

THE W**o**men Voice of GrandQueens NOW

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President Of India Inaugurates Bharatiya Kala Mahotsav

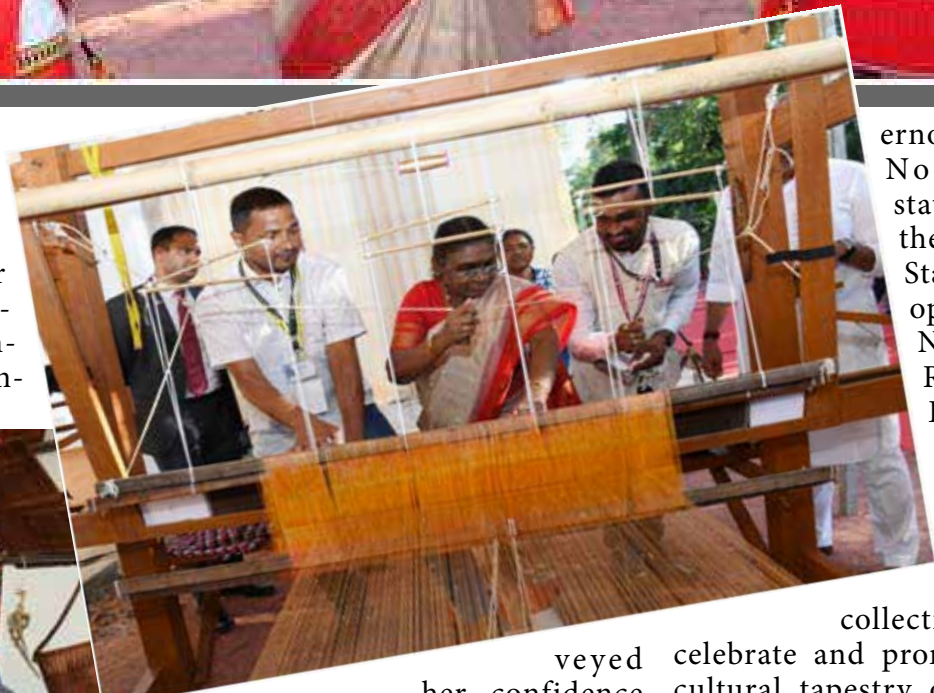
On September 28, 2024, Smt. Droupadi Murmu, the President of India, inaugurated the inaugural edition of the Bharatiya Kala Mahotsav at Rashtrapati Nilayam in Secunderabad. This eight-day festival is being organized in collaboration with the Ministry of Development of the North-Eastern Region and the Ministry of Culture. Its primary goal is to showcase the rich and diverse cultural heritage of the North-Eastern states, including Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim, and Tripura.

In her address, President Murmu emphasized the collective responsibility of all citizens to preserve and promote India's extensive cultural heritage. She highlighted the unique cultural diversity of the North-Eastern states, noting that their folk dances, music, art, and traditional attire are integral to the nation's identity. The festival serves as a significant platform for familiarizing the broader public with the traditions and communities of this vibrant region.

The President articulated her vision for the Mahotsav as a means of fostering cultural exchange. She expressed her hope that this celebration would act as



a bridge connecting the North-Eastern states with the southern parts of India, facilitating a deeper understanding and appreciation of each other's cultures. She con-



ernors of all eight North-Eastern states, alongside the Minister of State for Development of the North-Eastern Region (DONER). Their presence underscored the significance of the festival and the collective effort to



veyed her confidence that the festival would empower local artisans, artists, and communities by showcasing their talents and traditions to a wider audience.

The inaugural event was attended by notable dignitaries, including the Governor of Telangana, the Union Minister for Culture and Tourism, and the Gov-

ernors of all eight North-Eastern states, alongside the Minister of State for Development of the North-Eastern Region (DONER). Their presence underscored the significance of the festival and the collective effort to

celebrate and promote the rich cultural tapestry of the North-East. The Bharatiya Kala Mahotsav is not merely a cultural showcase; it represents an important step toward strengthening national integration through the celebration of regional diversity. By highlighting the distinct traditions of the North-Eastern states, the festival aims to foster a great-



er appreciation for the unique contributions these regions make to the country's overall cultural landscape.

Through various performances, exhibitions, and interactive sessions during the festival, attendees will have the opportunity to engage with the diverse artistic expressions of the North-East. This initiative is expected to cultivate a sense of pride among the people of the region while also enriching the cultural experiences of those from other parts of India.

President Murmu's inauguration of the Bharatiya Kala Mahotsav marks a significant milestone in promoting cultural understanding and unity. By bringing together different states and communities, this festival serves as a reminder of the strength found in diversity and the importance of cultural heritage in shaping national identity.

As the Mahotsav unfolds, it is anticipated that it will not only celebrate the traditions of the North-East but also inspire future generations to cherish and promote their rich cultural legacies. The event embodies the spirit of unity in diversity, reinforcing the idea that every culture contributes to the vibrant mosaic that is India.

On September 28, 2024, Smt. Droupadi Murmu, the President of India, attended the 21st convocation of NALSAR University of Law in Hyderabad, Telangana. In her address to the graduates, she highlighted the fundamental principles embedded in the Indian Constitution, which reflect the ideals of the freedom struggle: justice, liberty, equality, and fraternity.

The President emphasized the significance of equality as articulated in the Preamble and Fundamental Rights. She pointed out the Directive Principles of State Policy, particularly those that focus on justice delivery. These principles underline the commitment of the State to ensure that every citizen has access to justice, regardless of their economic status or other disabilities. Unfortunately, she noted, there remains a disparity in access to justice between the wealthy and the underprivileged. This inequity must be addressed, and she urged the emerging legal professionals to be catalysts for change in this regard.

President Murmu reminded the graduates that, as advocates, they hold a vital responsibility not only to represent their clients but also to assist the court in ensuring justice is served. She stressed the importance of maintaining integrity and courage in their professional journeys, stating that standing up for the truth enhances their own power and effectiveness.

The President expressed her appreciation for NALSAR's proactive role in addressing critical legal issues, includ-

ing disability rights, access to justice, and juvenile justice. She particularly commended the establishment of an Animal Law Centre, recognizing its relevance in today's society. She encouraged the younger generation to advocate for the protection of animals, natural resources, and the environment, viewing the Animal Law Centre as a progressive initiative in fostering this responsibility.

Moreover, President Murmu underscored the collective responsibility of society in en-

call to the next generation of legal professionals. She instilled a sense of purpose and duty among the graduates, encouraging them to strive for a more equitable and just society. By adhering to the principles of integrity and courage, they can contribute significantly to the legal system and, ultimately, to the betterment of society as a whole.

As the convocation concluded, Smt. Droupadi Murmu left the students with a powerful message: they have the potential to influence change and

Murmu graces 21st Convocation of NALSAR University of Law



suring women's safety. She called upon NALSAR and its alumni to actively engage all stakeholders in establishing a nationwide network of women advocates and law students. She expressed her belief that such a network would be instrumental in preventing violence against women and effectively addressing cases of such atrocities.

The President's address at NALSAR served as a clarion

promote justice. With dedication and commitment, they can ensure that the ideals of the Constitution are not just theoretical concepts but living realities that enhance the fabric of Indian society.

Through their work, they can bridge the gaps in access to justice and champion the rights of the marginalized, thus embodying the spirit of the Constitution and the aspirations of the nation.

The Vice-President, Shri Jagdeep Dhankar underlined the importance of women education, "We cannot dream of a Viksit Bharat without women and without education. Women and education are the two wheels of the chariot that will drive the nation", he stated. Interacting with the students and faculty members at the India International School in Jaipur on 28th September, Shri Dhankar highlighted the importance of education especially women education and said "Education is the biggest leveller in society and it brings equality and it is a necessity for democracy to flourish in any society. Education brings about equality, education cuts into inequities. Education is a great leveller of the societal system, education provides oxygen to democracy", he added.

"If we look into our Vedas, great emphasis was laid on education and participation of women. We lost our way somewhere in between. But during that period in Vedas, the Vedic era, the earliest one, women were on the same footing. They were policy makers, they were decision makers, they were guiding forces", he further stressed.

In his address, he also praised the recently enacted Women Reservation Bill that mandates one third reservation in Parliament and State Legislatures. "An epochal development

has taken place, a historic development has taken place, and that is women reservation in Lok Sabha and State Legislatures, Constitution has now provided one-third reservation in Lok Sabha and State Legislatures.... They will be part of policy-making, they will be part of legislation making, they will be part of executive

We cannot dream of a Viksit Bharat without women and education : Dhankar



functions, they will be the driving force. This is the development of the century", he added.

Underlining India as the most happening

place globally in terms of investment and opportunity, he stated, "the country has seen historic exponential development, economic upsurge unknown to us. The world class infrastructure, our opportunity basket is increasing day by day. But I can tell you one thing and global institutions, the IMF, the World Bank, the World Economic Forum and all have spoken that India globally is the most happening place. Look around any country, we are the best in terms of opportunity and investment".

Lauding National Education Policy (NEP) for its ability to impart quality and purposeful education, the Vice-President underscored, "There can be no change without education. Education has to be quality education. Education has to be purposeful education. Education has to be beyond degree. Pursuit of degrees one after another is not the right approach to education and that is why after three decades the country came to have a national education policy that allows students full exploitation of their talent. They have been distanced from degree-oriented education. It has been focused on skill education, aptitude. Simultaneously you can pursue courses." He further appealed to those who have still not adopted the NEP to adopt it.

Voice Of Grand Queens

#FreedomFromFear Campaign: The Freedom From Fear campaign is a vital initiative by GrandQueensClub in collaboration with The Women Now aimed at enhancing women safety in public and private spaces. Recognizing that fear often limits women's participation in various aspects of life, this campaign advocates for a society where women can live, work, and thrive

without the looming threat of violence or harassment. At its core, the campaign emphasises the importance of awareness, education, and community involvement. It seeks to educate women about their rights and available resources, encouraging them to speak out against violence and seek help when needed.

Furthermore, the Freedom From Fear campaign calls for systemic

changes, urging governments to enforce stricter laws against gender-based violence and harassment. It advocates for better support systems, such as hotlines and safe spaces, where women can report incidents without fear of stigma or retribution. Community engagement is another crucial aspect, as the campaign encourages men and boys to participate actively in promoting women's safety. By fos-

tering a culture of respect and accountability, the initiative aims to dismantle the societal norms that perpetuate fear.

Ultimately, the Freedom from Fear campaign is not just about raising awareness; it's about creating a transformative movement that ensures women can navigate their lives with confidence, dignity, and safety, paving the way for a more equitable society.

The recent tragic case in Kolkata highlights the urgent need for systemic change in how we protect our communities. A life cut short by violence reminds us that we must not turn a blind eye to the suffering around us. Women deserve safety and respect in every corner of our society. Let this tragedy galvanize us to demand justice and accountability, fostering a culture where such acts are met with zero tolerance. It's time to stand together and rewrite the narrative around women's safety. "Justice for Her: Safety for All."

Dimple Agarwal
Entrepreneur,
Agarwal Stores



Ensuring workplace safety is crucial for fostering a secure environment for all employees. This involves enforcing strict anti-harassment policies, providing confidential reporting channels, and implementing mandatory gender sensitivity training. Public campaigns are essential for raising awareness about women's safety but must be coupled with stronger legal reforms for swift punishment of offenders. Supporting survivors is vital, and their experiences should be validated. Additionally, encouraging self-defense training empowers women while emphasizing that societal responsibility for safety is collective. Ultimately, creating a cultural shift is necessary to eliminate fear from women's daily lives through robust laws and a commitment to a safer environment.



Palak Awasthi
Senior Software Developer

It is deeply concerning that women in India do not feel safe, with daily incidents highlighting this painful reality. The government must enforce strict laws to deter offenders, potentially imposing severe punishments to instill fear of consequences. Awareness programs for parents are essential to monitor where their daughters are going and the environments they enter. Women should communicate their whereabouts, especially after dark, and be cautious of strangers. Additionally, schools should teach girls self-defense, including martial arts and understanding boundaries. In underserved areas, women's NGOs should be established to promote awareness and protect women's rights.



Lanka Angel Bettina
President
National Human Rights Council of India

As a mother of two daughters, I deeply understand the need for a safe environment for them to grow and thrive. Creating this safe space goes beyond just protecting our daughters; it also involves educating our sons. By instilling values of respect, empathy, and equality in boys from an early age, we can foster a culture where harmful behaviours are challenged and dismissed. When boys learn to value and respect women, they contribute to a society that prioritizes safety for all. Together, we can build a future where both our daughters and sons feel secure and respected, paving the way for a more equitable society.

Astha Sinha
Entrepreneur



Despite progress toward gender equality, women still face serious safety issues in workplaces and public spaces, including harassment, discrimination, and violence that hinder their opportunities and well-being. High-profile cases like Nirbhaya and recent events in Kolkata highlight persistent systemic problems. Governments must enforce laws rigorously, adopting a zero-tolerance policy for harassment in any form and ensuring swift justice. Local communities should develop neighbourhood watch programs and women's safety groups to support vulnerable individuals. Additionally, providing mental health resources is crucial for recovery and empowerment. A cultural shift that respects women's rights and voices is essential to create a truly safe environment where women can pursue their ambitions without fear.



Geetika Lakshmi KB
Managing Director
Qualixa Overseas Education

"Komalhai, kamzornahitu; shaktikanaamhainaari." Women must recognize themselves as warriors capable of fighting for their rights. It's essential for them to understand that speaking out against injustice, harassment, and violence is a sign of strength, not weakness. By raising their voices, they not only empower themselves but also support others who have faced similar challenges. It is everyone's responsibility to foster a respectful and safe environment for all women, ensuring they can thrive without fear and live with dignity. Together, we can create a community that uplifts and protects every woman.



Femina Ladhani
Beauty & Fashion
influencer

Public campaigns alone will not prevent incidents of violence against women; what is truly needed is strict legislation. The repeated need for protests and campaigns after each incident highlights a failure in our legal system. In India, existing laws often do not adequately punish offenders, leading to a disturbing reality where rape is not treated with the seriousness it deserves. Women of all ages face the threat of violence, yet the number of offenders held accountable remains alarmingly low. It's crucial to establish and enforce laws that genuinely protect women and ensure that justice is served.

Dr. Khushboo Fatima
senior clinical dietician
(diabetes specialist)



From a psychologist's perspective, self-defence training is vital in reshaping a woman's narrative about safety and control. It empowers women to transition from a mind-set of vulnerability to one of strength, addressing the psychological scars left by societal conditioning that portrays them as inherently at risk. This empowerment significantly impacts mental health, alleviating feelings of helplessness and trauma-related anxiety while enhancing self-worth and assertiveness. In workplaces, psychological safety is as crucial as physical safety. Many women face implicit biases and subtle intimidation, leading to chronic stress and burnout. Genuine workplace safety means fostering environments where emotional risks—such as voicing concerns about harassment or setting boundaries—are validated. A psychologically safe workplace encourages openness, inclusion, and respect, allowing women to thrive without the burden of defending their worth or presence.



Sradhanjali, Consultant Psychologist

To raise awareness about breast cancer, a condition affecting thousands of women in India annually, MEIL (Megha Engineering & Infrastructures Ltd.) and the Sudha Reddy Foundation organized the Pink Power Run 2024. This significant event took place on September 29 at Gachibowli Stadium in Hyderabad. With a mission to emphasize the importance of early detection and health awareness, Telangana Chief Minister Revanth Reddy attended the event, praising the commitment of participants and organizers.

The Pink Power Run featured three race categories: 3 km, 5

km, and 10 km, attracting participants from diverse backgrounds who united to support breast cancer awareness. Each participant received race kits, healthy snacks, and valuable exercise tips, ensuring they were well-prepared for the marathon. The strong turnout underscored the community's dedication to combating this life-threatening disease and promoting preventive measures.

During the event, CM Revanth Reddy expressed his enthusiasm for being part of such a vital initiative, reiterating the government's commitment to enhancing healthcare infrastructure so that women across Telangana receive essential care. He emphasized that women's health is crucial not just for individuals but also for the strength of families and communities. Reddy noted that events like the Pink Power Run signal the start of a movement towards a healthier future for women in Telangana.

Sudha Reddy, Chairperson of

Pink Power Run 2024 For Breast Cancer Awareness



the SR Foundation, passionately highlighted the Pink Power Run as a platform for cancer survivors to share their experiences. She stressed that the race aims to break down societal myths and empower individuals to take control of their health. "This event is not just a race; it is a community effort to inspire, motivate, and build a support network for those affected by breast cancer," she said, thanking all participants for their dedication to raising awareness.

The 10 km marathon featured intense competition, with Love

Preet claiming first place in the men's category, followed by Mohan and Arish Yadav as runners-up. A standout moment came when 6-year-old N. Parvathi completed the 10 km run, inspiring the crowd. In the women's category, Seema emerged victorious, with Sanjeevani securing second place. Winners of the 10 km category received cash prizes of ₹2,50,000 for first place, ₹1,75,000 for the first runner-

up, and ₹1,00,000 for the second runner-up.

Aman Kumar finishing as runners-up. In the women's category, Preeti took first place, while Sonika and Reenu secured second and third positions, respectively. Winners in the 5 km category received ₹1,25,000, with the first and second runners-up awarded ₹1,00,000 and ₹75,000, respectively. One of the event's highlights was an attempt to set a Guinness World Record, as thousands gathered to create a

massive human formation of a pink bird. This visual spectacle symbolized hope, unity, and determination in the fight against breast cancer.

The event concluded with heartfelt remarks from Sudha Reddy, who expressed her gratitude to the Telangana government, MEIL, Olectra, AIG Hospital, and the volunteers who contributed to the Pink Power Run 2024's success. She stated, "Each step taken

in this marathon is a step closer to a world free from breast cancer," and extended her appreciation to all participants for their role in raising awareness about this critical health issue.



up, and ₹1,00,000 for the second runner-up.

The 5 km marathon also showcased fierce competition, with Shankar Lal winning the men's category, and Akhil Kumar and

in this marathon is a step closer to a world free from breast cancer," and extended her appreciation to all participants for their role in raising awareness about this critical health issue.

Combination of 'Siddha' Drugs Reduces Anemia in Adolescent Girls : Study

A recent study published in the reputed Indian Journal of Traditional Knowledge (IJTK) by researchers conducting the PHI-Public Health Initiative claims the drug reduces anaemia among adolescent girls. The initiative was undertaken to mainstream the use of 'Siddha' drugs to combat anaemia.

The group of researchers from eminent Siddha institutions of the country, including the National Institute of Siddha (NIS), Ministry of Ayush; Xavier Research Foundation, Tamilnadu; and Velumailu Siddha Medical College & Hospital, Tamilnadu. The researchers found that ABMN (A apētcentūram, B ā v a a k a u k k ā y , Mātu aima appāku and Nellikkāylēkiyam), a combination of Siddha drug treatment can improve the level of Haemoglobin as well as

PCV-Packed cell volume, MCV-Mean Corpuscular Hemoglobin and MCH-Mean Corpuscular Hemoglobin in the anaemic adolescent girls.

The study observed 2,648 girls, of which 2,300 completed the standard 45-day programme. Reportedly, before the start of the programme, researchers dewormed the participants with Cu aiva alcūra am, and then a 45-day treatment of A apētcentūram, Bāva aka ukkāy, Mātu aima appāku and Nellikkāylēkiyam (ABMN) was given to all participants under observation.

The study noted that the presence of clinical features like breathlessness, fatigue, giddiness, headache, anorexia, and pallor was evaluated by the investigators before and after completion of the programme, along with Hemoglobin evaluation



and biochemical estimations. Following the WHO guidelines, the cut-off point for anaemia was set as 11.9 mg/dl, haemoglobin level below 8.0 mg/dl considered as severe, between 8.0 to 10.9 mg/dl as moderate and mild between 11.0 to 11.9 mg/dl.

Further, the study reports that a laboratory investigation was done for haemoglobin, packed cell volume (PCV), mean corpuscular volume (MCV), mean corpuscular haemoglobin (MCH), red blood corpuscles

(RBC), platelets, total WBC, neutrophils, lymphocytes and eosinophils in a randomly selected subset of 283 girls. The researchers found that ABMN significantly lowered the clinical features of anaemia like fatigue, hair loss, headache, loss of interest and menstrual irregularities and significantly improved the level of Haemoglobin and PCV, MCV and MCH in all anaemic girls.

While talking about the impact and importance of the study findings, Dr. R. MeenaKumari, Director, National Institute of Siddha, also among the senior authors of the study, said, "Siddha medicine plays a notable role in Public Health Initiatives of the Ministry of Ayush. The awareness created among adolescent girls, dietary advice and preventive care provided to them and the treatment through Siddha drugs provided therapeutic benefits to the anaemic patients. Hence Siddha drugs for anaemia can contribute to public health by providing cost-effective and accessible treatment in various settings."



Grand Rangotsav 2024

Grand Rangotsav 2024 - the biggest Garba-Dandiya Event format for Premium Gated Communities did it's Season 6 with lot of fun and Masti. Organised every year by Celebration Makers (awarded excellence in event management by Ministry of Tourism, Govt of Telangana) at multiple Gated Communities, this year it happened at Rainbow Vistas, Kukatpally-Hitech ; Sattva Magnus, Jubilee Hills-Shaikpet and the biggest edition

at Aparna Serene Park, Kondapur. With Professional Dancers, Traditional and Bollywood Dandiya music, lots of prizes for various winners and lucky draws with Silver coins the crowd had gone berserk and thousands of people enjoyed while doing bhakti of Durga Ma by performing Dandiya. Aparna Serene Park also witnessed the largest Food court laid down in any Gated Community ever with almost 100+ variety of food items by Grand Food Story.



The All India Women Academicians Conference Organised

On September 22, 2024, the All India Women Academicians Conference took place at Osmania University, where Telangana Governor Jishnu Dev Varma and Rajya Sabha MP Sudha Murthy, chairperson of the Infosys Foundation, underscored the critical role of women in nation-building. The conference, themed "Envisioning New Bharat," was organized by the AkhilBharatiyaRashtriyaShaikshikMahasangh (ABRSM) in collaboration with the Indian Council of Social Science Research (ICSSR).

Governor Dev Varma inaugurated the event by stressing the need for greater empowerment and leadership of women in the education sector. He asserted, "Women's contribution to India's socio-economic growth is essential." He urged women academicians to lead with boldness and innovation, highlighting that their leadership could pave the way for transformative changes in society.

Keynote speaker Sudha Murthy focused on the inherent strength and resilience of women within both educational and societal contexts. She emphasized the importance of creating opportunities for young women in fields such as science and leadership, stating, "Promoting opportunities for young women is critical for a progressive society." Her insights resonated deeply with the attendees, who acknowledged the barriers still faced by women in various sectors.

The conference featured a wide array of discussions covering key topics such as women in STEM (Science, Technology, Engineering, and Mathematics), digital literacy, and the development of inclusive

policy frameworks aimed at empowering women. Participants engaged in fruitful discussions about the role of women in achieving the United Nations' Sustainable Development Goals (SDGs), recognizing that gender equality is fundamental to realizing these goals.

A highlight of the event was the launch of the women's anthem, "JananamNeeve, JananiviNeeve," which was unveiled by Governor Dev Varma and Sudha Murthy. The anthem, penned by Vangeepuram-Sreenatha Chary, serves as a powerful

symbol of women's unity and empowerment, reflecting the conference's mission to inspire and uplift women across the nation.

Among the nota-

versity, also contributed to the discussions, emphasizing the transformative role education plays in societal development. "Education is a catalyst for change, paving the way for social development," she remarked, underlining the need for inclusive educational practices.

ManchukondaShailaja, the conference convener, concluded the event with a call to action for women academics to collaborate and work towards a more inclusive and empowered future for India. She highlighted the necessity of building networks among women in academia, fostering an environment where they can support each other in overcoming challenges and achieving their goals.

The conference successfully brought together eminent women academics and experts from across the country, creating a platform to advocate for inclusive policies that support women's advancement in all professional fields. By highlighting the importance of women's leadership in education and society, the conference aimed to inspire attendees to take proactive steps towards fostering an equitable environment. As the discussions

concluded, the participants left with a renewed sense of purpose and commitment to champion the cause of women's empowerment in India. The collective insights and initiatives shared during

the conference are expected to pave the way for significant advancements in gender equality, ensuring that women play a pivotal role in shaping the future of the nation.



Telangana Launches WEP

First state in India to inaugurate a chapter of NITI Aayog's Women Entrepreneurship Platform

In a historic move, Telangana has become the first state in India to inaugurate a chapter of NITI Aayog's Women Entrepreneurship Platform (WEP), aimed at fostering the growth of women-led businesses. The launch event took place in Hyderabad on 1st October 2024, officiated by BVR Subrahmanyam, the CEO of NITI Aayog, alongside various state officials. This initiative seeks to empower women entrepreneurs by providing them with crucial resources, tools, and networks necessary for business development.

The WEP Telangana Chapter is envisioned as a catalyst for inspiring women to embark on entrepreneurial journeys and expand their businesses. With a focus on critical areas such as digital literacy, access to financial services, mentorship, and

market opportunities, the platform aims to dismantle the barriers that often hinder women entrepreneurs from achieving their full potential.

The WEP in Telangana will be managed by WE Hub, India's first incubation center dedicated exclusively to supporting women entrepreneurs. Leveraging its extensive network, WE Hub will provide women with the resources needed to enhance their skills and identify new business prospects. The collaboration between WEP and WE Hub is expected to significantly boost the entrepreneurial landscape for women in the state.

During the launch, Mr. Subrahmanyam emphasized the critical role of women's entrepreneurship in driving the future of India's economy. The WEP Telangana Chapter



World Heart Day, celebrated annually on September 29, is a global awareness campaign initiated by the World Heart Federation. Its primary goal is to raise awareness about cardiovascular diseases (CVD) and promote heart-healthy lifestyles. Each year, the day emphasizes different themes to highlight specific issues related to heart health.

Importance of World Heart Day: Cardiovascular diseases are the leading cause of death globally, accounting for approximately 32% of all fatalities. World Heart Day serves as a crucial reminder of the importance of heart health and the steps individuals can take to reduce their risk. The day encourages communities, organizations, and individuals to come together to promote heart health, advocate for better healthcare policies, and foster a culture of prevention.

World Heart Day is more than just a date on the calendar; it's a call to action for individuals and communities to prioritize heart health. By raising awareness and encouraging healthier lifestyles, we can collectively work towards reducing the burden of cardiovascular diseases and ensuring a healthier future for all. Remember, small changes can lead to significant impacts—let's commit to caring for our hearts today and every day.

Every year, millions of people around the globe face a daunting reality: heart disease and stroke remain the leading causes of death, claiming an estimated

17.9 million lives annually. These two conditions are intertwined, sharing risk factors and prevention strategies, yet each has its unique characteristics and challenges.

called the "silent killer," high blood pressure can lead to heart disease and increase the risk of stroke.

Cholesterol Levels: Elevated levels of low-density lipoprotein (LDL) cholesterol can lead to

betes can help catch potential problems early.

Smoking Cessation: Quitting smoking dramatically lowers the risk of heart disease and stroke.

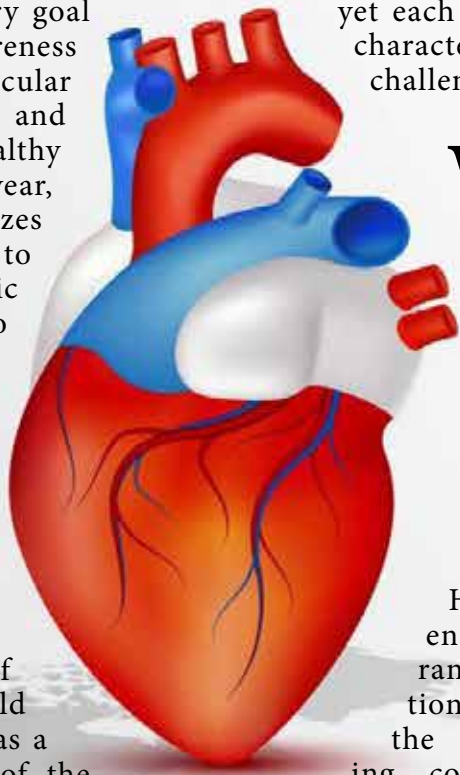
Stress Management: Techniques such as meditation, yoga, and mindfulness can help manage stress levels, which is crucial for heart health.

The Role of Technology and Research: Innovations in medical technology and research are paving the way for better diagnosis, treatment, and prevention of heart disease and stroke. From wearable health monitors to advanced imaging techniques, technology is making it easier for individuals to track their heart health and make informed decisions.

Ongoing research into genetic factors and new medications also holds promise. Studies are increasingly focused on understanding the biological mechanisms behind these conditions, which may lead to targeted therapies and personalized medicine.

Heart disease and stroke continue to pose significant threats to global health, but with awareness and proactive measures, their impact can be mitigated. By understanding risk factors, adopting healthier lifestyles, and leveraging technological advancements, individuals and communities can work towards reducing the prevalence of these devastating conditions. As we move forward, collaboration between governments, healthcare providers, and the public will be essential in the fight against the world's leading killers.

By raising awareness and promoting heart-healthy habits, we can contribute to a future where heart disease and stroke are no longer the leading causes of death worldwide.



World Heart Day: Promoting Global Heart Health

Heart disease encompasses a range of conditions affecting the heart, including coronary artery disease, arrhythmias, and heart defects. Stroke, on the other hand, occurs when blood supply to the brain is interrupted, leading to brain damage. Both conditions often result from a combination of genetic predispositions and lifestyle choices, such as diet, exercise, smoking, and stress.

The World Health Organization (WHO) highlights that cardiovascular diseases (CVD), which include both heart disease and stroke, are the leading global cause of death. They account for approximately 32% of all deaths worldwide. The impact is particularly profound in low- and middle-income countries, where access to healthcare and preventive resources can be limited.

Several key risk factors contribute to the prevalence of heart disease and stroke. These include:

- High Blood Pressure:** Often

plaque build-up in arteries, reducing blood flow.

Obesity: Excess weight is linked to various health issues, including heart disease, diabetes, and high blood pressure.

Diabetes: Individuals with diabetes are at a higher risk of developing heart disease and experiencing strokes.

Lifestyle Factors: Poor diet, physical inactivity, smoking, and excessive alcohol consumption further exacerbate the risk.

The good news is that many cases of heart disease and stroke are preventable. Public health campaigns and individual lifestyle changes can significantly reduce risk. Here are some effective strategies:

Healthy Diet: Incorporating fruits, vegetables, whole grains, and lean proteins while reducing salt, sugar, and saturated fats can improve heart health.

Regular Exercise: Aim for at least 150 minutes of moderate aerobic activity each week. Exercise strengthens the heart and helps maintain a healthy weight.

Regular Health Check-ups: Routine screenings for blood pressure, cholesterol, and dia-

is strategically designed to address several challenges women face, including securing funding, finding mentors, and accessing markets. By tackling these hurdles, the platform aspires to foster a conducive environment for women to build and scale successful enterprises.

Anna Roy, Principal Economic Advisor at NITI Aayog, announced that there are plans to extend the WEP initiative to tier 2 and tier 3 cities in the future. This expansion

aims to create a supportive ecosystem for women entrepreneurs across diverse regions, enabling them to thrive in their business endeavors.

Alongside the WEP launch, the 'WEBridge' initiative was introduced as a comprehensive platform where women entrepreneurs in Telangana can access funding, technology, and networking opportunities seamlessly. This initiative is designed to simplify the support process for women, empowering them to in-

novate and grow their businesses effectively.

The WEP Telangana Chapter has outlined three primary objectives:

Empowering Women with Digital and Financial Skills: The program will provide training to help women acquire essential skills that enhance their business operations.

Connecting Women Entrepreneurs with Industry Leaders: By offering mentorship opportunities with experienced business leaders, the platform aims to guide women through their entrepreneurial journeys.

Facilitating Market Access: The initiative seeks to connect women entrepreneurs with potential investors and business opportunities, further aiding their success.

Overall, the WEP Telangana Chapter is set to create a thriving ecosystem for women entrepreneurs, fostering their personal growth and contributing to the broader economic development of Telangana and the nation. By focusing on empowerment, mentorship, and market access, the platform aims to transform the entrepreneurial landscape for women in the state.



The vibrant festival of Bathukamma was celebrated with grandeur across Telangana, with the state coming alive with songs, dances, and festivities. The highlight of the celebrations took place at the historic Tank Bund in Hyderabad, where the Saddula Bathukamma event was held in all its traditional splendour. Women dressed in colourful attire gathered in large numbers, singing Bathukamma songs and performing the traditional dance around the beautifully arranged floral stacks, symbolizing the cultural essence of Telangana. The festive atmosphere was palpable, as the streets resonated with folk songs and laughter, showcasing the unity and spirit of the people. Bathukamma, a festival dedicated to the goddess Gauri, is celebrated with immense devotion by women who create floral arrangements and offer prayers for the well-being of their families. This year, the celebrations reached new heights, with participation across all districts, marking the culmination of the nine-day festival. The Telangana government made elaborate arrangements to ensure the smooth conduct of the festivities, with special lighting and security at major venues, especially at Tank Bund. The vibrant display of tradition and culture at the event reflected the rich heritage of the region and brought together people from all walks of life to celebrate Telangana's pride and joy—Bathukamma.

The term 'Bathukamma' translates to 'Mother Goddess come alive' in Telugu. This festival honours Goddess Gauri, symbolising the strength, beauty, and divinity of womanhood. Bathukamma is not merely a celebration; it is a homage to life, nature, and the deep cultural significance of Telangana.

Bathukamma boasts a rich history that is intricately tied to the cultural and spiritual traditions of Telangana, with origins that date back centuries. While the exact beginnings of the festival remain un-



Grand Celebrations of Saddula Bathukamma

clear, various myths and historical accounts highlight its role in celebrating nature, womanhood, and the region's agricultural prosperity.

One of the most popular legends associates Bathukamma with Goddess Gauri, an incarnation of Parvati. According to the story, after undergoing rigorous penance, the goddess returned to life, symbolising the triumph of endur-



ance and resilience. The name "Bathukamma" honours this divine resurgence, serving as a tribute to the strength of women. Another tale recounts a Chola dynasty king who prayed to Goddess Lakshmi for a daughter. His wish was granted, and he named her Bathukamma, eventually associating her with the goddess herself, leading to the festival's establish-

ment as a way to honour and seek her blessings.

Bathukamma also reflects the region's deep connection to agriculture. Historically, the festival provided a means for communities to express gratitude to the earth following the monsoon season as fields bloomed with vibrant flowers. Women would gather seasonal blooms—like marigolds, hibiscus, and lo-

vibrant Bathukamma celebrations at the historic Raj Bhavan in Hyderabad on Wednesday. The event brought together members of the Raj Bhavan family to celebrate this cherished floral festival, which highlights Telangana's rich cultural heritage.

Sudha Dev Varma led the festivities by carrying the traditional Bathukamma to the main lawns, embodying the spirit of the celebration.

Her participation underscored the importance of honoring Telangana's unique traditions. The couple extended warm wishes to the women of Telangana, both within the state and abroad, fostering a sense of community and connection.

As traditional Bathukamma songs filled the air, Sudha Dev Varma joyfully joined the women, circling the beautifully decorated Bathukammas and singing in celebration of the festival. This moment of unity and shared joy was a testament to the cultural significance of the occasion.

The celebrations culminated with a heartfelt ritual, as Sudha Dev Varma carried the Bathukamma to a designated pond within Raj Bhavan to immerse it, honoring the customs associated with the festival.



Today, Bathukamma is not only a religious observance but also a grand showcase of unity, nature, and tradition celebrated across generations. GHMC hosted a grand event, honouring the rich cultural heritage and the spirit of togetherness. Witness the colourful festivities as we come together to celebrate the beauty of Telangana's floral tradition. Governor of Telangana Jishnu Dev Varma and his wife, Sudha Dev Varma, joined the

The event also welcomed several dignitaries, including Konda Surekha, the Hon'ble Minister for Environment & Forests and Endowments; D AnasuyaSeethakka, Minister for Panchayat Raj, Rural Development, Women & Child Welfare; Chief Secretary A. SanthiKumari; Principal Secretary to the Governor B. Venkatesham, IAS; and other senior officials and staff members. Their presence added to the festive atmosphere, celebrating Telangana's rich traditions and the unity of its people.

Ratan Naval Tata is a figure who commands deep admiration, not just for his remarkable achievements as the leader of the Tata Group but for the grace and quiet dignity with which he navigated the complexities of business and life in contemporary India. In a landscape often marked by chaos and moral ambiguity, his composure and humility set him apart, making him a rare gem among business leaders.

Mr. Tata, a tall and striking individual with Persian lineage, could have easily drawn attention to himself. Yet, he cultivated a persona that often made him blend into the background, preferring to work diligently behind the scenes. This modesty and steadfastness were instrumental in shaping a business conglomerate during one of its most transformative periods.

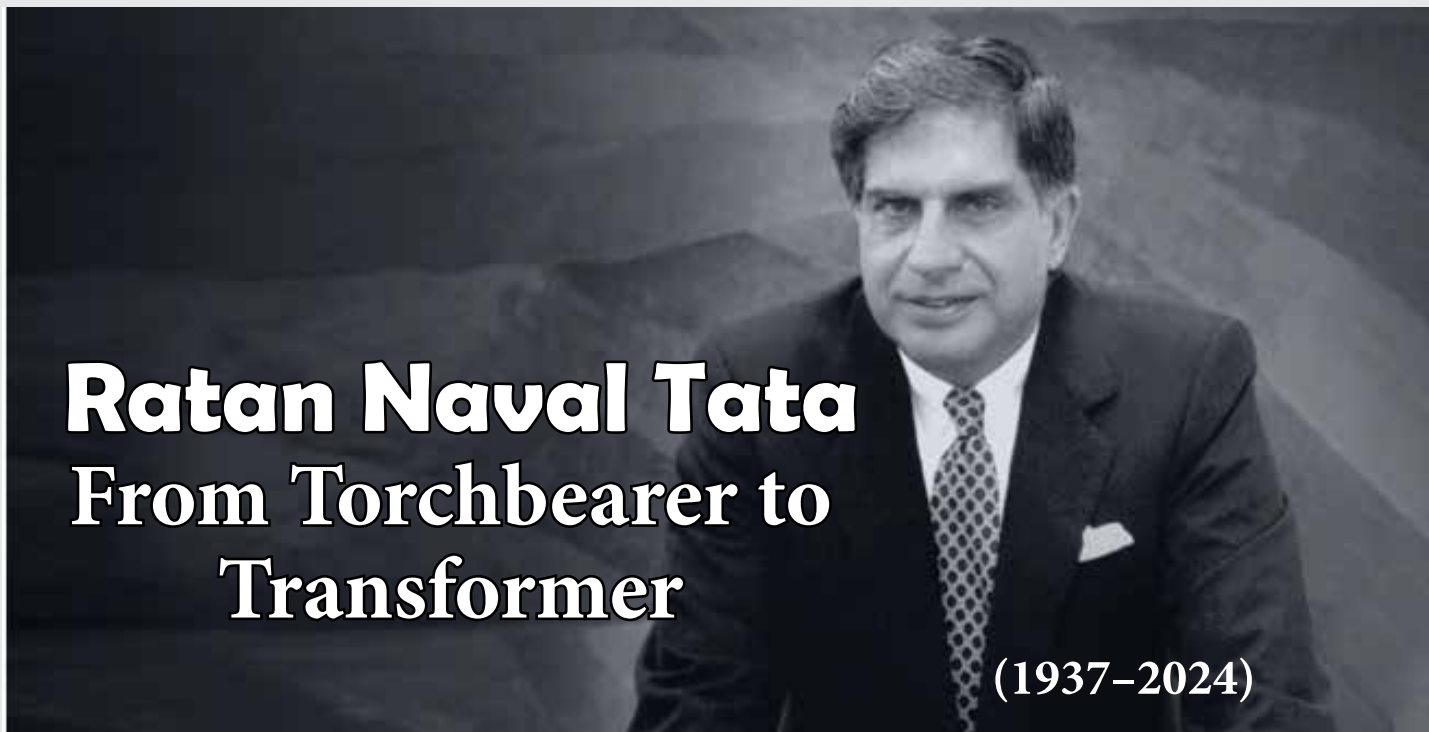
Each chairman of Tata Sons, the holding company of the Tata Group, has left a lasting impact on the organization. J.R.D. Tata, who led for over fifty years, appointed Ratan Tata as his successor. The group's founder, Jamsetji Tata, established the principles that guided its growth, while Dorab Tata and Nowroji Saklatvala further solidified its legacy. J.R.D. Tata, the last of the great patriarchs of Indian industry, left a profound mark on the group's ethos—benevolent, sophisticated, and inclusive.

When Ratan Tata took the helm in March 1991, he was stepping into enormous shoes and a challenging landscape. The Tata Group was then a sprawling and bureaucratic organization, operating in an India transitioning from socialism to a more liberalized economy. Many viewed him as an outsider, lacking the charisma of his predecessor, which only added to the pressure.

Yet, over the years, it became evident that Mr. Tata transformed the group in ways that surpassed the contributions of previous leaders. He managed to revitalize the organization while staying true to its foundational values, in stark contrast to many contemporaries swayed by short-term gains. His ascension coincided with the liberalization of the Indian economy, presenting a unique opportunity to redefine the Tata Group amidst this change.

Mr. Tata embraced this moment, dismantling the "Licence Raj" that had stifled entrepreneurship. He strengthened the organization, introduced fresh perspectives, and encouraged innovation, all while instilling a culture of calculated risk-taking that proved transformative. He silenced doubts about his qualifications for the role, demonstrating a visionary leadership style that was unanticipated by many.

Born on December 28, 1937, Ratan Tata grew up in the opulent Tata

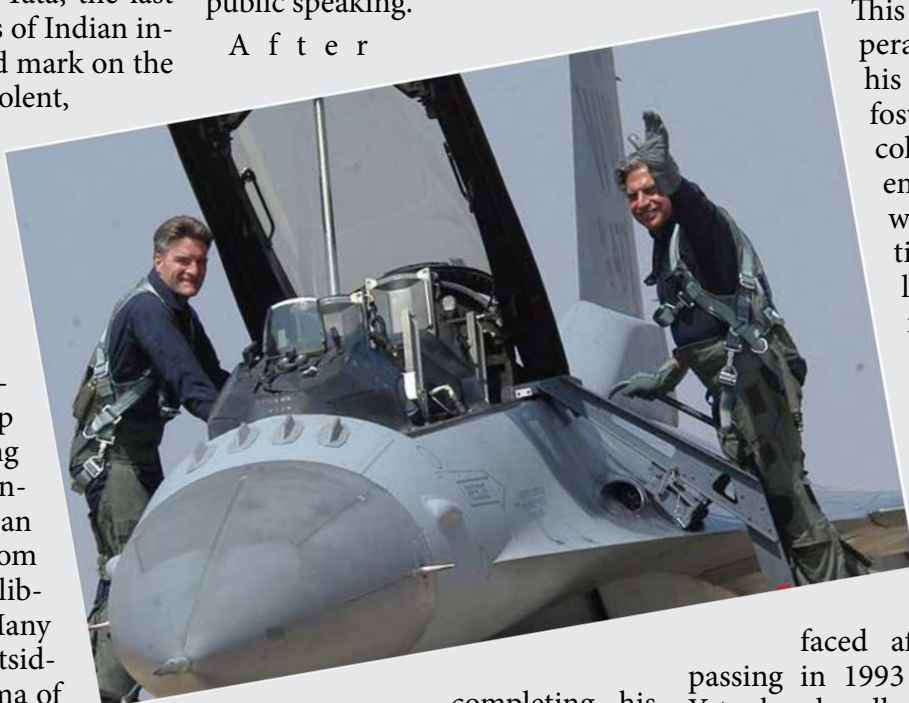


Ratan Naval Tata From Torchbearer to Transformer

(1937–2024)

Palace in Mumbai, raised primarily by his grandmother, Navajbai R. Tata. Although his upbringing was luxurious, Lady Navajbai instilled strong values in him and his brother, Jimmy. Mr. Tata recalls a childhood filled with protection but also strict discipline. He was educated at prestigious institutions like Campion and Cathedral and John Connon Schools, where he developed a love for cricket and music, despite facing challenges such as a fear of public speaking.

A f t e r



completing his schooling, Mr. Tata attended Cornell University, where he studied architecture and structural engineering. His time in the United States was formative, allowing him to travel and immerse himself in different cultures. However, his return to India came sooner than he anticipated due to his grandmother's declining health, compelling



him to step into a world he thought he had left behind.

Initially, Mr. Tata received a job offer from IBM, but J.R.D. Tata insisted he join Tata Industries. This de-

cision set him on a path that would lead to significant leadership roles within the group, including stints at Tata Motors and Tata Steel. While he initially pursued engineering, he switched to architecture—much to his father's dismay—and managed to complete both degrees in under seven years.

Unlike his father, Naval Tata, who was known for his outgoing personality, Ratan Tata exhibited a more reserved demeanor. This difference in temperament influenced his leadership style, fostering a focus on collaboration and empathy in the workplace. His initial independent leadership experience at Nelco allowed him to demonstrate these qualities, setting the stage for future challenges.

The challenges he faced after J.R.D. Tata's passing in 1993 were significant. Yet, he handled criticism with grace, maintaining his integrity and focus on the long-term vision of the Tata Group. His approach was

not merely reactive; it was characterized by a deliberate silence that allowed his actions to speak louder than words. In a world where public perception often dictates success, Mr. Tata's preference for results over rhetoric resonated deeply.

His background in architecture may have influenced this perspective, as architecture is fundamentally about the expression of value through tangible work. Despite limited opportunities to practice architecture directly, he found ways to apply this mind-set to his leadership, focusing on building a legacy that would endure.

Beyond business, Mr. Tata nurtured personal passions, including aviation and fast cars, interests that took root during his time at Cornell. A committed teetotaler and non-smoker, he chose to remain single, dedicating his life to the Tata cause. His companionship largely came from his beloved German Shepherds, Tito and Tango, reflecting a deep-seated bond with animals and a profound sense of loyalty.

His love for pets endured despite the grief that followed their passing. He often expressed a bittersweet sense of loss but felt compelled to welcome new companions into his life, illustrating his resilience and enduring capacity for love and connection.

His Life, His Times :

- 1937: Ratan Tata is born to Soonoo and Naval Tata.
- 1955: Leaves for Cornell University (Ithaca, New York, USA) at age 17; goes on to study architecture and engineering over a seven-year period.
- 1962: Awarded bachelor of architecture degree.
- 1962: Joins the Tata group as an assistant in Tata Industries; later in the year, spends six months training at the Jamshedpur plant of Tata Engineering and Locomotive Company (now called Tata Motors).
- 1963: Moves to Tata Iron and Steel

Company, or Tisco (now called Tata Steel), at its Jamshedpur facility for a training programme.

- 1965: Is appointed technical officer in Tisco's engineering division.
- 1969: Works as the Tata group's resident representative in Australia.
- 1970: Returns to India, joins Tata Consultancy Services, then a software fledgling, for a short stint.
- 1971: Is named director-in-charge of National Radio and Electronics (better known as Nelco), an ailing electronics enterprise.
- 1974: Joins the board of Tata Sons as a director.
- 1975: Completes the Advanced Management Program at Harvard Business School.
- 1981: Is appointed Chairman of Tata Industries; begins the process of transforming it into a promoter of high-technology businesses.

- 1983: Drafts the Tata strategic plan.
- 1986-1989: Serves as Chairman of Air India, the national carrier.
- March 25, 1991: Takes over from JRD Tata as Chairman of Tata Sons and Chairman of the Tata trusts.
- 1991: Begins restructuring of the Tata group at a time when the liberalisation of the Indian economy is underway.
- 2000 onwards: The growth and globalisation drive of the Tata group gathers pace under his stewardship and the new millennium sees a string of high-profile Tata acquisitions, among them Tetley,

- Corus, Jaguar Land Rover, Brunner Mond, General Chemical Industrial Products and Daewoo.
- 2008: Launches the Tata Nano, born of the trailblazing small car project he guided and commanded with zeal and determination.
- 2008: Is awarded the Padma Vibhushan, the country's second-highest civilian honour, by the Government of India.
- December 2012: Steps down as Chairman of Tata Sons after 50 years with the Tata group; is appointed Chairman Emeritus of Tata Sons.

What Ratan Tata leaves behind is not merely a series of corporate achievements but a legacy defined by ethical leadership and a deep commitment to social responsibility. He understood the power of influence and the importance of passing the torch to a new generation, expressing confidence that the Tata Group would continue to thrive under fresh leadership.

In 2011, The Economist aptly noted that while Mr. Tata owned less than 1% of the group that bears his family name, he was nevertheless one of the most powerful businessmen in India and globally influential. His journey

exemplifies the notion that true legacy lies not only in wealth but in the values, lessons, and inspirations one imparts to others.

As Ernest Hemingway once said, "Some things cannot be learned quickly, and time, which is all we have, must be paid heavily for their acquiring." Ratan Tata's life has been a testament to this principle, revealing that the simplest truths often come at the greatest cost. His story is one of resilience, humility, and unwavering commitment to a cause greater than himself, ultimately leaving an indelible mark on the world of business and beyond.

SEHER, a credit education program launched 5th July 2024 by the Women Entrepreneurship Platform (WEP) and TransUnion CIBIL, will empower women entrepreneurs in India with financial literacy content and business skills, helping them to access the financial tools they need to drive further growth and create employment in the country's economy.

The Women Entrepreneurship Program (WEP) is a public-private partnership platform incubated at Niti Aayog and aims to create an enabling ecosystem for women entrepreneurs in India. The program is part of WEP's Financing Women Collaborative (FWC), a first-of-its-kind initiative aimed at accelerating access to finance for women entrepreneurs. The SEHER program was launched by Ms. Anna Roy, Mission Director, Women Entrepreneurship Platform (WEP) and Principal Economic Adviser, NITI Aayog in the presence of Mr. Jitendra Asati, Director (Financial Inclusion), Department of Financial Services (DFS), Ministry of Finance; Mr. Sunil Mehta, Chief Executive, Indian Banks' Association (IBA); Mr. Neeraj Nigam, Executive Director, Reserve Bank of India (RBI); Ms. Mercy Epao, Joint Secretary, Ministry of MSME; and Mr. Rajesh Kumar, MD and CEO at TransUnion CIBIL.

Ms. Anna Roy, Mission Director, WEP, and Principal Economic Adviser, NITI Aayog, explained, "A lack of financial awareness is often cited as one of the key roadblocks for MSME development, which is a high priority segment for our country's economic growth. To get timely and better access to finance for business growth, entrepreneurs must gain knowledge on all aspects of finance, including their CIBIL Rank and commercial credit report. WEP aims to empower women entrepreneurs by overcoming information asymmetry and providing support across different pillars such as entrepreneurship promotion, access to finance, market linkages, training and skills development, mentoring and networking, and access to business development services."

Mr. Rajesh Kumar, MD and CEO,

TransUnion CIBIL added: "TransUnion CIBIL is proud to partner with the Women Entrepreneurship Platform on this unique initiative aimed at empowering women entrepreneurs across socio-economic categories, age-groups and geographic locations. Business growth is directly dependent on credit access, credit awareness and financial literacy. We aim to propagate financial knowledge and improve the skills of women entrepreneurs

so that they can manage their businesses successfully to achieve sustained growth. This program will also help support India's USD 5 trillion economy goal as more and more women are empowered to start and grow their businesses profitably."

Supporting and accelerating women-owned businesses and entrepreneurship

According to the Udyam Registration Portal (URP) of the Ministry of Micro, Small and Medium Enterprises (MSMEs), India has 63 million micro, small, and medium enterprises of which 20.5% are women-owned, employing as many as 27 million people. The Ministry also reported that rural areas have a slightly greater share of women-owned enterprises (22.24%) compared to urban areas (18.42%). Estimates suggest

that by accelerating women's entrepreneurship, India could create more than 30 million new women-owned enterprises, potentially creating 150 to 170 million more jobs – with women-owned businesses' contribution to employment generated by URP-registered units at 18.73%.

TransUnion CIBIL data insights indicate that demand for business loans by women has grown 3.9X in the last five years (FY 2019 –

tained growth of their businesses. With a focus on credit education, SEHER will offer women entrepreneurs access to personalized resources and tools, including financial literacy content. WEP and TransUnion CIBIL are committed to working together in promoting financial and credit awareness by educating women entrepreneurs across the country about the importance of building a good credit history and CIBIL score to avail easier and faster access to finance.

About WEP

Women Entrepreneurship Platform (WEP), incubated in NITI Aayog in 2018 as an aggregator platform that transitioned as a public-private partnership in 2022 to build a comprehensive ecosystem supporting women entrepreneurs across India. WEP aims at empowering women entrepreneurs by overcoming information asymmetry and providing continuum of support across different pillars - Entrepreneurship promotion, Access to Finance; Market Linkages; Training and Skilling; Mentoring and Networking and Business Development Services. For this, WEP adopts a wide array of interventions with a focus on convergence and collaboration with existing stakeholders.

About TransUnion CIBIL

India's pioneer information and insights company, TransUnion CIBIL makes trust possible in the modern economy. We do this by providing an actionable picture of each person so they can be reliably represented in the marketplace. As a result, businesses and consumers can transact with confidence and achieve great things. We call this Information for Good.

TransUnion CIBIL provides solutions that help create economic opportunity, great experiences, and personal empowerment for millions of people in India. We serve the financial sector as well as MSMEs, corporate and individual consumers. Our customers in India include banks, financial institutions, NBFCs, housing finance companies, microfinance companies and insurance firms.

SEHER

Program to Empower Women Entrepreneurs



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FY 2024). A marked 10% growth in the share of number of women borrowers holding a business loan was seen during this period. Of the 1.5 crore borrowers with a live business loan in March 2024, 38% were women. The portfolio balance for business loans by women borrowers grew at 35% CAGR during the same period (March 2019 to March 2024). Across other products such as agri-business loans, commercial vehicle, and commercial equipment loans, the share of women borrowers has remained constant at 28% (March 2019 to March 2024), as per the TransUnion CIBIL consumer bureau data.

As women-led businesses are growing across geographies, empowering them with quick, easy and cost-effective access to finance is paramount for the sus-

शारदीय नवरात्रि शक्ति की आराधना का पर्व



शारदीय नवरात्रि, जिसे भारत में एक महत्वपूर्ण धार्मिक पर्व के रूप में मनाया जाता है, माता दुर्गा की आराधना का विशेष समय है। यह पर्व भारतीय संस्कृति का अभिन्न हिस्सा है और हर वर्ष आश्विन मास की शुक्ल पक्ष की प्रतिपदा से शुरू होता है। इस पर्व का महत्व न केवल धार्मिक है, बल्कि यह हमारी सांस्कृतिक और सामाजिक परंपराओं से भी गहराई से जुड़ा हुआ है।

नवरात्रि शब्द संस्कृत के नव (नौ) और रात्रि (रात) से मिलकर बना है, जिसका अर्थ है नौ रातें। यह पर्व माँ दुर्गा की पूजा के लिए समर्पित है, जिसमें उनकी नौ अलग-अलग रूपों की आराधना की जाती है। यह नौ रातें शक्ति, भक्ति और साधना के प्रतीक मानी जाती हैं।

शारदीय नवरात्रि की पृष्ठभूमि में देवी दुर्गा के साथ महिषासुर के युद्ध की कहानी है। कहा जाता है कि महिषासुर नामक राक्षस ने देवताओं को परेशान किया और उनकी शक्ति को समाप्त करने का प्रयास किया। तब देवताओं ने मिलकर माता दुर्गा का निर्माण किया, जो अत्यंत शक्तिशाली थीं। माता दुर्गा ने महिषासुर का संहार कर देवताओं को पुनः शक्ति प्रदान की। यह पर्व इस विजय का

प्रतीक है।

नवरात्रि के नौ दिनों में माँ दुर्गा के नौ स्वरूपों की पूजा की जाती है। पहले दिन माता को शैलपुत्री के रूप में शक्ति और भक्ति का प्रतीक माना जाता है। यह रूप ध्यान और साधना का संकेत देता है। दूसरा दिन माता की ब्रह्मचारिणी के रूप में साधना और तप की शक्ति को दर्शाता है। यह स्वरूप साधक को प्रेरित करता है। तीसरे दिन चंद्रघंटा के रूप में माता की वीरता और साहस का प्रतीक माना गया है। यह रूप भक्ति के माध्यम से कठिनाइयों को दूर करने की प्रेरणा देता है। चौथे दिन माता का कूष्मांडा रूप सृष्टि की रचना से जुड़ा हुआ है। यह समृद्धि और खुशहाली का प्रतीक है पाँचवे दिन माता का स्कंदमाता रूप संतान सुख और मातृत्व का प्रतीक है। यह रूप भक्तों को आशीर्वाद प्रदान करता है। छठे दिन माता का कात्यायनी रूप आत्मनिर्भरता और शक्ति का प्रतीक है। यह महिलाओं के लिए प्रेरणा का स्रोत है। सातवाँ दिन माता का यह रूप भय और अंधकार को दूर करने वाला माना जाता है। यह संकटों से मुक्ति का मार्ग प्रशस्त करता है। आठवें दिन माता का महागौरी रूप पवित्रता और ज्ञान का प्रतीक है। यह

रूप मानसिक और आध्यात्मिक शांति का स्रोत है। अंतिम दिन माता का सिद्धिदात्री स्वरूप सभी सिद्धियों का दाता माना जाता है। यह रूप भक्तों के सभी इच्छाओं को पूर्ण करने का आश्वासन देता है।

शारदीय नवरात्रि केवल धार्मिक आयोजन नहीं है, बल्कि यह भारतीय संस्कृति का एक महत्वपूर्ण हिस्सा है। इस पर्व के दौरान विभिन्न प्रकार के सांस्कृतिक कार्यक्रम, नृत्य और संगीत कार्यक्रम आयोजित किए जाते हैं। गरबा और डांडिया, जो विशेषकर गुजरात से जुड़े हैं, नवरात्रि का अभिन्न हिस्सा हैं। ये कार्यक्रम न केवल धार्मिक आस्था का प्रतीक हैं, बल्कि समाज में एकता और समरसता को भी बढ़ावा देते हैं। गरबा और डांडिया, नवरात्रि के दौरान मनाए जाने वाले प्रमुख सांस्कृतिक कार्यक्रम हैं, जो विशेष रूप से गुजरात से संबंधित हैं। हालांकि, इनका आकर्षण अब पूरे भारत में फैल चुका है। नवरात्रि के नौ दिनों में गरबा और डांडिया की धूम हर जगह देखने को मिलती है। यह न केवल एक धार्मिक अनुष्ठान है, बल्कि एक ऐसा सामाजिक समारोह है जो विभिन्न संस्कृतियों को एक साथ लाता है।

गरबा एक पारंपरिक नृत्य है जो मुख्यतः महिलाओं द्वारा किया जाता है। इसकी जड़ें गुजरात में हैं, लेकिन आज यह पूरे भारत में लोकप्रिय हो चुका है। गरबा का अर्थ है गर्भ या गर्भवती महिला, और इसे देवी दुर्गा की पूजा के दौरान किया जाता है।

हालांकि गरबा और डांडिया की उत्पत्ति गुजरात से हुई है, लेकिन इनकी धूम पूरे भारत में देखने को मिलती है। नवरात्रि के दौरान, हर राज्य में ये नृत्य भिन्न-भिन्न रूपों में मनाए जाते हैं।

गरबा और डांडिया की धूम केवल नवरात्रि के समय की ही बात नहीं है, बल्कि यह भारतीय संस्कृति का एक अमूल्य हिस्सा है। यह नृत्य उत्सव हमें एकजुटता, भाईचारे और सांस्कृतिक विविधता का अनुभव कराता है। हर वर्ष जब नवरात्रि का पर्व आता है, तो ये नृत्य हमें हमारी जड़ों से जोड़ते हैं और हमारे जीवन में उत्साह और आनंद का संचार करते हैं। इस नवरात्रि, हमें गरबा और डांडिया के रंग में रंगने का और इस परंपरा को सहेजने का संकल्प लेना चाहिए। जय माता



दी!

आज के समय में, नवरात्रि का पर्व केवल भारत में ही नहीं, बल्कि विश्वभर में मनाया जा रहा है। भारतीय प्रवासी समुदाय इसे अपनी परंपराओं के साथ मनाते हैं। इस पर्व का आयोजन विभिन्न देशों में भारतीय संस्कृति के प्रचार-प्रसार का माध्यम बन गया है। नवरात्रि के समय, सामूहिक पूजा, भजन-कीर्तन और सांस्कृतिक कार्यक्रम आयोजित किए जाते हैं, जो भारतीय संस्कृति को अंतरराष्ट्रीय स्तर पर प्रस्तुत करते हैं।

शारदीय नवरात्रि शक्ति, भक्ति, और सामाजिक एकता का पर्व है। यह न केवल मातृशक्ति की आराधना का समय है, बल्कि यह आत्म-ज्ञान और सामाजिक समर्पण का भी प्रतीक है। इस पर्व के माध्यम से हम न केवल देवी दुर्गा की आराधना करते हैं, बल्कि अपने भीतर की शक्ति को भी पहचानते हैं। इस नवरात्रि, हम सभी को चाहिए कि हम माँ दुर्गा से प्रार्थना करें कि वह हमें शक्ति प्रदान करें, ताकि हम अपने जीवन में सकारात्मकता और समर्पण के साथ आगे बढ़ सकें।

प्रस्तुति- डॉ. गुरमकौंडानीरजा

The Warrior Woman



Rohini Jayanti



When Humiliation Drains Her Emotionally
And Harmful Social Norms Deprive Her Identity
To Fight The Life Of Terror Comes Indigo,
The Blue Goddess Amidst The Verdant Woods
Wading Through The Refulgent Streams Of Orange And Yellow
Draped In An Embellished Red Banarasee
With Six Yards Of Her Grace And Elegance Untouched
Glittering Shining From Head To Toe
Perfumed Breezes Of Celestial Oils Wafted Through
Her Hair Crowned With Hues Of Violets And Blues
This Warrior Woman Has Come Fully Alive Today
Just Like A Rainbow Has Arisen Over The Shiny Horizon
She Is No Longer Anyone's Slave Or Prey
And Would Take Back Her Life Today
To Claim Her Power From The Men Who Forgot
She Is Half God Before She Was A Woman,
And Beyond The Veils Of Normalcy
There's A Hint Of The Extraordinaire
She Claims Her Dignity In This Society Of Vanity
To Create An Alliance That Embraces Her Diversity

वीमेन इन स्पेस लीडरशिप कार्यक्रम का शुभारंभ

विज्ञान एवं प्रौद्योगिकी विभाग (डीएसटी) ने ब्रिटिश काउंसिल के साथ मिलकर ब्रिटेन-भारत शिक्षा एवं अनुसंधान पहल (यूकेआईआईआरआई) के अंतर्गत 24 सितंबर, 2024 को अंतरिक्ष में महिला नेतृत्व कार्यक्रम (डब्ल्यूआईएसएलपी) का शुभारंभ किया।

यह पहल एक रणनीतिक नेतृत्व ढांचा विकसित करके अंतरिक्ष विज्ञान में महिलाओं के नेतृत्व को बढ़ावा देने के लिए लैंगिक-समावेशी व्यवस्थाओं को मजबूत करने में संस्थानों के समर्थन पर केंद्रित है। इस पहल में कोवेंट्री विश्वविद्यालय भागीदार है।

डीएसटी के विज्ञान एवं इंजीनियरिंग में महिलाओं के किरण प्रभाग की प्रमुख डॉ वंदना सिंह ने कहा, यह कार्यक्रम अंतरिक्ष विज्ञान में लैंगिक-समावेशी वातावरण बनाने की दिशा में एक महत्वपूर्ण कदम है। एक मजबूत नेतृत्व ढांचे का निर्माण करके,

हम महिलाओं को वैज्ञानिक अनुसंधान और नव-चार में सार्थक योगदान देने के लिए सशक्त बना सकते हैं।

ब्रिटिश काउंसिल इंडिया के उप-निदेशक माइकल हॉलगेट ने वैश्विक चुनौतियों को समाधान करने में सहयोग के महत्व पर बल दिया और एसटीईएम के क्षेत्रों में महिलाओं के ज्यादा से ज्यादा प्रतिनिधित्व

का आह्वान किया।

ब्रिटेन के कोवेंट्री विश्वविद्यालय की डॉ एलेना गौरा ने उन महिलाओं की तलाश के महत्व पर बल दिया जो संस्कृति को केवल पुनः प्रस्तुत करने के बजाय इसे बदल सकते हैं। कार्यक्रम का उद्देश्य 250 प्रारंभिक करियर शोधकर्ताओं की नेतृत्व क्षमता का निर्माण करके उन्हें लैंगिक पूर्वाग्रहों से निपटने और एक स्थायी समर्थन नेटवर्क बनाने के लिए उपकरणों से लैस करना है।

इंडियन इंस्टीट्यूट ऑफ एस्ट्रोफिजिक्स (आईआईए) की निदेशक प्रोफेसर अन्नपूर्णा सुब्रमण्यम ने महिलाओं को अंतरिक्ष विज्ञान के बढ़ते क्षेत्र में जल्दी जुड़ने के लिए प्रोत्साहित किया जो इंजीनियरिंग और सामाजिक विज्ञान जैसे विविध क्षेत्रों में विस्तार कर रहा है।

शिक्षाविदों और नीति-निर्माताओं सहित कार्यशाला में उपस्थित प्रतिभागियों ने अंतरिक्ष विज्ञान में लैंगिक-समानता को बढ़ावा देने के लिए राष्ट्रीय और वैश्विक संदर्भों पर चर्चा की। इस कार्यक्रम के अंतर्गत स्थायी मार्गदर्शन नेटवर्क के निर्माण के माध्यम से खगोल भौतिकी और दूरसंचार जैसे महत्वपूर्ण क्षेत्रों में लैंगिक परिप्रेक्ष्य को एकीकृत करके वैज्ञानिक नवाचार को बढ़ावा दिया जाएगा।



महिलाओं के नेतृत्व वाले स्टार्टअप भारत को वैश्विक पटल पर स्थापित करेंगे : जितेंद्र सिंह

केंद्रीय राज्य मंत्री (स्वतंत्र प्रभार) डॉ. जितेंद्र सिंह ने कहा कि आने वाले वर्षों में महिलाओं के नेतृत्व वाले स्टार्टअप भारत को वैश्विक पटल पर स्थापित करेंगे।

मंत्री महोदय विज्ञान एवं प्रौद्योगिकी विभाग की पहल (डीएसटी-निधि) के 8 वर्ष पूरे होने के उपलक्ष्य में आईआईटी दिल्ली में एक नई डीएसटी-निधि वेबसाइट के साथ-साथ भारत भर में 8 नए निधि आई-टीबीआई का वर्चुअल माध्यम से उद्घाटन करने के बाद बोल रहे थे।

देश भर में विभिन्न स्थानों पर 8 नए निधि समावेशी टीबीआई (आई-टीबीआई) स्थापित किए गए हैं अर्थात् 1. राजस्थान केंद्रीय विश्वविद्यालय अजमेर, 2. गुरु अंगद देव पशु चिकित्सा और पशु विज्ञान विश्वविद्यालय लुधियाना, पंजाब 3. बीएलडीई बीजा-पुर, कर्नाटक 4. अलीगढ़ मुस्लिम विश्वविद्यालय 5. प्रणवीर सिंह प्रौद्योगिकी संस्थान कानपुर, उत्तर प्रदेश 6. गुरु घासीदास विश्वविद्यालय (केंद्रीय विश्वविद्यालय) बिलासपुर, 7. जीएसएसएस महिला इंजीनियरिंग और प्रौद्योगिकी संस्थान मैसूर, कर्नाटक 8. पेट्रोलियम और ऊर्जा अध्ययन विश्वविद्यालय (यूपीईएस) देहरादून, आई-टीबीआई (समावेशी टीबीआई) तीन वर्ष की अवधि की पहल है, जो डीएसटी द्वारा उन शैक्षणिक संस्थानों के लिए समर्थित है, जो छात्रों, संकायों, उद्यमियों और आसपास के समुदायों के बीच नवाचार और उद्यमशीलता संस्कृति को बढ़ावा देने की संभावना रखते हैं।

केंद्रीय विज्ञान एवं प्रौद्योगिकी राज्य मंत्री (स्वतंत्र प्रभार), पृथ्वी विज्ञान राज्य मंत्री (स्वतंत्र प्रभार), प्रधानमंत्री कार्यालय, परमाणु ऊर्जा विभाग, अंतरिक्ष विभाग, कार्मिक, लोक शिकायत एवं पेंशन राज्य मंत्री डॉ. जितेंद्र सिंह ने डीप टेक स्टार्टअप के लिए डीएसटी-जीडीसी आईआईटी मद्रास इनक्यूबेट कार्यक्रम का शुभारंभ किया। जीडीसी को आईआईटी मद्रास के तीन प्रतिष्ठित पूर्व छात्रों डॉ. गुरुराज देशपांडे, श्रीमती जयश्री देशपांडे और श्री 'क्रिस' गोपालकृष्णन



के अनुदान से वित्त पोषित किया गया है। ये पहल मुख्य रूप से टियर खख और टियर खख शहरों के इनोवेटर्स को हमारा सहयोग बढ़ाने और विकास के महत्वपूर्ण चरणों में स्टार्ट-अप को लक्षित सहायता प्रदान करने के लिए डिज़ाइन की गई हैं।

उद्घाटन समारोह को संबोधित करते हुए डॉ. जितेंद्र सिंह ने मोदी के स्टार्टअप इंडिया स्टैंड अप इंडिया पहल के लिए प्रधानमंत्री मोदी के मार्गदर्शन को याद किया, जिसके तहत 2016 में विज्ञान और प्रौद्योगिकी विभाग ने निधि की शुरुआत की थी। इसकी अनिवार्यता पर प्रकाश डालते हुए उन्होंने कहा, निधि पहल भारत के नवाचार पारिस्थितिकी तंत्र के भीतर पहचानी गई एक महत्वपूर्ण आवश्यकता के उत्तर में शुरू हुई थी, ताकि हमारे शैक्षणिक संस्थानों और उद्योग के बीच की खाई को पाटा जा सके। चूंकि संस्थान विश्व स्तरीय शोध कर रहे थे, इसलिए इन विचारों को बाजार के लिए तैयार उत्पादों में बदलने की आवश्यकता थी। उन्होंने सफलता के लिए स्टार्टअप के शुरुआती उद्योग जुड़ाव पर भी जोर दिया। उन्होंने कहा कि एआई, क्वांटम कंप्यूटिंग और नई ऊर्जा के साथ तकनीकी प्रगति में आज के भारत को भविष्य के भारत में बदलने की नवोन्मेषी क्षमता है।

विज्ञान एवं प्रौद्योगिकी मंत्री ने 2016 में इसकी स्थापना के बाद से इसकी यात्रा का विवरण दिया और कहा कि विज्ञान एवं प्रौद्योगिकी विभाग का

निधि कार्यक्रम स्टार्टअप इकोसिस्टम को मजबूत करने में महत्वपूर्ण भूमिका निभाता है और बड़ी संख्या में प्रौद्योगिकी स्टार्टअप को पोषित करने में महत्वपूर्ण भूमिका निभाता है, जिनमें से एक बड़ा हिस्सा महिला उद्यमियों द्वारा संचालित है।

डॉ. सिंह ने विवरण देते हुए कहा कि निधि एंटरप्रेन्योर-इन-रेजिडेंस (ईआईआर) और निधि प्रयास कार्यक्रमों जैसी पहलों के माध्यम यह कार्यक्रम एक व्यापक चरण-वार सहायता संरचना प्रदान करता है जो शैक्षणिक वातावरण की अनूठी गतिशीलता के अनुरूप है। डॉ. जितेंद्र सिंह ने बताया कि इन उपक्रमों से अनेक नौकरियां सृजित हुई हैं और नवाचार की समृद्ध संस्कृति को बढ़ावा मिला है, जिसके परिणामस्वरूप बड़ी संख्या में बौद्धिक सम्पदा का सृजन हुआ है।

भारत के विकास और आत्मनिर्भरता पर कार्यक्रम के प्रभाव को दर्शाते हुए प्राप्त की गई पर्याप्त आर्थिक सफलता पर प्रकाश डालते हुए डॉ. सिंह ने कहा, निधि के 8 वर्ष पूरे होने का जश्न महिला उद्यमियों को सशक्त बनाने और वित्तीय समावेशन का विस्तार करने के लिए

प्रधानमंत्री मोदी की प्रतिबद्धता को रेखांकित करता है।

वर्ष 2047 तक विकसित भारत बनने के लिए भारत के रोडमैप पर जोर देते हुए डॉ. सिंह ने कहा कि इस यात्रा में स्टार्टअप की भूमिका महत्वपूर्ण होगी। उन्होंने कहा, प्रधानमंत्री मोदी ने भारतीय स्टार्टअप के लिए वैश्विक नवाचार की दौड़ में अग्रणी रहने का विजन रखा है, जिसमें महिलाओं के नेतृत्व वाले स्टार्टअप सभी क्षेत्रों में सबसे आगे होंगे। उन्होंने प्रधानमंत्री के इस कथन को भी दोहराया कि जो स्टार्टअप भारत में सफल होंगे, वे अन्यत्र भी सफल होंगे।

डॉ. जितेंद्र सिंह ने इस बात पर जोर दिया कि निधि यह सुनिश्चित करती है कि बौद्धिक गतिविधियां प्रयोगशालाओं तक ही सीमित न रहें, बल्कि बाजार तक पहुंचें और प्रभावशाली बदलाव लाएं।

डॉ. जितेंद्र सिंह ने सभी नवप्रवर्तकों को एक साथ मिलकर काम करने और 2047 तक विकसित भारत के विजन को साकार करने के लिए ठोस योगदान देने का निर्देश दिया।



स्वच्छ भारत अभियान : नवाचार के साथ महिला स्वच्छता में बदलाव

भारत में महिलाएं लंबे समय से उचित स्वच्छता सुविधाओं की कमी से प्रभावित रही हैं। सार्वजनिक स्थानों पर सुरक्षा, गोपनीयता और सम्मान महिलाओं के समक्ष महत्वपूर्ण चुनौतियां रही हैं। इन चुनौतियों से निपटने के लिए स्वच्छ भारत मिशन ने महिलाओं के अनुकूल शौचालय बनाने पर जोर दिया है। सार्वभौमिक स्वच्छता की दिशा में प्रयासों में तेज़ी लाने के लिए, प्रधानमंत्री नरेन्द्र मोदी ने 2 अक्टूबर 2014 को स्वच्छ भारत अभियान की शुरुआत की। यह पहल भारत के स्वच्छता अभियान की दिशा में एक परिवर्तनकारी बदलाव को चिह्नित करती है।

देश जहां स्वच्छ भारत अभियान का दशक समारोह मना रहा है, वहीं स्वभाव स्वच्छता, संस्कार स्वच्छता विषय के अंतर्गत स्वच्छता ही सेवा 2024 अभियान अपने सातवें वर्ष में प्रवेश कर रहा है। सामूहिक प्रयास और नागरिक भागीदारी इस अभियान में अग्रणी रहें हैं। विशेष रूप से महिलाओं के लिए समावेशी स्वच्छता सुविधाओं का विकास स्वच्छ भारत अभियान की सबसे प्रभावशाली पहल है।

कर्नाटक राज्य के मैजेस्टिक, बेंगलूर में भीड़भाड़ वाले केएसआरटीसी बस टर्मिनल पर बना स्त्री शौचालय महिलाओं के अनुकूल स्वच्छता की दिशा में हुए नवाचारों और सार्वजनिक स्वच्छता आवश्यकताओं को पूरा करने के लिए बेकार पड़े वाहनों को पुनः उपयोग में लाने का एक बेहतरीन उदाहरण है। इन शौचालयों को भारतीय और पश्चिमी शैली के कमोड, एक इंसिनेरेटर, एक सैनिटरी नैपकिन वेंडिंग मशीन और बच्चों को खेलने और डायपर बदलने के स्थान की सुविधाओं के साथ डिज़ाइन किया गया है। इसके अतिरिक्त, सौर ऊर्जा प्रणाली द्वारा संचालित एक स्व-संचालित सौर सेंसर लाइट हर समय प्रकाश की सुविधा और महिलाओं की सुरक्षा को सुनिश्चित करती है। यह स्त्री शौचालय महिलाओं, विशेष रूप से छोटे बच्चों वाली माताओं के लिए, सार्वजनिक स्थानों पर आवश्यक सुविधा और सुरक्षा प्रदान करते हैं और लिंग-संवेदनशील बुनियादी ढांचे की दिशा में एक आवश्यक कदम भी है।

नोएडा में भी महिलाओं और लड़कियों की



आपातकालीन जरूरतों के अनुसार पिंग शौचालय बनाए गए हैं। इनमें सुविधा, सुरक्षा और निजता पर जोर दिया गया है। अगस्त 2019 में अपनी शुरुआत के बाद से ये शौचालय शहरी क्षेत्रों में एक आवश्यक सुविधा बन गए हैं। इन पिंग शौचालयों में सैनिटरी नैपकिन वेंडिंग मशीन और इंसिनेरेटर से लेकर स्तनपान कराने वाली माताओं के लिए निर्दिष्ट स्थान, स्नान और कपड़े बदलने के लिए कक्ष और विश्राम करने के लिए अलग जगह की निःशुल्क सुविधाएं सुबह 8 बजे से रात 8 बजे तक उपलब्ध हैं। इन शौचालयों को ओडीएफ++ मानदंडों के अनुरूप, दाग-रहित, स्वच्छ और समावेशी बनाया गया है, जिसमें दिव्यांगों के अनुकूल सीटें और आईसीटी-आधारित प्रतिक्रिया व्यवस्था जैसी सुविधाएं उपलब्ध हैं।

सार्वभौमिक स्वच्छता की दिशा में, महिलाओं के अनुकूल शौचालयों का निर्माण भारत की स्वच्छता, सुरक्षा और सभी के लिए सम्मान के

प्रति बढ़ती प्रतिबद्धता का प्रमाण है। कर्नाटक में स्त्री शौचालय और नोएडा में पिंग शौचालय जैसी पहल यह दर्शाती है कि अभिनव बुनियादी ढांचा महिलाओं को सुरक्षित, स्वच्छ और सुलभ सुविधाएं प्रदान करके उनके जीवन को बदल सकता है।

ये परियोजनाएं स्वच्छता आवश्यकताओं को पूर्ति के साथ लैंगिक समानता की दिशा में एक व्यापक अभियान का प्रतिनिधित्व करती हैं और यह सुनिश्चित करती हैं कि महिलाएं सार्वजनिक स्थानों पर आत्मविश्वास से आ-जा सकें। स्वच्छ भारत मिशन के एक दशक पूरे होने और स्वच्छता ही सेवा 2024 अभियान की निरंतर प्रेरणा के साथ, समावेशी स्वच्छता पर ध्यान न केवल सार्वजनिक स्वास्थ्य के लिए एक अग्रणी कदम है, बल्कि भारत में महिलाओं के लिए अधिक न्यायसंगत और सशक्त भविष्य की ओर एक छलांग है।

