

SHE SIGHT

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STORIES OF HER | FROM HER | BY HER



Cover Personality

Mx.Laxmi Narayan Tripathy

*Life with dignity is
my birthright*

Virtuoso Of The
Month

I Want To Fly
Like A Bird

She Musings
One such day

CeeVee's Corner

The Right 'marryAGE' of girls



SHESIGHT

STORIES OF HER FROM HER BY HER

ABOUT US

SheSight wishes to contribute to ensuring gender equality by bringing in the female narrative to our 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 lab as well as Prayaana Collective brand of women made products and services.

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EDITOR'S NOTE

When it comes to gender equality and inclusion all it seems to be still a far-fetched idea. Knowingly or unknowingly the discrimination prevails in every society causing distress and misery for those at the receiving end. Here is where the eyes of law should come in. Only strong muscles of law and order can prevent this inhumane and barbaric practices from happening. Recently Supreme Court expanded on a Hindu woman's right to be a joint legal heir and inherit ancestral property on terms equal to male heirs. Now the plans to up the marriage age of girls by bringing up a law is on the table and all these are for the safety and security of the biological woman. But we have the sexual minorities who have just started being considered as humans; homosexuals lived in fear till two years back as they were legally denied existence; the trans genders lived as criminals till the Supreme Court in 2014 recognized transgender rights, officially recognizing them as a third gender. In this September issue we have Laxmi Narayan Tripathy, a vibrant and unyielding trans person who caused the much lauded verdict of 2014 as our cover personality plus our takes on diverse issues that is relevant on the current scenario. Though the pandemic is there around like a lurcher and the time seems depressing with the social network and media coming up with more pessimistic and false projections of a dystopian future, we cannot close our eyes to the resilience and feistiness that is being exhibited by mankind. Life is the best lesson with experience as the teacher; on this teachers day we extend our love and gratitude to all the teachers who taught us to move ahead and face the challenges of life.

Ms.Sujatha Unnikrishnan
Kochi





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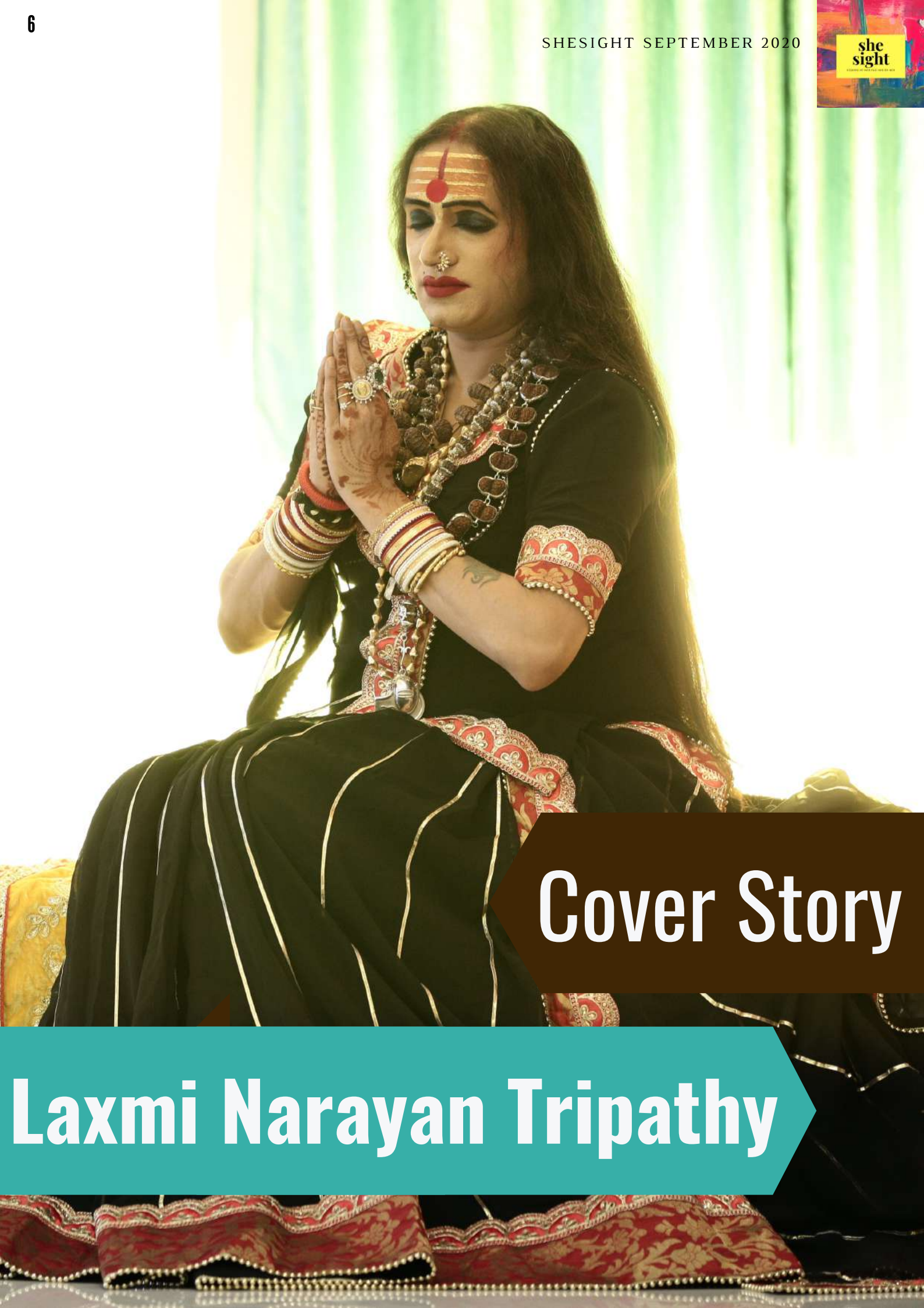
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Cover Story

Laxmi Narayan Tripathy



Life with dignity is my birthright

Laxmi Narayan Tripathy has set right, the status of the sexual minorities of India. She made the world understand that there are 3 genders and not 2. Her relentless effort made the Supreme court recognize the transgenders as a third gender along with the male and female. Laxmi was born into an orthodox brahmin family but she lived with eyes of the world censoring and censoring with the kind of epithets that was hard to live with. Gradually she understood that she had a very strong feminine self. However, she was not ready to give up and in spite of all the harassments she kept moving ahead. She did what she loved to do and went on to become a Bharatanatyam dancer. She became a petitioner for the rights of transgender and won the case in supreme court in 2014. She has been part of the reality shows, participated in Big boss, she has been into films, spoken across the world innumerable platforms to be a better human being above all achievements and accomplishments.

In 2016 she became the Archarya Maha Mandaleshwar, of Kinnar Akhada. Her personality and works are an inspiration for numerous human beings including those from the cinematographic and photographic enterprises. Her Book 'Me Hijra: Me Laxmi' gives an insight of her life and her second book 'Red Lipstick - Men in My Life' talks about her uncensored encounters with the men in her life.



Features | Cover Story

Laxmi Narayan Tripathi adores and celebrates her womanhood so much so that she flaunts the woman in her and make sure that she devours each moment and experience of her as a woman. This embodiment of feminine energy unleashed have more to achieve for the welfare of the Indian society. Let us hear from her about her childhood and her journey as a Hijra.

▶ **Laxmi, we are eager to know about your childhood.**

I was a very normal child and had not felt any difference from others either. We were financially well off and I was sent to one of the best schools in Thane. I was very feminine as a child. Because of my femininity, I was sexually abused as a child thus became shy and befriended myself from books and arts. I loved to dance and started my own dance class when I was in the 7th standard. Later on, I discovered my own womanhood inside me.

▶ **What made you join the Hijra community; taking account of the strong support that you got from your family as you could have chosen not to?**

I believe that I never chose to be a Hijra or to be in the Kinnar community. I felt a connect and I joined the community. I believe that I was one of them because the soul does not have any gender. I chose to be genderless and preferred to be in the third gender. It is not the question of choosing anything, I am what I am. What I am living is my journey and I am living it very beautifully.

▶ **You have put the Hijras back into the old glory and you have said that it is the easiest way to change the masses. Why do you think so?**

The tradition of the Hijra or Kinnar is one of the oldest ethnic tradition of transgenders which has a culture and a society structure of its own,

a tradition which is still alive. I am really proud to be a part of it. The ancient India once considered Hijras as “the only demigods who are visible”. Our ancestors were smart enough to give everyone their own space be it is a gay or a lesbian. In the Vedic Sanathan Dharma and in texts like Manusmriti we are termed as demi Gods, so why can't I reclaim my lost position. Not only in Hindu Sanathan Dharma, in Islam and Christianity also, we were mentioned and revered. But all those were pulled out as religion always remained as a power game.

▶ **Laxmi, because of your efforts we got the widely acclaimed verdict of 2014 and we now have a third box in the gender column. Our gratitude for this, as we too have grown more humane and became more inclusive in the process.**

It was my effort to bring acceptance for the sexual minority including transgenders. As transgenders, our human existence had been totally neglected. The biggest grief in this world is the grief of feeling of being unloved. Just think of a child disowned by his family and



Features | Cover Story



thrown into streets; begging for food and then later selling his/her body just to curb own hunger. We don't have support from the law and order. When it comes to room rents even, we end up paying 5 times extra for the owners to let us stay there. All these are the remnants of that colonial period, when we fell in to the morality trap which was inculcated in us by the British and proudly we were carrying over it to this generation.

▶ **It is always 'feminist against the patriarchy' makes a whole lot of sense when we join the dots including child abuse.**

I was abused as a child. Even my parents did not come to know this. But then I learned to say 'No' and this one word gave the power that I needed. They were behind my femininity.

I knew this "manliness", was just a show, nothing but a convenient construct, a pretense to keep patriarchy alive, to keep women tamed. They create all drama of power to keep the woman in control. I am fortunate to be able to traverse through both genders so well and that is why I understand the patriarchy inside out.

▶ **You know both what it is to be a male and a female and you have really transcended the genders.**

My sexuality is like 'The Ganges' and it can take many turns. I decide what I am, a life with dignity is my birthright. For our community the best of the things is done by women. I know to love myself and I believe that I am an epitome of womanhood. I enjoy femininity even the so-called biological men technically are not complete men. But a woman is complete – she is XX and therefore complete. It is the man who is XY and hence has the woman in him. Femininity is there in biological men and only thing is that they have to decide how much 'a man' they are.

▶ **Pink money and pink washing – do you think these changes bring in more equality and upliftment to the trans community?**

India has an estimated 100 million strong LGBT community that is 8% of its population. But the stigma is so strong that even the rich transgenders are forced to live in the slums.

We use the best make up and dress up the best and we are spending money but we are not treated with dignity. We are a strong community and the fact that we don't have children, the money stays with us. In spite of us having money or a strong community we cannot go and buy a house in places where financially affluent people stay, for that matter, even in a respectable place! The first and foremost requirement for any transgender is



Features | Cover Story

acceptance and for that India needs a non-discriminative policy and law in its place. The PM and the President should clearly state that any Indian irrespective of their sexual orientation or gender should be treated equally and any stigma or discrimination done to them will not be tolerated by the country. If this clarity is brought to the country, there will be a massive change, I believe.

▶ **What about the job opportunities and what about Kochi metro controversy?**

There are innumerable opportunities for the third gender which are yet to be utilized like, we will be the most trusted women cab drivers if appointed. Women travelers will be safe and secured with them. But sometimes the authorities just close the eyes to their needs like what they did in the case of Kochi metro. Kochi Metro got the name when they came up with the opportunities for the transgenders. But they failed to arrange shelter for them and thus they were forced to leave the job. But now when Kochi metro became very famous, where are the transgenders?

▶ **You are a spiritual head and a celebrity as well; your life is as transparent as a glass, thank you for your two books. What motivated you?**

The Red lipstick is about the men in my life. About my father who accepted me as I am and who announced on TV that it was none of his business to interfere in his grown-up son's personal life and to the relative who sexually harassed me when I was a 7-year-old. Me Hijra: Me Laxmi is my biography, my childhood and my experience and my living as a transgender.



Thanks Laxmi for sharing us your insights and experiences. We wish you all the very best for all your future endeavours.



Ms.Sujatha Unnikrishnan

Kochi



Ceevee's Corner





The Right 'marryAGE' of girls

On August 15th 2020, when our Prime Minister spoke about the distribution of sanitary pads at Re.1, I think our country has progressed at least one century in terms of gender equality. Yes, for centuries the topic of menstruation has been a taboo for not even the lowest levels of discussion forget to be spoken at the ramparts of the Red Fort! Considering the fact that there are villages in rural India even now where menstrual hygiene is so primitive that women use sand, ashes and whatnot, the top man of the nation (note: "Man") speaking about it as part of Independence Day speech is indeed the onset of more freedom for women in our country.

The week after, there were several discussions related to issues women face and the next was on the right age for marriage for girls. The PM of India announced the constitution of a committee to research and arrive at recommendations on the legal age for marriage of a girl. The committee shall be looking at the health, socio-economic perspectives of the same and the India government is expected to come out with a revised law soon. If their recommendations are right, the revised age may get increased to 21, at par with boys. This will be yet again a significant step as the last time women's age of marriage was increased from 15 to 18 years was in 1978, by amending the erstwhile Sharda Act of 1929.



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#CeeVee is the brand name of Dr.Chandra Vadhana.





Features | CeeVees Corner

Keeping aside the legal age of marriage, let's look at the psychosocial aspects a bit In-depth. What is the "right age" for a girl to get married? What is the "right age" for her to enter motherhood?

Well, according to me it should be at least 25! Not even 21. Furthermore, this should be the minimum age and remember there is no maximum. If a woman wants to get married at 50, 60 or 70, she shall be allowed legally. However, as a society are we allowing it? If she doesn't want to marry that should be perfectly fine and if she wants to get divorced, that should be double perfect. If she wants multiple partners this should also be fine! Ah I know that made your eyebrows twisted. Are you advocating polygamy in the name of feminism?

Yes, Polygamy is illegal in India. Section 494 and 495 of the Indian Penal Code of 1860, prohibited polygamy for the Christians. In 1955, the Hindu Marriage Act was drafted, which prohibited the marriage of a Hindu whose spouse was still living. Thus polygamy became illegal in India in 1956, uniformly for all of its citizens except for Muslim men, who are permitted to have four wives. For Hindu men in Goa and along the western coast bigamy is legal.

Why men of one religion are only exempted from this law? Why not women?

Can we deny the fact that despite the existence of Polygamy Act, we have innumerable cases of polygamous relationships in our society and the victims of the same are the children born out of these relationships who end up "illegitimate"? It is an injustice and cruelty towards the child more than the fact that his/her parents had an illegal relationship. Well, a couple of years back when India passed the historical decriminalisation of consensual sex of LGBTQ couples, the country has moved one step forward in legalising same-

sex marriage. Same-sex marriage is legal in 29 countries across the globe as of May 2020.

Coming back to our original topic of discussion, the right age for a girl to get married!

Thinking aloud some of the points and counterpoints in this matter; the points below are from a society's perspective which believes that the girl's marriage age should be lower. The counterpoint is mine.

Point one: A girl after puberty is ready for bearing a child scientifically and hence can get married.

Counter-point one: However, she needs to be prepared mentally, emotionally, physically and socially before that. Puberty or menstruation is not a bench mark for a girl to get married. Incidentally, a few years back, there was a news about a 12 year old kid, who was sexually abused in the name of marriage, giving birth to a baby and unfortunately this happened in Kerala! How will this 12 year girl be able to take care of her baby?



Features | CeeVees Corner



Point two: A girl after puberty is ready for marriage, because the earlier the parents can marry off their girl, the better; especially in the minority communities where there are many kids and the system of dowry is hard.

Counterpoint two: This point itself goes wrong when dowry is prohibited in India. If you have more kids that doesn't mean your girl child is a burden to be sent off to someone else. The best that you can do is to educate her, develop her skills before getting her married off.

Point three: An early marriage helps the girl settle down in life faster.

Counterpoint three: Marriage needs a real strong sense of managing relationships, nurturing a family and far more challenging in terms of responsibilities than being single. In most families, the wife is the silent bearer of all the tensions, worries, difficulties and what not. Some husbands vent out tensions on their wives. So, are these under-aged wives ready to face such situations? Also, have you ever asked how comfortable she is in that marriage? If at all there is a problem, all that the parents can advise is, "Try to adjust dear.. all this is part of married life". And how many such marriages are actually "happy marriages"? 90% of such marriages could be just "adjusting marriages", because they can't get separated as there might be kids involved or due to financial dependencies that the wife might be going through.

Point four: An early marriage helps the community in the better sexual discipline.

Counterpoint four: There are hundreds of examples of domestic violence, marital rape and other sexual offences which are occurring to married women. Do we have a legal system to support such women? Marital rape is still not considered as a serious crime and is dealt under domestic violence Act. An early marriage may give discipline to men who get a vent out for their sexual desire (for some women too) but marriage is not just about sex and the better way is to legalize prostitution! Furthermore, in most cases the discipline that we talk about might not be relevant for men, who end up having "fun" in many ways. Talking about, sexual preferences of women, do our men even consider the same? How many women in marriage are actually "sexually satisfied"?

Point five: A girl's primary role in society is to build and nurture a family. The earlier the better!

Counterpoint five: But, did you ask the girl about her dreams about her life? Or did you just instil such a thought into her mind? (Unfortunately, our society instils this thought into the girl's mind right from the time she is born!). As India is progressing and girls get access to higher education, it is time to keep



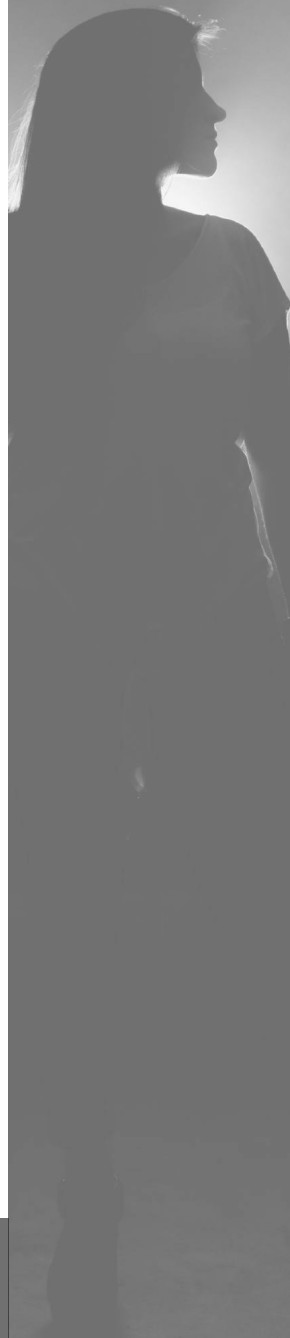
Features | CeeVees Corner

aside the century-old patriarchal notion of looking at a girl as a “potential progeny making machine”. A financially empowered single girl is better than a dependent and helpless mother.

Points and counterpoints can go on and on...

Coming back to my argument of making the legal age of marriage to 25; Physically yes, she is ready by the age of 13. However, a girl gets intellectually, socially and emotionally matured to handle marriage and childbirth by the age of 25 only. We also need to acknowledge the fact that all developed countries have the average age of marriage of women nearing to 28 or 30 whereas the under-developed or developing countries have it around 16-18. Logically this just points to the better education of the girl, the financial independence that she attains and most importantly the self- respect that she gains which allows her to say “no” to abusive relationships better.

As I conclude, let me share a case of a 20 year old girl who messaged me in social media from Kannur, Kerala. She is from an orthodox Muslim family and while she was doing her higher secondary education, her father forcefully married her off to a 30 year old man. An 18 year old girl who obliged to the family pressure ended up a victim of torturous sexual abuse including burning with cigarette stubs at her private parts. She was afraid to even talk about this to her own parents since she thought “whatever the husband does” has to be accepted by a “good wife” and the husband also made her shameful and fearful. This went on for two years during which she quit her education and lost interest in herself. She put on weight and underwent depression. This is when the family noticed and took her to the hospital. After a psychiatric treatment of 1 year, the girl overcame her mental illness and decided to get divorced. It was from the psychiatrist that she came to know that she is a victim of abuse and she was suffering when she had continued “being a good wife”. At the age of 20, she is divorced (thankfully with no kids) but the society around is considering her to be a failure. She contacted me asking for a job and if she can relocate to some other place. Without a graduation or any specific skill education she was a typical example of ‘unemployable’ category. I suggested her to learn tailoring and get into that vocation since she was interested in it. We always have options to monetize our passion, however it is very important that we should be educated well and let our girl children also to be so.





Features | CeeVees Corner

I know, this story is painful but glad she has overcome it and has her freedom now. But, the questions remain –Why was she not aware of her rights earlier? Why couldn't she come out of it earlier? The reason – She was a child not ready for marriage and had all the misconception society had instilled on her.

A girl who is not aware of her rights and is not prepared to take the responsibility of marriage is not ready for it according to me. And a boy who is not aware of the rights that his wife has and the responsibilities of a husband in a marriage is also not ready for marriage.

So, instead of talking about the legalities of marriage, let's talk about the psycho-social and economic repercussions and take suitable decisions.

And dear girls, get your best education and become financially independent before even getting into a marriage. I would say, that's when you are at the "right age". Else, your marriage may become mar of the age!

#CeeVee

September 2020

A wooden signpost is positioned in the foreground, set against a background of a dense forest. The signpost is made of weathered wood and is supported by two vertical posts. The text on the sign is written in a glowing, yellow-orange font. The background is a grayscale image of a forest with tall trees and a path leading into the distance.

**Best Education &
Become Financially Independent**



BUSINESS WOMAN OF THE MONTH



Features | Business Lady of the Month

Sawariya by Riji



Sawariya
APPAREL FOR HER



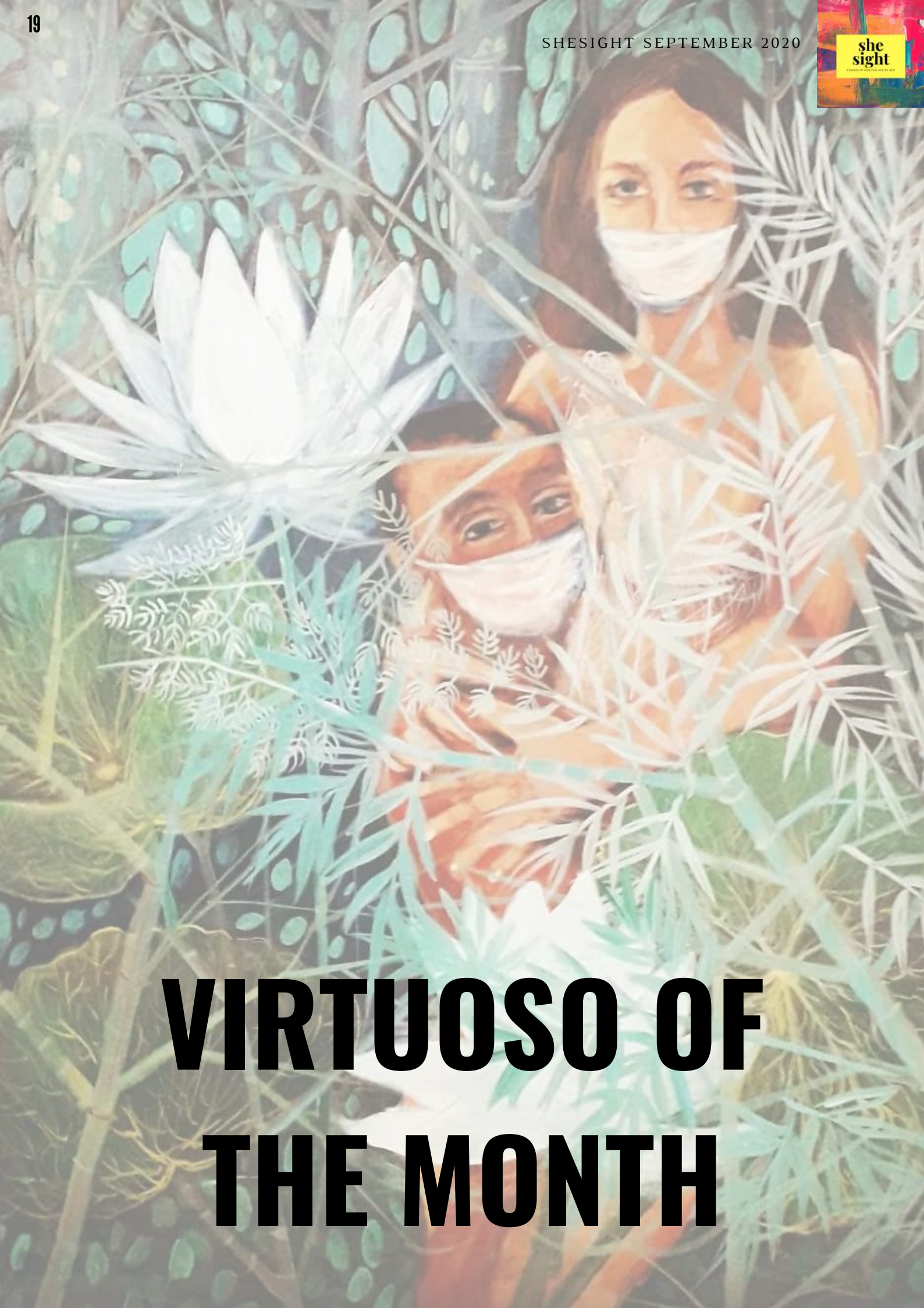
Ms.Riji Antony
Owner of Sawariya
Kochi

Sawariya is online boutique, based in Kochi. Sawariya came into existence when Riji Antony's efforts to convert her passion towards fabric and clothing in to simple and elegant apparels found its way to the heart of her friends and relatives. Their encouragement and compliments made her to think this as a call and she started with working on the materials that she purchased locally. At present Sawariya has got a good collection of sarees and kurtis, all styled to simplicity and elegance but semi stitched kurtis are the one the customers always asks for. She says "I always keep a good collection of semi stitched kurtis as a majority of my customers, find very interesting as they just have to do some alterations on it to have a wonderful outfit. Our in house tailors will do the completion of the garment within hours," she added.

You can find Sawariya at Instagram

insta@sawariakochi

Facebook : sawariyaboutique



VIRTUOSO OF THE MONTH



I Want To Fly Like A Bird



**Ms. Sujatha Unnikrishnan
Kochi**

Bindhil Rajagopal is a born artist. From early childhood itself, she was an observer of all kinds of artistic forms and had a way to express through arts. A Rangoli at the front of a house or a bunch of paper flowers were enough to fascinate her. Upon completion of secondary education, without any second thought, she decided to pursue arts seriously and enrolled for a 5-year course in one of the Fine Arts colleges. It was the molding she got in Fine Arts college that helped her realize the unlimited possibilities of art and she decided to choose it as her medium of expression.

She has always been a keen observer of the new methods and developments in the

artistic world and is inspired and influenced by renowned artists world-wide, yet had her own style to depict her feelings, subject and vision. Her canvas is always subjective, but she never taints her ideas by the current state of mind rather focuses only on herself and her reflections on the canvas, once the creative spark is ignited. Like other contemporary artists, she also has not limited herself to a particular style of expression. Like a free bird, she finds freedom even in choosing the raw materials, like cotton, thread, coconut fiber or coir to bring the texture that her creative mind had perceived. The pristine and pure nature emerges in her canvas in various hues of blue, green, white and other earthly colors encapsulated with her

Features | Virtuoso of the month



expertise and as we gaze at this piece of marvel, it becomes a part of our experience and imagination more than hers! Her energetic and alive canvas or installation, tries to capture the mystery and the essence that begets from her constant communion with the nature. For her a leaf or a blade of grass is enough to convey her thoughts and emotions and perhaps that is why leaves have been the imagery that she has profusely used to symbolize her experience.

Apt to the current scenario, in one of her latest works she captured the grim situation that the pandemic has brought to the world into her canvas. In that we can see a nude couple with white masks on their face. They are placed amidst a luscious green flowery nature that is alive, energetic and ever fresh. The female form has a determined and confident visage, while the male emanates a feel of 'secured in mother's arms. The message is that we ourselves get limited and caged if we go on destroying the nature, whereas nature will remain intact. The nudity here symbolizes, we limiting our needs to a bare minimum in our struggle to cling on to our life and everything else has now become an extravaganza.

In 2013 that she was one of those eminent artists who had been selected for the New York Biennale. However, her parents did not allow her to travel this time and felt like a caged bird. She gave vent to her desperation by opening up her creative window and the result was a 3 dimensional visual art, 'I want to fly like a bird'.

Features | Virtuoso of the month

Yes, she soared high like a bird as she wished, she was the only one of the seven artists from India, and the only one from Kerala who had been selected for the Florence Biennale in Italy. 500 participants from 70 countries got together for the Florence Biennale. The theme of the Biennale was Leonardo da Vinci. Bindhi came up with the idea of Da Vinci's vision – as a scientist his wide foresight and as an artist his deep insight has been sponged into a 10x9 feet canvas in shades of blue representing light, wisdom and deep insight. She had used threads to bring in the required texture and It took her 9 months to complete the 10x9 feet acrylic and thread on canvas.



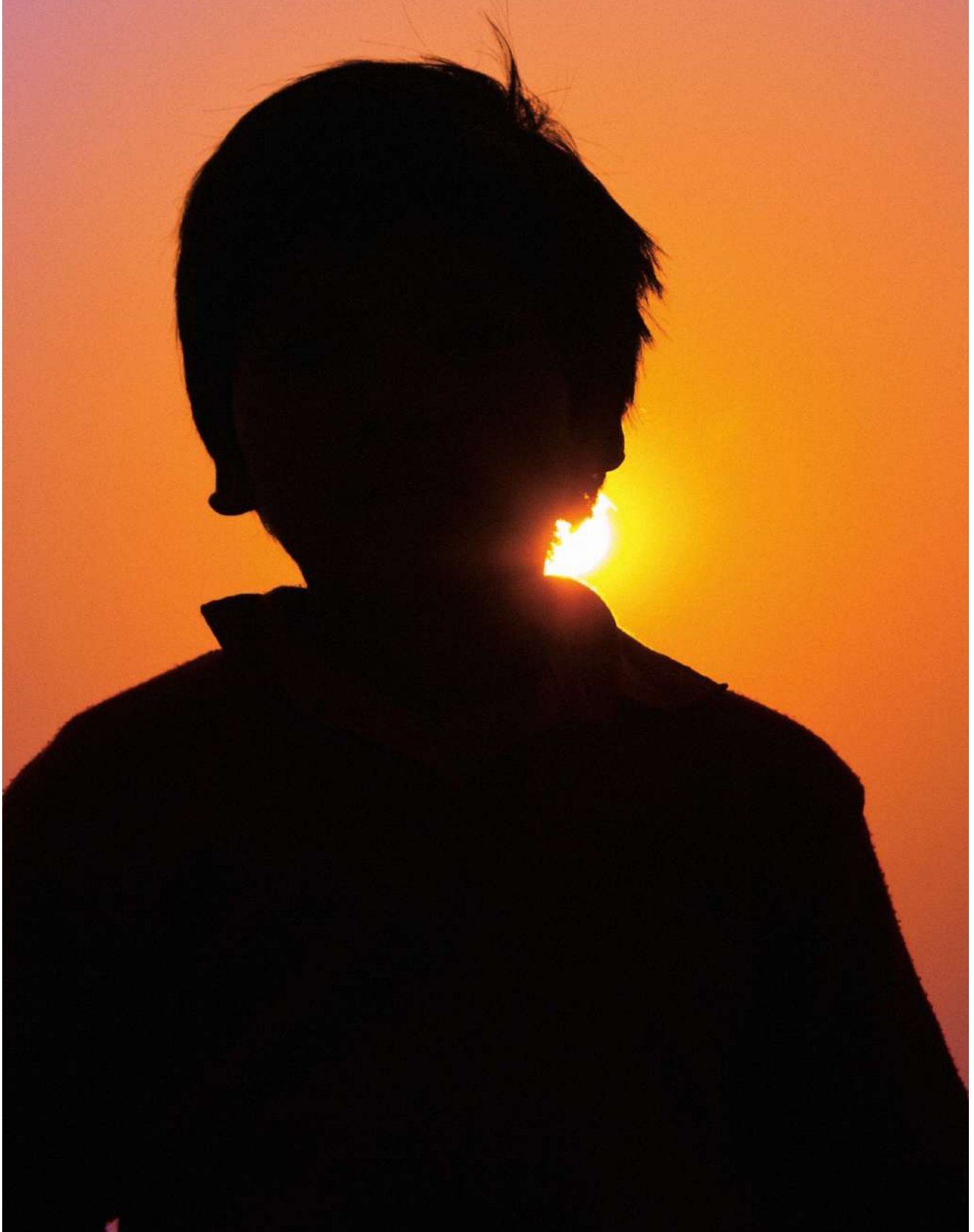
Now this artist has something up on her sleeves. We will see her installation art coming up with the most relevant concept and theme which at the moment has made the world helpless and stand by. Hold on to your hat, as Bindhi's art gallery, near the Fine Arts is getting ready! She is also busy with the International online art exhibition 2020 which includes artists, sculptors, architects, fashion designers around the world and will be on-boarded by September. Bindhi who has got 16 years of experience as an art teacher at the Gregorian public school and currently working as a professor at Asian school of Architecture and Design Innovations for the last 7 years, likes to put discipline in all her works and believes that there is no need of running after success, once you are sincere, dedicated and disciplined success comes naturally.

Art By Ms.Bindhi Rajagopal





Ask the mentor





WHO IS RIGHT? MY FRIENDS OR MY PARENTS!!



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Q: Need a little help here. Though I am studious and do well in my academics, I am not popular in my school. No boys or girls adore me as they do with some other students. My friends and classmates are dating and some of them are already in relationships. But these girls and boys are popular and are teachers' pets as well. I am not fashion conscious or up to date with my hairstyles nor my body look sculpted as I am not in to health and fitness. My parents advise me that I can do all that once I am out of my teens. They want me to be as natural as possible. Even for my teachers I am nothing, as I am not up date with the latest trends in fashion. Though I am obedient and show respect to teachers, why do the teachers are very easy with those girls? My parents give me enough freedom but they don't want me and my sister to be that fashion conscious at this younger age. There is a lot of conflict in me as to what is right and wrong?

A: Transition from a teenage to an adult is always challenging and jeopardizing. One has to face certain issues during these transforming growth stages of one's life. During this adolescent phase one is often exposed to some overwhelming external and internal struggles owing to puberty, peer pressure, social influences, parental forces, work and school pressures.



Features | Ask The Mentor

It is usually in adolescence that hormones hijack your contemplation of judgement. Most common negative effect from the external influence is the inferiority complex generated owing to the fellow students' influence. I would suggest you, not to be bothered about all these materialistic or cosmetic decorations because they will eventually develop as you grow older. Most important is the skill acquired by you during this phase. A beautiful saying that "Youth is wasted on the young". So rather than wasting your youth as well as time on those silly things you should be more concerned about developing skills and acquiring fundamental education.

A sound mind in a healthy body goes a long way. Body confidence and self-acceptance comes with time. You can start daily yoga, pushups and Surya Namaskar, walking, running or anything you like other than these activities. This would help you in getting into shape and build confidence. There must be a physical activity daily; to keep yourself fit and lift your mood. You must start believing in yourself and tell yourself that you are beautiful the way you are. Everyone is unique; beauty comes in all shapes, sizes and colors. Learn to be comfortable in your own skin, know and accept yourself. Don't compare yourself to others, you might not know their situation; understand the proverb 'All that glitters is not gold'.

Your parents are advising you to stay away from fashion and other distractions as they want you to focus on your academics. Remember they have given you enough freedom and they know what is right for you at this age. This is the time that you are getting rooted and they want that to happen instead of swaying with the ephemeral glitz and glamour. But once you are strong enough and rooted well your faculties of judgement will be more clear-cut and based on untainted perception.



2021 WOMEN COME BACK TO CAREER BY DEC 2021

Ms.Meenakshi Subramaniam

Cartoonist

Mumbai



@Meenaskshi.



She Musings



Features | She Musings

A foodie's journey through pregnancy



Ms. Anita R Nair
HR Professional
Cochin

I love food!! That goes without saying. If you ask my people they will tell you the feelings I have for food. For me, food is actually an emotion. Be it anger, happiness, sadness food is my comforter. Some people say it is unhealthy, but who cares as long as I am happy ... right? So now you know me, I am what the people call a FOODIE. Luckily, I married a man who also enjoys food.

A few months into my marriage, I got the "happy news", I was PREGNANT. Among various emotions at the time, happiness stood out shining brightly. I was ecstatic for my first doctor's visit and that was when the truth of 'being pregnant' sunk in. I was presented with a list of food that I should avoid. The list was bigger than the list of food I could have. The 'NO' list had major portion of my favorites. Don't get me wrong. I love my little tyke to the moon and back, but giving up on most of my

favorite food was a big sacrifice. I plan on using this to emotionally blackmail my little one rather than the usual "I carried you for nine months" dialogue.

My husband being the overprotective one, began his sole duty of keeping me at bay. It was like his watchful eyes following me like a hawk. It was a sad story from there when food is concerned. A tragic one! You know, my heart was breaking.

The worst part of all these was watching other people having it in front of me with no regret in their eyes. It felt that the food (and the person eating at the time) were teasing me to have a bite. Oh!! that horror! the person having the prawn curry in front of me, was like watching a strip tease. You can see but cannot touch. And thus, began my nine-month waiting period. Each time I looked at





Features | She Musings

my doctor in a pleading way hoping that suddenly she would say “Now you can have whatever you want”. It is weird that when you are asked not to do something, you tend to long for it all the more! I started seeing more people eating the ‘forbidden’ food all the time.

My husband and parents successfully kept me at bay in spite of me using my puppy eyes on them for the period of nine months. And finally, my little bundle of joy was born, after hours of struggle. The feeling is unexplainable and suddenly all the sacrifice and struggle seemed worth it.

I was brought to my room in the hospital and was anticipating to order my next food when the doctor walks in. It was like a slow-motion scene. The doctor checks on me and says that the food restriction will continue as I was breastfeeding. WAIT!! WHAT!! Did I hear that correctly or was my brain playing tricks on me?

I asked my doctor again and she confirmed that what I heard was right. How can someone shatter a person’s heart twice? My husband stood beside me with a smirk on his face.

I have heard people say a whole lot of things about pregnancy, but how come nobody, I mean nobody says anything about food, pre and post pregnancy? But someone should warn women about the ‘food sacrifice’ (as I call it).

Well, all said and done, now the waiting period is on for me to have the food that my heart desires. Somehow, the light at the end of the food tunnel doesn't seem to be shining anytime soon!!

Sigh!!!



One Such Day



Ms. Vrishali Kanade
Owner of Shoppers Nook
Mumbai



Just when I am thinking of plopping down on my bed, totally exhausted, I realized one thing! My day had been busier than usual but at the same moment, got a realization that it kept me away from unnecessary thoughts. Though the major highlight of the exhausting day was searching for a Warranty Card of my mobile phone and my mom's accident policy (that was a last-minute request), the day just passed by like a bullet train with occasional halts for evening snacks and dinner.

Well along with the search I ended up cleaning and sorting out my document's cabinet and my wardrobe space. Call it my OCD but I like things to be neatly stacked and labeled as per category

. I had been procrastinating it since a long time as I work on night shifts and the weekends are spent catching up on lost sleep (a new hobby I developed ever since I became a parent of a hyperactive kid; I can literally catch-up on a few snoozes standing upright. Bam! New skillset) But then man, cleaning up and sorting stuff felt so good and satisfying.

So, in the last waking moment of my day, I realized this busy day was so amazing. I did not get a minute to overthink about anything and more than satisfying it made me happy. Happy, just for no reason and in this moment of introspection and delight made me realize, how much we take something mundane, for



Features | She Musings

granted!! This busier-than-normal day made me much happier than meeting up with friends or just being a gluttonous pig on my regular weekends.

I must say, when my mom asked me to search for her accident policy I was a bit irritated and even thought, instead of spending time with friends over coffee and a little bit of gossip (don't we all need that), I was assigned the boring task of searching for a document! I was almost sure that it was not with me, but after searching I understood the fact!! It was with me! Before retiring for the night, completing all my kitchen chores, rounding up the trash and discarding those, I was scrolling my Instagram feed and chanced upon a post on gratitude, it dawned on me like an epiphany. Just two days before I was crying my eyes out as I was down in the dumps for no reason at all and here I am today, feeling content with a busy day! I am grateful for this day's learning!

Sometimes we don't understand the importance of simple and small things in our lives. What do you think? I am indeed thankful to my mom and my mobile phone (which decided to go 'kaput') for keeping me busy through the day. We also have to understand the role of universe and how things and situations play out. Some things have to happen for a reason. We may not understand the reason in that particular moment, however the universe has its own ways of showing us how and why certain things have to happen in a particular way and at a particular time. This one busy day of my life taught me how we forget to be grateful for something as simple as any another busy day in our lives. Hence, we have to

learn to go with the flow of life and avoid overthinking or wondering why things aren't going our way. Gratitude is a powerful thing and so is being present in the moment. So just say thank you and close your eyes before you drift off to sleep tonight and every night going forward. Just do it! (yeah, let's go the Nike way)





Sheteen Writes



LET THE BUDS GROW NATURALLY

Ms.Krishnendu Rajesh

Student
Dubai



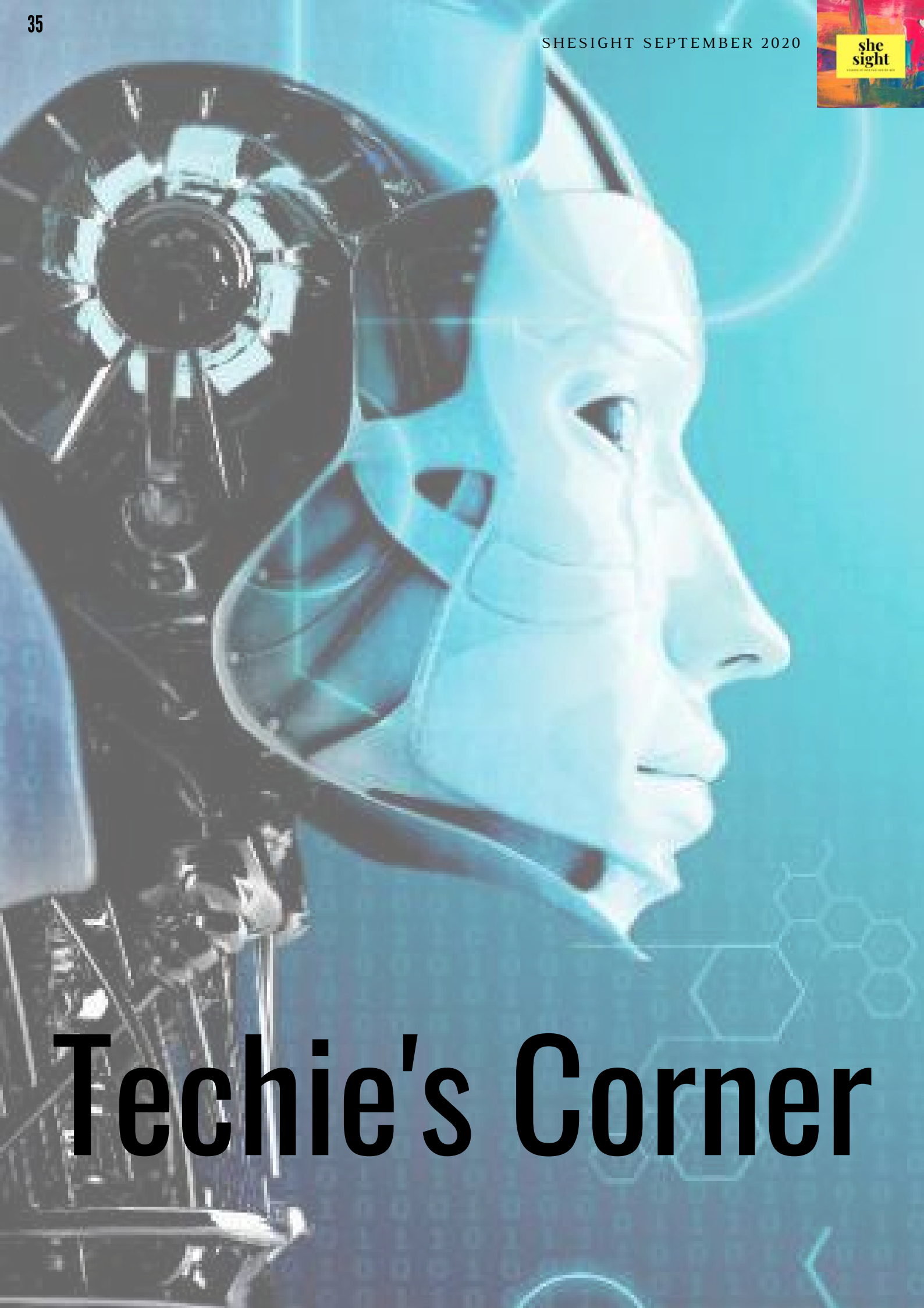
The latest trend surfing online is “square fruits”, yes you read it right, square fruits. These come in hearts and stars too. But if we look closely, much more than the craziness we can find a striking similarity in these square fruits and the women in our society. In the process of making such flabbergasting fruits, the farmers often take premature ones and put it into a mold and slowly as it grows, the fruits fit into the shape. When it comes to raising a female, our society works in the similar way. Girls are born into a really complicated society. When girl children are young beautiful buds, they have the best curiosity, self-esteem and ambition. But as they grow, all these seem to tarnish and they feel more restricted, judged and start to disbelieve themselves and the opportunities around. Society's first impact on her can be as early as her puberty period, while she goes through one of the toughest phases, already feeling insecure and anxious. Girls who were confident and brave earlier, suddenly gets determined by the things she should and should not do. In those teenage days when they hear things like, 'don't throw like a girl' or 'don't hit like a girl' they question themselves, is it that shameful to be a girl? When did doing something like a girl become an insult or when did being a girl become an insult?



On one side these commonly used phrases impact her confidence, but on other side there are more significant issues prevailing in our society which restricts her from taking up the available opportunities, like the lack of support to continue education or to take up a job. According to Times of India, the percentage of female teenagers going to school decreased from 20% to 13.5% in our country and percentage of working women came down to 23.3% in 2017-18, which was 33% in the year 1972-73. These are not just numbers and statistics; these are the crushed and stepped on dreams of many. Another significant issue is female infanticide, which is the deliberate killing of newly born female children. It is argued that the low status in which women are viewed in patriarchal societies creates a bias against females which can be the major cause for female infanticide. If we continue to examine, the list of issues is endless.

So now after reading all these, imagine the state of young girls when they start to

assume or rather believe that the society have already decided their future, how they should look like and what all they are permitted to do! These preset standards of "ideal woman" are injected into the minds of young girls which creates difficulty in making their own choices, feeling deserving or capable of. This makes them ashamed of speaking up or prioritizing their own needs or feelings. When 2 sets of girls from two different age groups are asked what they would like to change about their body, the teenagers answered by stating a list of body parts while younger girls wanted a mermaid tail or wings to fly. This makes the difference. The answers give us a clear insight between two different mindsets; a biased, helpless and hampered one and a broad, carefree and imaginative one. For the little ones, 'run like a girl' means run like a cheetah, 'jump like a girl' means jump up to the sky and 'fight like a girl' means fight so powerfully that the jaws of the whole world touch the floor. So, let the fruits be round and the girls unapologetically themselves.



Techie's Corner



Robotic Process Automation

Robotic Process Automation (RPA) is a technology that allows to configure a “robot” to emulate human interactions with digital systems to execute a business process. These robots are in fact computer software designed and developed as solutions to automate the human actions which are repetitive in any business processes. While most of the RPA robots interact with application user interfaces of digital systems to capture data and manipulate applications just like humans do, some other robots can even interact with application programmable interfaces (APIs) and perform automation directly with the data behind the user interface screens. They interpret, trigger responses and communicate with other systems in order to perform on a vast variety of repetitive tasks. Based on the process requirements, an RPA software robot can be designed to run continuously without rest or sleep. Robots are also said to make zero mistakes; that means a thoroughly tested robot is free from human prone errors.

RPA can be used to automate workflows, infrastructure, back office process which are labor intensive and repetitive in nature. These software bots can interact with in-house desktop applications, websites, user portals and web services and the automated solution is a software program which runs on a server, end user's pc, laptop or even a mobile device. It is a sequence of commands which are executed by Bots under some defined set of business rules.

The main goal of Robotics Process Automation is to replace mundane tasks performed by humans, with a

Ms. Gayathri K
Co-Founder of
Live With Art



MANUAL
Processes

RPA

Robotic Process Automation

virtual workforce. RPA solutions primarily requires logical thinking more than software development skills and most of the development activities are done using automation tools. There are different automation tools which helps in automation solutions and BluePrism, UiPath and Automation Anywhere are some of such leading automation tools available in the market.

RPA solutions are made more intelligent with the use of Artificial Intelligence (AI) and Machine Learning (ML). Pure-play RPA solutions handle only the repetitive tasks while AI and ML integrated RPA solutions can be used for predictive analysis, sentimental analysis, face-recognitions, intelligent chatbots etc. which require more intelligent implementations.

Areas where RPA is used:

INDUSTRY	USAGE
Insurance	Claims Processing & Clearance Premium Information
Manufacturing & Retail	Bills of material and Calculation of Sales
Telecom	Service Order Management and Quality Reporting
Travel & Logistic	Ticket booking, Passenger Details and Accounting



What are the business benefits of RPA?

Better accuracy : Robotic Process Automation software robots are programmed to follow business rules. They never get tired and makes mistakes when tested thoroughly. They are compliant and consistent.

Improved compliance : Once instructed, RPA robots execute reliably, reducing risk. Everything they do is monitored. You have the full control to operate in accordance with existing regulations and standards.

Fast cost savings : RPA can reduce processing costs by up to 80% if the business process involved has repetitive and automatable steps. In less than 12 months, most enterprises already have a positive return on investment, and potential further accumulative cost reductions can reach 20% in time.

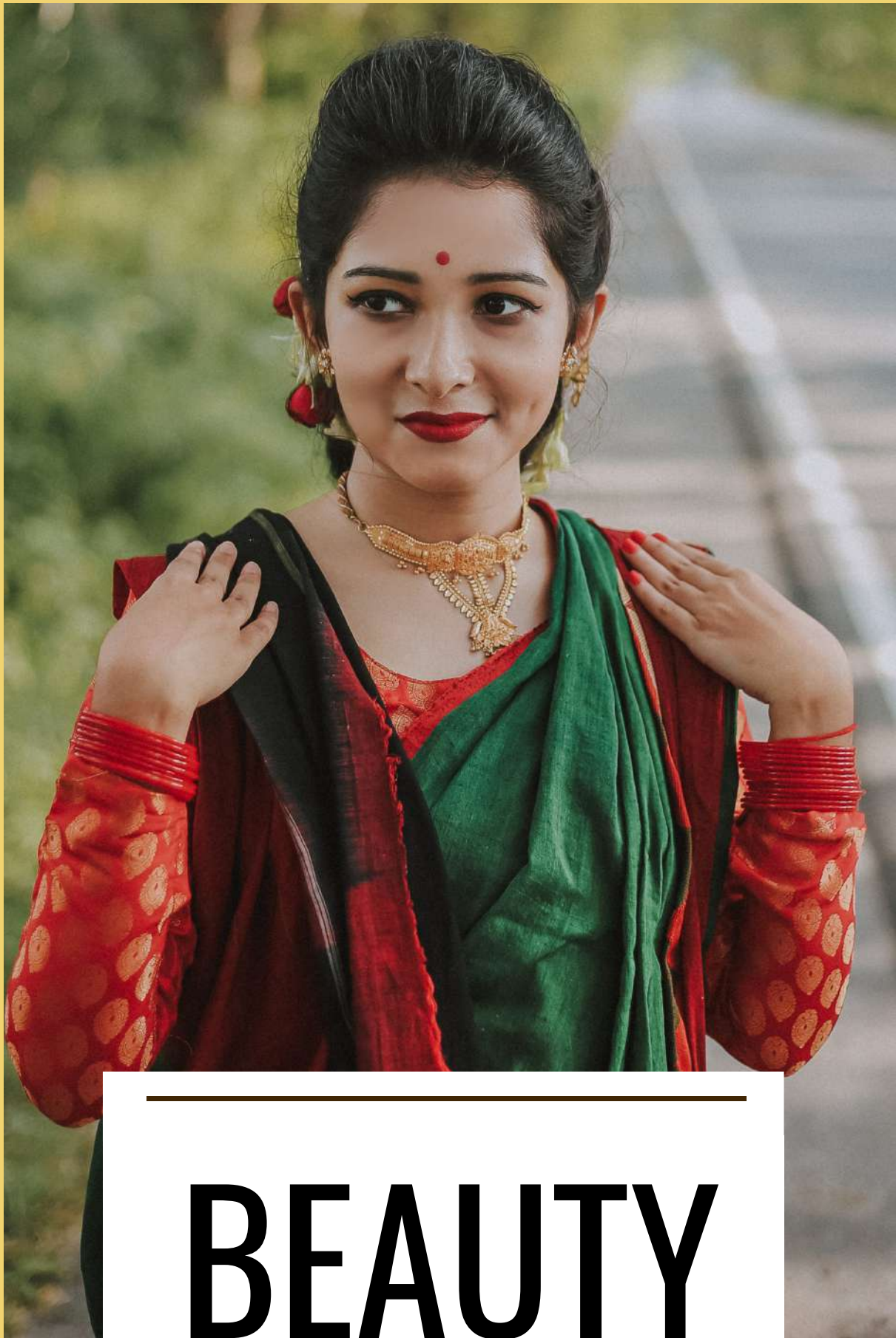
Super scalable : Across business units and geographies, RPA performs a massive amount of operations in parallel, from desktop to cloud environments. Additional robots can be deployed quickly with minimal costs, according to work flux and seasonality.

Increased speed and productivity : Employees are the first to appreciate the benefits of RPA as it removes non-value-add activities and relieves them from the rising pressure of work. While the bots can handle their mundane tasks, the employees can focus on more productive ones.

RPA as a career :

A career in RPA is booming and the emerging graduates can easily expect a major share of employment opportunities in the world. In addition to that, pay packages for experts with skill-sets in this field are relatively higher when compared to other fields. Boost the career graph towards a high ranging success by adopting the training in RPA. Automation tools like UiPath and BluePrism and conducting different trainings online and some of them are even free for the users. Procuring a certification in any one of the tools will be a value-add as well when it comes to job-interviews, as understanding one tool will make it easier for anyone to learn and master similar other tools. With reference to RPA in the IT field, there are many tasks performed by humans within the IT projects like, collaboration, planning, reporting, managing, controlling, etc. RPA along with Artificial Intelligence will definitely become the next revolution in technology and you will surely find thousands of jobs opening every year. There are more than 5 million jobs awaiting you, right now!





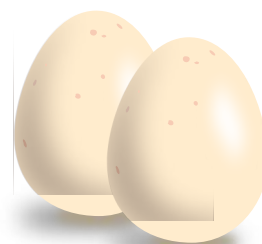
BEAUTY



THE GOOD EGGS



Ms.Usha Kuruvilla
Owner of Essence
Kochi
9656260971



Taking eggs every day is a fantastic way to give a health boost

Each egg contains 75 calories & is packed with 7 grams of protein, 5 grams of fat and 1.6 grams of saturated fat.

- **Boosts your Weight Loss** - Having eggs for breakfast helps to limit your calories. You could lose 3 pounds a month.
- **Help your body prevent Breast Cancer** - University of North Carolina found that choline, that contains eggs, can help in reducing breast cancer by 24 percent.
- **Reduce Stress & Anxiety** - When people have sufficient lysine sources in their diet, their stress & anxiety levels reduces. The research believes that lysine modulated the serotonin in the nervous system.
- **Protect your Eyes** - There are 2 types of antioxidants in eggs -- lutein and zeaxanthin. They both have protective effects on your eyes. Both the antioxidants are found in the yolk. These antioxidants reduce the risk of cataracts and macular degeneration. If you consume 2 egg yolks per day, for almost 5 weeks, it increases the blood levels of zeaxanthin and lutein.
- **Lower inflammation** - Eggs contains dietary phospholipids - compounds which have huge effects on inflammation. There is a connection between dietary intake of eggs ,

phospholipids, choline & the reduction on inflammation in the body. It reduces the risk of cardiovascular disease.

- **Protect your Liver** - Lowered the risk of alcoholic fatty liver disease.

Egg as the best natural conditioner

Once in a week, application of eggs will make your hair stronger, smoother and shinier. Doing this regularly gives your hair a healthy appearance and controls the frizz.

Honey - 1 tsp

Coconut oil - 1 tsp

Egg- 1

Banana - 1

Mayonnaise - 1 tsp (optional)

Mix all the above ingredients well and apply on the hair.

Wait for 30 minutes then wash it off with a shampoo.

Use a conditioner if needed.

Eggs as a face lift

Eggs are an excellent face pack. It tightens the pores.

Egg white - 1

Yoghurt - 1 tsp

Honey - 1 tsp

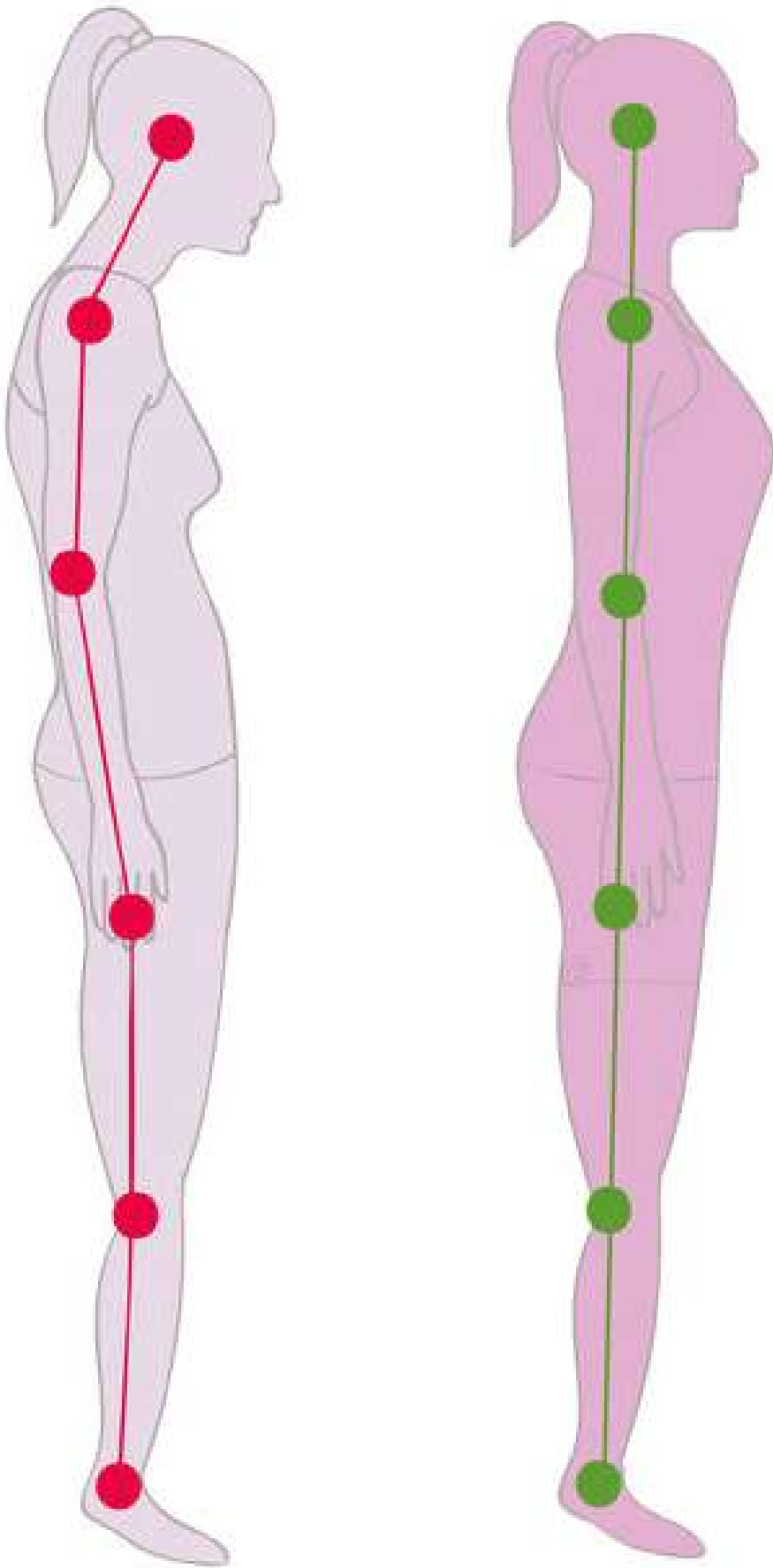
Aloe Vera gel - 1 tsp

Mix well and make it as a paste.

Apply double coat of this mixture with a brush, on the face and neck.

Wash it off once its absorbed well and the mask appears dry.





WELLNESS

MIND YOUR POSTURE

Women always prefer to present themselves at their best. I would say all women across the world possess

marvelous techniques and methods uniquely designed for themselves to look beautiful. However, the real beauty of a woman is observed when she is confident. There are many aspects that contribute to her confidence.

Let me ask you, how many of you are able to reflect yourself to the fullest? At times you doubt yourself and lose confidence even when you have done your level best to present yourself. How you carry yourself can be one of the reasons why you lack confidence. How you are showing up conveys your persona – your personality – and a wrong posture or body language can unconsciously affect our confidence and at the same time convey a wrong attitude.

Thus, sustaining a good posture is very much required to present ourselves in the best way and at the same time vital to our overall health. Being aware of good posture is the first step to breaking old postural habits, to become more confident and further reducing constant seeking of other's approval on how you look, sit or walk. Here, I would like to help and guide you with simple mathematical calculations and ways to understand your posture!

Ms. Anugraha Thomas
Physiotherapist
Cochin



Concept of Posture

Posture comes from a Latin verb "ponere" which means to put or place. The general concept of human posture refers to "Carriage of a body as a whole; the attitude of the body or position of the limbs". Let us understand if you maintain a good posture or rather 'what is a good posture?'

Understanding your postures

Let us take a posture test at home. This test does not require any equipment other than a ruler or a tape.

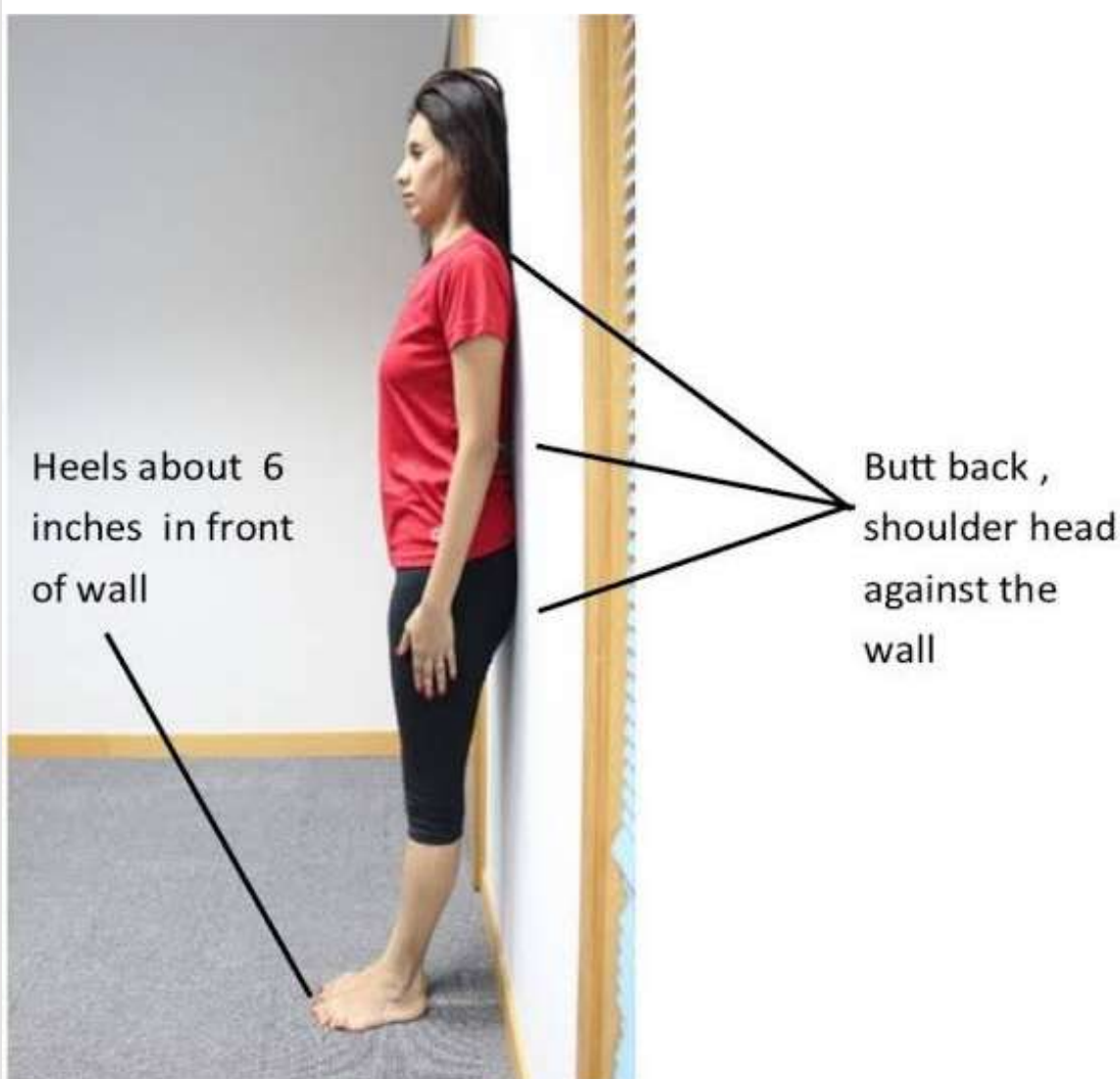
- Stand against a wall with the back of your head touching the wall.
- Your buttocks and both shoulder blades should be touching the wall.
- Keep your heels 6 inches away from the wall.

Features | Wellness

- Have someone measure the space between the wall and the small of your back (lower part of a person's back which is smaller and narrower than rest of it) and the wall.
- Measure the space between your neck and the wall.
- Both these measurements should be less than 2 inches.

If the measurements are greater than 2 inches then you are likely to have a poor posture or a curved spine. It is advisable to consult a physiotherapist in this case and get advices on how to get this rectified.

Our mothers and grandmothers knew what they were talking about when they told us to sit up and stand tall, pull your shoulders back. We need to keep saying it and help ourselves and our children understand why it's important. Good posture has healthful benefits not only for strengthening, energizing and revitalizing our body but for our whole self by improving overall appearance and boosting confidence.





RECIPE OF THE MONTH



Features | Recipe of the Month

Cabbage MOMOS



INGREDIENTS

1. Cabbage - 1 medium sized
2. Cauliflower - half of a medium sized
3. Carrot - 1
4. Onion - 1 medium sized
5. Potato - 1 medium sized
6. Capsicum - 1 medium sized
7. Garlic - 10 flakes
8. Ginger - 1 inch
9. Tomato sauce - 2 teaspoons
10. Schezwan sauce - 1 teaspoon
11. Black pepper powder - as per your requirement
12. Salt - to taste

Ms.Sushma Das

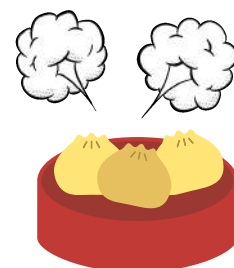
Owner of Su's Kitchen
Cochin



PREPARATION

1. Remove the cabbage leaves and blench it in salt and hot water for 10 minutes and take it out .
2. Chop all the ingredients from 1 to 8 in to fine pieces.
3. Heat pan with 2 teaspoons of ghee and sauté finely chopped vegetables in a medium fire.
4. Let it cook with lid on for 5 minutes.
5. Add tomato sauce and schezwan sauce to the cooked vegetables.
6. To the mixture add required amount of salt and pepper and mix well.
7. Allow it to cool.
8. Take a table spoon of the mixture and put it on the cabbage leaves. Carefully fold the four sides of the filled cabbage leaves and secure it with cloves so that it is properly sealed.
9. Have this momos with schezwan sauce or tomato sauce.

This can go as starter or as snack



Jobs And Opportunities



SEO Executive

- Dubai based company located at Thrissur, Kerala.
- Experience 1 to 3 yrs
- Salary negotiable.

Chef

- For a new restraunt
- Location Mavelikkara, Kerala
- Experience 6 months to 2 yrs
- Salary negotiable



HR Executive

- Security and service based company located at Kochi, Kerala
- Experience minimum 6 months.
- Must know excel.

Graphic Designer

- Dubai based digital marketing company
- Location Thrissur, Kerala
- Minimum 2yrs
- Salary negotiable.



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AUGUST FUTURE TALKS



Features | August Future Talks

SPEAKER :- Ms. Keziah Thomas

Entrepreneur, Chief Mentor - Prayaana



TOPIC : The will to grow

In today's world everyone wants to be successful but what is a success. The perspective of success varies from person to person. Certainly, many people achieve professional success but in doing so they fail in achieving mental, social and physical success. The tension of lacking behind in other things pulls them apart. We should know how to balance work and life keeping in mind our own happiness as well.

SPEAKER :- Ms. Deepa Nischal

Certified Life Coach, Child Counsellor, Clinical Hypnotherapist, NLP Practitioner and Spiritual Healer.

TOPIC : Necessity of self love

Self-love is a popular term today that gets tossed around in normal conversation. Self-love is not simply a state of feeling good. It is a state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth. Self-love is dynamic; it grows through actions that mature us. Deepa Nischal in her session answered all the queries while highlighting the importance of self-love.



SPEAKER :- Mx. Syama S Prabha

Project officer
Kerala State Transgender Cell,
Directorate of Social Justice



SPEAKER :- Dr ChandraVadhana

Founder & Chief Mentor Prayaana
CEO - 4 tune factory,
Life Coach

TOPIC : Gender Inclusivity

People around the world must consider a "transgender" equal to a male or female. They have all rights to be treated equally well and with support. In this session Mx. Syama Prabha who was the first transgender in the state of Kerala to received State Transgender Scholarship from the Government of Kerala briefly spoke about how a person realizes that they are a transgender and how they evolve into it. She spoke of the difficulties and situations they have to face. She also mentioned the rules and amendments regarding section 377 and different transgender communities in Kerala as per 2015 census.



Features | August Future Talks

SPEAKER :- Mr. Sumit Balan

CEO & Digital Strategist, Innomind Technologies, Innomind Digital Academy



TOPIC : What chess can teach us about Business strategy?

Chess is a good metaphor for business competition. It is a violent sport, and when you confront your opponent, you have to crush his ego. The moves you can play in chess and business are very large, as with just 3 opening moves there are 9 million possible positions. In his session Sumit Balan tried to link the dots between chess and business. He precisely mentioned how chess can not only help in business but also in enhancing the overall personality of that person by building patience and presence of mind.

SPEAKER :- Ms. Andrea Pereira

HR Professional

TOPIC : Pursuit of happiness

The term happiness is used in the context of mental or emotional states, including positive or pleasant emotions ranging from contentment to intense joy. It is also used in the context of life satisfaction, subjective well-being, eudaimonia, flourishing and well-being. In her session Andrea highlighted importance of being happy. She mentioned happiness these days isn't a luxury but it's a necessity of life instead. She also had suggestions for balancing personal and private life.



SPEAKER :- Dr. Arun Surendran

Strategic Director and Principal, Trinity College of Engineering.

TOPIC : Life Long Learning

Lifelong learning is the "ongoing, voluntary, and self-motivated" pursuit of knowledge for either personal or professional reasons. Therefore, it not only enhances social inclusion, active citizenship, and personal development, but also self-sustainability, as well as competitiveness and employability. In his session Mr Arun highlighted the point that a human stops learning only when death arrives. The process of learning begins right from the birth. He mentioned about virtual learning process and how this pandemic is going to change the face of learning henceforth.





Features | August Future Talks



SPEAKER :- Ms. Juuhi Raai

Rex Karmaveer, Chakra Awardee, Founder – The Life Workshop

TOPIC : Selflove - Your key to unshakeable self esteem.

Self-esteem is an individual's subjective evaluation of their own worth. Self-esteem is an attractive psychological construct because it predicts certain outcomes, such as academic achievement, happiness, satisfaction in marriage and relationships, and criminal behaviour. Well in today's session we are going to see how self love is the key to our unshakable self esteem. In our 99th session Juuhi Raai told how self love and self esteem are interdependent.



SPEAKER :- Ms. Sabeena Shaji

Deputy Vice President & Head Hr
Talent Development & Training, The Federal Bank Ltd

TOPIC : Access to finance for women entrepreneurs

As one of the fastest growing economies in the world, India has made significant progress in financial inclusion in the last few years, with many government initiatives and new financial service players reaching the under-banked. The silver lining is that the government is committed to inclusive growth where financial inclusion plays a crucial role in helping provide numerous benefits through the strengthening of the banking system as well as better access to financial resources and transparent governance. In her session Sabeena shaji detailed about the challenges that women face while building up their start-ups and she also provide solutions on how to deal with these challenges.

AUGUST EVENTS



The bi-weekly Coffee meet business chat for Prayaana Entrepreneurs Collective was held on the 8th and 26th July 2020. There were new entrants into Prayaana, and we all exchanged our wishes and dreams and shared the ways to tackle the challenges that we see ahead.

Mentors discussed about new business opportunities, network marketing, shared valuable advice & tips to promote business building tools, personal growth, planning of upcoming events for conducting online Shemarket exhibition during the festival season.

Prayaana is organising the C2C mission 2021- A pan India initiative to bring women back to career.

Building relationship is the best way to do business, so that we can provide plenty of opportunities for our women to promote themselves and their business on coming days.

Those who wish to attend our next coffee meet at Kochi please call 8590339393 and and for Maharashtra please contact Ms. Gopika Ram 9847002732 book your seats !



Ms.Sujatha Unnikrishnan
Kochi



Features | August Events



Prayaana in Partnership with YI Kochi Presents



Covid 19 shook the whole world to uncertainty. When most of the organizations were on standstill, Prayaana used the time effectively by conducting many innovative online programmes. Among the lot, one of the successful events was the Youth Day celebration.

On Aug 12th the first virtual International UN Youth Day celebration was conducted. Prayaana in partnership with Young Indians Kochi, launched "The National Youth Utsav 2020". The speakers enthralled with stories of their life journey and inspired the youth towards building the nation. The eminent speakers included Youth Icons - Ms.Rashmi Bansal (Best Selling Author), Mr.Kettan Singh (Stand-up comedian and actor) Ms.Bhakti Sharma (World record holder in swimming, and PHD student), Mr.George M George (MD of Muthoot Hospitality) Ms.Alesimo Mwanga, the project Director YEEP Africa.

The amazing team and eminent speakers made this day as a landmark success for Prayaana. A month back it was a challenge for the whole team to put things together virtually. But the wonderful mentors and the team made it possible. A SPECIAL THANKS TO ALL THE PARTICIPANTS AND THE PEOPLE WHO JOINED US DURING THE EVENT.

Ms.Rashmi Bansal pointed out that the higher education is not the only way that you can shape your future. Following passion and working hard for it can help you achieve your dream.



Mr.Kettan Singh who is an engineer by qualification but a stand-up comedian and a RJ by profession talked about how the society tries to shape your career path and if at all you fail unfortunately they will be the first to mock at you. Putting efforts on your passion can drive you to success. If you feel confident about yourself, you will become the best in whatever you do.



Ms.Alesimo Mwanga, the project Director YEEP Africa, talked about the challenges faced by women in taking entrepreneurship and the opportunities for self-development with various collaborative efforts.



Features | August Events



Ms. Bhakti Sharma reached to, where she is today, by the challenges she faced and the opportunities she grabbed. Her session showed us, how with mere determination and passion, a person can achieve anything he/she wants.

Mr. George shared about the challenges and opportunities of entrepreneurship and how women are shaping the dynamics of the working environment.

There were two contests held for this event and the results were declared.

Shoot the good -film making contest winners

First-Mr. Rahul Lakshman for "Last game"
Second-Ms. Khyati Mehndiratta for "The real treasure for future"
Third-Mr. Abhiram Krishna for "The enemy"

Speak your mind- public speaking contest winners

First-Ms. Elina Dsouza
Second -Ms. Aloy Maria Biju
Third-Ms. Krishnapriya P P

The mentorship for winners by the speakers were also announced. The event ended with the video of Prayaana showing all the achievements and various events conducted till date.

Shoot the Good - Film Making Contest WINNERS

Rank	Name	Film Title
1	Rahul Lakshman	Last Game
2	Khyati Mehndiratta	The Real Treasure For Future
3	Abhiram Krishna	The Enemy

Speak Your Mind - Public Speaking Contest WINNERS

Rank	Name
1	Elina Dsouza
2	Aloy Maria Biju
3	Krishnapriya PP

Logos: Yi (Young Indians), Prayaana Collective, CII (Confederation of Indian Industry), Youth Alliance 2020, talenttattoo, Wishill.com, YEEP AFRICA.



Ms. Gopika Ram
Founder of Live
with Art
Mumbai

"Women Newsmakers of August 2020"



Chinu Kala

She was 15, homeless and heart-broken. But what she had with her was a grit and determination to survive! With just Rs.300 in her pocket, the teen left her family over irreconcilable issues. From a door to door saleswoman to waitressing, she had done so many jobs and now, she is the owner of 15 Crore revenue business, 'Rubans fashion accessories. Chinu Kala has come a long way but in essence, she is still that girl who did not let circumstances get the better of her.

Charu Sinha



IPS Officer Charu Sinha, has become the first women commander to head the Central Reserve Police Force (CRPF) formation in the Kashmir Valley, one of the terrorist-hit areas. This is not the first time she has been assigned a tough task. Earlier also, she had worked as IG, the Bihar sector in CRPF and has dealt with Naxals. She had also worked in Kosovo on a UN Peace Keeping Mission. She is said to be a 'no-nonsense' police officer. Right from her early childhood she wanted to do something for the country and hence joined the forces.

Carving her niche in a male-dominated field was not an easy task for Sinha, who says "When I joined the forces, it was difficult in the male-dominated field. Media always wanted to know where I go, whom I meet etc. It was as if I did not have a personal life. But things gradually changed".

Features | She Newsmaker



Shanta Balu Pawar

The woman, Shanta Balu Pawar, an 85-year-old from Pune, has been performing on the streets during the lockdown as she “cannot beg people to help”.

A video in which an elderly woman is twirling two sticks at once in a performance of unusual dexterity went viral. Social media named her ‘Warrior Aaji’, or ‘Warrior Grandmother’.

“Walking the tightrope, balancing on a bottle or the Lathi-Kathi is my family’s legacy”- says Shanta. She learnt the skills from her father when she was eight, and that is something she has taken forward and this is her family’s source of bread and butter. After Pawar father passed away, she inherited the lathis and even today, they are with her whenever she goes out for work.

CALENDAR

SEPTEMBER 2020

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

PRAYAANA - EVENTS

KERALA HUB COFFEE CHAT 05/09/2020 19/09/2020	C2C MEET 26/09/2020
AMBASSADORS MEET 18/09/2020	MENTOR TRAINING 06/09/2020 TO 15/09/2020

HAPPY TEACHER'S DAY !!

HAPPY ENGINEER'S DAY !!

"Mentoring is a brain to pick, an ear to listen, and a push in the right direction." – John Crosby

5th September - Teacher's Day.

On the birth anniversary of Sarvapalli Radhakrishnan, the government of India give away the prizes to the students who are doing good in the field of education. Teachers' Day is celebrated on September 5 every year since 1962 to honour Dr Sarvepalli Radhakrishnan as it is his birth anniversary.

15th September - Engineer's Day.

Every year India celebrates Engineer's Day on September 15, the birth anniversary of Visvesvaraya. He went on to become India's most prolific civil engineer, dam builder, economist and statesman. He was one of the most prominent builders of India in the 20th century.

16th September - World Ozone Day.

On this day in 1987 the Montreal Protocol was signed. Since 1994, World Ozone Day is celebrated which was established by the United Nations General Assembly.

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"The most beautiful thing that a woman can wear is confidence!"

Stay tuned till next edition!