

VOL 2 ISSUE 4

JUNE 2021

SHE SIGHT

OPRAYAANA

STORIES OF HER | FROM HER | BY HER

Cover Personality

Dhanya

Ravi

**MADE TO
MAKE A
DIFFERENCE**

ABOUT US

SheSight wishes to contribute to ensuring gender equality by bringing in the female narrative to the media. We wish to share stories of women known and unknown and provide inspiration and information. SheSight is a property of 4Tune Factory Foundation, a registered charitable trust running the Prayaana Labs as well as Prayaana Collective brand of women made products and services.

The heart of Prayaana goes out to every woman who has stories to tell. Stories about her, her life, her passions, her ambitions and her expectations. With a plethora of texts and articles on women, that describe their spirits and inspire every other person who goes through the stories of the women. The articles are typically by her, curated for her and talk all about her. Right from the editorials, to articles, short pieces, all the columns are articulated and constructed by women. The creative spree of women, prominently expresses through the various work. Our magazine is published monthly on the fourth day. We would love to have articles from more women who wish to share their ideas and stories. The magazine is a sure shot good read, which is to uplift your mood, confidence and enhance your personality.

We are also amazed at the immense acceptance it has received by all. We await your contribution and look forward to it. The magazine consists of diverse columns from various women.

To share your ideas and get a subscription please mail at

shesightmag@gmail.com

Contact Us

8590339393 / 8590739393

Table Of Contents

DHANYA RAVI	2
Dhanya Ravi :Made to make a difference	2
HARBHAJAN KAUR	15
Meet 94 years old Harbhajan Kaur - The Leading Face of the Entrepreneurial World.	15
Story behind "Harbhajan's"	16
First day in the market	17
The fame and the support	17
Childhood memories	17
VIRGINITY REDEFINED!	18
#CeeVee	22
Whoever said money can't buy happiness simply didn't know where to go shopping.No worries we are here-Shop from www.pracol.com	23
LIEUTENANT NIKITA KAUL DHONDIYAL	23
MARTYRED OFFICER WAS GIVEN TRIBUTE : BY HIS WIFE WHO JOINED THE ARMY	24
RUMA DEVI	28
RUMA DEVI : Living proof that you don't need to be rich ,well-connncted ,or civic to be a trendsetter.	29
SAFE ,NO MORE!	34
TASTY TIME	38
PEANUT MANGO PICKLE	38
ADITI GUPTA	42
Aditi Gupta :The Menstrupedia Girl	42

DHANYA RAVI

Dhanya Ravi :Made to make a difference



Spontaneous, witty, friendly, kind and an absolute delight. These are some of the adjectives that popped into my mind when I spoke to none other than Dhanya Ravi.

Osteogenesis Imperfecta (OI) Dhanya is born with a rare genetic disease called . Yet, she has overpowered all obstacles life has thrown her way with a smile on her face.

*She is a recipient of both the **State and National award**. She is also a **TEDx and JoshTalk speaker**. She has personally inspired many differently-abled people and continues to do so. During this lockdown period, she has been part of many webinars for college students and cooperates, and has spoken on topics like inclusivity, mental health, social responsibility etc. She is currently active in mobilization and sensitization for OI, rare diseases and disability community individually and collaboration with different non-profit organizations (NGOs) in India and the USA. She advocates for a more inclusive society and strives to raise awareness about rare genetic conditions. **Dhanya is also, one of the founder trustees of Aasmaan Foundation Trust and volunteer's audio reading for persons with visual impairments.***



She can spread happiness and a sense of positivity with just a smile and sparkling eyes. I had a great time talking with Dhanya, and hopefully, you will do too.

I read that you decided to stop taking painkillers at the age of 10. I am really curious to know what led such a young girl to take this brave decision.

I don't think it is a brave decision, but it is one of my choices. Generally, as a child, we always listen to our parents; they know better with experience, but my condition's character is that until teenage, the bones break pretty often, so I had number of fractures now and then. Probably one or two fractures in a month, was for sure. So at the age of 10, I just started reflecting on my condition more. So I began to ask my parents what the medicine was for. So generally, whenever I would cry and tell them that my hand or leg or rib was fractured, they would try to soothe me and give me the medicine. But I started noticing that I didn't find any difference; of course, the medicine kind of helped in reducing the pain I felt, but ultimately it didn't cause a quick fix and helped to rejoin the bones quickly, and I had to go through the pain for more than three weeks. So when I noticed this, I thought, why should I take more painkillers and harm other organs of my body. The only painkiller I take now is when I have a headache, but I stopped taking painkillers for fractures a long time ago and also, I got used to the pain due to bone fractures to some extent.



2. *Your smile is infectious, and knowing that you smile through the pain is what makes you a role model for many. From where do you draw this level of strength and positive attitude towards life?*

I would say I derive it from the people I meet throughout the years, starting from my teachers. As I could not do mainstream schooling, I had this one teacher who came home and taught me every day. I remember her; she was a very bubbly person and had a happy face. She always carried joy within her. She had been through many personal issues, but nothing stopped her from doing what she wanted to do. She used to find every minute a blessing. So whatever kind of people I met, I was able to learn many things from them. So for me, learning is something that happens not only through books; it happens through people and experiences. This has helped me to be a better person, and I am still developing myself every day. I think one must learn from their setbacks and know how to keep up with the time, even if they are going through various issues. No one will be problem-free from anything until the last breath, which is a fact, so one thing I realised is that the more you reflect on yourself, the more gratitude you have for the choices you make, and you start loving yourself more. Everything around will seem like a miracle then.

3. *If you were to pick, what is the one memory or experience that brings a smile to your face?*

There have not been many people who have taken personal effort to be with me, but there are like one or two friends of mine, or maybe a relative of mine who kind of takes an effort to spend time with me. So each time when they choose to spend time with me, I feel so valued. I am grateful to the Divine for making me such a valuable piece (laughing) and including me in their lives. So this kind of very personal things, like when people come to talk to me or be with me or prefer to have me in their life journey, always brings a smile to my face and this is something I will always cherish.



4. *You love music. I read in an interview that music is like an elixir for you. You even got to meet your two favourite singers Sri Yesudas and Sri Chitra. Can you please share your experience?*

Music is my healer. My doctor should not read this because music has healed me more than any medicine (laughing). I still remember during my treatment days or whenever I am sick, and I'd be in the hospital, my only demand is that the phone will remain with me in the room or ICU or wherever you name it because I want to listen to music. For the first time, I had to fight for it, and eventually, they obliged (laughing). Music is my true love. Whenever I meet Das uncle, I become very emotional, and I tell him that I don't know whether it is you or your voice, but it was your songs that helped me connect to my spiritual side, and that is something I am grateful for. I have a beautiful memory with Chitra aunty. I have met Chitra aunty a few times before this incident, but it was always in a group, and I was always a silent person who never shared what was on my mind. Then one day, I was part of a social event, and I knew Chitra aunty was one of the chief guests. I went ahead and told her on a very personal note that if you are entirely comfortable, there is one song, 'Malargal Kaettaen', that is very close to my heart which is from the movie OK Kanmani. If you could sing a few lines, I would love to see you sing the song on stage or personally. I told her this on the morning of the event. She very politely said she would get back to me, and then we both got busy with the work of the particular event. Then in the evening, she walked on the stage as the chief guest, and the first thing she said was that Dhanya is here and she has requested me to sing a song, and she sang it for me. I always cherish this experience. It is not just Yesudas and Chitra. I have some great friends from the music industry who are very kind, humble and beautiful singers who sing for me when I call them up or send them a message.



5. Writing is your forte. You are a freelance content writer as well. Do you think writing helps you to express yourself on a deeper level?

I am a trained writer. Writing is something I found myself doing, but I don't know whether I would call it my forte (laughing). I started to train myself in writing from the time I understood that I could write. So apart from the content writing I do for my clients, writing has helped me to express myself and also helped me heal to some extent. Especially the last few months, I have been able to put all my emotions out and heal whenever I sit to write on a personal level. I have an Instagram page called 'Matter of Thoughts' where I like to write my thoughts depending on my mood, and it is a true reflection of my thoughts. So writing has really helped me connect with myself on a deeper level, as you said. I just had a discussion with one of my relative a few days ago that each of us has so many issues we go through in life that it puts us under immense psychological pressure, but what keeps us sane and moving is our resilient mind-set. According to me, when we find a way to express it through any art form, it is a better way of healing. We see that people under a lot of stress usually tend to start drinking or something, but if we can channel our emotion and express it through an art form, it is a much better way for healing and may even open up more possibilities. I love writing. I write based on my experiences, stories that I hear or the conversations that I have, which is meaningful.

6. Are you an avid reader? What kind books appeals to you?

I am not an avid reader, but I love to read books. I read books usually on self-help. Fantasy fiction is not my go-to genre, but I would not mind reading a fictional book. I read almost every genre of books but not political or history. My book choices are mostly realistic life stories or spiritual, or I read books that my friends recommend or when I need to do some research. When breath becomes air by Paul Kalanithi and life is what you make it by Preethi Shenoy are one of my favourites.

7. You are associated with Amrithavarshini, and you have been doing a lot to raise awareness on brittle bone disease. Do you think people are more aware and informed nowadays about genetic disorders?

Amrithavarshini has made an enormous impact on me. Amrithavrsini started with me being instrumental for it. I was so moved when the founder Larha Nair wanted to start an organisation that works for people suffering from my condition, Osteogenesis imperfecta. This was something no one has done. I wanted to contribute in whichever way possible. So I started to be part of the events and create awareness. I am a person who likes to be in my room and not in the spotlight, but here I was, being vulnerable in public primarily to create awareness about genetic diseases. It has been a beautiful journey with Arithavarshini. I was part of it for 10-12 years. Later I wanted to be part of the disabled community and not just with people with similar conditions. Now I carry beautiful connections with the NGO team. I am now primarily focused on mental health and giving people meaningful experiences. I and my friends have started an in-house NGO called Aasman foundation trust, where we are coming up with various workshop programmes and unique events that will help us spread the message that life matters and there is a greater meaning for existence. We conducted a fashion show for the differently-abled in 2019 and even came up with an inclusive album called 'Olangal' on Ilaiyaraaja Sir's youtube channel. Recently on March 2021, at Cochin Taj hotel, we were able to conduct an event focused on single parenting with disabled children. We did a survey and picked a few families, and honoured people from the LGBTQ+ community. All these people have challenged themselves and moved out of their comfort zone. That was a very emotional moment.



8. You are a strong advocate of detecting genetic disorders at an early stage (in the womb) in India. This topic has been part of so many discussions and debate. Do you see a positive change happening in this regard?

Change is happening. There are some private hospitals where they do genetic tests, but it has not become mandatory. That has to change. A national-level policy could be the solution. This is one significant change I think should happen in the healthcare sector. This is where we need to work on. Genetic tests are something we never had 5-10 years before, but this test's importance still needs to be understood. I feel that mandatory genetic test and an early detection policy should come up very soon. Let us all be responsible by understanding the importance of genetic tests for both the parents and babies. If these tests are conducted early, there is a more extensive way of tackling the possibility of giving birth to a child with a disability. Life is very precious, and we need to take responsibility for our lives and future generations.

9. You have been impacting so many lives that it can't be put in words, and you have rightfully received the award from the Central government under the Role Model category. What was your reaction when you heard about it?

It's was a happy moment. Happy as in not 'Yaay I got a national award', but it was more about being accepted by the nation and the people. More than all that, it is a great responsibility (laughing), and it definitely encourages me as well. It has also helped me to reach out to more audience. It is a beautiful feeling because this honour or any recognition is a symbol of possibilities we can look into life. Little did I or anyone around me know that a girl who was inside the four walls can be identified one day, and I am very grateful to the Divine for giving me these experiences. Maybe these experiences help me understand the purpose of my life.



10. Lastly, what is the one piece of advice you would like to share with our readers?

Life is EXTREMELY precious, and we need to be grateful for each day. Learn to balance professional and personal life because professional growth and personal development will help us stay centred on our values and build healthy relationships with family and friends and give us a vision or purpose of life. Nowadays, a lot of people are facing abusive relationships, tiresome work experiences, feeling lost. We could all learn to live our life to the fullest and build a beautiful story with our lives. Rather than having someone write our story, we could take control of our lives and give it the beauty and colour it needs. Being in love with ourselves helps us to create a life the way we wanted and also determines the quality of your life.

On behalf of the Shesight team, we extend our sincere thanks and gratitude for her time and effort. We wish Dhanya Ravi the very best on both personal as well as professional front.

Written By-

Anita R Nair
Associate Editor



HARBHAJAN KAUR

Meet 94 years old Harbhajan Kaur - The Leading Face of the Entrepreneurial World.



Harbhajan Kaur is a 94-year-old woman who started her entrepreneurial venture of selling her mouth-watering *besan barfis* about four years ago and hasn't stopped radiating success ever since. She is today the owner of a renowned brand "*Harbhajan's*" which was started and run by her ambitious daughter, Raveena Suri. Harbhajan and Raveena look after their flourishing business together shoulder to shoulder. Harbhajan makes the heavenly *barfis* and Raveena sells them in the weekly organic market.

Story behind "Harbhajan's"

Words of wisdom are not always the motivators behind some great ideas. Sometimes, it is a few heartbreaking words.

One fine day, Harbhajan and her daughter sat together to have a lively conversation of each other's lives and Raveena candidly asked, *"Do you have any regrets in life? Do you still wish to fulfil any of your desires? If you do, please tell me."*

With heaviness in her heart, Harbhajan simply replied, *"I have lived a long life but I have never earned a dime of my own."*

Listening to these heart wrenching words coming from her mother, Raveena couldn't calm the storm of ideas taking place in her mind. She then came up with the idea of starting a business of selling her mother's deliciously cooked barfis under the name of *"Harbhajan's"* which goes with the tagline *"Bachpan ki yaad aa jae."*

First day in the market

Everyone has their first days, and the probability of returning home with success is very low. One might either gain lifelong fame or your business returns to ashes and dust.

The first day in the market was pretty simple for our leading entrepreneur. She went to the market with no high hopes of returning with a handful of money but the happiness of finally doing something for herself. She went to the market, artlessly sat there and interacted with the customers. But who knew she would come back home with a 2,000 rupee note in her hand and a vivacious smile on her face?

Looking at the bigger picture and enjoying her way through this journey, Harbhajan decided to keep on going, but this time with a variety of options for people to choose from. She soon started to make *badam sharbat*, bottle gourd ice cream, tomato chutney, dal pudding, pickles, etc. for her customers and in no time, people started coming in large numbers, business started booming, and happiness reached the top of the world.

The fame and the support

"Harbhajan's" started to see new heights of fame and success when the Chairman of The Mahindra Group, Anand Mahindra entitled Harbhajan to be the *"Entrepreneur of the Year"* on twitter.

This opened the doors to reach a larger section of people and word of *"Harbhajan's"* started to spread among neighbours, acquaintances, and the district.

To this day, Anand Mahindra's tweet about Harbhajan Kaur has received the love of 10.7K people in the form of likes and has been retweeted 1,978 times!

Childhood memories

Raveena recalls her memorable childhood days and tells us that they never used to go or have food from outside. Harbhajan took the delight of making everything and anything at home itself ranging from mouth-watering sweets, delicious squashes to flavorsome *sharbats*.

Harbhajan would work tirelessly to give a world of a time to everyone with her delicacies but always hesitated to take the credits and remained hidden behind the scenes.

Lastly, Harbhajan never believed she would one day get any formal recognition and would be running a renowned brand and win the hearts of hundreds of people with her flavorsome barfis. But here she is today giving an absolutely new shape to the entrepreneurial world and proving that it is never too late to start working for oneself.

Written By-



*Ms. Karuna Arora
19 years old
Indrapuram, UP*

VIRGINITY REDEFINED!

"Virginity is all about how pure you are to yourself. And I think I am an Ever-Virgin!"



A couple of months back I happened to attend an online event in which a very prominent entrepreneur and renowned philanthropist Dr. Bobby Chemmannur was asked this question, "What is your concept of virginity?".

He smiled and said, The audience had a burst of good laughter on hearing this answer from a married man nearing his 60s.

Well, I loved this answer! I went on to write a poem on a similar concept. (given below)

I thought, in this edition of CeeVee's Corner, why not write a bit more detail on the concept of virginity and why it's time to redefine the meaning of the same.

Virginity, as per Wikipedia definition goes as follows

"Virginity is the state of a person who has never engaged in sexual intercourse. There are cultural and religious traditions that place special value and significance on this state, predominantly towards unmarried females, associated with notions of personal purity, honour, and worth."

THE EVER-VIRGIN LADY



#CeeVee

Feb 2021

Oh! How am I not a Virgin?
My hymen may have broken
My womb may have birthed
My bosoms may have nursed
My lips may have kissed
My body may have hugged.

Yet! How am I not a Virgin?
When my love for you is
As fresh as a drop of dew
As clear as the sky after shower
As pure as a sparkling diamond
As fragrant as an exotic musk

Oh! How am I not a Virgin?
When everytime, I am reborn
On your enchanting fingertips
And by the enticing looks!
My body just renews itself
My virgin mind rises in love

Oh! Am I not the Ever-Virgin lady
Awaiting the divine devourer?

Hanne Blank, historian and author of *Virgin: The Untouched History*, talks about virginity as having different kinds of values put on it depending on where you go or who you talk to. And most importantly, the concept of virginity for men was historically non-existent! **The idea of purity is used as a means to control and manipulate women into following social norms, especially gender norms. It reinforces the idea that women cannot enjoy their sexuality. Virginity is treated as a commodity that can be "lost."** So according to this concept, when a woman has sex, she loses her value. Moreover, the construction of this ideal does not just hurt women; it's destructive to men's sexualities as well. Men are widely shamed for remaining virgins, as its loss is a sign of their masculinity and manhood.

As a young girl growing up in the 90s, I have seen movies in which when the heroine or the hero's sister gets raped by the villain, it's considered as a huge moral issue leading to the ultimate destruction of the family's honour. And the father/mother goes to the extent of committing suicide. The worst of all: the girl is then forced to marry the villain because **"she has now become the property"** of the man however bad he is! Thankfully, in this decade, though our movies do not depict this kind of "rape marriages", we still have the media and social narrative of the virginity of a girl – especially for marriage. Even today, we can see matrimonial advertisements demanding a **"fair, beautiful and virgin" girl!**

But yes, we do have great examples who break these cultural/societal pressure. Recently I spoke to a young man in his late 20s who chose to marry a woman who was 3 years elder to him and a divorcee. Though all other parameters like religion, caste, family status etc. for an Indian marriage was ok, the boy's family was indeed much concerned about the fact that the girl was not a virgin! This young man was as society wants, "fresh"! Whereas the girl was "used" already! However, this man was quite adamant that he would marry this woman whatever and they are one of the happiest couples I have seen recently.

Well, my objective of this article is not to look at history, but about the future!

Yes, it's time to redefine the meaning of the word virginity getting associated with the body and to the associated sexuality!

For me, a man or a woman is just as virgin as ever when they have purity of their mind. Integrity, honesty, virtue, and love while dealing with fellow beings are what makes a human being more virgin than the impurity associated with the loss of a small tissue on the reproductive organ!

When I meet a person who is corrupt-free, integral at work, has a life of purpose, and is super confident of their body, I think they can be considered as a virgin. Even a prostitute who sells her body but shows integrity and compassion to fellow human beings can be a virgin than a man/woman who hasn't had a sexual experience but is characterless otherwise!

Even a man or woman who has reproduced or has had sex several times can be a virgin or an unmarried girl who has had sex before marriage can also be a virgin! After all, virginity is not just in the body!

Well, it's high time that we redefine the meaning of virginity and start looking at human beings as a whole being instead of a body and specifically associating to sexual status!

#CeeVee



Dr. Chandra Vadhana

Serial Entrepreneur / Voice Artist / Academician / Author / Feminist

Founder and Chief Mentor

Prayaana Labs

Email: connectceev@gmail.com

#BobyChemmannur #Boche #virginity #virgin #sex #relationship #man #woman



The image features a brown glass jar of MrIO ROOTS & STEMS HAIR NOURISHER. The label on the jar includes the text "MrIO", "ROOTS & STEMS", "HAIR NOURISHER", "MrIO HAIR CARE", and "A Collection of Natural & Organic Signature Cosmeceuticals". A black circular badge with a green leaf icon and the text "100% NATURAL" is positioned above the jar. The background is a lush green indoor garden with various plants. In the bottom right corner, there is a circular inset showing a close-up of a woman's face with long, dark, wavy hair.

Shop from www.pracol.com

Whoever said money can't buy happiness simply didn't know where to go shopping. No worries we are here-Shop from www.pracol.com

LIEUTENANT NIKITA KAUL DHONDIYAL

MARTYRED OFFICER WAS GIVEN TRIBUTE : BY HIS WIFE WHO JOINED THE ARMY



Society has taught her to be subjected to male dominance. The mindset has changed with her leading the male's contingent in Fauj (Army) after few years.

I decided to write up this article when I saw how the martyred army's wife faced so many challenges after her husband's death and how society makes convictions about her character and her lifestyle. They even blamed her for the whole incident.

The society always made theories that a woman survival depends on her husband. She is unassisted if her husband dies. But these assumptions were smashed by one of the martyred army's wife MRS. NIKITA KAUL DHOUNDIYAL.

She joined the INDIAN ARMY services to pay tribute to her martyred husband and his sacrifice for the Nation.

Nikita Kaul belonged to a Kashmiri Hindu family. She met her husband Major Vibhuti Shankar Dhoundiyal and fell in love with him. They got married in 2018.

10 months into their marriage, Major Vibhuti sacrificed his life in the terrible terrorist attack in Pulwama in February 2019.

But instead of losing her mind by this heartbreaking news, she gave him a tribute at his funeral with tears in her eyes saying that; "Thank you for loving the Country more than me."

But she gathered herself and decided to join the Indian Army. In the year 2020, she cleared the SSC exam and SSB interview. After that, she completed her training from OTA Chennai same as her husband.



On 29 May 2021, she made every Indian proud of her when she joined the Indian Army and became Lieutenant Nikita Kaul Dhondiyal.

The way she smashed the patriarchal society is praiseworthy!



She set an example for every widow who felt helpless after their husband's demise. Most of them think that their world is over now but every widow should develop courage.

You can show your love and feel the presence of your partner even after his death and he can be kept alive in your deeds and thoughts.



You can give a fitting reply to those so-called people who have raised questions about your character.
You are not only a housewife, you have the power to change the world but you only need to identify it.

You are the power, you are the devotion;

You are the edge of the sabre.

People think that you are silent-

But what do they know that;

You are the pillar of this Earth.

People understand your existence.

Oh, you are only dust for them,

But why you are sad like this.

You have to show the existence in the dust too;

Telling them that that the dust can destruct their eyes too.

Showing them that your tears have flame too.

You are the power, you are the devotion.

Written By –



*Srishti Uniyal
Location-Tehri Garhwal
Uttarakhand*

"IF YOU WANT SOMETHING SAID ,ASK A MAN ;IF YOU WANT SOMETHING ONE

RUMA DEVI

RUMA DEVI : Living proof that you don't need to be rich ,well-connected ,or civic to be a trendsetter.



Enlightening and supporting the women of India from the very basics, Ruma Devi has laboriously worked her way up to be the face of the fashion street. In a field where being either rich, well-connected or civic makes a person reach the top, Ruma Devi stands out as an epitome of brilliance and sheer determination. She stands with her head high in the face of the world to prove that excellence is all you need to make your way to the top.

RUMA DEVI AND HER EARLY LIFE.

As simple as a person's life can be, Ruma Devi also started her journey of life with the simplest of people, places, and possessions.

Ruma Devi was born in the year of 1989 in Rawatsar, a small city in Barmer, Rajasthan. She was born and brought up in a poor household where even the availability of drinking water, transportation, and schools was a luxury.

Due to unfortunate events, Ruma Devi could only complete her education till 8th grade. But her willingness to learn the art of embroidery, knitting, and sewing started to sow its seeds at the beginning of her childhood. She learned the skills of embroidery from her grandmother who had needlecraft expertise.



Ruma Devi was married off at an extremely young age of 17 years old. She was blessed to give birth to a son but unfortunately, she lost her son within 48 hours of giving birth to him.

RUMA DEVI AND HER CAREER

Ruma Devi is now widely known as a traditional craftswoman promoting the locally handcrafted art of tribal women globally. She is also popular for being social activist gathering women together and enlightening them with her knowledge and experience.



This beautiful journey of becoming a handcrafted artisan started at Ruma Devi's own home. With the considerate help of Mahila Bal Vikas Group, she could successfully gather 10 women to start a Self-Help group. Each of the women in the group would contribute Rs. 100 and then buy second-hand sewing machines to start their small business of making cushions, bags, and other products.

Later, with the rightful guidance and adamant support of Vikram Singh, founder of an NGO, they could start making more and more intricately designed handcrafted products with flying colours. Their consistent efforts and adamant devotion led numerous women to come up and join them and in no time, they started training over 22,000 artisans from around 75 villages.

With a positive aim of empowering women artisans and providing rural artisans with sustainable living, Ruma Devi started her own Self-Help Group widely known as "Gramin Vikas and Chetna Sansthan." Together, they work on intricate styles of embroidery, patchwork, knitting, and other printing techniques. Later on, Rumi Devi became the president of the NGO and continued to work towards the development of rural artisans.



In 2012, Ruma was offered to launch her handcrafted collection of work by fashion designer Anita Dongre in the Lakme Fashion Week, but she denied the offer due to a lack of confidence. In 2015, she took a leap of faith in herself and showcased her work in the Lakme Fashion Week. She even featured on the cover of "India Today Magazine." Ruma started modeling and ramp walking herself to display the art of rural people at state and national levels.

Soon, Ruma Devi's work caught the attention of famous workplaces and people.

Her work is recognized and appreciated by the British Patchwork and Quilting Magazine which gave Ruma an amazing opportunity to display her work all over the world including London, Singapore, Germany and Colombo.



In 2019, Ruma Devi was invited on an episode of Kaun Banega Crorepati II along with a Bollywood actress, Sonakshi Sinha. Ruma gifted one of her fine works to Amitabh Bachchan on the show.

Ruma Devi has been given so many honourable awards which hold so much significance in the world of a city person. Her numerous achievements deserve the recognition and applaud of the entire world. Ruma Devi keeps on working each successive day to support the tribal artisans and women of the country. She is indeed a motivator for many.

Written by –



*Karuna arora
19 years old
Indirapuram, UP*

SAFE ,NO MORE!



Now I find myself safe no more,

as if there's no respect for girls anymore.

The kind of world I want to see

seems now an impossible wish to be.

The more advanced we're becoming along

more backward opinions are beginning to form:

Here we dream a developed nation

but the standard of thoughts is falling by each generation.

Can't think what the future's gonna be

Although I'm sure, it wouldn't be safe place to be.

Being a woman, I feel I've lost to prove

searching for facilities to help me improve

Yet again I stand dependent

continuously going through feelings of resentment.

It might be easy to question my character

or even judge me by my figure.

But the truth won't remain hidden.

that I'm a soul which isn't forbidden

I might be soft to thoughts and people

but I'm also a strong individual.

I might be an easy target to deceive

but you can't estimate what all I can achieve.

The only drawback I feel in me

is that I often forget how worthy I'm already.

Even after these struggles, I stand strong,

willing to break this chain and move on.

to create a world of equality & equity

where no one ever feels insecure about their safety.

WRITTEN BY-



Poet:- Miss Aadya Khullar.

City:- Delhi

Age:- 19

TASTY TIME**PEANUT MANGO PICKLE****INGREDIENTS**

Mango – 2No.s

Roasted peanut – 1/2 cup

Red Chilly Powder – 1/2 cup

Salt – 3 tsp

Oil – 4 tbsp

Mustard Seeds – 1 tsp

Green Chilly – 3 No.s

Garlic – 7 flakes



FOR TEMPERING:

Dry Red Chillies – 4 No.s

Mustard Seeds – ½ tsp

Methi Seeds – ½ tsp

Asafoetida – 1/4 tsp





METHOD:

- Grind roasted peanut and mustard seeds to a smooth powder. Make sure you don't grind it too much.
- Wash and wipe the raw mangoes and pat them dry. Allow to cool down and chop into 1 inch piece. Spread on a plate for it to be completely dry.
- Peel the garlic and chop the green chillies.
- Take the mango pieces into a bowl. Add garlic, green chillies, chilly powder, peanut with mustard seeds powder and salt. Mix using a dry spoon ,covering all the mango pieces.
- Heat a pan with oil. When it is hot, add the red chillies , mustard seeds, methi seeds and asafetida. Saute it for a couple of minutes .Ensure the flame is low. Then pour this hot oil mix on the mango pieces and mix well.
- After 2 or 3 days you can start consuming the pickle.



Recipe By:



P. Anu Radha.
Muvattupuzha, Kerala.
Shop Name-Idlyshop

ADITI GUPTA

Aditi Gupta :The Menstrupedia Girl



Aditi Gupta

Founder of Menstrupedia

“

Menstruating women are impure. This taboo has nothing to do with where you are from. From the interiors of India to big cities, if there was a myth I could do away with, it would be this.

According to the Sixth Economic Census, Statistical information released from the **Ministry of Statistics & Programme Implementation**, women comprise approximately 14% of the whole entrepreneurship. Women are currently at the head of several industry segments, constructing new corridors for next generations & becoming remarkable personalities.

DEAL OF THE DAY

Get Happykin Sanitary Pad Combo
DAY & NIGHT

Shop Now:-
WWW.PRACOL.COM

~~₹ 312~~
₹ 280.80



The Menstrupedia girl: Aditi Gupta is an Indian Author & the Co-founder of **Menstrupedia**: a fun engaging period guide for girls! She is trying to bust period myths & taboos through Comics.

In The Early Growing Epoch & The Origin of Menstrupedia

Aditi Gupta was born in Garhwa, Jharkhand. At a very premature age, the thought of her business jumped into her mind.

In the beginning, she had no inspiration for what she was experiencing as she had not explored the observable fact of menstruation yet. Her mother guided her & provided her the insights. Aditi authoritatively studied the topic of menstruation only when she was 15 y/o. Aditi's family was conservative, she had to sleep in a separate area of the house, wash her clothes & not be allowed to touch a place of prayer. She was not also allowed to buy sanitary pads, thus had to use clothes for the sake of family respect. She was shocked and disappointed with the lack of consciousness & discussion around this topic. This proved out to be the inspiration of her business Menstrupedia.

While studying at the **National Institute of Design** as a **Ford Foundation research scholar**, she has conducted extensive research in understanding the scenario of menstrual unawareness in India and its impact on a girl's life. She communicated to Doctors, young girls & women who deeply supported her to gather details.

In **November 2012**, she & her husband Tuhin Paul along with Rajat Mittal started Menstrupedia.

What is Menstrupedia?



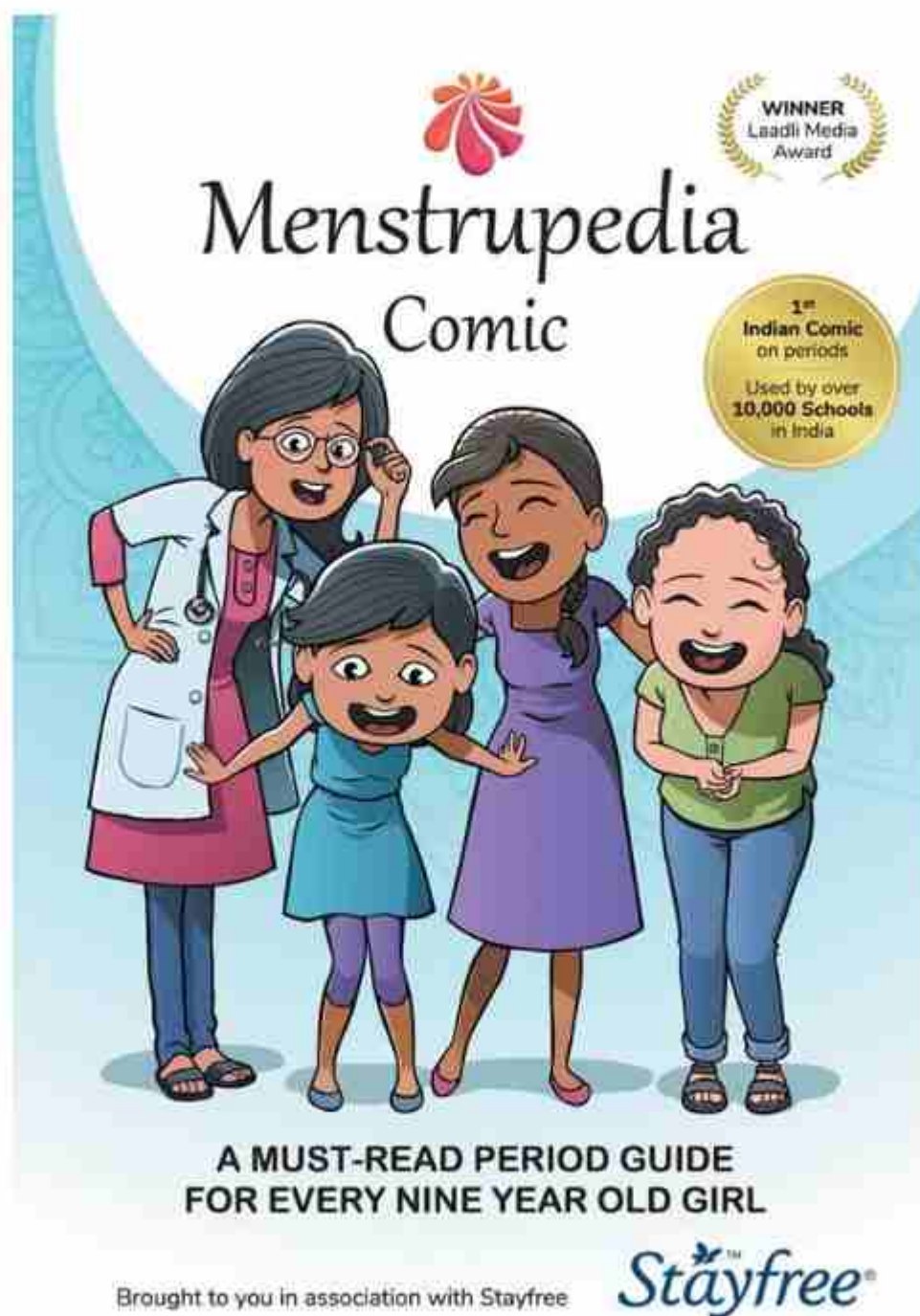
Menstrupedia

It is a website that puts out easy guides to menstruation, youth & wellbeing.

Shatter the myths and misunderstandings surrounding menstruation, by delivering accessible, informative, and gender training content about menstruation through different media.

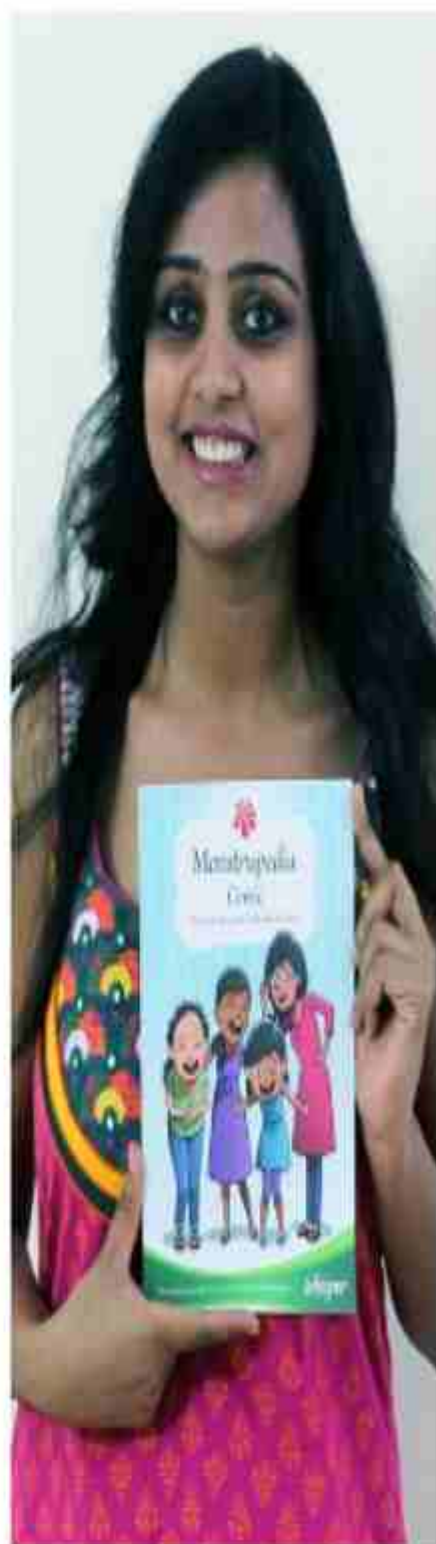
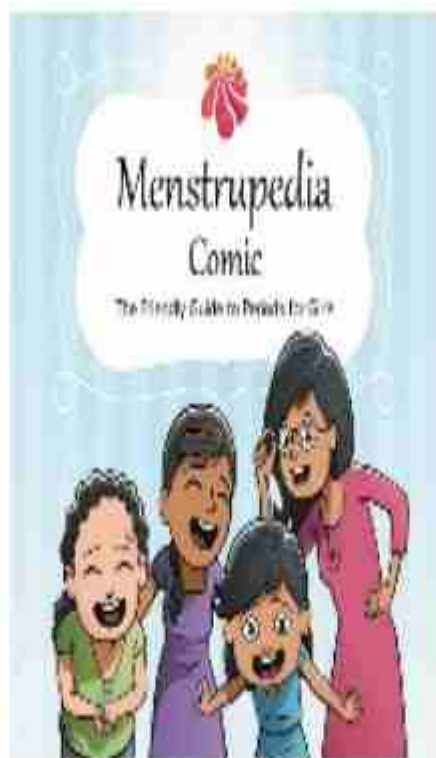
Effective educational tool for girls and schools using storytelling and sequential art for educating young girls about periods.

Provides information on puberty & sexuality for pre-teens & teenagers.



Menstrupedia Comic is a complete guide on periods designed by the Menstrupedia team being used by more than 30 schools across India. The books are also being distributed in other countries like *Nepal*, *South America*, and *Nigeria*.

Gupta is a **World Economic Forum Global Shaper** and made it to the **Achiever's list of Forbes India 30 under 30** in **2014** for her work towards breaking the taboo around menstruation. She is an **International Visitor Leadership Program (IVLP)** alumni. Her work has been featured in **The Wall Street Journal**, **Reuters**, **CNBC**, and **BBC**. She aspires to create a future where menstruation is not a taboo but a welcoming change in a girl's life.



This comic has been incorporated into the study program of over 70 schools across India, used by 6,000 schools, 12 NGOs such as **Protsahan, Munshi Jagannath Bhagwan Smriti Sansthan, Instincts, Kanha** all among **two Buddhists monasteries** in Ladakh & 2,50,000 young women.

It has distributed information in 18 diverse countries. Menstrupedia has started quite a lot of campaigns in association with Whisper India such as **Touch the Pickle** Group in cooperation with numerous actresses like Shraddha Kapoor, Parineeti Chopra, Kalki Koechlin, Neha Dhupia, and Mandira Bedi.

Written By -



Kirti Antil

pracol.com
The good online shopping



Dates & Carrot Cake
With rich taste of dates

With richness of carrots along with dates



Buy Now

www.pracol.com



pracol.com
The good online shopping



BloomingPink

Haritham Short Necklace

Buy Now

www.pracol.com

★FOR ANY ENQUIRIES★

VISIT

WWW.PRAYANA.ORG

JOIN OUR COMMUNITY AT

WWW.PRAYAANA.IN

DOWNLOAD PRAYAANA MOBILE APP

JOINPRAYAANA@GMAIL.COM

FOR BUYING WOMEN MADE PRODUCTS/SERVICES :

WWW.PRACOL.COM

FOR GETTING FEATURED IN SHESIGHT MAGAZINE

EMAIL US : SHESIGHTMAG@GMAIL.COM

SUBSCRIBE US

YOUTUBE:

[PRAYAANACOLLECTIVE](https://www.youtube.com/channel/UCv33333333333333333333)

FACEBOOK:

[FACEBOOK.COM/PRAYAANACOLLECTIVE](https://www.facebook.com/PRAYAANACOLLECTIVE)

INSTAGRAM:

[INSTAGRAM : PRAYAANACOLLECTIVE](https://www.instagram.com/PRAYAANACOLLECTIVE)

*Each time woman stands up for herself, without knowing it
possibly, without claiming it, she stands up for all woman"- We are here
to stand up with you.
@Prayaana*

STAY TUNED TILL NEXT EDITION!