

WOMEN

SHINE

VOL 40.0 | SEPTEMBER EDITION

Initiative of WE Foundation

DABBOO RATNANI

Photography

*Sanya
Thakur*

+

Money Talks
Inspiring Women
Millets Better

दिल से
Embracing Equity



CHIEF EDITOR'S LETTER

#SHINEON

APARNA MISHRA

Founder , Women Shine

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

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.

The September edition has a lot of inspiring stories, wishes on Teachers day and much more....

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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ELISSA BATHANI
Photography



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BETTER PRESENTATIONS BUILDING BRIDGES TO ACQUIRING NEW CLIENTS

*T*he strategy for acquiring new clients has evolved from traditional methods like cold calling in the current highly competitive business environment. Many of us still go by the saying “**First impression is the last impression**” and it does stand true in business too. When you go to a potential client to pitch your business, all you have are your amazing ideas, but if those ideas are not presented in a compelling way, that might not work out well. Delivering captivating presentations is a highly effective method for connecting businesses with potential clients.

The key to attracting and acquiring new clients is creating a presentation or a “**sneak peek**” of your business that is as amazing as your ideas. Just like you perceive the taste of a dish even before eating it, just by the way it’s presented on a plate, similarly, your business is the delicious food and your presentation is the plate!

A captivating presentation that is appealing visually grabs the attention of your audience right away and creates an inviting atmosphere for audience interaction. You have the power to leave a lasting impression that highlights your professionalism and expertise by incorporating captivating visuals, easily understood graphics and concise content.



Storytelling is another excellent presentation-building technique that can help you connect with potential clients. Including interactivity in your presentations will help to increase participation and collaboration. Including interactive features like surveys, Q&A sessions, or live demos promotes involvement and lowers the perceived distance between you and your audience.

Last but not least, effective communication is crucial in any presentation meant to attract new clients. Don't overwhelm them with jargon or too much information. Instead, concentrate on communicating a clear message that highlights the advantages and value that your product or service delivers to their particular business needs. A well-crafted presentation ultimately serves as a bridge that results in better connections, more trust, and the successful acquisition of new clients.



- Written By :
Vineka Shahapurkar Devaliya

TEACHERS DAY

I remember Madam Kamala who was our Maths teacher way back to in Bombay when I was a student of SIES School, Bombay those years around 70s. I passed out in 1967 my 11th Std. Madam was a very good teacher but a strict teacher.

A good teacher is always remembered as they inculcate some good values in their students. She was always ready to explain any of our doubts. All had a great love and high respect for her. That is why I still remember Madam after leaving school and now a grandmother to three grandkids. I was a teacher and can relate how it feels when my students call me up to wish, " **Happy Teacher's Day Madam.**" The teacher develops a bond with their students which is incomparable. We never had any measure to note down the numbers and call them. Now the teacher and the students are a call away via WA or any Social Media. Happy Teacher's Day to all my teachers. Some are still somewhere may be and some may have attained Moksh.

By: Poornima

A teacher never thinks about her /his family,

A teacher never thinks about herself...

A teacher never thinks about her wealth and health, a teacher always thinks about their students to mould and creatively teach them,

They are the creators of the next generation in the form of doctors, police, pilots, writers etc...

It is the true satisfaction of their life and their profession.

By: Vaishnavi



Dear Mom, I want to convey my sincere gratitude for being the first and most important teacher in my life on this Teachers Day. You have helped me become the person I am today via your love, advice, and wisdom. The most important lessons in life—kindness, resilience, tenacity, and empathy—have been imparted to me by you. You have continuously inspired me with your persistent commitment to my education and assistance. I appreciate you being both my mother and my best instructor. Mom, Happy Teachers Day! I will always remember your lessons, and I treasure every opportunity I have had to study with you.

By: Yashika Arora

Thank you Teacher

I was in my 8th std. I remember that it was Hindi class and my teacher Ms. Sharfunissa was asking us about our submissions to the school magazine. She said, why can't someone write something in Hindi, an article or a poem and submit it. She said I will give you all 20 minutes to think of a topic and write about it. The best written article/poem will be published in the schools magazine. I knew what I wanted to write about. I wrote a poem on 'Dahej' and that too in 10 minutes flat! I submitted it to Miss and she was thrilled to read it. She said it was in perfect metre, good rhyming words and with a great social message. I was beaming with pride! And that was the start of my journey as a poetess. A journey that is ongoing. Writing for me is cathartic. It has helped me purge many a negative emotion, put a smile on someone's face with my inspiring words and so often given me the courage to move on in life. Thank you Ms. Sharfunissa from the bottom of my heart on helping me unleash my potential!

By: Rinaku. G

The Gift of Gratitude

Raghu lived in a lively city and was just more than a teacher, a guiding light in students' lives. He was known to impart knowledge and life lessons with untiring patience and kindness. Megha was one lucky student who became a successful writer years later.

She decided to revisit her old school & was delighted to see her favourite teacher Raghu teaching with undiminished passion. Overwhelmed with gratitude, Megha presented him with a heartfelt letter expressing appreciation.

Raghu became speechless as tears gushed in the eyes as he read Megha's words. She had always believed in the greatness of the true potential of a teacher. And in return acknowledgement was the greatest reward she could receive. It was a cue that a teacher's influence stretched far beyond the classroom.

From this moment onwards, it became a mission to show gratitude to all her teachers, gurus, trainers, mentors & coaches. This turned out to be the point of realization that their guidance had shaped her into the person she had become.

In this exchange of gratitude, the cycle of inspiration continues to be the guiding light for millions of learners. A beautiful world is created, where teachers' dedication, Knowledge & wisdom is celebrated and the impression acknowledged endlessly.

By : Mamatha Raj L

Educating and teaching youngsters breaking stereotypes for mental wellness

Educating and teaching youngsters to break stereotypes is not just about reshaping societal norms; it's a powerful catalyst for promoting mental wellness. In a world inundated with expectations and preconceived notions, young minds often find themselves trapped in the suffocating grip of stereotypes, stifling their authentic selves and wreaking havoc on their mental health. When we empower our youth to challenge stereotypes, we equip them with the tools to shatter the glass ceilings of prejudice and bias. We instill in them the courage to embrace their uniqueness and celebrate their individuality. This journey of self-discovery not only fosters self-acceptance but also cultivates empathy and inclusivity towards others. Taking into account, the mental well-being of children, particularly in high-pressure situations such as board exams, holds equal significance. The stress they endure during these exams can leave enduring impacts on their mental health. If not addressed properly, this stress can contribute to conditions like anxiety disorders, depression, and academic burnout, which can negatively influence their educational path and overall welfare even beyond the examination period. As mentors and caregivers, it becomes our duty to foster open conversations about emotions and stressors and cultivate a nurturing environment where seeking assistance is regarded as a display of resilience, not vulnerability.

By: Rinaku. G

मेरी प्रिय शिक्षिका

आज शिक्षक दिवस पर अपनी प्रिय शिक्षिका मिसेज आशा दी को नमन् करती हूँ. मैं क्लास 6 में थी स्वभावतः मैं जल्दबाज और खिलंदड़ी थी, मैं मैथ्स के प्लस माइनस के जाल में उलझ गई थी . ज्योमेट्री से तो कोसों दूर भागती क्योंकि डिग्री नापने में हड़बड़ी करके ऐंगल्स को गलत नाप लेती . धीरे धीरे टेस्ट वाले दिन स्कूल से गायब होने लगी , मेरी टीचर को मेरी कमजोरी का अंदाज हो गया . उन्होंने छुट्टी के बाद रोज एक घंटे तक 2महीने तक वह निःस्वार्थ भाव से मुझे मैथ्स पढाती रहीं और उनके गाइडेंस में मैं मैथ्स टेस्ट में जब पूरे में पूरे नंबर लाई तो क्लास में सभी की नजरें आश्चर्य से मेरी ओर उठ गई थीं . उस समय मेरी टीचर के चेहरे की मुस्कान मुझे आज भी याद आती है . मेरा हार्दिक आभार आशा दी

पद्मा अग्रवाल

कुछ व्यक्तित्व अनजाने में अपनी छाप छोड़ जाते हैं

सैलूट !लैफ्ट और राइट ...लैफ्ट राईट....लेफ्ट !!!सीना बाहर ,पेट अन्दर.... बाजू ऊपरकदम मिलाओ हाल्ट एक ! दो ! तीन !..नाश्ता नहीं किया सुबह?कौन हंसा??एक मारुंगी बत्तीसी अन्दर हो जायेगी |रौबदार आवाज सुनकर मैं स्कूल एक गेट के बाहर ही ठिठक कर रुक गयी।आज मैं लेट हो गयी थी | कक्षा में देखा कि सिर्फ बस्ते रखे हुये थे | सारा विधालय फील्ड मे था | मैं डरते हुए स्टेज के खम्बे के पीछे छिप कर देखने लगी।

सफेद रंग का सलवार कुर्ता उसपर छीट वाली लाल चुन्नी पहने यह शिक्षिका सारे फील्ड मे अकेले ढाई हजार बच्चों को कंट्रोल कर रही थी.तभी हमारी प्रधानाचार्या मदर फ्लोरिना आ गयी सफेद चोंगे मे और बोली अंग्रेजी मे ,,**"सुधा कम हीयर,टेक द मास्टर्स हेल्प "पर मिस सुधा चतुर्वेदी, " यस सिस्टर"** कहकर मुस्कुरायी और स्टेज पर चढ़कर एक छात्रा को ड्रम बजाना सिखाने लगी। कड़ी गर्मी मे उनका गौर वर्ण लाल होकर तमतमा रहा था। कमज़ोर छात्रायें एक एक करके बेहोश हो रहीं थीं। अन्ततः मिस सुमन के मुंह से विश्राम सुनकर सभी ने ठंडी सांस ली और क्लास की तरफ बड़ गये | हमारे कान्वेन्ट मे हर कक्षा मे एक चौथाई छात्रोए एसी थीं ,जो सिर्फ अंग्रेजी भाषा और तौर तरीके की ओर आकर्षित रहती थी।

क्यू न हों, आखिर कान्वेन्ट मे पढ़ाने का माता पिता का उद्देश्य भी तो बच्चों को विदेशी तालीम कराना था।बाकी तीन-चौथाई तो हिन्दी इंग्लिश मिश्रित बोलते थे। कुछ छात्रायें जो समझ रही थी कि सुधा मैम किसी सरकारी स्कूल की अपरिष्कृत शिक्षिका हैं उनके कमान्ड पर टिप्पणी की अंग्रेज़ी मे she seems to be bahenji types! थम जा! Halt! पीछे की तीनों लड़कियां फील्ड के तीन चक्कर लगाइये! इज शी मैड ? लैट अस रन, प्रिन्सी इज़ वाचिंग अस। तीनों लड़कियां हांफती हुई क्लास में पहुंचीं।

पहचंते ही सब्जेक्ट टीचर ने व्यंग किया ,**"खूब खेलिये कूदिये हुड़दंग कीजिये जब फेल होंगी तो नम्बर बड़वाने नहीं आइयेगा।** थकी हुई हैं क्या खाक पडेंगी !बैठ जाइये! खेल आपको नोकरी नहीं दिलायेगा । कभी बुल बुल, कभी गाइडिंग,कभी एल.टी .एस बस यही सब रह गया है। तभी तैश भरी आवाज़ आई क्लास में सुनीता ,आरती, किरण निकलये क्लास से हांकी टीम तैय्यार हो र ही है।तीनों लड़कियां खुशी खुशी बिना इजाज़त लिये क्लास के बाहर हों गयीं। और सभी छात्रायें उन को लालसा भरी नज़र से देख रही थीं।

देखते देखते स्कूल में हौकी कोच आने लगे, क्रिकेट टीम तैयार हो गयी ,बेस बाल शुरू हो गया, स्पोर्ट्स के अलावा वह गाइडिंग भी संभालने लगी।बाद में पता चला यह विदूषी डिग्री कालेज की स्टूडेंट प्रेसीडेंट और एक काबिल एन सी सी कैडिट ,और संस्कृत में पी एच डी कर रही थीं। इन सब काबलीयतों के अलावा जो उनमें एक जोश और जज्बा था, चीजों को कारयान्वित करने का जो सब पर प्रभावी हो जाता था। मैं ग्राउंड में पहुंचीं तो सुधा चतुर्वेदी मैम लड़कियों से घिरी हुई थीं। झांककर देखा, तो वह कंवाली पूरे। आव भाव के साथ पूरी तन्मयता से गा रही थी। हम सब मंत्र मुग्ध से इस विदूषी की गायकी और भावों की सुन्दरता देख रहे थे। उन्होंने जैसे गायन में जान डाल दी हो।

अपनी परिश्रम और बोल्ड पर्सनालिटी से उन्होंने शीघ्र ही इस कान्वेंट में आधार बना लिया। सिस्टर्स ने उनसे काम तो अधिकतम लिया किन्तु उनकी काब्लियत को सम्मान देना शायद उनकी बौद्धिक परिपक्वता के परे था।मैं आलोचना नहीं कर रही हूं किन्तु आज मैं जब सोचती हूं तो लगता है ऐटीट्यूड ओवर आल प्रशंसा का तंग था। उनके कार्यक्रम साल भर चलते थे। चाहे बच्चों को जम्बूरी ले जाना हो ,या केम्पफायर की तैयारी हो या मैडनाइट की ,चाहे स्टेडियम में स्पोर्ट्स की प्रेक्टिस, या २६ जनवरी की तेज़ बारिश मेभीगती हुई परेड या कल्चरल प्रोग्रैम्स की तैयारी।

हां झूठ बोलने वालों के साथ सख्त भी थीं। इतने सालों बाद मैं पलटकर देखती हूं तो य ही पाती हूं कि ग्राउंड में सुधा मैम ही सुधा मैम दिखती थीं। और दूसरे फ्लोर पर प्रिन्सिपल के बाद, उनकी ही सीटी सुनाई देती थी।उन्होंने कान्वेन्ट स्कूल को जिला और प्रदेश स्तर के सम्मान दिलाये।दिलचस्प बात यह है कि वह कोई खिलाड़ी नहीं थीं, किन्तु वह गेम्स को एक अलग ही लेविल पर ले गयीं।अपनी सीमित अंग्रेज़ी से नन्स को बान्ध लिया।

फाइनली टीचर्स डे आया और एकदम से सारे हाल में तालियां बजने लगी ,पता चला मिस सुधा चतुर्वेदी काली साड़ी सतरंगी बूटों के साथ पहनें प्रवेश करी हंसते हुए। पहली बार उनको हमने मेक अप में देखा स्कूल में। सुधा मैम की शादी हो गयी। इस बार का फंक्शन आउटडोर था बौएस हाई स्कूल में । सुमन मैम बुलाई गई। वह लाल साड़ी में, नाक में नथ पहने एसम्बली में खड़ी थीं किन्तु दूसरे ही मिनट बौएस ग्राउंड में उनको form में आते देखा मैंने और हम सब भौचक्के रह गये।उन्होंने साड़ी कमर पर बांधी और कमांड देना शुरु कर दिया। हम लोगों को एक एक लाइन का लीडर बना दिया।

बेचारे लड़के चुपचाप खड़े थे कि कहीं गर्ल्स के सामने उन्हें सजा न मिल जाये। हमलोग भी जिम्मेवारी पाकर अत्यन्त प्रसन्न थे। पहला मौका मिला था बाएस को माइंड करने का।नयी दुल्हन थी, इसकी बिना परवाह करे हुए वह फील्ड में उतर गयीं।

शी यूस्ड टू वियर मैनी हैट्स ।कब वह टीचर बन जाती थीं ,कब कमांडर कब मां और कब एक दोस्त यह पता ही नहीं चलता था। स्कूल में पर्सनालिटी वाली अध्यापिकाओं की कमी नहीं थी पर जाने क्यूं ?इनकी बात कुछ अलग ही थी। न कोई दिखावा न कोई काम्प्लेक्स एक सादे, सहज निश्चल आचार और विचार की अध्यापिका जो कम समय में सभी को मोहित कर गयीं। उन्होंने साकारात्मक जीवन जीने का सही मार्ग प्रदर्शित किया। इतने साल बीत गये पर उनकी चुस्त दुरूस्त छवि आज भी प्रभावी है हमपर। वह सही मानों में एक शिक्षिका , मार्गदर्शक व सहेली थीं।चरण स्पर्श



नमिता राय

My Mother, My Teacher

Miss Sangeeta says that her mother has been the guiding force in her life. She not only gave her life but also taught her fundamental skills like communication, eating, walking, and proper behaviour. Her guidance extended beyond these basics to instil manners and various life lessons. She's her confidante, someone with whom Miss Sangeeta can discuss both the joys and hardships of life.

She's akin to a teacher, always ready to help her solve any problem that comes her way. Miss Sangeeta believes that those who view their parents as their primary educators receive a unique and invaluable lesson in life.

She never expresses her love towards her mother but treats her like a friend who is always there as the backbone. The one who taught her every single thing and developed her strong personality. They share a hydrogen bond that can never be broken. Miss Sangeeta expresses her deepest gratitude to her mother for being the best teacher of her life. The guidance, wisdom, and endless patience taught by her mother turned her into a strong person.

Thank you Mother for imparting not only knowledge but also invaluable life lessons. Miss Sangeeta is forever thankful for her mother's love and teachings.

By : Sangeeta Sharma

Money Talks

Friends, SIP today is synonymous with Mutual Funds. But SIP technically, is a smart mode of investing in mutual funds. You may also choose a lumpsum investment option.

Most often, we prefer SIPs since they are convenient and technically help better in compounding.

Let us understand the 5 most important things that you really need to know for your SIP Journey!

1. The first and most basic thing that you should know, WHICH SIP? You must be thinking that Which SIP means what is the amount! No! Your 2,000 SIP and my 2,000 SIP may perform differently. And that's the secret of the mutual funds selection that we need to understand. The scheme is important. Mutual funds could be broadly of categories like.

A. Liquid Funds: Short term horizon, conservative returns, majorly pooled money is parked in fixed income giving low risk instruments.

B. Balanced Funds: Mid term horizon, moderate returns, majorly pooled money is parked partially in equity & partially in fixed income giving low risk instruments. The ratio is always mentioned in fund information.

C. Growth Funds: Long term horizon, probability of high to very high returns, majorly pooled money is parked in equity.

It is important that type of scheme is chosen wisely.

To understand the type of fund easily, check the point 4 of this article!



2. Tax saving: When I say Tax saving in mutual fund, it is technically called ELSS scheme which means Equity Linked Saving Scheme. Having a lock in period of three years, this scheme helps you claim tax deduction under Section 80C provisions. If your tax saving is already done for this section, then a normal Growth Fund would also be a good option to go for! Here, the most important thing to remember is, 3 years of lock in doesn't mean the fund will give exorbitant returns in 3 years. It is an **"Equity Linked"** scheme, hence, needs a long term horizon!

3. The N Factor: Friends, we always run after R! obviously when we are going for mutual funds, we want good returns and that's why we have chosen Mutual funds as an investment option. But if you look at the compounding interest formula in Math, we will always get that formula which is $1+R$ UPON 100 TO THE power N. So, the hero of that formula is N. If you have thought of a duration while buying, please avoid excessive redemptions and avoid stopping the monthly SIP deduction. N - Number of years is the most important, that gives us the real **"compounding"**!



4. Risk-o-meter and the fund information: How we have the Speed-o-meter in the car same ways, SEBI has a regulation that all the mutual fund scheme data, has a risk-o-meter. Based on risk levels, you can easily identify the type of fund!! Always ensure to read fund information from the official company website before starting any SIP!

5. Redemption: You should always be mindful about your redemptions because many a times we lose on the compounding just because of redemptions. Check capital gains too since they have tax implications!

Hope this helps and Sip by Sip, you reach your prosperity benchmarks! LaxmiGyaan® is always a part of your prosperity journey !



- Written By :
Priyanka Acharya

National Month of Nutrition



*T*he NDA Government led by the Honorable Prime Minister Narendra Modi initiated September month to be celebrated as National Nutrition Month or Rashtriya Poshan Maah in 2018. The aim is to spread awareness among the people on issues pertaining to malnutrition, anaemia and other health issues. The government bodies under the Honorable Women and Child Development Ministry and the Honorable Ministry of Rural Development have planned various programs and working at grassroots levels to spread awareness and tackle issues.

As a Public Relations and Public Policy professional, I really applaud this initiative of the Government. They have taken up a step which will solve major problems at rural areas and small towns with an agenda to educate and empower the communities across the nation. The Government is working on focused themes like optimal breastfeeding, growth monitoring, hygiene and sanitation, food fortification and girls' education, diet and marriage at the right age to achieve improvement in the nutritional status of children, adolescent girls, pregnant women and lactating mothers. They have planned quiz contests, nutrition monitoring at schools, and healthy competitions at rural spots to encourage and spread awareness through this initiative. District panchayats are also engaged in creating influence and awareness.

I really appreciate all the bureaucrats and government officials who are working on this project and initiative to create a healthy India. Health is wealth and nutrition is the source. This initiative also aligns with the 3rd UN SDG of Good Health and Well-Being.



Written By : Devesh Purohit

Sanya Thakur: From Humble Roots to Stardom - A Journey of Resilience and Inspiration

In an exclusive interview with WomenShine Magazine, we delve into the remarkable journey of Sanya Thakur, a rising star in the entertainment industry who came. From her early theatre experiences to her Bollywood roles, Sanya shares her insights, struggles, and triumphs, offering a glimpse into the world of a talented and determined artist.

1. CAN YOU TELL US ABOUT YOUR JOURNEY IN THE ENTERTAINMENT INDUSTRY, FROM YOUR EARLY THEATRE EXPERIENCES TO YOUR BOLLYWOOD ROLES?

I'm delighted to be a part of the entertainment industry. The journey was not smooth but I loved the struggle! In theatre, I loved the work from backstage to the front, which meant doing my makeup, hair, costumes and brooming too. I enjoyed the fact that you'll not get an extra retake for your performance, it has to be perfect and that made me a confident Actor today. In Bollywood, I have done very few roles so far but the experience is ravishing because it is almost with all the stars in the industry.



2. YOU'VE WORKED ON VARIOUS PROJECTS, INCLUDING FILMS, TV COMMERCIALS, AND MUSIC VIDEOS. HOW DO YOU CHOOSE THE ROLES OR TASKS?

At the start you don't need to choose them, they choose you and it's a fact. So starting in my work I used to do all the things that used to come up..but now I'm a bit choosy about my roles and I want it to be relevant on screen. In films I really wanna know every bit about what I am doing, why I'm doing it, how and many questions but in ads I really want whatever they wanna do I'm OK with it, is just that I'm concerned about the project that has to be good that's it.

3. YOUR BACKGROUND INCLUDES BEING A TRAINED KATHAK DANCER AND HAVING SKILLS IN SPORTS, YOGA, AND RIDING. HOW HAVE THESE EXTRA SKILLS INFLUENCED YOUR PERFORMANCES IN DIFFERENT ROLES?

- It creates an extra zeal on screen if you're trained in something. So dancing, yoga or riding I love doing all these. So when a character comes up I need not literally learn because I already knew and it makes my job look more professional and I can focus on the performance.



4. YOUR RECENT FILM "SPY" IS AVAILABLE ON AMAZON. COULD YOU SHARE YOUR EXPERIENCE WORKING ON THIS PROJECT? -

Since this is the first commercial film in which I have done a full-length role and it amazes the audience I loved it. Firstly I was really concerned about how I would manage to look like a raw agent on-screen cos in real life I'm really a sweet person and this girl from Spy is not at all sweet, she's just rude and fantastic at her skills. So I loved every bit of performing it because the audience loved my presence. I didn't expect that at my entry seen audience would whistle and I was just in awe watching the reaction, It was overwhelming and made me emotional too..



5. YOU'VE MENTIONED WORKING WITH WELL-KNOWN ARTISTS LIKE KARTHI AND MEET BROS. HOW DO YOU NAVIGATE COLLABORATIONS WITH CREATIVE INDIVIDUALS AND TEAMS?

I have worked with Vijay Devrakonda mot Karthi, but Karthi is also a great actor and Vijay is the sweetest person I met. means he's so humble as a co-actor, he makes you feel comfortable, he asks you and creates a great working space. About Meet Bros they're boss in music, it was fun working with them. Great time. Everyone has their own aura and vibe, I just like to work with everyone cos they are more experienced, skilled and obviously the best people in the industry. I loved working with different kinds of people because at the end of the shoot, you will learn all together a new thing, and vibe with so

much diversity cos I work in all kinds of ads Hindi, Tamil and Telugu so it's amazing.

6. HOW DO YOU HANDLE BOTH THE POSITIVE AND NEGATIVE ASPECTS OF BEING IN THE PUBLIC EYE?

Talking frankly in Mumbai hardly people recognise me but in Telangana and Andhra they love me and I love to be loved! It's great I think if you choose to be in such kind of industry you need to be prepared for all the perspectives. The positive is people love you and they wanna talk, click a picture, and give gifts and I love that but the same thing goes on and people start chasing you and waiting downstairs at the hotel till midnight is crazy and sometimes it's more than that but I think it's part of the job and I love my fans!

7. LOOKING FORWARD, WHAT ARE YOUR ASPIRATIONS AND GOALS AS AN ARTIST?

My aspirations are very diversified like i love people who made a mark in the world without any backhand or background, people like Shahrukh Khan, Ronaldo, Zakhir Khan, Priyanka Chopra, A. P. J. Abdul Kalam and people who make their home like our moms and everyone who makes a successful person our farmer's. These people are my aspirations and they make me think about a better world, a better job, more struggles and if they can do so much for our country and family, why I can't do it.. and goal as an artist is just to make another example like Shahrukh Khan, a middle-class girl, comes from a small town like Muzaffarpur in Bihar and makes big in industry so that many people like me can do it.

To set an example for people who have nothing not even a better city to think of anything and suddenly they see someone who has the same background and despite being in any circumstances they're at a better place and successful, That's it.



- Written By : ADITI GUPTA



GIFTING SOLUTIONS | BHARGAVI PAPPURI

Training and certification in manufacturing Handmade soaps & Herbal Shampoo were received by me, Bhargavi Pappuri, from Khadi Gram Udyog College in Hyderabad. In the year 2017, the application for Ayush Dept was made, and commercial manufacturing was commenced. Over time, our production has grown from 1000 soaps a month to 4000 to 5000 units per month. Originally, a business aspired to be started, and experience in the recruitment space was had for over 4 years.



However, the decision was made to venture into developing our own products with a focus on high quality. Our customers have primarily come through referrals or after using our products, as our products are not actively advertised. Long-lasting relationships with customers who have been with us for 3 to 5 years have been fostered, owing to our commitment to quality.

Premium products in various categories, including Handmade soaps, Herbal soaps, Medicated soaps, Herbal shampoo, shower gel, and Hair oil, are offered by us. Our business model encompasses Distribution, a franchisee model for small businesses, White labelling/third-party manufacturing, and Gifting solutions & Corporate Gifting.

Today, our brand **artnweaves** is well-known for its quality. A minimum monthly delivery of 20000 units of our products is aimed to be achieved while consistent quality is maintained.

As a Women Entrepreneur, it is desired to share with the members of WomenShine that no idea is too small or big. Once a vision is formed, the creation of one's own brand and a focus on delivering quality products should be ensured. It may take time, but the satisfaction and results will be rewarding. Audiences who are looking for quality products can reach out to us.



We have the following models for business-

- 1) Distribution
- 2) franchisee model for small business
- 3) White labelling / third-party manufacturing
- 4) Gifting solutions & Corporate Gifting.

Currently, our products are available nationwide on our website www.artnweaves.com and other e-commerce portals.

-WS Desk

EVERY DAY BRINGS NEW LESSONS: SUMEDHA SOOD



During the COVID pandemic, when people were exploring new hobbies, a former housewife, Sumedha Sood, known for her culinary skills discovered the joy of baking. It was a time when finding refined flour-free and refined sugar-free ingredients in the market was a challenge. Baking took on a life of its own.



Elon Musk once said, **"If you are trying to create a company, it's like baking a cake; you have to have all the ingredients in the right proportion."** This sentiment resonated, leading to the birth of BAKE VEDAHA on July 11th, 2021, with a deep determination to revolutionise the market for healthy bakery products.

As a food enthusiast and a diabetic, the quest for wholesome, gluten-free, Millet-based baked goods without compromising on taste became a driving force.

Many businesses in the city and across the nation claimed a similar message but sometimes used adulterated pre-mixes to match market prices. Bake Vedah refused to take that path, proudly declaring its tagline, **"Made with YOU in mind."** The brand embodies honesty, purity, and passion.

The growing awareness of health and lifestyle choices created a demand for nutritious and diverse options daily. With each new product came fresh challenges. Initially, Bake Vedah started as a whole wheat endeavour but evolved into a fully functional Millet-based bakery, offering a range of products, including Millet-based bread, cookies and granolas.



Bake Vedah's warm reception in its initial month boosted confidence in adhering to strict policies on health and quality. The future looks promising, with a vision to take the concept of nutrition and taste to other cities, making it a national phenomenon.

In life, there are opportunities to rewrite answers to the question we once pondered in school: **"What do you want to become when you grow up?"** The dream of having one's own business, once just a thought bubble, is now a living reality.

Let's keep passing this torch of empowerment to women, young and old, who are ready to break free from their cocoons and soar high. Age is no barrier to learning and starting anew. Every day brings new lessons.

Media Desk

JEEVA RANGARAJ:

A TRANSGENDER WHO SERVES AS A BEACON OF HOPE FOR ALL

*F*or transgender individuals, the path to recognition and assertion of their true identity often presents formidable obstacles, frequently leading to strained relationships with their families and society. However, within this struggle to live authentically, many individuals emerge as beacons of light, advocating not only for their own rights but also for the rights of others. One such person is Jeeva Rangaraj, a transwoman who is forging a path towards a more inclusive and compassionate society, thereby illuminating the way for others to follow.

Jeeva, who was born in 1974 in the Chennai neighbourhood of Royapuram, suffered from gender dysphoria at a tender age. Gender Dysphoria is a clinical condition, which refers to emotional distress caused by a disparity between biological sex and the individual's gender identity. In the eighth grade, she eventually mustered the courage to share her feelings with her family, but they refused to embrace her. At the age of 13, Jeeva, ran away from home and fled to Mumbai. For three years, Jeeva supported herself by begging. During this difficult time, Jeeva found inspiration in the tenacity of other individuals

with various disabilities who were assiduously striving to survive. Jeeva returned to Chennai with a determination to improve the future for transgender people.

After decades of work, Jeeva took a significant stride forward in 2007 by establishing the Transgender Rights Association (TRA), an organisation dedicated to empowering and advocating for Tamil Nadu's transgender community. Through the organisation, she intended to resolve the wide range of social, economic, and healthcare disparities transgender people encounter.

Jeeva's unwavering dedication to the cause of transgender rights did not go unnoticed. In 2008, in response to the urgent need for action, the Government of Tamil Nadu established the nation's first Transgender Welfare Board. In recognition of her incredible dedication and endeavours, Jeeva Rangaraj was appointed as a member of the Transgender Welfare Board.

The Tamil Nadu Transgender Welfare Board played a pivotal role in addressing the multifaceted challenges confronted by transgender individuals, thereby enhancing the quality of their lives. A wide range of essential services have been implemented to support transgender individuals as a result of the board's initiatives. These services include the provision of Identity Cards, Ration Cards, House Pattas (documents of land entitlement), residential homes, sex reassignment surgery, free sewing machines, assistance for higher education (Rs.1,500 for students of Class X and Rs. 2,000 for students of Class XII), support for self-help groups (loan up to rupee two lakhs for special self-help groups comprising of five members and Rs. 20,000 for individuals), free bus travel on ordinary fare city buses, and access to free skill training.



In 2009, the ActionAid Association awarded Jeeva a fellowship. This fellowship aided her in strengthening the Transgender Rights Organisation. Jeeva also completed her studies and received a Bachelor of Arts in Sociology. In addition, she earned a postgraduate certificate in Social Entrepreneurship which inspired her to improve the livelihood opportunities for her community. As the majority of transgender individuals have to engage in sex work or seek alms to survive, Jeeva sought to ensure a life of dignity for them. In 2011, she launched a skill development initiative for the transgender community through her organisation. The decade that followed was one of hope and progress for the LGBTQ+ community throughout India. With growing acceptance, especially in major cities, significant legal milestones were achieved. Notably, in 2014, the Supreme Court of India recognised the constitutional right of all individuals to self-identify their gender, a landmark decision. The court recognised transgender individuals as the third gender and classified them as a socially and economically disadvantaged group. The court additionally directed the Indian government to provide reservations for transgender individuals in public education and employment.

Another historic moment came in 2018 when the Supreme Court of India decriminalised consensual same-sex relationships by striking down Section 377 of the Indian Penal Code. This archaic law criminalised homosexual acts, contributing to stigma, prejudice, and discrimination against LGBTQ+ individuals. This ruling had a significant impact on the transgender community as well, as a large majority of transgender individuals engage in anal sex due to limited access to gender-affirming surgeries. With the decriminalisation of consensual sexual activity, transgender people were granted legal protection and the freedom to engage in intimate relationships without fear of persecution.

In 2019, the Transgender Persons (Protection of Rights) Act, 2019 was enacted by the Parliament of India to recognise transgender individuals and prohibit discrimination against them at educational establishments, in employment or occupational opportunities, healthcare services, and access to public facilities and benefits. The Act additionally reinforced transgender people's freedom of movement, property rights, and ability to hold public or private office.

Despite these positive developments, the situation for transgender people in the country remains perilous. One of the most significant challenges they encounter in cities is finding suitable housing. Even when transgender individuals can pay rent, landlords frequently refuse to rent their properties to them. Therefore, many transgender people are compelled to reside in slums or on the side of the road, which exacerbates their already precarious situation. Recognizing the pressing need for safe and inclusive shelter, Jeeva's organization, the Transgender Rights Association, collaborated with the Union Ministry of Social Justice and Empowerment and the National Institute of Social Defence to establish Chennai's first-of-its-kind shelter home in Periyar Nagar in 2021. This shelter home serves as a vital refuge for transgender individuals who would otherwise be forced to live on the streets, offering them a secure and supportive environment. The home provides more than the bare minimum of sustenance and shelter, offering a vast array of training programmes tailored to the interests and aspirations of its residents. These programmes seek to provide transgender individuals with the practical skills and knowledge necessary for their personal and professional growth.

Jeeva continues to advocate for the rights and well-being of transgender people across multiple platforms, in addition to operating her organisation and shelter home despite the challenges in the absence of adequate funding. She is a member of the India Network for Sexual Minorities (INFOSEM) and has worked as a consultant for the United Nations Development Programme, utilising her knowledge and passion to foster positive change within the transgender community.

Jeeva Rangaraj's unwavering commitment and relentless efforts have left an unforgettable mark on the lives of transgender individuals in Tamil Nadu. From the depths of adversity, she has emerged as a renowned activist dedicated to championing the rights of her community.

Jeeva's story serves as a beacon of hope for countless others in pursuit of a more equitable and inclusive society.

Shared by : Esther Mariaselvam and Shivangi Gupta

TETE-E TETE WITH TRISH DOUGLAS CENTENARY PRESIDENT OF INTERNATIONAL INNER WHEEL



PR: 33 years in Inner Wheel major part of your life, do you think there has been change in , if yes what?

TD: In 33 years as a member of Inner Wheel GB&I the most significant change was at our Convention in Istanbul when Proposal 17 got the green light, this meant ladies with no connection to Rotary could join Inner Wheel with the permission of the club, however, for me this needs to be re thought so there is no need for club permission and all like minded women can join, my own club don't use this ruling, we love new members.

PR. When you became Club President what service activities did your club do? What is it now?

TD: When I was Club President our service activity was sending goods and Christmas boxes to Satu Marie a small town in Romania, my late husband Iain and I visited Satu Marie we took luxury food items along with toys for an orphanage we were visiting. On my return I was able to send via Blywood a Christian organisation here in Scotland, 1,000 pairs of shoes, boots and wellingtons, these were gifted by all the schools in my hometown of Montrose.

This year our Club President has asked Montrose Inner Wheel to support Guide Dogs for the blind.



PR: How many members does your club have

TD: Our Montrose Club has 42 members.

PR: Why Inner Wheel? For you?

TD: Why Inner Wheel for me?

Like most wives with a Rotarian husband I was asked to join Inner Wheel, I went along not knowing what to expect but found that they were a happy friendly group of women who made me very welcome, I was very happy to join.

PR: You were involved with Chernobyl Children's lifeline, what did it do, and what did you do through that association. Please tell our readers.

TD: Chernobyl Children's Lifeline was an organisation that came to our Inner Wheel Club here in Montrose, they were looking for host families. My first husband Jim died as a direct result of the acid rain travelling over St. Bees in Cumbria as he played golf. However, this did not come to the fore until 5 years later when we had been in The George Hotel for 14 months. It was a brain tumour with a primary kidney cancer. Unfortunately Jim died in September 1991.

I'm a great believer in one door closes another opens! I joined Chernobyl Children's Lifeline and through this organisation I brought children into Montrose for a month in July and a month at Christmas. I was involved for fourteen years, unfortunately, my second husband Iain was diagnosed with Parkinson's so my role changed, I took the translator not the children. Due to Sepsis Iain sadly died in 2013.



PR: Shine a light is your theme for the year What does it mean?

TD: **'Shine A Light'**, to be honest it took me quite sometime to decide on our IIW theme for our Centennial Year. I wished to have a theme that would follow on from our PIIW President Zeny's 'Work Wonders', for the past year around the world clubs and districts have worked wonders now we need to **'Shine A Light'** on all that we have achieved and will achieve this coming year. So! **'Shine A Light'** for mewas absolutely the perfect theme.



PR: Being a centenary year President! Wow! Did you ever think, say 15 years back you would have this opportunity?

TD: Having been an MOC on the Governing Body of GB&I a position became vacant on The Executive for an Association Overseas Chairman (we didn't change the name to International until some years later) I was persuaded to put my name forward by three wonderful Inner Wheel friends, Zena, Ann and Thelma. I absolutely loved doing this job, I had 29 wonderful District Overseas girls who totally committed themselves to the challenges ahead. Our first year we supported 500 miles, our second year it was School in a bag and our third year we supported Sightsavers, dealing with River Blindness and Trachoma. With Sightsavers I travelled to Uganda to observe all the fantastic work they do in schools and clinics, an unforgettable experience. Looking forward I hadn't even thought I would be the IIW President in our Centennial Year, I am grateful to have been given this wonderful opportunity to 'Shine A Light' along with all our Inner Wheel Members my grateful thanks to all.

PR: When you think of our Founder Margarett Golding and other founding members what thoughts come to your mind?

TD: When I think of Margarett Golding and her 27 members who formed the Manchester Club, I feel tremendous pride that they were able through the permission of the Manchester Rotary to form the club. These were all the wives of Rotarians, some, like Margarett Golding were professional women in their own

right, having said that in 1924 it was not possible for them to be a member of Inner Wheel without a Rotarian husband, it took our Convention in Istanbul into change this!



PR: As a centenary year International Inner Wheel President what do you wish to convey to the outside world today through this Global magazine WomenShine

TD: Like this magazine WomenShine, we too are global. We would like that we need to make sure that our work reaches beyond our Inner Wheel Members, this article should encourage like minded women to join this wonderful organisation We have been the best kept secret in the world! We shall not be anymore

PR: “Brighten lives for the future” is a goal you have given to members. Please could you enlighten us about this?

TD: **‘Brighten Lives for the future’**

The world is experiencing unprecedented natural catastrophes, wild fires, global warming, floods and typhoons. We know the issues are huge and the impacts are widespread. If unchecked and unreversed, the next generation will have to fight for survival. Today, many communities suffer from the lack of clean air and clean drinking water; flimsy protection against the cold and the heat, and the loss of home and refuge. The future of the world looks dire.

PR: How can we brighten lives and give hope for the future?

TD: Inner Wheels objectives of encouraging personal service means that members are volunteers at the grassroots to offer selfless service. Inner Wheel clubs have all along worked individually and should continue to do so for their own small projects. In the last decades, as issues became more widespread and made known through the internet, there have been concerted efforts by several Inner Wheel Clubs, Districts and National Governing Bodies, who have implemented projects for whole communities or regions. When Inner Wheel members have more of these synergies, the light shines even brighter - this is good and is the way forward.

In carrying out our projects, Inner Wheel’s main focus is on women. This year Inner Wheel will continue to campaign for Strong Women Stronger World.

- * climate-smart agriculture in aid of women in farming and improving income in “green value”
- * entrepreneurs of climate-change. To empower women, to be the agents of change rather than just the consumer of change such as engaging in promotion, education, clean-up campaigns, tree planting.
- * women as agents of change in the home, the neighbourhood, the village, and their workplace by spearheading activities to adopt renewable energy possibilities, good recycling practices, community gardening and greening their environment.
- * alleviating energy poverty of women. Statistics record that many women in remote areas run households without electricity and efficient fuel for cooking.
- * 27% of clothes women buy are never worn, after wearing a garment 10 times this is discarded! 30% of clothes manufactured are not sold, globally this equates to 92 million tons of textile waste is created EVERY YEAR, this goes to landfill or burnt, more toxic fumes, only 20% of textiles are collected for reuse or recycling globally!



PR: Why have you asked members to work for mental wellness?

TD: Mental Wellness Brightens Lives

The unprecedented worldwide pandemic, with its many restrictions caused increased mental illnesses, stress and trauma among our youth and across the board leaving the elderly also vulnerable. Mental illnesses are disorders ranging from mild to severe, that affects a persons thinking, mood and behaviour. Nearly one in five adults live with mental illness. Eating disorders(including Anorexia Nervosa, Binge Eating Disorders and Bulimia) involve extreme attitudes and behaviour involving weight and food.

Anorexia usually begins in the teen years or young adulthood, anorexia affects all gender identities. Without treatment up to 20% of all eating disorder cases result in death through heart failure or multiple organ failure. A full recovery is absolutely possible.

In GB&I we have a charity called B.E.A.T (beat eating disorders) I have two close friends with grandchildren who have suffered and are suffering from Anorexia, at Convention this is the charity I am supporting. Mental Wellness Brightens Lives, under this umbrella clubs and districts can choose their own Mental Wellness Project. Many Inner Wheel Clubs worldwide have been actively supporting to uplift and brightening the lives of those who are hurt and in pain. More can be done, for the work is unfinished.

PR: TEAMWORK you believe in, please give your views on how IW members work as a team at District National and IIW levels even though elected from different clubs , towns and countries . Is it difficult to manage such a team?

TD: I lead from the front, yet firmly believe in TeamWork, which works equally well in Inner Wheel as in business. Since September 1991 I had been running the hotel along with my Team headed up at that time by the then Manager Audrey Lackie, now as most of you know it's the indispensable Tracy who is the Hotel Manager. Teamwork began with District 1, 23 years ago! I was very much welcomed onto 'The Team' by our then District Chairman Linda Moyes, who sadly died very recently. Linda was a friendly vibrant girl and made everyone round her feel part of the District Committee Team, when I became The Association President of GB&I I couldn't have asked for a better Governing Body Team, which consisted of The Executive and 29 Members of Council, teamwork at its very best. I've been a Board Director twice, both very different experiences, one physical, one virtual, I have made great friendships from both groups, which are still 'on going'. Last year I was welcomed onto the IIW Committee as Vice President, for my part Teamwork came first with the Executive, Alan and Elaine then with 14 Board Directors (two absent with illness) Prabha, our Media/Manager, in the background, when needed our webmaster, Yeo San it was for me great Teamwork, obviously everyone has their opinion and these rightly should be '**aired**', everyone must have '**A Voice**' that's TEAMWORK.



PR: You have been Managing profession, Home, Inner Wheel for a long time; and we have young women who say they cannot join IW because they are professionals, what is your advice?

TD: When I look back at my working life, home life, and my Inner Wheel life I seem to have had so many balls in the air at the same time! I'm probably what's called a workaholic! Each and everyone of us are different, challenges come along in everyone's every day life but I believe I'm very much a positive person, I'm not good at all with negativity! Coming out of University all those years ago with my life in front of me, I'm grateful that I've been strong enough to come through the sad times and been able to help where I can, to me, becoming a bereavement councillor after my beloved husband Jim died in 1991 was also healing for me and I felt I helped others deal with their own bereavement. Being given happiness again with Iain, helping with his ministry in our two church parishes Montrose and Farnell for many years, isn't it so much better to be positive and happy, than negative? Advise for those who feel they are too busy with their professional lives to join Inner Wheel, to be honest there is no advise I can offer, but what an opportunity they have missed by not joining this wonderful organisation called INNER WHEEL.

Quick take

Mountains or beaches for a holiday?

Both

If not Trish, whom would you like to be?

Cleopatra

What quality/qualities do you admire in a person

Integrity

Something in your life, when you think back it is with gratitude

My Parents

What do you like doing in your spare time

Walking my Basset hounds, seeing family and friends

What would you like remembered about you

That I was a caring person

Are you a morning person or a night one

Definitely a morning person

Favourite type of Ice cream

Salted Caramel

Whom do you take advice from

My son James

You dance I know, you sing too, what other talents do we not know yet?

I'm told that my cooking is great!

Best/favourite possession

It's memories and family photographs

Written By :
Prabha Raghunandan

EMBRACING EQUALITY: A CALL FOR EQUITABLE TREATMENT AND RECOGNITION



Equality, a fundamental principle of justice and fairness, lies at the heart of building harmonious societies. It encapsulates the idea that every individual, irrespective of gender, should have equal access to opportunities, treatment, recognition, and compensation. In recent times, there has been a growing recognition of the importance of true equality, transcending traditional biases and stereotypes.

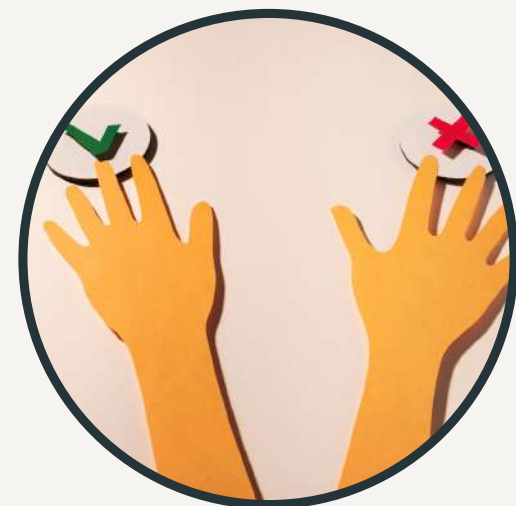
THE ESSENCE OF EQUALITY

At its core, equality signifies that individuals should be treated fairly and without bias, particularly when equal effort is expended. This extends to every aspect of life, from the workplace to social interactions. It encompasses being acknowledged for one's

contributions and being remunerated commensurately, irrespective of gender. Gender-based wage disparities have long plagued societies, underscoring the need for a shift towards equitable pay for equivalent work. True equality necessitates dismantling these systemic barriers and acknowledging that equal efforts deserve equal rewards.

DISPELLING MISCONCEPTIONS

In the past, the concept of equality has been misconstrued, with some advocating elevating women above men. However, the essence of equality lies not in supremacy, but in impartial treatment. It's not about placing one gender above the other, but about levelling the playing field and creating an environment where everyone can thrive. The principle of equality emphasizes fair treatment, acknowledging the inherent worth of every individual and their individual contributions, irrespective of gender.



SEIZING EMERGING OPPORTUNITIES

Today's world offers a plethora of opportunities for women. This is thanks to increased awareness and efforts to rectify historical gender disparities. It is imperative that these opportunities are seized without hesitation. By embracing these chances, women can pave the way for future generations, breaking down barriers that have hindered progress. Whether it's in education, the workplace, or leadership roles, women should be proactive in grabbing the first opportunity that comes their way, proving that they are equally capable of contributing to society's growth and development.



EMPOWERMENT THROUGH EFFORT

While gender should never be a pretext for differential treatment, it is essential for women to put in the effort required to excel in their chosen fields. The narrative that being a woman is a hindrance to achieving excellence must be discarded. Hard work, dedication, and competence should always be the benchmarks for

success. However, when disparities in treatment or recognition arise, it's crucial to address them assertively. Women should feel empowered to raise their voices against any form of discrimination, ensuring that their contributions are acknowledged on par with their male counterparts.

By putting in the necessary effort, embracing opportunities, and voicing concerns over disparities, women can actively contribute to the ongoing journey toward a more just and equal society. It's not about being above or below anyone. It's about standing shoulder to shoulder, united in the pursuit of equality for all.



- Written By :
Dr. Gayatri Kamineni

10 Awesome Bus Journeys YOU MUST TAKE RIGHT NOW

“Travel opens your heart, broadens your mind, and fills your life with stories to tell.” -Paula Bendfeldt

While there are multiple modes of transport, the best and pocket-friendly mode is the bus.

Modern technology and digitalisation have made it easier to travel by bus.

The blog throws light on the comfort of travelling by bus to far-off destinations via luxury buses.

There are several packages being offered by tour operators for Tours in India to various beautiful destinations.



Travel to Rajasthan: Jaipur to Udaipur

Would you like to experience the royal Rajasthani culture? A getaway to 'the Venice of the East' or the City of Lakes- Udaipur will be the perfect holiday to experience this.

It is a treat for the eyes to explore this city nestled amongst the Aravalli mountain ranges and located around a series of artificial azure blue lakes. One gets to witness the beautiful architecture, vibrant culture and delectable cuisine of the place.

To reach Udaipur one gets bus tickets online. The distance from Jaipur to Udaipur is 394 km which takes 6 hours and 48 minutes to reach Udaipur. Comfortable Volvo buses ply between Jaipur and Udaipur.

From beaches to tea gardens: Chennai to Munnar

Are you wanting to escape the Chennai heat? Then head to Munnar, an idyllic hill station located in Kerala. This exotic hill station is situated on the confluence of the three rivers Muthirapuzha, Nallathanni & Kundala in the Idukki district. The place is known for its picturesque beauty, wildlife, tea plantations, exotic flora and pleasant weather.

Head to the capital: Udaipur to Delhi

Delhi the national capital of India exudes both the old world charm and the contemporary dynamism. The place is always bustling with activity and attracts people from all corners of the country. It has a rich cultural heritage, Historical monuments, mouth-watering street food, vibrant nightlife, buzzing shopping centres, the best hotels & restaurants, and various events where one can learn a lot.



Planning a vacation to Delhi the melting pot of culture, you won't be disappointed. You will be spoilt for choices with lovely shopping arcades, delectable street food and tourist spots. From Udaipur, the distance by bus is 700 km and takes 13-14 hours.

From Garden City to the Beaches: Bangalore to Goa

Are you getting bored with the monotony of work? Just take a break and head towards Goa. The party destination of India. This small state in Western India boasts pristine white beaches, exquisite flora and fauna, buzzing nightlife and Indo-Portuguese flavours, aromas and spices.

This hauntingly beautiful place is for both the young and the old alike. From exploring museums, churches, beaches and to tasting yummy Goan cuisine.

A variety of buses ply from Bangalore to Goa. Being a 13-hour journey most buses ply at night. Book your tickets and head for the sun-soaked beaches of Goa.

Explore Tamil Nadu: Coimbatore to Chennai

Chennai is the capital city of Tamil Nadu.

Chennai is known as "Detroit of India" and is famous for its temples, museums, and beaches.

One gets a chance to visit the famous Marina Beach, MGR Film City, Government museum and the famous Snake Park.

From Coimbatore, one can board a bus which takes 9 hours to reach Chennai. The distance between Coimbatore and Chennai is 504 km. With a click of a mouse, your tickets are booked.



Visit India's favourite hill stations: Manali to Shimla

Wouldn't it be fun to hop from one hill station to another? Let's name it Hopping Hill Stations. What would it be like to go from Manali to Shimla by bus?

Indulge in the pleasure of hopping from one hill station to another. Travel from the adventure-filled Manali to the colonial charm of Shimla by bus, You can enjoy watching the picturesque landscape while traveling by bus from Manali to Shimla. The misty mountains, pine trees, and gambling monkeys are a delight to watch in this six-hour ride.

Expressway Maharashtra: Mumbai to Pune

Take advantage of the well-connected Mumbai Pune Expressway if you want to travel to Pune, reducing the distance between the two cities to about 2 hours. Choose buses ranging from Volvos to sleepers for the 1 hour and 57-minute journey spanning 160 to 180 km. Bus travel is the most cost-effective mode for this route, commonly used by people for work and studies.

It's Maharashtra's strawberry heaven: Mumbai to Mahabaleshwar

For the Mumbaikers a holiday to Mahabaleshwar is rejuvenating. One can experience the invigorating weather, watch the scenic beauty and enjoy visiting the strawberry farms.. The six-hour journey by bus is a treat for the eyes to see the verdant green meadows all around

A Quick Gujarat Trip: Ahmedabad to Rajkot

Do you want to visit Rajkot One of the largest cities of Gujarat?

Rajkot is situated on the periphery of the Aji and Nyari rivers 245 km away from Gandhinagar the capital city of Gujarat. One can enjoy sightseeing in dams, museums and temples. And not to miss eating the famous Puran Poli, Basundi, Shrikhand and Malpua. A trip won't be complete unless one indulges in shopping. One can buy Gujarati handlooms and artefacts. A bus ride takes 4 hrs 57 minutes covering 229 km. Go for this pocket-friendly ride.

West Bengal's coastal adventure: Kolkata to Digha

Discover the intriguing seaside town of Digha, the oldest beach retreat in Bengal. It is known for its low-gradient beach. one can enjoy a holiday far from the madding crowd exploring beaches, the lighthouse, temples and parks. Indulge in activities like banana boat rides and fishing. The place is a gourmet's delight as one gets to taste various kinds of fish.

Bus travel takes 4-5 hours from Kolkata. The scenic beauty is mesmerizing. On a concluding note, one can say a bus journey will give a person the desired thrill in life! It makes travel more memorable. With Bus tickets online there has been a revolution. We can Book bus tickets online with a click of a mouse from the comfort of our homes..



**- Written By :
Dr Preeti Talwar**

MILLETS BETTER

Why Millets are better than some of the other regular grains and why you should include them in your diet more



Millets like ragi, jowar, bajra and buckwheat are the humble grains which were cherished by our grandparents. They are small-seeded grasses that have been cultivated for thousands of years in various parts of the world. These grains offer numerous health benefits and are often a better choice than some of the more commonly consumed grains like rice and wheat. They are tiny but they are packed with nutrition and should be regarded as superfoods.

This year, 2023, has been declared by the United Nations as the International Year of the Millet on a proposal given by our Government of India. This is an indication that we should recognise the value of these forgotten grains and bring them back into our daily diets. Here are some advantages of bringing millets in your daily diet:

MORE NUTRIENTS

Millets are full of essential nutrients and are also excellent sources of dietary fibre, which aids in digestion and helps maintain a feeling of fullness. Millets are rich in vitamins such as B-complex vitamins and minerals like iron, magnesium, phosphorus, and zinc. These nutrients are required for various bodily functions, including energy production, bone health, and immune support.

LOW GLYCEMIC INDEX

One advantage of millets is their low glycemic index (GI) compared to regular grains. Foods with a high GI can lead to rapid spikes in blood sugar, followed by crashes, which can contribute to weight gain and type 2 diabetes. Millets have a lower GI, which means they release glucose into the bloodstream more slowly, providing sustained energy and helping to stabilize blood sugar levels. This makes millets an excellent choice for individuals looking to manage their weight or control their blood sugar.



GLUTEN-FREE

Another reason to consider incorporating millets into your diet is that they are naturally gluten-free. Regular grains like wheat contain gluten, which can be problematic for individuals with celiac disease or gluten sensitivity. Millets offer a safe and nutritious alternative for those who need to avoid gluten in their diet.

HIGH PROTEIN CONTENT

Millets contain more protein than many regular grains, making them an ideal choice for vegetarians and vegans looking to meet their protein needs. Protein is essential for muscle growth, repair, and body function, making millets a valuable addition to any diet.

VERSATILITY IN THE KITCHEN

Millets can be used in a wide range of dishes. They can be cooked as a substitute for rice, used to make porridge, added to soups and stews, or ground into flour for baking. The diverse array of millet varieties allows for experimentation in the kitchen and the creation of unique and delicious dishes.



Incorporating millets into your diet is always a wise choice. They also require fewer resources to cultivate, making them a sustainable option for the future of agriculture. So by including millets in your meals more often, you can enjoy a healthier diet and contribute to a more sustainable food system. So, next time you plan your meals, consider giving millets a prominent place on your plate.



- Written By :
Dr Hansaji Yogendra

Is Pregnancy Discrimination in the Workplace Real?

Tania Zarak, a former Netflix Manager, who only had praises to hear about her work from the executives, was fired from her job. The reason; she was pregnant. Once she told her supervisor that she was expecting, his behaviour towards her changed. He eliminated her from the information loop and excluded her from the meetings of a series they were working on. He began to create a negative and abusive environment by commenting on how frustrated or tired Ms. Tania looked after her pregnancy. She was discouraged from taking maternity leave and one day, she was just laid off without an explanation.

This is a high-profile example of what we call pregnancy discrimination in the workplace. Many do not see the light of day. Pregnancy discrimination is one of the biggest challenges women face in the workplace today. I would let numbers do the talking. Statistics by the Bipartisan Policy Centre show that 1 in every 5 women in the U.S. experience this type of discrimination and almost 1 in 4 have contemplated leaving their jobs because of less flexibility and accommodation. A research study by Madhu Gupta in 2021 revealed a significant number of pregnant women in India are mistreated at work.



Pregnancy discrimination can take many forms but it virtually refers to a discriminating attitude towards women during pregnancy, childbirth and conditions associated with them. It may involve any negative employment action associated with pregnancy such as denial of leave, reasonable accommodation in schedule or firing. With women traditionally being forced into the role of caretakers of children and domestic chores, this treatment is unfair and inhumane but, unfortunately, very prevalent. What can be the reason behind this? Employers must pay the women as well as compensate for the tasks to be completed. To get rid of this extra cost, employers are hesitant to hire pregnant or even young women in the first place.

What is more to this is the impact this unjust ordeal has on women. Research by Hackney and his colleagues (2021) discovered that when women perceive pregnancy discrimination in the workplace, they end up experiencing increased stress. On top of that, they experience increased symptoms of postpartum depression. You would be surprised to know but this also affects the child in the form of low birth weights and gestational ages.



Although labour laws in India as well as specific acts and policies like the Maternity Benefit Act of 1961 and then its latest revision in 2017 do account for some security for women, they do not need cosmetic alterations to what is already established. They require detailed

deliberation and reformation to put an end to the loopholes the employers currently exploit. This may range from tax reliefs and additional benefits to organisations to reinforce them to retain and hire pregnant women while providing them with the necessary support. Flexibility in work hours, work-from-home or creche services should be seriously implemented. The government can collaborate with NGOs to provide neighbourhood creche services.

Finally, cases of such discrimination should be promptly resolved in the court. Education about such forms of discrimination and spreading awareness about the policies that women can benefit from are viable first steps in this process. These should target both the employers and the

employees. However, the current scenario in the Indian context calls for sincere efforts at the organisational level to create the desperately needed cultural shift to support women during pregnancy.



- Written By : Bushra Rashid

Building a Supportive Environment: Five Pitfalls to Steer Clear of After Your Child's Autism Diagnosis

Navigating life after your child's autism diagnosis can be challenging, but creating a supportive environment is crucial for their development and well-being.

HERE ARE FIVE PITFALLS TO AVOID:

One of the most significant pitfalls is succumbing to negative attitudes and stigmatizing beliefs about autism. It's essential to remember that autism is a neurodevelopmental difference, not a disease. Embrace and celebrate your child's unique qualities, and educate friends, family, and caregivers about autism to reduce stigma and misconceptions.

Early intervention is vital for children with autism. Waiting or if your child will outgrow certain behaviours and overlooking intervention can delay their progress. Seek out interventions, therapies, and educational programs that are tailored to your child's needs. The earlier you start, the better the chances of positive outcomes.

While it is important to have high hopes for your child, setting unrealistic expectations can lead to frustration and disappointment. Understand that progress in different areas can be uneven, and celebrate even small victories. Your child's growth might take unexpected paths, so remain flexible and patient.



Providing care for a child with autism can impose significant emotional and physical challenges. Neglecting your own self-care can lead to burnout and impact your ability to provide support. Make time for yourself, engage in activities you enjoy, seek support from friends or support groups, and consider therapy if needed. Your well-being is essential for creating a positive environment for your child.



Lastly overlooking family dynamics can be a major pitfall. The diagnosis affects the entire family, including siblings. Ignoring their feelings, needs, and questions can create resentment or misunderstanding. Foster open communication among all family members, addressing concerns and celebrating achievements together. This unity can strengthen the support network for your child.

Remember, every child with autism is unique, and what works for one might not work for another. Avoiding these pitfalls can help you create an environment where your child feels valued, supported, and empowered to reach their fullest potential.



**- Written By :
Dr. Himani Narula**

Zodiac Tarotscope

September Tarotscope

Gemini

Reversed nine of Pentacles



Message:
Focus on your finances

Mantra:
'If I can't eat it, should I buy it?'

I have a message for you Gemini: be careful with your money! The excesses of summer indulgences could be catching up with you forcing you to step into a tight budget for the month of September. The number nine is featured on this card: financial precaution is highlighted as you move through the ninth month. (September) Be mindful not to overspend or be reckless with your money. Also, use your head and do NOT get involved in any get rich quick or pyramid schemes as they could prove to be financially disastrous. Stay grounded and pragmatic and keep your financial impulses at bay and you should come out with a bit of coin saved up as September draws to a close.

September Tarotscope

Cancer

Seven of Wands



Message:
Stand your ground

Mantra:
'I will not be knocked off course.'

It looks to be a competitive month for you my dear Cancerians. The key here is to stand your ground with what you believe in and what you've worked hard for. Practice healthy boundaries and stay within your personal power. If trolls, haters or naysayers come your way, deflect their energy away from you and don't let them get you down. You've been somewhat in the spotlight since the seventh month (July) so all this drama around you is part of an accumulative effect. Just keep on being true to yourself and notice the competitive attacks easing off by the end of September. Your light shines out and attracts those people who align with your higher good.

September Tarotscope

Aquarius

The Fool



Message:
Take a leap of faith

Mantra:
'I trust the universe.'

What an exciting month ahead for you lovely Aquarians! If you've been contemplating an adventure or a trip or starting a new venture, take the leap of faith and go for it. This is a new chapter of possibilities and the road ahead is wide. The energy of spontaneity and synchronicity is with you this month, guiding you and helping you to feel like you are in the flow of the universe. Don't be dismayed if travel plans or social arrangements experience a few glitches (that's normal) Just laugh it off and let it be water off a duck's back and carry on with your free-spirited self.

September Tarotscope

Pisces

Reversed Knight of Pentacles



Message:
Practice self-discipline

Mantra:
'I am productive.'

It's back into a routine for you hardworking Pisces. You have been buzzing with career ideas all summer long but now it's time to pull away from the brainstorming and into the zone of studious self-discipline. In the month of September, it would be advantageous for you to commit to creating a schedule and routine in order to make your ideas happen. Get strict with yourself and create a schedule, timeline and goals. Sometimes we have to lean into the mundane grind in order to see results. Know that this is not forever and the hard work and sweat that you put in throughout September will pay off.

September Tarotscope

Taurus

Four of Swords



Message:
Give yourself a break

Mantra:
'I give myself rest.'

The month of September is the perfect time for you to take a break Taurus. If you've been working hard all through the summer, perhaps a September holiday is in order for you. This month is also a time where you should be pulling away from social energies and going inward for some self reflection: think meditation, journaling or dreamwork. Your mind, body and spirit will thank you for it and you'll feel refreshed and ready to take on the month of October.

September Tarotscope

Leo

Reversed High Priestess



Message:
Time to go inward

Mantra:
'I trust my intuition.'

It's been a social butterfly of a time throughout the summer for you Leo and all that extroverted energy is quietly taking its toll on you. It's time to go inward this September. Disconnect from the external world and the drama of social events and get back into your quiet zone. This includes all of your spiritual practises, mediation, crystals, tarot or dreamwork. For those of you who feel disconnected from your intuition, this is the time to reconnect and trust. You are highly intuitive, bordering on psychic and now is the month to really trust and grow with your abilities.

September Tarotscope

Virgo

Reversed Temperance



Message:
Restore balance

Mantra:
'Slow down, take care, rest.'

Happy Birthday Virgo! This is your season. There is alot to celebrate but be mindful of excess. Balance of your mind, body and spirit is needed in the month of September. If you have been burning the candle at both ends with parties, work, events or social activities, you might want to promptly get yourself on a detox and get some proper sleep. You don't want to burn out. All in moderation. Get yourself into some healthy routines: mediation, exercise, good nutrition and good sleep. I hate to sound like your granny here but: take care of yourself my dear!

September Tarotscope

Sagittarius

Page of Wands



Message:
New projects

Mantra:
'I am following my soul's purpose.'

Go for it Sag! Step out with that new project. September 2023 is the perfect alignment for activating your exciting ideas. Whether it's a creative project, a career change or taking up a course and going back to school, trust that moving forward will bring about a wonderful change in your life. New chapters abound! In a year's time you will be thanking your past self for embarking upon this journey.

September Tarotscope

Taurus

Four of Swords



Message:
Give yourself a break

Mantra:
'I give myself rest.'

The month of September is the perfect time for you to take a break Taurus. If you've been working hard all through the summer, perhaps a September holiday is in order for you. This month is also a time where you should be pulling away from social energies and going inward for some self reflection: think meditation, journaling or dreamwork. Your mind, body and spirit will thank you for it and you'll feel refreshed and ready to take on the month of October.

September Tarotscope

Scorpio

Reversed Ten of Cups



Message:
Reflect on relationships

Mantra:
'What truly makes me happy?'

Lovely Scorpio, your relationships come into focus this month. You could be navigating challenging terrain leaving you feeling disconnected, unhappy and unfulfilled. It's a chance to take stock and to reflect on what really aligns with you and your core values. There could be some interpersonal relationships that no longer align with where you are in your life at the moment. Reflect on what truly makes you happy. Relationship intensities could amplify so make sure to take care of yourself.

September Tarotscope

Aries

The Devil



Message:
Shadow work

Mantra:
'Shadow work is the path of the heart warrior.'

Freedom-loving Aries, the summer was carefree and fun but as you move into September you may notice a shift of energy that can leave you feeling slightly restricted. A summer romance could suddenly take on a different tone, leaving you feeling tied down. This is an opportunity to deep dive into your shadow (your wounded self) and work through these challenging feelings of being controlled. September is also a perfect time for those of you Aries that need to change some bad habits in your life - doom scrolling on Instagram or give up those evening glasses of wine. Look at the areas in your life where addiction has gotten out of control and has become self-destructive. September is the month to set yourself free!

September Tarotscope

Capricorn

Four of Pentacles



Message:
Your relationship with money

Mantra:
'My money flows and balances.'

Your relationship with money The month of September highlights your relationship with money, dear capricorn. The start of a new season is a great time to bring in some new habits. When it comes to money, reflect on how you relate to it. Are you reckless and impulsive? Spending all of your paychecks on those Balenciaga trainers. Or are you fearful and stingy? Denying yourself that much-needed back massage because you have savings goals. Money seems to work best when it can flow and exchange so however you approach your finances this month, do so with balance.

सशक्तिकरण का संदेश

महिलाओं की सुरक्षा सुनिश्चित करने का संदेश देने के लिए मध्य प्रदेश की 24 वर्षीय आशा राजूबाई मालवीय (Aasha Malviya) पूरे देश में साइकिल चल रही हैं। आशा मालवीय साइकिल से देश के हर कोने में जाएगी। इससे पहले आशी ने पर्वतारोही बनकर मध्य प्रदेश का नाम रोशन किया था। तो वहीं, अब महिलाओं के खिलाफ बढ़ते अपराधों को देखते हुए साइकिल यात्रा पर निकली हैं। आइए हम उसके बारे में अधिक जानकारी प्राप्त करें।



WS: क्या आप हमें एक साइकिल चालक के रूप में अपनी यात्रा के बारे में बता सकते हैं और आप इस खेल में कैसे शामिल हुए?

AM: - मेरा नाम आशा मालवीय है मैं एक राष्ट्रीय खिलाड़ी व पर्वतारोही हूं मैं मध्य प्रदेश के राजगढ़ जिले के ग्राम नाटाराम से हू। मुझे बचपन से ही कुछ अलग करने का शौक था तो मुझे लगा कि मुझे ऑल इंडिया साइकलिंग करना चाहिए और स्पेशली महिलाओं को लेकर फिर मैं यहां जर्नी का शुरुआत 1 नवंबर 2022 को भोपाल से की और अभी तक लगभग 25000 किलोमीटर की यात्रा करके मैं दिल्ली पहुंच चुकी हूं।

WS: आप मध्य प्रदेश की पहली महिला पेशेवर साइकिल चालक हैं। बाधाओं को तोड़ने और अपने क्षेत्र की अन्य महिलाओं के लिए मार्ग प्रशस्त करने में आपको किन चुनौतियों का सामना करना पड़ा?

AM: -साइकिलिंग के दौरान बहुत सारी चुनौतियां मेरे सामने थी कि जिस तरह मेरा कोई स्पॉन्सरशिप नहीं था तो स्पॉन्सरशिप नहीं होने की वजह से मुझे रुकने का खाने का मेरा साइकिल खराब हो जाता था सारे अरेंजमेंट करना पड़ता था अरेंजमेंट के साथ-साथ मुझे ट्रैवल करना होता था दिल्ली का हंड्रेड से 300 किलोमीटर के बीच में और जब मेरी साइकिल खराब होती थी तो मुझे ही ठीक करके फिर से राइट स्टार्ट करना पड़ता था

WS: सामाजिक कार्यों को बढ़ावा देने और महत्वपूर्ण मुद्दों के बारे में जागरूकता बढ़ाने के साधन के रूप में साइकिल चलाने के लिए आपको किस बात ने प्रेरित किया?

AM: मुझे मेरी मां ने प्रेरित किया है इस चीज को लेकर क्योंकि मेरी सिंगल मदर है मेरे फादर की जब मैं 3 साल की थी तब तो डेट हो गई थी मां मजदूरी करती है

WS: . आपने भारत भर में कई लंबी दूरी की साइकिलिंग अभियानों में भाग लिया है। क्या आप इनमें से किसी यात्रा का कोई यादगार अनुभव या विशेष रूप से चुनौतीपूर्ण क्षण साझा कर सकते हैं?

AM: आंध्र प्रदेश का मुझे बहुत अच्छा लगा वहां जो महिला सशक्तिकरण महिला सुरक्षा को लेकर जो कार्य किया जा रहे है वह मेरे लिए काफी यादगार है और सुना के साथ जो टाइम मैं बिताया है और उनसे जो कुछ मुझे सीखने को मिला है कि जिस तरह वह हमारे देश की सुरक्षा के साथ-साथ महिला सुरक्षा और महिला सशक्तिकरण को लेकर इतने कार्य करते हैं तो वह मेरे लिए काफी यादगार है |



WS: आप अपने साइकिलिंग करियर को अपनी अन्य प्रतिबद्धताओं और जिम्मेदारियों के साथ कैसे संतुलित करते हैं?

AM: - मैं खाने पीने का थोड़ा ध्यान रखती हूं। थोड़ा समय को मैटेन करते हुए मेरे डेली रूटीन को फॉलो करते हू।

WS: . युवा महिलाओं और लड़कियों के लिए एक रोल मॉडल के रूप में, आप उन्हें अपने जुनून को आगे बढ़ाने और रूढ़िवादिता को तोड़ने के बारे में क्या संदेश देना चाहेंगे?

AM:-मुझे लगता है कि देश में हम महिलाओं को ही आगे आने की जरूरत है और मैं सभी मां-बाप से भी यह कहना चाहती हूं कि वह अपने बच्चियों को भी उतना ही अधिकार दे जितना की बच्चों को दिया जाता है क्योंकि मैं जिंदगी में यह सोचती हूं कि एक इंसान जिंदगी में वह कर सकता है जो शायद कोई नहीं कर सकता सिर्फ जरूरत है तो मेहनत की



WS: आपके प्रयासों ने न केवल जागरूकता बढ़ाई है बल्कि धर्मार्थ कार्यों के लिए धन जुटाने में भी योगदान दिया है। क्या आप हमें उन कुछ पहलों के बारे में बता सकते हैं जिनका आपने समर्थन किया है और उनका क्या प्रभाव पड़ा है?

AM: -मेरी इस यात्रा ने देश में महिला सुरक्षा महिला सशक्तिकरण को लेकर सिर्फ जागरूकता फैलाने का कार्य किया है और महिलाओं को जागरूक किया है बच्चों जागरूक किया है तो मुझे लगता है कि मेरी इस यात्रा ने धन जुटाना जैसा कोई कार्य नहीं किया क्योंकि मेरा नहीं कोई स्पॉन्सरशिप था ना आज है पहले भी मेरी मां मजदूरी करती थी और आज भी मजदूरी कर रही है।

प्रि वेडिंग शूट

ट्रि..ट्रि

“ काव्या , हम लोग अपना प्रिवेडिंग शूट गोवा में करायेगें . “
 ‘नलिन, पापा राजी नहीं होंगे . कहीं आस पास करवा लो . ‘
 प्रिवेडिंग एक बार ही होता है इसलिये मेरी फीलिंग्स का भी तो तुम लोगों को ध्यान रखना चाहिये . मैंने गोवा डिसाइड कर लिया है. अब मुझे कुछ भी नहीं सुनना . अपने पापा को समझा देना . कह कर उसने फोन काट दिया था . “
 काव्या हेलो हेलो करती रही थी , वह फोन काट चुका था .

वह मायूस हो उठी थी . नलिन हर समय अपनी बात को ऊपर रखता है ,इसके साथ कैसे निभेगी तभी उसका फोन बज उठा था ... उधर नलिन ही था ...

काव्या बोली, **“मेरी बात समझो , गोवा हम दोनों शादी के बाद हनीमून के लिये चलेंगे . “** माई स्वीट, इंतजार करो... सरप्राइज दूंगा . अभी पापा खाने पर इंतजार रहे हैं.... लव यू..” मजबूरी में काव्या के पापा ने बेटी के साथ उसकी कजिन बड़ी बहन को गोवा प्रिवेडिंग शूट के लिये भेज दिया. प्रिवेडिंग शूट के लिये सी बीच और दूसरी लोकेशंस पर रोमैंटिक फोटोग्राफी हो गई थी . सब बहुत खुश थे . रात होने वाली थी नलिन और काव्या दोनों ही एक दूसरे से अलग नहीं होना चाहते थे क्योंकि दोनों ही भावनाओं के वेग में डूब गये थे .

एक दूसरे से मिलने को बेताब हो रहे थे जब रात गहरा गई तभी नलिन ने उसे बाहर आने का इशारा किया था . दीदी को गहरी नींद में सोता देख वह नलिन के कमरे की ओर खिंची चली गई थी . नलिन भी बाहें पसारे उसका इंतजार कर रहा था

नलिन के आग्रह को बार बार मना करने के बावजूद जब दोनों ने जाम टकराये और काव्या नशे की मदहोशी के आलम में होश खो बैठी थी और दोनों आपस में अंतरंग रिश्ता बना बैठे . नलिन को गहरी नींद में सोता देख काव्या अपने कमरे में आकर लेट गई थी परंतु मन ही मन अपनी भूल पर पछता रही थी लेकिन अब जो कुछ घटित हो गया उसको तो बदला नहीं जा सकता था सुबह की फ्लाइट थी . काव्या देख रही थी नलिन कुछ उखड़ा उखड़ा सा लग रहा था , उससे निगाहें भी नहीं मिला रहा था . वह कुछ समझ नहीं पा रही थी . दोनों की सीट के बीच में दीदी बैठी हुई थीं . फोन भी बंद था . वह आँखें बंद कर सोने का नाटक कर रहा था. वहाँ से लौट कर आने के बाद काव्या नलिन कोमैसेज करती तो वह जवाब ही नहीं देता था. फोन करती तो वह फोन ही नहीं उठाता .

एक दिन भी नहीं बीता था कि नलिन के पिता ने पापा को बुलाया और कहा , आपकी लड़की की हरकतों के कारण हम लोग ये रिश्ता तोड़ रहे हैं . पापा कुछ समझ पाते इसके पहले ही वह उठ कर अंदर चले गये थे .

पापा को कुछ समझ ही नहीं आया था कि आखिर हुआ क्या ... काव्या सोच रही थी कि क्या नलिन अंतरंग रिश्तों के समय शामिल नहीं था , क्या उन क्षणों के लिये वह अकेली ही दोषी है .



पद्मा अग्रवाल

अब चाँद कुछ अलग हो गया है

23 अगस्त 2023 शाम 6 बज कर 4 मिनट भारत वर्ष के इतिहास का एक अविस्मरणीय दिन इतिहास के पन्नों में दर्ज किया जायेगा . पूरा देश टी.वी. और मोबाइल पर साँस रोक कर चंद्रयान 3 की सॉफ्ट लैंडिंग सफल हो जाने के पल का बेसब्री से इंतजार कर रहा था . इसरो की सूचना से पूरा देश खुशी से झूम उठा . चंद्रमा पर सूर्योदय के साथ ही चंद्रयान 3 ने अपने कदम रख दिये . यह एक ऐतिहासिक पल था जब विश्व के तमाम विकसित देश चंद्रमा के साउथ पोल पर कदम रखने के विषय में सोच भी नहीं पा रहे थे . इसरो ने वह कमाल कम बजट में करके दिखा कर पूरे विश्व को सामने अपनी प्रतिभा का परिचय दे दिया है.

चंद्रयान 3 से आखिर हमें क्या हासिल होने वाला है चंद्रयान 3 में अनेक ऐसे उपकरण लगे हुये हैं जो चंद्रमा के सतह के चित्र , द्रव , गैस के रूप के तत्वों की मात्रा की जानकारी देंगे . यहाँ हम सबको कुछ ऐसे तथ्य और आँकड़े मिल सकते हैं , जो प्लैटेनरी डिफेंस (खगोलीय सुरक्षा) का ढाँचा बनाने में मदद करेंगे .

चंद्रयान 1 में नासा के एम -क्यूब पर पानी (मून ममिनरॉलजी मैपर) होने की पुष्टि की थी . नित नये तत्वों , खनिजों , ऑक्सीजन , मैग्नीज आदि अनेक खनिजों के होने की जानकारी मिलती जा रही है जिससे पूरा विश्व आश्चर्यचकित होकर भारत की उपलब्धियों पर अपनी निगाहें लगाये देख रहा है .



उदाहरण की तौर पर चंद्रमा की सतह पर सोडियम तो है परंतु कितनी मात्रा में है , यह चंद्रयान 3 से प्राप्त डाटा की एनालिसिस के बाद ही मालूम हो पायेगा .

चंद्रयान 3 में अब तक का सबसे सक्षम एक्सरे - स्पेक्ट्रोमीटर लगाया गया है जो चंद्रमा की सतह पर 25 किलोमीटर के दायरे तक के तत्वों के मौजूदगी की सटीक जानकारी दे सकेगा . भूकंपमापक यंत्र से चंद्रमा पर उसके कंपन की जानकारी मिल सकेगी .

अंतरिक्ष में जीवन की खोज की दिशा में चंद्रयान 3 की खास भूमिका होगी . इसके ऑर्बिटिंग प्लेटफॉर्म पर एक विशेष यंत्र लगाया गया है जो चंद्रमा के पास से धरती पर जीवन का पैरामीटर को रिकॉर्ड करेगा . फिर आकाशगंगा के अन्य तारों और ग्रहों का अध्ययन करके उन पैरामीटर के आधार पर परखेगा .



किसी ग्रह पर उनमें से कुछ पैरामीटर मिल सकें . अगर ऐसा हुआ तो अंतरिक्ष में पृथ्वी के सिवा कहीं और भी जीवन की दिशा में महत्वपूर्ण अध्ययन शुरू किया जासकेगा .

नित नई सूचनायें इसरो के पास आ रही हैं , वह उसकी उम्मीद से ज्यादा रही है . ऐसी तमाम सूचनायें विश्व में भारत को अंतरिक्ष ताकत की तरह से स्थापित करेगा . सूचनाओं की साझेदारी से कई नये आयाम खुल जायेंगे .



प्रज्ञान रोवर को चाँद पर ऑक्सीजन ,सल्फर , एल्युमिनियम , कैल्शियम , आयरन ,क्रोमियम , टाइटेनियम , , सिलिकॉन ,मैग्नीज मिले हैं . ये सब रोवर के पेलोड लेजर इन्ड्यूज्ड ब्रेकडाउन स्पेक्ट्रोस्कोप (एल आई बी एस) की मदद से मिले हैं . अब चंद्रयान 3 स्लीप मोड में है , बैटरी पूरी तरह से चार्ज है . सभी वैज्ञानिक भविष्य के लिये बहुत आशावान हैं कि 15 दिनों के बाद जब चंद्रमा सूर्य का प्रकाश अर्थात दिन का उजाला होगा हमारा प्रज्ञान रोवर फिर से अपने काम पर लग जायेगा .

चंद्रयान की सफल लैंडिंग के कारण हमारे अनुभव एवं दक्षता को देखते हुये दुनिया के तमाम देश हमसे अपने यान और सेटेलाइट भेजने में मदद लेंगे . इसका व्यवसायिक उपयोग इसरो को व्यवसायिक लाभ भी दे सकता है .



पूरे विश्व के लिये बेहद महत्वपूर्ण चंद्रयान 3 अभियान से इंजीनियरिंग के लगभग 300 और इसके शोध विज्ञान से 30 वैज्ञानिक जुड़े हुये हैं . स्पेस रिसर्च पॉलिसी के अनुसार चंद्रयान 3 जो डाटा भेज रहा है उसका अध्ययन वैज्ञानिक अपने अपने नजरिये से करेंगे .

बचपन से चंदामामा दूर के सुनते हुये सभी लोग बड़े हुये हैं परंतु अब चंद्रमा कुछ अलग ही हो गया है . अनंत रहस्यों से भरा हुआ धरती का प्यारा सा हिस्सा जो पुरातन काल से धरती से टूट कर कुछ दूर जा टिका है .



पद्मा अग्रवाल

कृष्ण जन्माष्टमी

‘ऊधो मोहि बृज बिसरत नाहिं ‘...यदि आपको भी बृजभूमि का ऐसा ही एहसास करना है ,जो आपकी स्मृति पटल पर आजीवन, जीवंत रहे और दिलोदिमाग पर कभी भी फीका न पड़े तो एक बार कृष्ण जन्माष्टमी पर बृजभूमि पर अवश्य जायें . यूं तो मथुरा वृंदावन या पूरी बृजभूमि में पूरा वर्ष कृष्णमय वातावरण ही रहता है लेकिन सावन का महीना आते ही यहां की रंगत ही बदल जाती है . बारिश होने के कारण इन दिनों पूरा वृंदावन जैसे जीवंत हो उठता है , चारों तरफ बस हरियाली ही दिखाई पड़ती है .

हरा भरा वृंदावन मन को मोह लेता है . जैसा कि सभी जानते हैं कृष्ण का जन्म देवकी और वासुदेव के घर मथुरा के जेल में हुआ था . बच्चे को उसके मामा द्वारा मारे जाने से बचाने के लिये , उसे यमुना नदी के उस पार गोकुल ले जाया गया . जहां उनका नंद और यशोदा जी ने उनका पालन पोषण किया .

वैसे तो सावन का महीना भगवान् शिव को समर्पित है परंतु मथुरा वृंदावन में सावन में राधा कृष्ण के हिण्डोला दर्शन की भक्तिमय धूम रहती है . अद्भुत मनमोहक हिण्डोला दर्शन के लिये दूर दूर इलाकों से राधा कृष्ण को आराध्य मानने वाले वैष्णव और साधूसंतों की टोली आने लगती हैं . फूल बंगला के दर्शन कर भक्त अपने को धन्य मानते हैं और ठगे से रह जाते हैं . सामान्य दिनों की अपेक्षा सावन भादों के महीने में भक्तों की संख्या दो से तीन गुना तक बढ़ जाया करती है.

इन दिनों बृजभूमि में बहुत रौनक होती है .यहां पर बड़े पैमाने पर गौपालन का काम होता है. यह एक प्रकार का कृष्ण गाथा का हिस्सा भी है .क्योंकि भगवान् कृष्ण स्वयं गाय चराया करते हैं . उनकी लीलाओं में गाय और बांसुरी का महत्वपूर्ण स्थान है . वृंदावन का शाब्दिक अर्थ है – वृंदा या तुलसी का वन , शायद वृंदावन ही अकेली ऐसी जगह है जहां तुलसी के पौधे नहीं पेड़ भी दिखते हैं . इतने बड़े बड़े पेड़ है कि लड़कियां झूला डाल कर झूला झूलती देखी जा सकती हैं .





पूरे वर्ष वहां के लोगों को कृष्ण जन्माष्टमी का इंतजार रहता है . क्योंकि कृष्ण जन्माष्टमी आने के महीनों पहले से ही रौनक का बसेरा हो जाता है . जन्माष्टमी भादों महीने में कृष्ण पक्ष की अष्टमी को मनायी जाती है परंतु इसकी तैयारी सावन लगने के साथ ही शुरू हो जाती है चूंकि सावन से ही साधुओं और वैष्णव का आना शुरू हो जाता है इसलिये जन्माष्टमी पर लाखों श्रद्धालुओं की भीड़ जमा हो जाती है ,

भीड़ जमा हो जाती है , यद्यपि कि इन लोगों की पूजा पद्धति एक दूसरे से भिन्न होती है . सच तो यह है कि सावन के महीने में बृजभूमि में आने पर न केवल देश के अलग अलग हिस्सों के साधु संतों के दर्शन होते हैं वरन् भक्ति और आस्था का महाकुंभ को भी यहां पर देखा जा सकता है .

ऐसा भी लोगों द्वारा कहा जाता है कि पहले के दिनों में कृष्ण जन्माष्टमी के दिन अंधकार को प्रतीकात्मक रूप से दूर करने के लिये पूरी रात घी के दीपक जलाये जाते थे , जिसके कारण लोग कृष्ण जन्माष्टमी को मथुरा वृंदावन की दीपावली भी मानते हैं . अब दीपक के स्थान पर तमाम मंदिरों और घरों को बिजली की रंगबिरंगी रोशनी से सजाया जाता है .

जन्माष्टमी की रात विशेष रूप से बिजली की आपूर्ति अबाधित रहे , सरकार की ओर से इसकी व्यवस्था की जाती है . चूंकि यह सूचना तकनीकी का दौर है , विजुअल क्रांति का समय है इसलिये जन्माष्टमी के दिन मंदिरों के बाहर ओबी वैन का जमावड़ा देखा जाता है , जो यहां के कार्यक्रमों को पूरे देश में ही नहीं वरन् पूरे विश्व में सीधा प्रसारित भी करती हैं . इसलिये जन्माष्टमी का त्यौहार अब काफी हद तक ग्लोबल बन चुका है.

भले ही यहां गुजरात और महाराष्ट्र की तरह दही हांडी का भव्य कार्यक्रम नहीं होता है परंतु जन्माष्टमी के अवसर पर पूरे बृजभूमि में भक्ति और श्रद्धा में ओत प्रोत भक्तों की टोलियां भक्तिभाव में सराबोर होकर मनमोहक नृत्य और गीत प्रस्तुत करते रहते हैं .

सामान्य दिनों में जहां 2-3 लाख श्रद्धालु समूची बृजभूमि में पहुंचते हैं , वहीं जन्माष्टमी के अवसर 20 से 25 लाख तक भक्त पहुंच जाते हैं . इस कारण से कई बार वहां की सारी व्यवस्थायें चरमरा जाती हैं परंतु भक्त किसी तरह की शिकायत नहीं करते वरन् बृजभूमि पर आकर स्वयं को धन्य मानते हैं . इन सबको जीवंत रूप में देखने के लिये जन्माष्टमी के अवसर पर मथुरा वृंदावन आयेंगे तो आप भक्तिभाव के पवित्र ठंडी हवा के झोंके से मन प्रसन्नचित्त हो उठेगा .



पद्मा अग्रवाल



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