

WOMEN **SHiNE**

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DR. VIDYA DESWAL

WOMEN SHiNE



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CHIEF EDITOR'S LETTER

#SHINEON
APARNA MISHRA
Founder , Women Shine

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Dear Readers,

As **September** arrives, it brings with it the charm of new beginnings, festive spirit, and a reminder that the year still holds space for dreams to be fulfilled. At **WomenShine**, this month we celebrate the essence of resilience, creativity, and leadership that women continue to embody in every walk of life.

September also marks important global observances – from International Literacy Day to World Tourism Day, nudging us to reflect on learning, exploration, and the power of knowledge. In this edition, you will discover inspiring stories of women who are shaping industries, nurturing communities, and redefining success on their own terms.

With the festive season around the corner, we bring you ideas on fashion, wellness, food, travel, and mindful living. It's a reminder to pause, celebrate life's little joys, and continue shining – because every woman's journey is unique and worth cherishing.

Let's step into **September** with gratitude, strength, and sparkle. ✨

Happy Reading & Happy Festivities!

Warmly,

Aparna Mishra
Founder & Editor-in-Chief
WomenShine E-Magazine

A TRAILBLAZER IN NURSING EDUCATION AND LEADERSHIP | DR. VIDYA DESWAL



Dr. Vidya Deswal, the first woman from Haryana to earn a Ph.D. in Nursing, is an inspiring example of dedication, resilience, and leadership in the field of health sciences. With a career spanning over five decades, she has significantly contributed to nursing education, clinical practice, research, and public health.

She began her journey with General Nursing and Midwifery (GNM) from PGIMS Rohtak in 1975, followed by B.Sc. Nursing (Post Basic) and M.Sc. Nursing from PGIMER Chandigarh. Her academic excellence culminated in a Ph.D. in Community Health Nursing from Pt. B.D. Sharma University of Health Sciences, Rohtak, where she was the first candidate to be awarded this prestigious degree during the University's inaugural convocation.



Dr. Deswal's career has been marked by progressive leadership roles—Staff Nurse, Nursing Sister, Tutor, Professor, and ultimately Principal of the College of Nursing, Rohtak, where she served for over eight years. She also held the positions of Dean, Faculty of Nursing Sciences, and Director of Nursing in esteemed institutions. As a role model, she inspired countless young women through initiatives under Haryana School Shiksha Pariyojna Parishad.

Her professional journey includes more than 20 years of collegiate teaching, over 10 years of postgraduate mentorship, and significant contributions as Inspector for Indian Nursing Council, examiner, paper setter, and master trainer in national health programs. She has published ten research papers and actively participated in more than 55 national and international conferences.



Recognized with multiple awards, distinctions, and appreciation letters, Dr. Deswal is also a life member of leading professional associations like TNAI, IPHA, NNF, and NRSI. A regular blood donor till the age of 62, she continues to embody the true spirit of service.

Today, at 70+, Dr. Vidya Deswal stands as a beacon of inspiration, empowering future generations of nurses and reminding us that passion and service know no age.

**- Written By :
Bhumika Deswal**

FEMTECH FOR REAL WOMEN: BUILDING WELLNESS SOLUTIONS BEYOND FERTILITY & URBAN ELITES

FemTech, over the last decade, has emerged as a powerful force in healthcare innovation, addressing issues specific to women's health journeys. However, a glaring gap persists in who these solutions are actually serving. A vast majority of Indian women, especially mothers, are silently suffering through perimenopause and postpartum anxiety without access to personalised support. The real need is designing inclusive, relatable, and culturally rooted wellness solutions that speak to women about what has not been spoken of in years.

THE MISSING MIDDLE IN FEMTECH

Not just a trend or buzzword, FemTech aims for real innovation by acknowledging the complexity of women's health that shows up in every stage of their lives. It can be metabolic disorders, irregular reproductive cycles, mental health fluctuations, hormonal imbalances, and nutritional gaps, among others. Most digital solutions offer generic advice, calorie trackers, or aesthetic-focused **'weight loss'** tips, missing the holistic picture. For women with PCOS, what they often need is a trusted, relatable voice, someone who can simplify clinical advice into practical tools.



WELLNESS, NOT JUST FERTILITY

Our journey has shown that wellness for women is deeply intertwined with lifestyle, mental health, and social pressures, issues that rarely make it to the centre of FemTech design. Whether it's postpartum depression, sleep struggles, hormonal acne, or erratic menstrual cycles, women often navigate these challenges silently, without proper diagnosis or support.

DESIGNING FOR THE REAL INDIAN WOMAN



To truly serve Indian women, FemTech needs to move beyond aesthetics and algorithms. It needs to have visual learning, local language support, and community support. There needs to be live experiences that validate results. The solutions need to be affordable, accessible, culturally relevant and work for women in low-connectivity or low-income settings. One that understands Indian food, family structures, and gendered labour realities. The goal is to empower every woman, urban or rural, tech-savvy or not, to take charge of her health on her own terms.

THE FUTURE OF FEMTECH MUST BE INCLUSIVE

FemTech holds incredible potential, but only if we broaden its scope. The Indian woman is not a monolith. She can be an exhausted mom, teacher with PCOS, homemaker dealing with postpartum hair loss and not just a fertility-seeking app user or a woman in her 30s with a gym membership and a smartwatch. For real change to happen, the industry should not believe wellness is a luxury. It must listen to these women, design with them, not just for them.



**- Written By :
Payal Agarwal Mukherjee**



Snoring Could Be a Dental Problem: How Dentists Are Tackling Sleep Apnea in Young Adults

For most people, snoring is often brushed off as an embarrassing habit or a harmless inconvenience. But persistent snoring, especially among young adults, could be an early warning sign of something far more serious, obstructive sleep apnea (OSA). This condition, characterized by repeated pauses in breathing during sleep, not only robs you of quality rest but also impacts energy levels, focus, and overall health. Surprisingly, dentists are emerging as key players in identifying and managing this silent yet significant health concern.

WHY SNORING SHOULDN'T BE IGNORED

Snoring happens when the airway becomes partially blocked, creating vibrations in the throat. While occasional snoring due to fatigue or a blocked nose may not raise alarm, frequent snoring in young adults, especially those who are overweight or have a family history of sleep issues, can signal undiagnosed sleep apnea. Left untreated, OSA can contribute to high blood pressure, heart problems, daytime drowsiness, poor academic performance, and even mental health struggles.

WHY SNORING SHOULDN'T BE IGNORED

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THE DENTAL CONNECTION

Many don't realize that the dentist's chair can be the first place where sleep apnea risk is spotted. During a routine dental exam, dentists are trained to recognize signs that go beyond cavities and gum health. These may include:

- **Excessive tooth wear from nighttime grinding, often linked to disturbed sleep.**
- **A narrow palate that restricts airflow.**
- **A retruded (set-back) jaw position that contributes to airway collapse.**

With advanced tools such as 3D imaging, airway assessments, and even collaboration with sleep studies, dentists can evaluate whether a patient may be at risk of sleep-disordered breathing. This proactive approach is particularly beneficial for young adults, who may otherwise dismiss snoring as trivial.

ORAL APPLIANCE THERAPY: A MODERN ALTERNATIVE

Traditionally, the gold standard treatment for sleep apnea has been the CPAP (Continuous Positive Airway Pressure) machine. While effective, CPAP therapy can be bulky, noisy, and uncomfortable, deterring many younger patients from consistent use.

Enter oral appliance therapy, a game-changer for those with mild to moderate sleep apnea. These custom-made dental devices work by repositioning the jaw and tongue to keep the airway open during sleep. They are:

- **Discreet – small and easy to wear.**
- **Non-invasive – no masks, tubes, or machines.**
- **Portable – ideal for students, professionals, and frequent travelers.**

Because of these advantages, oral appliances are increasingly popular among young adults looking for effective yet convenient alternatives to CPAP.

DENTISTRY MEETS SLEEP MEDICINE

The collaboration between dentistry and sleep medicine is reshaping how we view both oral health and overall wellness. Dentists are not just treating teeth; they are helping patients breathe better, sleep longer, and live healthier lives. For young adults who juggle late-night study sessions, demanding jobs, and social lives, restorative sleep is essential for memory, focus, and productivity. By taking snoring seriously and integrating sleep evaluations into dental care, professionals are giving students and young professionals a chance to thrive both academically and personally.

THE TAKEAWAY

Snoring should not be dismissed as **“just a sound.”** It could be the body’s signal of a deeper issue that, if left untreated, may affect long-term health. With dentists now playing an active role in diagnosing and treating sleep apnea, young adults have access to discreet, comfortable, and effective solutions.

Dental consultation is much needed for people who snore regularly. Sometimes, the path to better sleep and a healthier future begins in the dentist’s chair.



- Written By :
Dr Manvi Srivastava

Strut, Spray, Slay!! Runway Bows By Fonzie Folksy

INTRODUCING RUNWAY BOWS BY FONZIE FOLKSY!

A spicy tribute to floral aromas, Runway Bows is crafted to unravel your inner Diva and cherish moments where time stands still, but your presence lingers! As every note in the perfume unfolds, it depicts a story! From the soft bloom of rose and geranium to the bold embrace of agarwood and amber, this fragrance is the finishing touch to your runway ready moment!

Top: The moment you spray Runway Bows, Saffron and Rose fill the atmosphere with mild aromas ready to take over the room!

Heart: The fragrance then intensifies to warmer notes like Patchouli and Sandalwood leaving a spicy zest wherever you go!



Base: Runway Bows settles to lasting aromas of Leather and Agarwood that lingers along all through the day, leaving a bit of you, wherever you go! Like a true fashionista! whispering grace by day and commanding attention by night, your story begins with Runway Bows...

PRICED AT INR 5299

TO BUY: <https://fonziefolksy.com/collections/the-narratives/products/product-1>

PS: Fonzie Folksy has introduced a Discovery Set with 2ml vials featuring each of their signature EDP variants—Runway Bows, Evenfall, The Gallerie, and O'Live It. The set allows you to experience their fragrances first hand and find your perfect one. Available at INR 750, this value is fully redeemable when you buy the full size variant of your favorite perfume.

A black and white photograph of a woman in profile, lifting a dumbbell with her right arm. She is wearing a dark tank top. The background is dark with a pattern of orange dots. The title 'YOUR QUICK GUIDE TO STRENGTH TRAINING' is overlaid on an orange brushstroke background.

YOUR QUICK GUIDE TO STRENGTH TRAINING

Strength training doesn't have to mean heavy barbells or intimidating gym equipment. In fact, some of the most effective exercises can be done right at home, with little to no equipment. What matters is consistency, correct form, and gradually challenging yourself.

Whether you're a busy professional, a homemaker, or someone looking to add a new dimension to your fitness, these beginner-friendly moves are a perfect starting point. They'll not only tone your body but also make everyday activities—like climbing stairs, carrying groceries, or even sitting at your desk—feel easier.



Here are five simple exercises to kickstart your journey:

- **Squats**

Strengthens legs and glutes while improving posture. Start with bodyweight squats, then add light weights for extra challenge.

- **Push-Ups**

A classic move for upper body and core strength. Beginners can try wall or knee push-ups before moving to full push-ups.

- **Lunges**

Great for toning thighs and improving balance. Step forward with one leg, lower your hips, and repeat on the other side.

- **Plank**

The ultimate core-strengthening exercise. Begin by holding for 20–30 seconds and gradually extend your time.

- **Dumbbell Rows**

Works arms, shoulders, and back. No dumbbells? Use filled water bottles for a home-friendly option.

PRO TIP

Start with 2–3 sets of 10–12 reps for each exercise, three times a week. Progress slowly—strength training is about long-term gains, not overnight results.

Strength training is more than exercise—it's about feeling stronger, more confident, and in control of your body. So, roll out a mat, grab a pair of weights (or water bottles), and take the first step towards becoming your strongest self.

Team WS

The Art of Self-Care: Beyond Spa Days to Daily Rituals



When we hear the word self-care, most of us picture spa treatments, long bubble baths, or occasional pampering. While these indulgences are refreshing, true self-care goes deeper—it's about creating small, consistent rituals that nurture the mind, body, and soul every single day.

Self-care is not selfish; it's the foundation for showing up as your best self in all areas of life. For women who often juggle multiple roles, weaving intentional habits into daily life can be transformative.

1. Skincare as Self-Respect

A simple morning and evening skincare routine can feel grounding. Cleansing, moisturizing, and applying sunscreen are not just about beauty—they're acts of respect for your body's largest organ.



2. Journaling for Clarity

Writing down thoughts, gratitude lists, or daily reflections helps release stress and organize emotions. Even 10 minutes with a notebook can create space for mindfulness.

3. Affirmations for Positivity

Starting the day with affirmations like “I am strong, I am enough, I am capable” rewires the mind towards confidence and optimism. Spoken aloud or written down, they set the tone for the day.

4. Sleep Hygiene for Renewal

Good sleep is one of the most overlooked self-care practices. Creating a calming bedtime routine—no screens an hour before bed, dim lights, herbal tea, or light reading—signals the body to relax and recharge.

QUICK SELF-CARE CHECKLIST

Strong women don't just work hard, they care for themselves harder 5-Minute Daily Rituals for Busy Women



1. **Morning Hydration** – Drink a glass of warm water with lemon.
2. **Mini Journaling** – Note 3 gratitudes or 1 intention for the day.
3. **Affirmation Boost** – Repeat: “I am strong. I am enough.”
4. **Stretch & Breathe** – 5 deep breaths + quick stretch.
5. **Screen-Free Wind Down** – Switch off devices 10 minutes before bed.

Tip: Choose 2–3 rituals you can realistically do every day. Small steps create lasting change.

Team WS



LESS KNOWN TEMPLES OF TAMIL NADU (PART 1)

Tamil Nadu, often referred to as the "**Land of Temples**", is a treasure trove of spiritual, historical, and architectural marvels. With over 33,000 temples, Tamil Nadu stands as a testimony to ancient culture, reflecting centuries of devotion, artistic brilliance, and architectural grandeur.

These temples I am writing about are not very well known, outside Tamil Nadu or possibly at a stretch in South India. So why bother about them, write about them? Perhaps a fair question. These places are living time capsules. Every pillar, maybe moss covered or with faded carvings, holds the weight of stories, spanning centuries of dynastic histories, offering a fascinating glimpse of religious, cultural, mythological stories, some told aloud, many whispered and changing with time!

Let me share a very personal trip made last year starting with Mannargudi near Tanjore in Tamil Nadu. This is where my father-in-law G V Raghavan grew up and then moved to Giridih Jharkhand in 1946 made a business, a life, a name respectfully and lovingly remembered even today. This trip was my sister in law **Rita Sridhar**'s first trip to where her father grew up. The Mannargudi Temple, dedicated to Lord Rajagopalaswamy (a form of Vishnu), is one of the largest Vaishnavite temples in India.

Known as the **"Dakshina Dwaraka"** (Southern Dwaraka), this magnificent shrine boasts 16 gopurams, massive temple complex, a vast temple tank (Haridra Nadi), and intricately carved stone pillars. The temple is a major pilgrimage site, especially during the Panguni Brahmotsavam festival, which draws thousands of devotees. The resplendent presiding deity and the gorgeous utsava murti, are unforgettable. They hand over Santana Gopalakrishna in his small bed on Sheshnag to you to hold and pray. It's such a moving moment!

Rajagopalaswamy temple has not been glorified by Alvars, though it is classified as one of the Abimana Stalas, which are considered holy temples in Vaishnava tradition. However, Sri Purandara dasa, known as Pithamaha of Carnatic music from Vijaya nagara empire had visited this place and glorified Him by composing a Kannada song **"Kande Mannaru Krisha na"** and **"Mannaru Krishnanenge Mangala"**. This information is part of temple lore.

On the way to Mannargudi we stopped at the Kodanda Rama temple at Vaduvur. Such an ancient temple with beautiful idols. Lord Rama handsome with his bow! We watched the Sahasranama Archana as it was concluding. Each temple in Tamil Nadu tells a unique story, woven with mythology, devotion, and unique tales.



The temple is glorified by Maharishi Valmiki and classified as one of the 108 Abhimana Kshethrams of the Vaishnavite tradition. This temple is called the Dakshina Ayodhya (Ayodhya of South India) and one of Pancha Rama Kshetram. Then on to Kumbakonam, renowned for its cultural and historical richness, has a treasure trove of temples that reflect the region's deep-rooted spiritual heritage and architectural marvels. It was a mad rush to see the temples before the afternoon closure. Lord Vishnu in his various forms always prefers an afternoon siesta. His day starts early, you see.

Our first stop was Ramaswamy temple. The temple is counted as one of the temples built on the banks of River Kaveri. Five temples of Vishnu are connected together to make one of the 108 Vishnu temples, Divya Desam. They are Sarangapani Temple, Chakrapani Temple, Ramaswamy Temple, Rajagopalaswamy Temple, and Varaha Perumal Temple. Ramaswamy temple built during the Nayak era, this temple is known for its intricate murals depicting the entire Ramayana. The garba griha features Rama along with Sita, Lakshmana, Bharata, Shatrughna, and Hanuman – a rare complete family shrine.

Difficult to describe, should I just say Wow...!!!The grandeur of King Rama after his coronation is seen seated on the throne with wife Sita, all brothers Lakshman Bharat and Shatrughan and of course Hanuman. Large majestic deities looking more than life like, you feel they are going to tell you something.



Next, we visited Sarangapani, the Lord Vishnu in his resting form This is called a Divya Desam, among the revered 108 Tirupatis, the shrine displays Vishnu in a reclining posture within a chariot-shaped sanctum. It's among the largest Vishnu temples in South India and is architecturally comparable to Srirangam.

The mid-day sun on a euphemistically called second summer afternoon did not dampen our enthusiasm even as our bodies were damp with sweat! Next visit was to Chakrapani temple, Lord Vishnu as Chakrapani in his standing pose with the chakra, discus. Dedicated to Vishnu's Sudarshana Chakra form, this temple is revered as the place where the discus descended to bless sage Sudarsana. The temple is known for its unique idol where the Chakra is worshipped independently.

Difficult to describe, should I just say Wow...!!!The grandeur of King Rama after his coronation is seen seated on the throne with wife Sita, all brothers Lakshman Bharat and Shatrughan and of course Hanuman. Large majestic deities looking more than life like, you feel they are going to tell you something. The last stop is Oppiliappan temple. A Divya Desam temple where offerings are made without salt, as per legend involving Bhoomi Devi. The huge deity Lord Oppiliappan much like Lord Balaji at Tirupati but bigger I felt. Again, we were very lucky to see the afternoon alankar, and deeparadhana.

The divine marriage story of this temple is very interesting. The sage Markandeya worshipped Vishnu and desired to have Lakshmi as his daughter and Vishnu as his son-in-law. Once Markandeya was on a holy trip and after reaching Thiruvinnagaram, he felt it was the right place to get his desire fulfilled. Markandeya started a severe penance seeking Lakshmi's blessings. Lakshmi appeared as a baby under the Tulsi plant. Markandeya recognized the baby as Lakshmi and raised her. When the young girl reached adolescence, in Shravan, Vishnu appeared as an old man and proposed marriage to her. Markandey, after recognizing him, married him to his daughter.



All temples were blessed to get darshan absolutely close up with Archana, aarati, Prasad. A long day but feeling so blessed, so content on the first day of Navratri 2024! Was it nearly a year ago, but my memories are so vivid! That is because they are truly magical, with spiritual energy so strong to rejuvenate and strengthen one. These temples embody the essence of Tamil heritage. They proudly carry scars of ancient warfare, worn out over time. They are architectural gems that luckily have escaped the atrocities of modern(?) renovations. They remind us of saints, devout singers, and touching miracles. They emphasise that sacredness does not require grandeur. Sometimes it is there waiting in shaded temple corridors, next to a pond, out of sight, waiting to be noticed again.

**- Written By :
Prabha Raghunandan**

WHERE LOVE MEETS LANDSCAPE - TOP WEDDING DESTINATIONS IN INDIA & ABROAD



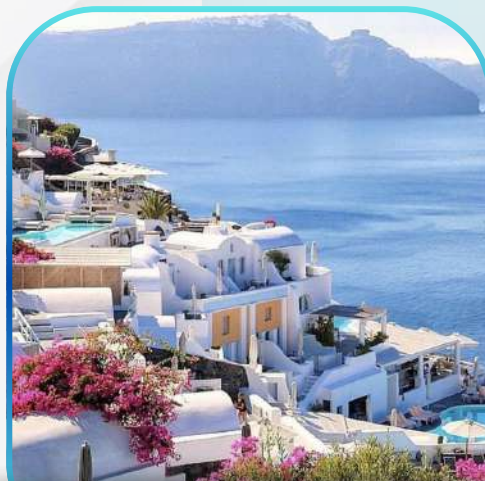
There's something truly magical about tying the knot in a place that feels like it's straight out of a dream. Whether it's the sun-drenched hills of Tuscany or the regal charm of Rajasthan, destination weddings offer more than just scenic beauty — they create unforgettable moments. As Anjali Tolani, Vice President – Celebrations at Tamarind Global, puts it, ***"The real allure of these destinations lies not just in the views, but in the extraordinary experiences they deliver."***

1. SANTORINI, GREECE

Perched above the Aegean Sea, Santorini's iconic whitewashed domes and cobalt rooftops make it a postcard-perfect setting. This destination is ideal for couples who want a modern, stylish celebration with a touch of whimsy. From sunset ceremonies on cliffside terraces to laid-back brunches overlooking volcanic landscapes, Santorini delivers a chic and unforgettable experience. Boutique stays in Oia and Imerovigli offer both luxury and intimacy.

2. UDAIPUR, RAJASTHAN

Few cities evoke grandeur like Udaipur. Nestled amidst the Aravalli hills and lined with tranquil lakes, Udaipur is the epitome of royal opulence. From vibrant sangeet nights in centuries-old havelis to serene mehndi ceremonies overlooking Lake Pichola, the city offers a regal canvas for celebrations. Don't miss Jagmandir — the stunning island palace glows under candlelight and creates an ethereal setting for evening rituals.



3. MUSSOORIE & SHIMLA

The Himalayas lend an old-world charm to weddings in Mussoorie and Shimla. With pine-scented air, colonial architecture, and mist-draped hills, these destinations are perfect for couples dreaming of an intimate mountain ceremony. For those looking for a quieter alternative, Dehradun is emerging as a hidden gem, with boutique retreats tailored for close-knit gatherings.



4. KERALA

For those drawn to serenity, Kerala's lush backwaters offer an idyllic escape. Picture exchanging vows on a gently gliding houseboat or hosting a sundowner on the banks of Lake Vembanad. The rhythm of local music, coastal cuisine, and swaying palms adds a soulful touch. Resorts in Alleppey and Kumarakom effortlessly blend luxury with nature, making them ideal for relaxed yet meaningful weddings.



5. TUSCANY, ITALY

Tuscany is timeless. Rolling vineyards, rustic villas, and golden hour skies make this Italian region a romantic haven. Imagine wedding dinners under the stars with local wines and countryside charm. Towns like Siena, Florence, and Chianti offer venues full of character. Castlefalfi, a restored medieval estate, is among the most sought-after — combining stunning views with classic Italian elegance. These locations provide stunning backdrops for your special day, whether you're envisioning an outdoor celebration overseas or a royal occasion in India. The most suitable location, in our opinion, not only enhances your wedding but also becomes a part of your narrative.

PEACE

Peace is acceptance; Peace is tolerance;
 Peace is understanding! We all are
 Different in some way or other! So what?
 The Earth is one PLANET
 It is man who has made countries, borders
 So Earth is divided into pieces.
 Peace comes with understanding
 Understanding comes with knowledge,
 Knowing your world, your world's history!
 Peace cannot be inculcated
 By telling people, do this; don't do that.
 It is cultivated by constant learning,
 Talking and understanding what makes our world.
 Peace is not indifference: Peace comes with ethics,
 It means doing right, discipline, sharing and caring.
 Tolerance does not mean putting up with nonsense,
 Allowing people to get away with wrong words, actions.
 That is not peace; that is cowardice!
 If you put up with wrong; you are at fault too!
 Activism can be peaceful!
 Peace is when you pull up someone
 Who litters or defaces a monument.
 Peace is enjoying all the diversity in attire, cuisine
 Languages around you with an open mind!
 We will live in harmony as we read and understand
 The unifying heritage in diverse languages,
 Through literature, poetry, drama, music, films.
 Peace is a feeling, an emotion.
 It is not merely symbolic white flag hoisting
 Olive tree planting freeing pigeons in the air
 But the gush of adrenaline, of happiness,
 When you cheer for anything good done by anyone!
 The earth is one and we can make the world one
 With love compassion and care.
 Let us Change and shape Peace together
 The small things you know, make the spirit of peace



- Written By :
Prabha Raghunandan

WOMEN **SHiNE**

See you in the next edition