

ARGHYA

SPECIAL ISSUE-4

PART-2

[AUG-2018]

INTERNATIONAL WOMEN'S DAY

8th March 2018



Theme: *Time is now Rural and Urban activists transforming women's lives
'Win the world as a Women'*

Organized By:

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International E Seminar
on Women's Education
and Empowerment

MOTHER'S DAY



"Satisfaction with relationships is the strongest predictor of happiness we have."

"Factoring in fun and enjoyment is essential for peace and harmony in life," says Dr. Sameer Malhotra.

HAPPINESS AROUND THE WORLD

In the 2018 world Happiness Report, India ranks 133rd amongst 156 countries - 11 spots below its ranking in 2017! - way below Pakistan which is in the 75th place. Climbing five spots since last year.

And that's not all. India currently lags behind most of its neighbour in South Asia, including all the South Asian Association for Regional Cooperation (SAARC) nations, except Afghanistan (145th) - China (86th), Bhutan (97th), Nepal (101st), Bangladesh (115th) and Sri Lanka (116th).

“Predictors of happiness in a society are: social connectedness, ability and opportunities to thrive, opportunities for growth, finding meaning and purpose in what we do, low crime rates, a healthy environment, less crowding.” explains Prabhu Chandra, a Bengaluru-based Psychiatrist.

Adding to that, Dr Vijay Nageswami, a Chennai-based psychiatrist, explains that change is constant and people - after a brief transitional period - learn to adapt.

He says, “Humans do have a remarkable capacity to adapt, and they usually do. In present times, chaos seems to have become the order of things, but people have come to accept an enduring state of chaos as the new reality and are learning to adapt to it.”





HAPPINESS Pointers for Life:-

To make happiness your mainstay in life, researchers recommend the following.

→ Adjust your attitude:-

You may not be able to control what happens to you, but you can control how you react. "It is possible to develop the habit of seeing the positive side of things," Puri says. Deep breathings meditation and even walking outdoors can help you get some distance that could change your perspective.

Learning to be more optimistic is a good first step. Puri suggests recognizing negative thoughts as they arise and questioning them.

for instance : ask yourself , is the situation really as bad as you think ? Is there another way to approach it ? what can you learn from this experience and apply it in the future ?

" In the final analysis, it is the acceptance of our selves and our environment that determines how happy we are . this is invariably what happens when we survive our mid-life crises ." says nagaswami .

⇒ Learn something new :-

To avoid internalizing your troubles , give an outlet to your fears and worries . malhotra suggests picking up a hobby or , simpler still , opening up to a friend . Exploring new experiences can boost happiness and enhances your quality of life .

⇒ Interact differently with your partner :-

After years together, many couples become so familiar with one another that they're not as kind to each other as they could be. This can lead to tension and unhappiness in a relationship, which affects daily happiness levels.

Ask yourself: is this the way you would behave with a good friend? If you treat your partner the way you treat a friend, it should involve less taking-for-granted and more positivity.

⇒ Focus on what you have:.

Look for opportunities to savor the small pleasures of daily life, focus on positive aspects in the moment without concentrating on the shadows of the past or bad thoughts. Live in the present, the future has a way of sorting itself out.

⇒ Express gratitude:.

"Contrary to just feeling spreads goodwill and joy," says Puri. It makes us alert to the good around us and, as a result, we respond to our environment in a positive manner.

⇒ Give back :

You'll find more purpose in life and have more reasons to connect with others on a regular basis if you volunteer in your community. By getting involved with a cause or an organization that's meaningful to you, you'll create opportunities to make more meaningful connections with new people.



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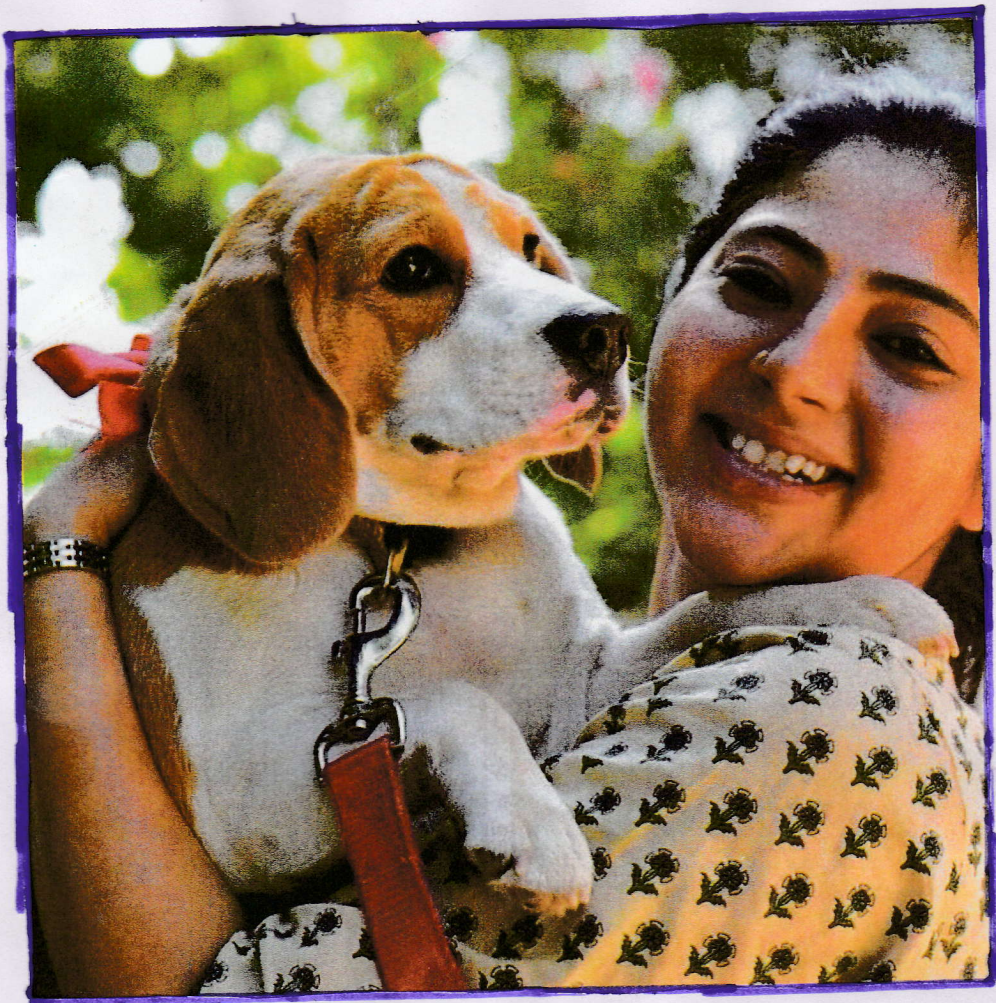
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WIN THE WORLD
AS A WOMAN





“I wish to educate people more about dogs and their behaviour so that we see fewer dogs ending up in shelter or on roads.”

Salomi Gupte was a successful PR professional who quit her job in 2013 when she got married and moved to another city. Today she is a pet trainer and enthusiast and organizes a one-of-its-kind pet carnival called The Paw Fest in Ahmedabad. Her story is nothing short of one fit for the books as she narrates, “At a point of time, I was petrified of dogs to the extent that I wouldn’t enter a house with a dog in it. But then I got married and my husband had a Labrador called Doobie he loved deeply. With time I realized how unconditional Doobie’ love was and I got deeply attached to her as well.

SALOMI GUPTE

PR professional turned pet behaviour trainer

When she passed away, it left a deep sense of loss. It changed my world."

Her perception towards dogs changed and realizing how little there was for dogs and dog owners in the city, she decided that Ahmedabad needed something for dog and dog parents. That's how the pet carnival, The Paw Fest came into existence. It made her realise that she wanted to learn more about canines and went on to do a trainers course under the mentorship of Shirin Merchant in Bombay and canine behaviour course with John Rogerson. She is a qualified pet trainer today and feels blessed to have found her calling. Salomi says,

"People in Ahmedabad still prefer male trainers over female, but the trend is changing. I wish to educate people more about dogs and their behaviour so that we see fewer dogs ending up in shelter or on roads."

For Salomi Gupte, there is no bad day at



PATEL NILESHVARI V.

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PACKING A PUNCH

MARY KOM

Mary Kom needs no introduction. She's a five-time world boxing champion and the only woman boxer to win a medal in each one of the six world championships. She is also the only Indian boxer to have qualified for the 2012 Olympics and win a bronze, and the first Indian woman boxer to win gold at the 2014 Asian Games. Ever the fighter, 'Magnificent Mary' made a stunning comeback in the 2017 Asian Boxing Championships, winning her fifth gold in the championships, after she was written off by many for not qualifying for the 2016 Olympics. The Padma Shri, Padma Bhushan and Arjun awardee, who runs a boxing academy in her home-state Manipur, announced that she was far from finished and that she is targeting gold at the 2020 Olympics. Kom's immediate goal is to go for gold at this year's Commonwealth Games. >



YOUNG VISIONARY

ANANYA BIRLA

Despite being born with the proverbial silver spoon, Ananya Birla has always strived to carve her own path. The 23-year-old started her first venture Svantra Microfin that offers loans to rural women, when she was just 17. The microfinance organisation is said to have three lakh clients and Birla is hoping to convert it into a small bank. Two years ago, the entrepreneur kicked off her second project—e-commerce venture Curocarte, which curates contemporary handmade products from across the world. The University of Oxford alum is also a mental health campaigner and started an initiative, Mpower, along with her mother, Neerja Birla.

The young scion is an equally accomplished musician, and recently launched her second single, *Meant To Be*, which has been certified Platinum as per the Indian Music Industry-recognised criterion for certifications, making her the first Indian artiste with an English single to go platinum.



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POWER BANKER

CHANDA KOCHHAR

In September 2017, the MD and CEO of ICICI Bank Ltd made history when she took the bank's insurance business public, the first IPO of a general insurer in India. Kochhar is among the five Indian women to make it to *Forbes'* 2017 edition of The World's 100 Most Powerful Women; at rank 32, she's also the most influential woman in India. Kochhar laid her claim to a spot on the list after becoming the first Indian woman to receive the prestigious Woodrow Wilson Award for Global Citizenship, joining the ranks of Hillary Clinton and Condoleezza Rice. The success of another community outreach programme, ICICI Digital Village, spearheaded by her was also a contributing factor. After receiving a 63 per cent hike, she is now one of India's highest paid private bank CEOs.



PHOTOGRAPH: LATINI KAMPANI FEMINA

DREAM CATCHER

PRIYANKA CHOPRA

Quantico, Baywatch, appearances on popular chat shows, making a debut at the 2016 Oscars red carpet, hoardings on Times Square, covers on American glossies, making it to the *Time* 100 Most Influential People list—Priyanka Chopra is literally living the Hollywood dream. Ambitious, articulate, competitive and a go-getter, Chopra is one of the rare Bollywood stars to have made a successful switch to Hollywood, and floored the West with her wit and charm. Moving to foreign shores at a time when she was already an established star in India was a gamble that paid off for Chopra because she wasn't afraid of starting from scratch—even though it meant relocating to another continent, going for auditions, 16-hour days filming *Quantico*, and starting with supporting roles in American films. She is proof that success will always come to those who set goals, work hard and never give up. She has travelled the world in her capacity as one of UNICEF's Goodwill Ambassadors and is currently working on two major Hollywood projects: *A Kid Like Jake* and *Isn't It Romantic?*

WIN THE WORLD AS A WOMEN



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GUJRAT INDIA





AMISHA SHAH MEHTA

Wealth manager turned TV show host

Amisha was a wealth manager at a multi national corporation for 12 long years. As someone accustomed to the benefits of a white collar job, she always wondered if she could really give all that up for pursuing her passion. She was always inclined towards acting, anchoring and dreamt of being on the silver screen. She also got offered few opportunities to be on television, but long hours at work and her confused state of mind didn't allow her to quit.

After 12 years she began questioning whether she really enjoys her job and if it is really helping her to grow in any way. The answer was clear to her. The time had come for her to face the camera and slip off the corporate vestige. "Every time I am on camera or on stage, I experience a new me, I feel more confident and I become even more sure that this is truly where I belong", says Amisha.

She is a popular face on Gujarati television today and has her own show.

"Every time I am on camera or on stage, I experience a new me, I feel more confident and I become even more sure that this is truly where I belong."



Dr Urshila Chanana

Badalta Zamaana and also about changing times which she interestingly quotes as *Daur-e-Waqt*.

In the second section of the book, *Aalame Tassavvur* the author unfolds the imagination and illusion which exists in human beings. It introspects the psychological human relationship.

In one of her poems, *Insaan Ka Shoor*, she talks about the pollution of human shrillness and how it is affecting the cycle of human birth and death.

Rumaaniyat, the third division of the book, is all about soulfulness. It touches the soul through deep words of love and dreams. The poem *Dard-e-Dil* highlights the fact that love is a mixture of pain and happiness and one cannot reach heaven without dealing with pain and adversity.

Towards the end of the book, the last section *khushzauqi* talks of the aspects which are close to the heart. The positive and happier side of love is being expressed in this section. The poem *Vo deewana hi kya* expresses the wonder of madness and only the one who is comfortable in madness can be closest to insanity. The poem is a complete justice to this section.

It also includes poems like *Qurbat*, *Bahut Shor Tha* and *Mussavir* and many more.

Nuqta-e-Nazar is a book for changing perception that brings up a mirror and tries to delve within. We

Shri P. K. Chaudhary
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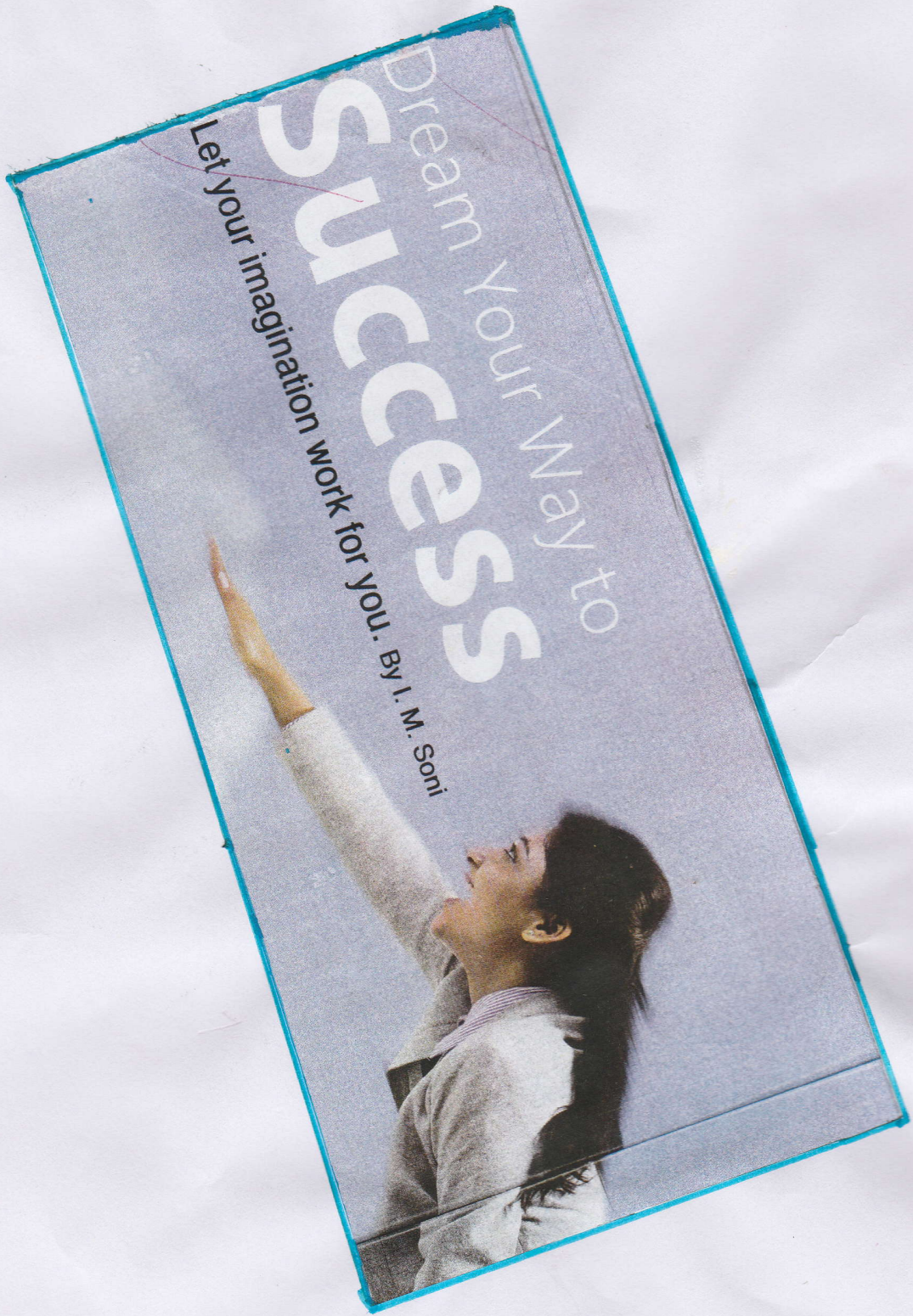
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Sub :- win the world
As a woman



Dream Your Way to
Success
Let your imagination work for you. By I. M. Somi

**RAINBOWS OF YOUR
MIND**

Here is how a working woman made imagination work for her. She loved a tasteful home, but when she moved to Chandigarh she lived in a crammed apartment. She could afford little in the way of dressing

**IMAGINATION CAN CREATE THINGS, TOO.
IT NOT ONLY IMPROVES YOUR ROLE IN
LIFE; IT ALSO HAS THE POWER TO
ATTRACT THE SCENERY AGAINST WHICH
THAT ROLE CAN BE PERFORMED.**





IT IS NOT ENOUGH TO SEE YOUR BASIC PICTURE AND TO HAVE BELIEF IN IT. YOU MUST BE ENTHUSIASTIC ABOUT ACHIEVING IT AS WELL. ENTHUSIASM IS THE INGREDIENT THAT GIVES IMAGINATION THE IMPETUS THAT DIFFERENTIATES IT FROM PASSIVE DAY-DREAMING.

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As a woman

LIPIN LIFE
CORCAL
Bone & Beauty

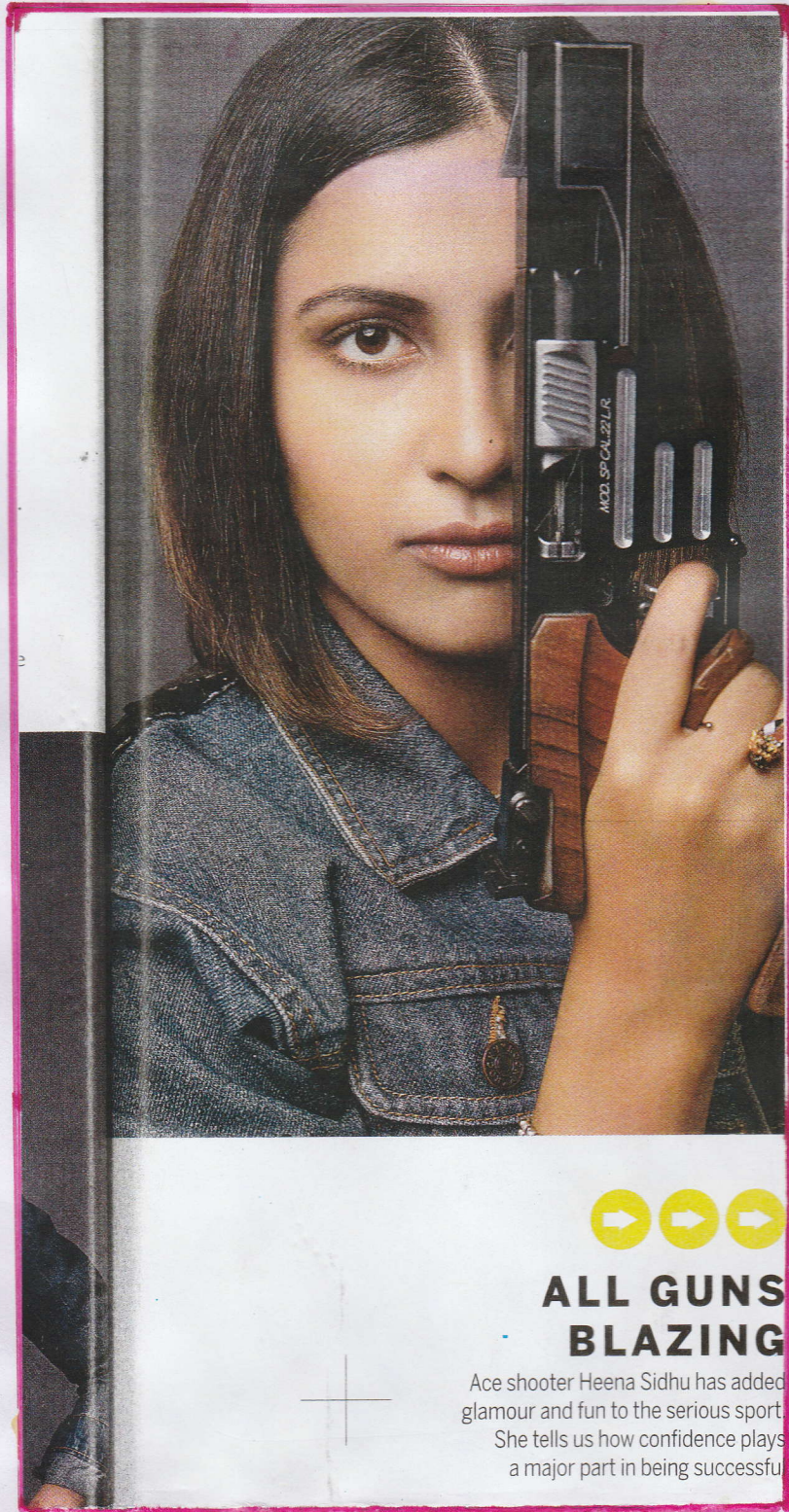
SALUTES
**INDIA'S
GOLDEN GIRLS**
STYLE PARTNER

NYKAA
Your Beauty. Our Passion.

MATCH POINT

Manika Batra's tricolour nails at the CWG made her tremendously popular with the younger generation. Here's what makes the table tennis player click with the masses





ALL GUNS BLAZING

Ace shooter Heena Sidhu has added glamour and fun to the serious sport. She tells us how confidence plays a major part in being successful.

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Varsha P.

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Sub :- Win the World
As a Woman

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KILLER INSTINCT

Chungneijang Mary Kom Hmangte, popularly known as Mary Kom, tells us where she draws her strength from, every time she enters the boxing ring



FAST AND FURIOUS

It's not for nothing that shuttler Saina Nehwal has become a household name in the country. Here's what has made her so popular among the masses

