

VOL 1 ISSUE 05

JULY 2020

STORIES OF HER | FROM HER | BY HER

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SHE SIGHT

She laurels

ECLECTIC
ENTREPRENEURSHIP

LAKSHMI SREENATH

She musings

Plugging in
Six yards of hope

Cover personality

KAREN VENTER

The Breakthrough Strategist

LADY OF THE MONTH

THE SOLO TRAVELLER

SUBHASINI MISTRY

CEEVEE'S CORNER

The feminine Future



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

In India what we have noticed is, a woman tries to empower herself only when she is pushed to the wall by the exploiting forces. Unless and until, it's a timorous existence for her, programmed for dispensing her duties and obligations to somebody who calls the tune. Infact while by default she is of immeasurable depth and capacity her natural instinct of taking care of even the subtlest emotions of her children and loved ones make her put aside her own potentials and capabilities ; in most cases this feminine trait of hers is taken as granted too. While she falls for her motherhood and other concerns rather than picking herself up, the outcome is a dispirited and distorted version of her. Now to gather herself up, and to indulge in her own expressions there needs a lot of energy and enthusiasm; it is always better late than never. We at Prayaana do the hand holding to empower women in every possible ways. In this July issue we have empowered women and their saga, a beautiful musing about the Indian wonder —Saree, which when draped brings out the feminine beauty, elegance and strength and a brooding over the gender swap app in the Facebook .

Ms. Sujatha Unnikrishnan

Kochi





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COVER STORY

THE BREAKTHROUGH STRATEGIST





“

Karen Venter , is a well known business coach with many credentials . She is the Master Trainer of UNCTAD Empretec , Empretec India Community Development and her skills in Entrepreneurship Education and Leadership Training had made many realise their potentials and reach their breakthrough. She is based in South Africa and it was really a pleasure to hear her talking .

”



MAPPING YOUR SUCCESS

▼ Karen you are a well acclaimed business coach. What is the philosophy behind your coaching techniques?

Business coaching is a mutually respectful relationship of equals, where the full commitment to move oneself forward lies with the individual being coached, and responsibility for providing the roadmap and tools to their goal achievement, the support and accountability to guide that happening for the client, lies with the coach.

▼ If somebody approach you for a business consulting, how would you take them from there?

I would take them through my dynamic and fast paced 10 week online Revenue Breakthrough coaching programme for business owners and entrepreneurs.



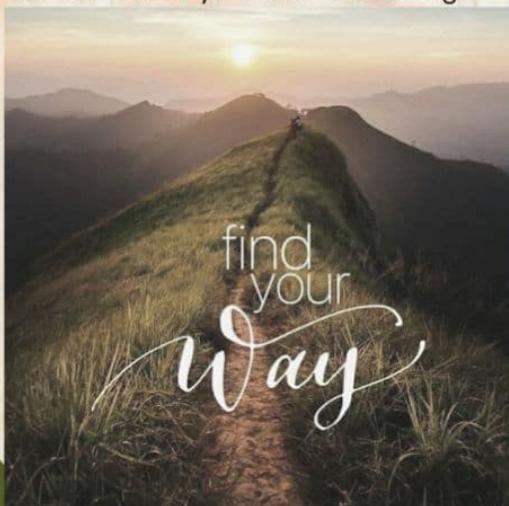
▼ Karen, we would like to know more about your 10 week Revenue Breakthrough Coaching Programme? How is it being conducted? What can one expect as the outcome after attending the programme

The programme helps business owners to increase and break through their current revenue ceiling, harnessing fresh opportunities by identifying and executing innovative business model changes which respond effectively to the newly shifted business reality. The focus is on innovation and lean operation. The online programme is the roadmap which will take you to this destination step by step. It is based on the principle of S.A.M. – Skills, Accountability and Mentorship. The Skills component is conducted online using videos to teach you all the skills you need to complete the assignment for the week. Accountability is achieved by submitting completed assignments to the coach for constructive feedback and follow up if you “disappear” off the programme radar for 2 weeks. Office hours occurs with weekly hour long mentorship sessions in a group setting which forms part of accountability as well as guiding you through the process wherever you might feel stuck or require additional support. As the coach, I make sure that every participant is fully supported through these channels to bring them to the desired outcome.



▼ **Karen, in this highly competitive and uncertain times, what is that 'in thing' one needed for the achievement of her vision?**

In our current business market, entrepreneurs need to focus what is unique about their product or service and how they can innovate to ensure this uniqueness. Being successful in business is no longer based on better quality or cheaper prices (although these things remain important). It is now about offering something more than your competitors, something innovative, something which closes the gap between what is currently available and what they need while being environmentally conscious about what you are offering.



▼ **How did you get involved with Empretec India?**

I am an accredited UNCTAD Empretec trainer living in South Africa. I was approached, via my Brazilian Empretec mentor, Fernando Gameleira, by the Empretec India Director, Mr Arnab Chakraborty, to form part of the training team for a workshop in December 2015. I was beyond excited to be offered the opportunity and accepted immediately. During the workshop Arnab asked me to return for the next Empretec Workshop in India and the rest is history. I have been part of the installation team of the programme in India ever since, training on all workshops which are held in the country.



▼ **We really need to zoom and pan out all the possibilities at this time of covid 19 hit time. How should we go ahead during this time of depression?**

That's really what the focus of my online programme is all about, mapping out the process for you as an entrepreneur to "find your way" in this new and sometimes challenging environment. But remember, challenging can sometimes force you to look at fresh opportunities and keep your business relevant to your target market. Wherever there is a problem, there is also a solution. The idea for now is to move your focus on to the solution and not keep yourself stuck on the problem.



▼ **You are motivating many across the world and let us know what your inspiration is ?**

My inspiration is undoubtedly the people who I coach and work with on training programmes. I meet such passionate, committed, vibrant entrepreneurs. It is just natural to want to help them to achieve their goals and become the very best business person version of themselves that they aspire to be. Their persistence and desire to grow inspires me.



▼ **Unlike the past, networking through the social media is crucial. So what is your take on this.?**

Having a business but not having an online presence on social media is like winking at a girl in the dark. It is the primary way that business contacts are made today, particularly in the post Covid reality we find ourselves in. If you don't have time or are not familiar with social media, invest in a social media partner who you can outsource this important function to.

▼ **This magazine focuses to uplift and motivate women entrepreneurs, kindly show some light for us .**

I know that as women in developing countries we still feel some patriarchal influence in our societies but this does not mean that we can't pave the way for ourselves. I do believe that we are living in a time where women are making their voices heard above these challenges and that we are able to achieve whatever we set our hearts and minds to achieve. As strong women, we need to harness our self confidence and be the shining lights we are meant to be. We are so fortunate that we show up in the world, not only with capable and clear minds but also with compassion and heart. I think this is a most beautiful attribute which brings a unique perspective and compliments us and our passion for our clients, products and environment as business people.



▼ **Karen, what made you chose this path – business coaching? Were there challenges in your life? A diamond was nothing special once but with enough time and pressure it becomes spectacular! We are eager to hear from you.**

My journey into coaching was an organic transition for me which unfolded as my children grew older and my focus became more about what I wanted to achieve in life than being focused almost completely on my children. I have had many challenges but am eager to talk more about the good stuff in this interview 😊.

🌐 <http://www.karenventer.com>, Email: karen@karenventer.com



Ms. Sujatha Unnikrishnan

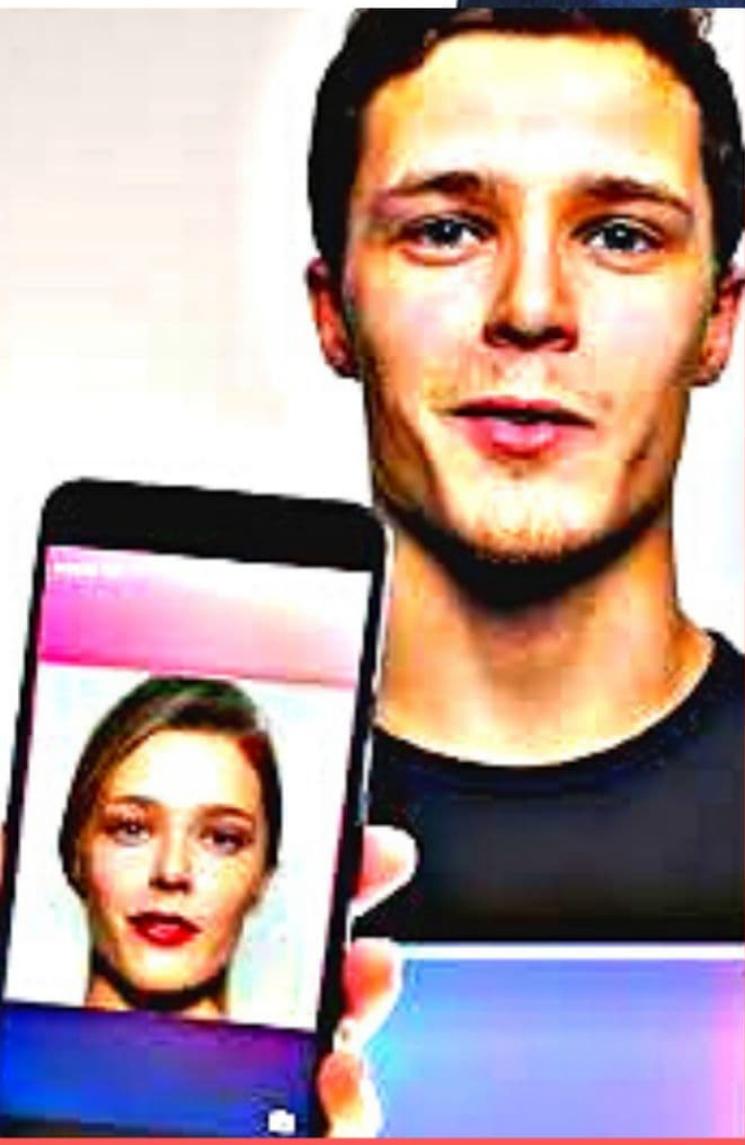
KOCHI



THE FEMININE FUTURE

CEEVEE'S CORNER

Last week one of the trending things on Facebook and other social media was the usage of an image processing app – FaceApp which produced morphed images of people turning them into the opposite gender. I could see many of the men in my friend list suddenly turning into gorgeous women who became divas and got hundreds of likes and comments including proposals! Well, the app did a pretty decent work of turning the roughest face into a smooth feminine face along with adding the hairstyle and makeup. I asked one man who daringly posted the image in his status and stories how he felt after this. He said he suddenly got liked by more people and felt happy at the attention he got. Then, I asked the question: “Now that you changed the facial features to become a woman, would you like to attempt some of her mental qualities as well? Why not become a bit more feminine?” Well, this friend got offended as he thought I was teasing him about his gender. Then, I convinced him that to be ‘feminine’, a man need not transform into a woman.



Scientifically and psychologically, the qualities of masculinity and femininity are not specific to a gender. Even in philosophical, spiritual, and mythological domains, we portray the existence of duality - the combination of male and female qualities. But in our society we still consider a human being's qualities in connection with their sex. Gender is a wider concept and the degrees of variances of the qualities of masculinity and femininity along with the increase or decrease of sex hormones determine one's gender orientation.

What I am talking about today is neither about sex, nor gender. But about qualities. The qualities which are categorized as 'feminine' or 'masculine'. Every human being has both sets of these traits within them.

What if we combine these qualities to evolve to a better human being thereby a better world? Historically, the world ran on the systems of male violence - capitalism, patriarchy, supremacy for over a millennium, and have caused a wreck to the balance of the earth. Thus, we had the valiant kings and the slave masters who showcased their power through aggression and abuse. Even the patriarchy that we talk about has evolved from this aggressive nature of the wild trying to keep one's territory.



The supportive, loving and caring nature was stereotyped to be meek and 'womanly'. In due course, men became forced to show aggression to be considered 'manly'.

A dystopian future lead by sinister mega corporations whose only motive is profit is an imminent peril derived out of this toxic masculinity.

The image by Miguel dean shows the need for the balancing of masculinity and femininity to evolve into a compassionate human being who believes in collective humanity.

Feminine Energy

Receptive
Passive
Contractive
Intuitive
Inward

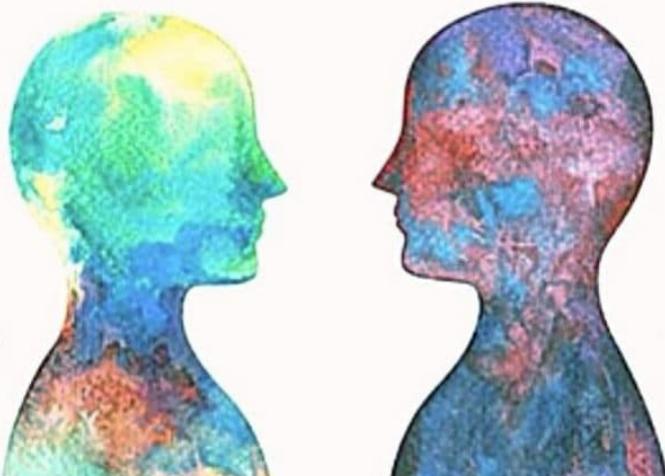
NATURAL FEMININE

Unconditional Love	Stillness
Understanding	Flow
Nurturing	Radiance
Tenderness	Surrender
Kindness	Sensitivity
Intuitive	Emotional
Creative	Ease
Feeling	Allowing

WOUNDED FEMININE

Victime	Neediness
Powerless	Co-dependency
Weakness	Over-sensitivity
Manipulation	Over-emotional
Withholding	

Find the BALANCE



Masculine Energy

Projective
Active
Giving
Expansive
Outward

NATURAL MASCULINE

Confidence	Protection
Inner Strength	Clarity
Responsibility	Boundaries
Focus	Courage
Logical	Discipline
Support	Capable
Stability	Certain
Direction	Assertive

WOUNDED MASCULINE

Perpetrator	Confrontational
Abuse of power	Criticism
Dominance	Abuse
Aggression	Avoidance
Control	Unsupportive
Competitive	Unstable



Feminine qualities like nurturing, empowering, kindness, intuitiveness, reactivity, etc. when combined with confidence, power, courage, etc. make a human being more 'human'. For this to happen, we need more role models of women /feminine leadership and thankfully COVID brought out blatant differences of victory over the pandemic in regions/countries led by women. Well, if we look at this closely, we realize that the innately feminine qualities of women – collaboration, nurturing and even probably the lower self-esteem leading to over-reliance on experts rather than the brash arrogance of 'I know it all' attitude have probably helped in the management of the pandemic effectively. This has validated the relevance and importance of not just improving the number of women in leadership but also their importance of 'feminine leadership style'

At an individual front, I think, if we shed the wounded masculine qualities of dominance, aggression, competitiveness qualities to become more of positive feminine qualities like sensitivity, understanding, and nurturing, we can have better relationships and better peace. These qualities also will matter much in the 'new normal' in the post COVID era where people realize the difference between essentials and non-essentials in life. The ever greedy and competitive masculine who has always fought for power and tried to suppress another shall move aside to the frugal and futuristic feminine who tries to collaborate and win together.

Now, let's look at our current world – the pandemic led uncertainty, the economic downfalls, the disruption of the existing ways of life, the border unrests, and the aggressions around: All this leads to a transition phase.

Instead of going back to the all violating, selfish, discriminatory macho capitalism, can we transition to a feminine world?

A world where we nurture and care not just for human beings but also to ensure that we provide a haven to all living beings. A world where human beings thrive to create a conducive and a non-violating environment for all beings. A world which offers non-discriminatory and dignified living to any form of life?

Cheers to that Feminine Future!

**CeeVee
July 2020**

Dr. Chandra Vadhana

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#CeeVee is the brand name of Dr. Chandra Vadhana





She musings



SIX YARDS OF HOPE

BY- Haima Deshpande

During the Covid-19 national lockdown when a majority had forgotten the touch and feel of their outdoor clothes, a group of women were lighting up Facebook (FB) in their six-yard finery. Someone had started a sari challenge and they were part of it. Participants had to post a selfie in a sari. Those were initial days of the lockdown and people were locked inside their homes in fear of the unknown. These selfies definitely helped take the mind off the mundane. These beautiful pictures of smiling women in awesome saris provided a much needed respite.

While a drape similar to the Indian sari can be traced to the Indus Valley civilization, in recent years its popularity has seen an upward surge. Women - young and old - are draping it and celebrating its elegance and style like never before. In an era of free choices, the sari has found a new acceptability in modern homes. Despite its journey across the length and breadth of India since centuries, it is after the advent of social media that the sari has found itself in the closets of new followers who never owned one.





The 100-sari pact is another challenge which has made the drape popular. This challenge is about wearing at least 100 saris during the year and posting the images on FB. The saris and its wearers make you want to drape one.

My mother loved her saris and wore them with such finesse that watching her in those drapes was a visual treat. She owned saris from every state in India and in as many weaves as there could be. She owned 700 of the finest drapes. Despite growing up with a stylish mother, her love for saris did not find its way into my genes. The only time I draped a sari was for Onam, as she insisted on tradition.

Then three years ago, exactly 13 years after my mother passed away, I fell in love with the sari. There is no "exact moment" when I fell in love, it just happened. The culprit was a yellow and green six-yard drape in linen. The image of it worn with a bold red blouse with sheer long sleeves is filed away in the recesses of my memory for future airing.

Amongst all the Indian wear for women the sari enjoys an enviable position. Considered to be a benchmark of Indian femininity the style and elegance of this garment probably compares to a handful of others. Where mothers failed to instil a love for the sari in the hearts of their modern-day daughters, social media ensured an unshakeable



foothold. A host of my friends have converted to sari wearers. They confessed that the constant bombardment of images on social media were a lure. It is also because designers across the spectrum have tried to recreate the sari to appeal to newer audiences. While the elegance and style continue to dominate every yard, today's versions are flirtier. Frills, flounces and stitched pleats of yesteryears have made a comeback. The ease of buying the garment online too has helped in its making newer strides.



Not everyone is gung-ho about the sari. The folds of this drape hide so many emotions- anger, frustration, happiness, joy, sorrow and so much more. Through the years a woman's relationship with the sari has been complex. In a majority of the households in India, women are forced to wear the sari out of compulsion. Some years ago a friend had narrated on the reasons for hating the sari. Her mother-in-law had been clear that the sari would be the only garment she would wear. The inconvenience of draping it and the diktat, had in her mind, turned the sari into an object of subjugation. My friend confessed that the only emotion she felt when she looked at the sari was anger.

Years later, when she started living in a different city following the transfer of her husband and armed with the freedom of choices to wear the garments of her liking, she developed a new respect for the sari. The reason being that now she wore it because she wanted to and not because she had to. During my reporting assignments to the rural areas, I have met women who wanted to do much more than housework. An old lady well into her 70s told me once that all her life she had envied women who had the freedom to choose their own clothes.

She told me that it was a regret she would take with her to the grave. For this woman draped in a turquoise blue irkal sari, the denial of the right to choose her own clothing had shaped the way she thought and lived.

As a child I remember hanging on to my mother's sari pallav whenever I was scared. I would hold on to it and hide behind her and peep out gingerly. I wiped my after play sweaty face on it, my streaming nose and dirty hands. My mother's sari pallav was that umbilical cord I never wanted to cut myself off from. Today, my daughter does not know the bonding between a child and the mother's sari pallav.

Like the changing profile of the present-day woman, the re-emergence of the sari is a matter of celebration. For the new woman it signals empowerment and not subjugation.



Ms. Haima Deshpande

Independent journalist

and writer

Mumbai



Yoga and meditation – a key to unlock the peace within

On June 21st the world had its International Yoga day . The Sanskrit word yoga is no more a mysterious word, that conjures up images of head upside down yogis or skin and bone and thread bared mystics. Instead it has become now a mantra for an assured overall wellbeing .Yoga and meditation is an offshoot of that great ancient Indian wisdom that had been passed down through the centuries – one of the many keys that the East had for annihilating the mind so that to get in touch with one's own root or one's own existence.

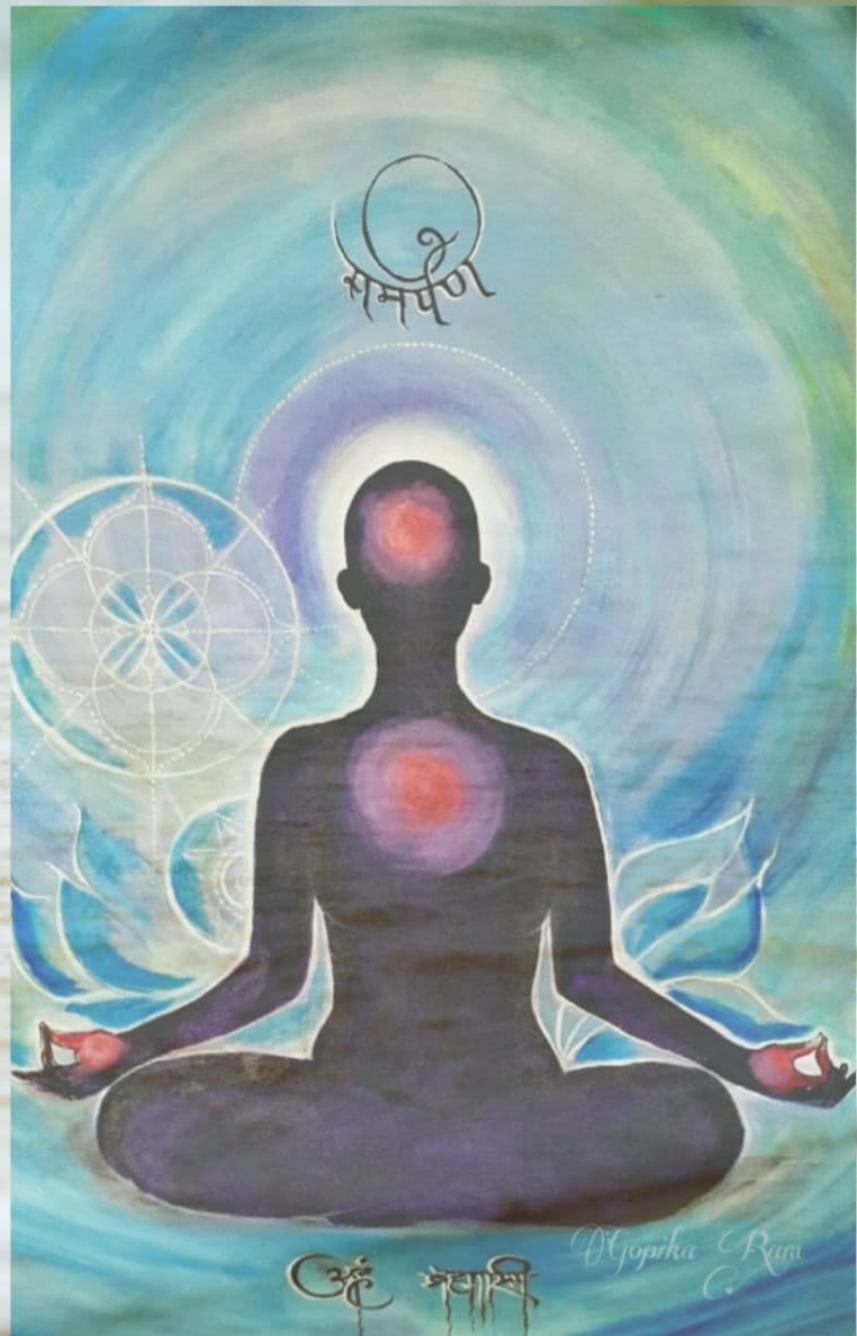
A consistent and daily practise of yoga, magnifies the intellect, changes the perception and outlook, and brings more energy and flexibility to the body. Nothing else but, only yoga and meditation can bring the inner peace that can make one stay cool, calm and collected while facing the challenges of the life. Let us try to string together, what that ancient wisdom is ,how yoga and meditation is related to this great wisdom of those yonder ages and what that inner peace is ,we all hear and perhaps read a lot too but little understood.

The root or the core of the Indian Wisdom is the 'Oneness' – that is the oneness of the universe and when put in a different way it means that 'only the ONE exists without a second .This is not an idea nor a concept cooked up to instil unity and uniformity in to us but instead it is the final and the only inexplicable Truth. Inexplicable – the same way as light cannot be explained to someone who has not ever seen light in his life. This truth is echoed through the East's several texts, art forms, temple rituals, and exquisite architectural relics of the past; better we can say the Indian bards , saints and mystics sang and preached , adored and worshipped this Oneness throughout



their life . Every science that originated here, be it Ayurveda, Sidhavaidya, Mathematics or even architectural wonders were based and had been pivoted on this TRUTH . If one at least can contain this Truth, it would be easier for him to lead a far better life with less inhibitions, but on the contrary if one realises, experience and tastes this Oneness then he will forever remain in a wonderful bliss, absolutely selfless and overflowing with pure Wisdom; India has produced thousands of men and women who have reached to this ultimate explosion of consciousness.

The ancient seers of India had a very concrete idea of what body, intellect, mind, emotions and consciousness were .They found out that it was the awareness or consciousness that was playing a greater role in carving out a human to perfection . Consciousness /awareness was the channel that they considered to be as, of paramount importance for a righteous and pure living and that it was the only assured way, to unlock the inner peace and joy . This is what Yoga does – it targets the awareness /consciousness to go beyond the mind. If practised daily , it heightens the awareness automatically and brings health and peace into our system and gradually make us realise our oneness with the universe. The joy or inner peace what we refer here is not the calmness of the deep sea – lull on the surface but turbulent beneath, instead it is a feeling of more and more life in each cell of one's body with stillness as its quotient .



Art credit: Ms. Gopika Ram



**By: Ms. Sujatha Unnikrishnan
Kochi**



Business Woman OF THE MONTH





WITH NO FULL STOPS

Ms. Kavita Menon
CEO, Educator and Trainer
Global Language-The Academic Partnership LLC-India
Cochin



GLOBAL LANGUAGE- THE ACADEMIC PARTNERSHIP LLC- INDIA

Kavita Menon, is an educator, entrepreneur and an award winning author of Amazon's No.1. best seller the 'Spiritual Fitness Survivor'.

She started her career in 2009 as a Communicative English teacher and continued her job as a teacher in many schools and private institutions till March 2017. Then she felt that she needed a break and she had it as well; From April 2017- December 2018, she literally took a long break, and that time – a time of hibernation made her understand more about her true self ; she went through a transitional phase only to emerge out as more creative and constructive ever more than before. Perhaps all those solo trips to a few countries where she had also worked for a while might have had opened more new windows before her. These experiences did a 180 degree turn in her life all her perceptions changed, she became more emotionally matured and the spiritual dimension in her was opened up. There happened a significant and magnificent deflection in her profession life too ; she made her passion – English language as a profession. During 2018-2019 and even in January 2020 she bagged a few titles; she became a Global Education Influencer; and Global Goodwill Ambassador and Global Peace Ambassador too. On the top of that on 5th January 2020 she became an award winning author of the book 'Spiritual Fitness Survivor'.

As she went ahead by accepting herself fully, she realized more of her priorities and the need of self love and discipline in her life . She now acknowledges that with passion, practice, commitment, hard work, determination, dedication, positivity, smile, trust and faith in God and in one's self one can make mountains move.

In October 2019, she set up her institution 'Global Language - The Academic Partnership LLC - India'. The first step of her's to be self-employed and self-disciplined and with the mission –hope and passion to make the ESL-English as a second language. She enjoys to explore and to go deeper to clinch her interest so that it can influence others as well to improve, enhance and develop their English language proficiency.

In Kavithas's own words -

"In Global Language-The Academic Partnership LLC- India, I develop the module, activities, teach, meet people, grow network and connections. As for now I have online classes for different age levels ranging from age 4 to age 60 specifically for English Language. I am also planning to start an in- class programme as well . Being a sole proprietor,I myself shoulder all the responsibilities, it teaches me, defines me and makes me. And that makes me follow—"Getting Better Never Stops"."





Strains of life



ALWAYS DO
YOUR BEST
NO MATTER
THE SIZE
OF YOUR
AUDIENCE.

The slender bamboo shoot
Had small holes in her,
She felt inadequate,
Imperfect
Unlike the other reeds
Who were smooth and glossy.
A little boy had picked her
Up from the muddy earth,
Where she had lain ,
Feeling sad and sorry for herself.
As night set in ,
Dinner done,
And in the hour where
Everyone does nothing,
The little boy took the
slender bamboo shoot
From his pocket.
Quiet streets greeted him.
His melancholy at
Nothingness happening,
Drove him to put the
shoot to his lips.
pretending he was a Bollywood
Star, cigar in mouth ,
Acting out scenes he
Hero worshipped!



A stray kitten
 Stopped to stare at him
 Hoping for a crumb or two
 Or even a belly rub.
 The boy suddenly blew into the reed
 And out came a strange tune.
 He stopped.
 The cat sat down to listen,
 So the boy breathed into the reed again,
 And the haunting
 Melodies filled the silence of the night,
 Filled the empty street
 With enchanting music!
 The reed poured out her
 Sadness and even the feline was enraptured
 The little boy then changed the tune
 A zippy one,
 And the reed, who knew not
 that she could be happy too,
 Sang with gay abandon!
 In the Masters hands we too can know
 That happiness is being yourself
 With or without holes!
 His breath whispers through us,
 Sometimes a gale,
 Sometimes a caress,
 We just need to follow the tune,
 Wherever it goes.
 We don't need an audience
 To applaud,
 Even if it's a little kitty cat
 Stopping by for a belly rub!

-Ms. Vidya Venkataramanan
 Poet & Writer
 Chennai





Blockchain Technology

What is Blockchain Technology?

Blockchain, sometimes referred to as Distributed Ledger Technology (DLT), makes the history of any digital asset unalterable and transparent through the use of decentralization and cryptographic hashing.

A simple analogy for understanding blockchain technology is a Google Doc. When we create a document and share it with a group of people, the document is distributed instead of copied or transferred. This creates a decentralized distribution chain that gives everyone access to the document at the same time. No one is locked out awaiting changes from another party, while all modifications to the doc are being recorded in real-time, making changes completely transparent.

A blockchain carries no transaction cost.

(An infrastructure cost yes, but no transaction cost.) The blockchain is a simple yet ingenious way of passing information from A to B in a fully automated and safe manner. One party to a transaction initiates the process by creating a block. This block is verified by thousands, perhaps millions of computers distributed around the net. The verified block is added to a chain, which is stored across the net, creating not just a unique record, but a unique record with a unique history. Falsifying a single record would mean falsifying the entire chain in millions of instances. That is virtually impossible. Bitcoin uses this model for monetary transactions, but it can be deployed in many other ways.





Think of a railway company. We buy tickets on an app or the web. The credit card company takes a cut for processing the transaction. Blockchains, not only can the railway operator save on credit card processing fees, it can move the entire ticketing process to the blockchain. The two parties in the transaction are the railway company and the passenger. The ticket is a block, which will be added to a ticket blockchain. Just as a monetary transaction on the blockchain is a unique, independently verifiable and unfalsifiable record (like Bitcoin), so can your ticket be. Incidentally, the final ticket blockchain is also a record of all transactions for, say, a certain train route, or even the entire train network, comprising every ticket ever sold, every journey ever taken.

But the key here is this: it's free. Not only can the blockchain transfer and store money, but it can also replace all processes and business models that rely on charging a small fee for a transaction. Or any other transaction between two parties.

How Does a Blockchain Work?

Picture a spreadsheet that is duplicated thousands of times across a network of computers. Then imagine that this network is designed to regularly update this spreadsheet and you have a basic understanding of the blockchain.

Information held on a blockchain exists as a shared — and continually reconciled — database. This is a way of using the network that has obvious benefits. The blockchain database isn't stored in any single location, meaning the records it keeps are truly public and easily verifiable. No centralized version of this information exists for a hacker to corrupt. Hosted by millions of computers simultaneously, its data is accessible to anyone on the internet.

To go in deeper with the Google spreadsheet analogy, I would like you to read this piece from a blockchain specialist.

The reason why the blockchain has gained so much admiration is that:

- It is not owned by a single entity, hence it is decentralized
- The data is cryptographically stored inside
- The blockchain is immutable, so no one can tamper with the data that is inside the blockchain
- The blockchain is transparent so one can track the data if they want to

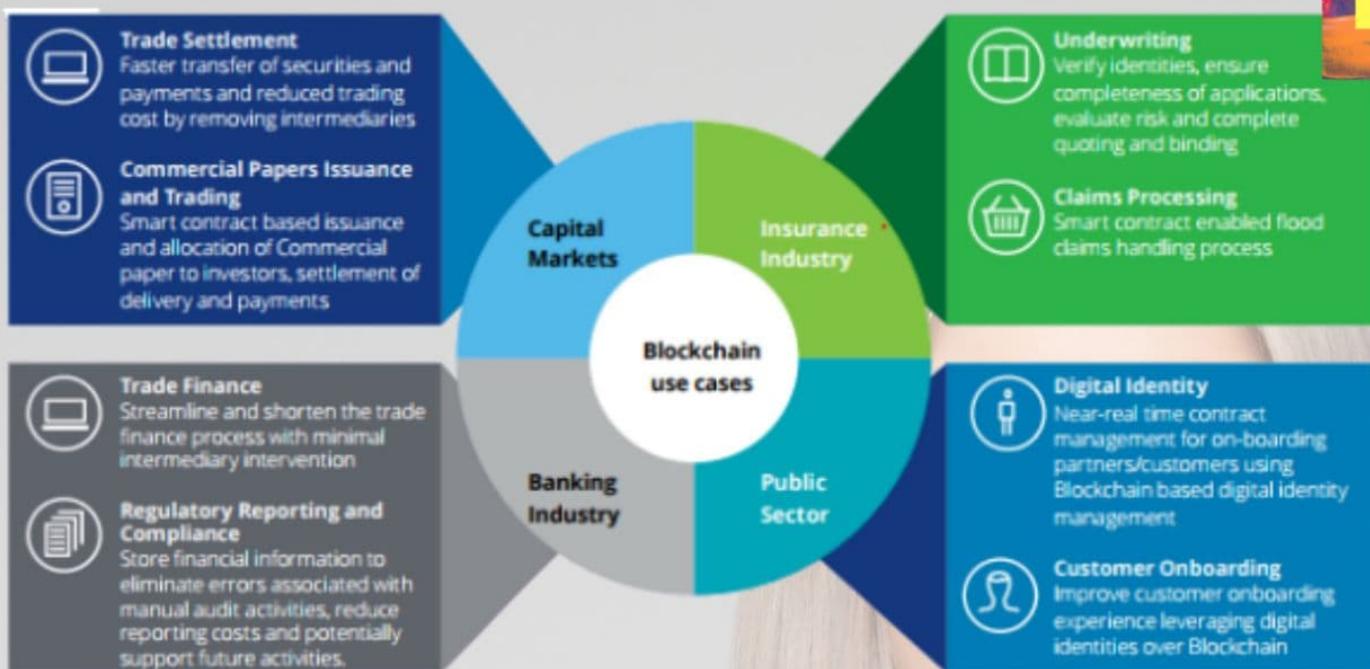
Some have even gone to the extent of saying that Blockchain today is what Internet was in the 1990s. With a technology as promising as this, many aspirants have set their eyes upon Blockchain as the next career move. A Blockchain developer is sought after by many companies. With coding skills at the core, the desired skill set of a Blockchain expert is:

- Knowledge of Java, C++, Ethereum's Solidity, Python
- Understanding of financial services, payment processing, credit services
- Exposure to Big Data and Data Science

Why career in Blockchain seems so lucrative?

• Hiring across top companies

Top companies across the globe such as IBM, Microsoft, Intel, JP Morgan Chase are recruiting Blockchain developers in huge numbers. Closer home, Reliance Infocomm, Yes Bank, Bajaj Electricals and Mahindra Group have employed Blockchain in many of their operations. The distributed ledger system is believed to lower operational cost. Hence it is expected that these corporations will need a lot of professionals for the transition from old to new technology. **A PwC report says, 56% of Indian businesses are inclined to make blockchain a part of their core business.**



Source: Deloitte

• Blockchain has multiple applications:

Many think that Blockchain is only associated with Bitcoins, which is not true. The application of Blockchain technology is diverse and its utility can be seen in healthcare, supply chain, banking services, manufacturing, real estate, digitizing land records etc. This means gradually all walks of life will be pervaded by this technology and operations will be designed keeping these in mind. This implies that companies in most of the sectors in India will hire professionals who can work on Blockchain technology.

• The rise of Cryptocurrencies:

Even though cryptocurrencies are yet to get clearance from the regulatory bodies in India, they seem to be on the rise. A number of Bitcoin exchanges and wallets have cropped up in India. Zebpay, Unocoin, Coinsecure, Coinmama and BTCXIndia are few of them. As per statistics, there are thousands of customers who are on board the Bitcoin companies every day. If Bitcoins and other cryptocurrencies are accepted by the Indian authorities, there will be a huge demand for Blockchain developers amongst start-ups and established players alike.

• Growing dominance of Fintech companies and digital wallets:

Post demonetization in India, we have witnessed the proliferation of Fintech/Digital payment firms. Gradually, credit settlement, insurance claim settlement, loan disbursal, micro-financing etc. will depend on various forms of technology and Blockchain is one of them. Studies have shown that Blockchain technology, with its Distributed ledger Technology (DLT), can facilitate quicker claim settlement, easier customer enrollment, fraud control etc.

Initiatives were taken by India to embrace Blockchain Technology

India has taken huge steps towards digitization on account of transparency, integrity and security, in the recent past. Most people are of the opinion that the adoption of Blockchain Technology will complement this move quite well:

- As the number of professionals in the Blockchain sphere is limited, some higher educational institutions have launched courses for gaining expertise in this technology.



- The Reserve Bank of India (RBI) is planning to constitute an expert committee to study the application of Blockchain technology in creating a decentralized and cashless Banking system.
- Telangana government has announced the use of Blockchain technology in digitizing land records and upgrading other data.

Opportunities

Hack-proof data due to encryption

Transparency in transactions. No dependency on a centralized authority

A PwC report says, 56% of Indian businesses are inclined to make blockchain a part of their core business

Reserve Bank of India planning a research on decentralized banking through Blockchain

Positivity surrounding Blockchain gives rise to huge demand for qualified professionals in this field

Technology still in its infancy, hence unpredictable.

May not deliver as per expectations in future

Lack of awareness and expertise in India may lead to faulty adoption and implementation

Lack of approval from regulatory authorities on Bitcoin leads to skepticism

Challenges

Adoption of Blockchain Technology comes with a set of challenges

The current state of affairs indicates that Blockchain Technology can revolutionize the future, however, there are certain caveats to it.

- The technology is in its infancy, it is too early to predict its applications and success thereafter. Studies and research are still underway and a lot is yet to be discovered. What has been unravelled is just the tip of the iceberg, so there are lots to wait and watch.
- Too much hype around the technology is creating unrealistic expectations. It can be unwise to put major things at stake, especially in the financial services sector, if the Blockchain technology doesn't deliver as expected. Since this is an upcoming technology, it is quite possible that there will be issues in its adoption and integration.
- Lack of compliance can prompt many fraudulent companies to come into the Bitcoin space. The trading can be used to fund illegal activities and soon this may reduce the popularity and credibility of Blockchain technology.

Final Thoughts

Identifying revolutionary patterns in its formative stage is the sign of a genius. However, the judgement has to be based on a balanced view of things. Many of you may start dreaming of a glorifying career as a Blockchain Professional without thinking about your interest in the field or the future of Blockchain in India. It is not advisable to follow a herd mentality and be blinded by higher salaries. You need to look at the big picture and gauge the stability of the career in Blockchain technology before taking a leap on impulse. So, research well and educate yourself more about the opportunities and challenges faced by this technology. This is the only way to assess its merit and take calculated risks

Reference from internet



Ms. Gopika Ram
Founder of Live with Art
Mumbai



Eclectic Entrepreneurship

Ms.Lakshmi Sreenath



It may take years to know what actually we want from our life, till that it would be a trial run, dragging ourselves through the drudge and slog. What matters is that the seeker in us should be alive. Lakshmi had her own share too; until she fell into the groove it was a tough ride for her. She gave up her pursuit of chartered accountancy when she realised that she will be a misfit in the world of accounting and taxes. But the seeker in her did not rest until by trial and error she found out what her passion and love was.

For Lakshmi, yoga was her breath and mantra for wellness that's why she went on to become a certified yoga trainer. In between she took her PG in food and nutrition when she felt it really interested her and she enjoyed those days thoroughly. As starters, she began taking yoga classes at her own house, under the name Thapasya Yoga. This practise of yoga might have touched her inner core and could have given her more clarity or even might have activated her genetics. Her maternal grandfather Shankara Vaidyar was an Ayurveda practitioner and she

fall back to her roots least unexpectedly. The least did she know that, there in her lay dormant the aroma and essence of the Indian herbs which she began to extract out from within and she named it the Herbal Sutras. The herbal oil formula that was handed down through the generations was once again back into the old cauldron - and her first batch of sales were 6 bottles of this herbal hair oil. It is still one of the fastest moving products. As a budding entrepreneur she too had taken certain adventures, like taking just three of her products to an exhibition at Rajagiri and convincing the customers about the difference between the bulk manufactured commercial products and the home made products are some of those. She mirrors herself in her products and make sure that the outcome is always what she has been conceiving through and perfectly aligned to her principles and values.

When there came a demand for really good soaps, she also, as the custom, did her first try with the soap 'base' which she had bought online. She wanted to replace this soap base with something chemical free and more reliable, as she was not ready to sacrifice the quality of her products; and she was not sure about what all chemicals have gone in to the soap base. So again she did a lot of research and came with the idea of the cold pressed soap. Now she has the best soaps available in the market and she knows her products like her own baby. Each of her products are exactly what she wanted for her own use and her families wellness. As an advocate of wellness and holistic living, whatever she does add to the enhancement of the life process. Her love and adoration for the Indian herbs is so deep, perhaps her genetics again, that soon she is going to come up with herbal chocolates and a lot efforts and research is going in to that.

Along with the process of driving towards Kerala's naturality, Herbal Sutras also work for the underprivileged from the rural areas of Kerala by teaching them the art of making the naturals from the nature, imbuing a social entrepreneur in each one of them.





Now all those were about Lakshmi as an entrepreneur. But she would like to be known herself as a social entrepreneur. She values the life within each one, more than anything, so to worship that life, she says, eradicating hunger is one of her aims. A very tall order that it is, but she is determined to do whatever she could, in her own way. Through this she mainly aims at the well being of the girl child. A girl child bears the next generation therefore she says, her health is of utmost importance. Keeping this in mind a less expensive food with the best nutritional values is going to hit the Indian shelves very soon. She was actively involved in the rescue mission during the floods of 2017 and she got associated with the helping brainz a Delhi based NGO. With their collaboration, she also imparts her accrued knowledge and information through 'detergent and soap making workshops' for the economically backward families as she firmly believes "teach a man to fish and you feed him for a life time". Many plans are on the anvil like making the Kudumbashree community involved with her work shops by government support is one of them. She keeps her humaneness always alive; When she gets her mood swings she simply pen down her emotions and lo! she is back to her natural self as lively and enthusiastic as ever.

Find her here at <http://thelifesutras.com/>
<https://www.youtube.com/channel/UCAKBGILyeMERLsTusrOMsPA>

By: Ms. Sujatha Unnikrishnan

Kochi





Ask The Mentor



Q .My husband is in the IT field, I am also a working woman. He never shoulders any responsibility except bringing money home. He constantly brags about his income and keeps an account as to where all he spends. Till now he has not expressed his love to me and my kids. Both of our parents are aware of the situation but they ask me to adjust .Now I have reached a point of break down.

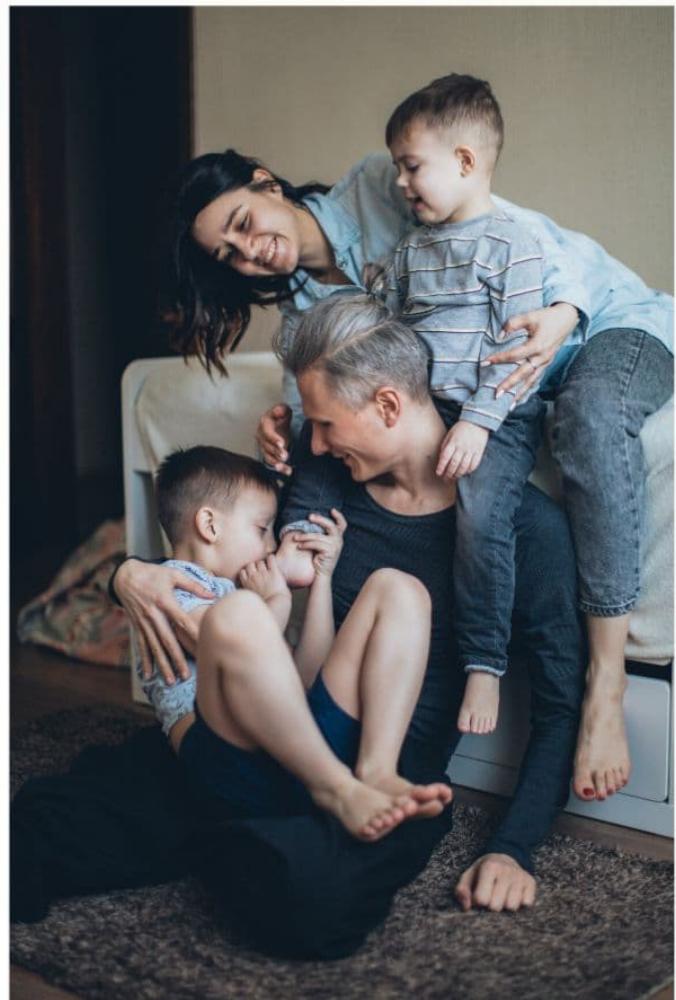
This is a situation which cannot be tackled in a few sentences. We need to change our perceptions and that perception should become our habit. There are many way that this problem can be approached.If one method is not working in favour for us then we have to choose another and by trial and error we would be able to tackle the situation.The first thing that matters is a clarity and for that you need to ask a few questions to yourself . Do you want this marriage to work?Do you really love him?It is all about your happiness ultimately, so how do you plan to get that from this relationship?

How much determination and persistence do you have to continue the relationship? Perhaps if you want to continue this relationship you would have to put years of hard work and wait for a change. Are you ready for this ?

Bringing money home is really a crucial factor. You should value it.Whether he expresses his love or not, that is not yours but his mental makeup So if your decision is to live with him then the next option is to make your life happier, and fulfilled. How to make yourself happier that is what we should think about . As a first step focus on his positives and appreciate for that .It is your commitment and love towards the family that matters most and he will learn that slowly .So to prove this there needs determination and perseverance. There are chances that this method to fail. If so we will go for another measure. Remember, you have all the freedom to give up the relationship if you find happiness in that option.



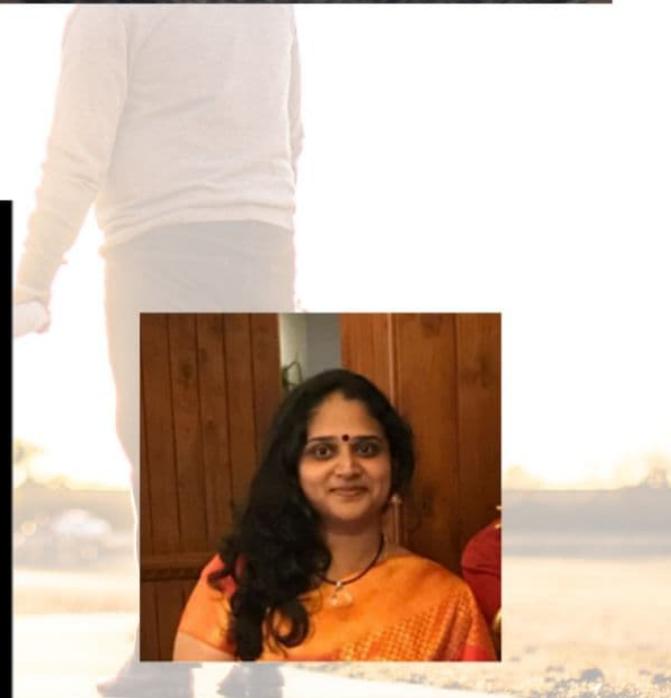
Once you have decided to go ahead with the marriage there should be an open talk and discussion with no emotional outrages. Now you both are bringing money .Let him keep the account in the same way you also keep an account of yours with no fail. Make a list of all that responsibilities that you will dispense with and also what all he is expected do. Make him understand that you are going through these problems and you need support . Then you chart out a plan.Reason out in the best possible way and tell him that you both need a happy life and you are concerned about your children as well.There are chances a that he may show a cold shoulder . I also recommend you to take a professional help so that you will also have an idea of, where all you should correct yourself.Both of yours strength and weaknesses will get analysed . Always keep the criteria as, your happiness and your families well-being . There are efforts to be put to live happily with the spouse. In all the marriages a majority are consciously trying to be happy and a few others do it unconsciously or by default. Do the pros and cons , bring a clarity,take a professional help and go ahead .



Do you have any specific query related to career,business,health,beauty or any topic? Here is your chance to ask the experts and get answers! shesight will be coordinating with experts and mentors at Prayaana and other organisations to give you the answer.s

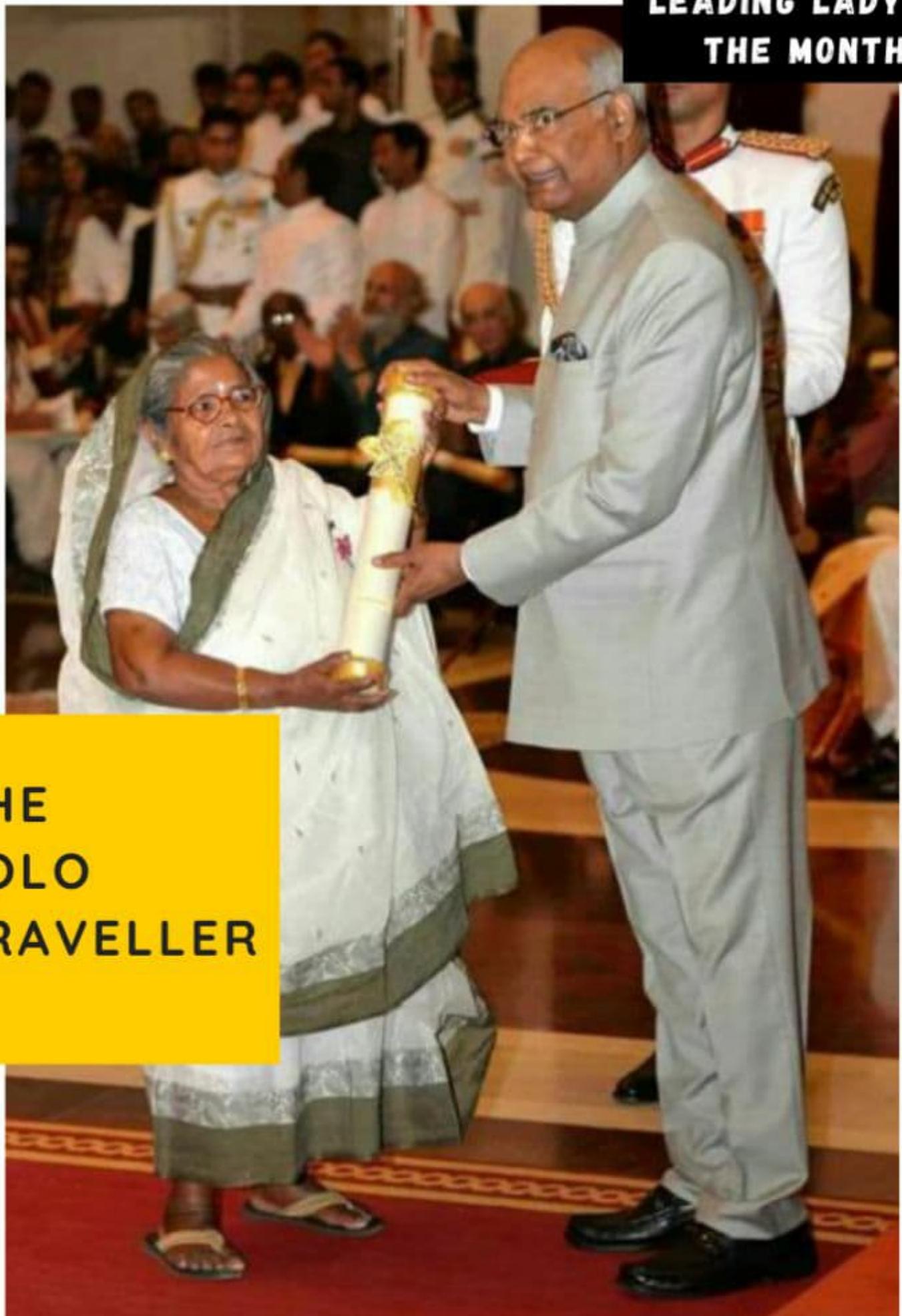
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LEADING LADY OF THE MONTH



THE
SOLO
TRAVELLER



"No one should die because they are poor.."

It happens once in a while that we hear stories of people going the extra mile to serve humankind, and setting an example in stone with their iron-clad will.

The woman who toiled for two decades to realise her dream of building a hospital for the needy, is the one and only Subhasini Mistry Padma Shri award 2018 recipient for social work. She is living proof that one does not need to be young, rich or educated to be an achiever, but that immense hard work and the audacity of hope can go a long way. She was also one among the 12 winners of Women Transforming India Awards in 2017.

SUBHASINI MISTRY

A one-woman army who worked hard for more than 45 years to build a hospital, called "Humanity Hospital", for people who can't afford medical care. 71-year-old Subhasini pledged to build a hospital when her husband, for whom she couldn't afford medical treatments, passed away. Her husband, Sadhan Chandra Mistry was an agricultural worker, who fell sick while working on the paddy farm. Suffering from a case of diarrhea, he was rushed to the hospital, but doctors and nurses refused to pay attention to him, as both the husband and wife were penniless.



She tells, "When my husband passed away, I was in shock initially. Then I realised I had four hungry mouths to feed... I had no education and couldn't even tell the time. So I decided I would do whatever work that was available."

People laughed at her impossible dream. But Subhasini was no ordinary woman. Widowed at a young age of 23, Subhasini had to take care of four children, all on her own. What followed was abject poverty and extreme hard work to make ends meet. For the next 20 years, she worked as a house maid, manual labourer, and sold vegetables and made a living. She saved most of her earnings for her dream hospital, while spending the rest on raising her four kids.

One determined soul, Subhasini didn't let anything come in her way. She tells that she had put two of her children in orphanage because she couldn't afford their education.

This uneducated woman with a powerful spirit, opened a saving account in the post office and deposited whatever she could save. The total amount she could deposit was Rs.20,000, the savings of her whole life. While she could have used it for her own needs, she had promised herself of something bigger and nobler.

She sacrificed, saved, and economised which, as she says, was for the 'greater good'. Subhasini used her lifelong savings to buy an acre of land in her husband's native village.

She appealed to the community to help in any way they could and they did. Villagers, who could not contribute in cash, contributed in-kind – providing bamboos, palm leaves, truckloads of earth, and wooden planks. The poorest offered their labour.

In 1993, the Humanity Trust was formed and a temporary clinic was set up with the help of the residents. Her son, Ajoy, managed to raise Rs 50,000 from acquaintances, friends and organizations. A one-room clinic came into being, the beginning of the hospital-to-be. Three doctors from adjoining areas were persuaded to attend to the sick for free. Patients started streaming in and Subhasini became a household

name. "I have a long way to go. I need to ensure my hospitals grow and I am able to afford more experienced staff. One day, I hope to convert this into a 24-hour facility," she says with pride.

In 1995, the foundation stone for the hospital was laid and was open to the public in year later. The hospital building was inaugurated by the then-West Bengal governor, K.V. Raghunath Reddy.

Today, the 45-bed hospital spreads over three acres and has the best of doctors and medical equipment. For poor people major surgeries are done for less than Rs. 5000 and minor ailments are treated for under Rs.10.

Currently, she has two hospitals, one is located at her village in Hanskhali, Nadia district, and another at Sundarbans. A lifetime of patience and crushing hardwork had led to this moment.

"I am delighted to have been recognised by the Government of India. But I wish that no one should be denied medical attention. I hope this recognition will influence others to give back to their society," she says.

Apart from building a hospital that runs on charity, her dream was to see one of her children as a doctor in her hospital. Now, among the 12 doctors at the hospital, one is Ajoy, her younger son, who carries on his mother's vision.



This powerhouse of humbleness and magnanimity received Padma Shri earlier this year for her social work. She gathered the award clad in simplicity, wearing chappals.

She also received Godfrey Phillips Bravery Award in the mind-of-steel category, in 2009.

Now, Subhasini aims to make her hospital function like any other modern-day 24-hours facility hospital.

Despite all the shortcomings, Subhasini keeps her head high and her heart strong to take down problems as they come. Unstoppable, this woman, is the real star of India. And it's because of people like her that our faith in the genuine goodness of humankind gets reestablished..



When asked how she achieved so much, she says in an interview: "Inner Strength." She adds with true wisdom, "God in his infinite grace gave me a vision at the darkest moment in my life. From then on, my life had a purpose. I used whatever strength God gave me to make sure other poor people did not lose their loved ones for lack of medical attention."

She further says, "What's the use of material things like bangles and saris. We can't take them with us when we die. But the happy faces of the cured poor people have given me such joy and meaning in this life."

In a world, faced with crises, violence and struggles we often wonder why superheroes don't exist. After reading about Padma Shri Subhashini Mistry, I am now sure that superheroes do exist. It's just that usually they don't come with a cape or magic powers. They are born with strong willpower, mental strength, and kindness which are beyond any selfish motives or self-promotion. Subhasini dedicated her whole life to realise her vision.

The amazing story of Subhashini Mistry makes us feel that charity doesn't need funds. It needs noble thought, attitude, and willpower. Funds and resources are bound to follow. It is not how much you have. The essence is in, how far and how much you are ready to give.

Some people may not even think of sparing a penny when they have crores at their disposal, while pious souls like Subhashini can give everything without expecting any fame, publicity or glamour in return. A grand salute to Subhashiniji!!



Ms. Priyanka Dilip Gawali
Founder of Mana's Art
Pune

Reference from internet



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PUMPKIN PIPS

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Ms. Usha Kurivila
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Wellness



MINDFUL LIVING FOR IMPROVED MENTAL STAMINA

Have you noticed how you are sitting in the toilet, early morning, to dump it all? When you are sitting the way you are sitting (except if you are with your mobile phone!) what is the quality of your self-talk – are they empowering or disempowering, constructive or destructive? The way you are sitting in the toilet itself has an impact on how your day will develop! Your emotional state you develop without you noticing it, from sitting with your chin up and looking towards top right corner is different than how you will think and feel when you are sitting with your hand supporting your chin and looking towards the bottom left corner! Want to try it?

Healthy Mind cannot be developed by 1-0-1 tablet a day! Catching yourself in the act is what matters most to cultivate a healthy mind – to get rid of the garbage, and to nurture a garden in you! And that requires Mindfulness, because Mindfulness is awareness, awareness of my self-talk, awareness of my emotions, awareness of my physiological positions and alterations in a situation, awareness of my psychological fluctuations in an event etc. The working definition of Mindfulness by Dr. Jon Kabat Zinn's is: "Awareness that arises by paying attention, on purpose, in the present moment and non-judgmentally!" I highly recommend his book "Wherever You Go, There You Are" as a must read as one step towards developing Mental Health.

Mindfulness is the way forward to cultivate a Healthy Mind. Mindfulness is not a practice – as in practicing Yoga! Mindfulness is a way of life, influenced by the quality of our attitude, core to developing Mental Health! It is not a position of body; it's the possibilities of mind.



DEVELOPING ABILITY TO PAY ATTENTION

In just the last 30 days, how many suicide cases did you read in the newspapers? As young as a college student to an owner of multimillion-dollar business to the most recent news of a Bollywood actor!

Where is our Pre-frontal Cortex - our Executive Director – driving us when taking decisions? How do you develop that emotional stamina and a clear map of your route towards the destination? Mindful Breathing is the most simplest answer, but perhaps most hardest exercise I will challenge you to do:

to sit down with yourself, for 15 minutes daily, doing nothing, judging nothing, striving to reach nowhere, not getting carried away by the million thoughts that will pop up in your mind as soap bubbles, and just be in the moment, and in the next moment, and in the next, for 15 minutes, daily.

At the heart of Mindfulness is the Mindful Breathing. It is to tell our mind to relax and focus and to calm down the 'monkey brain'. It can even be used several times a day, almost like pushing a 'reset' button. It's the perfect way to bring us back from the peripheral region to our centre, remain aligned. It is about being connected and becoming aware of your breath, feeling it in the belly region, rising as you inhale and falling you as you exhale, as though surfing on the waves; its influence on our Pre-frontal Cortex is clinically researched and proven!!

Mindful Breathing and its variations can help us develop that calmness to face the storm, help us build the resilience to rise up, bounce back and dance again to the tune of your life, than end it abruptly; in it then we will know to differentiate 'a bad day' from 'a bad life'. More often than not, it is just a bad day, isn't it, except that we put that through a projector to make it appear in a space in the future, and name it a 'bad future', and succumb to the fear of facing that future, and end it all here, now, driven by an unhealthy mind, stemming from unhealthy thoughts, that started from how you were sitting in the toilet and what did you tell yourself about you, without paying attention!!

Mindful Breathing is one technique. There are many other ways of anchoring your moments on one focal point and become aware of it, throughout, for a certain duration. You can regulate your attention while washing dishes or putting clothes in your washing machine. You can regulate attention by chanting mantras, or in your prayer mat, or just sitting in your balcony and fixating your attention on one object. The idea is to do that mental exercise to bring your awareness to that focal point, and remain with it, not allowing it to go with the zillion thoughts that will pop up as bubbles every now and then during that duration.

This should have a tremendous positive effect in many other areas in life too – the calmness you will feel, the grounded-ness you will experience, the balance in decisions, clarity in your thoughts, your awareness of wanting to be in the here and now and to smell the roses on your window-sill than spend in imaginations planning your future garden, discernment of facts from judgments etc.

After all, even a genius playing a cello in the Philharmonic Orchestra will still spend a few minutes to tune her instrument before she begins her play!! Mindful Breathing is a way for us to tune our instruments before we play out our day!



BUILDING AWARENESS OF YOUR BODILY SENSATIONS

We manage our emotions on the go. Hardly do we sit with it, to manage it. Or we seek alternatives to push that aside, and then go down the lane of drugs and alcohol, leading from bad to worse!

Your personalities too create a trap when you are in these situations. For example, an Enneagram Personality Type 4 (Individualist) will switch off the lights, pull down the curtains, buy more bottles, avoid taking bath or brushing teeth, avoid food, and perhaps dig the music archive for old Jagjit Singh ghazals, to indulge in that emotion in spite of it being unhealthy.

A person with awareness will catch himself in the act, and say 'no' to the 'script' he is playing, and have the audacity to pause, pay attention, and re-write his script. Come home to Thanaloram if you are interested in doing your Enneagram Personality Profile – a great starting point for any meaningful Parivarthan!

Techniques like Progressive Muscle Relaxation, or Body Scan (what we call as Yoga Nidra) etc are also beautiful methods to help us build an awareness of our body sensations. One hour of Yoga Nidra is said to have an impact of six hours of sound sleep – such is its calming and grounding effect. This will have immense impact on our sense and sensibilities, and therefore our ability to face the storm, bend as required and yet rise and be steady after the storm has passed.

If practiced consistently, research has proved that it helps us relieve tensions wherever it is stagnant in our body, and therefore it impacts the stress in us. Most of our physical ailments are manifestation of emotional stress that we are either unaware of or pays less attention to, to address and resolve.

Once the clutters are removed by paying attention, non-judgmentally, and facing them upfront! When one stress meets the other stress, they combine to become a bigger stress and eventually eats up the drive and energy to be anything, therefore resulting in 'dis-ease' of mind later becoming 'disease' of body.

A friend of mine in Russia once wrote to me how Mindfulness is now developing in her country in contrast to what it used to be during the USSR era, that, someone who has consulted a doctor for even a minor re-alignment of their mind, retuning of their emotions, that would stay in his or her record and will impact his career and many other facets of life. Time has changed. Taking care of Mental Health is not a taboo anymore. Place like Thanaloram hosts guests like you to come and



do a proper consultation with both our Ayurvedam doctor and the Mindfulness Coach, and have a comprehensive plan worked out to improve your physical condition and at the same address the root causes deep inside you that is causing the physical condition in first place. Mental Health is the starting point of any attempt towards healthy living, especially post-Covid era.

But the challenge is, some people want to repaint their car and make it look good from the outside. Some others want to rewire their engine and make it strong from the inside.

Which one is You??



Dr. Pyari Mohan

Wellness Practitioner and Medical Advisor

Thanaloram Ayurvedam Mindfulness
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Ms. Radhika Mayekar
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RECIPE OF THE MONTH





Chicken Stuffed Onion

Ingredients -

1. Onions - 4 big ones and a medium one
2. Garam masala - 1 tea spoon
3. Chicken Keema (cooked and smashed)-100gms
4. Ginger - Half an inch
5. Garlic - 8 to 10 cloves
6. Green chillies - 4 nos
7. Chilli flakes - 1 teaspoon
8. Pepper Powder - half teaspoon
9. Turmeric - half teaspoon
10. Coriander leaves and Pudina leaves
11. Salt- to taste



Ms. Sushma Das
Owner of Su's Kitchen
Cochin



Method of Preparation -

1. Cut the onions in to half and take out three layers and set aside.
2. Heat a pan with oil.
3. Add small sliced onions, ginger, garlic, green chillies, turmeric, pepper and sauté in medium flame and add salt to taste.
4. Then add keema and allow to cook for a minute in slow fire.
5. Keep aside this mixture after adding chopped coriander and pudina.
6. Heat the set aside pieces of onion in the pan in slow fire till the colour changes.
7. Once done, fill these onion pieces with the keema mixture.
8. Cover the filled onion, with another sauted onion of the same size and fix it with toothpicks.
9. Delicious stuffed onion is ready.

Note:-Can use cooked and smashed vegetables as the fillings instead of chicken keema

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Mount Carmel College
Bengaluru



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Assam, Guwahati.

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MBA in HR,IT from
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Ms. Charvi Chopra
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Delhi



The Quarantine Warmline

By Tara Dave



When the first murmurs about the virus appeared, it seemed so far away I almost missed it. Even once we started hearing more and more about it, it still didn't seem like something that would affect me very much, but before I knew it the virus arrived on Indian shores. The cases increased and the virus spread, not long after, the lockdown was announced. As the days went by each soon melting into the other, a sense of disconnect coupled with a feeling of isolation started to set in. The initial euphoria of cancelled exams was soon replaced with a feeling of loneliness and uncertainty. The lack of routine was disorienting. The feeling of being shuttered started to feel claustrophobic. Until this happened and I was suddenly cut off from the world, I hadn't realized how we feed off the energy of the people we come into contact with. How much our lives are enriched with basic human interaction. If I felt this way chances are that most people my age were also struggling.

As teenagers who lead a relatively simpler life and are fairly protected by our elders, the pandemic was a shock and has had an arguably larger emotional impact on us than on adults. We were suddenly dealing with a myriad of problems - social issues, academic pressure, family issues, COVID-19 stress and simply just loneliness. As a



teenager in lockdown, I understand what it is like to feel lonesome, isolated and lost. The idea to create a youth dedicated warmline developed when I realized that many teenagers don't have someone they can share their stresses with. The warmline is an outlet, where teenagers are able to share what they are going through, how they are feeling, their experiences and their problems, free from any judgement or criticism. It is a safe space where they can feel comfortable and secure. I understood how important a warmline is especially in these unprecedented times when so many people are left feeling deserted. Sometimes, you just need to vent to a stranger. Say things in confidence. Teenagers, especially are constantly struggling with peer pressure and feelings of being judged. To have an anonymous voice on the other end can be comforting.

QuaranTeen uses peer to peer support to help callers, it allows teenagers to share what they are going through with someone who truly understands and who has gone through similar situations, someone who reminds them that they are not alone and what they are going through is normal. Peer to peer support has been an effective method for helping teenagers and offers an empathetic ear to those in need. Being in a lockdown can have many negative effects on a person's mental state. In a country where mental health is stigmatized, ignored and neglected, a safe space is essential. The fact that sometimes you can feel all alone whilst surrounded by people is often ignored. The warmline gives everyone a chance to feel comfortable and safe while discussing what's on their mind. The QuaranTeen team consists of 6 teenagers. We encourage and support each other, share our experiences and remind each other that our role is to be an empathetic and active listener. We all share the passion of wanting to do our part for our community and helping those we can.

The team was trained by clinical psychiatrist Dr Priya Narayanan to provide empathetic support. Identifying issues that are beyond the scope of the warmline was also part of the training. In addition, we have ongoing weekly supervision to discuss issues that come up during calls, and also to check in and make sure we are coping well with the process and not getting burnt out. The initial response was overwhelming, people from all over the country were reaching out and sharing, I remember how excited the team was when we received our first message and call. Throughout this process, helping others has

been very rewarding, people thanking you for your help after a conversation is the most fulfilling thing. Although along with that comes the weight of the conversations, because by listening you are sharing that emotional burden. I have found that the best way to recover from a heavy talk is sharing with my team.

The warmline can be accessed by teenagers from all over. It is currently the only warmline in India and the only COVID-19 dedicated warmline for teenagers in the world. It is important for teenagers to feel confident, accepted and reassured.

The warmline has brought me more joy and enrichment than I ever anticipated and I do hope that it will continue to benefit, ease and encourage teenagers towards seeking support whenever the need is felt. Sometimes a conversation is all it takes.



Ms. Tara Dave

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LEARNING CHANNEL

www.youtube.com/c/prayaanalabs YouTube



During this quarantine days to uplift ourselves and to stay motivated team Prayaana curated webinars - 'The Future Talks' series on variety of topics and contents. The series were conducted by international speakers, Successful CEO's ,individuals who had swum against the tide and amateurs in various fields . Managed by a Team of Vibrant Women at Prayaana EKM, and Anchored by our bubbly host Ms.Chelsea, the Future Talks series brings many possibilities to the table and caters to the need of many. This Series will continue as an online learning channel for not just Prayaana but everyone who wish to learn and skill themselves on various topics like Arts, Culture, Business , Technology , Health and everything under the sun!

Watch the future talks series @ www.youtube.com/c/prayaanalabs

**SPEAKER: Mr. Jagan Mohan Tandriyal**

Coach, Mentor, NLP Practitioner, TV Presenter, Musician

TOPIC: A Beginners Mind set – "Stay in action than acting, Practice than preaching, work than Wondering"

Sometimes we tend to be so reluctant to acquire changes in our lives that nothing we do interests us anymore. Through a proper vision and goal we can make our journey towards growth more exciting and evolving. In order to evolve and grow we need to free our minds. "It isn't important how long you have lived rather how well you have lived is important."

**SPEAKER: Mr. Devang Karia**

Founder: DI Cube

TOPIC: Operation Smart-CPC (Calm, Positive, Compromise)

Being smart is simple but it isn't easy as it demands the proper conviction to train yourself for that (barring a few who are inherently smart). Linking smartness to intelligence is not correct. Being smart is when you are decisive, adaptive, curious, and continuously improving. In order to be smart one needs to be calm, positive as well as compromising.

**SPEAKER: Ms. Mohsina Salim**

Director: Travel Teachers.in, Blogger, Content Writer

TOPIC: My Prayaana-When passion connects with your Profession

People driven by passion gets what they want later or sooner. Ms Mohsina runs an organization "The Travel Teacher" which is a real life example of how one can make his/her passion their living. She and her husband runs this joint venture wherein they train people with language and offer the task of analysing their performances .



SPEAKER: Mr. Faraz Babu

Founder: Saji and Faraz Grooming Lounge Pvt Ltd

TOPIC: Power of Dressing- Art and Science of influencing others by Image Management

"YOUR IMAGE is "YOU" in "OTHER'S MIND" this what Mr. Faraz focused on. Today it does not matter how old or young you are, you need to be presentable anyhow. According to him, for making that possible one needs to identify the body type, the face type and the occasion. Proper makeup tricks, proper attire according to the body types and a haircut that complements the look are the right trick. He gives professional consultation for perfect grooming for job aspirants, entrepreneurs and executives. His creativity and professionalism was evident when he demonstrated the importance of colours, accessories and footwear.



Speaker: Dr. Chackochen Mathai

CEO: Franchising Rightway Relationships Coach

Topic: Managing Excuses to reach your Goal

Due to incompetence, laziness and lack of interest we are prone to make excuses. It has some invisible destructive forces that could have 4 catastrophic implications. Having a goal in life is the only means to get off from the lame excuses. A goal needs to be specific, measurable, attainable, relevant and time bound. Once we have a direction to our life, we would be free of expending our energy on unwanted excuses.



Speaker: Mr. G.K.K. Singh

Director: Asian Institute of Quality Management

Topic: Managing the Covid19 Crisis in Business through Lean and Six Sigma way.

Every company needs to design their services according to customer's needs. The customer centric approach could help the company sail through any crisis. Various processes like collaborative team effort, removing variations and defects in the product and in the process could help the company to gain maximum customer satisfaction. Offering the best products and services, reliability prompt after sales support, selling at competitive prices and on time delivery are the points that should be guarded and watched upon.



Speaker: Mr Deepesh Divakaran

Founder: Align Academy

CEO: Opic Solutions Pvt Ltd

TOPIC- “Foundation in outcome based Learning & its implementation in the classroom for higher education”

The session highlighted the changes that should be brought into the educational system including Institutions, teaching faculty members and the students as well. He emphasised the need to lay a foundation in outcome based teaching and learning.



Speaker : Mr Sabarinath.K

Founder: CEO-OFB (Out of Box)

Topic: Innovate and design your thinking skills

The session was primarily focused on conveying the message that everyone has the capacity to be innovative and creative and it's just a matter of your direction of thinking and your willingness to unlearn, learn and create.



Speaker : Rashmeet Kaur Malhotra

Certified Softskill Trainer&Personality Development Coach

Topic: Etiquettes codes that decode a better living

A very lively and energetic session which conveyed the various guidelines to be followed by an individual for professional and mannered conduct. It dealt with the various aspects of the same, from the way you sit for an interview to the way you dress for one.



Speaker : Ms Poornima MS

L&D Professional

Agile Management Trainer,Corporate Trainer

Topic- My prayaana: Key to healthy relationship

The speaker drew attention to the fundamental differences in men and women regarding several aspects of life, including their approach to their relationship with their spouse. She also spoke on how a lack of understanding of this fundamental aspect as the reason for conflicts in many relationships. She had several suggestions to develop ones relationship and make it healthier.



Speaker :Chandra Vadhana R

Founder: Chief Mentor- Prayaana

CEO-4 Tune Factory

Life coach

Topic: Transition from an Employee to a Freelancer or Solopreneur"- Behaviours & attitudes for success

The speaker gave a clear cut idea of the struggles she faced personally and professionally on her transition from being an employee to a freelancer/solopreneur. She stressed the need of a shift in the mindset required for this challenge and, urged the viewers and the future aspirants to be equipped with courage and confidence.



Speaker : Dr Pyari Mohan

Wellness Practitioner & Medical Advisor

Thanoloram Ayurvedam

Mindfulness and Beyond

TOPIC- My prayaana: Wellness & Ayurveda during covid 19

The session emphasised the various practises and behaviours that negatively impact our health and emphasised on the changing sleep patterns and, other habits that has come about as a result of the lockdown due to COVID-19. She also informed us of the various simple steps and changes in approach that's necessary to counter the same.



Speaker : Ms Prachi Zade- Dalvi

Electrical Engineer

Arsh Counsellor

Topic-Menstruation is not a problem, poor menstrual hygiene is.

The session was aimed at educating and breaking the misconceptions regarding something as natural as menstruation which is still considered a tabooed topic in many parts of the world.



**SPEAKER: Ms. Pooja Bose**

Principal : The High Range School , Munnar.

TOPIC: The Future of Learning

Due to COVID pandemic the education system has been changed and the learning structure will be changed in the upcoming generation. Education is an admirable thing, but replacing traditional systems of learning is difficult. Ms Pooja Bose explained how we can switch to technology without affecting the learning modules. This COVID pandemic will change the future of schooling and will open new opportunities in the technology line. This will indulge teachers and students to explore a new era of learning.

**SPEAKER: Ms. Isha Sharma**

M.sc B.ed , QCI Certified Yoga Teacher

TOPIC: The Secret Of Happiness Through Yoga

Everyone wants a happy life but happiness comes when one has a healthy and a happy mind. One should have self-introspection and believe in themselves and build confidence. Mental health is as important to physical well-being. Our mind tends to capture the negativity more than positivity around us. It's required to train our mind in an optimistic manner in order to have a positive mental state. Isha Sharma shared a few energizing and simple yoga postures and explained the benefits of yoga in our daily life.

SPEAKER: Dr. Meera Prashant

Chief Endodontist and Cosmetic, Dental Surgeon

Dr Meera's Smiles Dental Care.

Topic: Everything you need to know about dental health care.

Smile is a beautiful ornament that we humans wear. However, a smile without teeth is not beautiful. Similarly, Dental health can not only affect your overall health but also contribute to certain diseases and health problems. Mouth is a window into the health of your body. The most common health problems such as cardiovascular disease, diabetes, and endocarditis may be due to poor dental health. Dr Meera Prashnat gave an informative session on various dental issues and guidelines to maintain dental health.





Speaker: Dr John Joseph

Chairman : Space HR solutions

TOPIC: "Penny Wise, Pound Wise-Baby Steps Towards Financial Freedom

It's important to determine what this means for you. In general, it's the ability to have complete control without debt. This "fiscal stability" lets you live your life without having to worry about having enough income to dictate your choices. Financial Freedom - It's the status of having enough savings and income to pay your living expenses for the rest of your life without having to rely on others. Mr John Joseph explained various steps to attain financial freedom and how to manage the finance, without indulging in the debt traps.

Speaker : Dr Sajini TS

Assitant professor: Department of Roganindana

Nagelil Ayurveda Medical College

TOPIC: "Know It to Fight It - Diabetes

Diabetes is a condition that impairs the body's ability to process blood glucose, otherwise known as blood sugar. Dr Sajini explained the various types and stages in diabetes. Various precautionary steps can be taken to control Blood Sugar level. She explained the importance of exercise and a healthy diet in order to have good health.

SPEAKER: Dr. ChandraVadhana R

Founder, Chief Mentor – Prayaana

CEO- 4 Tune Factory

Life Coach

TOPIC: "Using Psychodiagnostics & Psychometric Assessments for Personal & Organisational Growth"

Psychometric assessment tests have been specially designed to know the candidate's suitability for a particular job role. The information collected from psychometric tests can help to understand the hidden aspects of the candidate which are otherwise difficult to know from a face-to-face interview. It helps to assess the compliance of the proposed Psychodiagnostics programs with the final testing objectives. Helps to understand the variety of ways to assess different characteristics of a person. And also to be able to determine the level of reliability of the received diagnostic data. Many tests are available online but it's necessary to check if those tests are valid. Based on the organisation requirement one can choose the type of test needed. This will enable the organisation to choose the right set of people.





She news

"Women news makers of June 2020"



Ms. Kiran Mazumdar Shaw

Kiran Mazumdar Shaw (67) is the EY World Entrepreneur of the year 2020. She is the founder and chairperson of the Bangalore based company Biocon limited.



Ms. Harbhajan Kaur

She started her entrepreneurial journey at the age of 90. She makes organic besan ka barfi and her daughter sells it in the organic market. Yet another proof to show that the age is just a number .



Ms. Major Ponung Doming

Major Ponung Doming becomes the first woman Lt.Colonel from Arunachal Pradesh. She was commissioned to the Indian Army in 2008. In 1968 we had our first woman lieutenant colonel Gen. Punitha Arora .



Ms. Anmol Narang

She becomes first Sikh woman to graduate from US Military academy at West point. US President Donald Trump addressed the 1,107 graduates, including 23-year-old Narang, who gathered for the academy's annual commencement. A second-generation immigrant born and raised in Roswell, Georgia, Narang had an early appreciation for military service due to her maternal grandfather's career in the Indian Army.



Calendar

Happy National Doctor's Day



JULY 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	31	

KERALA HUB COFFEE CHAT

10/07/2020 | 24/07/2020

PRAYAANA AMBASSADORS MEET

15/07/2020 | 30/07/2020

"The Six Best Doctors in the World are Sunlight, Rest, Exercise, Diet, Self Confidence, and Friends, maintain them in all stages and Enjoy a Healthy Lifestyle."

The Shesight wishes our readers a very happy National Doctor's Day, Van Mahotsav, World Population day, Kargil Vijay Diwas, International Tiger Day and World Hepatitis Day.

JUNE EVENTS

Coffee chat

The bi-weekly 15 th business chat for Prayaana Entrepreneurs Collective was held on 26th June 2020. We had new members to join.

New hubs in Delhi, Guwahati, Kanpur, Jabalpur, Bangalore is on the way.

In tune with the time we have launched a campaign on “Be Indian and Buy Indian” through “The Future Talks” live webinar series that is being streamed regularly.

We conducted a Mumbai meet too. The brainstorming was about how to bring in more members to the hub and about the active usage of prayaana aap as well.

Those who wish to attend our next coffee meet at Kochi please call 8590339393 and book your seats ! Our Mumbai contact is Gopika Ram : 9847002732

Ms. Sujatha Unnikrishnan

Kochi



FOR ANY ENQUIRIES

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

Stay tuned till next edition!