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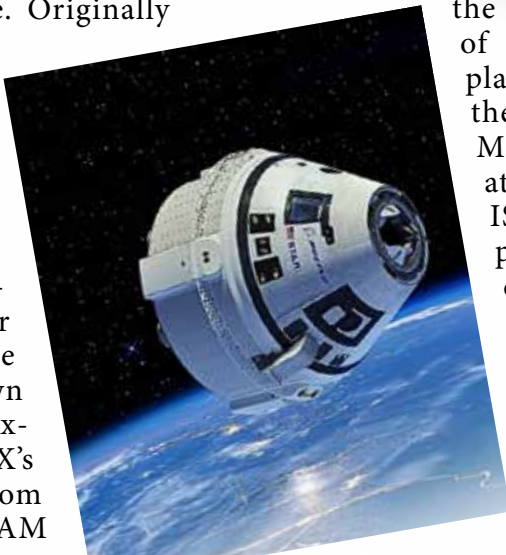
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Sunita Williams

returns home after 286 day space odyssey

NASA astronaut Sunita Williams and her Crew-9 teammates have safely returned to Earth after spending a record-breaking 286 days in space. Originally planned as a 10-day mission, their stay aboard the International Space Station (ISS) was extended due to delays with Boeing's Starliner spacecraft. The crew splashed down in the Gulf of Mexico aboard SpaceX's Dragon Freedom capsule at 3:27 AM



ing it down for re-entry. As expected, the crew experienced a brief communications blackout at 3:14 AM IST due to the formation of superheated plasma around the capsule. Minutes later, at 3:24 AM IST, all four parachutes deployed, ensuring a controlled descent before the final splashdown at 3:27 AM IST off the

curing it before towing it to the recovery ship, Megan. By 3:59 AM IST, the capsule was hoisted aboard, where medical personnel awaited the astronauts for initial evaluations.

Commander Nick Hague was the first to exit, stepping out with a smile and a thumbs-up. He was followed by Aleksandr Gorbunov, both assisted into stretchers as a precautionary measure to help their bodies readjust to Earth's gravity after nearly 10 months in space.

The moment many had been waiting for came next, as Sunita Williams emerged from the capsule to enthusiastic applause. She was followed by Butch Wilmore, the two affectionately known as "Butch and Suni," who waved and smiled as they savored their first breaths of fresh air in months.

With all four astronauts safely out, medical teams conducted further assessments onboard before they were airlifted via helicopter to NASA's facilities for comprehensive post-mission health



IST on March 19, 2025, marking the conclusion of their extended spaceflight.

The Crew-9 astronauts—NASA's Nick Hague, Sunita Williams, Butch Wilmore, and Roscosmos cosmonaut Aleksandr Gorbunov—began their return journey following the successful launch of SpaceX's Crew-10 mission, which arrived to relieve them. Their capsule undocked from the ISS at 10:35 AM IST on March 18, initiating their 17-hour journey back to Earth.

At 2:41 AM IST, the spacecraft deorbit burn was executed, slow-

Florida coast. Following the safe landing, SpaceX recovery teams swiftly reached the capsule, se-

Modi hailed the astronauts for their "grit, courage and the boundless human spirit," for making it through and stranded at the International Space Station for nine months. Their journey to space, which was meant to last for eight-days stretched to 286 days due to glitch in their Boeing space craft. "Welcome back, #Crew9! The Earth missed you. Yours has been a test of grit, courage and the boundless human spirit. Sunita Williams and the #Crew9 astronauts have once again shown us what perseverance truly means. Their unwavering determination in the face of the vast unknown will forever inspire millions," PM Modi said in a post on X.



checks and reunions with their families.

Despite the unexpected delays, NASA praised the Crew-9 mission as a resounding success, emphasizing the resilience and adaptability of the astronauts. Sunita Williams and Butch Wilmore's historic 286-day stay adds another milestone to human spaceflight, highlighting both the challenges and achievements of long-duration missions aboard the ISS.



Grand Queens Global Leadership Awards 2025 Celebrate Women Achievers in Kolkata



tions across various domains:

Grand Queens 2025 Recipients: Adwitiya-DattaBanik, Ankita-Patni, BhavnaHemani, Dr.DarshanaDaga, Dr.

was launched to foster mentorship and collaboration among women leaders.

The event featured a powerful panel discussion titled "Autism - EkAwaaz," raising awareness on autism and mental health. Panelists included Ms. Debjani Ghosh (Advocate, Calcutta High Court & Partner, Victor Moses and Company), Sri Sourish Choudhury (International Director, RAG on Mental Health Initiatives & Found-



jee and GrandQueenBhavnaHemani in collaboration with The Charkha Foundation.

Kolkata, March 25, 2025 – The Grand Queens Global Leadership Awards 2025 – Season 6 unfolded with grandeur at Novotel Kolkata, recognizing 29 inspiring women as recipients for their extraordinary achievements in leadership, resilience, and community impact.

The evening was graced by Smt. BidishaKalitaDasgupta, IPS, Deputy Commissioner of Police, South Suburban Kolkata, as the Chief Guest. Esteemed

Neha Jajodia, Dr. Neha Poddar, Dr.RiddhiKundu, Dr.ShaliniPoddar, Dr. Swati Lodha, Dr. Swati Surana, DulariKumari, Harsha Sureka, IndraniKhemka, IshaRungta, Jaya Pandey, Kamna Shah, KavitaBothra,



Guests of Honour included Ms. Keya Roy, Sri Bishambhar Ji Newar, Sri Suresh Ji Sethia, and Sri Ravi Jaiswal, with Shri Aneesh Sarkar, IPS, joining as a Special Invitee.

Led by Dr. Saurabh Sureka and Ms. RupaSureka, the GrandQueens Club honored the following recipients for their outstanding contribu-



er, SOUND 'N' MIND FOUNDATION), and Dr.Anjan Bhattacharya (Senior Consultant Developmental Pediatrician, Apollo Hospitals), moderated by Lt. Dr.BivaSamadder.

A cultural highlight, "Threads of Bengal," paid homage to Bengal's rich textile legacy. The segment was spearheaded by GrandQueenSuparna Mukher-

The announcement of the Grand Queens Cricket League – Season 4 (Kolkata Edition) added a sporting dimension to the event, reaffirming the platform's dedication to women's empowerment.

Supported by Sapphire India Education Academy (S.I.E.A) as the Education Partner and Padmalaya Jewels as the Gifting Partner, the celebration was elegantly hosted by Grand Queen AdwitiyaDattaBanik. The evening stood as a vibrant tribute to women's leadership, societal change, and cultural pride.

Minal Jain, Mohor-Moitra, Pooja Bothra, PrernaRajgarhia, Priyanka Raj, Priyanka Roy, Radhika Baid, RinkiKumari, ShradhaSurana, SnehaSureka, SonalNahata, and Suparna Mukherjee.

In a move to cultivate sustained impact, the GrandQueens Circle





Freedom from Fear is about empowering women to live confidently and safely, without the constant threat of violence or discrimination. It encourages women to show courage in practical situations by asserting their rights, setting boundaries, and speaking out against harassment or abuse. Whether it's confronting uncomfortable situations, reporting incidents of violence, or seeking support, each courageous action helps break the cycle of fear. By fostering

a culture of respect and solidarity, women can reclaim their spaces and navigate their lives with confidence. True freedom comes from having the strength to act and stand up for oneself and others.

Depika Sirwani

Author, Choreographer, Resin Artist



Reclaiming freedom from fear for women is essential for building a more just and equitable society. Women face various forms of fear, including street harassment, domestic violence, and the constant threat of sexual assault, which restrict their freedom and create lasting trauma. This fear often limits their ability to move freely, make choices, and live life on their own terms. It also perpetuates patriarchal norms, reinforcing the oppression of women.

To reclaim this freedom, we need awareness and education about the causes and effects of fear. Establishing support systems, such as helplines and safe spaces, is crucial for empowering women. Advocating for policy changes and stricter laws against violence and harassment will help create a safer environment. Self-defense training and community engagement can foster a culture of respect and support, enabling women to live without fear and with full autonomy.

Arjita Singh

Life coach and Educationist



Freedom from fear is a fundamental human right essential for building peaceful and just societies. It goes beyond physical safety, encompassing emotional and psychological well-being, allowing individuals to live without anxiety, intimidation, or persecution. It enables people to express themselves, make choices, and participate in society without the threat of harm or retribution. Unfortunately, many face challenges in attaining this

freedom, such as conflict, discrimination, persecution, climate change, and economic insecurity. To address these issues, we must foster empathy, inclusivity, and understanding. Governments, organizations, and individuals should advocate for human rights protections, support vulnerable groups, encourage dialogue across divides, and tackle the root causes of fear like poverty and inequality. Achieving freedom from fear requires collective action toward a more just and compassionate world.

Manpreet Kaur

Educator

Voice Of Grand Queen

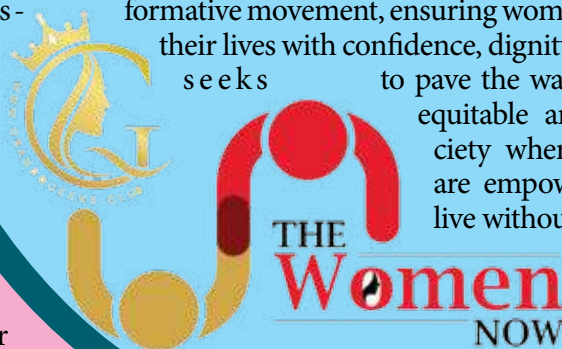
The Freedom From Fear campaign, a crucial initiative by GrandQueensClub in partnership with The Women Now, is dedicated to enhancing women's safety in both public and private spaces. Recognizing that fear often restricts women's full participation in life, the campaign advocates for a society where women can live, work, and thrive free from violence and harassment.

At its core, the campaign focuses on awareness, education, and community involvement. It empowers women by informing them of their rights and available resources, encouraging them to speak out against violence and seek support when necessary.

The campaign also calls for systemic change, urging governments to strengthen laws against gender-based violence and harassment. It advocates for more accessible support systems like hotlines and safe spaces, ensuring women can report incidents without fear of stigma or retaliation.

Community engagement plays a key role, with the campaign encouraging men and boys to actively support women's safety. By fostering a culture of respect and accountability, it aims to challenge societal norms that enable fear and violence.

Ultimately, the Freedom From Fear campaign strives to create a transformative movement, ensuring women can navigate their lives with confidence, dignity, and safety. It seeks to pave the way for a more equitable and just society where women are empowered to live without fear.



By taking a stand against the wrong, we can create a society that upholds justice, equality, and respect for all. Whether it's challenging harmful behaviour, speaking out against injustice, or refusing to accept discrimination, standing up for what is right is crucial for fostering positive change. When individuals take a firm stance against wrongdoing, they send a powerful message that oppression, violence, and inequality will not be tolerated. This collective courage helps break down harmful societal norms and systems, creating

a more inclusive and fair environment. By standing together against the wrong, we empower others to do the same, building a future where justice and integrity prevail.

Kritika Sharma

Educator



Facing fear is the first step to overcoming it. Escape should never be an option. Freedom isn't given; it's claimed. Change begins when

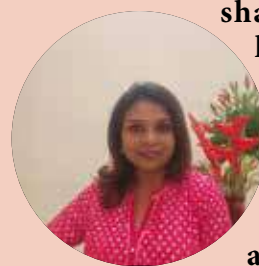
one person stands up against injustice, inspiring others to join the cause. That single voice, no matter how small, has the power to spark a movement. We must remember the words, "Where the mind is without fear and the head is held high." Even if you're the only one fighting at first, raise your voice against negativity. Sometimes, a single step can ignite a transformation, leading to a future where fear is replaced by courage and freedom.

Prof. Basudha Basu

Motivational Speaker & Human rights activist



The recent event is both tragic and deeply troubling. I find myself at a loss for words to convey my sorrow. Women possess the fundamental right to exist without the constant fear for their safety. It is a source of shame for our society that such a fundamental human right continues to be violated upon repeatedly. The irony lies in the fact that women are considered as goddesses in our culture. However, does society genuinely honor women, or are they merely viewed as objects of desire? Why is it that women are perpetually instructed to exercise caution, while young men are not equally educated to respect them? It is essential to restore freedom from fear by instilling in boys and men the significance of respecting women. As a nation, we must strive to ensure that every location within our country is safe for girls and women.



Vijayeta Tirkey

Trade Advisor Hyderabad

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





Shriya Lohia, meet India's first female F4 racer

Erda in Vadodara.

Shriya belonged to the family of sports enthusiasts, her father was a sports enthusiast, her sister was a shooter and

her mother was an entrepreneur. Coming from a business cum sports family. Shriya faced the challenges of being a first-generation racer in the family. She balanced her academics and racing de-

mands with full swings, while dealing with the hurdles of competing in a male-dominated sports.

Initially she faced a lot of bullying and derogatory marks, yet

she turned these challenges into motivation and proved everyone wrong.

At the age of 11, Shriya won JK Tyre National Karting Championship in 2019, later on she received the prestigious Pradhan Mantri Rashtriya Bal Puraskar Award in 2022, which motivated her to move further in motorsports and has inspired more women to join the sport.

Shriya's journey from young karting enthusiast to a leading F4 racer shows her resilience and strength in male dominated motorsports field, challenging every rule and norms.

Shriya Lohia from Himachal Pradesh, became India's first female and youngest F4 racer, challenging the male dominated field.

At the age of just nine years old, Shriya discovered her passion for racing during a family trip where she tried go-karting for the first time. She liked the thrill, which the race gave her. The more she drove, the more she wanted to do it.

Now, at the age of 16, she's India's first woman in formula 4 racing. She started her formal training under the guidance of renowned racer Mira



Roshni Nadar Joins Global Elite as First Indian Woman in World's Top 10 Richest

In a significant milestone for Indian business leadership, Roshni Nadar, Chairperson of HCL Technologies, has become the first Indian woman to feature among the world's top 10 richest women, according to the Hurun Global Rich List 2025. With a personal net worth of approximately ₹3.5 lakh crore (US\$40 billion), she now ranks 5th globally and continues to hold the position of India's richest woman.

This development follows a substantial stake transfer from her father and HCL founder, Shiv Nadar, who passed on 47% ownership in HCL Technologies, solidifying her leadership and influence within the organization and the Indian corporate landscape. Roshni is also now the third-richest individual in India. Under her leadership, HCL Technologies has maintained its status as a global IT powerhouse, currently valued at US\$48 billion in market capitalization. In addition to her executive role, she chairs the company's Corporate Social Responsibility (CSR) Board Committee, driving long-term sustainability and social impact initiatives.

An alumna of Northwestern University, Roshni holds an MBA from Kellogg School of Management, where she was honored with the Schaffner Award in 2023 for her



contributions to public service and philanthropy. She also plays a pivotal role in the Shiv Nadar Foundation, which oversees philanthropic initiatives exceeding US\$1.2 billion in value, primarily focused on education and leadership development. She is the founder of VidyaGyan, a residential leadership academy that identifies and nurtures high-potential students from economically disadvantaged backgrounds in rural India. Roshni Nadar's influence extends to several global organizations. She is a member of the Dean's Advisory Council at the MIT School of Engineering and sits on the Global Board of The Nature Conservancy. In recognition of her leadership and impact, she

World's Top 10 Wealthiest Women – Hurun Global Rich List 2025

- Alice Walton (USA)**
- Wealth: US\$102 billion
- Company: Walmart
- Francoise Bettencourt Meyers (France)**
- Wealth: US\$67 billion
- Company: L'Oréal
- Julia Koch & family (USA)**
- Wealth: US\$60 billion
- Company: Koch Industries
- Jacqueline Mars (USA)**
- Wealth: US\$53 billion
- Company: Mars Inc.
- Roshni Nadar & family (India)**
- Wealth: US\$40 billion
- Company: HCL Technologies
- First Indian woman to enter global top 5
- MacKenzie Scott (USA)**
- Wealth: US\$33 billion
- Company: Amazon
- Miriam Adelson & family (USA)**
- Wealth: US\$33 billion
- Company: Las Vegas Sands
- Abigail Johnson (USA)**
- Wealth: US\$32 billion
- Company: Fidelity Investments
- Marilyn Simons & family (USA)**
- Wealth: US\$30 billion
- Company: Renaissance Technologies
- Linda Stephens & family (USA)**
- Wealth: US\$29 billion
- Company: Endeavor Energy Resources

was awarded France's Chevalier de la Légion d'Honneur in 2024 and has consistently featured on Forbes' list of the world's 100 most powerful women since 2017. The Hurun Global Rich List 2025 includes 561 women, with 224 identified as self-made, reflecting a positive shift toward greater gender equity in global wealth creation and enterprise leadership.

Grand Queens Global Leadership Awards 2025 Celebrate Women Achievers in Bhubaneswar



Bhubaneswar, March 31, 2025 – The Grand Queens Global Leadership Awards 2025 – Season 6 took center stage at Bhubaneswar Golf Club, honoring 20 exceptional women recipients for their resilience, leadership, and outstanding contributions to society.

The prestigious ceremony was graced by Chief Guest Shri Akash DasNayak (Hon'ble MLA, Kori & Noted Ollywood Actor) and Guest of Honour Shri DayalGangwar, IPS (Addl DGP, Head Quarters, Odisha Police). Under the visionary leadership of Founder Dr. Saurabh Sureka and Co-Founder Ms. RupaSureka, the GrandQueens Club warmly welcomed its new awardees while unveiling the GrandQueens Circle – a platform committed to empowering women through mentorship and collaboration. The event's success was orchestrated by State President Ms. Munmun Singh.

Recipients of the Grand Queens Global Leadership Awards 2025 – Bhubaneswar Edition

- Youngstar: Ms. RuchikaBiswal (Author)

- Torchbearers: Ms. PratikshaNayak (Digital Marketing), Ms. Mamun Dash (Beauty & Styling), Ms. Poonam Agrawal (Education)

- Leaders: Ms. Pratishrutee Jena (Education), Dr. Nidhi Garg (Life Coach), Ms. Zubina Ali (Social Entrepreneur), Ms. SonakshiLenka (Beauty & Styling), Ms. BanditaSahuTripathi (Politics), Ms.

Aparajita Acharya (Entrepreneur), Ms. BhagyalaxmiKhuntia (Brand Management), Ms. SradhanjaliRowlo (Business Woman), Ms. Reena Chopra (Mental Health), Ms. SumishaMehra (Cosmetology), Ms. Mamata Dash (Business Woman), Ms. Swati Kejriwal (Woman of High Spirit), Ms. VarshaMahananda (Spiritual Healing), Dr. Nargis Begum

(Research in Education), Ms. Hashim Select, and Opulent Decor, the celebration also featured partnerships with Akhil Photography (Photography Partner) and BigCup Cafe (Gifting Partner). Special recognition was given to Patrons GQ SanjibaniPattnaik, GQ RosalinParida, and GQ Afreen Khan for their invaluable support. Esteemed GrandQueens such as GQ Aryasha Dash, GQ SanjuktaPattnaik, and GQ Sudipta Nanda added grace to the event.

The discussion featured insightful contributions from Dr. PriyajitPanigrahi and Dr. AmritPattojoshi, moderated by Dr. AdarshRath. The event drew strong support from organizations such as Lions Club of Hyderabad Yuva (Dist 320A), National Human Rights Organisation (New Delhi), and the Advocates Association for Social Responsibility and Awareness (AAS-RAA), emphasizing a shared commitment to social change.

Proudly sponsored by NewsAlert 24/7, Ajanta Advertising, Ecosoul,

Hashim Select, and Opulent Decor, the celebration also featured partnerships with Akhil Photography (Photography Partner) and BigCup Cafe (Gifting Partner). Special recognition was given to Patrons GQ SanjibaniPattnaik, GQ RosalinParida, and GQ Afreen Khan for their invaluable support. Esteemed GrandQueens such as GQ Aryasha Dash, GQ SanjuktaPattnaik, and GQ Sudipta Nanda added grace to the event.

In a continued effort to promote women's participation in sports, the announcement of the GrandQueens Women's Cricket League and Kho Kho was made by Convener Dr. Saurabh Sureka and State President Munmun Singh. The evening was a vibrant celebration of women's leadership, cultural heritage, and impactful social initiatives, leaving a lasting impression on all attendees.



(Research in Education) - Stalwarts: Dr. K. Anuradha (Socio-Economic Impact), Ms. SwayamPravaRath (Academic Skills)

As part of the initiative "Autism – EkAwaz", a powerful panel discussion was held in partnership with the Madhav Autism Foundation, focusing on autism aware-



CCTV Captures Sexual Harassment Incident in Bengaluru's

BTM Layout, Police Yet to Receive Complaint

Bengaluru: A case of sexual harassment was caught on CCTV in Bengaluru's BTM Layout, Suddaguntepalya, on April 3rd, 2025. The disturbing footage shows an unidentified man molesting a woman in a deserted alleyway before fleeing the scene.

The video, which has since gone viral on social media, shows two women walking along a narrow lane with parked two-wheelers lining one side. Moments later, the man is seen approaching from behind and groping one of the women before quickly running away. The women are then seen walking away from the location.

Despite the clear footage, Bengaluru police have confirmed that no official complaint has been filed by the victim. However, authorities stated that they are reviewing the footage and may initiate a suo moto case if the victim does not come forward voluntarily.

The incident has sparked widespread outrage online, with many citizens expressing concern over the safety of women in the city, often referred to as India's IT capital. Police have assured that appropriate action will be taken as the investigation progresses.



Bengaluru Molestation Case

“Such Incidents Happen in Big Cities,” Says Karnataka Home Minister

Reacting to the recent molestation incident in the city, Karnataka Home Minister Dr. G. Parameshwara on 7th April 2025 said that while unfortunate, such incidents tend to occur in large metropolitan areas. He emphasized that the police are working tirelessly to maintain law and order in Bengaluru.

“Police are working continuously round-the-clock, ignoring rain and cold. That is why there is peace in Bengaluru. In a big city like Bengaluru, here and there, incidents like this do take place,”

the minister said, referring to the April 3 molestation case in Suddaguntepalya's Bharathi Layout. The incident occurred in the early hours when two women were walking through a secluded stretch. CCTV foot-



age revealed that an unidentified man approached the duo, pushed one of the women against a wall, and molested

her before fleeing the scene. A case has been registered, and an investigation is underway. Dr. Parameshwara added that he gives daily instructions to Bengaluru Police Commissioner B. Dayananda to enhance city surveillance and patrolling efforts. “I regularly tell him that the beat system should be followed strictly, and monitoring must be improved,” he said. “We are committed to taking action as per the law.” The minister's comments have sparked mixed reactions, with some citizens demanding stronger measures to ensure women's safety in India's tech capital.

Kiran Rao's Laapataa Ladies Accused of Plagiarism Over Similarities with Arabic and Hindi Films

Kiran Rao's 2024 directorial film *Laapataa Ladies* has come under the spotlight following allegations of plagiarism. The comedy-drama, centered around two veiled brides mistakenly swapped during a rural Indian train journey, is now being compared to two earlier films—*Burqa City*, a 2019 Arabic short, and *GhunghatKe Pat Khol*, a 1999 Hindi release.

A viral video has drawn direct parallels between *Laapataa Ladies* and *Burqa City*, directed by Fabrice Bracq. That film follows a newlywed man who loses his wife after a mix-up involving another woman in a burqa. Online users have highlighted striking narrative

and visual similarities, sparking debate about the originality of Rao's work.

Adding fuel to the controversy, veteran filmmaker Ananth-Mahadevan has alleged that *Laapataa Ladies* echoes his own 1999 film *GhunghatKe*

a coincidence,” he remarked in an interview.

Responding to the claims, *Laapataa Ladies* writer Biplob Goswami defended the film, asserting that the story is entirely original and dates back over a decade. Goswami's script was a finalist in Cinestaan India's Storytellers Contest in 2018. He further stated that he had never seen Mahadevan's film and any resemblance is purely coincidental.

As of now, neither Kiran Rao nor producer Aamir Khan has commented publicly on the matter. The allegations have ignited a broader conversation about creative inspiration, coincidence, and originality in contemporary cinema.



On April 14, 2025, pop superstar Katy Perry and five other trailblazing women safely returned to Earth after a historic suborbital flight aboard Blue Origin's New Shepard rocket. The mission, dubbed NS-31, marked the first all-female crewed spaceflight since Valentina Tereshkova's pioneering solo journey in 1963.

Joining Perry on this ground-breaking flight were:

- Lauren Sánchez – Journalist, pilot, and fiancée of Jeff Bezos
- Gayle King – Veteran CBS News anchor
- Aisha Bowe – Former NASA rocket scientist
- Amanda Nguyen – Civil rights activist and bioastronautics researcher
- Kerianne Flynn – Film producer

The flight launched at 8:30 a.m. CDT from Blue Origin's Launch Site One in West Texas and lasted just over 10

Katy Perry Returns from Space in Historic All-Female Blue Origin Flight

minutes. The capsule soared past the Kármán line—more than 60 miles above Earth's surface—before making a safe return.

During their few minutes of weightlessness, Perry serenaded the capsule with “What a Wonderful World” and held up a daisy in a heartfelt trib-

ute to her 4-year-old daughter, Daisy. She also teased her fans by revealing the setlist for her upcoming “The Lifetimes Tour,” kicking off April 23.

The mission attracted plenty of star power on the ground as well. Oprah Winfrey, Kris Jenner, and Khloé Kardashian were among the celebrities watching the liftoff.

While the spectacle generated excitement and media buzz, it also sparked criticism. Some called the flight an example of celebrity excess, with concerns raised about its environmental impact.

Despite the mixed response, NS-31 stands out as a milestone for both commercial space travel and women's representation in space exploration.



When Ghibli Dreams Turn into AI Nightmares

A Hilarious Dive into the Trend Gone Wrong



“Looks like a horror anime crossover.”
 “ChatGPT just turned Chhath Puja into a Halloween special.”
 “Someone tell the AI it's not Spirited Away to the Afterlife!”
 The image went viral in no time, with thousands of users sharing their disbelief—and their laughter.

AI’s Artistic “Freedom” Strikes Again
 This is far from the first time the Ghibli-style AI trend has gone off the rails. From people

The internet’s favorite new pastime—turning ordinary photos into dreamy, Studio Ghibli-style illustrations—took a hilariously eerie turn recently. Among the funniest (and most bewildering) AI fails was a reimagined image of women celebrating Chhath Puja, a sacred festival from Bihar.

Originally, the photo was a serene and devotional moment: women standing in waist-deep water during sunrise, holding baskets filled with coconuts, incense sticks, and seasonal fruits—all meant as offerings to the Sun God. Enter AI. Exit logic.

Coconut or... Severed Head?

When this culturally rich scene was fed into an AI art generator, things got weird. One of the women appeared to be holding what should have been a coconut. Instead, the basket contained what looked disturbingly like a severed human head—perfectly lit, oddly realistic, and 100% nightmare fuel.

Social media reactions were, predictably, gold.



getting extra limbs to floating eyes, to entire families mysteriously gaining a new member, AI has proven it has a wild imagination—and little understanding of anatomy or cultural context.

In one infamous example, a woman enjoying ice cream ended up with a third hand gently cradling her cone.

Note: All images mentioned are AI-generated and shared publicly by users on various platforms. Viewer discretion advised—for reasons both spiritual and surreal.



From Trend to Cautionary Tale

What started as a whimsical tribute to Hayao Miyazaki’s enchanting art style has now morphed into a conversation on AI’s limitations:

- Privacy Risks: Experts caution against uploading personal or family photos to these platforms, warning that once images are processed, users often lose control over how they're stored or used.
- Artistic Integrity: Critics point out the ethical concerns around style mimicry and the blurred lines between inspiration and imitation.

Embracing the Glitches: The Internet’s Favorite New Genre

Despite these hiccups, users can’t get enough. In fact, many now intentionally submit photos just to see how wrong the AI can get it. What began as fan art is now an ongoing comedy series, with each new glitch eagerly awaited like the next episode of a sitcom.



Bihar Board Class 12th Result 2025 Auto Driver’s Daughter Tops Commerce Stream with 95%

In an inspiring story of determination and resilience, Raushani Kumari, the daughter of an auto-rickshaw driver, has secured the top position in the Commerce stream in the Bihar Board Class 12th Examination 2025, scoring an impressive 95%.

Raushani’s academic journey began at Kashipur Chakbibi School, followed by Chandpura High School for her matriculation. She completed her intermediate education at Jamunilal College, Hajipur.

Speaking about her journey, Raushani shared the financial challenges her family faced. “Everyone wants to become something, but our situation often limits us. My father drives an auto.



Even having one full meal a day was enough for us,” she said.

During her studies, Raushani had to find creative ways to support her education. When she

couldn't afford coaching fees, her teacher offered her a part-time role at a local computer coaching center, where she worked for an hour daily and earned ₹500—

enough to cover her tuition.

Originally aspiring to become a Chartered Accountant, Raushani reconsidered due to the high financial cost involved. “I’ve decided to pursue Computer Science instead,” she said, opting for a path that balances passion and practicality. Her father, Sudhir Kumar, expressed immense pride. “Even as a child, her dedication was unmatched. I always believed she would do something extraordinary,” he said. Meanwhile, in other streams, Priya Jaiswal topped in Science, while Ankit Kumari and Shakib Sah shared the top spot in the Arts stream. According to the Bihar School Examination Board (BSEB), a total of 6,11,365 students appeared for the Intermediate exams this year. Of these, 5,05,884 passed, resulting in a pass percentage of 86.56%, a slight dip from last year’s 87.21%.

Raushani’s story stands as a powerful reminder that with dedication, even the steepest hurdles can be overcome.

Theme : Accelerate Action for Women Empowerment is resonating with the same theme as in International Women's Day-2025 Stree Summit, 2.0, successfully concluded on April 15, 2025, drawing leading voices in government officials, law enforcement, and industry experts. With a theme of "Accelerate Action for Women Empowerment," the eminent Speakers deliberated for the common good of every citizen. The sessions were well planned with the panelists who are not only subject matter experts but also citizens who are continuously working for the betterment of the communities, they are also influencers of good life and betterment of individuals.

Inaugural Highlights



The summit began with an impactful inaugural ceremony, where Shri C. Shekar Reddy, General Secretary of the Hyderabad City Security Council (HCSC), welcomed the Chief Guest, Shri Bhatti VikramarkaMallu, Hon'ble Deputy Chief Minister, Gov. of Telangana and gave an overview of the six HCSC verticals and their respective activities. He invited the corporates to become HCSC members. Shri C. V. Anand, IPS, Commissioner of Police, Hyderabad, and Chairman of HCSC, in his theme address, mentioned that STREE stands for She Triumphs Through Respect Equality and Empowerment. He highlighted that the girl child ratio 942-1000 is alarming and will adversely impact Nation's growth. The discretion against women should end at home as well as work places. He mentioned about Free Bus ride scheme for women has increased women participation in various events across the state. He informed that more women are joining the police force and there are 7 women police stations in 7 zones and out of 19 DCP's 8 are Women. Women officer are part of patrol, blue colt, traffic police and 3 SHO's are women officers. His concluded with a call to Empower Women to increase the State's and Nation's GDP.

The Chief Guest, Shri Bhatti VikramarkaMallu, Hon'ble Deputy Chief Minister, Gov. of Telangana, started his address by stating that Stree Summit is not a forum for conversation, but a commitment to idea to Respect & Equality and Empowerment for all. He highlighted that it was

Dr. BalaSahebAmbedkar who gave enormous power to women through Hindu Court Bill. highlighted the State government's initiatives for women and girls span financial aid, safety, entrepreneurship, health, and representation. He stated that a safe, equal and empowered society is not a dream but a destination we all should walk towards together. Telangana government is empowering the SHG by providing them finan-

Stree Summit 2.0 Concludes With a Call to Accelerate Action for Women Empowerment

DivyaDevarajan, IAS, CEO - SERP Telangana shared from their experiences about the different dimensions of Growth & Success and each individual's journey is very unique. Dr. LavanyaNJP, DCP - Woman Safety Wing, Hyderabad. Convenor Women Safety Wing gave a presentation on CSEAM - Child Sexual Exploitative and Abuse Material (CSEAM) - Community Policing - Policy, Enforcement and Legal am-

be covered was moderated by Ms. Chetana Jain, CEO, Dhrumataru Consultants. Subject matter experts Dr. SamathaTulla - Medical Director & Co-founder at PMX Health, Ms. Sri DeviJasti - Founder & CEO, Vibrant Living, Holistic Nutritionist, Wellness Advocate, Dr. Chetan Majjiga - Psychiatrist ADHD, Dr. Vijay Kumar C Bada - Sr. Gastroenterologist, Yashoda Hospital spoke about the importance of maintaining sound health in women cannot be overlooked. This session highlighted the sensitive phases of women that is generally seen with misconceptions and often stereotyped leading to neglect and abuse. Ex. Post-partum imbalance, menopause, cancer, need for self-care etc.



cial aid of Rs. 21000 crores apart from creating market for their products and services. The government has encouraged the women to get into Solar power generation with a buy back guarantee. He stated the State Government has a target of making more than one crore women crorepatris. The State of Telangana is fully committed to empowerment of Women.

In her keynote address, Dr BanusriVelpandian, Senior Specialist, Governance & Research, Law Division - NITI Aayog spoke about the initiatives of NITI Aayog towards Women Empowerment in various sectors on its own or with other ministries.

To cover a larger section of population and also ensure that every enterprise and community is covered, HCSC is collaborating with Department of Women Development and Child Welfare, Telangana Government and signed an MoU on creating awareness on the women and children related laws and implementation of such laws.

Panel Discussions and Key Take aways

The summit featured four in-depth panel discussions addressing pivotal topics on Women's safety and health. **The First Panel** titled "Breaking Barriers: The Evolving Journey of Women in Leadership" - was moderated by Ms. KhyatiNaravane - VP - Business Strategy - Quantra Quartz by POKARNA.

Experts Ms. VanitaDatla - MD ELICO industries, Ms. Namita Banka - MD Banka Biolo, Ms. Jennifer Larson, US Consulate General, Smt.

bit.

In the second panel "Clicks to Consequences: Addiction & Exploitation in the Digital Moderated by Ms. Uma Sudhir, Executive Editor, NDTV. Experts Ms. Sunitha Krishnan - Founder, Prajwala NGO & Padma Sri Awardee, Ms. Parimala Hana Nutan IPS Joint CP, Admin & Co-ordination, Hyderabad, Dr. Purnima Nagaraja - Psychiatrist, Mr. Rakesh Dubbudu - Founder FACTLY, delved into the growing concerns surrounding digital addiction and its impact on individuals and society. Recognizing the mental health, strained relationship, misinformation, behavioural dependencies and exploitation.

In the Third Panel-POSH Act: A Decade of Learning & Case Reporting Moderated by Ms. Purnima Kamble - Partner Fox Mandal, experts Smt. A. Nirmala Kanthi Wesley, IAS - Director, WCD&SC, Telangana, Dr. CharuWalikhanna, former member of the National Commission for Women (NCW), Dr. Lavanya NJP - DCP, Women Safety Wing, Hyderabad, Convenor - HCSC Women forum, Mr. Chaitanya Gorrepati - MD, DE Shaw, Ms. GeetaGoti - Partner, Sariga Initiatives deliberated on the completion of a decade of The Prevention, Prohibition and Redressal of Sexual Harassment of Women at Workplace Act 2013, the learnings on implementation and need to amend and include additional sections for efficient implementation.

The Fourth Panel, Gut Health and Emotional Wellbeing - Elements of Holistic health, nutrition, maternal care, emotional wellbeing etc. will

The Fifth Panel Towards Accelerating Action Key Take aways from each Panel was moderated by Ms. NeeharikaMalpur. All the session moderators and eminent panelists, Ms. Uma Sudhir, Ms. Chetana Jain, Ms. Purnima Kamble, Ms. KhyatiNaravane, Ms. GeetaGoti, Dr. CharuWalikhanna. This session focused on the outcomes and actionable items going forward.

Closing Ceremony

The summit concluded with a closing ceremony recognizing the significant contributions of partners, speakers, and participants. Certificates were awarded to key contributors, and Smt. GeetaGoti, Joint Secretary, Women's Forum, HCSC delivered final remarks, calling for continued collaboration for Rights, Equality and Empowerment for all Girls and Women in building a secure future.

About HCSC

The Hyderabad City Security Council (HCSC) is a not-for-profit society that brings together the Hyderabad City Police Commissionerate, various establishments, government agencies, and citizens to promote safety and security in the city. HCSC actively works towards enhancing safety in various domains, including women's safety, traffic safety, infrastructure security, and cybersecurity. Through collaborations and partnerships, HCSC strives to create awareness, implement effective strategies, and drive positive change in ensuring a secure environment for all.

Breaking Barriers Lt. Dr. Biva Samadder's Unstoppable Journey

A Life Beyond Limits: The True Story of Determination, Family Support, and Empowerment

Lieutenant (Dr.) Biva Samadder's life is a testament to the strength of resilience and the power of a woman's determination. As a professor, NCC officer, author, and social worker, she has defied every challenge with grace, turning each obstacle into an opportunity. Her journey began with her marriage — when many thought her life would settle into routine, she soared to new heights. In an exclusive interview, Dr. Samadder shares the untold story behind her success, her sacrifices, and the unwavering support of her family.

Overcoming the Odds: A Woman's True Beginning

"My true journey began after my marriage," Dr. Biva reflects. "I completed my studies and received the gold medal from the Governor of West Bengal, but it wasn't easy."

For Dr. Biva, marriage marked the beginning of her climb towards excellence, not the end. Supported by her husband, who insisted that she finish her education before starting a family, she completed her Master's degree with distinction. However, the real challenge lay ahead when she pursued her Ph.D. while balancing life as a mother and wife.

With a two-hour commute every day between Kolkata and Kalyani for her coursework, Dr. Biva never let exhaustion get in her way. She recalls how, after long days, she would return home to find her husband had prepared dinner and helped their son with homework.

"It was tough—balancing family life, education, and my career. But my family, especially my husband, supported me at every step," she shares.

Breaking Norms: A Lieutenant and a Mother

In 2018, Dr. Biva's life took another turn as she was commissioned as a Lieutenant in the Indian Army. This was more than a personal achievement—it became an inspiration for countless young women, especially those from conservative communities. Her leadership in the National Cadet

By Kamini Verma

Corps (NCC) was a beacon of hope for young girls dreaming of careers in the armed forces.

As an NCC officer, Dr. Biva played a pivotal role in training and mentoring

numerous cadets, many of whom have gone on to se-

curate positions in the Indian Army, aviation, and government services.

"Seeing my cadets succeed is my greatest joy," she says. "Their success proves that with determination, we can achieve anything."

Her work extends beyond NCC

and son supported me through everything."

She recounts how, during major national holidays like Republic Day and Independence Day, she would be away, fulfilling her national duties, while her family celebrated without her. "I've had very few holi-

community development.

Lieutenant Dr. Biva Samadder's journey as a woman truly began after marriage. With her husband's unwavering support, she earned a gold medal, completed her PhD, and rose to become a commissioned officer in the Indian Army. Balancing roles as a wife, mother, professor, and social worker, she faced societal criticism but persevered. Despite missing holidays and milestones, Dr. Samadder's dedication to national service and education continues to inspire. Through her leadership in the NCC, she has empowered countless cadets, proving that women can break barriers and soar—especially with the right support.

Awards & Honors

- Governor's Medal
- DG NCC Commendation
- Mahatma Gandhi National Award (2020)
- Defence Secretary Commendation (2024)
- Best Associate NCC Officer (2018, 2022, 2023)

training—she actively engages in social causes like breast cancer awareness, gender sensitization, and disaster management, earning accolades for her contributions. In 2023, she was recognized by the Governor of West Bengal for her exceptional humanitarian services.

Unseen Sacrifices: The Struggle Behind Success

Dr. Biva's journey has not been without its challenges. "There were moments when the weight of responsibilities felt overwhelming," she admits. "As a wife, a mother, a professor, and a leader, I had to make sacrifices—especially time with my family. My husband

Commendation and the Mahatma Gandhi National Award for her dedication to peacebuilding and

community development.

A Legacy of Empowerment: Inspiring the Next Generation

Dr. Biva's legacy extends beyond her academic and military achievements. Her impact on her students and cadets is immeasurable. "When the mothers of my cadets say, 'We want our daughters to be like you,' it fills my heart with pride," she shares.

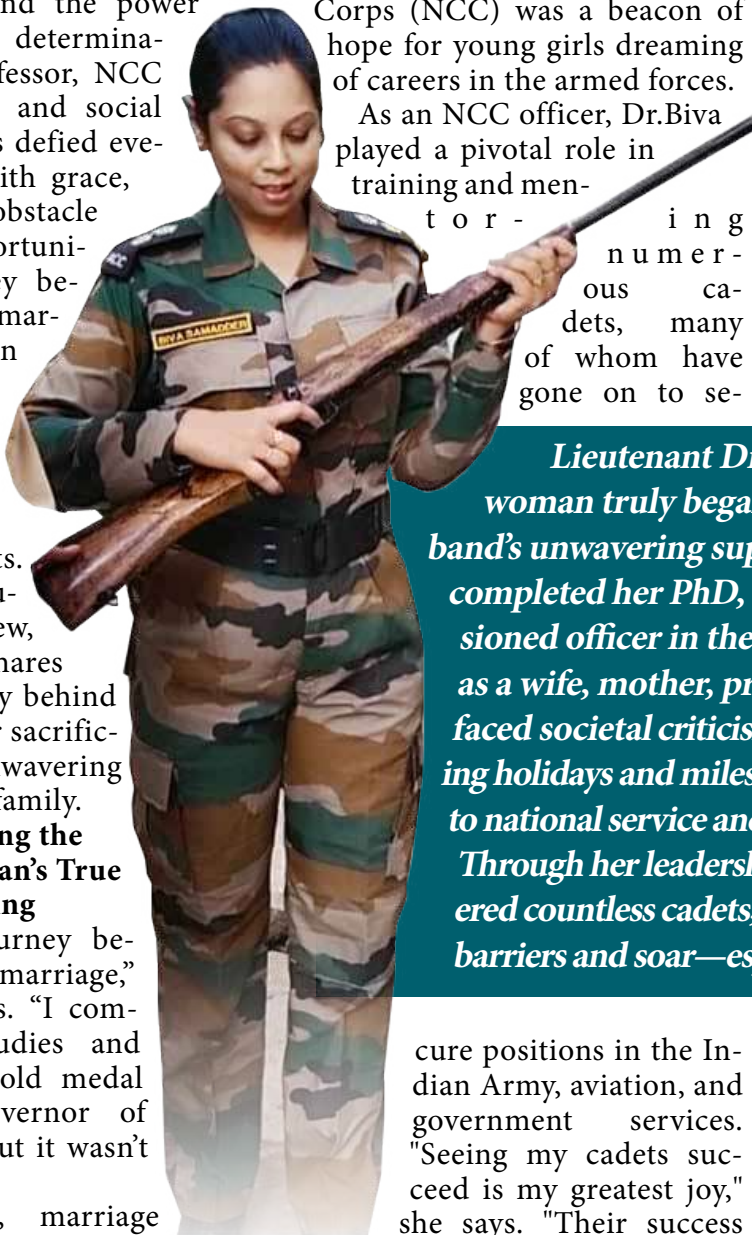
Her influence has transformed the culture of the NCC unit she leads. The number of female cadets has grown significantly, as young women from all backgrounds see her as a role model.

"Some parents, especially from conservative communities, told me that their daughters aspire to be like me—not just because of my academic achievements, but because I am a living example of what is possible when you follow your dreams without letting anything hold you back."

The Ultimate Recognition: Leading by Example

This year, Dr. Biva's achievements were recognized in a grand ceremony when she received the Defence Secretary Commendation Award from the Ministry of Defence, becoming the first female officer from West Bengal to receive this prestigious honor. Her work as an NCC officer, her leadership, and her dedication to youth empowerment have made a significant impact, setting a benchmark for others to follow.

In a touching moment at the ceremony, Dr. Biva expressed, "This



Centre Urges States to Ease Marriage Registration to Boost Wedding Tourism

In a move to tap into the booming wedding tourism industry, the Union Tourism Ministry has urged all States and Union Territories to simplify and standardize the process of marriage registration, even for couples from outside their jurisdictions.

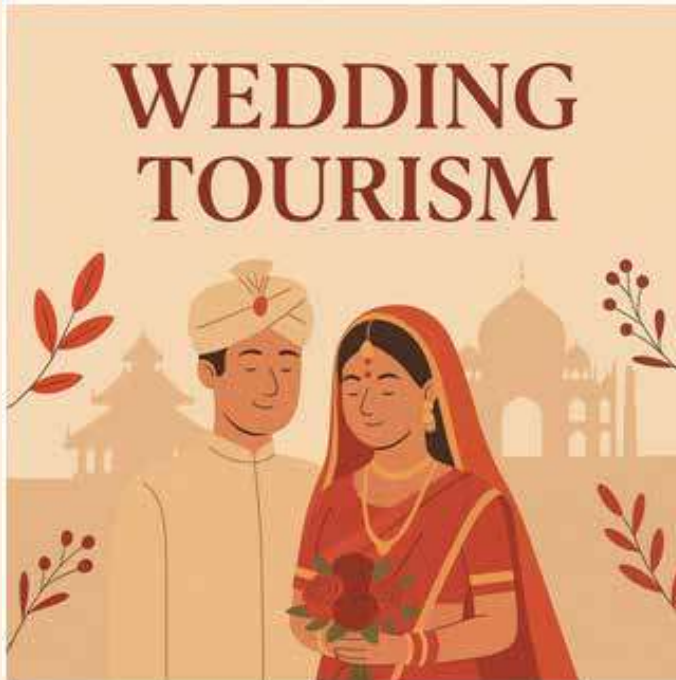
Currently, marriage registration rules vary widely across States, with many requiring at least one of the spouses to have resided in the area for a minimum of 30 days. The Centre believes that easing this condition could significantly enhance India's appeal as a global wedding destination.

A senior official from the Tourism Ministry confirmed that formal communications have been sent to all State governments and Union Territories, encouraging a more uniform and inclusive registration process to support the growing demand for destination weddings.

India's wedding tourism industry is estimated to be worth ₹5 lakh crore, making it one of the most lucrative sectors in the tourism domain. With nearly one crore weddings occurring annually in the country, the potential for growth is enormous.

Highlighting the demographic advantage, Union Tourism Minister Gajendra Singh Shekhawat recently stated, "With 54% of our population under 30, a significant portion of household spending is directed towards wed-

dings. If we include those aged 25 and under, nearly 68 crore people are expected to marry in the coming years—this opens up a massive opportunity for the wedding industry."



In 2023, the Ministry launched a dedicated campaign to position India as a premier wedding destination on the global stage. The campaign profiled 25 iconic locations across the country, evaluating their potential to host des-

ination weddings and fulfill diverse cultural and aesthetic preferences. A notable feature of the initiative has been its collaborative framework. Developed in partnership with industry veterans, wedding planners, and tourism associations, the campaign aimed to reflect the varied aspirations of modern couples while highlighting India's rich cultural tapestry, hospitality, and natural beauty. Despite these efforts, a recent report presented in Parliament by the Parliamentary Standing Committee on Transport, Tourism and Culture highlighted that India's vast potential for wedding tourism remains underutilized. The Committee emphasized that destination weddings—often multi-day affairs involving multiple events—can substantially benefit local economies and small businesses. The report recommended greater government focus and policy support to promote such weddings, particularly in tier-2 and tier-3 cities, which can offer picturesque settings and authentic local experiences at competitive prices. As the Tourism Ministry looks to capitalize on this untapped segment, easing bureaucratic hurdles—particularly those surrounding marriage registration—could prove pivotal. If implemented effectively, the move may not only bolster tourism revenues but also position India as a top contender in the global wedding tourism market.

Empowering Women Through Safety: India's Multi-Faceted Approach

Women in India are increasingly stepping into leadership roles across diverse fields—from science and politics to business and sports—breaking free from traditional domestic confines. However, empowerment is incomplete without ensuring safety and security. Acknowledging this, the Government of India has adopted a multi-faceted strategy to create a safer environment for women. Through financial support, legal safeguards, helpline systems, and mental health care, the government is building a strong foundation for women's protection and empowerment.

Nirbhaya Fund: Strengthening Safety Infrastructure

The Ministry of Women and Child Development is driving several initiatives supported by the Nirbhaya Fund, launched in response to rising crimes against women. As of FY 2024-25, ₹7,712.85 crore has been allocated, with ₹5,846.08 crore (76%) already utilized. The fund backs critical safety projects including:

- One Stop Centres (OSCs)
- Emergency Response Support System (ERSS - 112)
- Women Helpline (181)
- Fast Track Special Courts (FTSCs)
- Anti-Human Trafficking Units (AHTUs)
- Cyber Forensic Labs, among others

- India has implemented legal reforms, taken financial initiatives (Nirbhaya Fund), and launched Women helpline (181) to enhance women's security.
- Multipronged approach to promote women's rights, legal actions against sexual offenses, domestic violence, dowry, child marriage, workplace harassment, and human trafficking to ensure safety and security of women.
- One Stop Centres (OSCs), Women Helpline 181, Emergency Response Support System (112), SHe-Box, and Women Help Desks provide legal, medical, and psychological assistance to women.
- Domestic violence and Gender Based Violence impact mental health; Project StreeManoraksha by NIMHANS provides trauma-informed care at OSCs.

These initiatives collectively form a nationwide safety network for women.

Ground-Level Safety Services

One Stop Centres (OSCs): Providing integrated assistance—legal aid, medical care, counseling, and shelter—under one roof, 812 OSCs have supported over 10.8 lakh women since their launch in 2015.

Women Helpline (181): Operational 24/7, this helpline links women to police, hospitals, shelters, and OSCs. Launched in 2018, it helps track and resolve cases through the Sakhi Dashboard.

ERSS (112): A unified emergency response system combining police (100), fire (101), and ambulance (108) services. The '112 India' app sends real-time alerts and location data to ensure quick assistance.

Women Help Desks (WHDs):

Project StreeManoraksha, a collaboration with NIMHANS, trains OSC staff to deliver trauma-informed mental health support. It ensures culturally relevant and empathetic care for women affected by violence.

Legal Safeguards

India has enacted strong legal frameworks to address crimes against women:

- Bharatiya Nyaya Sanhita (2023): Introduces harsher penalties for sexual crimes, including capital punishment for rape of minors.
- Protection of Women from Domestic Violence Act (2005): Covers physical, emotional, and economic abuse.
- Dowry Prohibition Act (1961): Criminalizes dowry demands and related harassment.
- Immoral Traffic (Prevention) Act (1956): Aims to eliminate human trafficking.
- Prohibition of Child Marriage Act (2006): Empowers authorities to prevent child marriages.
- Sexual Harassment of Women at Workplace Act (2013): Mandates redressal mechanisms in all workplaces.

India's multi-layered approach—blending financial investment, grassroots support, legal frameworks, and mental health initiatives—reflects its commitment to women's safety. Continued implementation, awareness, and monitoring are vital to ensure every woman lives with dignity, freedom, and security.



Over 14,658 desks, including 13,743 led by women officers, have been set up at police stations to ensure sensitive and accessible law enforcement for women.

SHe-Box: This online platform allows women to report workplace harassment. Complaints are forwarded to appropriate authorities, ensuring quick and transparent resolution.

Psychological and Legal Support: Addressing psychological trauma is essential in supporting sur-



Rashtrapati Bhavan Hosts 'PURPLE FEST'

A day-long 'Purple Fest', celebrating the talents, achievements, and aspirations of divyangjan, has been organised at the AmritUdyan on March 21, 2025.

The President of India, SmtDroupadiMurmu visited the Fest and witnessed the cultural performances by Divyangjan. In her brief remarks, she said that sensitiveness towards the deprived class determines the reputation of a country or society. Compassion, inclusiveness and harmony have been the values of our culture and civilization. The



preamble of our Constitution speaks about social justice, equality of status, and dignity of the individual. She was happy to note that

the Government of India is striving to empower and ensure equal participation of divyangjan through the Sugamya Bharat Abhiyan.

Various activities like sports, workshops on digital inclusion & entrepreneurship, Abilympics, creative extravaganza and cultural fest were organised during the day for the visitors.

The 'Purple Fest', organised by the Ministry of Social Justice and Empowerment, Government of India, aims to raise awareness about different disabilities and their impact on people's lives and to promote understanding, acceptance, and inclusion of persons with disabilities within society.



Bridging Wellness and Heritage : Yoga Takes Over Meghalaya's Living Root Marvel

In a fusion of tradition, nature, and well-being, yoga practitioners unrolled their mats at one of India's most astonishing natural marvels—the 'Double Decker Living Root Bridge' in Meghalaya. Against a backdrop of misty hills, gushing waterfalls, and the whisper of ancient roots, the North-Eastern Institute of Ayurveda and Homoeopathy (NEIAH) organised a one-of-a-kind yoga session as part of the countdown to International Day of Yoga (IDY) 2025.

The participants noted that this wasn't just another yoga event; it was a testament to resilience and harmony—both of nature and the human spirit. Much like the bridge itself, which has withstood the test of time through generations of Khasi craftsmanship, yoga embodies patience, strength, and balance. The event symbolised how ancient wisdom can seamlessly blend with modern wellness to inspire sustainable, mindful living.

The Living Root Bridge, a UNESCO World Heritage contender, is woven entirely from

The North-Eastern Institute of Ayurveda and Homoeopathy (NEIAH) organises a yoga event at the Double Decker Living Root Bridge in Nongriat, Meghalaya



the aerial roots of rubber fig trees, creating a living, breathing pathway that grows stronger with time. Surrounded by

lush rainforest and cascading streams, it served as the perfect venue to showcase how yoga is more than just a practice—it's a way of life that aligns with nature. Since the United Nations declared June 21 as the International Day of Yoga in 2014, India has redefined how the world experiences yoga by hosting sessions at some of its most iconic landmarks. From the Taj Mahal to the Konark Sun Temple, from the Gateway of India to the Red Fort, each location tells a story of history, culture, and well-being. Now, the Living Root Bridge joins this list—bringing the spirit of yoga to the heart of Meghalaya's sacred landscapes.

As the countdown to IDY 2025 continues, events like these will not only promote the benefits of yoga but also highlight India's stunning natural and cultural heritage.

With each asana performed on this ancient bridge, the message was clear—yoga is not confined to studios; it belongs to the world, to nature, and to every individual seeking balance and well-being.

अक्षय तृतीया पर आकर्षक आभूषणों से चमकें

कोई भी उत्सव बिना किसी बेहतरीन फिनिशिंग टच के पूरा नहीं होता - आभूषण जो आपको चमका देते हैं। पूरे भारत में, अक्षय तृतीया को दान-पुण्य और सोने में निवेश के साथ मनाया जाता है, जो धन और सौभाग्य का प्रतीक है। इस अक्षय तृतीया पर बेहतरीन आभूषणों के साथ समृद्धि और प्रचुरता की भावना को अपनाएँ।



इस अवसर का सम्मान करने का इससे बेहतर तरीका क्या हो सकता है कि आप खुद को शानदार आभूषणों से सजाएँ जो न केवल आपकी शैली को निखारते हैं बल्कि आपके जीवन में सौभाग्य को भी आमंत्रित करते हैं? हमने कालातीत टुकड़ों का एक शानदार चयन किया है, जिनमें से प्रत्येक शिल्प कौशल की उत्कृष्ट कृति है, जो इस विशेष उत्सव को चिह्नित करने



के लिए एकदम सही है।

स्टेटमेंट नेकलेस

एक शानदार सोने का हार आपके पहनावे को बदल सकता है, चाहे वह इसकी सादगी या चमकदार डिज़ाइन के कारण हो। आप इन समकालीन कृतियों को अपने कैजुअल और फ़ॉर्मल पहनावे के साथ स्टाइल कर सकते हैं। अलग-अलग लंबाई और स्टाइल के साथ प्रयोग करने से आपके पहनावे में गहराई आ सकती है। संतुलित लुक के लिए बनावट और आकार को मिलाना याद रखें।

ट्रेंडसेटिंग इयररिंग्स



कोई भी त्र्यौहारी लुक आकर्षक स्टेटमेंट इयररिंग्स के बिना पूरा नहीं होता। अपने वर्क वियर या त्र्यौहारी वियर को बेहतरीन पीस जैसे कि झूमर इयररिंग्स जो जटिल डिज़ाइन दिखाते हैं या ट्रेंडी हूप इयररिंग्स के साथ पेयर करना आपके लुक को वह आकर्षण दे सकता है जिसकी उसे ज़रूरत है।

तामचीनी छल्ले

क्या आप अपने आभूषण संग्रह में कुछ रंगीन चमक जोड़ना चाहते हैं? एनामल्ड गोल्ड रिंग्स आपकी पार्टी या कैजुअल आउटिंग लुक में शान और समृद्धि का तड़का लगाने के लिए सबसे बढ़िया स्टेटमेंट पीस हैं। बॉल्ड, आकर्षक रंगों का चयन करें जो सबका ध्यान अपनी ओर आकर्षित करेंगे।

आकर्षक कंगन



अगर आपको एक्सेसरीज़ के ज़रिए अपने स्टाइल के साथ प्रयोग करना पसंद है, तो ब्रेसलेट का एक ढेर या एक हीरा जड़ा बैंड ही आपकी ज़रूरत है। चाहे वह सादा बैंड हो या मुड़ा हुआ, उकेरा हुआ ब्रेसलेट, चूड़ी आपके पहनावे को अगले स्तर तक ले जाने का सबसे आसान तरीका है।

आभूषणों से सजी ब्रोच

क्या आप ऐसे स्टेटमेंट पीस की चाहत रखते हैं जो आपकी अनूठी शैली को दर्शाते हों और गहरे अर्थ रखते हों? अपने लुक को एक कालातीत विरासत वाले ब्रोच से सजाएँ - एक ऐसा खजाना जो अतीत से जुड़ता है और शान और आकर्षण के साथ अलग दिखता है। अपने लुक में पुरानी यादों का तड़का लगाने के लिए अपने अनोखे ब्रोच को साड़ी या ब्लेज़र के साथ पहनें।

तरबूज का इस्तेमाल कर आप भी अपने चेहरे को बना सकती हैं खूबसूरत

गर्मी के मौसम में चिलचिलाती धूप की वजह से स्किन प्रॉब्लम होने की संभावना बढ़ जाती है। ऐसे में अगर आप भी तेज गर्मी का सामना करती हैं और अपने चेहरे पर होने वाली ट्रेनिंग से परेशान भी हैं,



तो अब आपको और परेशान होने की ज़रूरत नहीं है। यह खबर आपके लिए बेस्ट ऑप्शन हो सकती है। आज हम आपको ब्यूटी एक्सपर्ट की मदद से बताएंगे कि कैसे आप गर्मी के मौसम में तरबूज का इस्तेमाल कर अपने चेहरे को खूबसूरत बना सकती हैं। आईए जानते हैं ब्यूटी एक्सपर्ट की इस पर क्या राय है।

ब्यूटी एक्सपर्ट वर्ष के मुताबिक अपने चेहरे को खूबसूरत और चमकदार बनाने के लिए महिलाएं कई प्रयास करती हैं। कुछ महिलाएं तो बाजार के महंगे प्रोडक्ट का इस्तेमाल भी करती हैं, तो वहीं कुछ

महिलाएं घरेलू उपाय भी आजमाती हैं। ऐसे में गर्मी का मौसम शुरू हो गया है और तेज धूप से बचने के लिए अगर आप भी कुछ घरेलू उपाय तलाश रही हैं, तो आप तरबूज का इस्तेमाल कर सकती हैं।

तरबूज से बनाएं फेस पैक

एक्सपर्ट ने आगे बताया कि आप तरबूज की मदद से फेस पैक तैयार कर सकती हैं। इसे बनाने का तरीका भी बहुत आसान है। आप घर पर रहकर कम समय में तरबूज से फेस पैक बना सकती हैं। इसे बनाने के लिए आपको कुछ सामग्री लगेगी। जैसे -

सामग्री - तरबूज, खीरा, लौकी, मलाई

फेस पैक बनाने का तरीका

घर पर आप आसानी से तरबूज का फेस पैक तैयार कर सकती हैं। इसे बनाने के लिए सबसे पहले आपको तरबूज से छलके हटाकर इसे मैश करना है, फिर उसमें कद्दूकस की हुई लौकी और खीरा दोनों मिक्स करना है। अब आप इसमें मलाई भी शामिल कर अच्छी तरह इस मिश्रण को मिक्स कर तैयार कर लें।

इन बातों का रखें ध्यान

आप इस फेस पैक को 20 मिनट के लिए अपने चेहरे पर लगा कर रखें, उसके बाद साफ पानी से अपने चेहरे को धो लें। फेस पैक का इस्तेमाल करने से पहले अपने चेहरे को पानी से अच्छी तरह धोकर सुखा लें, उसके बाद ही इसे अपने चेहरे पर अप्लाई करें।

नोट : किसी भी चीज का इस्तेमाल करने से पहले पैच टेस्ट जरूर करें, क्योंकि कुछ लड़कियों की स्किन पर इससे रिएक्शन हो सकता है।

गर्मी के मौसम में पहनने के लिए बेस्ट हैं ट्राउजर, दिखेंगी खूबसूरत

गर्मी का मौसम शुरू हो गया है और ऐसे मौसम में अधिकतर महिलाएं कंफर्टेबल कपड़े पहनना ज्यादा पसंद करती हैं। कुछ महिलाएं ऐसी हैं जो ढीले-ढाले और खुले हुए कपड़े भी चुनना ज्यादा पसंद करती हैं। गर्मी के मौसम में पसीना आना एक आम समस्या है। ऐसे में टाइट कपड़े कुछ महिलाओं को परेशान कर सकते हैं। अगर आप भी गर्मी के मौसम के लिए कंफर्टेबल कपड़े खोज रही हैं, तो यह खबर आपके लिए बेस्ट हो सकती है। आज हम आपको कुछ ऐसे स्टाइलिश ट्राउजर दिखाएंगे, जिन्हें देखते ही आपका उन्हें खरीदने का मन करेगा।

स्टाइलिश ट्राउजर डिजाइन

अगर आप गर्मी के मौसम में घर पर पहनने के लिए ट्राउजर तलाश रही हैं, तो आपके लिए या फिट व्हाइट लेग ट्रेक ट्राउजर पैट एक बेस्ट ऑप्शन हो सकती है। यह न सिर्फ आपको स्टाइलिश लुक देगा बल्कि इसमें आप आरामदायक भी महसूस कर सकती हैं। इस ट्राउजर को आप ऑनलाइन 600 रुपए तक खरीद सकती हैं। यही नहीं आप इसे ऑफलाइन भी खरीद सकती हैं।

हाई वेस्ट ट्राउजर पैट

गर्मी के मौसम में ऑफिस के लिए अगर आप कंफर्टेबल ट्राउजर तलाश रही हैं, तो यह हाई वेस्ट ट्राउजर पैट आपके लिए भी एक बेस्ट ऑप्शन हो सकती है। यह काफी लूज है और गर्मी के दिनों में पहनने के लिए एक सही चयन भी हो सकती है। यह आपको ऑनलाइन और ऑफलाइन दोनों जगह आसानी से मिल जाएगा। इस ट्राउजर पैट को ऑनलाइन आप 700 रुपए तक खरीद सकती हैं।

हाई वेस्ट कोरियन ट्राउजर

भीड़ से हटकर दिखाने के लिए और गर्मी के



मौसम में कुल लुक क्रिएट करने के लिए आप इस खूबसूरत ब्राउन कलर के हाई वेस्ट कोरियन ट्राउजर को भी ट्राई कर सकती हैं। इसे आप ऑनलाइन 500 रुपए तक खरीद सकती हैं। इसके साथ आप व्हाइट क्रॉप टॉप पहनकर अपने लुक को कंप्लीट कर सकती हैं।

बॉटम वियर लाइटवेट ट्राउजर

अगर आप अपने दोस्तों के साथ कहीं बाहर घूमने जाने का प्लान कर रही हैं या कॉलेज जाने से पहले कंफर्टेबल आउटफिट की तलाश में हैं, तो आप यह खूबसूरत ट्रेंडी कैजुअल बॉटम वियर लाइटवेट ट्राउजर पैट भी ट्राई कर सकती हैं। यह आपको ऑनलाइन 350 रुपए तक आसानी से मिल जाएगा। आप इसे ऑफलाइन भी देख सकती हैं। यह आपके लुक में चार चांद लगा देगा।