

THE WOMEN NOW

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Only 8.3% Women candidates

among 2831 candidates in first two phases of the Lok Sabha polls

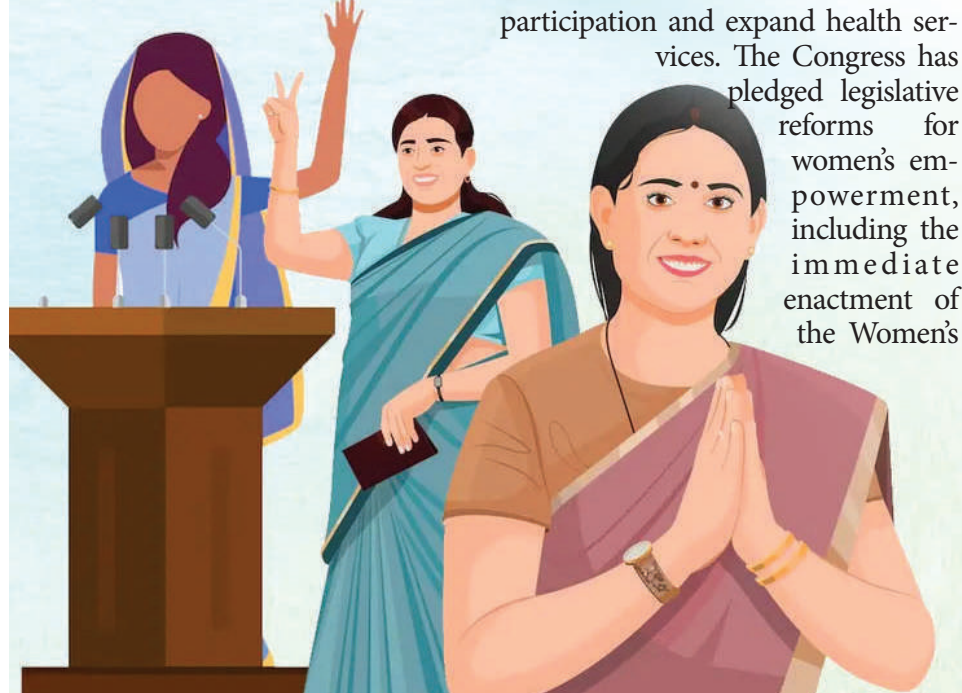
Women constituted only eight per cent of the total 2,831 candidates in the first two phases of the Lok Sabha polls.

Nearly a third of the constituencies (58 out of 190) have no women candidates in Phase 1 and 2 of the upcoming general elections, according to a factsheet by The Quantum Hub, a New Delhi-based public policy research and consulting firm.

The Lok Sabha polls are being held in seven phases beginning from April 19 and the counting of votes will take place on June 4 for the world's biggest election exercise. The second phase was held on April 26 while other phases are scheduled for May 7, May 13, May 20, May 25 and June 1.

The Karur Constituency in Tamil Nadu leads the way with 7 women candidates, 1 representing a national party and 6 independents. Karur is followed by Bangalore North (Karnataka) and Amravati (Maharashtra) with 6 women candidates each. The Bharatpur constituency of Rajasthan has 3 women candidates out of 6, a 50% share, followed by Vadakara and Alathur in Kerala, with 40% women candidates each. Of the 135 women candidates in phase 1, Tamil Nadu had the highest share at 76, but they account for just 8 per cent of the candidates in the state, while Kerala has the maximum

Reservation Bill. The number of women electors and their share of participation has been increasing steadily in Indian elections. The Number of registered women electors is 47.1 Crore for the upcoming election. In the 2019 general elections, the polling percentage among women electors was 67.2%, only marginally lower than the national average of 67.4%. 11 State have more women than men electors in 2024, Kerala leads with 51% followed by Goa, Mizoram, Manipur and Tamil Nadu. Uttar Pradesh (44 lakhs), West Bengal (32 Lakhs) and Bihar (28 Lakhs) added the most number of new women electors since 2019. Political parties have also been targeting women electors with promises specifically aimed at them. Meanwhile, the Parliament of India in 2023 passed the 128th Constitutional Amendment Bill, 2023, or the Nari Shakti Vandan Adhinyam, which reserved 33% of directly elected seats to the Lok Sabha and state legislatures, for women. The reservation of seats will be effective after the next delimitation exercise, scheduled to be held after 2026.



women candidates at 24 in phase 2. Party-wise, the Congress has fielded 44 women till now while 69 women have been fielded by the BJP in the first two phases. This significant gender imbalance has sparked criticism from political analysts and activists, who ask why parties are waiting for the Women's Reservation Bill to be implemented instead of proactively issuing tickets to women.

The BJD is the only party, which as a policy, gives 33 per cent tickets to female candidates. The BJP's manifesto promises to implement the Nari Shakti Vandan Adhinyam to honour and empower women, integrate women Self-Help Groups (SHGs) into the service sector to enhance their economic participation and expand health services. The Congress has pledged legislative reforms for women's empowerment, including the immediate enactment of the Women's

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Women Centric Legislations and Legal Reforms Since 2014 in India

“The day will come when men will recognize woman as his peer, not only at the fireside but in councils of the nations. Then and not until then, will there be the perfect comradeship, the ideal union between sexes that shall result in the highest development of the race.” – Susan B. Anthony (American social reformer and women’s right activists)

Equal rights and right against discrimination guaranteed under the Indian Constitution for every Indian Women have been effectuated and facilitated through legislations. Legislation based on equality are pivotal in transforming the values of society, its working mechanics and perceptions, access to education, healthcare and justice for women, who form half the population of the nation.

The modern era has seen expansion of women’s participation in the public sphere. More and more Indian women have taken up their positions in the workforce and are engaged in business enterprises, banking, trade, international forums, multi-national careers like advertising and fashion, and have proved their mantle with aplomb as legislators, bureaucrats, judges, lawyers, doctors, engineers, accountants etc. Women seek powerful laws and legislations to be able to contribute as strong stakeholders in nation building.

The government under strong leadership of Prime Minister, Sh. Narendra Modi ji has been instrumental in strengthening the stature of Indian women by bringing a series of women centric legislations and legal reforms in India since 2014. Following are the significant leaps of the current government in legal reforms for women:

The Maternity Benefit (Amendment) Act, 2017 (Maternity Amendment)

The government achieved a remarkable milestone in 2017 by amending the Maternity Benefit Act, 1961 (“Maternity Act”). This Maternity Amendment extends paid maternity leave for women employees with less than two surviving children, from previously twelve (12) weeks to now twenty-six (26) weeks. A maximum of eight (8) weeks can be taken before the expected delivery date and the remaining after childbirth. Women expecting their third child were also provided with the right to take twelve (12) weeks of paid maternity leave—six (6) weeks before childbirth and six after. These provisions enable the mothers to get time to recuperate before joining back to work.

The amendment has very well ca-

tered to the maternal instincts of adopting (adopting child less than the age of 3 months) and commissioning mothers (adopting surrogacy for child birth), to take twelve (12) weeks of maternity leave from the date of receiving the child. There are provisions for work from home after completing twenty-six (26) weeks of leave subject to their work profiles and the employer’s consent. The Maternity Amendment also mandates establishments employing 50 or more employees to have a crèche which is required to have prescribed facilities and amenities. Women employees have a right to visit the crèche four times a day, including during their rest interval. The crèche facility shall allow the mother to care for child even at work.

The Criminal Law Amendment Act, 2018

The Government has taken a firm stance on making anti rape laws more stringent by levelling the Criminal Law Amendment Act, 2018 in response to barbaric incidents of rape against girl child.

Through

section 376 AB, IPC. Moreover, Section 376DA and 376DB have been added by the amendment which deals with punishment for gang rape on a woman less than sixteen years and twelve years respectively. The punishment in such cases has to be invariably imprisonment of life. However, for gang rape on a woman less than twelve years of age death penalty can also be awarded.

It is for the first time that death penalty has been introduced for the offence of rape considering the gravity of the offence and government’s conscious attempt to pose increased punishment as a deterrent for such heinous crimes against women and young girls.

The Criminal Procedure Code, 1973 has been amended to provide for speedy trial and investigation. The amendment has mandated that investigation has to mandatorily be completed within two months and the appeal in rape cases has to be disposed within six months.

enforceable in law and prevent divorce by practice of ‘triple talaq’ or ‘talaq-e-biddat’ by their husbands.

The act



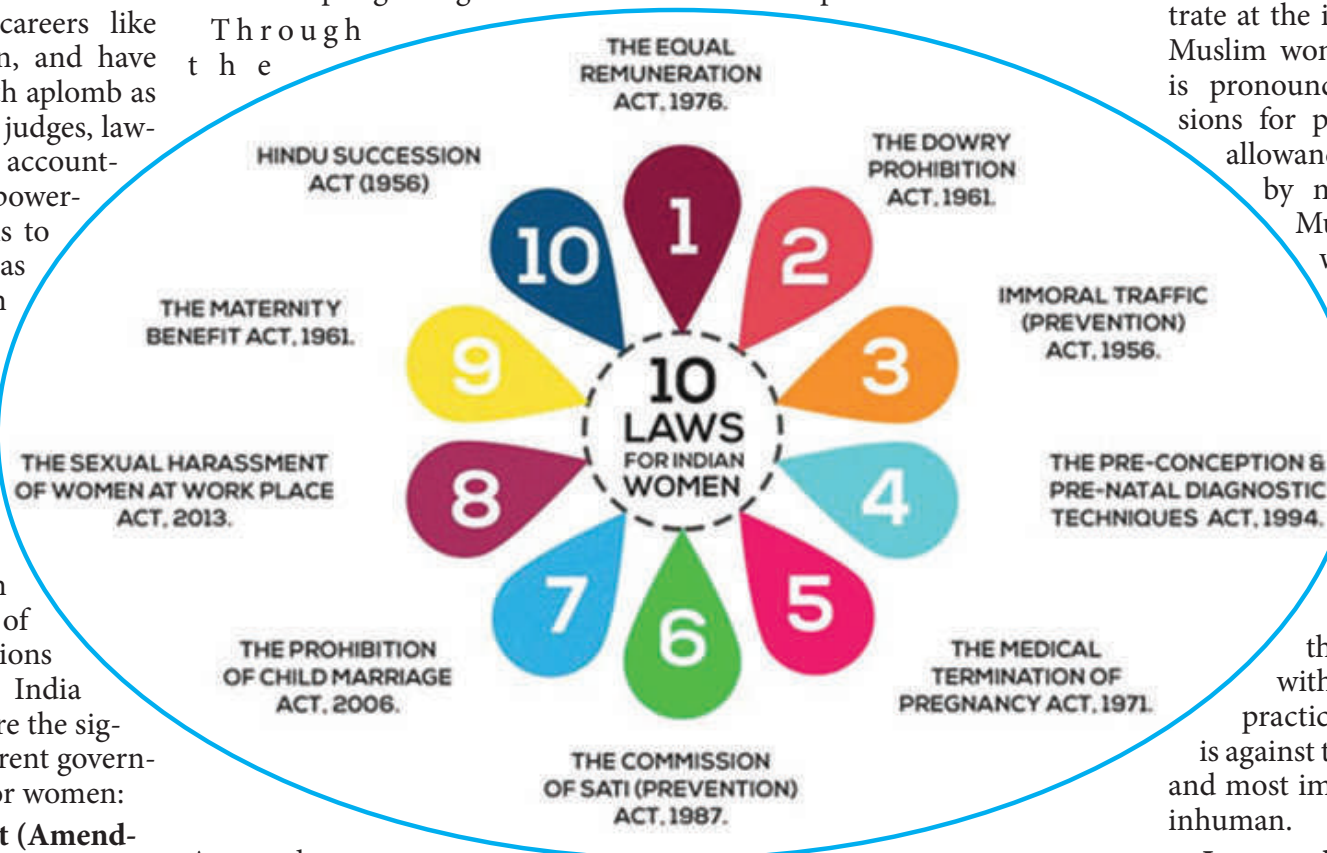
makes declaration of talaq, a cognizable offence, attracting up to three years’ imprisonment with a fine. The offence will be cognizable if information of commission of offence is given to police officer by married Muslim woman upon whom talaq is pronounced or by any person related to her by blood/marriage. The act makes the offence compoundable with permission of Magistrate at the instance of the married Muslim woman upon whom talaq is pronounced. There are provisions for payment of subsistence allowance (to be determined by magistrate) to married Muslim women against whom talaq has been declared and dependent children. Moreover, it entitles Muslim woman against whom such talaq has been declared to seek custody of her minor children.

This legislation is a celebrated endeavor of the Government of India with the aim to banish the practice of ‘triple talaq’, which is against the spirit of constitution and most importantly is unjust and inhuman.

Increased Take Home Pay for Women in Formal Sector

The Finance Ministry in the Budget of 2018 announced to incentivize employment of more women in the formal sector and to enable higher take-home wages, amendments in the Employees Provident Fund and Miscellaneous Provisions Act, 1952 was made to reduce women employees’ contribution to 8% for first three years of their employment against existing rate of 12% or 10% with no change in employers’ contribution.

The government of India has taken big steps in reforming laws to ensure welfare, security, benefit of women and facilitate women friendly work environment with the aim to eliminate gender-based discrimination, one of the fundamentals of the Constitution of India. (NWC)



Amendment of 2018, firstly the quantum of punishment has been increased from a minimum of seven years to a minimum of ten years under section 376(1), Indian Penal Code, 1860 (hereinafter called IPC). Secondly, punishment for rape on a woman less than sixteen years of age has been added by the amendment. The quantum of punishment in this case is rigorous imprisonment of a minimum twenty years which may extend to life imprisonment. Thirdly, punishment for rape on a woman less than twelve years of age has also been added by the amendment. The punishment in such cases is defined as a minimum twenty years’ rigorous imprisonment which may extend to imprisonment for life. The offender in such cases can also be punished with death penalty under

Muslim Women (Protection of Rights on Marriage) Act, 2019

The Government and the apex court of India have always been dedicated to protect the rights of married Muslim women and ensure gender equality by making provision for justice for Muslim women who become homeless and destitute overnight due to practice of ‘triple talaq’ or ‘talaq-e-biddat’ or ‘instant talaq’ for a very long time.

In view of the Supreme Court judgment in the case of Shayara-Bano and others V. Union of India and others declaring ‘Triple Talaq’ as unconstitutional, the government of India legislated Muslim Women (Protection of Rights on Marriage) Act, 2019, declaring practice of ‘triple talaq’ as void and illegal i.e. not

Empowering Journeys

Women's Bike Trip to Leh Ladakh

In recent years, women's empowerment has taken many forms, and one such powerful expression is the all-women bike trip to Leh Ladakh. This journey, amidst the rugged and breath-taking landscapes of the Himalayas, stands as a symbol of freedom, adventure, and breaking stereotypes.

The idea of women embarking on such challenging journeys was once considered unconventional, but now, it's a growing trend that signifies a shift in societal norms. These trips are not just about exploring nature's beauty; they are about exploring one's own capabilities, pushing boundaries, and fostering a sense of camaraderie among women.

The journey to Leh Ladakh is not an easy one. It requires courage, determination, and physical fitness. The rugged terrain, high altitudes, and unpredictable weather pose significant challenges. However, these challenges are what make the journey so rewarding. They test the women's endurance, resilience, and spirit of adventure.

One of the most inspiring aspects of these trips is the sense of sisterhood that develops among the participants. Women from different walks of life come together, forming bonds that go beyond the journey itself. They support and encourage each other, creating a network of empowered women who inspire others to break free from societal norms and pursue their passions.

The impact of these journeys goes far beyond the participants themselves. They serve as a powerful message to society, challenging stereotypes and re-defining the role of women in adventure sports. They show that women are capable of undertaking challenging journeys and achieving remarkable feats, breaking barriers and inspiring others to do the same.

India has seen a rise in the number of women breaking stereotypes and excelling in the world of biking. Here are some famous Indian women bikers like Venu Palwal, Roshni Misbah, Dr. Maral Yazarloo-Patrick, Alisha Abdullah, Saiyami Kher, Urvashi Patole are the few women who have not only broken stereotypes but have also inspired many others to pursue their passion for biking, proving that biking is not just a man's

main.

Talking to THE WOMEN NOW Hyderabad's Advocate Pranita Kulkarni shared some of her life experience of her recent Leh Ladakh bike trip "I always dreamed to go on a trip to Leh Ladakh with bike and this time my dream comes true. Though I am not a professionally trained biker, but I want to do it for my own



happiness. I learnt riding a bike with bullet because it had a low seat and the initial pick up didn't scare me like a sports bike. My first bike ride was a mix of happiness, excitement and nervousness. The concept of gear [1 down and 4 up] and NO front brake was very difficult to understand. I used to ride Activa where front brake is used often. No front brake concept was quite difficult. Where was the back brake? Not to the left handlebar but to my right leg! That was even more

difficult. But big Thanks to my husband who always motivates me to do something different and encourage me to do whatever I love to do. Riding a bike gives me a sense of freedom and independence. Where I can explore new places and enjoy the open road in a way that's different from driving a car.

In the month of April When I reach leh and hop on bike I was so happy and thrill of being on a motorcycle for my road trip. The sound of the engine, the feel of the wind, and the sense of freedom can be exhilarating, it feels so incredibly exciting. It's natural to feel a bit nervous, especially if it's your first time riding a motorcycle out of your home town.

I was anxious about bone freezing weather, off-road balancing the bike, operating the controls, and navigating the roads.

At first, everybody tried to talk me out of it, but as soon as I was riding, I got all the support in the world. People walking along the road with their herds were waving and smiling at me while shouting "julley!" In the local Ladakh language, julley means hello, goodbye, and thank you.

After coming back to my home, all my friends and family patted me on the back for my braveness. I was even called "Hero", "Strong woman" and "Very, very, very brave". It makes me so special among everyone. I lived my dream in real like "ZINDAGI NA MILEGI DOBARA" and for me it was a lifetime memorable moment for me with lot of beautiful memories.

DON'T LET ANYONE DISCOURAGE YOU "People have a tendency to project their own fears onto you. Riding a motorbike on your own to Leh-Ladakh roads is apparently one of those things that the locals think you should not do. Actually they don't understand why on earth you would do something like that for fun.

All in all, it was my first time traveling on a motorbike, and I loved every minute of it. The freedom, the riding, but probably most of all the troubles I had to deal with led me to meet the most amazing people." She added

Overall, Leh-Ladakh bike road trip can be a memorable and rewarding experience, but it's essential to prioritize safety and preparedness. It's recommended to

consult with experienced travellers or tour operators who are familiar with the region for advice and guidance before undertaking such a journey.

Best Time For Leh Ladakh Bike Trip

The best time for a bike trip to Leh Ladakh is during the summer months, from April to September. This is when the weather is most favourable, with clear skies and mild temperatures, making for a comfortable and enjoyable ride.

The roads to Leh Ladakh, especially the high-altitude passes, are usually open during this time, allowing for easy access to the region. Additionally, the summer months coincide with the peak tourist season, so you'll find more facilities and services available along the way.

It's important to note that even during the summer months, the weather in Leh Ladakh can be unpredictable, with sudden changes and occasional rain or snowfall, especially in the higher altitudes. It's advisable to be prepared for such conditions and to check the weather forecast before starting your journey.

A women's bike trip to Leh-Ladakh is an adventurous and empowering journey that many women undertake to explore the stunning landscapes and challenging terrain of the region. These trips are organized by various travel groups and clubs, offering women a safe and supportive environment to experience the thrill of riding through the Himalayas.

Such trips typically involve a group of men/women riders traveling together on motorcycles, exploring iconic places like the Magnetic Hill, Pangong Lake, Nubra Valley, and Khardung La, which is one of the highest motorable passes in the world.

The journey is not just about the destination but also about the camaraderie and support that the riders experience along the way. It's a chance for women to break free from stereotypes, challenge themselves, and create lasting memories. Safety is a top priority on these trips, with organizers ensuring that riders are well-equipped, briefed about the challenges of the terrain, and supported throughout the journey. It's a truly empowering experience that allows women to push their limits and discover their adventurous spirit.

In conclusion, the women's bike trips to Leh Ladakh is more than just a journey; it's a statement. It's a statement of empowerment, of breaking stereotypes, and of celebrating the spirit of adventure. It's a journey that inspires women to dream big, push boundaries, and explore the world on their own terms.



India's first home-grown gene therapy for cancer launched

The President of India, Smt Droupadi Murmu launched India's first home-grown gene therapy for cancer at IIT Bombay on April 4, 2024.

Speaking on the occasion, the President said that the launch of India's first gene therapy is a major breakthrough in our battle against cancer. As this line of treatment, named "CAR-T cell therapy", is accessible and affordable, it provides a new hope for the whole of humankind. She expressed confidence that it will be successful in giving new lives to countless patients.

The President said that CAR-T cell therapy is considered to be one of the most phenomenal advances in medical science. It has been available in the developed nations for some time, but it is extremely costly, and beyond the reach of most patients around the world. She was happy to note that the therapy being launched today is the world's most affordable CAR-T cell therapy. She said that it is also an example of the 'Make in India' initiative; a shining example of the 'Atmanirbhar Bharat'.

The President was happy to note that India's first CAR-T cell therapy is developed through collaboration between the Indian Institute of Technology, Bombay and Tata Memorial Hospital in association with industry partner ImmunoACT. She said that this is a praiseworthy ex-

ample of academia-industry partnership, which should inspire many more similar efforts.

The President said that IIT Bombay is renowned, not only in India but across the world, as a model of technology education. In the development of CAR-T cell therapy, technology

is not only being put in the service of humanity, but partnerships have been with an eminent institution from another field as well as with industry. This has been made possible by the focus IIT, Bombay has placed on research and development over the last three decades. She said that with the knowledge base and skills of the faculty and students of IIT Bombay and other similar institutions, India as a whole, would benefit greatly from the technological revolution underway.



President Droupadi Murmu with Maharashtra Governor Ramesh Bais, IIT Bombay Director Subhasis Chaudhuri, Tata Memorial Centre Director Sudeep Gupta and others during the launch of the first indigenous CAR-T cell therapy, in Mumbai on April 4, 2024.

5000 plus Yoga Enthusiasts to participate in 75 days countdown to IDY- 2024

In the ongoing journey of 100 days countdown of IDY 2024, more than 5000 Yoga Enthusiasts will be participating at 75th day countdown which is being held at Wadia College Sports Ground, Pune (Maharashtra) on 7th April, 2024.

Focusing on holistic health and wellness approach and taking note of the power of Yoga, the Mahotsav will witness active participation of Gram Pradhans, Anganwadi Workers & Asha Workers/Self Help Groups, Ayush Health & Wellness Centres, Resident Welfare Associations (RWAs), Women Welfare Organisations, School Children, and more. The celebration will also witness the auspicious presence of eminent dignitaries, Yoga Gurus/ Masters and Experts of Yoga & Allied Science and Head of the Institutions. The basic motto of the Yoga Mahotsav is to give a wider promotion and publicity to Yoga for health and well-being so that maximum people get benefitted both at National and International levels. The day 75 countdown to IDY 2024 event also coincides with the World Health Day which falls on April 7, 2024.

International Day of Yoga is celebrated every year on 21st June. This year too, to sensitise the populace about the benefits of Yoga and to spread the inherent message of holistic health, a 100 days countdown was rolled out on 13th March. As a part



of countdown event series, the 75th day countdown is celebrated in the form of Yoga Mahotsav. It is being jointly organized by Morarji Desai National Institute of Yoga and National

Institute of Naturopathy (NIN), Ministry of Ayush, Govt. of India with the gathering of thousands of participants as a gala event. All the participants will actively engage in the practice of the Common Yoga Protocol (CYP) starting at 6.00 AM on

Association is also supporting this 75th day countdown event IDY-2024 related celebration with their Maharashtra State Chapter. Common Yoga Protocol (CYP) is at the centre stage of the event. CYP is designed by taking inputs from experts as it comprises day-to-day Yoga practice to reap all the benefits of Yoga. The protocol is intended to popularize Yoga practices like Pranayam, meditation etc. Each Yogic activity is a key to improving flexibility, strength, balance and attaining harmony. Ministry of Ayush along with Morarji Desai National Institute of Yoga is organizing Mass Yoga Demonstrations/sessions encompassing '100 days, 100 cities, and 100 organizations' campaign in collaboration with various Universities/Institutes/Colleges from 13th March 2024 to 21st June 2024 across the country, leading up to the 10th International Day of Yoga. The campaign includes Common Yoga Protocol, workshops and lectures to promote the practice of Yoga among the people for their improvement of health and well-being.

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MODI & MURMU PAY TRIBUTE TO JALLIANWALA BAGH MASSACRE VICTIMS

Senior BJP leader and Prime Minister Narendra Modi paid tribute to the people killed in the Jallianwala Bagh massacre in 1919 and shared a video defining the incident and showcasing the unparalleled courage and sacrifice of the victims.

President Droupadi Murmu also remembered the victims of massacre and said, "My heartfelt tribute to all the freedom fighters who sacrificed eve-

rything for the motherland in Jallianwala Bagh! The countrymen will always be indebted to all those

great souls who sacrificed their lives for Swaraj. I am sure that the spirit of patriotism of those mar-



In a post on X PM Modi said, "On behalf of my family members across the country, I pay my heartfelt tribute to all the brave martyrs of the Jallianwala Bagh massacre."

tyrs will always inspire the coming generations."

Hundreds of people protesting peacefully against the Rowlatt Acts, which granted the colonial administration repressive powers, were gunned down by British forces without any provocation in what became one of the most brutal turns in their occupation of India.

Senior BJP leader and Union Home Minister Amit Shah also paid tributes to the victims and said, "Tributes to the brave martyrs of Jallianwala Bagh who made an invaluable contribution to the country's freedom movement.

"Jallianwala Bagh is a living symbol of the cruelty and inhumanity of the British rule. This massacre awakened the revolutionary flame hidden in the hearts of the countrymen and made the freedom movement a struggle of the people. The lives of the self-respecting people of Jallianwala Bagh are an eternal source of inspiration for sacrifice and dedication for the nation first," he added.

Senior BJP leader and Defence Minister Rajnath Singh also recalled the sacrifices made by the people at Jallianwala Bagh.

"Remembering the martyrs of Jallianwala Bagh, Amritsar who were massacred on this day in 1919. I salute their supreme courage and sacrifice. Their sacrifice will always be remembered" he posted on X.

AMARNATH YATRA 2024 PILGRIMAGE TO BEGIN FROM JUNE 29



The Amarnath Yatra, the annual pilgrimage to the holy shrine, will begin on June 29 and culminate on August 19, while the advance registration for the 52-day-long yatra will start on Monday, April 15, the Shri Amarnath Shrine Board (SASB) announced on Sunday.

Meanwhile, the National Disaster Response Force (NDRF) and State Disaster Response Force (SDRF) personnel are receiving specialised training to be part of the Mountain Rescue Teams (MRTs) of the Jammu and Kashmir Police to ensure the safety and convenience of devotees, officials said.

Speaking about the Amarnath Yatra, Jammu and Kashmir MRT Team in-charge, Ram Singh Salathia, said, "The Shri Amarnath Ji Yatra will start in Jammu and Kashmir in June and will last for about two months. Lakhs of devotees from all over the country will come to worship 'Baba Barfani.'"

"During the yatra, the pilgrims

will have to face difficulties. To deal with the situation, Mountain Rescue Team (MRT) is undergoing training in District Samba to assist the travellers."

The in-charge assured that the devotees can travel without any



hassle as his team will provide them with complete facilities.

Praising his team, Salathia

said, "The team has set an example in helping thousands of people every year. They played a crucial role in the 2022 disaster."

Keeping in mind the geographical conditions of Jammu and

Kashmir, these soldiers are being taught the skills to deal with any disaster.

The training regimen encompasses a wide array of skills essential for disaster management, including rescue operations in the event of landslides, floods, fires, and road accidents.

Personnel are trained in rope bridge construction, safe extraction of injured individuals from hazardous locations, and other life-saving techniques. Apart from this, some soldiers have also been given medical training so that they can provide first aid to travellers.

Salathia further said that so far 1,300 soldiers of Jammu and Kashmir Police have been fully trained.

The Amarnath Yatra attracts lakhs of pilgrims every year who visit the site during 'Shravani Mela' in July-August (Shravan month in Hindu calendar) – the only time in the whole year when the Amarnath Cave is accessible. The annual 'Amarnath Yatra' is marked by 'Pratham Pujan'.

ECI leverages power of social media

engage young and urban voters for enhanced participation in GE 2024

Nudges young & first-time voters through 'Turning 18' campaign to participate in festival of democracy

'You are the One' campaign recognize importance of different stakeholders in election process, including polling machinery in ensuring No Voter to be Left Behind

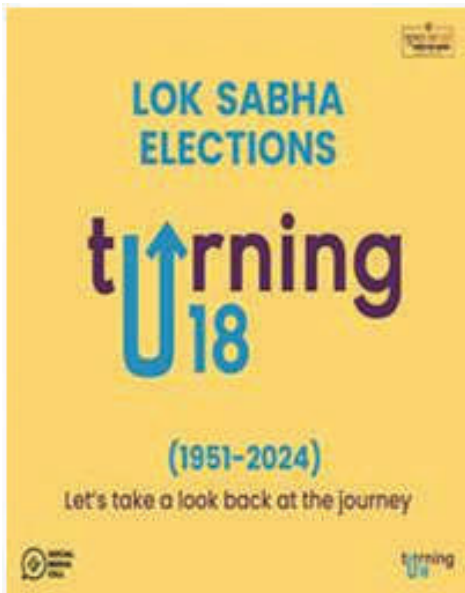
Tailored messaging strategy incorporating compelling themes, collaboration with popular ECI icons and GenZ content

As the country gears up for the 2024 Lok Sabha Elections, the Election Commission of India (ECI) has embarked on an

innovative journey to engage citizens through unique campaigns like 'Turning 18' and 'You are the One' on social media platforms, employing a tailored messaging strategy within the overarching theme of 'Chunav Ka Parv, Desh Ka Garv'. Currently ECI has social media presence on major platforms including Facebook, Instagram, X, YouTube with recent additions of Public App, WhatsApp Channel, and LinkedIn.

to participate in the upcoming elections and address the critical issues of urban and youth apathy noticed in previous elections.

tated by State Chief Electoral Officers (CEOs) and the national public broadcaster, DD News and Akashvani. Moreover, ECI has collaborated with its popular network of National and State SVEEP icons to have a multiplier effect. This concerted effort helps disseminate the campaign's message across diverse segments of society, effectively reaching its target audience and generating significant momentum for the forthcoming poll days.



The 'Turning 18' campaign employs various compelling themes and strategies to capture the attention of its audience. The strategy involves branding of individual series with thematic logos for easy identification and association. Additionally, the campaign portrays a comparison of past and recent elections, as 'then vs. now' to underscore the progress made over time. By emphasizing the significance of voting immediately upon turning 18, the campaign seeks to inspire a sense of civic responsibility among young

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'Turning 18' Campaign

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'You are the One' Campaign

Building on 'Turning 18' campaign, ECI launched another impactful campaign titled 'You Are

teams working behind the scenes, navigating challenging terrains to ensure every voter is reached.

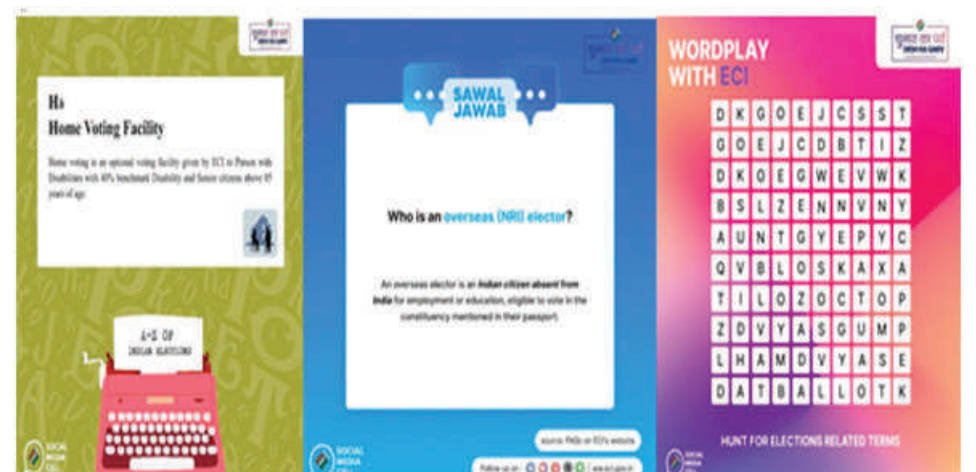
Engaging voters with unique and interesting election stories, crosswords, Election dictionary

There are various other interesting features of the campaign like 'Chunavai Kisse' sharing

ous occasions identified urban apathy and youth apathy as a cause for concern in its quest to improve voter turnout. ECI campaign 'Turning 18,' in the run-up to the 18th Lok Sabha Elections, specifically targets young and first-time voters. The primary objective is to galvanize youngsters

voters. Furthermore, infographics, highlighting the growing participation of the women electorate, especially in the age bracket of 18-30 showcases the inclusivity of India's democratic process.

The impact of the 'Turning 18' campaign is substantial, with widespread amplification facili-



interesting election stories from previous elections. Then A-Z of Indian Elections series informs users about elections related terms and processes. Word play with ECI is another series where users are engaged to hunt for election related terms. 'Sawal Jawab' series to answer the most relevant questions related to the electoral process. Through Polls and Pixels series, ECI shares a visual journey of Indian Elections

lighted by CEC Shri Rajiv Kumar during the Press Conference for announcement of Schedule of General Elections, thereby busting fake news and urging individuals to exercise caution and diligence before sharing information on social media platforms. This proactive measure aims to empower citizens to verify the accuracy and authenticity of content before amplifying it, thereby mitigating the spread of false



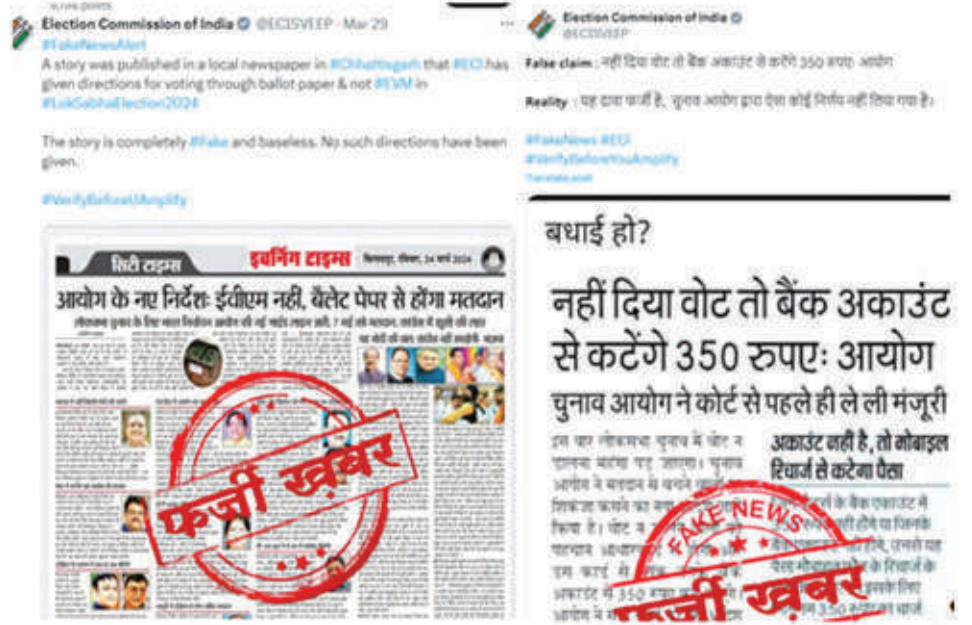
since inception.

'VerifyBeforeYouAmplify' initiative

In response to the proliferation of fake news and misinformation online, the ECI introduced the 'Verify Before You Amplify' initiative (सच से सच सुनाओ) as high-

information and safeguarding the integrity of the electoral process.

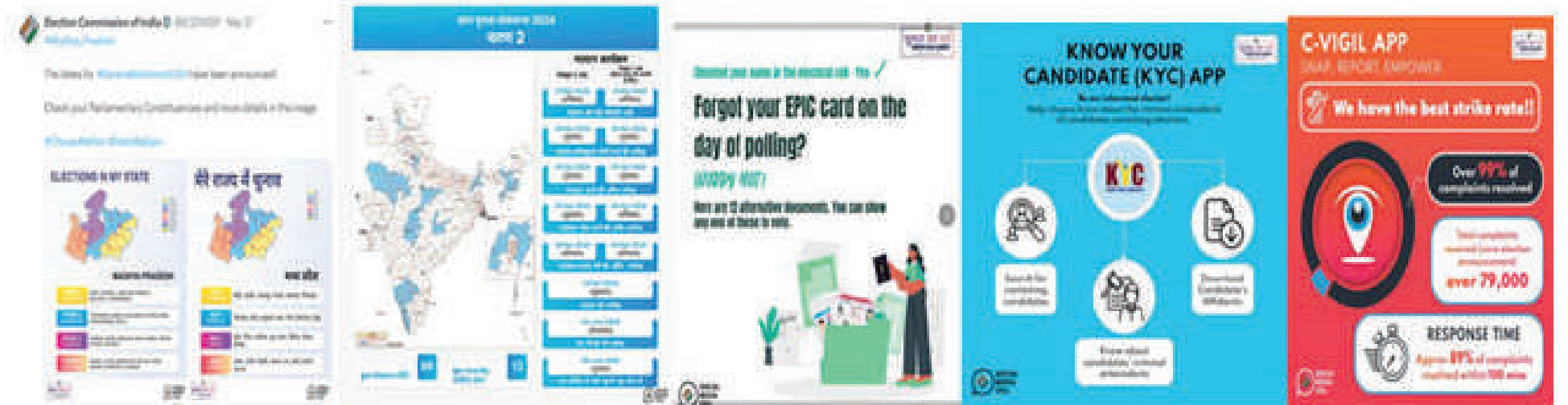
Additionally, information on schedule, IT Applications and other critical aspects including decisions of the Commission, how to check name in Elec-



toral Roll and find polling stations etc. is shared graphically and with reels for precise and sorted information for users. It is also worthwhile to note that the conduct of ECI Press Conference has also seen a paradigm shift with CEC Shri Rajiv Kumar addressing the Press Conference with a lively and impactful presentation which gets live streamed and live tweeted for instant reach to stakeholders including media.

By leveraging creative strategies and the power of social media, ECI aims to engage with citizens across the nation, empowering them to actively participate in the democratic process and contribute to the vibrant festival of Indian democracy.

As the 18th Lok Sabha Elections polling days approach, these efforts serve as a testament to the ECI's dedication for an inclusive and participative elections.



Dipika Chikhliya Attends Anniversary Celebrations of Janajati Kalyan Ashram

Dipika Chikhliya, a renowned TV series actress in India who gained fame from Ramanand-produced serial Ramayan graced the 14th anniversary celebrations of Janajati Kalyan Ashram in Kathmandu 6th April. With the recent consecration of Ram Mandir in Ayodhya, Sita famed actress, known for her timeless role in the epic saga, was warmly welcomed in Nepal amidst much anticipation and fanfare.



extends vital assistance to approximately 700 students, ensuring access to education, shelter, and sustenance.

The presence of Dipika Chikhliya at the anniversary celebration encouraged other people to understand the importance of philanthropy and community service, and attendees in the program generously offered support towards

the education of scheduled tribe children by adopting the kids for a month or a year as per their capability.

Nepal has approximately 142 ethnic groups as per the Nepal Census 2021. Special efforts to enhance the living standards of various ethnic groups aid in the development of the nation.

Sheikh Hasina to Visit India Post Lok Sabha Polls

Prime Minister Sheikh Hasina of Bangladesh is slated to visit New Delhi after the conclusion of the general elections in India later this year.

Bangladesh Foreign Minister Hasan Mahmud confirmed to the media that the "prime minister will visit India after the elections. The official schedule is yet to be fixed".

The announcement comes amidst recent speculation sparked by several media reports suggesting that Sheikh Hasina's visit to India is scheduled for June. If realised, this visit would mark her first official trip to India following her victory in the national elections on January 7. The visit holds significant diplomatic implications, as it underscores the continued strengthening



of bilateral ties between Bangladesh and India.

Both nations have maintained close diplomatic relations over the years, collaborating on various fronts including trade, security, and regional cooperation. Details regarding the agenda of Sheikh Hasina's visit and specific engagements are yet to be disclosed.

However, given the strategic importance of the relationship between Bangladesh and India, the visit is expected to address a range of bilateral and regional issues of mutual interest. As preparations for the visit unfold, anticipation mounts among stakeholders in both countries, eager to witness further advancements in the longstanding partnership between Bangladesh and India.

India's biggest Climate Clock activated at CSIR Hq to celebrate Earth Day

Council of Scientific & Industrial Research (CSIR), as a part of the Earth Day Celebrations, installed and activated India's biggest Climate Clock on the CSIR Headquarters Building in Rafi Marg, New Delhi on 23rd April 2024. The event signifies CSIR's aim to spread awareness about climate change and its ill effects.

Speaking on the occasion, Prof Chetan Singh Solanki of IIT, Bombay and Founder, Energy Swaraj Foundation said that there is an urgent need for every citizen of the country to be energy literate. He said every citizen must take steps to avoid or minimise energy usage as much as possible.

Dr Shailesh Nayak, Former Secretary, Ministry of Earth Science and Director, National Institute of Advanced Studies, delivered the CSIR AMRIT Lecture on "Unravelling the Secrets of Triggered Earthquakes: The Lighthouse Project of Scientific Drilling in Koyna". The CSIR Accelerating Modern Research, Innovations and Technologies (AMRIT) Lecture Series aims to learn from the ideas and thoughts of India's foremost S&T leaders that can help pave the way for actions by R&D organisations in general and CSIR in particular. Addressing the gathering, Dr N Kalaiselvi, DG-CSIR, said that Earth Day is a reminder for us to protect the environment. She informed that under the CSIR-Energy Swaraj Foundation MoU, a large number of scientists and staff in CSIR has undergone the Energy Literacy Training. Climate clocks provided by the Foundation have been installed in most CSIR labs.

JANAKPURDHAM CULTURAL FESTIVAL HELD IN NEPAL

The 2nd edition of the Janakpurdhama Cultural Festival was organized by the Embassy of India in Nepal, on April 13, coinciding with the Bikram Sambat Nepali New Year 2081. The festival was held at the Mahendranarayan Nidhi Mithila Cultural Center in Janakpur and comprised two sessions. Saroj Kumar Yadav, Chief Minister of Madhesh Province, inaugurated the first session of the Festival as the Chief Guest.

In a keynote address by Haribans Jha on 'Jaanaki Lila,' it was mentioned that the religious book Sitayan is worth reading, even though it is not as popular as Ramayan.

An exhibition on sarees, which are a common dress for women in both India and Nepal, attracted people to see sarees made of different fabrics, colors, and design patterns, including banarsi zari, Newari saree, phulakari, Chanderi, and other popular designs.

A photo exhibition on the forts of India and Nepal was also organized. A Maithili Food Festival curated by celebrated chef Santosh Shah offered 54 food items, serving various dishes like tarua, bachka, kadhi-pakoda, laungiya, and others.

The evening session showcased musical performances of Bhajans based on the life of Lord Ram and Sita by the teachers and artists of SVCC. The special highlight of the second session was a performance by Ms. Menuka Poudel, a celebrated Nepali singer, who was also a top 10 contestants of Indian Idol 2024.

The event had participation from Provincial Assembly Members of Madhesh Province and dignitaries and was witnessed by a large audience. The 2nd edition of the Janakpurdhama Cultural Festival celebrated the shared cultural heritage of India and Nepal, reflected in the common traditions of art, culture, and festivals of the two countries.



Unicorn Dreams Transforming Your Home Grown Business into a Billion-Dollar Venture

Virtual Session on "Unicorn Dreams: Transforming Your Home-Grown Business into a Billion-Dollar Venture"

A virtual session titled "Unicorn Dreams: Transforming Your Home-Grown Business into a Billion-Dollar Venture" was held under the ambit of the FLO Financial Literacy Initiative on April 9, 2024.

The FLO Financial Literacy Initiative is a national initiative dedicated to enhancing financial literacy for women, equipping them with the knowledge and skills necessary to navigate the complex world of finance and entrepreneurship. Through workshops, seminars, and other educational programs, the initiative seeks to empower women to take control of their financial futures and unlock their full potential as entrepreneurs.

Led by Governing Body Member CA Shubhra Maheshwari, along with the dynamic team including Simran Chhabra, Smitha Gooda, Bhavani Mujakari, and Rashmi Doshi, the FLO Financial Literacy Initiative has been making significant strides in empowering women entrepreneurs.

The speaker for this session was CA Umesh



Sharma, Central Council Member and Head of Financial & Tax Literacy.

Organized in collaboration with ICAI, this session aimed at empowering women entrepreneurs to transform their home-grown businesses into billion-dollar ventures.

CA Umesh Sharma, with his wealth of knowledge and experience, guided attendees through the key principles and strategies that can pave the way for their businesses to achieve billion-dollar success. He guided participants through crucial aspects of financial and tax literacy and offered invaluable insights into elevating home-grown businesses into billion-dollar ventures.

Attendees were equipped with tools and knowledge necessary for navigating the complex landscape of business growth and financial management.

The session was both informative and inspirational, reinforcing FLO's commitment to empowering women entrepreneurs. 185+ members attended this session.

Beat the Heat

Exposure to high outdoor and indoor temperatures can induce heat stress, directly and indirectly, leading to heat-related illnesses. As the temperatures see a steady increase, here a few things we can do to stay cool and avoid heatstrokes

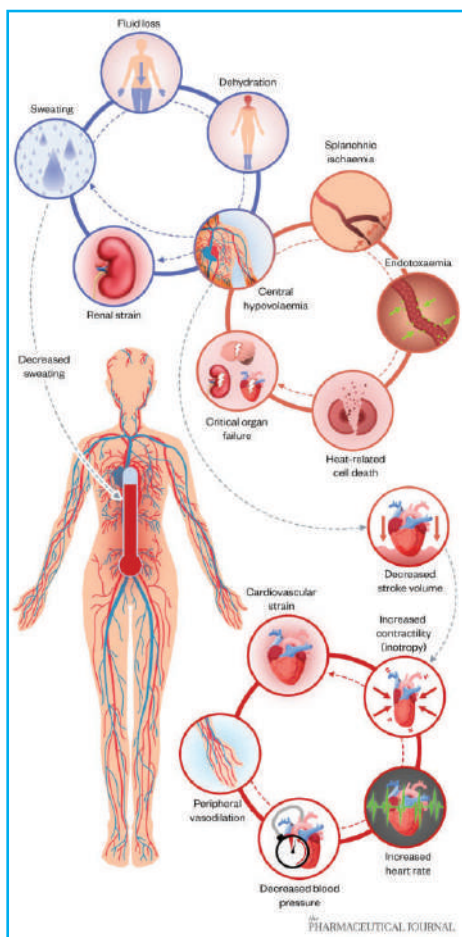
- Heat-related illnesses include heat rash (prickly heat), heat oedema (swelling of hands feet and ankles), heat cramps (muscle cramps), heat tetany, heat syncope (fainting), heat exhaustion, and heat stroke.
- Heat stress also exacerbates chronic conditions like cardiovascular, respiratory, kidney diseases.
- Elderly or sick people living alone should be supervised and their health monitored daily.



Normal human body temperature ranges between 36.4°C and 37.2°C

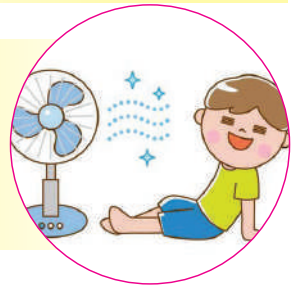
Symptoms of heat stroke

- Dizziness or fainting
- Extreme thirst
- Nausea or vomiting
- Decreased urination
- Headache
- Rapid breathing and heartbeat



- Immersing feet in 20°C water till the ankle provides rapid cooling by reducing dehydration and thermal discomfort.

- Use a fan, spray bottles, damp cloths, and towels to cool down the body.



Stay Alert

- Listen to the radio, watch the news for local weather updates
- Stay in well-ventilated areas and cool places
- Block direct sunlight and heat waves by drawing the curtains during the day and at night and keep them open

Stay Hydrated

- Drink sufficient water whenever possible, even if you are not thirsty.
- Carry drinking water when travelling.
- Use oral rehydration solution (ORS), and consume home-made drinks like lemon water, buttermilk, lassi, fruit juices with added salt.

Stay Covered

Wear thin, loose, cotton garments, preferably light coloured. Use an umbrella, hat or any other traditional headgear to cover your head. Wear shoes or slippers while going out.



What Not To Do



- Avoid going out between 12 noon and 3pm.
- Avoid strenuous activities when outside in the afternoon
- Do not go out barefoot
- Avoid cooking during peak summer hours
- Open doors and windows to ventilate the cooking area

If you feel unwell and experience any of the heat stroke symptoms:

- Immediately move to a cool place and drink liquids. Water is the best.
- Seek medical attention
- Measure your body temperature
- Eat seasonal fruits and vegetables with high water content like watermelon, muskmelon, orange, grapes, pineapple, cucumber, lettuce.
- Avoid alcohol, tea, coffee and drinks with large amounts of sugar. These lead to loss of more body fluids.
- Avoid high protein food and do not eat stale food.
- Do not leave children or pets in a parked vehicle.



If you experience painful muscular spasms particularly in the legs, hands or abdomen:

Rest immediately in a cool place, and drink oral rehydration solutions. Seek medical attention if heat cramps last more than one hour.





Encouraging Women Entrepreneurship- Policies and Programmes

neurship in the county wherein care has been taken to ensure adequate participation and share of Women, by way of special provisions and added incentives for them.

Start up India Programme was launched in February 2016 and over the period it had become the 3rd largest start-up ecosystem in the world ,providing handholding, funding support, incentives, industry –academic partnership to provide conducive environment for start ups in the Country. A corpus fund of 10,000 crores has been earmarked for the programme to build a strong ecosystem by nurturing innovation and start-ups. 10% of the corpus fund is reserved for women led start-ups. This would act as catalyst in creating an enabling environment for innovations start-ups to flourish, having a multiple effect on employment generation and social transformation leading to growth.

Prime Minister's Employment Generation Programme (PMEGP) Employment Generation Programme. the scheme being implemented by Khadi and Village Industries Commission as the nodal agency through KVIC Directorates, State Khadi and Village industries Board (KVIBs), District Indus-

Women entrepreneurs are critical to the economic growth of any country, which can be realized only by encouraging equality and enhancing opportunity for women in all walks of life. The inequalities and a huge gender gap persist in business in India, even though it has been well established through various research studies, worldwide, that female founded and co-founded enterprises perform better than those managed with all male(s). Women secure higher than the Men in key skills related to a business enterprise e.g. team work, problem solving and orientation. It was the realization of immense untapped women's potential that GOI has taken a large number of policy initiatives for mainstreaming women and to provide them a level playing field so that they could put their best in the country's economic growth. Women in India run around 8 million enterprises constituting about 14 per cent of the total entrepreneurs. The figure may not encouraging, when we see that women constitute 48.95% of the population but the situation is in a way promising as 35.5% of start ups have women as Directors and 58% of entrepreneurs started their business at the age of 20 to 30 years. As such, any success to increase the number of women led enterprises or for increase in their productivity has a direct bearing on the country's economy.

Realizing the above, the Ministry of Women and Child Welfare brought out the draft National Policy for Women (2016), which envisaged that all important micro level policies needed to be engendered and mainstreamed to address women's concern for being an equal partner in the country's development. The draft includes large number of policy statements, for raising the visibility of women in economy, which inter-alia includes entrepreneurship development, training and skill upgradation, support to women farmers in their livelihood etc. MWCD has been working to remove all impediments for women to become a successful entrepreneur and to create conducive environment for providing support in different areas, where they have been facing difficulties due to explicit reasons e.g. access to finance, access to latest skills and technology, access to market and business skills. A large number of programmes has been undertaken by different Ministries of GOI for encouraging entrepre-

tries Centres and Banks. It is credit linked subsidy scheme to promote and set up MSME'S and to generate employment in rural and urban areas. For setting up new enterprises, subsidy level in the Programme to special categories ,including women, is 25% and 35% in urban areas and rural areas, as compared to 15% and 25% in respective areas for General Category

Ministry of MSME launched UdyamSakhi, a network for nurturing social entrepreneurship creating

business models revolving around low-cost products and services to resolve social inequities. The portal, who have started or running their own businesses through its platform for entrepreneurship learning tools, incubation facility, training programs for fundraising, providing mentors, one-on-one investor meet, provide market survey facility and technical assistance.

Udhyam Shakti Portal for Women Entrepreneurs : An initiative of Ministry of Micro, Small and Medium Enterprises, launched on the eve of International Women's day 2018, for nurturing social entrepreneurship creating business model, revolving around low cost products and services. It caters to the need of around 8 million Indian women and others to start, built and grow business and provide assistance for preparing business plan, incubation facility, training programs, providing mentor, market survey facility etc. Project with maximum cost of Rs.25 lakhs are covered under the Scheme (Rs.10 lakhs cost is for service based projects). The portal has been incessantly involved in revolutionizing the role of women outside the four walls of their home.

Economic empowerment of

launched in 5th April 2016 for facilitating credit to women entrepreneurs with an objective of providing loans ranging from Rs.1 lakhs to Rs.1 Crore to at least one woman entrepreneur by one Bank each. . In case of non-individual enterprise covered under the Scheme, 51 per cent of the share capital and controlling stake should be that of the women. The scheme focus on only SC/ST and women entrepreneurs.

Credit Guarantee Fund Trust for Micro and Small Enterprises (CGTMSE) : Small Industries Development Bank of India (SIDBI) and Ministry of Micro, Small and Medium Enterprises launched the scheme to make available collateral-free credit to the micro and small enterprise sector. Both the existing and the new enterprises are eligible to be covered under the scheme for which a Trust named Credit Guarantee Fund Trust for Micro and Small Enterprises (CGTMSE) to implement the Credit Guarantee Fund Scheme for Micro and Small Enterprises has been established to provide credit facilities up to Rs 200 lakh per eligible borrower covered provided they are extended on the project viability without collateral security or third party guarantee. The extent of guarantee cover is 80% for Micro and Small Enterprises being operated and/or owned by Women; for credit facilities upto Rs 50 lakh. In case of default, Trust settles the claim up to 75% of the amount in default of the credit facility extended by the lending institution for credit facilities upto Rs 200 lakh.

Micro & Small Enterprises -Cluster Development Programme : The Ministry of Micro, Small and Medium Enterprises (MSME), Government of India (GOI) has adopted the Cluster Development approach as a key strategy for enhancing the productivity and competitiveness as well as capacity building of Micro and Small Enterprises (MSEs) and their collectives in the country. A cluster is a group of enterprises located within an identifiable and as far as practicable, contiguous area or a value chain that goes beyond a geographical area and producing same/similar products/complementary products/services, which can be linked together by common physical infrastructure facilities that help address their common challenges. The objective of the scheme is to support the sustainability and growth of MSEs by addressing common issues such as improvement of technology, skills & quality, market access, etc, capacity building through formation of self help groups, consortia, set up Common Facility Centres (for testing, training, raw material depot, effluent treatment, comple-



Women Enterprises and Start-up by women in collaboration with a German Based Development Authority is an initiative of Ministry of Skill Development and Entrepreneurs and provide incubation and accelerating program for women micro entrepreneurs to start new business and scale up existing enterprises. At present, the project is in operation in the States of Assam, Rajasthan and Telangana.

Stand up India Scheme : As part of MSME Policy, the Program was

menting production processes, et) Women Owned enterprises are given special consideration in all the programmes.

Mudra Yojana Scheme for Women : This scheme has been launched by the Govt. of India for individual women wanting to start small new enterprise and businesses like beauty parlours, tailoring units, tuition centers, etc as well as group of women wanting to start a venture together. The loan doesn't require any collateral security and can be availed for an amount upto 50,000 to 10 Lakhs.

Exhibition for Women under promotional package for Micro and Small Enterprises under marketing support : For encouraging women entrepreneurs' to take part in International Exhibitions certain provisions like free space in Exhibitions, economy class air fare for one women representative and shipping cost up to Rs 1500 is reimbursed.

Financing Schemes offered by Banks : A large number of banks have schemes to support entrepreneurship among women by providing certain concessions in the rate of interest, collateral security etc. Some

of these schemes are listed below :

i. Shri Shakti Package for Women Entrepreneurs : SBI run scheme offering concessions to women with majority ownership over 50% in a business provides interest concession 0.05% on loans exceeding Rs 2 lakhs with no security for loan upto Rs 5 lakhs.

ii. Cent Kalyan Scheme : Central Bank of India scheme for new entrepreneurs and self-employed women for macro/small enterprises. Loan upto Rs 1 crore without any collateral security.

iii. Mahila Udyam Nidhi

Scheme : Offered by Punjab National Bank and SIDBI to support women enterprises to set up new small scale ventures extending loan upto Rs 10 lakhs to be repaid in 10 years. Similar support to women enterprises is being offered and loan even upto Rs 1 Crore, without any collateral security to women entrepreneur. To name a few, Oriental Mahila Vikas Yojana Scheme by Oriental Bank of Commerce, Bhartiya Mahila Bank Business Loan, Dena Shakti Scheme by Dena Bank, Udyogini Scheme by Punjab and Sindh Bank etc.

एफएसएसआई का खाद्य सुरक्षा संबंधी पहलुओं पर जागरूकता अभियान

भारतीय खाद्य सुरक्षा और मानक प्राधिकरण (FSSAI) ने दिल्ली के प्रमुख बाजारों में खाद्य सुरक्षा संबंधी पहलुओं पर जागरूकता अभियान शुरू किया। इस अभियान के जरिए खाद्य व्यवसाय के संचालकों को जैविक खेती, कच्चे माल के परीक्षण, कीटनाशक अवशेषों के दुष्प्रभाव, कृत्रिम रूप से पकाने और गैर-अनुमोदित (पेप-अप्रोव्ड केमिकल्स) रसायनों का उपयोग करके मोम कोटिंग के महत्व के बारे में जागरूक किया गया। इस कार्यक्रम में खाद्य सुरक्षा हर किसी की जिम्मेदारी है के मंत्र के साथ खाद्य सुरक्षा सुनिश्चित करने में सामूहिक जिम्मेदारी पर जोर दिया गया और स्वस्थ भारत को बढ़ावा देने में खाद्य आपूर्ति श्रृंखला में प्रत्येक हितधारक की महत्वपूर्ण भूमिका के महत्व पर भी जोर दिया गया।

खान मार्केट और आईएनए मार्केट से शुरू हुआ व्यापक जागरूकता अभियान स्वास्थ्य एवं परिवार कल्याण मंत्रालय द्वारा जारी एक बयान में बताया गया कि एफएसएसआई ने 8 अप्रैल को खाद्य सुरक्षा विभाग, दिल्ली के सहयोग से राष्ट्रीय राजधानी के प्रमुख बाजारों को लक्षित करते हुए एक व्यापक जागरूकता और संवेदीकरण कार्यक्रम शुरू किया है। सोमवार से दिल्ली के लोकप्रिय खान मार्केट और आईएनए मार्केट से शुरू होने वाला जागरूकता अभियान विशेष रूप से खाद्य उत्पादों में कीटनाशक अवशेषों एवं दूषित पदार्थों का पता लगाने और उसमें कमी लाने पर ध्यान केंद्रित होगा।

फूड सेफ्टी ऑन व्हील मोबाइल लैब से परिचित कराया गया

उल्लेखनीय है कि बाजार संघों और व्यापारियों को इस अभियान में सक्रिय रूप से शामिल किया गया और मुख्य रूप से फलों एवं सब्जियों में कीटनाशक अवशेषों के हानिकारक प्रभावों और उनके परीक्षण के महत्व पर शिक्षित किया गया। इसके अतिरिक्त, उपस्थित लोगों को एफएसएसआई की अग्रणी पहल, फूड सेफ्टी ऑन व्हील मोबाइल लैब से परिचित कराया गया, जो विभिन्न त्वरित परीक्षण किटों से सुसज्जित है, जो विभिन्न खाद्य मैट्रिक्स, अर्थात् फलों और सब्जियों, दूध व अनाज में लगभग 50 कीटनाशक अवशेषों का पता लगाने में सक्षम है। इन परीक्षणों के परिणाम कुछ ही घंटों में उपलब्ध हो जाते हैं, जिससे खाद्य सुरक्षा सुनिश्चित करने के लिए त्वरित कार्रवाई की सुविधा मिलती है।

मोम कोटिंग तथा जैविक खेती की भूमिका के बारे में जागरूकता पैदा की गई व्यापारियों को त्वरित परीक्षण के लिए इस संसाधन का उपयोग करने और बाजार में बेचे जाने वाले उत्पादों की सुरक्षा व गुणवत्ता सुनिश्चित करने के लिए प्रोत्साहित किया गया। इसके अलावा, कार्यक्रम के दौरान खाद्य उत्पादों की सुरक्षा और गुणवत्ता की गारंटी के लिए कच्चे माल के परीक्षण के महत्व पर जोर दिया गया। उपस्थित लोगों के बीच अस्वीकृत रसायनों का उपयोग करके फलों और सब्जियों को कृत्रिम रूप से पकाने और मोम कोटिंग तथा जैविक खेती की भूमिका के बारे में जागरूकता पैदा की गई। कार्यक्रम में उपस्थित लोगों को दिल्ली और आसपास के क्षेत्रों में खाद्य उत्पादों के लिए परीक्षण प्रयोगशालाओं की उपलब्धता के बारे में भी बताया गया। उम्मीद है कि इस जागरूकता अभियान से विशेष रूप से खाद्य उत्पादों में कीटनाशक अवशेषों और दूषित पदार्थों का पता लगाने और उन्हें कम करने पर और अधिक जागरूकता आएगी।

अगर सच में बनना है एक सशक्त महिला, तो इन बातों को बिल्कुल भी ना करें इग्नोर

आज के समय में महिला सशक्तिकरण पर काफी जोर दिया जा रहा है। महिलाओं के हक को लेकर लोग सचेत हुए हैं और अब उन्हें भी समान अवसर दिए जाने लगे हैं। वहीं दूसरी ओर, महिलाओं ने भी अपने हुनर व कौशल को परिचय पूरे विश्व के सामने रखा है। भले ही बात पढ़ाई-लिखाई की हो या फिर स्पॉर्ट्स की, हर जगह महिलाओं के हुनर का लोहा अब लोग मानने लगे हैं। महिलाओं ने अपनी कौशलियत से पूरे विश्व में नाम कमाया है। मैरी कॉम से लेकर मिताली राज तक का नाम आज पूरी दुनिया जानती है। यह महिलाएं दूसरी महिलाओं के लिए भी प्रेरणास्रोत बनी हैं। अब एक सादा जीवन जीने वाली महिलाएं भी यह समझने लगी हैं कि वह भी किसी से कम नहीं है।

यकीनन किसी भी समाज की सफलताओं में सशक्तिकरण आवश्यक है। यह महिलाओं को नए कौशल सीखने की इच्छा देता है, उनकी सोच खुद के प्रति सकारात्मक बनाता है, साथ ही उनके भीतर यह विश्वास पैदा करता है कि वह जो भी चाहे, कर सकती हैं। हालांकि महिला सशक्तिकरण के लिए सिर्फ समाज या देश के कदम बढ़ाने से कुछ नहीं होने वाला। इसके लिए महिलाओं को खुद के लिए भी कुछ करना होगा। आपको शायद पता ना हो, लेकिन रोजमर्रा के जीवन में ऐसी कई चीजें हैं जो महिलाएं खुद को सशक्त बनाने के लिए कर सकती हैं। तो चलिए जानते हैं ऐसे ही कुछ कदमों के बारे में—

पैसे बचाने की आदत

हर महिला को डेली बेसिस पर कुछ पैसे बचाने की आदत डालनी चाहिए। जरूरी नहीं है कि आपकी बचत बहुत बड़ी हो। अगर आप हर रोज के सिर्फ पचास रूपए भी बचाती हैं तो आप एक माह में 1500 रूपए बचा लेंगी। इस तरह आपके पास अच्छी धनराशि

एकत्रित होगी। साथ ही पैसे होने से आपके भीतर एक फाइनेंशियली इंडिपेंडेंस की भावना भी विकसित होगी। इतना ही नहीं, रोजाना पैसे बचाने से आपके जीवन में एक अनुशासन भी आया और आपको जरूरत के समय बाहर की मदद नहीं लेनी पड़ेगी।

बनें खुद की वकील

यह समस्या अक्सर महिलाओं में देखी जाती है। चाहे घर हो या ऑफिस, अधिकतर महिलाएं कभी भी खुद के लिए स्टैंड नहीं ले पातीं। ऐसा करना ना छोड़ दें। अपनी लड़ाई लड़ने के लिए किसी और की प्रतीक्षा न करें। यदि आप सशक्तिकरण की तरफ कदम बढ़ा रही हैं, तो आपको अपनी आवाज बनना सीखना चाहिए। अगर कोई आपकी नेगेटिव इमेज पेश कर रहा है या फिर आपको लेकर झूठी अफवाहें फैला रहा है तो आपको अपने आत्म-सम्मान के लिए खड़ा होना चाहिए।

करें मेंडिटेट

अगर आप सेल्फ एक्सपर्ट बनना चाहती हैं तो यह पावर हासिल करने का रास्ता है मेंडिटेशन। हम में से अधिकांश को आंतरिक शांति प्राप्त करना बेहद मुश्किल लगता है और आंतरिक शांति आत्म-सशक्तिकरण की कुंजी है। मेंडिटेशन हमें ना सिर्फ खुद पर नियंत्रण रखना सिखाता है, बल्कि यह हमारे विचारों व दृष्टिकोण को भी सकारात्मक रूप से प्रभावित करता है। इतना ही नहीं, प्रतिदिन ध्यान करने से शरीर के भीतर एक उर्जा का संचार होता है, जिसके कारण महिला को यह अहसास होता है कि वह किसी भी कार्य को सफलतापूर्वक कर सकती है।

दूसरों की मदद

आपको शायद पता ना हो, लेकिन दूसरों

की मदद करके भी खुद को सशक्त बनाया जा सकता है। दरअसल, दूसरों की मदद करने से मन पर एक गहरी मनोवैज्ञानिक प्रभाव पड़ता है। यह आपके आत्मसम्मान का पोषण करता है। साथ ही जरूरत पड़ने पर किसी के लिए मदद का हाथ बढ़ाना एक स्त्री को खुशी की भावना देता है और जमीन से जोड़ता है। मदद की महान भावना आपको सशक्त बनाती है क्योंकि आप लोगों के साथ गहरी मित्रता और संबंध विकसित करने के लिए खुद को पर्याप्त संवेदनशीलता से लैस करती हैं।



समर में हेल्दी रहने के लिए अपनाएं ये 6 आयुर्वेदिक टिप्स



समर में हेल्दी रहने के लिए अपनाएं ये 6 आयुर्वेदिक टिप्स गर्मी हो या सर्दी, हर मौसम के हिसाब से डाइट, रूटीन और भी कई चीजों में बदलाव आते हैं। जहां सर्दी में गिरता तापमान परेशानी की वजह बनता है तो वहीं गर्मी में बढ़े हुए तापमान की वजह से कई मुश्किलें हो सकती हैं। डिहाइड्रेशन, पेट से जुड़ी समस्याएं, लू लगना, गर्मी के मौसम में ये सब चीजें देखने को मिलती हैं। गर्मियों में शरीर का अंदर से ठंडा रहना बहुत जरूरी है। अगर बांडी में हीट बढ़ जाती है तो इसके लक्षण शरीर में साफ दिखाई देने लगते हैं। आयुर्वेद में कई ऐसे टिप्स बताए गए हैं, जिन्हें फॉलो कर आप समर में हेल्दी रह सकती हैं। इस बारे में हमने न्यूट्रिशनिस्ट और आयुर्वेदिक काउंसलर, चारुल वर्मा से बात की

और समर में हेल्दी रहने के टिप्स जानें।
हाइड्रेशन का रखें ख्याल
समर में हेल्दी रहने के लिए सबसे जरूरी चीज यह है कि आप दिन भर में कम से कम 7-8 गिलास पानी पिएं जिससे डिहाइड्रेशन न हो। इसके अलावा नारियल पानी, छाछ, गन्ने का जूस और अन्य हेल्दी ड्रिंक्स को आप पी सकती हैं। इन ड्रिंक्स में ज्यादा बर्फ न डालें। इससे डिहाइड्रेशन पर असर पड़ सकता है।

पित्त बैलेंसिंग डाइट को करें फॉलो
गर्मियों में पित्त दोष (पित्त दोष का पीरियड्स पर असर) बढ़ जाता है इसलिए गर्मियों में अपनी डाइट में ठंडे और हाइड्रेटिंग फलों व सब्जियों को शामिल करें। अपने भोजन में मीठे और कड़वे रस दोनों को शामिल करें। तरबूज, नाशपाती, अंगूर, खीरा, तोरई और पत्तेदार सब्जियों को खाएं। हैवी, ऑयली और मसालेदार

भोजन को कम खाएं।

अभ्यंग करें

खुद अपनी मसाज (अभ्यंग) करने की कोशिश करें। इसके लिए ठंडे तेल जैसे कि नारियल के तेल का इस्तेमाल करें। इससे शरीर का तापमान ठंडा रहेगा। आप सुबह नहाने से पहले ऐसा कर सकती हैं।

एक्सरसाइज करें

दोपहर में घर से बाहर न निकलने की कोशिश करें। सुबह या शाम एक्सरसाइज करें। वॉकिंग, साइकलिंग और लाइट वेट लिफ्टिंग को अपने रूटीन में शामिल करें।

ठंडे मसालों का उपयोग करें

अपनी डाइट में ठंडे मसाले और हर्ब्स जैसे कि जीरा, इलायची, धनिया, सौंफ और गुलकंद को शामिल करें। इससे शरीर का तापमान कम करने में मदद मिलती है।

पवित्र 51 शक्ति पीठ, कथा और महत्व

पवित्र शक्ति पीठ पूरे भारतीय उपमहाद्वीप पर स्थापित हैं। देवी पुराण में 51 शक्तिपीठों का वर्णन है। देवी भागवत में जहां 108 और देवी गीता में 72 शक्तिपीठों का वर्णन मिलता है, वहीं तन्त्र चूडामणि में 52 शक्तिपीठ बताए गए हैं। देवी पुराण में 51 शक्तिपीठ की ही चर्चा की गई है। इन 51 शक्तिपीठों में से कुछ विदेश में भी हैं। वर्तमान में भारत में 42, पाकिस्तान में 1, बांग्लादेश में 4, श्रीलंका में 1, तिब्बत में 1 तथा नेपाल में 2 शक्ति पीठ हैं।

कैसे बने शक्तिपीठ (पौराणिक कथा) : देवी माता के 51 शक्तिपीठों के बनने के सन्दर्भ में पौराणिक कथा प्रचलित है। राजा प्रजापति दक्ष की पुत्री के रूप में माता जगदम्बिका ने सती के रूप में जन्म लिया था और भगवान शिव से विवाह किया। एक बार मुनियों के एक समूह ने यज्ञ आयोजित किया। यज्ञ में सभी देवताओं को बुलाया गया था। जब राजा दक्ष आए तो सभी लोग खड़े हो गए लेकिन भगवान शिव खड़े नहीं हुए। भगवान शिव दक्ष के दामाद थे। यह देख कर राजा दक्ष बेहद क्रोधित हुए। अपने इस अपमान का बदला लेने के लिए सती के पिता राजा प्रजापति दक्ष ने यज्ञ का आयोजन किया था। उस यज्ञ में ब्रह्मा, विष्णु, इंद्र और अन्य देवी-देवताओं को आमंत्रित किया, लेकिन जान-बूझकर अपने जमाता और सती के पति भगवान शिव को इस यज्ञ में शामिल होने के लिए निमंत्रण नहीं भेजा।

भगवान शिव इस यज्ञ में शामिल नहीं हुए। नारद जी से सती को पता चला कि उनके पिता के यहां यज्ञ हो रहा है लेकिन उन्हें निमंत्रित नहीं किया गया है। इसे जानकर वे क्रोधित हो उठीं। नारद ने उन्हें सलाह दी कि पिता के यहां जाने के लिए बुलावे की जरूरत नहीं होती है। जब सती अपने पिता के घर जाने लगीं तब भगवान शिव ने उन्हें समझाया लेकिन वह नहीं मानी तो स्वयं जाने से इंकार कर दिया।

शंकरजी के रोकने पर भी जिद कर सती यज्ञ में शामिल होने चली गईं। यज्ञ-स्थल पर सती ने अपने पिता दक्ष से शंकर जी को आमंत्रित न करने का कारण पूछा और पिता से उग्र विरोध प्रकट किया। इस पर दक्ष, भगवान शंकर के विषय में सती के सामने ही अपमानजनक बातें करने लगे। इस अपमान से पीड़ित सती ने यज्ञ-कुंड में कूदकर अपनी प्राणाहुति दे दी।

भगवान शंकर को जब पता चला तो क्रोध से उनका तीसरा नेत्र खुल गया। सर्वत्र प्रलय व हाहाकार मच गया। भगवान शंकर के आदेश पर वीरभद्र ने दक्ष का सिर काट दिया और अन्य देवताओं को शिव निंदा सुनने की भी सजा दी। भगवान शिव ने यज्ञकुंड से सती के पार्थिव शरीर को निकाल कंधे पर उठा लिया और दुःखी हुए सम्पूर्ण भूमंडल पर भ्रमण करने लगे।

भगवती सती ने अन्तरिक्ष में शिव को दर्शन दिए और कहा कि जिस-जिस स्थान पर उनके शरीर के अंग विभक्त होकर गिरे, वहां महाशक्तिपीठ का उदय होगा। सती का शव लेकर शिव पृथ्वी पर विचरण करते हुए तांडव नृत्य भी करने लगे, जिससे पृथ्वी पर प्रलय की स्थिति उत्पन्न होने लगी। पृथ्वी समेत तीनों लोकों को व्याकुल देखकर भगवान विष्णु सुदर्शन चक्र से सती के शरीर को खंड-खंड कर धरती पर गिराते गए। जब-जब शिव नृत्य मुद्रा में पैर पटकते, विष्णु अपने चक्र से सती शरीर का कोई अंग काटकर उसके टुकड़े पृथ्वी पर गिरा देते।

मत्त-चूडामणिफके अनुसार इस प्रकार जहां-जहां सती के अंग के टुकड़े, धारण किए वस्त्र या आभूषण गिरे, वहां-वहां शक्तिपीठ अस्तित्व में आया। इस तरह कुल 51 स्थानों में माता की शक्तिपीठों का निर्माण हुआ। अगले जन्म में सती ने हिमवान राजा के घर पार्वती के रूप में जन्म लिया और घोर तपस्या कर शिव को पुनः पति रूप में प्राप्त किया।

51 शक्तिपीठ :

1. **किरीट शक्तिपीठ :** किरीट शक्तिपीठ, पश्चिम बंगाल के हुगली नदी के तट लालबाग कोट पर स्थित है। यहां सती माता का किरीट यानी शिराभूषण या मुकुट गिरा था। यहां की शक्ति विमला अथवा भुवनेश्वरी तथा भैरव संवर्त हैं।

(शक्ति का मतलब माता का वह रूप जिसकी पूजा की जाती है तथा भैरव का मतलब शिवजी का वह अवतार जो माता के इस रूप के साथ हैं)

2. **कात्यायनी शक्तिपीठ :** वृन्दावन, मथुरा के भूतेश्वर में स्थित है कात्यायनी वृन्दावन शक्तिपीठ जहां सती का केशपाश गिरे थे। यहां की शक्ति देवी कात्यायनी हैं तथा भैरव भूतेश है।

3. **करवीर शक्तिपीठ :** महाराष्ट्र के कोल्हापुर में स्थित है यह शक्तिपीठ, जहां माता का त्रिनेत्र गिरा था। यहां की शक्ति महिषासुरमर्दिनी तथा भैरव क्रोधेशि हैं। यहां महालक्ष्मी का निज निवास माना जाता है।

4. **श्री पर्वत शक्तिपीठ :** इस शक्तिपीठ को लेकर विद्वानों में मतान्तर है कुछ विद्वानों का मानना है कि इस पीठ का मूल स्थल लद्दाख है, जबकि कुछ का मानना है कि यह असम के सिलहट में है जहां माता सती का दक्षिण तल्प यानी कनपटी गिरी थी। यहां की शक्ति श्री सुन्दरी एवं भैरव सुन्दरानन्द हैं।

5. **विशालाक्षी शक्तिपीठ :** उत्तर प्रदेश, वाराणसी के मीरघाट पर स्थित है शक्तिपीठ जहां माता सती के दाहिने कान के मणि गिरे थे। यहां की शक्ति विशालाक्षी तथा भैरव काल भैरव हैं।

6. **गोदावरी तट शक्तिपीठ :** आंध्रप्रदेश के कम्बूर में गोदावरी तट पर स्थित है यह शक्तिपीठ, जहां माता का वामगण्ड यानी बायां कपोल गिरा था। यहां की शक्ति विश्वेश्वरी या रुक्मिणी तथा भैरव दण्डपाणि हैं।

7. **शुचीन्द्रम शक्तिपीठ :** तमिलनाडु, कन्याकुमारी के त्रिसागर संगम स्थल पर स्थित है यह शुची शक्तिपीठ, जहां सती के मतान्तर से पृष्ठ भाग गिरे थे। यहां की शक्ति नारायणी तथा भैरव संहार या संकूर हैं।

8. **पंच सागर शक्तिपीठ :** इस शक्तिपीठ का कोई निश्चित स्थान ज्ञात नहीं है लेकिन यहां माता के नीचे के दांत गिरे थे। यहां की शक्ति वाराही तथा भैरव महारुद्र हैं।

9. **ज्वालामुखी शक्तिपीठ :** हिमाचल प्रदेश के कांगड़ा में स्थित है यह शक्तिपीठ, जहां सती की जीभ गिरी थी। यहां की शक्ति सिद्धिदा व भैरव उन्मत्त हैं।

10. **भैरव पर्वत शक्तिपीठ :** इस शक्तिपीठ को लेकर विद्वानों में मतभेद है। कुछ गुजरात के गिरिनार के निकट भैरव पर्वत को तो कुछ मध्य प्रदेश के उज्जैन के निकट क्षिप्रा नदी तट पर वास्तविक शक्तिपीठ मानते हैं, जहां माता का ऊपर का ओष्ठ गिरा है। यहां की शक्ति अवंती तथा भैरव लंबकर्ण हैं।

11. **अड्डहास शक्तिपीठ :** अड्डहास शक्तिपीठ पश्चिम बंगाल के लाबपुर में स्थित है। जहां माता का अधोष्ठ यानी नीचे का होंठ गिरा था। यहां की शक्ति फुल्लरा तथा



भैरव विश्वेश हैं।

12. **जनस्थान शक्तिपीठ :** महाराष्ट्र नासिक के पंचवटी में स्थित है जनस्थान शक्तिपीठ जहां माता का ठुड़ी गिरी थी। यहां की शक्ति भ्रामरी तथा भैरव विकृताक्ष हैं।

13. **कश्मीर शक्तिपीठ या अमरनाथ शक्तिपीठ :** जम्मू-कश्मीर के अमरनाथ में स्थित है यह शक्तिपीठ जहां माता का कण्ठ गिरा था। यहां की शक्ति महामाया तथा भैरव त्रिसंध्येश्वर हैं।

14. **नन्दीपुर शक्तिपीठ :** पश्चिम बंगाल के सैन्थ्या में स्थित है यह पीठ, जहां देवी की देह का कण्ठहार गिरा था। यहां की शक्ति नन्दनी और भैरव निन्दकेश्वर हैं।

15. **श्री शैल शक्तिपीठ :** आंध्रप्रदेश के कुर्नूल के पास है श्री शैल का शक्तिपीठ, जहां माता की ग्रीवा गिरी थी। यहां की शक्ति महालक्ष्मी तथा भैरव संवरानन्द अथवा ईश्वरानन्द हैं।

16. **नलहटी शक्तिपीठ :** पश्चिम बंगाल के बोलपुर में है नलहटी शक्तिपीठ, जहां माता की उदरनली गिरी थी। यहां की शक्ति कालिका तथा भैरव योगीश हैं।

17. **मिथिला शक्तिपीठ :** इसका निश्चित स्थान अज्ञात है। स्थान को लेकर मतान्तर है तीन स्थानों पर मिथिला शक्तिपीठ को माना जाता है, वह है नेपाल के जनकपुर, बिहार के समस्तीपुर और सहरसा, जहां माता का वाम स्कंध गिरा था। यहां की शक्ति उमा या महादेवी तथा भैरव महोदर हैं।

18. **रत्नावली शक्तिपीठ :** इसका निश्चित स्थान अज्ञात है, बंगाल पंजिका के अनुसार यह तमिलनाडु के चेन्नई में कहीं स्थित है रत्नावली शक्तिपीठ जहां माता का दक्षिण स्कंध गिरा था। यहां की शक्ति कुमारी तथा भैरव शिव हैं।

19. **अम्बाजी शक्तिपीठ :** गुजरात गुना गढ़ के गिरनार पर्वत के शिखर पर देवी अम्बिका का भव्य विशाल मन्दिर है, जहां माता का उदर गिरा था। यहां की शक्ति चन्द्रभागा तथा भैरव वक्रतुण्ड है। ऐसी भी मान्यता है कि गिरिनार

पर्वत के निकट ही सती का उर्ध्वोष्ठ गिरा था, जहां की शक्ति अवंती तथा भैरव लंबकर्ण है।

20. **जालंधर शक्तिपीठ :** पंजाब के जालंधर में स्थित है माता का जालंधर शक्तिपीठ। जहां माता का वामस्तन गिरा था। यहां की शक्ति त्रिपुरमालिनी तथा भैरव भीषण हैं।

21. **रामागिरि शक्तिपीठ :** इस शक्ति पीठ की स्थिति को लेकर भी विद्वानों में मतान्तर है। कुछ उत्तर प्रदेश के चित्रकूट तो कुछ मध्यप्रदेश के मैहर में मानते हैं, जहां माता का दाहिना स्तन गिरा था। यहां की शक्ति शिवाणी तथा भैरव चण्ड हैं।

22. **वैद्यनाथ शक्तिपीठ :** झारखण्ड के गिरिडीह, देव-घर स्थित है वैद्यनाथ शक्तिपीठ, जहां माता का हृदय गिरा था। यहां की शक्ति जयदुर्गा तथा भैरव वैद्यनाथ है। एक मान्यतानुसार यहीं पर सती का दाह-संस्कार भी हुआ था।

23. **वक्रेश्वर शक्तिपीठ :** माता का यह शक्तिपीठ पश्चिम बंगाल के सैन्थ्या में स्थित है जहां माता का मन गिरा था। यहां की शक्ति महिषासुरमर्दिनी तथा भैरव वक्रनाथ हैं।

24. **कन्याकुमारी शक्तिपीठ :** तमिलनाडु के कन्याकुमारी के तीन सागरों हिन्द महासागर, अरब सागर तथा बंगाल की खाड़ी के संगम पर स्थित है कन्यकाश्रम शक्तिपीठ, जहां माता की पीठ गिरी थी। यहां की शक्ति शर्वाणि या नारायणी तथा भैरव निमेषि या स्थाणु हैं।

25. **बहुला शक्तिपीठ :** पश्चिम बंगाल के कटवा जंक्शन के निकट केतुग्राम में स्थित है बहुला शक्तिपीठ, जहां माता का वाम बाहु गिरा था। यहां की शक्ति बहुला तथा भैरव भीरुक हैं।

26. **उज्जयिनी शक्तिपीठ :** मध्यप्रदेश के उज्जैन के पावन क्षिप्रा के दोनों तटों पर स्थित है उज्जयिनी हरसिद्धि शक्तिपीठ। जहां माता की कोहनी गिरी थी। यहां की शक्ति मंगल चण्डिका तथा भैरव मांगल्य कपिलांबर हैं।

27. **मणिवेदिका शक्तिपीठ :** राजस्थान के पुष्कर में स्थित है मणिवेदिका शक्तिपीठ, जिसे गायत्री मन्दिर के नाम से जाना जाता है यहां माता की कलाइयां गिरी थीं।

यहां की शक्ति गायत्री तथा भैरव शर्वानन्द हैं।

28. **प्रयाग शक्तिपीठ :** उत्तरप्रदेश के इलाहाबाद में स्थित है। यहां माता की हाथ की अंगुलियां गिरी थी। लेकिन, स्थानों को लेकर मतभेद है। इसे अक्षयवट, मीरा-पुर और अलोपी स्थानों पर गिरा माना जाता है। तीनों शक्तिपीठ की शक्ति ललिता हैं तथा भैरव भव है।

29. **उत्कल शक्तिपीठ :** उड़ीसा के पुरी और याजपुर में माना जाता है जहां माता की नाभि गिरी थी। यहां की शक्ति विमला तथा भैरव जगन्नाथ पुरुषोत्तम हैं।

30. **कांची शक्तिपीठ :** तमिलनाडु के कांचीवरम् में स्थित है माता का कांची शक्तिपीठ, जहां माता का कंकाल शरीर गिरा था। यहां की शक्ति देवगर्भा तथा भैरव रुरु हैं।

31. **कालमाधव शक्तिपीठ :** इस शक्तिपीठ के बारे कोई निश्चित स्थान ज्ञात नहीं है। परन्तु, यहां माता का वाम नितम्ब गिरा था। यहां की शक्ति काली तथा भैरव असितांग हैं।

32. **शोण शक्तिपीठ :** मध्यप्रदेश के अमरकंटक के नर्मदा मन्दिर शोण शक्तिपीठ है। यहां माता का दक्षिण नितम्ब गिरा था। एक दूसरी मान्यता यह है कि बिहार के सासाराम का ताराचण्डी मन्दिर ही शोण तटस्था शक्तिपीठ है। यहां सती का दायां नेत्र गिरा था ऐसा माना जाता है। यहां की शक्ति नर्मदा या शोणाक्षी तथा भैरव भद्रसेन हैं।

33. **कामाख्या शक्तिपीठ :** कामगिरि असम गुवाहाटी के कामगिरि पर्वत पर स्थित है यह शक्तिपीठ, जहां माता की योनि गिरी थी। यहां की शक्ति कामाख्या तथा भैरव उमानन्द हैं।

34. **जयन्ती शक्तिपीठ :** जयन्ती शक्तिपीठ मेघालय के जयन्तिया पहाड़ी पर स्थित है, जहां माता की वाम जंघा गिरी थी। यहां की शक्ति जयन्ती तथा भैरव क्रमदीश्वर हैं।

35. **मगध शक्तिपीठ :** बिहार की राजधनी पटना में स्थित पटनेश्वरी देवी को ही शक्तिपीठ माना जाता है जहां माता की दाहिना जंघा गिरी थी। यहां की शक्ति

सर्वानन्दकरी तथा भैरव व्योमकेश हैं।

36. **त्रिस्तोता शक्तिपीठ :** पश्चिम बंगाल के जलपाइगुड़ी के शालवाड़ी गांव में तीस्ता नदी पर स्थित है त्रिस्तोता शक्तिपीठ, जहां माता का वामपाद गिरा था। यहां की शक्ति भ्रामरी तथा भैरव ईश्वर हैं।

37. **त्रिपुरी सुन्दरी शक्तिपीठ :** त्रिपुरा के राध किशोर ग्राम में स्थित है त्रिपुर सुन्दरी शक्तिपीठ, जहां माता का दक्षिण पाद गिरा था। यहां की शक्ति त्रिपुर सुन्दरी तथा भैरव त्रिपुेश हैं।

38. **विभाषा शक्तिपीठ :** पश्चिम बंगाल के मिदनापुर के ताम्रलुक ग्राम में स्थित है विभाषा शक्तिपीठ, जहां माता का वाम टखना गिरा था। यहां की शक्ति कपालिनी, भीमरूपा तथा भैरव सर्वानन्द हैं।

39. **कुरुक्षेत्र शक्तिपीठ :** हरियाणा के कुरुक्षेत्र जंक्शन के निकट द्वैपायन सरोवर के पास स्थित है कुरुक्षेत्र शक्तिपीठ, जिसे श्रीदेवीकूप भद्रकाली पीठ के नाम से भी जाना जाता है। यहां माता के दाहिने चरण गिरे थे। यहां की शक्ति सावित्री तथा भैरव स्थाणु हैं।

40. **युगाद्या शक्तिपीठ, क्षीरग्राम शक्तिपीठ :** पश्चिम बंगाल के बर्दमान जिले के क्षीरग्राम में स्थित है युगाद्या शक्तिपीठ, यहां सती के दाहिने चरण का अंगूठा गिरा था। यहां की शक्ति जुगाड्या और भैरव क्षीर खंडक है।

41. **विराट अम्बिका शक्तिपीठ :** राजस्थान के गुलाबी नगरी जयपुर के वैराटग्राम में स्थित है विराट शक्तिपीठ, जहां सती के मदाहिने पैर की अंगुलियां गिरी थीं। यहां की शक्ति अंबिका तथा भैरव अमृत हैं।

42. **कालीघाट शक्तिपीठ :** पश्चिम बंगाल, कोलकाता के कालीघाट में कालीमन्दिर के नाम से प्रसिद्ध यह शक्तिपीठ, जहां माता के दाहिने पैर के अंगूठे को छोड़ 4 अन्य अंगुलियां गिरी थीं। यहां की शक्ति कालिका तथा भैरव नकुलेश हैं।

43. **मानस शक्तिपीठ :** तिब्बत के मानसरोवर तट पर स्थित है मानस शक्तिपीठ, जहां माता की दाहिनी हथेली

गिरी थी। यहां की शक्ति द्राक्षायणी तथा भैरव अमर हैं।

44. **लंका शक्तिपीठ :** श्रीलंका में स्थित है लंका शक्तिपीठ, जहां माता के नूपुर यानी पायल गिरे थे। यहां की शक्ति इन्द्राक्षी तथा भैरव राक्षसेश्वर हैं। लेकिन, वह ज्ञात नहीं है कि श्रीलंका के किस स्थान पर गिरे थे।

45. **गण्डकी शक्तिपीठ :** नेपाल में गण्डकी नदी के उद्गम पर स्थित है गण्डकी शक्तिपीठ, जहां सती का दक्षिण कपोल गिरा था। यहां शक्ति ऋषाण्डकीख तथा भैरव ऋचक्रपाणिख हैं।

46. **गुहेश्वरी शक्तिपीठ :** नेपाल के काठमाण्डू में पशुपतिनाथ मन्दिर के पास ही स्थित है गुहेश्वरी शक्तिपीठ है, जहां माता सती के दोनों घुटने गिरे थे। यहां की शक्ति ऋमहामायाख और भैरव ऋकपालख हैं।

47. **हिंगलाज शक्तिपीठ :** पाकिस्तान के बलूचिस्तान प्रान्त में स्थित है माता हिंगलाज शक्तिपीठ, जहां माता का ब्रह्मरन्ध्र (सिर का ऊपरी भाग) गिरा था। यहां की शक्ति कोडुरी और भैरव भीमलोचन है।

48. **सुगंध शक्तिपीठ :** बांग्लादेश के खुलना में सुगंध नदी के तट पर स्थित है उग्रतारा देवी का शक्तिपीठ, जहां माता की नासिका गिरी थी। यहां की देवी सुनन्दा (मतांतर से सुगंधा) है तथा भैरव त्रयम्बक हैं।

49. **करतोया शक्तिपीठ :** बांग्लादेश भवानीपुर के बेगड़ा में करतोया नदी के तट पर स्थित है करतोयाघाट शक्तिपीठ, जहां माता की वाम तल्प गिरी थी। यहां देवी अपर्णा रूप में तथा शिव वामन भैरव रूप में वास करते हैं।

50. **चट्टल शक्तिपीठ :** बांग्लादेश के चटगांव में स्थित है चट्टल का भवानी शक्तिपीठ, जहां माता की दाहिनी भुजा गिरी थी। यहां की शक्ति भवानी तथा भैरव चन्द्रशेखर हैं।

51. **यशोर शक्तिपीठ :** बांग्लादेश के जैसोर खुलना में स्थित है माता का यशोरेश्वरी शक्तिपीठ, जहां माता की बायीं हथेली गिरी थी। यहां शक्ति यशोरेश्वरी तथा भैरव चन्द्र हैं।