

THE WOMEN Voice of GrandQueens NOW

Registration Number of the Newspaper: TELBIL/2021/81805

ISSUE-16, MAY-2025 Pages-12 English/Hindi Monthly Publication City-Hyderabad Price: ₹ 50

Pahalgam Terror Attack Sparks National Outrage; India Responds with



OPERATION SINDOOR



India's Response Launching Operation Sindoor

In the face of national outrage and mounting pressure from the public and political circles, the Indian government responded swiftly and decisively. On May 7, 2025, India launched Operation Sindoor, a calculated military response designed to eliminate terror infrastructure across the border. The operation was executed by the Indian Air Force with surgical precision and lasted a brief but effective 23 minutes.

The operation targeted nine terrorist camps and infrastructure facilities located deep inside Pakistan and Pakistan-occupied Kashmir (PoK). These sites were reportedly used by militants from Lashkar-e-Taiba and Jaish-e-Mohammed—both United Nations-designated terrorist organizations. Indian fighter jets launched deep-penetration strikes, while simultaneously jamming Pakistani air defense systems, many of which were supplied by China.

Indian defense officials stated that the objective was not just punitive but preventive—sending a message that Indian soil would not be a playground for foreign-sponsored terror networks. The operation avoided civilian areas and minimized collateral damage, demonstrating India's commitment to precision warfare.

global condemnation. Regardless of the claim's retraction, intelligence agencies have since confirmed the involvement of Pakistan-based operatives, underlining the role of cross-border terrorism in the incident.

Border Escalation and Retaliation

In response, Pakistan initiated drone incursions and cross-border shelling along the Line of Control (LoC). This prompted a robust Indian counter-response, including

targeting Pakistani forward air-

bases. Notably, Indian forces destroyed a high-value Pakistani Airborne Warning and Control System (AWACS), a significant strategic asset. The military exchange marked one of the most intense escalations since the Balakot air strikes of 2019.

Despite an agreement on a ceasefire between the Directors General of Military Operations (DGMOs) of both countries, skirmishes resumed within hours. This highlighted the volatility and fragility of peace in the region, with both sides maintaining heightened alert.

Political and Diplomatic Fallout

In the wake of the Pahalgam terror attack and India's powerful military response through Operation Sindoor, the nation witnessed an outpouring of patriotic fervor as citizens took to the streets in massive numbers. Across all the cities Tiranga Yatras—marches with the

The peaceful town of Pahalgam in Jammu and Kashmir, known for its scenic beauty and tourist charm, was shaken to its core on April 22, 2025, when terrorists carried out a cold-blooded attack on civilians. The massacre unfolded in the picturesque Baisaran Valley, a popular tourist destination, where 26 people were brutally gunned down. Among the victims were 25 Hindu pilgrims from various parts of India and one local Muslim resident who tried to shield the tourists.

The attack, characterized by its deliberate targeting of civilians based on religion, marked one of the deadliest incidents in the region in recent years. Eyewitness accounts and preliminary investigations confirmed that the assailants specifically targeted Hindu tourists, making the massacre not only an act of terrorism but one aimed at stirring communal discord.

Initially, The Resistance Front (TRF), a Pakistan-backed terrorist outfit, claimed responsibility for the carnage. The group, known to have links with proscribed organizations like Lashkar-e-Taiba, justified the attack by citing opposition to what it called the "non-localization" of Kashmir. However, in a sudden reversal, the TRF later disowned the attack, possibly due to mounting



Indian tricolor held high—swept through neighborhoods and town squares. These rallies became a people's movement, uniting Indians across communities in grief, anger, and resolve. From students and veterans to homemakers and professionals, citizens marched shoulder to shoulder, chanting slogans against terrorism and paying tribute to the lives lost in the attack. The marches served as a stirring reminder of national unity and collective strength, sending a clear message: India stands united, and it will not be broken by fear or hatred.

In a rare show of political unity, the government invited leaders from opposition parties to participate in all-party delegations aimed at briefing international stakehold-



A Message of Resolve and Remembrance

The Pahalgam massacre and Operation Sindoor have reshaped the national narrative on counter-terrorism. For many, the military response was not just about retribution, but about asserting India's right to defend its citizens and territorial integrity.

Prime Minister Narendra Modi, addressing the nation, stated, "India does not seek war, but if challenged, we will respond with determination and strength. Our silence should never be mistaken for weakness."

As the nation mourns the victims of the Pahalgam attack, it also stands firm in its resolve. Operation Sindoor was more than a strike—it was a symbol of India's unyielding stance against terrorism and its commitment to securing peace through strength.

ers. These efforts were directed at reinforcing India's position on global platforms regarding state-sponsored terrorism emanating from Pakistan.

Intensified Counter-Terror Operations in Kashmir

Meanwhile, security operations in

Jammu and Kashmir were intensified. Within 48 hours of Operation Sindoor, Indian forces neutralized six terrorists in separate operations in Shopian and Pulwama districts. Intelligence-based targeting and coordination between central and local security agencies were cred-

ited for the swift success.

The government also announced increased surveillance measures and special protection for tourists, aiming to restore confidence in Kashmir's tourism industry—an essential pillar of the region's economy.

Women in Uniform Lead India's Response to Terror

In the aftermath of the gruesome terror attack in Pahalgam on April 22, 2025—which saw 26 innocent civilians, including 25 Hindu tourists and one local Muslim resident, gunned down in cold blood—the Indian response was not just military might, but a powerful display of women-led leadership. The attack, clearly targeted along communal lines, was a calculated attempt to fracture India's secular ethos and provoke widespread unrest. Yet, India's response through Operation Sindoor was not only swift and surgical—it was symbolic.

Operation Sindoor: Women Commanding the Narrative

What made Operation Sindoor stand out, apart from its military precision, was the voice that narrated it to the nation and the world. For the first time in Indian history, two distinguished women officers—Colonel Sofiya Qureshi of the Indian Army and Wing Commander Vyomika Singh of the Indian Air Force—led the official media briefing on a major military operation.

Colonel Sofiya Qureshi is a trailblazer in her own right. Having already made history as the first woman to lead an Indian Army contingent in a multinational military exercise (Ex-Force 18), she exemplifies strength, discipline, and strategic leadership. Her presence at the media briefing table was not just about protocol—it was a deliberate choice to show the evolving face of India's defense leadership.

Beside her stood Wing Commander Vyomika Singh, a seasoned helicopter pilot known for navigat-



ing some of the toughest terrains in counter-insurgency and humanitarian missions. Her operational experience lends gravitas to her words, and her poise in the face of conflict reflects the professionalism of India's armed forces.

women are no longer confined to the sidelines of national security narratives.

It wasn't just about gender representation. It was a statement: India's strength is inclusive. India's answer to terror isn't just retaliation—it is a

sent a strong rebuttal to those seeking to divide the country: India will respond not just with weapons, but with unity, with diversity, and with the strength of every citizen—regardless of gender or religion.

From Uniform to Unifier

Colonel Qureshi and Wing Commander Singh represent more than the armed forces—they are embodiments of a new India. An India where women command battalions and brief military missions. An India where being Muslim, Hindu, or any other faith is not a barrier but a badge of collective strength. An India where the answer to hate is not more hate, but national solidarity.

Nationalism, Not Jingoism

In cities like Pahalgam, Bhopal, and Ahmedabad, citizens took to the streets in Tiranga Yatra—peaceful, proud processions waving the national flag. These were not reactions of revenge, but expressions of unity. People of all faiths marched together, honoring the victims and standing behind the armed forces.

The message from the people was as clear as that from the military: India will not be divided.

As the dust settles on Operation Sindoor, one truth remains radiant—this was not just a military victory, it was a moral one. And standing at the front-line of that moral high ground were Indian women in uniform, redefining leadership, valor, and patriotism.

In the face of terror that tried to divide, India stood united. And leading that charge were women—resolute, composed, and unshakable.



A New Definition of Power

The decision to have these women lead the briefing on Operation Sindoor was powerful, timely, and deeply meaningful. In a world where women in uniform often battle stereotypes in

redefinition of leadership, unity, and resilience.

Countering a Communal Agenda with National Unity

The Pahalgam terror attack was designed to rip the fabric of Indian unity by targeting victims based on religion. But instead of igniting chaos, it ignited resolve. India did not spiral into religious hatred. Instead, its people stood united, its government acted with resolve, and its armed forces struck with precision.

And leading that narrative were women officers—one Muslim, one Hindu—standing shoulder to shoulder under the Tricolor, briefing the world on India's moral clarity and operational confidence. This image, stark in its symbolism,



addition to enemies, this moment declared to India—and the world—that



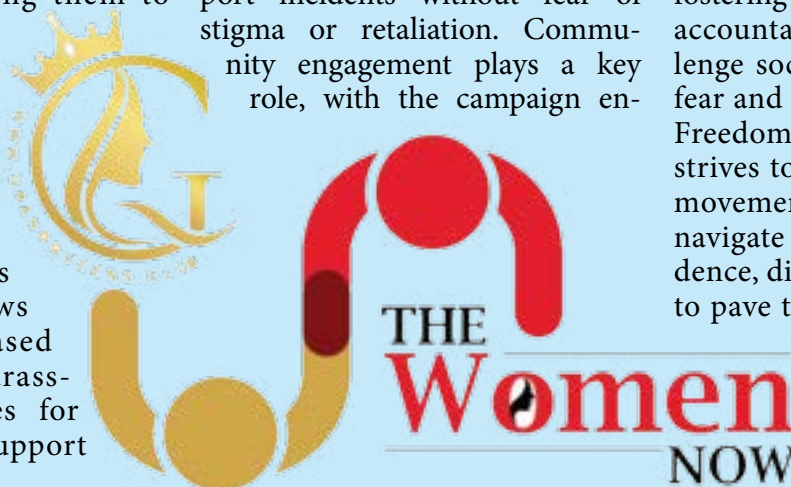
Voice Of Grand Queen

The Freedom From Fear campaign, a crucial initiative by GrandQueens Club 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 en-

couraging 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.



Making a difference one step at a time. Breaking chains of fear; igniting the flame of bravery. To every woman out there - you are capable, you are strong, and you owe nobody an explanation for your existence. It's time to unlearn fear and embrace the power that lies within you. Remember, fear is a reaction, courage is a decision. The more light you allow within, the brighter your world will be. Your freedom, your choice! Be fearless, be you. Let's stand together and forge a future where fear has no place in our journey. Embrace your power, let your courage shine! Together, let's redefine strength, embody resilience, and inspire change.

Dr. Soujanya
Educator
Hyderabad



Freedom is never handed over—it must be claimed. History teaches us that true freedom comes only through struggle, courage, and unwavering determination. If we merely ask for it, we may wait forever. To be free, we must rise, confront our fears, and fight with every ounce of inner strength. It requires resilience, sacrifice, and the belief that we are deserving of a life without chains. Freedom is earned by those who dare to stand tall, challenge oppression, and never give up. Only through bold action and fearless spirit can we truly take what rightfully belongs to us.

Prof. Basudha Basu
Human Right Activist
Kolkata



In today's India, fear lurks in many forms — hate crimes, silencing of dissent, economic uncertainty, and exclusion of marginalized voices. As a transgender woman and activist, I see how fear limits dreams, safety, and dignity. But fear can be unlearned. We reclaim #freedomfromfear by standing together — challenging injustice, protecting each other, and amplifying silenced voices. It means building communities rooted in care, equity, and truth. Freedom is not just the absence of fear, but the presence of justice. Together, we must demand a country where every individual can live boldly, speak freely, and dream without fear.



Dr. Nanditha Raj
Human Right Activist
Hyderabad



In my opinion, women—especially mothers—deserve freedom from constant judgment. At every step, she's scrutinized: for her parenting style, her career choices, what she cooks, or even how she feels. It's exhausting to live under the pressure of being "perfect" all the time. Every mother is doing her best, often silently sacrificing her own needs. What she truly needs is support, not judgment. Let's give her space to grow, make mistakes, and just be—without labels or criticism.

Reena Chopra
Psychologist
Odisha

Overcoming fear begins with small, steady steps. Don't wait for the perfect moment—start where you are. Each little effort builds your confidence and strength, preparing you for greater challenges ahead. Facing small fears gradually empowers you to tackle bigger ones with courage and resilience. Progress may seem slow at first, but every step matters. With time, these small victories create the foundation needed to conquer even the most daunting obstacles. Start small, stay consistent, and keep moving forward.

Dr. K. Anuradha
Social Entrepreneur, Odisha



Amidst the chaos, a quiet glimmer of peace emerges—a moment for neighbors to pause, to hold back from conflict. In the stillness, there lies a fragile hope: that understanding might replace unrest, and compassion might take root. It is a chance to choose calm over chaos, connection over division. A shared longing for peace grows stronger, tied deeply to a desire for freedom from fear. In this fragile moment, hope breathes, waiting to become something lasting and real.

Manpreet Kaur
Teacher
Bhubneshwar



Freedom from Fear: A Right, not a Privilege
True freedom begins when every woman can walk without fear—day or night. Safety is not a favour granted; it is a basic right. A society that fails to protect its women fails its future. Let us raise voices, strengthen laws, and build a world where no woman fears her freedom.

Jhanvi Bajaj
Fitness Trainer & Actor
Hyderabad



The SurakshitMatritvaAashwasan (SUMAN) initiative guarantees respectful, high-quality maternity care at no cost, aiming to eliminate preventable maternal and new-born deaths.

To address challenges in remote regions, the government has established Birth Waiting Homes (BWH) in tribal areas to improve access to health facilities. Monthly Village Health, Sanitation, and Nutrition Days (VHSNDs) at Anganwadicentres, held in collaboration with the Ministry of Women and Child Development, provide essential maternal and child health services. Furthermore, outreach camps are organized in hard-to-reach areas to raise awareness

Government Initiatives Boost Institutional Deliveries Among Tribal Women

In an effort to enhance institutional deliveries among tribal women, the Government of India has implemented a range of initiatives under the National Health Mission (NHM). According to the National Family Health Survey-5 (2019-21), the institutional delivery rate across the country, including among tribal women, stands at an encouraging 88.6%.

To further improve this, the government has launched several targeted schemes. The Janani Suraksha Yojana (JSY) promotes institutional deliveries through conditional cash transfers, while the Janani Shishu Suraksha Karyakram (JSSK) ensures free delivery services, including caesarean sections, in public health institutions. This program also provides free transport, diagnostics,

medicines, blood, consumables, and meals to pregnant women.

Additionally, the Pradhan MantriSurakshitMatritvaAbhiyan (PMSMA) offers free, quality antenatal checkups by specialists on the 9th of every month. An extended PMSMA strategy tracks high-risk pregnancies (HRP) with financial incentives and additional support from ASHA workers to ensure safe deliveries.

about maternal and child health, mobilize communities, and monitor high-risk pregnancies.

These measures were highlighted by the Union Minister of State for Health and Family Welfare, Smt. Anupriya Patel, in a written reply to the Lok Sabha, underscoring the government's commitment to maternal and child health, especially in tribal regions.

Dr. Jitendra Singh Hails Record Women Representation in IAS Urges Young Officers to Lead New India's Transformation

In a compelling interaction with the 2023 batch of Indian Administrative Service (IAS) Officer Trainees, Union Minister of State (Independent Charge) for Science & Technology, Earth Sciences, and Personnel, Dr. Jitendra Singh lauded the historic representation of women in the civil services. With 74 women among 180 officers, women now constitute 41 percent of the batch — the highest in IAS history.

The meeting took place as part of the ongoing Assistant Secretary Programme, which attaches officer trainees to 46 Central Ministries for eight weeks (April 1–May 30, 2025), offering them early exposure to policy-making and governance at the national level.

Dr. Singh attributed this milestone to Prime Minister Narendra Modi's strong commitment to women-led development, saying, "This record representation is a testament to his unwavering support for inclusive and progressive governance." He noted that the Assistant Secretary Programme, launched in 2015 as the Prime Minister's brainchild, has significantly shaped young officers by giving them hands-on governance experience early in their careers.

Reflecting on its 10th anniversary, Dr. Singh celebrated the pro-

gramme's success in fostering confident and capable civil servants. He also emphasized the growing democratization of civil services, with increased participation from Punjab, Haryana, and the North-



East, regions traditionally under-represented in the IAS.

The Minister highlighted the academic diversity of the batch, with 99 officers from engineering backgrounds and others from medicine and technical fields. "Today's governance requires technical expertise, especially with initiatives like Digital India and Smart Cities. These technocrats are a national asset," he stated.

Praising the batch's young aver-

age age of 22–26 years, Dr. Singh noted their potential for a long, impactful career. He encouraged them to stay technologically updated and take full advantage of the iGOTKarmayogi platform for

continuous learning.

In an open-floor dialogue, Dr. Singh endorsed a more dynamic civil services model, suggesting that officers could be allowed to gain experience outside the government and return as domain specialists — a "win-win" for both the system and the officers.

On bridging the digital divide, he cited the Swamitva Mission as an example of technology transforming governance, enabling drone-

based property mapping and making land records accessible at the grassroots level.

He also underscored the importance of grievance redressal, urging trainees to study the CPGRAMS platform, which has resolved nearly 26 lakh grievances with a 98% success rate, most within 13 days. However, he cautioned that human empathy must complement technical solutions, noting the creation of a 'human desk' to ensure emotional closure in grievance handling. During the interaction, a trainee recalled Dr. Singh's previous remark, "One retires from service, not from citizenship." In response, the Minister spoke about initiatives like the Digital Repository of Expertise and the Anubhav Awards, which engage retired officers in contributing to governance and mentoring future generations. Concluding the session, Dr. Jitendra Singh called on the young officers to uphold integrity, accountability, and a service-oriented mind-set in line with the principle of Antyodaya—serving the last person in the queue. "This batch is not just the youngest and most diverse, but also the most reflective of New India's aspirations. Let your work embody the hopes of a billion people," he said.

Bhavna Hemani's life is grounded in three beliefs: master time management, never stop learning, and never give up. "When short on time, I convert days into hours, and hours into minutes," she says. "That's how I remind myself—there's still time to do what I love."

From the quiet corridors of a joint family home in Vadodara to the vibrant stages of Kolkata's cultur-

Breaking Barriers

The Unstoppable Journey of Bhavna Hemani

al scene, Bhavna Hemani's life is a powerful saga of inner transformation, relentless passion, and bold self-expression.

Her story is not just about overcoming odds—it's about redefining them.

Born into a traditional Jain household in Vadodara, Gujarat, Bhavna was one among 11 children in a joint family of 19. While she excelled in studies—always among the top ranks—and thrived in sports, particularly badminton, her darker skin tone and introverted nature often made her feel invisible. Self-conscious about her looks, she confined herself to light-colored clothes and faded into the background, quietly carrying the weight of societal judgment.

But Bhavna was destined to shine.

In 1985, she got married and moved to Kolkata into yet another joint family—this time with her husband's four brothers and their families. She managed a household of 22, cooking daily for everyone while adhering to strict traditions: sarees were mandatory, and even stepping out in a salwar meant changing clothes at a cousin's place before leaving. Yet, she didn't rebel—she adapted. But she

mation came when a friend encouraged her to wear bright, bold colors. That simple shift in wardrobe became a turning point in Bhavna's self-image. "I started loving myself," she recalls. Dressing up became a form of expression, and soon, students would wait eagerly just to see what "Mam" would wear next. Fashion



also quietly began building her identity.

Three years into marriage, a turning point arrived when a friend invited her to a kitty party. While she didn't care much for the format, it offered something far more valuable: connection. Slowly, Bhavna began mingling with the outside world. With unwavering support from her husband, she started teaching math tuitions and conducting calligraphy, cooking, and craft classes—all from friends' homes. It wasn't about money—it was about passion, creativity, and rediscovering herself.

A major milestone came when she joined French classes at Bhawanipur Education Society College. Her speech at the certificate ceremony caught the attention of the college president, Mangalbai-Sanghavi, who invited her to join the college committee.

What followed was a remarkable rise. Bhavna

became the driving force behind the college's cultural renaissance. She founded the now-iconic annual fest Umang, took 200 students to compete nationally at Mumbai's Narsee Monjee College, and led them to victory—not just once, but for seven consecutive years.

She introduced nearly 30 skill-based courses at the college—from DJing and acting to mehndi design and saree draping—transforming student lives and expanding their horizons beyond academics. Under her leadership, students discovered purpose, passion, and pathways to successful careers. In 2011, after a change in college leadership, Bhavna decided to start her own venture—Plan B Events. From lavish weddings to spiritual dance dramas, she directed, curated, and organized events that reflected her love for art and storytelling. Her unique conceptualized game shows became a hit in women's circles. A new door opened when she was approached to co-organise a beauty pageant for Gujarati and Marwari women in Kolkata. The event was a huge success and eventually expanded to a national level, breaking barriers for countless women across India.

But perhaps the most personal transfor-

turned into joy—and influence.

When the COVID-19 pandemic struck, Bhavna adapted yet again. She launched Fun from Home, a Facebook initiative where she hosted over 150 online programs, including tambola, antakshari, debates, and even virtual fashion shows. Her efforts brought joy and connection during isolating times.

Today, Bhavna continues to evolve. Her latest creative venture—Short Poems by Bhavna – Dil Se—is an Instagram and YouTube space where she shares heartfelt poetry that reflects her journey, emotions, and wisdom.

Her life is grounded in three beliefs: master time management, never stop learning, and never give up. "When short on time, I convert days into hours, and hours into minutes," she says. "That's how I remind myself—there's still time to do what I love." Bhavna Hemani isn't just a woman who broke barriers. She's a woman who turned them into stepping stones—for herself and for others. Her journey inspires countless women to rise, speak, create, and most importantly, believe in their own light.





MSDE and Microsoft Launch

‘AI Careers for Women’ to Empower Women in Emerging Tech

In a significant move to foster gender inclusion in the technology sector, the Ministry of Skill Development and Entrepreneurship (MSDE) has partnered with Microsoft to launch AI Careers for Women—a pioneering skilling initiative aimed at equipping women in higher education institutions with industry-relevant skills in Artificial Intelligence (AI). The program is designed to bridge the gender gap in emerging technologies and enable women to participate meaningfully in India’s rapidly evolving digital economy.

Under the MoU signed between MSDE and Microsoft, a comprehensive 240-hour AI training curriculum—developed in collaboration with the National Council for Vocational Education and Training (NCVET)—will be delivered through a hub-and-spoke model. This model will include 30 Centres of Excellence at women’s institutions serving as hubs, and 150

spoke institutions across Tier-II and Tier-III towns in six states, ensuring wide geographic and demographic reach.

Union Minister of State (Independent Charge) for Skill Development and Entrepreneurship, Shri Jayant Chaudhary, emphasized the strategic nature of the initiative, stating, “This partnership exemplifies how government and industry can come together to shape an inclusive and future-ready workforce. By integrating this program



into university curricula and aligning it with the National Education Policy (NEP), we’re not just skilling individuals—we’re reimagining education for the 21st century.”

The program, to be implemented by Edunet Foundation, will provide 20,000 women learners with hands-on AI training, exposure to real-world applications, and structured mentorship. In addition to AI certifications, participants will gain access to internships, apprenticeships, fellowships, career guidance, and job placement opportunities

in AI-related roles. The initiative also aims to unlock innovation potential among women in rural areas, enabling them to develop AI applications and contribute to the growing AI talent pipeline in India.

Highlighting Microsoft’s commitment, Aparna Gupta, Global Delivery Centre Leader at Microsoft India, said, “We believe equitable access to AI skills is essential for inclusive economic growth. Through this collaboration, we’re strengthening capacity building in Tier-II and Tier-III towns, helping young women thrive in an AI-powered future.”

The initiative reinforces Microsoft’s ongoing skilling efforts with MSDE and supports the government’s broader mission to create equitable, future-ready opportunities for women in the digital economy. It marks a step forward in shaping an inclusive and innovation-driven technology workforce for India.

IPS Officer Shikha Goel Highlights Cyber Safety at IASOWA Telangana Social Media Launch

DGP CID & Women Safety Wing, Telangana State Shikha-Goel graced the launch of the Indian Administrative Service Officers’ Wives’ Association of Telangana (IASOWA) social media handles as the Chief Guest, engaging in a compelling fireside chat on cyber security and online safety.

The event marked IASOWA’s official entry into the digital space, aimed at enhancing outreach and promoting its social initiatives. Addressing the gathering, Goel emphasized the growing importance of digital awareness in today’s hyper-connected world.

Drawing from her vast experience in cybercrime investi-

gation, she shed light on key initiatives such as CYCAPS (Cyber Crime Awareness and Prevention Strategy) and SAMANVAYA, both of which are significantly advancing cyber-crime detection and response mechanisms in Telangana.

During the conversation, she



elaborated on the increasing prevalence of digital threats like phishing attacks, digital arrest scams, the risks of using public Wi-Fi, and the growing menace of deepfake content. Goel urged citizens to adopt robust digital hygiene practices, including the use of strong

passwords, two-factor authentication (2FA), and staying updated on cyber safety protocols.

“We must remain vigilant and informed. Cybercrime is evolving fast, and so must our defenses,” she noted.

The session concluded with a strong message advocating for collective responsibility in promoting cyber awareness across all age groups, especially in the context of social media’s expanding role in everyday life.

IASOWA members lauded the initiative and committed to using their platforms to spread awareness on online safety and digital well-being.



The Ministry of Ayush organized a special session of the Rashtriya-Karmayogi Jan Seva Programme on April 23 at AyushBhawan, aimed at strengthening the service orientation and professional

to encourage experiential learning.

Participants engaged in four thematic sessions focusing on self-awareness, motivation, and leadership. The programme also

Centre, Colaba, Mumbai. The expedition, featuring an all-women 12-member crew from the Indian Army, Indian Navy and Indian Air Force, embarks on a challenging 55-day voyage covering 4,000 nautical miles from Mumbai to Seychelles and back aboard the IASV Triveni.

This pioneering initiative highlights the indomitable spirit of Nari Shakti and aims to promote gender parity in maritime endeavours. The expedition serves as a preparatory phase for an even more ambitious circumnavigation sailing expedition planned for 2026.

Selected from 41 enthusiastic volunteers, twelve women officers, rigorously trained for two years in ocean sailing, are set to navigate treacherous waters, demonstrating their resil-

over days and nights. They have come out successful through challenges of weather, mechanical issues of the yacht and physical toll.

The Mumbai-Seychelles-Mumbai expedition not only symbolises the empowerment of women in the armed forces,

but also pays tribute to India's legendary warrior queens like Rani VeluNachiya, Rani Durgavati and Rani Lakshmi Bai, whose deeds continue to inspire generations.

The flagging-in ceremony is scheduled to take

place on 30 May 2025, marking the successful completion of this ground-breaking voyage. This expedition reaffirms In-



Ministry of Ayush Conducts Special Session Under Rashtriya Karmayogi Jan Seva Programme

competencies of its workforce. This initiative was conducted in collaboration with the Capacity Building Commission as part of the Mission Karmayogi framework.

The session marked a continued effort by the Ministry to nurture a responsive and efficient public service ecosystem. The programme's first phase was inaugurated on March 18 by Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, who emphasized the significance of applying training outcomes to everyday responsibilities for improved service delivery.

The second phase, held on April 23, was led by Programme Director Dr.Subodh Kumar and facilitated by Shipra Singh. Departing from traditional lecture formats, the session adopted an interactive approach featuring team-based activities, collaborative discussions, and problem-solving tasks

included case-based discussions centered around ongoing projects in Ayurveda, Yoga, and other traditional medicine systems—bridging the gap between theoretical learning and real-world application.

Ministry officials actively participated in the session, which sought to deepen awareness of individual roles and responsibilities while reinforcing the transformative potential of effective public service.

A Tri-services All Women Circumnavigation Sailing Expedition, SamudraPradakshina, kick-starts its 55-Day Voyage

A tri-services all women Circumnavigation Sailing Expedition, "SamudraPradakshina" from Mumbai to Seychelles and back was flagged off on April 7, 2025 by Lt Gen AK Ramesh, Commandant, College of Military Engineering (CME) from the Indian Naval Watermanship Training

ience, courage and determination on the high seas. The crew have embarked upon several training expeditions, gradually increasing in complexity and distance including short and long distances

dia's commitment to fostering inclusivity and excellence in maritime endeavours, proving that Nari Shakti is an unstoppable force capable of conquering any challenge.



NHRC, India takes suomotu cognisance of the difficulties being faced by the prisoners

The National Human Rights Commission (NHRC), India has taken suomotu cognisance of the various difficulties being faced by the prisoners, including the women inmates and their children, in the jails across the country. These include overcrowding, a lack of basic amenities and healthcare facilities in jails. The issues have been brought to its notice by its Special Monitors and Rapporteurs, through their reports after visiting various jails across the country, as well as the

complaints.

Some of the other concerns raised include the violation of the rights to dignity and safety of the women prisoners, increased violence against them causing mental distress, unhygienic conditions without adequate toilet, sanitary napkins, clean drinking water facilities, poor quality food resulting in malnourishment particularly in the pregnant women and lactating mothers, lack of educational opportunities to the children of women prison-

ers living in jails with them, non-implementation of their welfare programmes including legal aid, vocational training and rehabilitation.

Therefore, the Commission has issued notices to the Chief Secretaries of all the States and Union Territories to submit a report within four weeks on the following:

- i.) The number of women prisoners lodged in Jails in their State,
- ii.) The number of women pris-

oners whose babies are lodged in Jails on account of the mothers being incarcerated;

iii.) The number of women prisoners, who are convicted prisoners and those who are under trial prisoners;

iv.) The number of women under trial prisoners who are languishing for more than a year in Jail;

v.) The number of male under trial prisoners and those who are languishing in Jail for more than a year.

In a landmark step toward financial inclusion and rural empowerment, the Investor Education and Protection Fund Authority (IEPFA), under the aegis of the Ministry of Corporate Affairs, and India Post Payments Bank (IPPB), operating under the Department of Posts, have signed a Memorandum of Agreement (MoA) to jointly launch Phase 2 of the "NiveshakDidi" initiative. This strategic collaboration aims to scale financial literacy among women in rural, semi-urban, and underserved areas through grassroots mobilization and community-driven education.

"NiveshakDidi" is a unique initiative that trains women postal

beyond being a campaign — it drives a grassroots movement that delivers financial knowledge directly to the last mile. We aim to empower rural women with the skills and confidence to make informed financial decisions. By partnering with IPPB, we ensure that awareness turns into action and that financial education becomes a catalyst for real community transformation. We believe that when women gain financial literacy, entire families and communities benefit."

Mr. Gursharan Rai Bansal, Chief General Manager & CSMO, IPPB, added with conviction, "We see women as natural community influencers. When we provide them

services are constantly evolving, the role of IEPFA becomes even more significant.

IEPFA plays a crucial role in promoting financial literacy, making it easier for individuals to understand the importance of managing personal finances. From budgeting and saving to making informed investment decisions, IEPFA empowers citizens with the knowledge needed to make sound financial choices.

One of its primary missions is to educate people about their rights and responsibilities as investors. This becomes particularly important for individuals living in rural and underserved areas, who may have limited access to reliable financial

(IPPB) has been established under the Department of Posts, Ministry of Communication with 100% equity owned by the Government of India. IPPB was launched on September 1, 2018. The bank has been set up with the vision to build the most accessible, affordable and trusted bank for the common man in India. The fundamental mandate of India Post Payments Bank is to remove barriers for the unbanked & underbanked and reach the last mile leveraging the Postal network comprising ~1,65,000 Post Offices (~140,000 in rural areas) and ~3,00,000 Postal employees. IPPB's reach and its operating model is built on the key pillars of India Stack - enabling Paperless, Cashless and Presence-less banking in a simple and secure manner at the customers' doorstep, through a CBS-integrated smartphone and biometric device. Leveraging frugal innovation and with a high focus on ease of banking for the masses, IPPB delivers simple and affordable banking solutions through in-

IEPFA and IPPB Sign MoA to Launch Phase 2 of "Niveshak Didi" to Boost Rural Women's Financial Literacy

workers and community leaders to act as financial educators within their local regions. During Phase 1, more than 55,000 beneficiaries participated in IPPB Financial Literacy Camps across India, with approx. 60% female beneficiaries mostly in the youth & economically active age group. Every 2 out of 3 such beneficiaries belonged to deep rural locations ensuring maximum penetration at the grassroots levels.

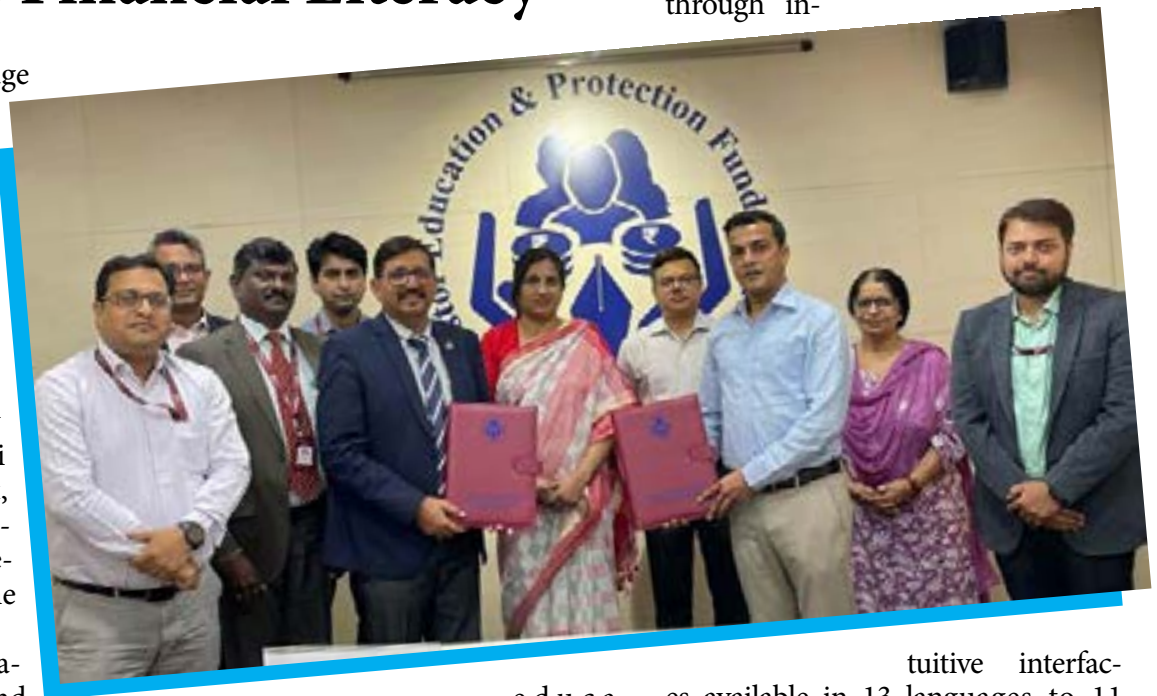
Building on the success of Phase 1, this new phase will see the deployment of over 4,000 financial literacy camps across India. These camps will be led by almost 40,000 women postal workers trained as Niveshak-Didis, who will conduct sessions on responsible investing, fraud awareness, savings habits, and digital banking tools.

Under the leadership of Smt. Anita Shah Akella, CEO of IEPFA and Joint Secretary, Ministry of Corporate Affairs, the initiative continues to grow through impactful collaborations and a strong grassroots focus. Lt Col Aditya Sinha, General Manager, IEPFA, highlighted the mission behind the initiative,

"NiveshakDidi goes

with the right knowledge and tools, they don't just manage their own finances better — they lead change in their communities. Through this partnership with IEPFA, we are deepening our mission to bring inclusive, accessible banking to every doorstep. NiveshakDidi enables us to build trust, inspire & share financial discipline, and create a lasting impact at the grassroots level."

About Investor Education and Protection Fund Authority: The Investor Education and Protection Fund Authority (IEPFA) is a statutory body functioning under the Ministry of Corporate Affairs, Government of India. It was established with a key objective to ensure that investors across the country are both informed and protected. In today's dynamic financial landscape, where products and



education or resources. By reaching out to these communities, IEPFA ensures that no one is left behind in the journey toward financial empowerment.

IEPFA's vision is to build a financially aware and confident India, where every individual, regardless of background, has the tools and knowledge to secure their financial future. About India Post Payments Bank: India Post Payments Bank

tuitive interfaces available in 13 languages to 11 Crore customers across 5.57 lakh villages & towns in India. IPPB is committed to provide a fillip to a less cash economy and contribute to the vision of Digital India. India will prosper when every citizen will have equal opportunity to become financially secure and empowered. Our motto stands true - Every customer is important; every transaction is significant and every deposit is valuable.

Misha Agrawal, a 24-year-old Indian content creator and founder of Mish Cosmetics, tragically died by suicide on April 24, 2025, just two days before her 25th birthday. Her sister, Mukta Agrawal, disclosed that Misha had been battling severe depres-

Influencer Misha Agrawal Dies by Suicide Amid Social Media Pressure, Sister Reveals

sion due to a decline in her Instagram followers, which she equated with her self-worth and career success.

In an emotional Instagram post, Mukta shared that Misha's pri-

mary goal was to reach one million followers, a milestone she had set as her phone's wallpaper. With over 350,000 followers at the time of her death, Misha became increasingly distressed as her follower count decreased. Mukta recounted, "She would often hug me and cry, saying, 'Jijja, what will I do if my followers decrease? My career will be over.'"

Despite holding a law degree and preparing for the Provincial Civil Services – Judicial (PCSJ) exams, Misha remained fixated on her social media metrics. Mukta tried to reassure her sister, emphasizing

that Instagram was not the entirety of her identity and reminding her of



her academic achievements. However, Misha's obsession with online validation persisted, leading to her untimely death. The news of Misha's passing has sparked conversations about the mental health challenges faced by content creators in the digital age. Actress Taapsee Pannu expressed her concerns, stating, "This is something I long feared seeing the obsession of a lot of people around. Fear that a day will come the numbers here will overpower the love of life." Misha's family has urged others to recognize that social media followers do not equate to real love or value, emphasizing the importance of mental well-being over digital metrics.

President of India Confers Padma Awards 2025 at Rashtrapati Bhavan



contribution to the field of art. Two posthumous awards were presented: one to renowned Malayalam writer M. T. Vasudevan Nair from Kerala for literature and education, and the other to Japanese industrialist Osamu Suzuki for his remarkable influence in trade and industry.

Ten individuals received the Padma Bhushan for distinguished service of a high order. Notable among them were actor and politician Nandamuri Balakrishna from Andhra Pradesh, Shekhar Kapur from Maharashtra for his contributions to cinema, and PR Sreejesh from Kerala for his achievements in sports. Posthumous honors were bestowed on former Bihar Deputy Chief Minister Sushil Kumar Modi for public affairs, and ghazal legend Pankaj Udhas for his contributions to music. Other recipients included technologist Vinod Kumar Dham, actor S. Ajith Kumar, industrialist

sha) were recognized for their exceptional contributions in the field of medicine.

Contributions to education and literature were also widely acknowledged. Noteworthy awardees in this category included Jagadish Joshila (Madhya Pradesh), Anil Kumar Boro (Assam), Arunday Saha (Tripura), and Arvind Sharma (Canada). In the field of science and technology, Ajay V. Bhatt (USA) and Dr. Ashutosh Sharma (Delhi) were recognized for their groundbreaking work.

Women achievers too were prominently featured, including Smt. Arundhati Bhattacharya (Maharashtra) in trade and industry and Smt. Ashwini Bhide Deshpande (Maharashtra) in the arts. Artists Adwaita Charan Gadanayak and Achyut Ramchandra Palav, both from Odisha and Maharashtra respectively, also received Padma Shri honors.

This year's awards reflected not only national diversity but also a significant international footprint, with several Indian-origin and foreign nationals being recognized. The inclusion of posthumous honors further underscores the nation's commitment to celebrating legacy and lifetime contributions.

The ceremony was marked by moments of emotion and pride, with the audience frequently rising in applause to honor the legacy and achievements of the awardees. The Padma Awards 2025 once again highlighted India's deep appreciation for individuals who, through talent, dedication, and service, have left an indelible mark on society and inspired generations.



Pankaj R. Patel, and prominent doctors and educators such as Dr. Jose Chacko Periapuram and Dr. Arakalagudu Anantaramaiah Suryaprakash.

The Padma Shri, which recognizes distinguished service in any field, was awarded to 57 individuals this year. The list reflected a rich diversity of talent and service. Music composer and Grammy Award-winner Ricky Kej from Karnataka and popular singer Arijit Singh from West Bengal were among the celebrated names in the arts category. Dr. Soniya Nityanand (Uttar Pradesh) and Dr. Ashok Kumar Mahapatra (Odi-



In a grand and solemn ceremony held at the Rashtrapati Bhavan, President Droupadi Murmu presented the prestigious Padma Awards for the year 2025. A total of 71 individuals were honored for their outstanding contributions across a wide spectrum of fields including art, literature, education, science, medicine, public affairs, social work, trade, and industry. The event was graced by the presence of several high-profile dignitaries, including Vice President Jagdeep Dhankhar, Prime Minister Narendra Modi, and Union Home Minister Amit Shah.

The Padma Awards are among the highest civilian honors in India and are conferred in three categories: Padma Vibhushan, Padma Bhushan, and Padma Shri. Instituted in 1954, these awards are announced every year on the eve of Republic Day and are given in recognition of exceptional service and achievements by individuals from all walks of life, regardless of their nationality.

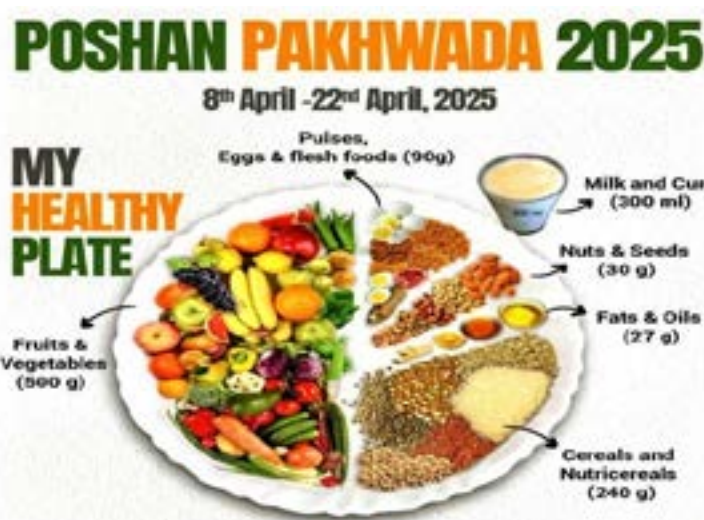
This year, four individuals were conferred the Padma Vibhushan, the second-highest civilian award in India. The recipients included Dr. Duvvur Nageshwar Reddy from Telangana for his pioneering work in medicine, and Dr. Lakshminarayana Subramaniam from Karnataka for his

Poshan Pakhwada 2025

Promoting Nutrition Awareness And Empowerment

From April 8 to 22, 2025, India observed the seventh edition of PoshanPakhwada, a nationwide campaign under the Ministry of Women and Child Development, focused on nutrition and health. This year's celebration revolved around three key themes: maternal and child nutrition, digital access for beneficiaries, and prevention of childhood obesity.

Spanning metros to remote villages, the campaign saw widespread participation through health camps, nutrition awareness drives, workshops, and community-led activities. Schools, Anganwadicenters, and local gathering spaces buzzed with educational sessions and creative outreach programs, while



digital initiatives ensured no corner of the country was left behind.

The Ministry credited the campaign's success to its collaborative model, which brought together government departments, NGOs, healthcare workers, educators, and citizens. Their united efforts reflected a strong commitment to building a healthier India. As the country continues its fight against malnutrition, PoshanPakhwada 2025 stands as a powerful reminder that grassroots engagement, technological integration, and collective willpower are key to transforming health outcomes across generations.

Breaking the Silence

Why Mental Health Deserves as Much Attention as Physical Health

Let's break the silence. Let's prioritize mental health.



For generations, health has been equated with physical well-being—visible injuries, fevers, or diseases that can be measured, treated, and cured. But hidden behind smiles and daily routines lies a silent epidemic affecting millions: poor mental health. In today's fast-paced, hyper connected world, mental well-being is no longer a luxury or a secondary concern—it is a necessity.

Understanding Mental Health

Mental health encompasses our emotional, psychological, and social well-being. It influences how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Just like physical health, mental health fluctuates. At times, we feel on top of the world; at others, we might feel overwhelmed, anxious, or depressed.

Mental health issues can range from temporary periods of stress and sadness to more chronic conditions such as depression, anxiety disorders, PTSD, or bipolar disorder. And contrary to common myths, these conditions are not signs of weakness. They are medical issues—just like diabetes or asthma—that require attention, understanding, and care.

The Hidden Cost of Ignoring Mental Health

The consequences of ignoring mental health are profound and far-reaching. According to the World Health Organization, depression is one of the leading causes of disability worldwide. Mental health disorders can impair productivity, strain relationships, and in severe cases, lead to suicide.

In India, suicide remains one of the leading causes of death among young people. Social stigma, lack of awareness, and limited access to mental

healthcare often prevent people from seeking help. The result? Millions suffer in silence.

Moreover, poor mental health impacts physical health. Chronic stress can lead to high blood pressure, heart problems, and weakened immunity. Conditions like anxiety and depression often coexist with physical illnesses, complicating diagnosis and treatment.

Prevention and Care

Mental health is not just about managing illness; it's about nurturing wellness. Just like we exercise to keep our

Connection is one of the strongest protective factors against mental illness.

- **Staying Active and Eating Well:** Physical health strongly influences mental well-being.

Importantly, society must ensure that professional help is accessible, affordable, and stigma-free. In India, the doctor-to-patient ratio for psychiatrists is still alarmingly low, particularly in rural areas. Investment in mental health infrastructure and awareness campaigns is critical.

Children and Mental Health

of success and style. Their lives, filled with travel, luxury, and smiling selfies, often appear perfect. But behind the filters and viral content lies a growing mental health crisis that is rarely talked about.

Being a content creator may seem glamorous, but it comes with intense pressure. Influencers must constantly produce content, maintain relevance, and grow their follower base. With no clear work-life boundaries, many end up working around the clock. This non-stop cycle often leads to burnout, anxiety, and emotional exhaustion.

One of the most damaging aspects is online trolling. Influencers are regularly subjected to harsh criticism, hate comments, and body shaming. Constant scrutiny creates a toxic environment that can severely affect self-esteem and mental well-being. Influencers—especially women—often find themselves the target of misogynistic or personal attacks, leaving emotional scars that don't fade easily.

There's also the hidden competition within the influencer community. Seeing others land brand deals, gain followers, or appear "happier" can trigger self-doubt and imposter syndrome. This toxic comparison culture takes a toll on mental health, making influencers question their worth and purpose.

Adding to the pressure is financial instability. For many, income is tied to algorithms, trends, and brand collaborations. A dip in engagement can mean a sudden loss of earnings, increasing anxiety and insecurity about the future.

On the brighter side, a growing number of influencers are using their platforms to speak up about mental health. Creators like KushaKapila and PrajaktaKoli have shared their struggles, making mental wellness a part of the conversation and helping break the stigma.

As consumers, we must remember influencers are human. By offering kindness instead of criticism and valuing authenticity over perfection, we can contribute to a more compassionate digital space—one where mental health is respected and protected.

A Shared Responsibility

Mental health isn't just an individual concern—it's a societal duty. We need to move past dismissive remarks like "Just snap out of it" or "Stay strong," and instead foster a culture of understanding and support. True change begins with empathy, honest conversations, and a commitment to systemic reforms that prioritize mental well-being in homes, schools, workplaces, and digital spaces. Only together can we create a world where mental health is treated with the seriousness and compassion it deserves.

A Shift in Perspective

The good news is that the conversation around mental health is finally gaining momentum. Celebrities, athletes, and public figures—from DeepikaPadukone to ViratKohli—have openly shared their mental health struggles, helping normalize seeking help. Educational institutions and workplaces are beginning to prioritize emotional well-being, with counselling services and mental health days becoming more common.

The COVID-19 pandemic played a significant role in bringing mental health to the forefront. Isolation, job losses, grief, and uncertainty led to a global surge in mental health issues. However, it also triggered important discussions about emotional resilience, therapy, and self-care.

bodies fit, we need habits that support a healthy mind. Some practices include:

- **Talking About It:** Speaking openly about feelings can reduce shame and build support systems.
- **Seeking Help:** Therapists, counselors, and support groups play a crucial role in recovery and resilience.
- **Practicing Self-care:** Simple routines like meditation, journaling, reading, or going for a walk can uplift mood.
- **Building Healthy Relationships:**

An often-overlooked group in mental health discussions is children and teenagers. Academic pressure, social media, bullying, and family issues can severely impact young minds. Schools need to create environments where students feel safe to express themselves, and where mental health education is part of the curriculum.

The Mental Health Toll on Social Media Influencers

In today's hyper-connected world, social media influencers are seen as icons

PHYSICAL HEALTH VS MENTAL HEALTH



UPSC Civil Services Exam 2024 Shakti Dubey Tops, Three Women in Top Five

Three women have secured positions among the top five ranks in the UPSC Civil Services Examination 2024, with Shakti Dubey achieving All India Rank (AIR) 1. The Union Public Service Commission (UPSC) announced the results on April 22.

Shakti Dubey, a Bachelor of Science (Biochemistry) graduate from the University of Allahabad, topped the examination with Political Science and International Relations (PSIR) as her optional subject. She is followed by

Completing the top five are Don- greArchit Parag (Rank 3), a B.Tech graduate in Electrical and Electronics Engineering from VIT, Vellore, with Philosophy as his optional, and Aakash Garg (Rank 5), a Computer Science Engineering graduate from Guru Gobind Singh Indraprastha University, Delhi, who also chose Sociology.

Selection Statistics: The UPSC has recommended 1,009 candidates for appointment to various civil services, including the Indi-



The Union Public Service Commission (UPSC) released the final results of the Civil Services Examination 2024 on April 22, 2025. Among 1,009 successful candidates selected for top administrative roles, Shakti Dubey from Prayagraj, Uttar Pradesh, emerged as the All India Rank 1 (AIR 1) topper—marking a major milestone in her journey toward the Indian Administrative Service (IAS).



known as the "Literary Capital of Uttar Pradesh," Shakti grew up in an environment that emphasized education and intellectual pursuits. The city's rich legacy of producing scholars and administrators served as an early source of inspiration.

She pursued her undergraduate degree in Biochemistry from the University of Allahabad, a well-respected institution known for academic excellence. Driven by a passion for learning, she continued her education with a Master's in Biochemistry from Banaras

Who is Shakti Dubey, UPSC CSE 2024 Topper?

Hindu University (BHU), Varanasi. Her time at BHU helped deepen her interest in governance and public policy, shaping her decision to pursue the civil services.

A Shift Toward Public Service: Following her post-graduation, Shakti briefly worked as a teacher—an experience that enhanced her communication, leadership, and mentoring skills. In 2018, she made the pivotal decision to prepare for the UPSC CSE. Her scientific background helped build strong analytical skills, which she combined with a keen interest in social sciences to

16, 2024. Out of 9,92,599 applicants, 5,83,213 appeared for the exam. Of these, 14,627 candidates qualified for the Mains held in September 2024.

Seven Years of Determination :Shakti's journey spanned seven years of rigorous preparation, culminating in her success in 2024. The UPSC CSE, consisting of the Preliminary exam, Mains, and the Personality Test, demands sustained effort, discipline, and mental resilience. Her composed performance during the final interview round helped her secure the top position.

A Role Model for Aspirants : Shakti Dubey's story is one of perseverance and purpose. From a small-town student to India's top civil services candidate, she is a source of inspiration for thousands of aspirants across the country—proving that with focus, resilience, and hard work, any dream is achievable.

From there, 2,845 candidates advanced to the final stage—the Personality Test.

The final merit list is prepared based on cumulative performance in all three stages: Prelims, Mains, and Interview.

Among the top 25 candidates, there are 11 women and 14 men from diverse academic backgrounds, including Engineering, Humanities, Science, Commerce, Medicine, and Architecture. These individuals hail from esteemed institutions such as the IITs, NITs, VIT, JNU, University of Delhi, and



HARSHITA GOYAL, AIR 2

University of Allahabad.

Optional subjects among top performers included a wide range—Political Science, Sociology, Philosophy, Anthropology, Tamil Literature, Geography, Mathematics, and more.

Inclusive Representation This year, the list of recommended candidates includes 45 Persons with Benchmark Disabilities:

- 12 with orthopedic disabilities**
- 8 with visual impairments**
- 16 with hearing impairments**

The 2024 results not only highlight the academic excellence of India's youth but also reflect growing gender inclusivity and broader representation within the nation's civil services.

Sh- ita Goyal, who secured the second rank. Goyal holds a B.Com degree from MS University of Baroda and also opted for PSIR.

The fourth rank was secured by Shah Margi Chirag, a Computer Engineering graduate from Gujarat Technological University, Ahmedabad. She chose Sociology as her optional subject.

Administrative Service (IAS), Indian Police Service (IPS), and Indian Foreign Service (IFS). The selected candidates comprise 284 women and 725 men.

Rigorous Process, High Participation: The Civil Services (Preliminary) Examination was held on June



SHAH MARGI CHIRAG, AIR 4

महिलाओं के लिए ऐसी होनी चाहिए मानसून में डाइट

बारिश की फुहारें गर्मी से राहत देती हैं। इसलिए बारिश हर किसी को पसंद आती है। लेकिन बारिश में कई सारी बीमारियां भी फैलने लगती हैं। खासकर संक्रमण इस मौसम की सबसे खतरनाक बीमारी है जो हर किसी को परेशान कर देती है। कई लोगों की ये जान भी ले लेती है। मानसून में महिलाओं को सबसे अधिक दिक्कत होती है। क्योंकि उन्हें काफी ज्यादा समय पानी में बिताना (बर्तन और कपड़े धोने समय) पड़ता है। जिसके कारण पानी के संक्रमण से भी जुड़ी कई सारी बीमारियां हो जाती हैं।

अगर पानी का ख्याल रख भी लिया तो भी इस मौसम में फैलने वाली पेट की बीमारियों से बचना मुश्किल होता है। दरअसल मानसून में खाना बहुत ही जल्दी संक्रमित हो जाता है जिसके कारण इस मौसम में पेट से जुड़ी कई सारी समस्याएं होती हैं। इन समस्याओं से बचने के टिप्स जानने लिए हर जिंदगी ने शालीमार स्थित फोर्टिस हॉस्पिटल की डायटिशियन सिमरन सैनी से बात की तब उन्होंने हमें इस बारे में विस्तार से बताया। डायटिशियन सिमरन सैनी के अनुसार इस मौसम में महिलाओं को विशेष डाइट फॉलो करनी चाहिए। कुकिंग ऑयल का ख्याल रखना चाहिए। खाने की चीजों को खुला नहीं छोड़ना चाहिए आदि।

जैतून के तेल या घी में बनाएं खाना

इस मौसम में उमस काफी ज्यादा होती है। जिसके कारण काफी गर्मी लगती है। वहीं जब अचानक से बारिश होती है तो मौसम तुरंत ठंडा हो जाता है। मौसम में होने वाले इस अचानक बदलाव से लड़ने के लिए हमें खाने का विशेष तौर पर ख्याल रखना चाहिए। डायटिशियन सिमरन सैनी कहती हैं मानसून के मौसम में सरसों के तेल, मक्खन या मूंगफली के तेल में खाना नहीं बनाना चाहिए। ये तेल भारी करते हैं। जिसके कारण पेट में दर्द और अपच की समस्या होती है। मानसून में लाइट खाना खाने के लिए जैतून का तेल, घी या सूरजमुखी तेल का इस्तेमाल करना चाहिए। यह तेल दूसरे तेलों की तुलना में हल्के होते हैं।

चटनी जरूर खाएं

इस मौसम में हरी मिर्च या हरे धनिये पत्ती से बनी चटनी जरूर खानी चाहिए। डायटिशियन सिमरन सैनी कहती हैं कि इस मौसम में सब्जियां भी कई बार खराब निकल जाती हैं। ऐसे में टमाटर, हरी मिर्च, पुदीना और हरे धनिये से बनी चटनी का सेवन करना चाहिए। इन

सब्जियों में किसी भी तरह का मसाला और तेल नहीं पड़ता जिसके कारण ये पेट को किसी तरह का नुकसान नहीं पहुंचाते हैं।

ना पिएं कच्चा दूध

डायटिशियन सिमरन सैनी कहती हैं कि जिम जाने वाली महिलाएं अगर कच्चा दूध और अंडा लेती हैं तो उन्हें इस मौसम में यह डाइट नहीं लेनी चाहिए। क्योंकि कच्चे दूध में इस मौसम में जल्दी बैक्टीरिया पनप जाते हैं



जो पाचनतंत्र को प्रभावित करते हैं। जिससे उल्टी और दस्त की समस्या होती है। इसलिए इस मौसम में कच्चा दूध ना पिएं।

पानी पिएं

सबसे जरूरी चीज। इस मौसम में आठ से दस ग्लास पानी जरूर पिएं। डायटिशियन सिमरन सैनी कहती हैं कि मौसम अचानक ठंडा हो जाने से कई महिलाएं पानी का इनटेक कम कर देती हैं। यह गलत है। मौसम चाहे जो भी हो। पानी का इनटेक बिल्कुल भी कम ना करें। दिनभर में कम से कम 8-10 गिलास पानी जरूर पीएं। इस मौसम में पानी की कमी पूरी करने के लिए फलों का जूस लिया जा सकता है। जो विटामिन्स के साथ मिनरल्स की भी पूर्ति करता है।

महिलाओं के लिए ऐसी होनी चाहिए मानसून में डाइट

बारिश की फुहारें गर्मी से राहत देती हैं। इसलिए बारिश हर किसी को पसंद आती है। लेकिन बारिश में कई सारी बीमारियां भी फैलने लगती हैं। खासकर संक्रमण इस मौसम की सबसे खतरनाक बीमारी है जो हर किसी को परेशान कर देती है। कई लोगों की ये जान भी ले लेती है। मानसून में महिलाओं को सबसे अधिक दिक्कत होती है। क्योंकि उन्हें काफी ज्यादा समय पानी में

छोड़ना चाहिए आदि।

जैतून के तेल या घी में बनाएं खाना

इस मौसम में उमस काफी ज्यादा होती है। जिसके कारण काफी गर्मी लगती है। वहीं जब अचानक से बारिश होती है तो मौसम तुरंत ठंडा हो जाता है। मौसम में होने वाले इस अचानक बदलाव से लड़ने के लिए हमें खाने का विशेष तौर पर ख्याल रखना चाहिए। डायटिशियन सिमरन सैनी कहती हैं मानसून के मौसम में सरसों के तेल, मक्खन या मूंगफली के तेल में खाना नहीं बनाना चाहिए। ये तेल भारी करते हैं। जिसके कारण पेट में दर्द और अपच की समस्या होती है। मानसून में लाइट खाना खाने के लिए जैतून का तेल, घी या सूरजमुखी तेल का इस्तेमाल करना चाहिए। यह तेल दूसरे तेलों की तुलना में हल्के होते हैं।

चटनी जरूर खाएं

इस मौसम में हरी मिर्च या हरे धनिये पत्ती से बनी चटनी जरूर खानी चाहिए। डायटिशियन सिमरन सैनी कहती हैं कि इस मौसम में सब्जियां भी कई बार खराब निकल जाती हैं। ऐसे में टमाटर, हरी मिर्च, पुदीना और हरे धनिये से बनी चटनी का सेवन करना चाहिए। इन सब्जियों में किसी भी तरह का मसाला और तेल नहीं पड़ता जिसके कारण ये पेट को किसी तरह का नुकसान नहीं पहुंचाते हैं।

ना पिएं कच्चा दूध

डायटिशियन सिमरन सैनी कहती हैं कि जिम जाने वाली महिलाएं अगर कच्चा दूध और अंडा लेती हैं तो उन्हें इस मौसम में यह डाइट नहीं लेनी चाहिए। क्योंकि कच्चे दूध में इस मौसम में जल्दी बैक्टीरिया पनप जाते हैं जो पाचनतंत्र को प्रभावित करते हैं। जिससे उल्टी और दस्त की समस्या होती है। इसलिए इस मौसम में कच्चा दूध ना पिएं।

पानी पिएं

सबसे जरूरी चीज। इस मौसम में आठ से दस ग्लास पानी जरूर पिएं। डायटिशियन सिमरन सैनी कहती हैं कि मौसम अचानक ठंडा हो जाने से कई महिलाएं पानी का इनटेक कम कर देती हैं। यह गलत है। मौसम चाहे जो भी हो। पानी का इनटेक बिल्कुल भी कम ना करें। दिनभर में कम से कम 8-10 गिलास पानी जरूर पीएं। इस मौसम में पानी की कमी पूरी करने के लिए फलों का जूस लिया जा सकता है। जो विटामिन्स के साथ मिनरल्स की भी पूर्ति करता है।

महिला सशक्तिकरण में रुकावटें

माना जाता है कि प्राचीन काल में भारतीय महिलाओं की स्थिति आधुनिक काल से अच्छी थी। प्राचीन काल में महिलायें पुरुषों के साथ कंधे से कंधा मिला कर समाज में काम करती थीं। प्राचीन काल में तो यहाँ तक कहा जाता था कि जहाँ नारी की पूजा होती है, वहाँ देवताओं का वास होता है। लेकिन आधुनिक काल में महिलाओं की स्थिति प्राचीन काल से बहुत खराब है, और इसलिए आज का समाज महिला सशक्तिकरण पर विचार कर रहा है और कोशिश की जा रही है कि महिलाओं की स्थिति को बेहतर बनाया जा सके। अगर भारत आने वाले समय में, एक विकसित देश बनना होगा और इसके लिए अति आवश्यक है कि हम भारतीय महिलाओं को सशक्त करें।

महिला सशक्तिकरण का अर्थ है महिलाओं को राजनीतिक, सामाजिक, शैक्षणिक और आर्थिक क्षेत्रों में बराबर का भागीदार बनायें। भारतीय महिलाओं की सशक्तिकरण बहुत हद तक भौगोलिक (शहरी और ग्रामीण), शैक्षणिक योग्यता, और सामाजिक एकता के ऊपर निर्भर करता है। महिला सशक्तिकरण के रास्ते में निम्नलिखित रुकावटें हैं।

पहला, भारतीय महिलाओं का पारिवारिक और सामाजिक विषयों में निर्णय नहीं लेने दिया जाता। किसी-किसी परिवार में, जिसमें महिलायें पुरुषों से ज्यादा कमाती हैं उस परिवार में भी उन्हें निर्णय लेने का अधिकार नहीं होता है।

दूसरा, महिलाओं को घर की चार दिवारी से बाहर नहीं जाने दिया जाता। आज के भारतीय समाज में भी, खास तौर पर मध्यवर्गीय परिवार में लड़कियों को अकेले घर से बाहर जाने की आज़ादी नहीं दी जाती है।

तीसरा, शिक्षा का अधिकार: महिलाओं को पुरुषों के बराबर शिक्षा का अधिकार नहीं दिया जाता।

आज भी लड़कों के मुकाबले बहुत कम लड़कियाँ स्कूल जा पाती हैं। बहुत सारी भारतीय महिलायें तो कभी स्कूल का मुँह नहीं देखा। जो महिलायें स्कूल जा सकी हैं उनमें से बहुत कम महिलायें दसवीं कक्षा से ज्यादा पढ़ पाती हैं।

चौथा, रोज़गार का मौका: भारत में पुरुषों के मुकाबले बहुत कम महिलायें काम कर पाती हैं।



कुछ महिलायें जो काम कर पाती हैं इसका कारण परिवार के खराब आर्थिक हालात हैं। यह बात भी सही है कि महिलाओं का विवाह और रोज़गार में नकारात्मक संबंध है। शादी के बाद, महिलाओं को नौकरी करने की इजाज़त नहीं दी जाती है। महिलायें जो किसी तरह काम कर पाती हैं उनमें से ज्यादातर महिलायें कृषि क्षेत्र में काम करती हैं जिसमें वो अपने पति, पिता या भाइयों के साथ काम करती हैं। बहुत कम महिलायें तकनीकी, प्रबंधकी क्षेत्रों में कार्यरत हैं।

पाँचवाँ, महिलाओं को मीडिया से दूर रखना: आधुनिक भारत में, मीडिया के योगदान को अनदेखा नहीं किया जा सकता। महिला सशक्तिकरण में भी मीडिया का एक महत्वपूर्ण योगदान है। यह बहुत अफ़सोस की बात है कि भारतीय महिलायें सौ प्रतिशत मीडिया से अभी तक नहीं जुड़ पायी हैं।

छठा, घरेलू हिंसा। घरेलू हिंसा महिला सशक्तिकरण के रास्ते में सबसे बड़ी रुकावट है। एक अनुमान के अनुसार, भारत में, हर पाँच में से दो महिलायें घरेलू हिंसा की शिकार हैं। अगर, हम सही मायनों में, भारतीय महिलाओं को सशक्त करना चाहते हैं तो हमें इन रुकावटों को दूर करना होगा। हमें महिलाओं को आज़ादी से घूमने और घर से बाहर जाकर काम करने को बढ़ावा देना चाहिए। महिलाओं को हर तरह के विषयों में निर्णय लेने की आज़ादी देनी चाहिए और महिलाओं का भी सभी तरह के संसाधनों के ऊपर पूरा कंट्रोल होना चाहिए। इसके अलावा सरकार को महिला-1ओं पर हो रही घरेलू हिंसा और प्रताड़ना के खिलाफ़ कड़े कानून बनाना चाहिए।