

SquarePetals

Global Webzine

**Celebrating
International
Women's Day**

Ms. Kusum Chopra

Ms. Tanya Raheja

Ms. Bhavna Pandey

Ms. Ragini S. Kushwaha

Ms. Minakshi Manhas

Ms. Rennu Kapila

Ms. Sheetal Shah

Dr. Neeru Bhat

Ms. Kavita Gupta

Ms. Charmi Mota

0.65 M

**Readers base
reached**

Cover Story **Ms. Shalini Arora**

My victories have made me the person I am today, and they form an integral part of my life, even if I merely have memories of them..

The Editorial Board SQUAREPETALS Global Webzine



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Award Winner Author, Editor &
Former Govt. Officer,
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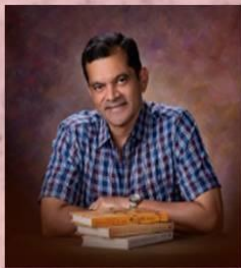
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Dr. Neeru Bhatt

Managing Editor
Canadian Journal of Clinical Nutrition

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2023

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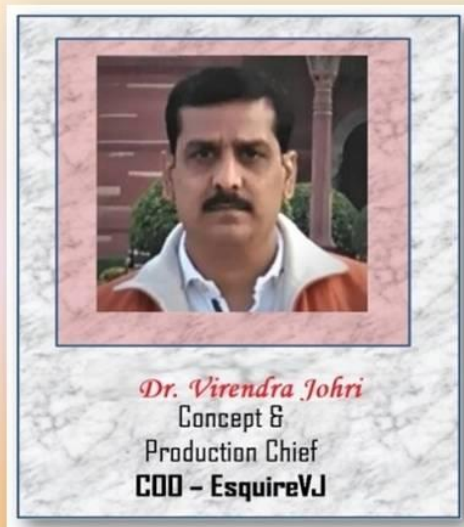
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FEATURE STORIES:

Ms. Shalini Arora

Ms. Kusum Choppra

Ms. Tanya Raheja

Ms. Ragini Singh Khushwaha

Ms. Miakshi Manhas

Prof. Renu Kapila

Ms. Sheetal Shah

Dr. Neeru Bhat

Ms. Meenal Patel

Prof. Kavita Gupta

Ms. Charmi Mota

Ms. Bhavna Pandey

FROM THE DESK OF Editor-in-Chief

Dear readers,

Termed weak & crushed
By traditions unjust
And still we stand
Extending helping hand
Sincerely dedicated,
But less appreciated;
For ages fighting war..
Women still shine
Women have the Power.

Greetings to all women worldwide on International Women's Day 2023. March is vibrant month as Holi, the fest of colors is being celebrated in India. There is joyful splash in the air and traditional sweets and dishes add flavor to the celebrations. So let's celebrate and wishing everyone a shower of blessings and happiness.

Happy Reading..

Love & regards.

Sansriti Johri

Dr. Sansriti Johri
Editor-in-Chief

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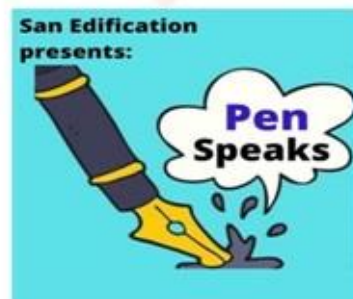


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Speaker: Dr. Sunehri Johri

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Ms. Shalini Arora's

achievements are the best moments in her life. Each of her achievement has signified that she has accomplished something meaningful.

Her victories have made her the person she is today and they form an integral part of her life even if she merely have memories of them.

For an outsider, the dream of working in entertainment industry is next to attaining nirvana. In a country of more than 1.2 billion people, making a space for themselves in this glamour world is extremely tough, if not impossible. Thousands land up in Mumbai every day to pursue their dreams and thousands return

without realising them.

Shalini Arora has achieved great success as an actor in the television industry. But in reality, her dream was not to become an actor, but she always wanted to become a Probationary

Cover Story

Officer in a Bank or apply for PCS services.

Was born and brought up in Lucknow, schooling from St. Agnes Loreto Day School, Loreto Convent and Graduation in English Literature from Avadh Girls Degree College, fate had something else in store for her. Having got married at an early age of 19 and becoming a mother of a baby girl at 20, life for her took a 360 degree turn. With shattered dreams of becoming independent and pursuing her dreams, her family shifted to the city of dreams - Mumbai in the year 1995. Actually it was luck & destiny that made her land in Mumbai. And the rest is history.

She began her career in 2000 with her Debut show 'Asha ki Kiran' and since then there was no looking back. She has been active on television for more than 2 decades and has done variety of roles. She has been a part of some amazing shows like Bade Achche Lagte Hain 2, Ishkq Subhanallah, Pavitra Rishta, Geeta, Phulwa, Balika Vadhu, Ek Shringar Swabhimaan, Wo Apna Sa, Bhagyalaxmi, Pavitra Bandhan, Jahan pe Basera ho, Nazar, Diya Baati Hum, Kayamath, Kasturi, Karam Apna Apna, Mulk, Miit and many more.

She also has a few films to her credit like Fuddu, Jai Jawan Jai Kisaan, Zameen and Muskan. She was nominated twice for her amazing performances in her shows 'Wo Apna Sa' in Best Mother category in 2016 and for 'Ishkq Subhanallah' in Best Saas category in 2019 in Zee Rishte Awards



Being a part of television for more than two decades she now wants to explore the OTT medium where the stories are real with great characters & you don't need a star... you need an actor.

A piece of advice for the younger generation....

There are no 2 ways for hard work. You need to be focused, determined & passionate in whatever you do to make your dreams come true. "Success is the sum of small efforts, repeated day-in and day out" (Robert Collier)

Wishing you all a very happy International Wpmen's Day!



Summing up with one more quote....

“Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine.” (Roy T. Bennett).





Ms. Kusum Chopra:

Author n Journalist

**Born in Singapore, Studied Jakarta, Indonesia, Pune, Ahmedabad.
BA in Economics, Pune University,
Diplomas in interior design & rural development..IGNOU,
Life long lessons in living in a long n adventurous life.
Mother of four children n foster mom to many more.**

When newspaper reading started at 8, journalism by 17 was inevitable! Through to 55, all manner of stories, running the gamut of personalities, newspapers, magazines, blogs, researches, netzines, even a News Clipping Library and an extended Family Tree, going back to Mughal times.

Alongside, short stories and novels, meaty stories of the happenings and thoughts of some extraordinary n more ordinary people, leading lives that become extraordinary when we write about them.

Research for every written piece was drilled early. Hence historical, political, economic, sociological, geographical, environmental, medical, religion, rural development, numerology, handicrafts, interior design, medical, water issues in hoary India: a constant roil in the mind. Alternate ways of life and medicine, evolution etc. led to more depth in publications like Opinion, Freedom First, Boloji, Commonwealth news etc, that allowed for many online conversations that enhanced all of us.

A changing world dictated teaching New Civics, editing books, including Nostradamus', hosting and participating in fests, and continuing research. Life's whirl -- till Covid and accidents brought it to a halt...hopefully temporary!

Storytelling happened along the way. Listening in and butting into conversations in buses and trains

with deep, hard looks at the world around us and the social evolution: to leave behind more than FB as a legacy. My books, path breakers all:

Beyond Diamond Rings: Sindhi women's post-Partition evolution till 2000s.

MASTANI took 22 years of research to dig out the truth of the lives and deaths of Baji Rao and Mastani, vitiated by ambitious descendants' organized vilification.

NIRBHAYA: 22 stories dealing with widowhood, murder, rape, fire, divorce, inheritance etc., to emerge with pride and sanity intact, to hold up the feminine share of the sky;

SILVER DREAMS and its musical journey perhaps sparked off the current revival of reading and viewing material for Seniors. More on the anvil. ALTITUDINIS broke new ground: ten-author collaborative brewed suspense, murders, high tech, property battles n romance into one novel.

Rishtey spoke of relationships, current, new and old. The pot still boils.

Happy Women's Day...

My success & struggle story..

I never dream to become a tarotreader or an Astrologer but destiny made me to choose this divine science.

From childhood I was very interested in astrology and used to see shows of Jai Madan, the celebrity astrologer .Her wide knowledge and fascinating talks on various topics of life always interest me.

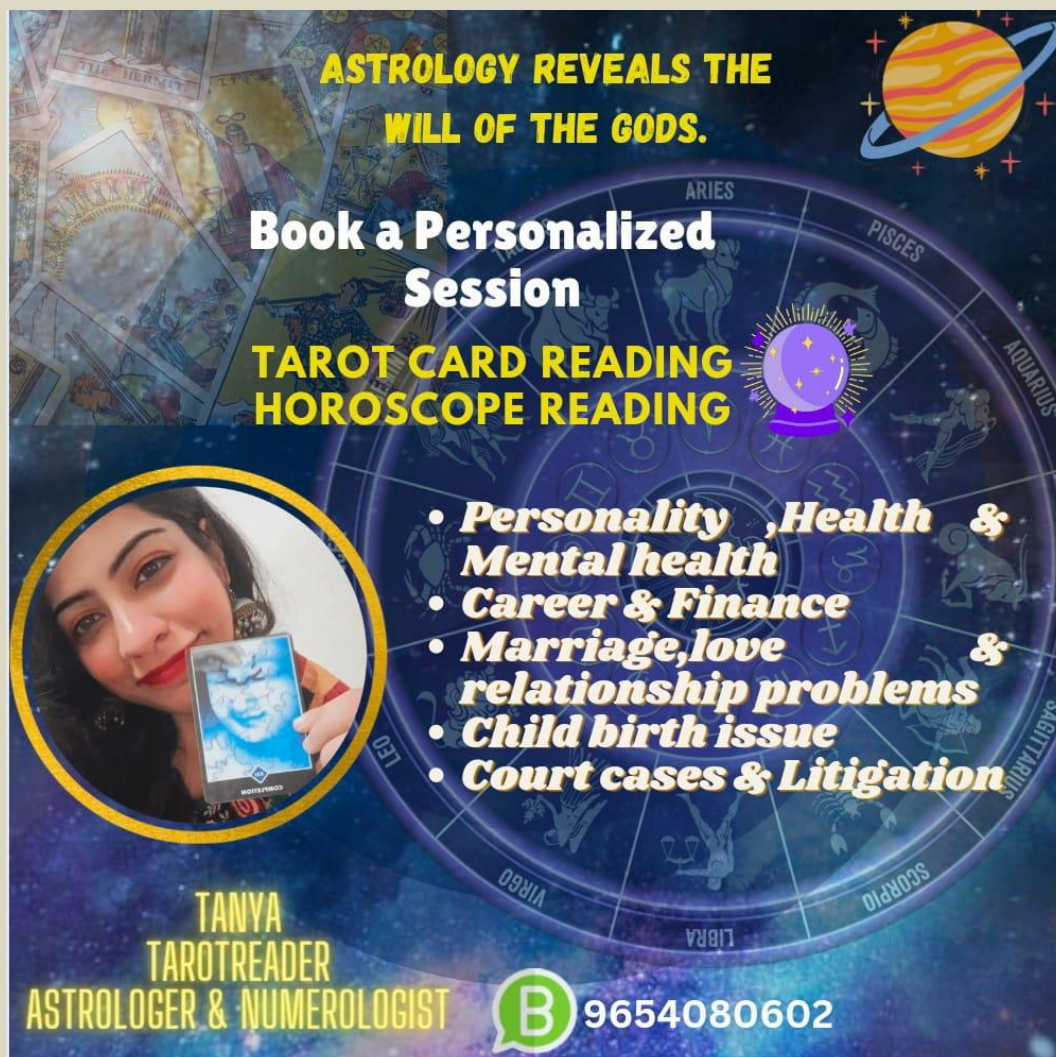
As a child,I excel in my academics and secure top position in class ,I love to read my horoscope that what I will become in my career ,the most prominent question in the mind of every youngster eager to know her future..haha I was always curious about my future and my horoscope mentions that I will excel in science. This line gets stored in my mind but I was not able to pursue science in my school & college years due to lack of interest and guidance at that time.

And as I grow up ,luck doesn't favorme.I feel clueless about my life - what I have to do in my career because I was not getting any good job after doing my graduation in commerce from Delhi university & Masters in commerce.

I never feel connected to 9-5 jobs ..This fear gives rise to my anxiety and depression.I start losing my health and difficult strange circumstances surround me , people around me call it black magic and evil eye .

I was unable to sleep and eat

I lost hope from my life .everything seems so dark for Mee ,I just cry all day.I start losing my friends.



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**TANYA
TAROTREADER
ASTROLOGER & NUMEROLOGIST**

9654080602

My family also humiliate me because I was doing nothing in my career,which is a shame for a girl who was a top scorer in school . But after battling this darkness for 3 years and searching from answers about my life, suddenly one day I got an random email that your life is going to change Tanya. This email

was from a tarotreader and it just excites my soul and fills my life with good hopes as maybe now I will see a change in my life

And yes the change comes,I got an interest in the field of occult science,I feel a deep connection to this science of astrology that it holds the answers to my life problems which noone can solve.

I started researching about astrology and learn the basics from YouTube videos and by divine grace I understood it in depth.

Slowly this interest grew up and people around me also started asking about their life and I started doing free readings for them and it resonates with them. This builds my confidence and self esteem and rest god bless me. I understand that I am made for astrology as my horoscope also says this and after getting practical results of my service I decided it to pursue it as a profession. I save money and started learning courses in astrology,tarot and other occult sciences.

However I face struggle in pursuing it as an education also because my family doesn't like this profession, but I always had a believe and a strong intuition that I will become successful in it.

With constant dedication and focus ,I gain lots of appreciation for my services.

I am Tanya, a Certified Vedic Astrologer, Numerologer, Tarot Reader & Manifestation coach having 4 years of experience in the same field. By providing people with complex life problem solutions, I am skilled in Astrology, Graphology, Counselling, Numerology, Face Reading, Dream Analysis and Tarot Reading. My Clients visit me for diverse life problems related to love life,

marriage, career, business, debt, courtcases, family, and health issues. As an Astrologer I am associated with astrosage.I have also worked with eastrohelp.

I hold online webinars & courses on different topics of occult & collaborate with different organizations like hrohour, inpsyche, the psych life, girlsbuzzindia etc.

My Clientele includes Government professionals , Sports persons, Doctors ,Lawyers , Individuals, College students Entrepreneurs , Corporates & Startups ,Domestic and International clients. I write articles for Rn today news channel &newstezz.

I have huge engagement on moj (short video) of above 1 lakh 50 thousand followers.

My dedication in the field of Astrology and predictive/occult sciences has been very well recognized.

I have received multiple Prestigious Awards: -

Jyotish Bharat BhushanSamman by Rishibani Institute of Vedic Astrology in December,2020

Pride of India Award from Socially Point Foundation A government approved organization.

Asia Top Tarotreader of the year 2023 by Diva Planet MagazineGlobal aspiring woman awards by MTVV India.

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COUNSELLOR & THERAPIST

Tanya Raheja

📞 9654080602



**Ragini
Singh
Khushwaha**

CREATIVE ENTREPRENEUR

ARTNOWTHUS – TRANSFORMING THE CULTURAL LANDSCAPE

When Ragini Singh Khushwaha decided to leave her role as the Executive Director of a prestigious Theatre School in Mumbai, it was a decision that took many by surprise. But as she herself puts it, "Though my work in academic pedagogy and executive management was very rewarding, I wanted to be able to create my own work, and bring the experience of immersive theatre which I had seen during my studies in London, to the audiences here in India." And so began ArtNowThus – a play on the Hindi words for 8,9,10 – a unique media company that creates and curates; stories and experiences with the aim to help explore culture - past, present and future – better.

Ragini is uniquely positioned to help develop this concept. She has a Masters degree in Performance Making from the prestigious Goldsmiths College, University of London - something that first exposed her to the different nuances of theatre. She has served as the youngest Executive Director of the Drama School Mumbai until 2020, leading it into its digital pivot. She was one of the 15 fellows for the ARThink South Asia's Fellowship for Future Leaders in Arts and Culture - a yearlong program in London in 2017. As an artist, she has collaborated with performers on national and international projects. Her interdisciplinary performance piece titled 'Don't f*** with my Unicorn' was performed in London and was selected as a shortlist finalist for the Annual Rich Mix festival. Most recently, Ragini has been



invited to join the New Frontier Incubation Program at the Sundance Film Festival in 2023.

But what was it that made her give up her cherished position and move out into unexplored turf on her own. "I had seen this new concept of immersive theatre – which allowed the audience to be engaged with the story, share experiences in the form of food, music, settings, conversations with the cast, and even contribute their own story line and interpretations to the show. I wanted to explore it further and present the same experience to Indian audiences." With a full time job, it was difficult, but she still managed to find time to develop her own version of 'A Mad Tea-Party' based on the characters and settings of Lewis Carroll's timeless classic 'Alice in Wonderland'. "I wanted to create the setting, and mad-cap characters and for that, a traditional theatre setting would not do." So, she went around the Mumbai suburbs looking for an ideal locale and finally homed in on an old bakery in Bandra. In this space, she created the tunnel which Alice goes through, the different characters and finally the tea-party itself – an experience where, at the end of the play, the audience joined the tea party with the characters. "I brought together a group of artists to create what we called 'an artists' rendition of Wonderland'. Every artist brought in their work to showcase and we curated a two-hour unique immersive experience, for an audience to experience the space, the artists' works, some theatre and of course, food and drinks. The





first show played out in June 2019, sold out throughout its run and was an incredible success. ArtNowThus had arrived.

ArtNowThus produced a second show in the same year 'My Fair Ladle' and ran it to the same success as their first. This story took you into an old family home, where a family of diverse characters plot and scheme, thrust and parry, as old secrets about the house and the characters emerge – all seen through the eyes of a ghost. Then as the family decide to sit down for a final traditional dinner – the audience joins them at the table. The result is a fascinating culinary and theatrical experience, involving food, music, theatre, that makes the viewer a part of the setting and the story itself. Again, Ragini forsook the traditional stage, choosing instead to perform in restaurant spaces around Mumbai – and again with the same results.

The Audience sharing the Immersive Theatre Experience

The concept of immersive theatre which she had been propagating was just gathering steam, when the pandemic struck in 2020. "We were in the midst of looking for more show venues when everything closed down. The ensuing lockdowns meant our particular format of experiences had to be set aside. It was during this time, over the last two years that I built out our content vertical. We started with a homegrown podcast called Barely Researched Facts, that has just completed its second season. We also launched the newsletter Probably Relevant - a bi-monthly newsletter that covers everything that's relevant and cool in the world of culture. From features on some truly phenomenal entrepreneurs to community recommendations, to articles on pop

culture and cinema and art and even personal finance - we cover everything. It's a one stop shop that makes any reader the most interesting person in any room!" You can check out the latest issue of Probably Relevant here.

As ArtNowThus gathers momentum, Ragini is in the process of expanding the concept. "We're currently in the process of bringing back our madly popular show 'A Mad Tea-Party', which we're very excited for. We're also producing a new science podcast and working on a brand-new content collaboration with our newsletter, hopefully letting us bring the newsletter to our readers thrice a month instead of just twice now." The opening up of pandemic restrictions will also enable her to conduct the wildly successful shows, in different parts of the country and bring out the concept of immersive theatre in the fields of training and development – something that will enable audiences to learn by the timeless art of storytelling.

The setting and props are all part of the overall experience

As the young entrepreneur forges ahead with her bold new concept of theatre, art and culture, we wish her the very best in her endeavours. Be it on-stage or off-stage – ArtNowThus, is all set to make an impact on the theatre and cultural scene, and we await her forthcoming offerings eagerly.



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Music Academy

Swaranjali

Ms. Minakshi Manhas

Founder/Director of Swaranjali Music Academy also fondly known as Guru Maa in the world of music. She is exquisite synthesis of love and wisdom. Out of sheer compassion & love for music she has been bestowing upon people the greatest gift ever viz. guiding them from dark bondages of ignorance to the effulgence of liberating wisdom through Music.



Swaranjali Music Academy (SMA) have been performing as a Professional Singer at Domestic and International venues for the past three Decades.

Swaranjali was established as Music Academy in the year 2016 with the sole purpose of sharing my knowledge with Ladies/Housewives of all age groups.



Apart from leading this Dynamic Team into the Semi Finals of India's got Talent - 2018 and 2022 on Colors and Sony TV respectively, I have lead my team while performing at GARV Awards and at RANN .

In addition to the above Swaranjali is a proud winner of Gujarat Gauravwanta in 2018-19. Swaranjali Music Academy could be reached on:

Email: saimeenu1974@yahoo.in

Facebook –Minakshi Manhas Gulati.

Instagram – swaranjali_2016





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Ms. Sheetal Shah

Group General
Counsel, (Lawyer), UK.
Poet, Paint Artist.

Sheetal Shah - Born to a honest police officer and a dedicated children focused Mom, I grew up in Baroda, Gujarat with principles of loyalty, discipline and law. Being 2nd of the 3 siblings, as my elder sister pursued Science; I had to do different and so pursued commerce and industry at M.S. University of Baroda. Late 90's was internet boom time, so along with Bachelors in Commerce did Computer Software Engineering from a private institute alongside working as computer faculty at various esteemed institutes.

However, destiny had something else in store and while working as Oracle Faculty, I started pursuing Law from MSU and then there was no looking back. Did LL.B. and LL.M. while practicing law in District courts in Baroda. As a payoff to this dedication, **I was honored with 5 Gold Medals as university topper at both Bachelors and Masters in Law.**

Again, life had another course planned and I married and moved to the United Kingdom thinking I would go back to world of computers. However, with support and pursuance of my Husband, I worked towards procuring lawyers recognition in the UK from Oxford. Getting foot into the door in legal field in the UK isn't easy for anyone (let alone overseas qualified), however, commitment and hard work always paid off to progress from a legal counsel to the top most legal job of Group General Counsel in a 120 years old flagship global military and intelligence data business.

World speaks about Women empowerment and gender equality at work everywhere, but if you have dedication, loyalty, focus and strong belief in yourself in whatever you take on, then you are bound to succeed either you are male or female. I have been lucky to have support of my family throughout but even if you don't have, just believe in yourself.

It may feel like I have achieved a lot but in my view there is a lot to be done including doing something for underprivileged women in the society that are exposed to domestic violence every single day.

I have always liked to challenge my own self to do better whether it is in my hobbies of pottery, oil paintings, cooking, etc. or my professional life. I wish everyone the success.

Happy Women's Day.



Dr. Neeru Bhatt

**Managing Editor
Canadian Journal
of Clinical
Nutrition**

Dr. Neeru Bhatt was born on 25th June 1971 in Bhimtal, Uttarakhand. She has always had a passion for reading and writing. She received a merit grant from the UP Board of Education from sixth grade till tenth grade. After completing her school, she enrolled in G B Pant University of Agriculture and Technology, Pantnagar, Uttarakhand, where she earned her bachelor's and master's degrees. She graduated with a Ph.D. in Animal Nutrition (major) and Food Science (minor) from the same institution. Her doctorate work was based on herbal products and was supported by Dabur Ayurved. For her master's and doctorate degrees, she was awarded fellowships by the Jan Sewa Trust and the institution, respectively. She cleared National Eligibility Test for Assistant Professorship and Lectureship as well. She has also done Postgraduate Diploma in Intellectual Property Rights from Indira Gandhi National Open University New Delhi and a few short courses from World Intellectual Property Organization Academy, Geneva, Switzerland.

Dr. Neeru Bhatt began her professional career at the Indian Veterinary Research Institute Izzatnager, Uttar Pradesh, a pioneer institute in veterinary research. In the year 2005, she moved to Oman. She was employed by Oman Flour Mills, SAOG, a market leader in the nation's livestock feed and flour industries. Later she joined the Food Science and Nutrition department of Sultan

Qaboos University Al Khoud, Oman, and worked there for approximately twelve years in various capacities.

Dr. Neeru Bhatt is a life member of several scientific societies and member of the editorial board and a reviewer of other high-ranked journals. She is the Managing Editor of the Canadian Journal of Clinical Nutrition. She has authored/co-authored more than twenty-five peer-reviewed scientific papers and has a high number of citations in scientific metrics. She has seven book chapters published in illustrious publications such as Intech open, Springer, and Nova publications. She has also authored one book entitled *Neglected wild flora of Uttarakhand*, published by Notion Publication Chennai. Her scientific work is indexed in databases like Research gate, Google Scholar, Academia, etc. She enjoys writing poetry, short tales, essays and quotes in Hindi and English languages. Her work has been featured in Sahitya Kunj (a web magazine publishes in Canada), Rajasthan Patrika, Amar Ujala Kavay Kosh and Poetry soup. Her five anthologies of Hindi poems and stories have been published and one based on *Pravasi Bhartiya* is in the press. One of her State Level digital essay competitions on the topic *Growing Threat to Mother Earth in the Light of Covid-19: Possible Solutions*, was awarded by Uttarakhand State Council for Science and Technology (UCOST). Since last May she is associated with Square petals, an international magazine and has been contributing nutrition columns to the publication. Besides, she reviews and edits the thesis and project work of university students.

Dr. Neeru loves gardening, quizzing and crocheting. She frequently takes part in quizzes, essay writing, and tagline competitions organized by my government. She was a part of the group that made the Gunnies Book of World Records by crocheting the biggest blanket in 2015.



I and My Womanhood (Ms. Meena Patel)

I am 60 years old. In all these years I have stumbled, fallen, done things which I feel I could have done differently / better, things I am not very proud of today, berated, psychologically cornered into a black space and have been called names. Most times because of my Gender. This continues in some form or another. But I have never failed to stand up and march on. At times on my own, at times with a hand from my better half, at times with a shoulder from our daughter, sometimes with solidarity from my sorority sisters and at times with handholding from family. Standing tall, strong, empowered and with pride is a constant. For I am a woman born free, with dignity and pride. This universe, my own inner self, and legal parameters world over (however backward but evolving and changing) grant me this right. I am proud and am certain, that my Ba did not birth me to be abused, for someone else to break my knees and backbone so that I may stoop for somebody to conquer over me. I will fight fiercely with my head and shoulder held high and strong. After all, it is a matter

of dignity and birth right of all women on this universe. We, women, make this universe whole.

Growing up, I was convinced that all us women were born empowered. On the way, I learnt, it was not so. Or else how does one explain these news reports we come across regularly?

February 2023: Members of the Thakor Community in Gujarat Palanpur issue an unanimous diktat passed by the elders, banning teenage girls from their community using cell phones. According to a community elder and leader, Ms. Ganiben Thakor, democratically elected MLA from Banskantha, "...unmarried daughters should stay away from technology and spend more time on studying..." the obvious having left unspoken.

October 2022: In Hardoi, Uttar Pradesh, a woman was stabbed repeatedly by her husband while she was praying for his long life on Karwa Chauth (a festival religiously followed by women pan India by fasting without food and water till they spot the moon and worship it through a sieve with the husband standing in front of her). Why? If he did not want a long life, he just had to spare her the hunger-day.

October 2022: Nobel Laurette Omar Pamuk, for his Nobel prize winning book "Nights of Plague" says that women in Turkey have a right to decide on wearing a hijab. He believes a minority of secular nationals in Turkey were opposing head scarves and 65% of Turkish women wear headscarves as a matter of custom and tradition. But that he is a liberal when it comes to abortion rights of women in USA and India. Right. So, when it concerns women of his country of origin, he is not a liberal. Conveniently forgetting who laid down the customs and traditions in the first place.

November 2022: Iran arrests two top actors for removing their headscarves in public as an act of defiance against the regime. School girls in Iran have

been waving their headscarves in the air and chanting against clerical authorities. Women in Iran, since 2018 and possibly before, have been arrested and jailed for removing their headscarves. A wave of protest has engulfed Iran over this issue. Women are not giving up their protest and show of defiance just because they are being arrested, jailed, and beaten up for protesting.

We read of violations daily. Women being subjected to domestic violence, outraging her modesty, raped, harassed, and burnt alive for dowry, denied of property rights either in the name of religion, community diktats or otherwise, workplace discriminations and many other such.

I pledge, that today and always, let us all own up to being empowered women, holding hands, standing proudly shoulder to shoulder for what is right and just. For each day, every hour, minute, second is ours. Every day is our day to celebrate and march on!

About Ms. Meena Patel:

A Labour and Women's rights activist for more than 35 years – I found my voice in 1981, during the peak of the anti-reservation struggle, while still in first year of college. Not only did I use the college “notice-board magazine” to voice my opinion, but a lightening inspiration had me write and enact a Bhavai voicing my strong dissent to caste politics in college elections. I continued my vocal struggle to be heard through street plays for many years to come.

The Bhopal Gas tragedy in 1985 turned me into an organiser of women and labour to develop stronger and united voices for justice. From 1986 to 2006, my journey as a union

organiser and legal and policy advocate came to a full circle when I was heading the South Asia office of an International Trade Union Federation. I continued my passionate advocacy for labour, women and child rights.

Other than work, I have always had an eye for art and creativity and I find solace in nature and animal company. I also love exploring different cultures.

One fine day, with my blog on Facebook, I discovered my ability to write and that people enjoy reading what I write. I dabble in craft making and writing when inspiration strikes.

Currently, I consult on Labour Rights and Policy.

**OTHER WOMEN
ARE NOT MY
COMPETITION. I
STAND WITH
THEM, NOT
AGAINST THEM**



Ms. Kavita Gupta

Assistant Professor,
Department of Psychology,
Faculty of Education and Psychology,
The Maharaja Sayajirao University of Baroda,

New Delhi then I could be permitted to be admitted and allowed to give X Board exams. Fortunately, I was permitted to be provisionally admitted to one of the CBSE affiliated schools in Pithoragarh. Days and months passed by, and finally the day came when I sat for my X Board exams. I prepared sincerely and gave exam. On the day of Result declaration, everyone was desperate and curious as it was whole family's exam whose result was awaited. In the evening at 7:30 PM, the result was declared and I rushed to the cyber café for the same. To my surprise, I scored Distinction with good grades. The Next day, in the newspaper it was declared that I scored highest in Hindi subject. AND YES, My journey started then and there. I accepted every challenge and enjoyed my journey of Academics thereby breaking all taboos and stereotypes that existed in my family. I completed B.Sc. Life Sciences, M.Sc. in Clinical Research, MBA, MA in Psychology, PhD in Clinical Research, Pursuing PhD in Psychology, and many diplomas and short term courses. I realized that Life for me is all about exploration and adaptation. Since, then I have never looked back. I am still a learner and will always be a learner throughout my Life. I chose a noble Profession of Teaching as my occupation because I believe that this is the best way to give back to the society. I enjoy writing articles, poems, academic research papers, academic chapters and books.

LOVE YOURSELF AND BE YOUR BEST FRIEND...

Today, it's a time to pen down a brief summary of my life journey on this Women's Day! I opened up my eyes in this beautiful world as 'Kavita' in a close knitted family of 5 members. Since father served in defence as an Engineer, we always used to get transferred every 3 years, thereby leading to change in schools, culture, geographical conditions, etc. So, adaptation and accommodation is something which was learnt at a very young age. I was provided with the best affordable education. Academically, I was a bright student up till IX class. I always used to enjoy curricular and extracurricular activities. But, one posting of my father changed my life. In the year 2002, my father got transferred to Pithoragarh (Uttarakhand). We all were excited to shift to new place again and that too in the hilly areas. To our surprise, we came to know that there are no ICSE affiliated schools but CBSE affiliated schools in that area. This came to me as a Huge surprise as it was almost the end of October month and I was in complete dilemma whether I would be able to give my X Board exams. My father approached every school, but every school rejected my application as my name was not registered in CBSE and they all suggested him for admission to IX class instead of X. One of the school's Principal suggested that if he could manage to get signature from the Director of CBSE Board,

Following is a list of Morals that I have learnt until now.

MORALE 1: Never Lose HOPE.

MORALE 2: Believe in YOURSELF.

MORALE 3: Always believe "SOMETHING BETTER IS WAITING FOR YOU AHEAD".

MORALE 4: Existence of GOD is questionable, however, there is a divine Power that is always with you to motivate further and develop Resilience in difficult times and moments.

MORALE 5: Experiences in Life build Your GOAL.

MORALE 6: People are always Good, the situation is not always Favorable.

MORALE 7: Process of Acquiring knowledge develops WISDOM.

MORALE 8: You are the Best friend of YOURSELF.

In the end, I would just say that I found inspiration and courage within myself through introspection and this was possible only because of the emotional and social support from my family.

I wish all the WOMEN "A HAPPY WOMEN'S DAY".



though, went to market and I said retailer to give a nozzle for cake.

Today I am skilled and I make cakes with the help of cake tools. I can make number of colorful and beautiful cakes!! I have researched and upgraded to making yummy & designer cakes as well.


I bake cakes for my family & friends on all special occasions. Sometimes it is a yummy surprise for my dear ones. So, would you like to have my cake made with fruitful efforts, and then send me your orders? This way they knew I make cake from home so, in his next party or occasion give me order and I will make it for you with vigor! I have named my business as 'VRUSHTI'S YUMMY CAKES' after my daughter's name as she is my lucky charm. I have been getting orders from my city regularly and I feel happiness in this work. In future I wish to mentor other women/ girls who cannot go outside to work due to some reason but want to earn. I will soon be launching baking classes...

I am Charmi Mota, I am home baker from last 2 Years. It all started in 2019 during corona pandemic when we could not buy products from market due to lockdown. Consequently I started making Cakes, cupcakes, donuts etc. for my family as they are fond of eating baked snacks. In the beginning I had started baking in a cooker. But sometimes the cakes did not bake properly, and there were other problems I faced, but I did not give up. I searched many videos on mobile phone to learn how to bake cakes properly. Then I remembered that my parents had gifted me an oven on my wedding! I had kept that oven in the store room for 10 years!!

I tried to start it but I did not have enough knowledge about temperature control etc. So once again I faced hurdle in baking my cake.

Then I baked around 50 up cakes in hit & trial, for a better result. Gradually I started learning about optimizing temperature for my cakes. And finally, I could bake properly! After nearing perfection in making sponge cakes, I thought of going a level up and frosting the cake for other families. I did not have any idea about business





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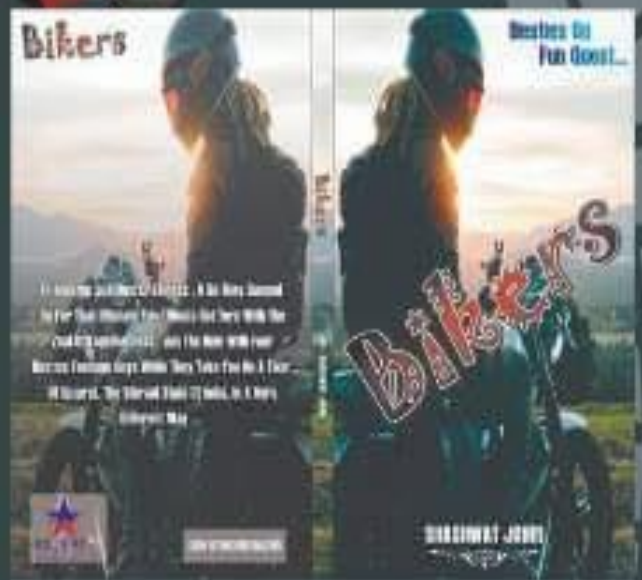
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