits you in Canada.



Marlene was so overwhelmed to hear her father's voice. She calmed down after speaking to her father. No. She would not take her life. She would not be a coward. She would face the darkness. She went and freshened up. She made herself a hot chocolate and sat by the window staring at the darkness with a new determination. She would divorce Sam and move on in life. She would start again. She was filled with new hope. Lo and behold, the sun was rising again with a pinkish-orangish glow. The darkness was submerged as the sun came out. It was sunshine again! In her life and in Utqiagvik.



**- Written By :
Rinnku. G**

HEARTBEATS

His heart beats for her,
But hers stopped beating a long time ago
His heart yearns for her
But she is no more.
Memories he beholds,
He remembers all the stories she told.
His heart that used to be warm is now nothing but cold.
He cries in her
memory, He still lives in
misery.
For her.
His heart still beats for her,
Even though hers stopped beating a long time ago. A long
time ago.
That's what I call love.
That's what I call love.



- Written By :
Sirjan

THE WORLD WE LIVE IN

WE LIVE IN A WORLD WHERE THERE IS JUSTICE FOR SOME,
BUT REVENGE FOR ALL

WHY?

WE LIVE IN A WORLD WHERE YOU'LL RARELY FIND PEOPLE WHO
ENDURE YOU WITH LOVE, BUT FIND A BILLIONS OF THOSE WHO
LOATHE YOU.

WHY?

WE LIVE IN A WORLD WHERE PEOPLE DO NOTHING BUT
TALK, NO MATTER YOU FAIL OR SUCCEED.

WHY?

WE LIVE IN A WORLD WHERE WE ARE KEPT IN THE
DARK, DESPITE THERE BEING LIGHT.

WHY?

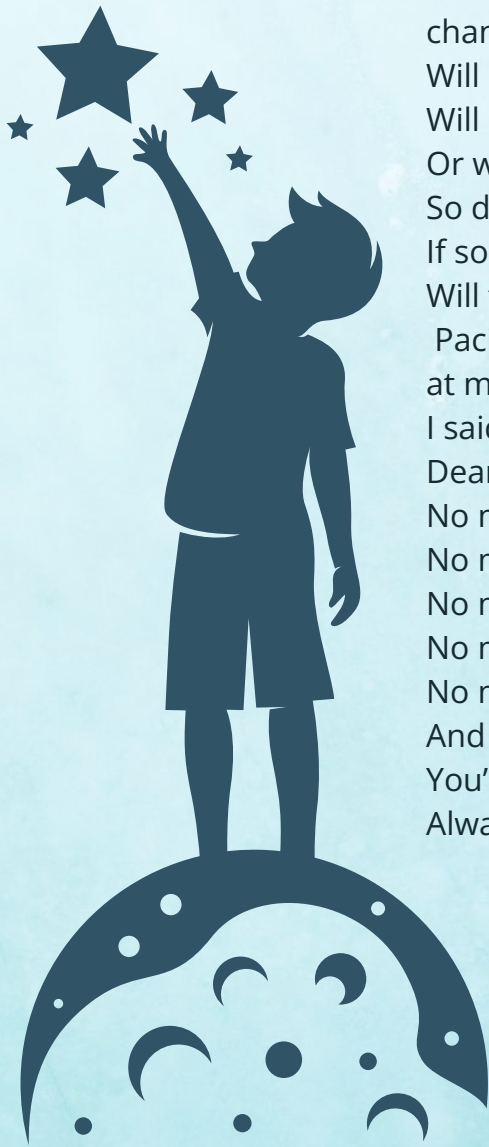
IT'S JUST CAUSE...

THE WORLD DEMANDS US TO BE JUST
WHEN IT'S ITSELF UNJUST



- Written By :
Sirjan

DEAR ME



Glancing at the mirror,
 I thought to myself where will I be in the next 5 years? Will I
 change or still remain the same?
 Will I have peace and serenity or darkness and disruption?
 Will I stand still on my feet?
 Or will I fall in deep?
 So deep that I won't ever come out.
 If so,
 Will there be someone to save me?
 Pacing back and forth I came back to the same place and stared
 at me, Silently conversing with myself
 I said,
 Dear me,
 No matter where you are,
 No matter the darkness that surrounds you,
 No matter how deep you fall,
 No matter if you change,
 No matter someone cares or not
 And no matter if someone's there or not,
 You'll always have you.
 Always.



- Written By :
Sirjan

•BREAKING FREE•

**"Always keep a smile on your pretty face,
Of sadness show no trace."**

**Why shall I have to always be so perfect?
When all I have in me is a lot of secrets?**

**"Laugh politely,
Talk nicely,**

Raise your head and shine brightly."

Why should I not express what I feel?

Why should I think about what others seek of me?

**"Live the way you want,
Make your talents flaunt."**

I would and I will,

All I want is a chance

And I would face each and every glance.

**"Walk steady,
I've told you a thousand times already."**

I don't wanna walk

I wanna run,

I want to run away far far away,

So much so that nobody can find me even during the day.

I'm not perfect,

Nor I want to be.

All that I have to do, just cause I'm a she?

Why shall I have to always be so perfect?

When all I have in me is a lot of secrets?



**- Written By :
Sirjan**

हरियाली तीज स्मृतियां...



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

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

कहा जाता है कि इसी दिन गौरा जी विरहाग्नि में तप कर भगवान भोलेनाथ से मिली थीं । इस त्यौहार पर सुहागिन स्त्रियां श्रंगार करके गौरी पूजन करती हैं । मेंहदी , झूला , एवं मेले का आयोजन विशेष रूप से होता है । यह पर्व मुख्य रूप से उत्तर प्रदेश के बनारस, मिर्जापुर में मनाया जाता है । कजरी(विरह गीत) का कंपटीशन भी होता था । यह वर्षा ऋतु का विशेष राग है । ब्रज के मल्हारों की भांति यह प्रमुख वर्षा गीत पपीहा, बादलों, तथा पुरवा हवाओं के झोंकों में बहुत प्रिय लगता है।



हरियाली तीज पर झूला झूलने का रिवाज बहुत पुराने समय से चला आ रहा है . ऐसी मान्यता है कि तीज पर्व पर झूला झूलने की परम्परा द्वापर युग से शुरू हुई थी . झूले को फूलों और लताओं से सुसज्जित करके उस पर लड़कियाँ और सुहागिन स्त्रियाँ उस पर बैठ कर ऊँची ऊँची पेंग मार कर झूला झूलती हुई कजरी और सावन के गीत गाती हैं . हरियाली तीज ऐसा त्यौहार है जो प्रकृति की सुंदरता और भगवान् शिव और देवी पार्वती के मिलन का प्रतीक है . यह विवाहित महिलाओं के लिये अपने पति ते प्रति अपने प्यार दर्शाने और ईश्वर से आशीर्वाद पाने का सबसे अच्छा समय होता है.



तीज पर्व की स्मृतियों के साथ मायका जुड़ा हुआ है । बचपन की स्मृति सबके मन पर अमिट छाप रखती है । जीवन के किसी भी दौर में आप हों मायके का नाम सुनते ही हर स्त्री के चेहरे पर अनूठी मुस्कान आना स्वाभाविक सा है । तीज पर्व पर उसी मायके की याद करते हुये , लगता है कि कल की ही बात है ... जब मैं 8 - 9 साल की थी , और मैं नई फ्राक पहन कर यहां वहां कुलांचे भरती फिरती थी पहले संयुक्त परिवार हुआ करते थे ... ताई , चाची , बुआ आदि से भरा हुआ घर ... दादी की तो सबसे दुलारी लाडली और प्यारी पोती जो थी । घर में पहली पोती थी इसलिये मेरा रुतबा ही कुछ और था । दादी का लाड़ और स्नेह ऐसा कि सभी भाई बहनों को लगता कि वह उसे ही सबसे ज्यादा चाहती हैं । चूंकि घर में बहुत से लोग थे और त्यौहार उन दिनों बहुत उत्साह उमंग और धूमधाम से मनाये जाते थे । सावन का विशेष पर्व हरियाली तीज की स्मृतियां आज भी ताजी हैं कहां से शुरू करूं सब कुछ सजीव हो उठता है ... कई दिन पहले से मिठाई , पकवान घर पर बनने शुरू हो जाते थे क्योंकि त्योहार की मिठाई बुआ मौसी आदि के घरों में भेजी जानी होती थी और हां , नानी के यहां से भी तो मिठाई आती थी । बाजार की मिठाई के डब्बों का इतना चलन नहीं था । मां , ताई , चाची आदि सभी प्रसन्नता पूर्वक कई दिन पहले से ही तैयारियों में लग जाती थीं ... साथ में सावन के गीत भी गुनगनाती रहती थीं । सबके लिये बाजार से नई साड़ियां आतीं ... साड़ी वाले भइया अपना गट्टर लेकर आते और घर में ही साड़ियां पसंद करके ले ली जातीं चूड़हार आता और सबके हाथों में नई नई चूड़ियां पहनाता । लाल हरी पीली चूड़ियां देख हम बच्चे भी बहुत खुश होते ... यह भी लेना है , वह भी लेना है लेकिन नहीं.... सावन है इसलिये हरी हरी चूड़ियां ही पहननी होतीं थी । फिर आती थी मेंहदी की बारी ... नाइन आकर मेंहदी की हरी हरी पत्तियों को पीसती थी, सारा घर मेंहदी की महक से गमक उठता था । हम सबके लिये मेंहदी लगाना अनिवार्य होता था । सभी बच्चे तख्त पर लिटा दिये जाते और हाथ पैर में मेंहदी लगा दी जाती थी। और मेंहदी लगते ही भूख लगना स्वाभाविक था , फिर दादी का मनुहार करके एक एक कौर मुंह में प्यार से खिलाना ।



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

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

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

हैं..... झूला झूल, झूला झूल

भइया माथे फूल, भाभी माथे सेंदुर

भइया भइया तुम भाग आओ, भाभी को भीजन देव

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

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

हम सब उन पुरानी परम्पराओं और त्यौहारों से अपने को जुड़ा हुआ महसूस करते थे। आज कंप्यूटर युग में हम सबके पास इन पुरानी परंपराओं और रिवाजों के प्रति न ही रुचि है न ही समय.... हम बच्चों को ही दोष क्यों दें ...हम महिलायें भी केवल त्यौहारों पर मात्र लकीर पीट कर ही अपना काम पूरा समझ लेते हैं। अब त्यौहारों के लिये न ही उमंग है और न ही उत्साह, जो कुछ भी है वह अभी छोटे शहरों में थोड़ा बहुत चल रहा है ... महानगरों की व्यस्त जिंदगी में सब कुछ प्रायः लुप्त हो रहा है ...सभा सोसायटी और क्लबों में तीज मिलन करके लकीर पीटी जा रही है ...

न रह गई अमराई, न ही नीम की डाल

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



पद्मा अग्रवाल

यदि सच में खुशी चाहते हैं तो अपने रिश्तों को सहेजें



हम सभी अपने पूरे जीवन खुश रहना चाहते हैं और खुश रहने के लिये ही पैसा कमा कर सुख सुविधा और ऐशो आराम की चीजें इकट्ठी करते रहते हैं लेकिन मेरा विचार है कि क्या खुशी को यदि पैसों से आप खरीद सकते हैं ... नहीं न पहले अधिकतर संयुक्त परिवारों में लोग रहा करते थे ... कम सुविधाओं में भी प्रसन्न रहते थे इसका कारण जिम्मेदारियों का बोझ बँटा हुआ रहता था ... मिल बाँट कर काम करते थे और मिल बाँट कर परिवार वालों के साथ खाते पीते और रहते थे .. एक दूसरे की खुशियों में शामिल होते थे और एक दूसरे के दुख तकलीफ को दिल से महसूस करते थे ... अपने परिवार वालों के साथ सभी सगे संबंधियों और यहाँ तक कि पड़ोसियों के साथ भी खूब निभती थी ... कहा जाये तो चाची, मौसी, जीजी जैसे रिश्तों से आजीवन बँध जाते थे .

हार्वर्ड यूनिवर्सिटी के हैप्पीनेस प्रोफेसर डैनियल गिल्बर्ट के अनुसार कि जब हम परिवार के साथ होते हैं तो हम खुश होते हैं और यदि दोस्त साथ में होते हैं तो और ज्यादा खुश होते हैं और यदि गंभीरता पूर्वक सोचें तो जिन चीजों से हमें खुशी मिलती है वह सब हमें अपने परिवार या दोस्तों के माध्यम से ही मिला करती है .

किसी भी हँसते मुस्कुराते व्यक्ति को देख कर आप यह नहीं कह सकते कि उसके जीवन में सब कुछ अच्छा या खुश गवार ही है क्यों कि सुख और दुःख तो हर व्यक्ति के जीवन में आता जाता रहता ही है परंतु जो हँसोड़ या हँसमुख व्यक्ति होता है वह खुशी के पलों को अपनी मुट्ठी में सहेज कर रखना जानता है ...

रिश्तों की अहमियत को हम कुछ इस तरह से समझ सकते हैं कि अगर आपको कोई तोहफे में नाजुक और बेशकीमती चीज देता है तो आप उस उपहार को बहुत संभाल कर रखते हैं , ताकि वह कहीं टूट फूट न जाये तो फिर समझ लीजिये कि सबसे महत्वपूर्ण रिश्तो के उपहार को सहेज कर रखने की जिम्मेदारी तो बनती ही है . बदलते परिवेश में रिश्तों की परिभाषा जरूर बदली है परंतु रिश्तों की अहमियत आज भी पहले जितनी ही है. रिश्तों को सदाबहार बनाये रखने के लिये आवश्यक है कि हर रिश्ते को

समुचित आदर दिया जाये . हर रिश्ते की नींव आदर के जल से सिक्त होकर ही सुदृढ बनती है . विचारों में मतभेद संभव है परंतु रिश्तों से खुशी चाहिये तो रिश्तों में एक दूसरे के लिये सम्मान आवश्यक है .

हर व्यक्ति की खुशी उसकी रुचि पर निर्भर करती है ...किसी को पुस्तक पढने से खुशी मिलती है तो किसी को रेस्टोरेंट का बढिया खाना खाने से तो किसी को चिड़ियों को दाना डाल कर चिड़ियों को चुगते हुए देख कर , तो किसी व्यक्ति को मंदिर में दर्शन करके मन को खुशी मिलती है , किसी को साफ सफाई करके बहुत खुशी महसूस होती है

निष्कर्ष यह है कि खुशी कोई ऐसी वस्तु नहीं है जिसे हम बाजार से खरीद सकें , खुशी का संबंध मन को संतोष पहुँचाने वाली भावनाओं से होता है ... जो भावनार्ये मन को कचोटती हैं , दुखी करती हैं , वह कभी खुशियों से जुड़ी नहीं हो सकतीं

प्रसिद्ध अमेरिकी मनोवैज्ञानिक जॉर्ज वैलेट कहते हैं कि वर्षों के अध्ययन से यह पाया है कि हमारे जीवन को सबसे अधिक जो प्रभावित करता है वह है हमारे दूसरों के साथ रहने वाले संबंध ... इसलिये जीवन में रिश्ते बहुत मायने रखते हैं और हमारी खुशियों को सबसे अधिक प्रभावित करते हैं ... यह भी देखा जा रहा है कि भौतिक समृद्धि या बाहरी धनदौलत हमें अंदर से खोखला करने का काम किया है ... इंसान की पैसे की भूख कभी समाप्त नहीं होती वरन् दिनोंदिन बढ़ती जाती है और पैसा बटोरने में ही वह अपनी सारी जिंदगी को खपा देता है और अशक्त होने पर यह महसूस करता है कि पैसा सुख दे सकता है लेकिन खुशियाँ नहीं दे सकता है ... जैसे ए. सी. की ठंडी हवा सुख दे सकती है परंतु जब आप किसी जरूरत मंद को पेट भर खाना खिलाते हैं या उसे एक पंखा खरीद कर देते हैं तो उसके चेहरे की मुस्कान आपको खुशी प्रदान करती है ...

इसलिये पैसा कमाने के साथ साथ अपने सामाजिक दायरे को भी समृद्ध करते रहना चाहिये क्योंकि समाज के लोगों के साथ बैठ कर ही आपको खुशियाँ प्राप्त हो सकती हैं ...

जब हम अपने जीवन में खुशी के कारणों एवं उत्तरदायी कारकों पर विचार करते हैं तो इनमें परिवार एक अहम् कारक है ... हमारी खुशियों और गम को नियंत्रित करने में उनमें साथ निभाने में अग्रणी परिवार ही होता है. सभी सदस्यों के साथ बैठ कर खाना खाने, घूमने जाने में प्यार और आनंद की अनुभूति ही खुशियों को जन्म देती हैं .

जब हम सभी अपने मित्रों के साथ बातें करके समय बिताते हैं तो निश्चय ही वास्तविक दुनिया से दूर एक अन्य वातावरण में अपने मन मस्तिष्क को ले जाते हैं कभी प्यार तो कभी पैसे के बहाने ही खुशी के छोटे बड़े अवसर जीवन में खुशियाँ भर देते हैं .. मूलरूप से खुशी व्यक्ति के अंदर निहित भाव हैं जिसे बाहर के साधनों से पाने या खोजने की बात फिजूल सी है

हमारे समाज में त्यौहार और पारिवारिक उत्सव रिश्तों को निभाते रहने के विचार की ही संकल्पना है ... आज भी जब परिवार के किसी उत्सव में शामिल होते हैं तो सबसे मिल जुल कर कितने तरोताजा महसूस करते हैं ... किसी पर्व या त्यौहार में जब पूरा परिवार इकट्ठा होकर साथ में मनाता है तो हमारी खुशी दुगुनी हो जाती है और खुशी की अनुभूति से मन भीग उठता है इसलिये हमारी खुशियाँ रिश्तों को निभाने में ही है मनोवैज्ञानिकों का कहना है कि यदि जीवन में आप प्रसन्नचित्त रहना चाहते हैं तो अपने जीवन के लिये एक लक्ष्य या ध्येय निर्धारित करें और दूसरों की परवाह न करते हुए अपने अंतर्मन के कहे अनुसार करें ...किसी दूसरे की प्रतिक्रिया के बारे में सोच कर डर के मारे अपने सपने को पूरा ना करने के दिशा में प्रयास ही न करने से आखिर में हमें दुख ही अनुभव होगा इसलिये अपने सुविचारित कदम हमें जीवन में सुख के साथ खुशी भी देते हैं ...

निर्जीव हुए रिश्तों में जान फूंकने का सबसे अच्छा तरीका है कि अपनों के साथ समय बिताना . जो लोग आपके लिये मायने रखते हैं , उनके साथ क्वालिटी टाइम बिताना बहुत असरदार होता है ...यदि समय का अभाव है तो समय निकालें ... समय चाहे थोड़ा हो पर यह एहसास करना कि उनके साथ समय बिताना आपके लिये कितना महत्वपूर्ण है , जरूरी है ... सोच समझ कर रिश्तों के लिये समय निकालें और साथ में समय बिता कर दूसरों को भी खुशी दें और स्वयं भी पायें ...

अपने सब्र का दामन कभी न छोड़ें ... रिश्तों में गलतफहमियाँ हो जाती हैं लेकिन आप उनलोगों की शिकायतों को धैर्य के साथ सुनें नहीं तो उन्हें यह एहसास होगा कि आपको उनकी परवाह नहीं है ... हो सकता है कि उनकी शिकायत आपकी नजर में वाजिब न हो पर यह शिकायत हो सकता है आपके किसी व्यवहार से आई हो इसलिये उस बात को अपनी बात कह कर या माफी माँग कर रिश्ते को निभायें क्योंकि आपसी मौन रिश्तों में दूरी ला देता है और आप अपनों से दूर रह कर कभी खुश नहीं रह सकते हैं .

अक्सर लोग अपनी खुशी विलासिता पूर्ण जीवन में खोजते हैं और दूसरों की संपन्नता देख कर सोचते रहते हैं कि उनके पास ये नहीं है वो नहीं है और दुःखी रहते हैं ...हम सबको अतीत की अप्रिय यादों को भुला कर सुकून के साथ अपने वर्तमान में जीने की कोशिश करनी चाहिये .हम लोगों को नन्हें मुन्नों को देख कर प्रेरणा लेनी चाहिये कि थोड़ी देर रोने के बाद नाराज बच्चा अपने उसी दोस्त के साथ खुशी खुशी खेलने लग जाता है तो बड़े होकर हम लोगों को क्या हो जाता है कि खुशी के अवसर पर भी हम दूसरों की संपन्नता और अपनी कमियों की चिंता में बरबाद कर लेते हैं .





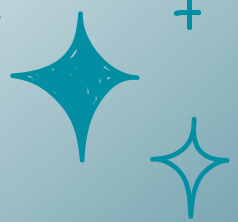
रिश्ते कैसे सुधारें

- 1-दूसरों के साथ वैसा ही व्यवहार करें जैसा आप उनसे चाहते हैं
- 2-आपके द्वारा की गई छोटी सी प्रशंसा से आप उस व्यक्ति की निकटता पा सकते हैं
- 3-कोशिश करें कि आप दूसरे की मनः स्थिति को समझते हुये उसकी भावनाओं का आदर करें .
- 4-रिश्तों में खुशी पाने के लिये कई बार अपने अहम् को छोड़ कर झुक जाने से गुरेज न करें .
- 5-जो लोग अहम् के कारण झुकना नहीं जानते , वह रिश्तों में प्रेम और आत्मीयता की अनुभूति से सदा वंचित रहते हैं .
- 6-अपने बुजुर्गों का मान सम्मान करें , उनकी बातों को ध्यान से सुनें ... चाहे करें अपने मन की .
- 7-बिगड़े रिश्तों को संवारने की पहल आप स्वयं करें ... हर रिश्ता अपने में महत्वपूर्ण होता है .
- 8-सबसे आवश्यक बात है कि दूसरों के प्रति नफरत और नकारात्मक विचार मन से बिल्कुल ही निकाल दें .
- 9-जब रिश्ते में प्यार और आदर होता है तो रिश्ते। निभा कर खुशी मिलती है .
- 10-अपनी जुबान पर हमेशा मिठास बनाकर रखिये .
- 11-रिश्तों में निंदा से बचें ... यदि कुछ पसंद नहीं आ रहा तो दूसरों से कहने से क्या फायदा
- 12-उसी शख्स से दिल खोल कर बात करें ... संभव है कि उसे अपनी गलती समझ आ जाये .
- 13-रिश्तों सबसे खराब स्थिति है , आपस में बातचीत का बंद हो जाना .

आज कल रिश्तों की बुनियाद ही पैसों के इर्द गिर्द घूम कर दम तोड़ रही है .. यदि रिश्तों में खुशी चाहिये तो हर रिश्ते के प्रति आदर , प्यार और सम्मान रखें और फिर उन रिश्तों के साथ समय बिता कर मिलने वाली खुशी को सहेजें .



पद्मा अग्रवाल





वृद्धाश्रम

डॉ. अर्जुन जब से कानपुर देहात के जिला अस्पताल में CMO बन कर आये हैं , उनका सामाजिक दायरा भी बढ गया है . चूंकि वह सरकारी पद पर कार्यरत थे इसलिये वह लोगों से उनके प्रायवेट कार्यक्रमों से अधिकांशतः हाथ जोड़ करमाफी मांग लेते थे लेकिन फिर भी किन्हीं कार्यक्रमों में मना करते करते भी जाना उनके लिये मजबूरी बन जाता है .

ऐसे ही वृद्धाश्रम के वार्षिक समारोह में वह मुख्य अतिथि के रूप में आमंत्रित थे , जैसा कि अन्य समारोह में होता है दीप प्रज्ज्वलित करना , माल्यार्पण , सम्मानपत्र के बाद मुख्य अतिथि के दो शब्द “...बेटे कभी भी मां बाप के ऋण से उऋण नहीं हो सकते इसलिये यह फर्ज बनता है कि वह अपने मां बाप की सेवा करेंसमाज के लिये वह बेटे एक बदनुमा दाग हैं जो अपने मां बाप को वृद्धाश्रम में छोड़ कर खुद ऐश की जिंदगी जीते हैं” इन शब्दों को बोलते बोलते वह फफक कर रो पड़े उनकी आंखों से झर झर कर आंसू बह निकले थे वहां बैठे लोग उनकी जय जयकार करने लगे थेलेकिन उनके कान में तो अपने पिता के स्वर गूंज रहे थे , “बेटवा , तुम्हारे बिना हम लोग यहां कैसे जिंदा रह पायेंगे ”

यहां से हजारों मील दूर वह हर पल वृद्धाश्रम में उनकी बाट जोह रहे हैं . उनकी आंखों से अविरल अश्रुधारा प्रवाहित हो रही थी .



पद्मा अग्रवाल

मैं खुश किस्मत हूँ



पद्मा अग्रवाल

मैं खुश किस्मत हूँ
 क्योंकि मेरे वो मुझे बहुत प्यार करते हैं
 मैं सोचती हूँ कि प्यार वो नहीं कि
 पति मंहगी बनारसी साड़ी
 लेकर आये या फिर गहने जेवर गढवाये
 जब वह प्यार भरी नजरों से मेरी ओर
 देख कर अनायास कह उठते है
 ये सूती साड़ी तुम पर कितनी खिलती है
 इस साड़ी में तुम कितनी सुंदर लगती हो
 उस समय मुझे भी उन पर बहुत प्यार आता है
 वह सूती धानी साड़ी मेरी यादगार साड़ी बन जाती है
 मेरा तन मन दोनों धानी धानी हो उठता है
 मेरी पलकें नई नवेली सी शर्मा कर झुक जाती हैं
 मैं खुशकिस्मत हूँ
 क्यों कि मेरे वो मुझे बहुत प्यार करते हैं
 क्यों कि प्यार वह नहीं कि
 पति मंहगे उपहारों से घर को भर दें
 मैं खुश हो जाती हूँ, जब मेरे वो
 मेरे जन्मदिन पर प्यार से मुस्कराते हुये
 मेरे जूड़े को बेले की लड़ियों से
 सजा कर हैप्पी वाला बर्थ डे बोलते हैं
 और प्यार से मेरी नरम हथेलियों को अपनी
 मुट्ठी में बंद कर लेते हैं
 उन पलों में तन का बंधन
 मन का बंधन बन
 मन भीग भीग उठता है ,....
 मैं खुश किस्मत हूँ
 क्यों कि मेरे वो मुझे बहुत प्यार करते हैं
 मेरे वो मुझे मंहगे होटल में
 ले जाकर खर्चीले डिनर नहीं करवाते
 परंतु अपने आंगन में बैठ कर
 खुले आसमान के नीचे
 जब हम दोनों बैठकर
 साथ में खाना खाते है और
 प्यार भरे पल गुजारते हैं
 वह खुशनुमा पल सारे कैडिल लाइट डिनर
 से ज्यादा आनंददायी होता है
 उनआत्मिक प्यार भरे पलों को जीकर
 मैं खुश हो जाती हूँ
 मैं खुश किस्मत हूँ
 क्यों कि मेरे वो
 मुझे बहुत प्यार करते हैं

अपने खालीपन को भरने
औरतें भरती रहती हैं बरनियों में अचार
पतियों से उपेक्षित होकर खोजती हैं -
पुत्री और पुत्र में वही प्यार...

अंदर से धधकती भी हैं मगर
बहाती हैं पुरवाई सी बयार
ढकने को अपना अवसाद करती हैं

साज,श्रृंगार एक दिन में कई बार
मजाल जो कह जाएं कि
खालीपन है,बहुत खलीपन
हौले से मुस्कुरा बस
चुप रह जाती हैं हर बार...

शिवानी विनय सिंह



सुनो
कभी मिलना अगर
तब गले लगने से पहले
चेहरे को भर कर हाथों में
सबसे पहले चूमना माथे को

सुना है माथे का चुम्बन
सीधे आत्मा तक पहुंचता है
यूं तो पहले से ही
उतर चुके हो
मन की हर कोर में
फिर भी आत्मसात कर के
हमेशा के लिए महसूस कर
अपने साथ लेकर लौट आऊंगी
अपने नीरस, निष्प्राण, निस्प्रयोज्य
जीवन में रंग भरने को....

तो कहो कि मिलते ही
माथे को चूम कर
एकाकार होना चाहोगे ना ?

शिवानी विनय सिंह



See you in the next edition