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SHE SIGHT

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STORIES OF HER | FROM HER | BY HER



Cover Personality

Tripti Shinghal Somani

Empowering Women To Dream

SHE SIGHT

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

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SHE SIGHT

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TRIPTI SHINGHAL

Tripti Shinghal – Somani – Empowering Women To Dream



Tripti Shinghal Somani is the synonym of the saying 'Real Queens fix each other's crown'. She is the Managing Director and CEO of KGS Advisors. She is also the curator of Womenovator series (a virtual incubator for women), Rasoi Queen and Queens XI Cricket League, all of which stem from her desire and passion to help women.

From being a Chartered Accountant and post graduate in law to working in various multinational organisations such as PricewaterhouseCoopers (PwC), Grant Thornton (GT), World Bank (on behalf of GT), etc, she has literally accomplished so much in such a short span.

She has single handedly managed the MIT global startup workshop as a local partner and was recognised as an outstanding fellow for the same.

She is also the founding Chairperson of Confederation of Women Entrepreneur, Delhi. Her articles "Make in India" and 'Budget' were published by the Ministry of Micro, Small and Medium Enterprises (MSME ministry), India in their monthly newsletter. She is known for her relatable, motivational and inspiring Tedx Talks.

Her kind, soft spoken, polite and warm nature makes it easy to relate and communicate with her. Let us get to know more about Tripti Shinghal Somani who makes multi tasking seem so effortless and graceful.

1. In many interviews, you mentioned yourself to be a shy and sensitive kid who was an average student. I am curious to know, what caused such a sudden shift in a little girl to go from shy and sensitive to literally breaking the glass ceilings as we speak?

I think it is circumstantial. From shy to someone who is an extrovert, this drastic change happened because there was a demand for it. I am very passionate about working and supporting the environment and women. We feel blessed and life seems to be perfect but we also know that everyone is not able to deal with the same situation in the best possible way. I have overcome that phase of my childhood but I believe that there are people who need not overcome it. I always believe and trust God who helped me overcome it. Things changed when I was caught cheating in an exam when I was at school, I have talked about that incident in my Ted talks as well. That was when I started working and studying. It took years for me to overcome it. When I started working on my project which was a social initiative, I came across people whose problems were much bigger than mine which pushed me to speak up for others. I think that brought a change in me to become an extrovert.

2. You have always told us about who you are and how you want to be known not just for your titles but much more than that, just like your father. Can you share with us how your father has impacted your life?

My father has impacted my life a lot. He is not with us anymore. I lost him just 2 months before my wedding in a road accident and he just spoke to me five minutes before the accident. He had called me and I told him that I will call him back because I was at the office



I regret that I didn't speak to him when he called me. He had just confirmed the location of my marriage. The one thing that I appreciate about him was that he was exceptionally good with relationships. Wherever, whoever he met, he would neither forget them nor will they forget my father. He remembered everyone's birthday, anniversary and numbers and at that time there were no phones. He was amazing at relationship building. He has friends throughout the globe. Secondly, he was very passionate about everything. He did not differentiate between people who were rich and poor. He always said that everyone is equal. He was very religious. We used to chant the Gayathri mantra for hours. He used to travel a lot being an entrepreneur and knew how to grab the best opportunities. Everything thing was available for us at home but he was also philanthropic. At that time we were too young to understand that relationships are more important than materialistic goods.

3. As a woman in what mostly people say is a 'male dominated' field, you were able to break all stereotypes that are usually tagged and expected from a woman and I am guessing the journey would have been one big adventure. What was the thing that kept you going even when you took the "road less travelled by"?

We have to be strong enough to make sure that what we believe, we are sure of it. Many a times, I had also come across a situation wherein I was very adamant of whether I should have this or the other. Sometimes I also felt that maybe the thing I was trying for as a woman may create an imbalance, but it is incorrect to say that the field is a male dominated one

There are instances wherein I was not promoted even when I was rated as the top performer by my partners. I believe that if someone is not promoting you, there could be multiple reasons and being a female should not be one. So it is actually us who take it that way but being an entrepreneur myself, my honest opinion is that being a women alone cannot be a reason to stop anyone from promoting you

So a lot of people sit back saying that they were not promoted because they are a woman but that could not be a reason at all, believe me. As an entrepreneur, I can say that we will not stop a promotion of a woman just because she is married or she is blessed with a baby. If you can make your presence felt and can contribute to the organization's growth, then you have earned your position.

4. You are very passionate about womenovator. Did the idea of womenovator stem from your own personal struggle?

Somewhere everyone wants to have their own babies, right? Business is also like this, you want your own baby, your own name. It was circumstantial. I was with Confederation of Women Entrepreneurs, who were working in the South at that time. One of my relatives proposed that I head it north and then I started. I was very passionate about it. There was a difference in opinion on what should be promoted in the organisation. I was not satisfied in the way the association worked, by taking memberships. So I thought that I need to avoid the membership fees and there shall be more concrete results. So we created womenovator, it is a virtual incubator where we go to different cities and different sectors and conduct competitions like India's got talent and we select six women from every location and sector and we do their incubation. We talk to them regarding the challenges they are facing. We then incubate them for ten weeks. Then we see how we can give them a bigger push.

5. 'Influencer' is a term regularly used now a days. Even in womenovator being an influencer is a key part. In this growing social media age, what role according to you does an influencer play?

Womenovator influencer is very different from social media influencer. We do have influencers who are not at all on social media. So for us an influencer could be anyone. They could be a cleaner, sweeper, professional or an actress also. More important for us is how he or she is inclined towards supporting other women, an influencer can be a he or she as we are not restricting an influencer to be only she. They should have a circle to bring at least thirty women around a round table in ten minutes. So these people irrespective of their background, can be an influencer because they can bring a change or can impact a particular community. Whether a celebrity or a sweeper, for me it hardly matters.

6. MD & CEO of KGS advisors, curator of Womenovator series, Rasoi queen and Queens XI cricket league, being some of the hats you juggle. How do you make it seem so effortless?

Oh, it is not effortless believe me. You should ask my team, they hate working with me is all I can say. I make them work like a machine and if they don't I really make their lives hell. So I don't think it is effortless. It is effortless on the outside but inside it is crazy and I know that. I tell my team that you can forget this life and pray for your next life. (Laughing)

But you can see our reach. I mean there are organisations which were there for the last 20-30 years, even then you will not find a reach of 100 cities and 90 sectors. So now people who have amazing Facebook and Instagram following are reaching out to us to be a part of our influencer team. So this is what is important.



7. Trying to make the world a better place for women in whichever way possible for your daughter was something you said in an interview. Being a recent mother to baby girl myself, I can understand where you come from. But have you see any progress in where women stand in these years and from your perspective are people ready to accept this sudden shift?

It's a very difficult question and I will give a very diplomatic answer. So what I have seen is usually North Indian women are very lazy, which means bringing them out of their comfort zone is a challenge. Unless something unfortunate happens, they are not ready to move out of their comfort zone. So I call these people a waste of time because they have time, they can create things but they are not doing so. They are sitting back and watching TV, spending more time with the kids. Kids are also getting irritated and they ask for some space. Then they feel demotivated. There are women working, even in the manufacturing unit in South India. Here we hardly find women in the service industry. So the GDP of India can surely be pushed if we can convince our women population, who have the time to create things, to come forward to contribute to the real GDP. They have to be told that they are worth more than just taking care of the family.

8. Did you always aspire to be a Chartered Accountant since childhood? If not a CA, what would have been your next career choice?

I wanted to be a journalist in criminal branch, investigator or a police officer like they used to show in criminal TV shows in those times on Doordharshan and all. But I went with Chartered Accountant. I got 99 marks in my 10th boards. I went into science. Then I went to my principal's office saying that I don't want science, I want to opt for commerce. So he laughed out saying that you are the first person who has come with a request to move from science to commerce. I felt so much pressure in science as I was preparing for IIT. I got into DPS RK Puram Delhi in commerce but I came back to Bareilly saying no, I want science and then again in Bareilly shifted from science to commerce again. It is all destiny how things turn out in your life.

9. You would have come across a lot of naysayers or critics throughout your journey. How do you handle or face them?

I love my critics. My best friend was my worst critic. But I was happy, at least he told me things how they were. If you are the topper of the school, people usually sugar coat what they say. So he used to be sarcastic and critical in whatever I was doing. There are critics who help you. They make you ready, you may feel uncomfortable but they are just making you ready for the worst. They are your well-wishers to be very honest

In every girl's family, the best person in your life is your mother in law, because they ensure that you are not doing anything wrong. They tell you in advance that you should not do this. (Laughing) So taking critics in a healthy way is important, you can take them positively or negatively, if you keep yourself busy then it's all fine.

10. If given an opportunity, what is the one message or advice you would give to a 10 year younger self?



Why I can't give a proper answer for this is because all misfortunate lead me to be who I am today. If I had not been caught cheating in an exam at school, I would not have topped my school in the following years. Similarly when I lost my Dad, my life had completely changed then. So all the work I have done post my Dad's accident has been on the social front. The unfortunate moments in my life have led to some powerful changes in my life. So, I don't know what I would say to my younger self.

On behalf of the SheSight Team we are extremely grateful to her for taking out the time and effort from her busy schedule. We wish her the very best on both personal and professional front.

Written By-

Anita R Nair
Associate Editor



DEAL OF THE DAY

A woman is shown in a Jaipuri hand block printed cotton saree with blouse. The saree is orange and black with a geometric pattern. The blouse is black. The woman is standing and holding the saree.

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VINUSHA M K

A Passionate Baker & an Entrepreneur at just 10!!!



**This 10-year-old chef-entrepreneur
Vinusha MK**

At a time when most of the children are digitally inclined with schools and classes all going online, thanks to the Covid-19 pandemic that has impacted the whole world drastically, we have a child baker turned entrepreneur whose videos have gone viral and has become very popular with her baking brands and techniques.

Vinusha MK who resides in Chennai, India is just all of 10 years old and studies in the fifth grade of Amrita Vidyalayam, Chennai. A birthday surprise for her mother by baking a cake is what sparked that fire for Vinusha towards her passion for baking. Although the first attempt at baking was never a success, Vinusha did not give in. Her mother helped her in the next trial which turned out to be an almost perfect cake.

This lifted the young baker's spirits, and then there was never looking back. Vinusha would start baking in her free time after school. Seeing their daughter's interest in baking, Vinusha's parents took her to many entrepreneurs meets in Chennai. A few months later, she started a venture called Four Seasons Pastry.

"The venture name is based on four seasons of the year — I make cakes, cupcakes, and other treats. The cupcakes are inspired by the four seasons. The base for the cupcakes would remain the same, but the cream and frosting differs. For winter, it comes with a snowflake made out of fondant, orange reflects summer, flowers herald spring, and scattered orange leaves depict autumn. Apart from cupcakes, I also make brownies and sandwiches," says Vinusha. Apart from cupcakes, she also makes chocolates and sandwiches. Vinusha has also put together a baking kit for young children like her, who are keen on baking.

She contributes her credits towards baking to her mentors Chef Lakshmi and Chef Geetha Krishnan. She has mastered the skill from basics to advanced, with her teachers helping her to improve her baking techniques. "YouTube videos did help me when I was at an amateur level," says Vinusha who keeps her weekends dedicatedly for baking and attending related workshops.



Vinusha's creativity

Vinusha started her baking classes online during the lockdown period for children and housewives. The youngster also gives motivational talks in many colleges in the city. Her parents are her strong support and source of encouragement in her baking venture. She has learned to balance her studies and baking amazingly. She dreams of becoming a chef as her career when she grows up.



**Vinusha's
Baking kit now
available at**

Odyssey

and also on
www.odyssey.in

**Enjoy the joy of
baking**

In January this year, she launched a baking kit complete with ingredients, a note about the science behind it, recipes, ingredients and more. Launched at the Young Entrepreneurs Academy (YEA!) exhibition in Mumbai and priced at Rs.450, she sold 10 kits before COVID-19 and the lockdown happened. Vinusha also tried her hand at two cake varieties – vanilla and black forest – in February and has sold 15 cakes so far. During this period spent at home, she also launched blondies, chicken/vegetarian sandwiches, and homemade chocolates.

Most of the traction for the brand that translated into sales came from social media and participation in various exhibitions (before the lockdown). "TiE also helped me by introducing me to a lot of entrepreneurs who I took advice from," she says.

"While my parents are behind me in this venture 100 percent, I have three mentors guiding me every step of the way. These include Suresh Chinnaswamy, founder of Dosa Kall; Lakshmi Reddy, a renowned pastry chef; and Geethakrishnan Sir, who has more than 40 years of experience in the pastry field," she adds. She is keen on learning the different traditional recipes like Butter Chicken, Paneer Butter Masala etc. from her mother. She attributes her passion towards the culinary skills to her mother whom she looks up to as her role model.

A unique and perfect example for all those children and youngsters out there, who wish to explore their ingenious and creative skills and talents in this tech-savvy world, and re-kindling those traditional life skills in an innovative way. We wish this budding young entrepreneur good luck to achieve many more feathers to her cap.



Ms. Annie Jaison
Coach in English Language Proficiency
Mumbai

Article credit: *Shesight*

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Nomadland' wins Best Picture at Oscars as its director Chloé Zhao makes history

'Nomadland' won the Oscar for Best Picture at the 93rd Academy Awards held today. The drama film stars Frances McDormand in the lead role. The film's director Chloé Zhao won the Oscar for Best Director, making her the second woman to win in the category in the Academy's 93-year history and the first woman of colour to win the award.

Source – Inshorts Daisy Mowke



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MS. DONZELLA WASHINGTON

Ms. Donzella Washington- At 80 yrs she graduates from Alabama A&M University



Ms. Donzella Washington made history by becoming the oldest person to graduate from Alabama A&M University. At 80 years of age, she earned her bachelor's degree in social work.

Not only did she graduate magna cum laude, but she also received a 4.0 GPA. Having a degree in social work was her dream since she graduated from high school in 1957.

"My mission is to inspire others by letting them know, like the mayor said, age is just a number," she said. "Whatever dreams you had as a child, you can still obtain them. It's all within you to reach your goal."

Source – The Female Influencer



DEAL OF THE DAY

An advertisement for a Jaipuri hand block printed cotton saree with blouse. The image shows a woman wearing the saree, which is orange and black. The advertisement is displayed on a tablet screen. A yellow circular badge indicates the price: "Now at Rs 1500/- Rs 950/-". The text "Jaipuri hand block printed cotton saree with blouse" is written in a stylized font. At the bottom, it says "Shop now: www.pracol.com".

Now at
~~Rs 1500/-~~
Rs 950/-

Jaipuri hand block printed cotton saree with blouse

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Kim Janey- Boston's first black and first female mayor



Kim Janey made history this month, by becoming the first black and first woman mayor of Boston. Fifty-four white men have led Boston since it was incorporated as a city in 1822 and since then, the city had no female mayor. Julia Mejia, one of four Boston City Council members at large, sees Janey's rise to a mayor as a form of 'restorative justice.' She said, "She is a black woman who knows how to speak Spanish. I call her my Dominican sister because she embraced the Latinx community as her own. She makes an effort to connect with her constituents in their native language and that says a lot about a person's character." Janey grew up in Boston's Roxbury neighbourhood, known as the "heart of Black culture" for the area.

Congratulations to Ms. Donzella, who is a true inspiration! This just goes to show that it is never too late to pursue your dreams.

She experienced racism during her elementary and middle school years. This racial divide motivated Janey to become a community activist. While Janey says she plans to continue the work on these issues, her current term as acting mayor lasts only until the next election in November.

Source: - <https://news.yahoo.com>

An advertisement for MrIQ Roots & Stems Hair Nourisher. It features a jar of the product in the center, with a green circular graphic behind it. To the right is a circular inset showing a woman with long, dark, wavy hair. The background is a lush green indoor garden. A "100% NATURAL" badge is in the top right corner. The text "pracol.com" is in the top left. At the bottom, it says "Shop from www.pracol.com".

An advertisement for MrIQ Oxygen Pack. It features a woman's face on the left, looking towards the camera. To the right is a jar of the product. The background is light blue with white bubbles. Three bullet points with arrows point to the text: "Heals the skin & adds extra glow.", "Good oil control pack.", and "Smoothens lines & wrinkles." The text "pracol.com" is in the top right. At the bottom, it says "Shop from www.pracol.com".

WOMEN AND SUSTAINABILITY – THE RIGHT TWINNING

While talking about environmental sustainability, we cannot ignore the contribution of the natural nurturers – the women. I believe that women's role is immensely important in contributing to a sustainable future for which it is important that we promote women's leadership in all arenas of life. This year, when the Padma Awards by The Government of India (Highest Civilian awards) was announced, one woman stole my heart, which was Ms. Smt. Pappammal, an organic farmer from a rural village in Tamil Nadu. She is 105-years-old and was awarded the Padma Shri for popularising organic farming. Her life stands as an inspiration to many women today. Despite the challenges she faced decades ago and a lot of constraints, she smiled and won every one's hearts when she explained that even at this age, she goes to her farm at 5 AM and finds happiness in doing so. She did not stop herself from being a strong woman in those days of extreme patriarchy! Women solving women's problems is possible only when we look beyond the four walls of our house and start looking at the world around.

On interacting with several female entrepreneurs, I have found that they directly and firmly stick onto certain principles of sustainability like reduced wastage of resources, efficient and full usage of materials, upcycling or recycling and following rules of pollution control. This confirms again the need of having more women in business.

Sustainability and Women are like an identical pair of twins. They are born alike and they live alike, whether we allow them to be together or not.

I propose three points to ponder for all of us to think about sustainability as a cause and effect of better gender equality. I believe that ensuring gender equality can lead to better sustainability.

Ensure Women's Reproductive Rights: Yes, you heard it right. Women's reproductive rights are still a dream. And the number one way to ensure sustainability is to reduce reproduction. One human life is worth about US\$10 million, says a leading economist Kip Viscusi at Vanderbilt University. He says valuing life and making these kinds of lives-versus-money decisions comes from the world of safety regulations. According to Lancet Commission on Pollution and Health, the global financial costs of pollution are huge, totalling to about \$4.6 trillion per year, 6.2% of global economic output and we can easily guess that an average human consumes more than doing something to support the environment. So, why not provide better reproductive rights to women where she gets to choose unwanted pregnancy and also decide to have fewer or no children if she wishes to? For those who think, I am trying to poke into personal choices, remember we live in a world where there are countries with such regressive laws that a woman's womb is owned by the nation which is led by men and their set of cultural and religious rules causing her to end up becoming a reproducing machine!



Practice Sustainable Living: I invite everyone to practice sustainable living, stop consumerism, adopt simpler living and learn to reuse, reduce, recycle, up-cycle and to buy what is needed only. Let's not keep buying something just because a celebrity asked you to or because the product has a brand recognition. And guess what, my interaction with women again proves that they are indeed conscious consumers unlike the general negative perception about them as spendthrifts. Sustainable living also means that your buying habits promote livelihood in your local community rather than providing means for greedy global conglomerates! So, try buying products from local entrepreneurs even if the price may seem a bit higher!

Promote Women Leadership In All Walks Of Life: Women, as I said earlier, have the innate nurturing quality and the more women we have in leadership, the better the world will be. Let us have more women and people of all gender in leadership roles – be it a local small institution or the big global MNCs.

I believe a sustainable world is not easy unless women take equal participation in the economy and in solving sustainability issues. One of my ventures, www.pracol.com is India's first women empowerment e-commerce platform with values of unity, sustainability and empowerment. We are now helping small and medium scale entrepreneurs to become self – reliant by selling their products on the internet and promoting sustainable products without environmental damage. Have a look at some of our eco-friendly products on the website with products sold by women entrepreneurs across India and you will realise the point I am trying to convey!

I look forward to a world of sustainability where women are truly flourishing beyond the societal expectations, stereotypes and are real “nurturers” of Earth!

Written by -

Dr. Chandra Vadhana R.

*Serial Entrepreneur / Voice Artist /
Academician / Author / Feminist*

*Founder & Director, Prayaana Labs /
Prayaana Collective*

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Cup of Care



I had a cup of care once, for all the things I heard.

It kept filling up from then; from comments so absurd.

I had a cup of care once, for the pretty little lies;
for a touch of formality or friends in disguise.

I had a cup of care once, filled with worry more
than care.

It was seldom tinted; cause it made your wrong,
look fair...

I had a cup of care once, which made me often cry.
So then I knew it was time to- kiss the cup
goodbye.

I've lost my cup of care now. It could be far away;
or broken down to pieces and buried in dismay.

What I know about my cup is that now I can
overlook its brim.
because finally my cup of care; is empty from
within.

Written By-



Disha Nischal

14yrs

MUMBAI



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A Woman's Feelings

Who says I have feelings?

Feelings, that can be expressed,

Feelings, that are deeper than you think.

Feelings, which he said is mere attraction.

Yes, I was bound by some expectations

To love

To caress

To trust

To be truthful

But who says I have feelings?

Alone in the darkness, I reside

Here he comes, lights me up,

Only to extinguish me once more

Again and again,

He kills the inner warmth of my womanhood

The warmth, he is little aware of

The warmth, which can just be felt,

Oh sorry! Who says I have feelings?

Written by-



- Neha Nautiyal

- Age - 18 years

- City - Delhi



You can go home now



Where?

To whom and how

Who knows? Do you?

I do not. All I know are some highs and a lot of lows.

Not there, where you were never wanted, not there, where you were forever haunted

Not to them, who thought you were lost, you might love them, but at your own cost?

Not to him who gave you nothing but scars

Not to her, who once trapped you behind those bars

Not there, where you could not cry

You might love them, but how much more will you try?

You can go home now

I will. I will find one

I will be your home for you, I promise, I will find a home,

I will come find you too.

Wander as much as you wish

When you wish to come home, But don't know where to, or how. You will find me waiting

We will live, my friend

We lived in each other's heart, we grew different, but never apart I vow

Written By=



– Mokshika Sharma

– Age-18 yrs

– City- New Delhi

Yes Boss to Yes Covid



It's Friday evening, most of my colleagues have left and I am too winding up my work from the office and suddenly my boss calls me to have a discussion which took an hour. I am expected to create a strategic presentation to be delivered Monday morning. My Boss gives a smile and politely says, "You know I trust that you will do a wonderful job like always." I replied, Yes BOSS!

Within my heart, I am thinking so many things- Am I so good, was this so urgent, why me, do I have skills or all the data available to create this presentation at home? But still, I said Yes Boss so many times without batting an eyelid and tried to deliver the presentation to the best of my abilities. Trust me, most of the time I passed the tests given by my boss with flying colours.

The moment God which is the highest boss of this universe gave me the result of my test - 'Shalini You are Covid positive.' I was retaliated, felt why me? I haven't stepped out of my house in the last 6 months. Two days later, my whole family was positive and I felt as if this is the end of our world and I can't handle it

Then came the third report wherein my two kids were also positive and my small world got crashing away in front of my eyes.

At night, a thought came across my mind, Say 'Yes BOSS to the highest boss of this universe'.

If I can trust my boss and give my best in a professional setup then how can I not trust the biggest boss of this universe in his professional setup!

If a boss who is a human being just like us, is capable of taking care of our wellbeing by assigning us the task based on his understanding of our capability, how is it possible that the biggest creator of all of us i.e. God, won't be able to identify my strengths to handle my tasks well? Why am I resisting this flow of the universe?

Life doesn't give you linear hierarchical promotions like offices set up. It gives you abundant opportunities, many times exponential growth, it may be presently disguised in the form of pain but has a deep potential that can be converted into a new opportunity in the areas which you never even thought of.

As I surrendered, my trust in the highest power got strengthened that whatever is happening it is for my growth and evolution.

The day I realized this I started saying YES GOD. It's been 2 months since this realization happened to me. If you see, we lost so much post-Covid and its impact has hit our family.

But deep down at the bottom of my heart, I now create my gratitude list every night and be thankful for our lives.

The thoughts which are now part of my newly formed neural network are :

- 1. Whatever is painful, I am searching for the area of growth.**
- 2. Whatever is good, I am thankful to God for bestowing me with this pleasurable moment.**
- 3. Whatever I feel is not adding any value to me, I started letting it go.**
- 4. There is no time for regret, just do what you feel like and go for it.**

5. Relationship with myself is most important and I must respect my inner voice.

6. Some people in our lives are worth dying for, always give them your precious time when they need it.

As I started doing this, a deep sense of protection was felt inside me. I feel someone is protecting me every moment I flow within the river called Life.

There is no resistance, I am not afraid, I am not slower than anyone, I am not in a rush to prove to anyone, I am not jealous of anyone, I don't feel the need to quickly complete.

I have started feeling abundance within myself. I am at peace. I am happy while performing the same tasks which were pre covid were like deadly demons to me. The more I surrendered towards my life; my life is now opening me up for more and more possibilities of growth. I understand abundance in the wealth that I am getting with each passing day. The simple step of examining each moment and saying yes to it without feeling the need to be judgmental has put me in the positive mind frame of being in conversation with the larger-than-life force on this Planet.

I have started feeling united to the abundant energy within myself. By trusting my creator and having faith that he will guide me at the right time, with the right knowledge, right people to help me incorporate the right set of skills so that I can evolve in my current journey.

All the best to all those people who are evolving with me in their fight with Covid.

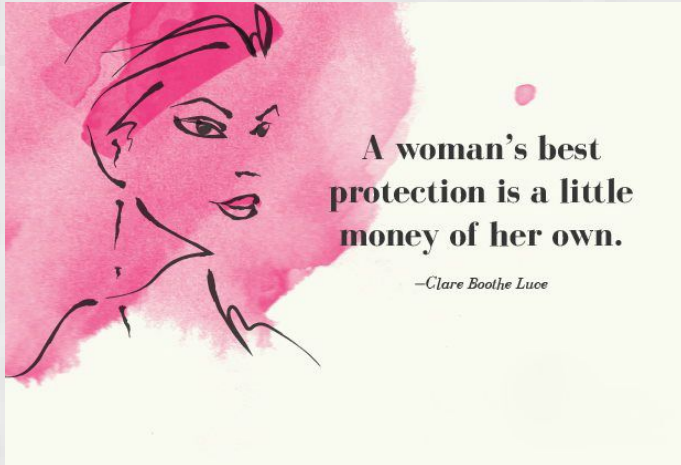
Written by.



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Financial Independence



I grew up with a powerful belief system related to money and relationships. My mother was from the family of a rich businessman. Unfortunately, she was going through a bad financial phase that paved the way to compromise by marrying off my mother to my father, who was a simple government employee.

Emotion for an uncertain future. This had its own consequences for my siblings and me. I grew up fearing money and waited for someone to save me during a crisis that I would routinely find myself in, unwillingly. I never felt that I deserved to own anything. In fact, I did not even get to choose my own wedding saree.

Being a girl, I also had my own restrictions as my parents would never send me to a bank. All the finances were managed by the men and by my mother who managed budgeting and savings. My mother taught me to save but never gave me any money to start with as all my needs were taken care of by my father and brother. I was managed by the adults in the family

Even if someone would gift me money, I would give it to my mother and totally forget about it. In fact, I would not even count before handing it over to my mother!

“As long as someone manages me by taking care of my basic needs, I am happy to give my trust to them.” This belief had protected me a lot. I would feel guilty to spend even a single penny on myself. Moreover, it was like breaking the trust of people who took care of me. The reason I met Dileepan at the time of my earlier breakup was to get over this fear. At That time I was working as an educational counsellor and my income was sufficient enough to maintain my livelihood and my daughter but my fear of dealing with money easily won over my core capabilities and strength. When I began to open up to him, I realised that money was never my priority. In fact, I had to embrace something that was more sinister than money, which was my own fears!

I gradually realised how my belief system got me to the stage of fearing my ability to manage my life without having someone to love me because when I started a new life with him, my mindset towards money did not change. Instead, I saw myself in abundance, which happened in the form of children and fearlessness to save or hold on to money desperately. The concept of “my money” slowly faded and became “our money”.

This included running a big family with no restrictions on the quality and the quantity when it came to basic necessities such as food and education. In fact, our kitchen feeds a minimum of eight to ten people on a day-to-day basis. I can say with certainty that I am financially independent as my belief system has completely changed towards money

Today my beliefs are “I deserve money as I am worth it and it is perfectly fine to spend on myself.” This shift has opened doors to me on many levels leading to a fulfilling and a guilt-free life. My father on the other hand, hails from a moderate middle class Brahmin family. To him, money has to be accompanied by struggle. For my mother, money was about taking risks. They both had conflicting value systems related to money which resulted in struggle and investments based on spontaneous .

Written by-



-Ms. Gayathri Natarajan
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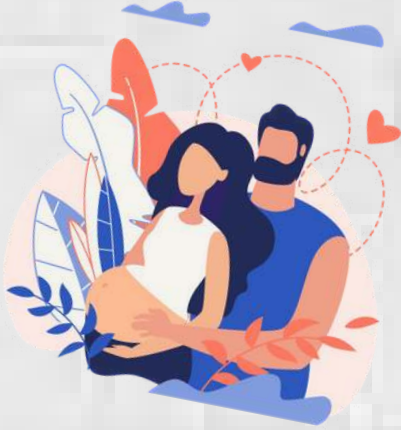
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All That Matters



There was celebration around. Laughter lit the environment around. Mouth-watering delicacies were gobbled by everyone around and they washed it down with cool refreshing drinks.

She was surrounded by elders, her family and her extended family. Her sisters and sister in laws were giggling with their private jokes. She was decked like a bride. Flowers adorned her hair, bedecked in heavy gold jewellery with the Kanjivaram saree draped she look every bit the beautiful lady. Apart from her kohl laden eyes and light makeup, what actually shone her face was the glow of Motherhood. The pregnancy glow

More than that she was happy and she felt it in her every nerve. She could feel the kick inside her belly. Her child agreeing to her thoughts.

Rituals of baby shower was over and done. Now came the blessings. They all touched her baby bump and blessed. With some saying "Oh I wish you have a baby boy", while some "Oh I wish you have a baby girl". In this rant of boy and girl her mind wandered back in time. Back to those moments.

5 years back too she was bedecked the same way. She looked every bit beautiful. The flowers which she had adorned gave a very divine smell, calming her nerves. But her eyes were sad. Her concealer could not conceal those dark circles, the black and blue mark on her cheeks.

She was nervously clutching the edges of her pallu. Her heart was racing to the conversation that she heard yesterday. "It better be a boy". And the string of abuses and physical pain she endured after speaking against it. She was gruffly caught by her face and the alcohol breath made her gag. "It better be a boy" and she was pushed roughly on the floor. She was broken from the reverie. A hand held her arms roughly and a voice said, "Behave normally. I do not want people to notice your pathetic sadness. At least pretend to be happy.

The festivities began. The blessings came by but the wishes were for a baby boy. In the midst of it all she felt a sharp jab in her abdomen. She sensed something wrong. The pain came again. It was more like a needle prick. No thought she. It's only the 7th month. Another sharp jab and she collapsed sending panic around. After that everything was a blur. All she remembered was the sharp shooting pain increasing every minute and the constant prayer in her lips.

"Please help me God. Let my baby be fine. I do not care if it is a boy or a girl. I just want my baby safe and healthy". She was wheeled inside the OT with doctors and nurses rushing around and she heard a doctor saying "Quick get the anaesthetist, it's an Emergency."

She felt a needle prick and she felt numb. She could feel her abdomen being cut open but no pain. But there was something else. Why are the doctors looking at each other? Why is the baby not crying? Her mind was groggy. Her body was not helping either. She couldn't move a finger. Her body was urging to sleep but her mind and heart wanted to hold her baby. But the body overtook her feelings and she fell into a slumber.

She could hear voices. Loud voices. She wanted to shut it out. Her hand inadvertently went to her tummy and her eyes shot open. Her baby. Her baby. She looked around searching. She panicked. Hands held her down. Voices calming her. But she could sense something else in their looks. Sadness. Before she could ask a voice came. "It's fine. Anyways what happened was good. I had told you. It better be a boy

But you had to give birth to a girl. A girl. But now I don't have to worry how to dispose her if she had lived. Good that she was born a stillborn. So be happy. Recover fast. So that you can conceive again and give birth to boy" and she was roughly caught by her face and the voice said "Next time it better be a boy or else you will regret you were ever born" and she was shoved back on her bed.

Her baby. Gone. No this cannot be happening. There was something pressing her chest. A pain within. It was coming up her throat and out her mouth. A wail. A wail so strong that it quietened all the surrounding voices. A wail of anguish. A wail of losing a part of soul. A wail of letting down. A wail of losing her baby. She cried till all her tears emptied and she was left with sobs and then there was none left. She emptied herself. Her baby taught her something then. Set free. Find your ground. Find yourself. You matter.

She was brought back to the present with a gentle touch on her back. She looked up and smiled at her now husband. He smiled at her and said, "Past is gone. Leave it back. The person who wronged you and your baby is serving for his sins behind bars. You have divorced him and set yourself free from the shackles of submission. You have me, your college friend, your lover, your husband

This baby is ours. To look forward to. To care. To love. To raise together. It doesn't matter what gender the baby is. What is important is the baby be healthy and safe. What matters to me are you both. You are a survivor. You are a fighter. And I am glad our baby will be getting a strong and gentle mother like you".

She smiled. She definitely has come a long way from a meek submissive woman to an independent strong willed compassionate woman. She touched her belly and smiled within thinking "Thank You Almighty for guiding me always. I know your back my baby. Can't wait to hold you in my arms."

Her hubby every bit happy. They both looked at each other with an unspoken feeling. The coming joy of their first child. hubby noticed her and inwardly smiled. He knew what she wanted and he wished the same.

Written By-



Ms. Mamta Karkera Shetty.

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Name : Thilakshana Sivasuthan

Designation : HR

Company name : Resh Solution

I really had a wonderful experience in Prayaana. After joining here, I am able to identify my skills and acquired confidence. Now I am placed in Resh Solution in Bangalore as a HR. I really thank each and every one in Prayaana for their great support.

Jyoti Dubey



Name: Jyoti Dubey

Designation: Project coordinator

Company name: TUV India Pvt Ltd, Noida

Prayaana Labs is an amazing platform for personal as well as professional growth. Here I got a chance to handle various project like C2C MISSION 2021, CAMPUS AMBASSADOR PROGRAM, & LEADING SOCIAL MEDIA TEAM. As from Accountant background, I explored my skills in tel-calling, coordinating, designing poster and certification etc. Prayaana Labs is an amazing platform to open your wings wherever you want to but what required is your patience and smart working. Thank you Prayaana Labs for being you !

" Dear all, Let your wings once fly to Prayaana Labs"

Ruma Kumari



Name – Ruma Kumari

Course – B.tech (2017-2021)

Branch – Computer Science Engineering

Company – HashStudioz, Sector-59, Noida

Prayaana helped me in starting my career as a software developer and a better person. Each and every mentor's guidance is a life lesson for me.

Thank you and Prayaana for giving me the confidence to give interviews.

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