

WOMEN

SHiNE

VOL 47.0 | APRIL EDITION

Initiative of WE Foundation



Supriya Agarwal



CHIEF EDITOR'S LETTER

#SHINEON
APARNA MISHRA
Founder , Women Shine

fb.com/womenshinemag

womenshine.in

instagram.com/womenshinemag

Dear Womenshine Readers,

Womenshine is committed to honouring the spirit of wellness in all of its manifestations as we welcome the colourful month of April. It's the ideal time of year to revitalize our bodies, minds, and spirits—spring is here.

This edition delves into the realm of wellness and nutrition, covering subjects that promote holistic well-being and healthy living. Our articles are designed to give you the knowledge and confidence to make decisions that will benefit your body and soul, from mindful eating practices to the life-changing potential of a plant-based diet.

We also raise awareness of the significance of self-care and mental health as we traverse the dynamic terrain of wellness. With articles on the mind-body connection, stress management, and emotional resilience, we hope to give you insightful knowledge and useful advice for fostering inner harmony and tranquillity.

We continue to honour the accomplishments and goals of women from all walks of life in addition to our content with a wellness theme. Their stories inspire and empower us all, from trailblazers making a difference in their communities to entrepreneurs shattering stereotypes.

Let's embrace wellness in all facets of our lives as we set out on this path of self-awareness and development. Together, let's work to create a healthier, happier tomorrow by providing for our bodies, nurturing our minds, and shining brightly.

Wishing you all a month filled with joy, vitality, and wellness.

Cheers !!

Aparna Mishra

Founder Editor,

Womenshine-A global digital magazine

www.womenshine.in

WOMEN SHINE



COVER STORY	1-08
WHAT'S TRENDING	09-14
SHINING STAR	15-16
VOICES	17-18
HEALTH	19-31
LIFESTYLE	32-36
TRAVEL	37-39
FASHION	40-45
ART & CULTURE	46-51

Magazine designed by : TEX Technology Exchange
E-mail : womenshinemag@gmail.com
Website : www.womenshine.in

To advertise:

E-mail : womenshinemag@gmail.com
Visit website : www.womenshine.in

Disclaimer

Women Shine magazine is not responsible for any opinions, views expressed by its authors. All rights reserved worldwide. Reproducing in any manner without prior written permission prohibited.

(For editorial queries, e-mail: womenshinemag@gmail.com)

JOURNEY OF DETERMINATION & RESILIENCE: SUPRIYA AGARWAL

1. WHAT INSPIRED YOU TO TRANSITION FROM INTERIOR DESIGN TO ESTABLISHING YOUR BESPOKE INTERIOR STUDIO, "STYLE & SPACES"?

My transition from interior design to establishing my bespoke interior studio, "**Style & Spaces**," was inspired by a combination of factors rooted in my passion, creativity, and desire for personalized design solutions. My journey began with a deep-seated love for creativity and design, which I cultivated through professional courses and workshops in interior design. This passion led me to work as a freelancer and eventually as a Senior Interior Designer, gaining valuable experience and insights into the industry. However, my entrepreneurial spirit and the need for more customized and unique design solutions for my clients fuelled my decision to launch "**Style & Spaces**." I envisioned a studio that goes beyond traditional interior design approaches and focuses on creating bespoke designs tailored to each client's space, style preferences, and requirements. This concept resonated with my commitment to attention to detail and providing a perfect experience for my clients.



The support and encouragement from my family, friends, and clients further motivated me to establish "**Style & Spaces**." The overwhelming appreciation from the Lucknow community and my growing clientele reinforced my belief in the concept of bespoke designs and the need for personalized interior solutions. In summary, my transition from interior design to founding "**Style & Spaces**" was driven by my passion for creativity, my entrepreneurial vision for personalized design solutions, and the support and encouragement I received from my community. to each client's space, design preferences, and requirements.



2. COULD YOU PROVIDE SOME INSIGHTS ABOUT YOUR CREATIVE PROCESS AND THE WAYS THAT YOU INCORPORATE FASHION, COMFORT, STYLE, AND PASSION INTO YOUR DESIGNS?

My creative process at **"Style & Spaces"** is deeply rooted in my passion for design, comfort, style, and fashion. When conceptualizing and executing designs, I focus on blending these elements seamlessly to create spaces that not only look visually appealing but also offer the utmost comfort and functionality. Fashion plays a significant role in my designs as I believe that interior design is a reflection of personal style. I draw inspiration from the latest fashion trends, colours, textures, and patterns to infuse a sense of style and sophistication into each project. Whether it's incorporating trendy furniture pieces or selecting fabrics and finishes that are in vogue, I strive to create spaces that are not only timeless but also fashion-forward. Comfort is another crucial aspect that I prioritize in my designs. I believe that a well-designed space should not only look good but also feel comfortable and inviting. I carefully select furniture, lighting, and accessories that enhance comfort and functionality without compromising on style. Style is at the heart of everything I do at **"Style & Spaces."** I aim to create unique and personalized designs that reflect the individuality of each client. From classic and timeless designs to bold and contemporary styles, I tailor my approach to meet the diverse needs and preferences of my clients. Passion drives me to go above and beyond in every project. I pour my heart and soul into creating spaces that not only meet but exceed my client's expectations. This passion fuels my attention to detail, commitment to quality, and dedication to providing a perfect experience for every client. In essence, my creative process revolves around incorporating fashion, comfort, style, and passion into every aspect of design, ensuring that each project at **"Style & Spaces"** is a true reflection of my clients' personalities and lifestyles.

3. DESCRIBE THE CHALLENGES YOU ENCOUNTERED WHEN STARTING "STYLE & SPACES" AND HOW YOU OVERCAME THEM TO BE SUCCESSFUL.

Starting "**Style & Spaces**" came with its fair share of challenges, especially in a competitive market like Lucknow. One of the primary hurdles was establishing myself as a credible interior designer, particularly because the market dynamics weren't initially favourable for someone like me. Being a charming young woman, there were doubts about whether I could handle such a big business alone, deal with carpenters and workers, visit sites alone, and be taken seriously by industry professionals. These doubts were not just external; they also crept into my thoughts at times. However, I was determined to follow my heart and prove that gender or societal perceptions wouldn't limit my success. To overcome these challenges, I relied on my passion for interior design and my commitment to delivering exceptional service. I focused on quality, attention to detail, and personalized experiences for each client. Building strong relationships with clients, suppliers, and industry contacts became crucial in establishing credibility and trust. I also leveraged the support and encouragement of my family and friends, especially my husband, Mr. Manoj Agarwal, who believed in my vision and stood by me every step of the way. One of the most memorable moments in my entrepreneurial journey was the overwhelming appreciation and love from the Lucknow community and my clients. Their positive feedback and satisfaction with our work were incredibly rewarding and reinforced my belief in the concept of "**Style & Spaces.**" Every satisfied client, every successful project, and every positive word-of-mouth recommendation were milestones that fuelled my passion and determination to succeed. Looking back, I realize that overcoming these challenges wasn't just about proving others wrong; it was about proving myself right. It taught me resilience, determination, and the importance of staying true to my vision despite obstacles. These experiences continue to influence my approach to business and design, reminding me that with passion, hard work, and a supportive community, anything is possible.



4. WHAT INSPIRED YOU TO START "DERMA ADVANCE SKIN, LASER & HAIR CENTRE" AND ENTER THE SKINCARE SECTOR?

I was inspired to start "**Derma Advance Skin, Laser & Hair Centre**" and enter the skincare sector due to my belief in the limitless potential of women in entrepreneurship. With the unwavering support of my husband and my strategic mindset, I embarked on this new venture despite facing challenges. My goal was not just personal success but also to empower other women to embrace opportunities and pursue their entrepreneurial dreams. This belief in women's capabilities and the desire for personal growth and success motivated me to enter the skincare industry, where I could make a difference and leave my mark. The journey wasn't easy, and I faced numerous challenges along the way. However, my determination and strategic approach helped me overcome these obstacles and establish "**Derma Advance Skin, Laser & Hair Centre**" successfully. I believe that every woman should aspire for personal growth and choose her path to success, and I wanted to lead by example in this regard. My ability to manage multiple ventures simultaneously reflects my belief that there are no limits to what women can achieve when they set their minds and believe in the potential of women in entrepreneurship. It has been a rewarding journey, I continue to strive for excellence and success in diverse business domains, proving that the sky's the limit for my aspirations and those of other women in the entrepreneurial realm.

5. HOW DID YOU NAVIGATE THE CHALLENGES OF BREAKING INTO A NEW FIELD AND WHAT TACTICS DID YOU USE TO ESTABLISH YOURSELF IN THE SKINCARE SECTOR?

Navigating the challenges of breaking into a new field, particularly the skincare sector, required strategic planning and determination on my part. I employed several tactics to establish myself in this sector. Firstly, I conducted thorough research and market analysis to understand the skincare industry's trends, demands, and competition. Leveraging my existing network and connections in the business world, I established contacts within the skincare sector, which provided valuable insights, opportunities, and partnerships. Offering high-quality services and treatments at Derma Advance Skin, Laser & Hair Centre was crucial, as positive reviews and satisfied clients contributed significantly to establishing credibility and attracting new customers. Demonstrating professionalism, expertise, and knowledge in skincare treatments and technologies helped build trust with clients and differentiate my business from competitors. Effective marketing strategies, such as targeted advertising, social media presence, and branding efforts, helped promote my skincare centre and reach the target audience. Additionally, I prioritized continuous learning and adaptation to remain updated with the latest skincare advancements, techniques, and customer preferences. In short, my navigation of challenges in entering the skincare sector involved a combination of strategic planning, networking, offering quality services, showcasing expertise, effective marketing, and continuous learning, which contributed to establishing my presence and success in the skincare industry.

6. IN WHAT WAYS HAS YOUR SPOUSE, MR. MANOJ AGARWAL, ASSISTED YOU IN YOUR ENTREPRENEURIAL ENDEAVOURS?



My husband provided emotional support to me throughout my entrepreneurial journey. Starting and managing businesses can be stressful, and having a supportive spouse can help navigate challenges and maintain motivation. My husband has provided financial support or contributed to funding my entrepreneurial ventures, enabling me to pursue my goals. As a partner, he has offered strategic advice and insights into business decisions. His experience or expertise in a few areas could have been valuable in shaping the direction of my business. His network and connections in the business community have been very beneficial. Managing multiple ventures requires effective time management and balance and we both have played a role in balancing responsibilities.. Collaborative problem-solving and decision-making are crucial in entrepreneurship. My husband has contributed ideas, perspectives, and solutions to overcome challenges. Encouragement and motivation from a spouse can be empowering. His support has inspired me to stay focused, resilient, and passionate about my entrepreneurial endeavours.

7. AS A SUCCESSFUL BUSINESSWOMAN WHO OVERSEES SEVERAL PROJECTS AT ONCE, WHAT GUIDANCE WOULD YOU OFFER TO OTHER WOMEN WHO WANT TO FOLLOW THEIR ENTREPRENEURIAL DREAMS?

As a successful businesswoman overseeing multiple projects simultaneously, I offer valuable guidance to other women aspiring to pursue their entrepreneurial dreams. Firstly, believe in yourself and your capabilities. Confidence and self-belief are the driving forces that will propel you forward, even in the face of challenges. Secondly, develop a strategic mindset. Set clear goals, create a roadmap, and prioritize tasks effectively. Time management and organizational skills are crucial in managing multiple projects efficiently. Networking is another key aspect. Build strong relationships, seek mentorship, and surround yourself with a supportive network of like-minded individuals. Networking opens doors to opportunities, partnerships, and valuable insights. Continuous learning is essential. Stay updated with industry trends, acquire new skills, and embrace lifelong learning. Adaptability and flexibility are vital in navigating the ever-evolving business landscape. Don't be afraid to take calculated risks. Entrepreneurship involves stepping out of your comfort zone and embracing challenges. Learn from failures, iterate, and keep pushing forward with determination. Maintain a healthy work-life balance. Prioritize self-care, manage stress effectively, and carve out time for relaxation and rejuvenation. A balanced life enhances productivity and creativity. Lastly, persevere and stay resilient. Entrepreneurship is a journey filled with ups and downs. Stay focused on your vision, learn from setbacks, and keep moving forward with unwavering determination. By following these guidelines and staying committed to your entrepreneurial goals, you can turn your dreams into reality and make a meaningful impact in the business world.

8. WHAT ROLE DO YOU BELIEVE WOMEN PLAY IN SHAPING THE FUTURE OF ENTREPRENEURSHIP, AND HOW CAN THEY LEVERAGE THEIR SKILLS AND EXPERIENCES TO EXCEL IN DIVERSE BUSINESS DOMAINS?



Women bring fresh ideas, creativity, and innovation to the entrepreneurial landscape. My journey from interior design to skincare entrepreneurship exemplifies how women can blend creativity, style, and passion to create unique business concepts and solutions. I believe that determination and resilience are key traits that many women entrepreneurs possess. Despite facing challenges, I persevered and succeeded in establishing both "**Style & Spaces**" and "**Derma Advance Skin, Laser & Hair Centre.**" Women can leverage their determination to overcome obstacles and achieve their entrepreneurial goals. As a women entrepreneur, I often serve as role models and mentors for other aspiring women in business. By sharing experiences, knowledge, and insights, I try to empower and inspire the next generation of female entrepreneurs to pursue their dreams and succeed in diverse business domains. Women are known for their adaptability and versatility, which are essential qualities in entrepreneurship. I can manage multiple ventures simultaneously that demonstrate how women can leverage their skills and experiences to excel in various business domains.

In conclusion, women play a multifaceted role in shaping the future of entrepreneurship by bringing innovation, determination, empowerment, adaptability, networking prowess, and values-driven approaches to the business world. They can leverage their skills, experiences, and unique perspectives to excel in diverse business domains and inspire others to embrace self-growth, multitasking, and continuous improvement in their entrepreneurial endeavours.

9. COULD YOU TELL US ABOUT A MEMORABLE SUCCESS STORY OR A MOMENT FROM YOUR ENTREPRENEURIAL JOURNEY THAT HAS HAD A LONG-LASTING INFLUENCE ON YOU?

From being a graduate in Biochemistry to becoming a successful interior designer and entrepreneur in Lucknow, I have one of the most memorable success stories from my entrepreneurial journey that has had a lasting influence on me is the inception and growth of my bespoke interior studio, "**Style & Spaces.**" It all began with a deep-rooted passion for design and a desire to create spaces that resonate with comfort, style, and fashion. After completing my MBA in interior design and gaining valuable experience working for various corporate houses, I realized that my true calling lay in creating personalized, exquisite designs that reflect the unique essence of each client. The journey wasn't without its challenges. The initial phase as a freelance designer in Lucknow presented obstacles, but my determination and refusal to compromise on quality and creativity propelled me forward. The turning point came when I attended some big events in Lucknow. This led to the launch of my first gala winter exhibition titled "**Fashion Phenomenon,**" which garnered immense success and recognition as a budding fashion entrepreneur.



With each subsequent exhibition, my vision expanded to encompass catering to diverse tastes and budgets while maintaining a focus on quality and affordability. This journey has taught me invaluable lessons about resilience, adaptability, and the power of perseverance. It has instilled in me a belief that entrepreneurship is not just about business but about creating meaningful experiences and spaces that impact lives positively. The continuous learning and growth in these fields have shaped my entrepreneurial mindset, guiding me to constantly innovate, evolve, and strive for excellence in every project.

10. WHAT ARE YOUR PLANS AND OBJECTIVES FOR "STYLE & SPACES" AND "DERMA ADVANCE SKIN, LASER & HAIR CENTRE" GOING FORWARD, AND HOW DO YOU INTEND TO KEEP EMPOWERING WOMEN IN THE REALM OF ENTREPRENEURSHIP?



Moving forward, my plans and objectives for **"Style & Spaces"** and **"Derma Advance Skin, Laser & Hair Centre"** are deeply rooted in empowerment and innovation, particularly for women in entrepreneurship. For **"Style & Spaces,"** my goal is to continue creating stunning designs that blend comfort, style, fashion, and passion, catering to diverse tastes and preferences. I aim to expand our portfolio by taking up more styling and interior turnkey projects for both households and commercial spaces. Additionally, I intend to enhance our offerings with a focus on sustainability and eco-friendly design practices, aligning with the growing global emphasis on environmental consciousness. As for **"Derma Advance Skin, Laser & Hair Centre,"** the objective is to further establish our presence in the skincare industry by leveraging cutting-edge technologies and personalized treatments. I plan to introduce innovative skincare solutions and expand our services to encompass a comprehensive range of skin, laser, and hair treatments. Moreover, I am committed to promoting self-care and confidence among our clients, empowering them to embrace their natural beauty and feel confident in their skin.

In terms of empowering women in entrepreneurship, I believe in leading by example. My journey, marked by determination, resilience, and the ability to manage multiple ventures simultaneously, serves as an inspiration for aspiring women entrepreneurs. I aim to mentor and support other women in pursuing their entrepreneurial dreams, providing guidance, resources, and encouragement along the way. Additionally, I strive to create a supportive and inclusive work environment within my businesses, where women can thrive and excel. My vision is to continue pushing boundaries, embracing innovation, and fostering a culture of empowerment and growth, not only within my ventures but also within the broader entrepreneurial community. Through strategic planning, dedication to quality, and a passion for making a positive impact, I am confident in achieving these objectives and contributing to the advancement of women in entrepreneurship.

Team WS

BEYOND ACADEMICS: NEP'S EMPHASIS ON HOLISTIC EDUCATION

SHAPING FUTURES: NEP'S EMPHASIS ON HOLISTIC EDUCATION

The Central Government's NEP, established in 2020, is a watershed event in the evolution of Indian education. For more than 14.89 lakhs of schools, 95 lakhs of teachers and 26.5 crores of children (Data from Unified District Information System for Education Plus (UDISE+)), this transformative stride, prioritizes holistic development, emphasizing the 4Cs: communication, collaboration, critical thinking, and creative thinking beyond academics. Recognizing that students are the architects of a progressive society, NEP strives to arm them with the skills (digital literacy, vocational training, etc.) and resilience required to handle the complex challenges of the 21st century and navigate through them with ease.



PLANNING TOWARDS FUTURE BY UPSKILLING

One ground-breaking aspect of NEP underscores the imperative of upskilling, and recognizing the dynamic nature of future job requirements. It prepares students for the jobs of tomorrow, necessitating a blend of technical proficiency, problem-solving capabilities, and creativity, and advocates for continuous professional development, emphasizing substantial and sustained training to enhance teachers' pedagogical knowledge and leadership skills. It takes the focus from rote learning to experiential learning and critical thinking.



SHIFTING GEARS OF PEDAGOGICAL STRUCTURE

It introduces a new 5+3+3+4 pedagogical structure, replacing the traditional 10+2 system, and proposes vocational training and internships from grade 6 onwards. The establishment of the National Committee for the Integration of Vocational Education (NCIVE) aims to destigmatize vocational careers, exposing students to diverse career paths, including entrepreneurship. This proactive approach fosters a more dynamic and inclusive educational environment.



ASSESSMENT PARADIGM SHIFT

The cornerstone of NEP 2024 lies in its divergence from the conventional examination-centric model towards a system that strengthens formative, regular, and competency-based assessments. This paradigm shift aims to establish a comprehensive and inclusive assessment of students' abilities, that transcends the boundaries of traditional exams, which often focus merely on academic credentials. NEP 2020 envisaged biannual board exams, with an option to retain the best score and flexibility to choose the subject of their choice, providing students with ample opportunities to excel academically. These initiatives are not only empowering students, but also promoting creativity and a deeper understanding of concepts.

As India strives for a future fueled by innovation and creativity, NEP 2020 stands as a ray of hope, carving the way for a new era where education fosters growth, resilience, and equal opportunities for all learners. It is more than just a policy statement; it is a visionary document that has the potential to revolutionise the education sector of India and make it more relevant to the needs of an evolving world!



- Written By :
Shilpa Gandhi

VIBRANT GUJARAT 2024: A BUSINESS ODYSSEY IN THE LAND OF ENTREPRENEURS

Gujarat's journey as a hub for entrepreneurs and industrial giants received a significant boost with the successful conclusion of the 10th Vibrant Gujarat Global Summit. Under the leadership of Chief Minister Bhupendra Patel, the summit not only celebrated the state's current achievements but also set a strategic direction for the future. A recent study by Colliers India forecasts that India's manufacturing sector might expand to a \$1 trillion market by 2025-26. In this anticipated growth, Gujarat is expected to play a crucial role, especially considering its impressive performance in attracting investments in 2023.

In 2023, Gujarat achieved a remarkable feat by attracting investments exceeding Rs 30,000 crore in the manufacturing sector. This substantial investment outpaced other Indian states, solidifying Gujarat's position as the most preferred destination for manufacturing enterprises. The state's success in this arena is attributable to its favourable industrial policies, robust infrastructure, and conducive business environment.



Strategic Advancements and Policy Innovations

The 10th Vibrant Gujarat Global Summit served as a testament to the state's innovative strategies and policy decisions that have catapulted its manufacturing sector to new heights. Gujarat's investment-friendly policies, characterized by the lowest average setup costs and significant allocation of incentives specifically for manufacturing, have made it an attractive destination for both domestic and international investors. Gujarat's strategic allocation of approximately 34.7% of incentives and benefits to the manufacturing sector, which has been a key factor in attracting such hefty investments.

These policies have not only facilitated a surge in investments but have also fostered an environment conducive to the growth of various industries. The state boasts a low unemployment rate, robust connectivity with well-developed ports, and a stable governance model, all of which contribute to its attractiveness as an investment destination. Additionally, the well-planned infrastructural development, including affordable land availability, ample labour supply, and a business-friendly environment, further strengthens Gujarat's position as a leading manufacturing powerhouse in India.

Infrastructure and Industrial Ecosystem: Building the Future

In its recent budget, the Gujarat government announced several initiatives that underline its commitment to building a sustainable and advanced industrial ecosystem. These include setting up a Fintech Hub at GIFT City, a Semiconductor School at Sanand, and a manufacturing hub for the space sector in Khoraj near Ahmedabad.

The budget allocation for these projects indicates the government's foresight in nurturing industries that are key to future economic growth. The development of the Sabarmati Riverfront, the expansion of logistics capabilities at Alang, and the establishment of the Gatishakti Cargo Terminal at Rafaleshwar are strategic moves to enhance the state's infrastructure. These projects are not only expected to boost the state's industrial capacity but also to create new employment opportunities and foster regional development.



Gujarat: Emerging as India's Green Energy Hub

In addition to its industrial prowess, Gujarat is rapidly positioning itself as the green energy hub of India, adding a sustainable dimension to its growth story.

The state's strategic focus on renewable energy sources, particularly solar and wind energy, is in line with global trends towards environmental sustainability. Gujarat's vast coastline and geographical advantages have been effectively leveraged to establish substantial wind farms, while its high solar irradiance levels make it an ideal location for large-scale solar power projects. The government's proactive policies and incentives in the renewable energy sector have attracted significant investments, leading to the establishment of some of India's largest solar parks in the state. Amidst the numerous success stories emerging from Gujarat, a notable mention is Advait Infratech.



Advait Infratech is exemplifying Gujarat's entrepreneurial spirit as it recently won the SECI Tender bid, securing 100 MW with an incentive allocation of ₹1.48 billion. This achievement subtly underscores the state's evolving landscape in the renewable energy sector and its attractiveness for substantial investments.

A Vision for Sustainable Growth and Development

Gujarat's focus on emerging sectors such as semiconductors, agricultural technology, and waste management, particularly e-waste, is in alignment with global trends towards sustainability and technological innovation. The state's initiatives in these areas, supported by various policy documents, demonstrate its commitment to embracing Industry 4.0, which includes the integration of AI, the adoption of 3D printing, and processes driven by the IoT.

Gujarat's strategic approach extends beyond traditional manufacturing. The state's leadership in sectors like the automobile, FMCG, IT, and now, in emerging areas like semiconductors and space manufacturing, positions it as a versatile and forward-thinking industrial hub. The state's governance stability over the past six terms has also created a favourable and secure environment for investors and developers, further cementing its position as an ideal destination for business and industrial growth. In conclusion, Vibrant Gujarat 2024 has marked a significant milestone in Gujarat's journey towards becoming a global manufacturing leader.



The state's focused approach on strategic policy-making, robust infrastructure development, and investment in future-oriented sectors sets a blueprint for sustainable industrial growth. As Gujarat continues to excel in these areas, it solidifies its role as a critical contributor to India's ambition of becoming a global manufacturing powerhouse, making it truly a land of entrepreneurs and industrial leaders.



**- Written By :
Rutvi Sheth**

MOHUA CHINAPPA



Mohua Chinappa: From Homemaker to Entrepreneur

Mohua Chinappa's life journey is a testament to resilience, reinvention, and the pursuit of passion. Her story unfolds like a captivating novel, filled with twists, challenges, and moments of self-discovery.

The Homemaker Years

Once a homemaker, Mohua's self-worth was intricately tied to the roles she played within her family. Like many homemakers, she navigated a delicate balance between nurturing her loved ones and suppressing her aspirations. The struggle for permission—permission to dream, to explore, and to be more than just a caretaker—persisted for years.

The Turning Point

But life had other plans for Mohua. A spark ignited within her—a desire to break free from societal expectations. She embarked on a journey of self-discovery, fueled by determination and an unwavering spirit. The evolution from a housewife to an author, podcaster, and branding specialist was underway.

Reinventing Herself

Mohua's reinvention was not without challenges. She faced scepticism, judgment, and the weight of societal norms. Yet, she dared to defy these limitations. Armed with newfound knowledge and a hunger for growth, she stepped into uncharted territory.

The Entrepreneurial Path

Today, Mohua is on an entrepreneurial journey as a rebooter. She believes in giving opportunities to those who cross her path, amplifying unheard voices, and providing a platform for stories that need recognition. Her podcast, The Mohua Show, explores art,

lifestyle, business, technology, LGBTQ issues, and women's empowerment. Through her work, she inspires change and celebrates authenticity.



Lessons from Mohua's Story

1. **Self-Worth Matters:** Mohua's transformation began when she recognized her intrinsic value beyond societal roles.
2. **Adaptability:** Like a chameleon, she adapted to the changing world, embracing technology and new opportunities.
3. **Unapologetic Pursuit:** Mohua's journey teaches us to chase our dreams relentlessly, regardless of external judgments.

In Mohua Chinappa's words, "I will always dare. I will strive to tell the story as it is." Her story is a beacon of hope for anyone seeking to rewrite their narrative, break free from constraints, and embrace their true selves.



Soar Beyond Limits: A Message of Inspiration from Captain Poonam

As I reflect on my journey in the aviation industry, I am reminded of the countless individuals who have inspired, encouraged and believed in me along the way. From mentors who saw potential in me that I couldn't yet see in myself to colleagues who supported me through every takeoff and landing, I am endlessly grateful for the camaraderie and solidarity that defines the aviation community. But I also know that the aviation industry, much like many other sectors, has historically been male-dominated, with women facing unique challenges and barriers on their path to success.

As a female pilot, I have experienced firsthand the scepticism, the stereotypes, and the doubts that often accompany being a woman in a traditionally male profession. Yet, despite the obstacles, I have never wavered in my determination to pursue my passion for flying. For me, aviation is more than just a career—it is a calling, a lifelong dream that I have pursued with unwavering dedication and commitment. And while the journey has been filled with ups and downs, challenges and triumphs, I wouldn't change a single moment of it for the world.


As women in aviation, we possess a unique opportunity to shatter stereotypes, challenge norms, and pave the way for future generations of female aviators. We understand the thrill of taking to the skies, the sense of freedom and exhilaration that comes with each flight, and the pride that comes with defying expectations and exceeding limitations. So, let us continue to soar to new heights, both literally and figuratively, as we inspire, empower, and uplift one another along the way.

Let us be each other's wings, lifting each other up when we need it most and celebrating every milestone, no matter how small. And let us never forget the importance of representation and visibility in the aviation industry, ensuring that every aspiring pilot, regardless of gender, race, or background, knows that the sky is the limit. As we celebrate International Women's Day, let us recommit ourselves to creating a more inclusive, equitable, and diverse aviation industry, where every woman has the opportunity to pursue her passion for flying and reach her full potential.

Let us honour the trailblazers who have come before us and pave the way for those who will come after us, ensuring that the future of aviation is as bright and promising as the skies we navigate. With love, gratitude, and boundless hope for the future.



**- Written By :
Capt. Poonam Devrakhyani**



EMOTIONAL CHANGES DURING *pregnancy*

Expecting a child is a transformative experience, both physically and emotionally. The pregnancy journey is often depicted as a joyous time filled with anticipation and excitement. Yet, it's also marked by myriad emotional changes that can be challenging to navigate. From the early stages of pregnancy to the postpartum phase, a woman's emotional landscape undergoes significant shifts influenced by various factors. Understanding these changes and learning how to manage them is crucial for the well-being of both the mother and her unborn child.

Emotional turmoil during early pregnancy

In the early stages of pregnancy, emotions can fluctuate wildly, akin to a roller coaster ride. For many women, the news of pregnancy brings about a mix of joy, disbelief, and anxiety. For nearly one in five pregnant women, anxiety becomes a constant companion, particularly during the first trimester. Symptoms such as restlessness, fatigue, and difficulty sleeping plague many, alongside physical manifestations like headaches and muscle tension.

Besides, hormonal fluctuations, including heightened cortisol and estrogen levels, contribute to this emotional turmoil, impacting areas of the brain responsible for anxiety and emotional regulation. Additionally, factors such as unplanned pregnancy, lack of support, or ambivalence towards impending motherhood can exacerbate these feelings of unease.

Emotional peaks during later pregnancy

As the pregnancy progresses, emotional changes continue to evolve, especially during the later stages when the impending birth becomes more imminent. The prospect of labour and delivery can elicit various emotions, from excitement and anticipation to apprehension and fear. Variations in hormones persist, further contributing to mood swings and emotional instability.

Navigating emotions in the post-pregnancy

The postpartum phase heralds a new chapter in the emotional journey of motherhood. While this period is often associated with joy and euphoria, it can also be marked by feelings of sadness, anxiety, and overwhelm. The sudden hormonal shifts following childbirth, combined with sleep deprivation and the demands of caring for a newborn, can leave new mothers feeling emotionally fragile and vulnerable. The phenomenon known as the "baby blues" affects up to 80% of new mothers, characterized by mood swings, tearfulness, and feelings of inadequacy. It's essential for new mothers to recognize the signs of postpartum depression and seek support if needed, as untreated depression can have severe consequences for both the mother and her baby.



Furthermore, acknowledging and preparing for these emotional shifts is crucial for expectant mothers and their families. Mental health is intrinsically linked to overall well-being; seeking support when needed is essential. Pre-pregnancy classes offer valuable insights into the causes and symptoms of anxiety, equipping mothers with strategies to manage stress and cultivate emotional resilience. Additionally, one-on-one consultations with pregnancy coaches provide personalized guidance and support tailored to individual needs, empowering women to navigate the emotional challenges of pregnancy and beyond.

Moreover, as expectant mothers embark on this transformative journey, it is essential to prioritize self-care and emotional well-being. Cultivating a support network of friends, family, and healthcare providers can provide invaluable reassurance and guidance. Remember, every emotion experienced during pregnancy is valid and deserving of acknowledgement. Expectant mothers can lay the foundation for a positive and fulfilling parenting experience by embracing the ebb and flow of emotions with compassion and self-awareness.

- Written By : Swapnil Kaushik

The Art Of Staying Hydrated : Navigating Summer With The Right Fluid

As the scorching summer sun beats down, it's essential to remember one of the simplest yet most critical aspects of self-care: staying hydrated.

With temperatures soaring and sweat dripping, the human body demands a steady supply of fluids to maintain its equilibrium. Proper hydration is vital for maintaining good health and well-being, particularly during the hot summer months when the risk of dehydration is heightened.

In this article, we'll explore the importance of staying hydrated in the summer months & delve into various liquids & practical tips that can keep you refreshed and revitalized.



Why Hydration Matters

Water constitutes a significant portion of our body, aiding in various essential functions such as regulating body temperature, transporting nutrients, and flushing out toxins. During summer, the risk of dehydration escalates due to excessive sweating and increased fluid loss. Dehydration can lead to a range of health issues, including heat exhaustion, heatstroke, and impaired cognitive function. Thus, maintaining optimal hydration levels is paramount for overall well-being during hot weather.



The Role of Water

Water is the quintessential elixir of life, and its importance cannot be overstated, especially in summer. Pure, plain water remains the gold standard for hydration as it hydrates the body without adding extra calories or sugar. It replenishes lost fluids efficiently, making it ideal for quenching thirst and preventing dehydration. Whether it's sipping from a water bottle during outdoor activities or enjoying a tall glass of water with meals, incorporating ample water intake into your daily routine is essential for summer survival.

Beyond Water

Exploring Hydrating Alternatives While water reigns supreme, a variety of other liquids can also contribute to hydration and add a flavourful twist to your summer hydration regimen. Let's explore some refreshing options:

1. **Coconut Water:** Nature's own sports drink, coconut water, is packed with electrolytes such as potassium and magnesium, making it an excellent choice for replenishing lost minerals through sweat. Its naturally sweet taste and light texture make it a popular choice for hydration among athletes and fitness enthusiasts.
2. **Herbal Teas:** Sipping on herbal teas like mint, chamomile, or hibiscus can provide hydration along with added health benefits. These teas are not only refreshing but also offer antioxidants and soothing properties, making them a perfect choice for relaxation on hot summer days.
3. **Fruit Infused Water:** Add a burst of flavour to your hydration routine by infusing water with slices of fresh fruits like lemon, cucumber, or berries. Not only does this enhance the taste of water, but it also provides additional vitamins and antioxidants, encouraging you to drink more.
4. **Electrolyte Drinks:** For prolonged outdoor activities or intense workouts, electrolyte drinks can help replenish electrolytes lost through sweat. Opt for low-sugar or homemade versions to avoid excessive sugar intake.

Tips for Staying Hydrated

- **Drink water regularly:** Aim to drink at least 8-10 glasses of water per day, more if you're spending time outdoors or engaging in physical activity.
- **Carry a reusable water bottle:** Keep a water bottle with you wherever you go, so you can sip regularly throughout the day.
- **Set reminders:** Use phone alarms or hydration apps to remind yourself to drink water at regular intervals.
- **Monitor urine colour:** Pay attention to the colour of your urine – pale yellow or straw-coloured indicates adequate hydration, while darker shades suggest dehydration.
- **Eat water-rich foods:** Incorporate fruits and vegetables with high water content into your diet to supplement your fluid intake.
- **6.Be mindful of caffeine and alcohol:** Limit consumption of caffeinated and alcoholic beverages, as they can have diuretic effects and contribute to dehydration.



In the relentless heat of summer, prioritizing hydration is non-negotiable. By making a conscious effort to consume an adequate amount of fluids, including water and other hydrating beverages, you can keep dehydration at bay and ensure your body functions optimally. So, whether you're lounging by the pool, hitting the hiking trails, or simply enjoying a leisurely day indoors, remember to keep your hydration levels in check. Your body will thank you for it, and you'll sail through summer feeling refreshed and revitalized.



- Written By : Ranu Singh



How a Woman is Solving the Vaccine Waste and Public Health Crisis in India

The vast immunization coverage network in India has gone from strength to strength. According to the Ministry of Health and Family Welfare, DPT vaccine coverage has risen from 52% in 1992 to over 90% in recent years. Also, as a result of the Pulse Polio Immunization program, the country has been polio free since 2014.

However, there are still 91 districts where less than 50% children are fully immunized against preventable life-threatening diseases. Further, almost 4 Crore pregnant women and new born children are not fully immunized.

WHO estimates that 50% of all temperature-sensitive vaccinations are wasted. This is due to insufficient last-mile cold chain capacity and temperature monitoring. These gaps cause vaccine deterioration, denying mothers and children effective vaccinations.

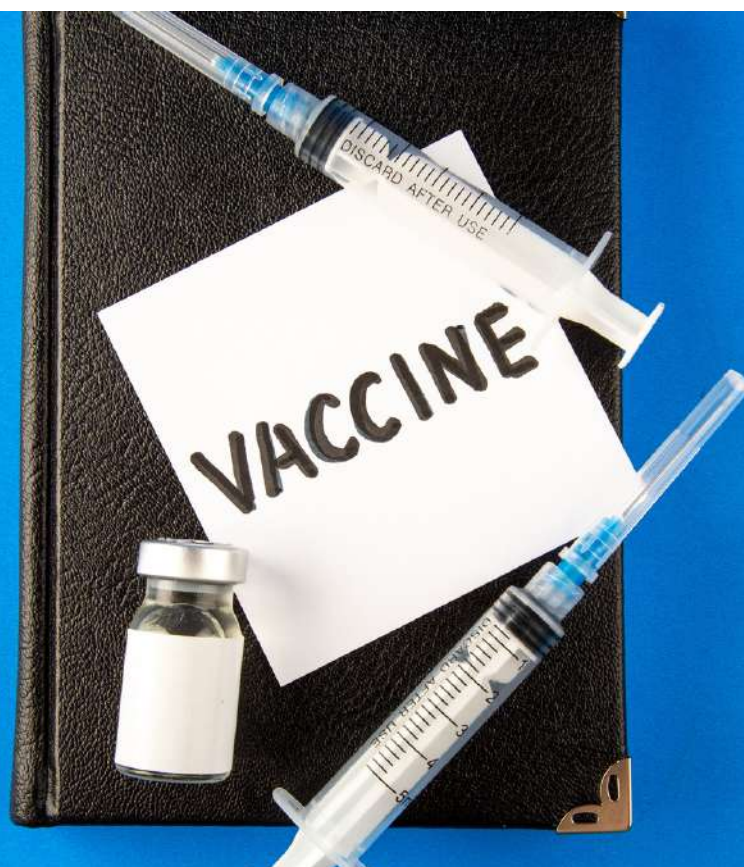
An electronics and communications engineer and an ISB alumna, Ankita started her career in the telecom sector focused on last-mile connectivity in India. She closely observed the grass-root level challenges that communities across the country faced. As she moved to an involved role in sustainable development, Ankita travelled to tribal areas in central India and the remote geographies of North-east India. She saw how healthcare delivery issues affected individuals, especially women and children. In 2020-21, the COVID-19 pandemic disrupted lives and hampered healthcare for millions. Ankita and her brother, Prerit, saw the need to improve point-of-care healthcare in India, notably for life-saving immunizations.



Enhanced Innovations (EI) was founded with Phlton, a cold chain solution for last-mile immunization and diagnostics. Phlton is an ergonomically designed, portable, active cooling device that can be used to strengthen point-of-care services for immunization, medication and diagnostics delivery. It can help in transporting temperature sensitive vaccines and medication safely while maintaining the required temperature.

Since the inception of the Phlton project, Ankita has been involved in project conceptualization and is now leading the commercialization of the Phlton platform. She has been instrumental in identifying and on-boarding partner organizations to further the development of Phlton and eventually prepare for commercial manufacturing. The Phlton team is now applying for a CDSCO manufacturing license to begin commercial production.

Phlton was developed by EI to tackle the issue of vaccine availability and traceability by ensuring the vaccines or medicines are safely transported. Constant monitoring will enable the healthcare workers to ensure there is no extreme temperature exposure.



For example, at 35°C, the ice-packs traditionally used to store and transport vaccines, lose 50% of their cooling capacity within 60 minutes. This makes them unreliable for storage of temperature sensitive vaccines and medicines.

Phlton addresses this by maintaining a chamber temperature of 4°C or lower in temperatures between -20 °C and 65 °C for at least 10 hours, depending on the outside temperature. The device's 2 litre chamber can currently carry up to 60 vials which can be scaled to 50 litres. To lessen power source dependence, especially in low-resource settings, an integrated solar panel module can charge the Phlton device without grid power.

Phlton is being developed to bridge last-mile cold chain gaps in rural India that impede 100% immunization, critical medication, and reliable diagnostics. EI intends to make quality healthcare accessible to every individual.



**- Written By :
Ms. Ankita Mittal**

The Intersection of Women's Mental Health and Circadian Rhythms in a 24/7 World



Considering the ambiguous lines between day and night in today's 24/7 environment, it is critical to comprehend the complex interplay between women's mental health and circadian rhythms. Circadian rhythms, or internal body clocks, control the sleep-wake cycle and affect various physiological functions, including mood management. Circadian rhythms also greatly impact mental health. Women have specific hurdles as a result of hormonal variations throughout their reproductive lives, which can alter circadian rhythms and aggravate mental health concerns (Walker et al., 2020). This piece examines the disparities in circadian rhythms between men and women and the ramifications for women's mental health.

Circadian rhythms play an important role in mental health, with disturbances frequently connected to mood disorders including depression, and anxiety (Bechtel, 2015; Difrancesco et al., 2019; Boyce et al., 2010). The association between depression and sleep disorders is very strong, where difficulty in failing to sleep generates irritability and anxiety, which then feeds into a woman's depression. Additionally, perimenopausal and menopausal women with hot flashes are more likely to develop depression along with lower quality of sleep. These rhythms work in tandem with environmental stimuli such as light and darkness to maintain a consistent sleep-wake cycle. When interrupted, they can cause disruptions in mood, cognition, and general mental well-being (Waddington Lamont et al., 2007).

Researchers have found that women's circadian rhythms differ from men's (Duffy et al., 2011). Men's circadian rhythms normally follow a 24-hour cycle controlled by the suprachiasmatic nucleus in the brain. This internal clock responds to light signals, which influence sleep-wake cycles, hormone secretion, and body temperature. Testosterone levels rise in the morning, supporting alertness, while cortisol follows a similar pattern, assisting with wakefulness and energy control throughout the day (Krauchi & Wirz-Justice, 1994). The suprachiasmatic nucleus regulates women's circadian rhythms, following a 24-hour cycle. However, hormonal changes that happen with menstruation, pregnancy, perimenopause, and menopause can all have an impact on their rhythms. Estrogen and progesterone fluctuations influence sleep quality, energy, and mood, perhaps influencing changes in circadian rhythms throughout the month. In addition, societal constraints and caregiving duties frequently stress women, affecting their capacity to maintain good circadian cycles and mental health (Mallampalli & Carter, 2014; Baker and Driver (2007).

The link between circadian rhythms and women's mental health is significant, especially in the setting of shift employment. Women are disproportionately represented in shift work and frequently struggle to manage work and household commitments, resulting in chronic sleep deprivation and increased stress (Ferri et al., 2016; Mikyeong & Hyeonkyeong, 2017). Circadian rhythm abnormalities might worsen pre-existing mental health concerns or predispose women to developing severe mood disorders. The frequency of shift employment in modern culture complicates the link between women's mental health and circadian rhythms. Many women balance shift work (in call centers/BPOs, healthcare facilities, the hospitality industry, manufacturing sectors, etc.) and family duties, which leads to inconsistent sleep habits and an increased risk of mental health conditions (Hyeonkyeong, 2017). Shift work disturbs the body's normal circadian cycles, which may contribute to mood disorders, cognitive impairment, and increased stress among female workers.

Addressing the issues women have in regulating their circadian cycles and mental health necessitates a diverse strategy. Workplace rules should prioritize flexible scheduling alternatives and enough rest intervals to meet the special demands of female employees. Educational programs can help women prioritize sleep hygiene and advocate for their health.



Furthermore, healthcare professionals must recognize the issues like hormonal fluctuations, pregnancy-related sleep disturbances, postpartum depression/ anxiety, etc. that women confront in terms of circadian rhythms and mental health. Tailored treatments, such as cognitive-behavioral therapy for insomnia and hormone therapy, can assist women suffering from circadian disturbances, relieve their symptoms, and improve their sleep quality (Rossman, 2019; Rosenberg et al., 2021). Healthcare professionals must recognize the gender-specific elements of circadian rhythm disorders and provide targeted therapies to assist women's mental health successfully.



Acknowledging patriarchy's impact, it's vital to understand how societal norms shape gender-specific experiences, such as circadian rhythms and mental health. In India, patriarchy has a significant impact on gender-specific experiences, including circadian rhythms and mental health. Traditional roles restrict women to caring, while restricted access to education and jobs fosters dependency and inequity. Healthcare inequities and stigma impede the identification and treatment of women's health concerns.

Gender-based violence exacerbates mental health issues by typically silencing victims and continuing patterns of abuse. Addressing these structural difficulties necessitates programs that question gender norms, promote equality in education and work, increase healthcare access, and prevent violence against women (Jayachitra & Jagannarayan, 2021). These patriarchal traditions frequently discount women's sleep disorders, perpetuating silence through cultural taboos. Structural changes within society and families are critical for addressing gender gaps, including fostering open discourse, giving resources, and campaigning for legislative reform. Empowering women to prioritize their own well-being and seek help is critical for breaking the silence and enhancing overall health. Empowering women to prioritize their own well-being is critical for creating inclusive settings in which everyone can thrive. Developing targeted interventions informed by these differences is essential for bolstering women's well-being within systemic challenges and inequalities (Banerjee et al., 2021).

As we navigate our 24/7 world, it's crucial to prioritize policies and practices that empower women to maintain healthy sleep patterns and optimal mental health. By addressing the intersection of circadian rhythms and women's mental health, we can create a more inclusive and supportive environment for all individuals to thrive.

- Written By : Ketoki Mazumdar

Thyroid Awareness: A Crucial Step Towards Optimal Health

In the realm of healthcare, thyroid awareness stands as a vital cornerstone, empowering individuals to recognize the signs of thyroid diseases and prompting timely consultation with healthcare professionals for testing and treatment. In India, a staggering 1 in 10 individuals grapple with hypothyroidism, with a significant prevalence among women, constituting 8 out of 10 diagnosed cases.



Moreover, the hereditary nature of thyroid conditions underscores the importance of family history in understanding and addressing thyroid health. The thyroid is a butterfly-shaped gland in front of the neck and regulates important metabolic functions, energy production and synthesis of Thyroid hormones(T4 T3) pivotal for overall body functions.

Thyroid dysfunction manifests as either underactivity (Hypothyroidism) or overactivity (Hyperthyroidism), along with the potential development of nodules—some non-cancerous, but a noteworthy 5% exhibiting malignancy. Hypothyroidism ushers in symptoms such as fatigue, weakness, weight gain, and cold intolerance, elevating the risk of hypertension, heart disease, and diabetes due to increased lipid levels. Conversely, Hyperthyroidism presents with weight loss, heightened appetite, and heat intolerance, and may adversely affect crucial organs, including the heart, eyes, and nervous system.



The impact of thyroid disorders extends to pregnancy, where the developing fetus relies on the mother's thyroid hormone production. Imbalances can lead to severe consequences such as mental retardation and growth abnormalities. Thus, diagnosing and treating thyroid diseases during early pregnancy becomes paramount.

Thyroid symptoms often present subtly and progress gradually, underscoring the need for widespread awareness. Everyone should be cognizant of these signs to seek medical attention in the initial stages, preventing complications and ensuring optimal thyroid health. We, as doctors, urge individuals to prioritize their well-being through early detection and intervention.

**- Written By :
Dr . Madhulika Mahashabde**

The Mystical Art of Tarot Reading:

A Journey of Insight and Empowerment

Step into the enchanting world of tarot reading, where ancient wisdom meets modern intuition. Tarot, with its origins shrouded in mystery and symbolism, continues to captivate hearts and minds with its profound insights and transformative potential.

At its core, tarot is a tool for self-reflection and guidance, offering seekers a glimpse into the depths of their subconscious and the mysteries of the universe. The tarot deck consists of 78 cards, each rich with symbolism and meaning.



From the iconic images of the Major Arcana to the everyday challenges depicted in the Minor Arcana, every card tells a story and holds a message waiting to be discovered. Tarot reading is not about predicting the future, but rather about gaining insight and clarity in the present moment. It is a journey of self-discovery, empowerment, and spiritual growth. Through the art of tarot, individuals can gain a deeper understanding of themselves, their relationships, and their life's purpose.

Central to tarot reading is the cultivation of intuition—the innate ability to connect with the wisdom of the cards and interpret their messages. By quieting the mind and tuning into one's inner guidance, tarot readers can unlock the secrets of the subconscious and tap into a source of profound insight and inspiration.

Tarot reading offers many benefits, from guiding in times of uncertainty to fostering personal growth and empowerment. It can serve as a therapeutic tool for processing emotions, overcoming challenges, and gaining perspective on life's journey.



In today's fast-paced world, tarot reading offers a sanctuary for reflection and contemplation. It is a reminder to slow down, listen to the whispers of the soul, and trust in the wisdom of the universe.

Whether seeking answers to life's burning questions or simply exploring the depths of the human psyche, tarot reading invites us to embark on a journey of discovery, empowerment, and transformation.



**- Written By :
Rachana Awasthi**

How Online Financial Training and Coaching Programs Are Bridging The Gender Finance Gap in India

In a country like India, where economic disparities and gender inequality still pose significant challenges, online financial training and coaching programs have emerged as powerful tools in bridging the gender finance gap. These programs are not just educational resources; they are catalysts for empowerment, enabling women to take control of their financial futures. Let's see how these programs are transforming women's lives, instilling financial literacy, and fostering a community of educated and empowered women.

Empowering Women Through Financial Literacy

Traditionally, financial literacy has been a domain dominated by men in India. However, with the advent of the internet and digital learning platforms, the landscape is shifting. Online financial training programs are making financial education accessible to women from all walks of life, transcending geographical and social barriers. A notable example is the recent surge in women participating in online stock market courses, a domain once considered predominantly male. More women, especially younger generations, are investing.

A 2023 study by Fidelity found that 60 per cent of women invest in the stock market, up from just 44 per cent in 2018.

These programs cover a range of topics, from basic budgeting and savings to complex investment strategies, tailored to suit different levels of expertise and interest. They demystify financial jargon, making learning more approachable and less intimidating. This knowledge is critical in a country like India, where financial decisions are often taken by male members of the family, leaving women dependent and financially vulnerable, especially in cases of unforeseen circumstances like the demise of a spouse or a divorce.



Breaking Barriers with Technology and Flexibility

The beauty of online platforms lies in their flexibility and accessibility. Women, who often juggle multiple roles and responsibilities, find the online format more convenient as it allows them to learn at their own pace and on their terms. This flexibility is crucial in India, where women's participation in the workforce and higher education is still evolving.

Technology has also played a pivotal role in bridging the digital divide, giving women in remote and rural areas access to the same quality of financial education as their urban counterparts. This democratization of knowledge is a significant step towards gender equality in financial literacy.

Cultivating a Growth Mindset and Positive Financial Habits

Beyond just imparting knowledge, these online programs also focus on cultivating a growth mindset and healthy financial habits. They emphasize the importance of regular saving, prudent investing, and responsible spending. Interactive tools like simulations and budgeting apps provide practical experience, reinforcing learning through real-life applications. These programs also address psychological barriers. For instance, many women in India may feel intimidated by financial matters due to societal conditioning or lack of exposure.

Online courses help overcome these mental blocks by providing a supportive and non-judgmental learning environment. They encourage women to ask questions, make mistakes, and learn from them, fostering confidence and independence in financial decision-making.



Building a Community for Collective Empowerment

One of the most significant impacts of these online financial training programs is the creation of communities. Women learners often form groups, forums, and networks where they can share experiences, and advice, and support each other. This sense of community is invaluable, especially in a culture where financial discussions are often taboo or restricted among women. These communities also serve as platforms for more experienced women to mentor newcomers, creating a ripple effect of knowledge and empowerment. This peer-to-peer learning approach is particularly effective in the Indian context, where communal and familial ties play a pivotal role in personal and professional development.

Conclusion

Online financial training and coaching programs are more than just educational courses; they are gateways to empowerment for women in India. By providing accessible, flexible, and comprehensive financial education, these programs are equipping women with the tools and confidence to take charge of their financial destinies. The growth of such initiatives is not just a win for gender equality but a significant step towards a more financially literate and inclusive society. As more women become financially literate and independent, the impact will be felt not just at an individual level but across communities and the nation.



**- Written By :
Priyanka Bhatia**

Dubai: A City of Skyscrapers, Sands, and Starlight Serenity



Dubai. The name evokes images of audacious ambition, not just in its towering structures but in its very essence. This Middle Eastern metropolis isn't just a playground for the wealthy; it's a captivating tapestry woven with threads of ancient tradition and the relentless march of progress. Here, the vast Arabian Desert meets the clouds, and structures reaching for the sky, built with the most modern tools, stand as testaments to human ingenuity.

A week in Dubai is a whirlwind of experiences, each vying for your attention. Your exploration might begin under the spellbinding glow of a full moon. Standing near the imposing Trade Tower, a giant amongst giants, the cityscape unfolds before you like a glittering constellation sculpted from light. The iconic Burj Khalifa, a beacon ablaze with a thousand lights, dominates the scene.

As the last sliver of sun dips below the horizon, the city erupts in a symphony of colors. Buildings clad in modern materials, like sleek metal and reflective glass, pulse with neon hues, casting long, dreamlike reflections on the still waters of Dubai Creek. It's a scene straight out of a fantastical storybook, a city where every structure whispers untold stories, bathed in the ethereal glow of the moon. Stepping away from the neon glow, the labyrinthine souks offer a stark contrast. The air vibrates with the melodic calls of vendors in a multitude of languages, a testament to Dubai's cosmopolitan spirit. Fragrant spices assault the senses, and colorful fabrics dazzle the eyes. Each turn reveals a new treasure, a new scent, a story whispered by a resident from a far-off land.

Venture beyond the city limits, and the vast Arabian Desert awaits. Sikander, your charismatic guide, leans against his rugged 4x4 jeep, his smile as crinkled as the dunes themselves. He's more than just a driver; he's your guide, your desert companion, and, come nightfall, your host under the moonlit sky. As you climb in, anticipation thrums through the air.

The thrill begins as you plunge into the sea of rolling sand. The city's cacophony fades, replaced by the whispering sigh of the wind and the rhythmic crunch of sand beneath the tires. The exhilarating "bashing" sends a jolt of adrenaline through you. You crest a dune, the world tilting precariously for a moment before you plunge down the other side. Laughter, both nervous and excited, erupts. It's a thrilling dance with the dunes, a primal connection to the ancient rhythm of the desert.



As the last rays of sunlight surrender to the moon's gentle glow, Sikander guides you not back to the starting point, but towards a surprise. The dunes give way to the colorful settings of a desert camp. Rich fabrics adorn comfortable seating areas, and traditional lanterns cast a warm, inviting light. You sink into plush cushions as the aroma of an aromatic feast fills the air, a delightful fusion of tradition and modernity.

Under the watchful gaze of a single, majestic moon, stories are shared, and laughter dances on the cool desert breeze. Sikander, ever the attentive host, ensures your comfort and enjoyment. Here, amidst the vastness of the desert, you experience a profound sense of serenity, a million miles away from the city's neon pulse.

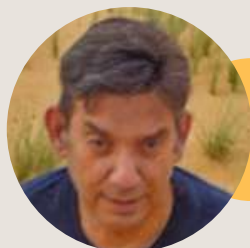
Dubai offers more than just desert adventures. For a taste of tranquility under the moon, escape to the Al Quadra Lakes. This chain of nine interconnected freshwater oases, shimmering under the celestial glow, offers a breathtaking counterpoint to the city's vibrant energy. The lakes hold a unique allure for stargazers and nature enthusiasts alike.

Some visitors are drawn to the tranquility of Al Quadra for overnight camping expeditions, seeking a celestial spectacle under the vast desert sky. The city's culinary scene caters to every palate, offering a symphony of flavors from every corner of the earth. In the evenings, explore the modern marvels – the awe-inspiring Dubai Mall, the breathtaking views from the Burj Khalifa, or the visionary Museum of the Future, with its sleek, curving facade that seems to defy gravity itself.

Don't miss the architectural marvel of One Za'abeel, a recently built twin-tower complex that holds the Guinness World Record for the world's longest cantilevered building. These two towers, linked by a breathtaking sky bridge, are a testament to Dubai's relentless pursuit of innovation and spectacle. As your week in Dubai draws to a close, the familiar skyline takes on a deeper meaning. It's no longer just a collection of imposing structures; it's a symbol of Dubai's unique spirit.



This vibrant city, where echoes of tradition dance with the promises of tomorrow, is a city of skyscrapers, sands, and moonlit majesty, a place that leaves a lasting impression on all who wander its streets. Dubai, in its majestic way, ensures the next visit to discover more is a promise, not a question.



**- Written By :
Narendra Tripathi**



BLOSSOM IN 'MODERN ELEGANCE': TARA-C-TARA'S BOHO FLORAL CO-ORDS UNVEILED!

The Bohemian and floral printed style has emerged as a timeless and versatile trend, capturing the hearts of fashion enthusiasts worldwide. The popularity of co-ord sets, featuring matching tops and bottoms, has soared, becoming a go-to choice for those seeking a cohesive yet effortlessly chic look. This trend seamlessly marries the free-spirited aesthetics of Bohemian fashion with the enduring charm of floral patterns, creating a style that is both vibrant and carefree.



Tara-C-Tara, proudly announces the launch of its latest clothing line- a celebration of Bohemian and floral printed co-ord sets. Inspired by the free-spirited and unconventional vibe of Bohemian style, coupled with the timeless allure of floral patterns, this collection embodies a "Modern Elegance" philosophy.

The design ethos of this collection focuses on creating pieces that seamlessly transition from day to night, offering versatility and timeless appeal. Comfort is paramount, with unique textures and a pleasing hand feel prioritized to enhance the tactile dimension of the co-ord sets. High-quality, durable fabrics were meticulously selected to ensure longevity and maintain the integrity of the pieces over time.

Bohemian style brings a sense of freedom and individuality, while floral prints add a touch of romance and freshness. The combination creates a collection that is not only aesthetically pleasing but also embraces a relaxed and easy-going lifestyle. Distinguished by its modern elegance, the collection blends clean lines with bold patterns and colors, offering a fresh perspective that caters to sophistication and contemporary flair.



The carefully chosen color palette, featuring earthy tones, muted pastels, rich jewel tones, and contrasting neutrals, enhances the overall bohemian and floral aesthetics, creating a visually pleasing ensemble.

To ensure versatility, the collection incorporates various silhouettes, including A-line and straight cuts. The co-ord sets are designed with mix-and-match potential, allowing wearers to seamlessly transition from casual to formal settings. Comfortable and breathable fabrics make the pieces ideal for events ranging from casual day outings to more formal gatherings.



"As the founder of Tara-C-Tara, I am thrilled to introduce our latest venture – a symphony of Bohemian and floral elegance in the form of our co-ord sets. This collection is a celebration of individuality, style, and the timeless allure of Boho-chic. We invite you to embrace the beauty of 'Modern Elegance' as we redefine fashion with each carefully curated piece. Let your style blossom with Tara-C-Tara", says Ankur Shukla, the founder of Tara-C-Tara.

With a keen eye on trends, Tara-C-Tara anticipates the future of fashion through thorough market research and trend forecasting. Their design team, committed to innovation, experiments with materials and techniques, infusing each collection with fresh and unique elements. This dedication ensures the brand remains at the forefront of fashion, consistently offering an elevated and trendsetting experience for consumers.



Tara-C-Tara's collection isn't just a fashion statement; it's an embodiment of a lifestyle where elegance meets ease. With a commitment to comfort, versatility, and contemporary sophistication, this collection invites you to embrace a fashion journey that seamlessly blends the carefree spirit of Boho with the timeless allure of florals. Discover the essence of 'Modern Elegance' with Tara-C-Tara - where every outfit tells a story of freedom, style, and individuality. Elevate your wardrobe, redefine your style.

For More Information, please visit:
IG Link: https://www.instagram.com/tara_c_tara/

Unveiling Aadews' Latest Collection: Embrace Bohemian-Inspired Chic



As the summer sun reigns supreme, pastel shades and breathable cotton have become staples for fashion enthusiasts in India. Cotton garments offer cool comfort, while pastel hues evoke a serene charm. Intricate embroideries elevate the attire with chic sophistication, suitable for any outing or event.

Aadevs, the renowned Jaipur-based clothing brand known for its blend of comfort and style, introduces its latest collection designed for the modern Indian woman and the Indian climate. From classic to contemporary dresses, Aadevs offers versatile options crafted from breathable cotton, ensuring comfort and elegance in any setting.

The collection features a variety of midi dresses, each with pockets and designed to accommodate the dynamic lifestyles of women. With a delightful array of pastels and summer-cool hues, the palette captures the essence of summer, keeping you cool, comfortable, and effortlessly stylish.

The collection emphasizes inclusivity with a wide range of sizes and styles, including varying necklines, lengths, and co-ord sets. Pastel hues dominate casual summer wear, while darker tones offer options for formal occasions. Bold motifs and delicate embroideries add glamour and versatility to each garment.

Aadews' eclectic designs and impeccable craftsmanship have won hearts across all age groups, with celebrities like Aahana S Kumra, Shamita Shetty, Vidya Balan, and more, loving their outfits. From vibrant patterns to comfortable fabrics, it has become a wardrobe staple nationwide, equally adored by people and celebrities alike, allowing individuals to express their unique personalities while staying effortlessly chic.

Embracing sustainability, the brand is set to repurpose leftover materials for accessories, ensuring minimal waste and a step towards a more sustainable future. By prioritizing eco-friendly practices, it aims to reduce its environmental footprint while offering fashionable choices aligned with conscious consumer values.

Drawing inspiration from past triumphs, Aadews unveils its latest range of bohemian-inspired embroidered dresses, blending contemporary twists. Affordable yet stylish, each style is priced under 1999/-. With a blend of timeless elegance and modern flair, Aadews invites you to explore this chic ensemble.

Commenting on the collection launch, the owner of Aadews, Ayushi Dewan expressed their gratitude to customers, stating, **"This collection is a testament to our dedication to listening to our customers and delivering on their desires. We are thrilled to offer a range that encompasses everything our audience has ever asked for, from versatile styles to intricate details, all while maintaining our commitment to affordability and sustainability."**

Emphasizing versatility and comfort, Aadews invites feedback, ensuring each piece resonates with diverse preferences. This collection truly belongs to the audience, embodying their input.



For further information, please contact:
IG Link: https://www.instagram.com/aadews_/

WHAT IS JAAP MALA?

A Jaap Mala, often simply referred to as a Mala, is a string of beads traditionally used in Hinduism, Buddhism, and Sikhism for meditation and prayer. The term "**Jaap**" refers to the act of repeating or chanting prayers, mantras, or the name of a divine figure, while "**Mala**" means garland in Sanskrit.



Hence, a Jaap Mala is essentially a '**prayer garland**'. Typically, a Mala consists of 108 beads, a number considered sacred in many Eastern religions, and one larger 'guru bead', around which the other 108 beads turn like the planets around the sun. The beads themselves can be made from a variety of materials, including sandalwood, rudraksha seeds, and a range of semi-precious gemstones or crystals, each believed to carry certain energies or healing properties. The Jaap Mala is used by holding it in one hand and turning each bead between the thumb and middle finger while reciting a mantra, prayer, or intention. This practice helps in focusing the mind, achieving a state of tranquility, and promoting mindfulness. It's an important spiritual tool that serves both as a tactile guide in meditation and as a symbol of a prayerful and mindful lifestyle.

Purpose & Intention: Start by defining your intention. Are you seeking calm, healing, love, or clarity? This will guide your selection process as different beads are believed to hold different energies and healing properties.

Bead Material: Familiarize yourself with the various types of beads and their associated properties. For instance, Rose Quartz is known for promoting love and emotional healing, while Amethyst enhances spiritual growth and tranquility. Select the bead type that aligns with your intention.

Comfort: Consider the size of the beads, the length of the mala, and the material of the string. It should be comfortable to hold and use. **Attraction & Intuition:** Sometimes, a Jaap Mala may choose you. You might feel inexplicably drawn towards a particular mala. Trust your intuition. It often leads you to what you need.

Personal Connection:

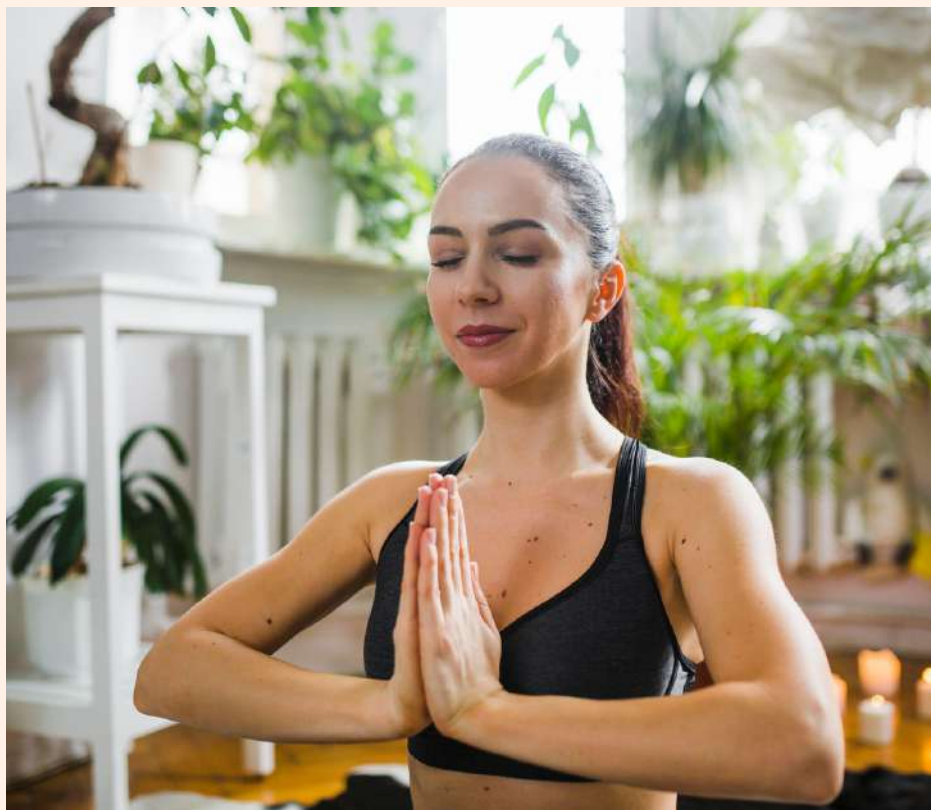
If possible, take the time to hold different malas in your hands before you make your decision. See how each one feels to your touch and to your spirit.

Consultation: If you are still unsure, consider consulting with a knowledgeable practitioner or expert who can guide you in choosing a mala that aligns with your energy and purpose. Remember, the **"right"** Jaap Mala is a personal choice and what feels most authentic to you. Trust yourself, and you are likely to find a mala that resonates with you.



HOW TO CLEANSE AND CHARGE JAAP MALA?

Cleansing and charging your Jaap Mala helps to clear any negative or stagnant energies it may have absorbed, and re-energizes it with positive vibrations. Here's a simple guide:



Smudging: Light a sage stick or incense, and pass your mala through the smoke to cleanse negative energies.

Moonlight/Sunlight: Place your mala under moonlight or sunlight. The gentle energy can purify and recharge the beads. Note: Some stones may fade under prolonged sunlight, so consider this method with caution.

Sound: Use a singing bowl or bell to create sound vibrations that can cleanse the mala. Simply place the mala inside the bowl or close to the bell, and let the resonating sound clear away any negativity.

Intention Setting: Hold your mala in your hands, close your eyes, and set your intention for it. This could be a goal, a desire, or anything you want the mala to assist with.

Meditation: Meditate with your mala. As you touch each bead, imagine it filling with light, imbuing it with the energy of your intention.

Crystals: To charge your mala, you can place it on a large quartz crystal or selenite, which are known for their cleansing and charging properties.

Regular Care: Keep your mala in a clean, sacred space when not in use. Avoid letting others handle your mala as they may transfer their energy to it.

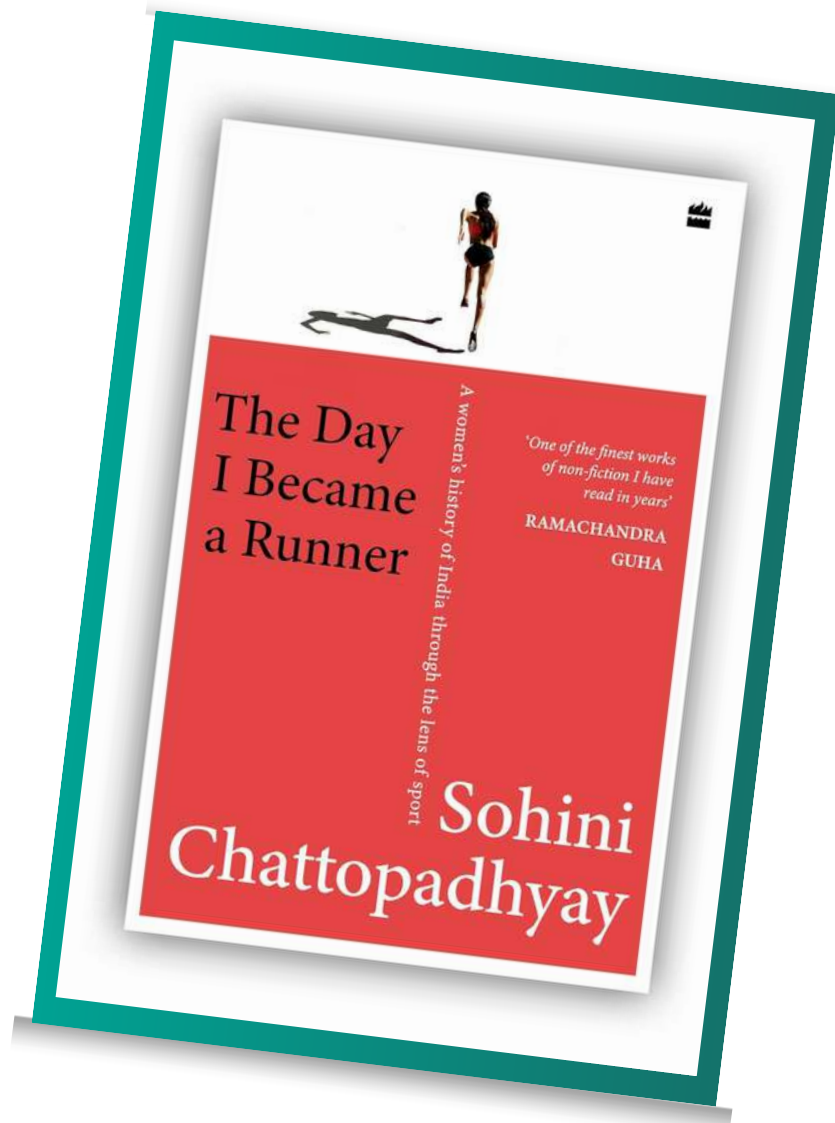
- Written By : The Arbitratory Doctor
The spritual hand.

EXPLORING THE LITERARY LANDSCAPE: WOMEN AUTHORS IN THE SPOTLIGHT, 2024

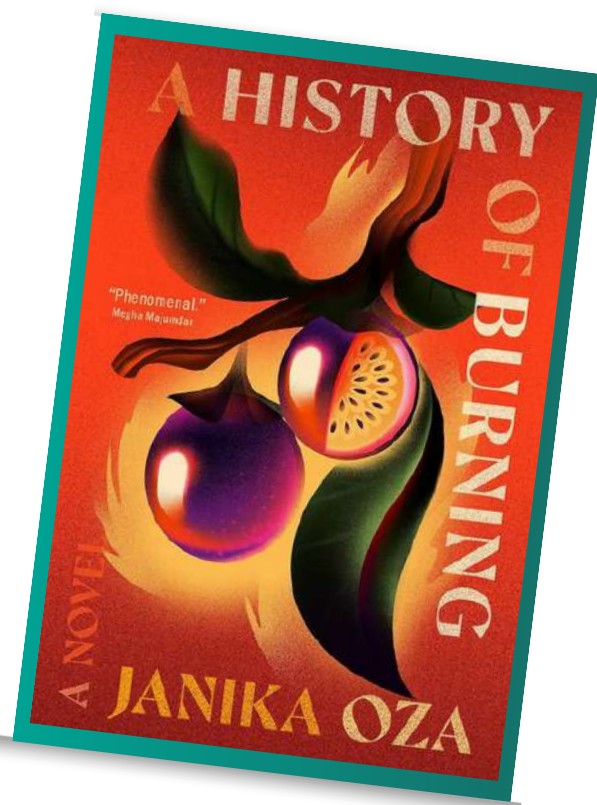
We're springing into 2024; there's so much that's kept us upbeat thus far; weather, the upcoming election and Mr Modi's yatras, the internet, Deepika-Ranveer's baby, Raha's first appearance for the paps, the Ambani-Merchant pre-wedding lockdown and unusual heat some parts of our country saw. But to remain literate is an important human job, so we bring us back to books that have held us three months into this year. Here's what we've got on women authors trailblazing their way along:

SOHINI CHATTOPADHYAY OF 'THE DAY I BECAME A RUNNER'

Sohini Chattopadhyay's 'The Day I Became A Runner' is an astounding and powerful debut. The author is not just invested in the story of Indian female athletes, but that of a young and growing India. At the core, she wants to tell the history of a republic through these women—each of the athletes she has profiled represents around eight decades of the country since independence. Hence, what appears at first as a brilliantly researched and finely documented journalistic piece of work, becomes a story that's as much political, intertwining a nation's tryst with its women and how they occupy space on track and otherwise. Her writing is visceral, sincere, and brimming with personal anecdotes. The author weaves the story of woman in her own family to make a case for the sheer liberating act of running.



JANIKA OZA OF 'A HISTORY OF BURNING'



It's about an Indo-Ugandan family, it spans continents and a century, it's beautifully complex yet a pleasure to read for how every word is etched marking its territory like the book itself displacing, settling and displacing again. It spans Uganda, India, England and Canada and is remarkable for a debut effort at historical fiction leaving you spellbound with every word of how family dramas drape. She writes of the process, "I was thinking deeply about what it means to be connected to place, what it means to be connected to the land, and to know the smell of the soil, the colour the dirt takes on after it rains and then to be somewhere [where] that is no longer the case." She transports us through this exact image through this book beautifully.

"At night, they kept each other alive with stories," Oza writes. "Sitting close enough to the fire that their hairs singed, they told tales of their homes, their pasts, their tentative futures."

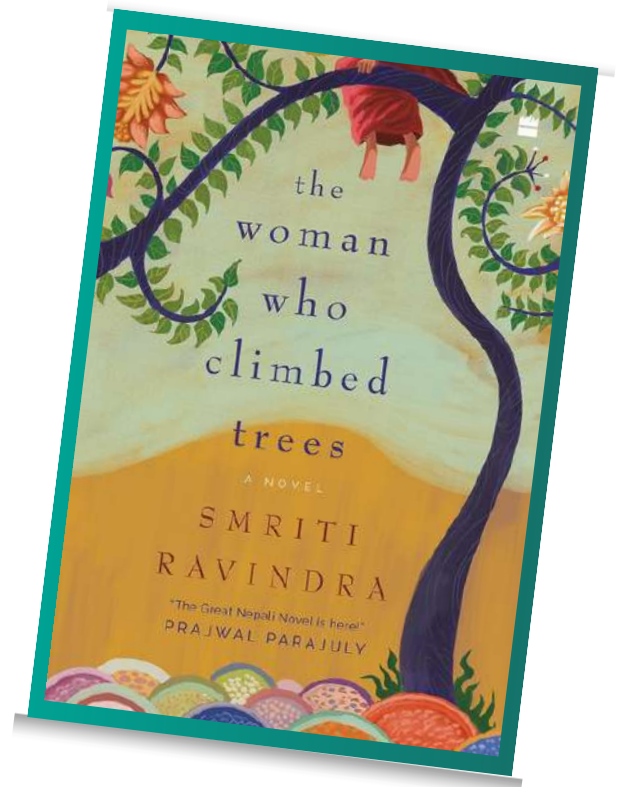
DEVANGANA MISHRA OF '26, KAMALA NEHRU RIDGE, CIVIL LINES, DELHI'

Devangana has a tact with how she uses verse and art and poetry to open doors and windows and ideas and honesty so complex it's hard to tell if it's easy or difficult, the words she writes lovingly leave us holding on to every one of the few pages we've read thus far. She wrote a debut book of poetry, *Desierto Florido*, which got lost in the piles. Still, this one is a must-buy to flow through a Muslim girl's journey through religions and splitting India of 1947, a pivotal time in Indian history. She meanders us through many moods with every verse she writes, "Zara watched them through her glass mug, ink silhouettes in brown water, nothing more, misshapen by one flick of her finger then figures of gravity and honour in an instance. Under duress newspapers were replaced with toilet paper, Copenhagen must have been the first city to introduce those in their lavatories she thought, Zara learned to read big words, Mountbatten, Ali Jinnah, Lahore, Pakistan, the land of gururab and inqilab, barred sights from The Berlingske and more" A short read, raising voice and goosebumps, important for the political year we're currently at.



SMRITI RAVINDRA, OF 'THE WOMAN WHO CLIMBED TREES' IS

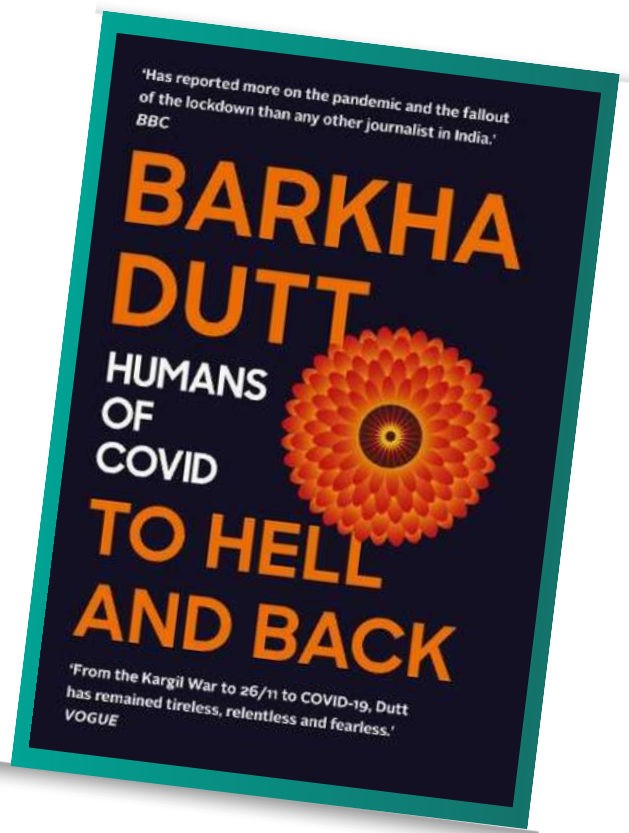
A beautiful, haunting family saga that explores loss, sexuality, and what stories do. As we follow the troubled life of Meena, and later her daughter Preeti, we see the devastating loss of choice that women face, the many disappointments of life, and how people are often bound together not just through happiness, but also tragedy and spite. We see the escape that stories provide, the comfort, and how memories are so often coloured by myth, by a longing for what could have been. Through every woman discussed in this novel, a new dimension is added to the overarching story, the themes of loss and grief, of unrequited love, which makes a gorgeous parallel to the beaches of a tree, promising release and secrets within its heights. This is a fantastically compelling debut.



BARKHA DUTT, OF 'HUMANS OF COVID'

Last but not least, the evergreen, omnipresent, everyone-beloved, Barkha Dutt, but what few people associate her with is her poignant, sharp, intelligent, lived writing. Barkha Dutt's book, *Humans of COVID: To Hell and Back*, is about the people she met on the road over two years of covering the pandemic for her digital media platform, Mojo Story. Barkha writes about the truth of India, there's very little we see there's a cry from the dead and begging from the alive and how it all pronounces even more when there's death plaguing every corner of the country. Barkha tears our country's fabric apart as she speaks of death she saw at hands and desperation and financial failure at all levels, few would've seen or bothered to understand.

- Written By :
Priyanka Shah



WOMEN **SHiNE**

See you in the next edition