

DHARYA Kriti

1st Edition



Empowered Women Empower Women



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Super Powers**

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Powerful Women Born In August

BY: Syed Mahvish Parveen

● **Mother Teresa** (26th August, 1910)

Mother Mary Teresa Bojaxhiu, was an Albanian-Indian, Roman Catholic nun and missionary. She was born in Skopje, North Macedonia. Mother Teresa lived there for eighteen years and then she went to Ireland and later moved to India where she lived thereafter. Mother Teresa was a kind hearted lady who used to cater services to the poor and orphans. She always helped out the poor ones and founded a Missionaries of Charity, a Roman Catholic religious congregation in 1950 that had over 4,500 nuns and was active in 133 countries in 2012. It served as a hospital for HIV AIDS, leprosy and Tuberculosis patients and also as an orphanage to many children. Mother Teresa passed away on 5th September, 1997. Mother Teresa was honored in the Catholic Church as Saint Teresa of Calcutta. She is now a inspiration to several social workers who want to serve the society.



● **Nirmala Sitharaman** (18th August, 1959)

Nirmala Sitharaman is India's Finance Minister at present. She is a member of Rajya Sabha (Upper House of the Parliament) since 2014, belonging to the Bharatiya Janta Party (BJP). She formerly served as India's Defense Minister, thereby becoming the second female Defense Minister of India as well as later becoming the second female Finance Minister after Indra Gandhi and the first full-time female Finance Minister of India. And previously she served as a national spokesperson for the Bharatiya Janta Party. She has indeed proved that Women can lead the country as well and thus, her name has been listed in the top 100 category of Forbes most powerful women, 2020 on 41st rank in the world.

Nothing great was ever achieved without enthusiasm

-Ralph Waldo Emerson

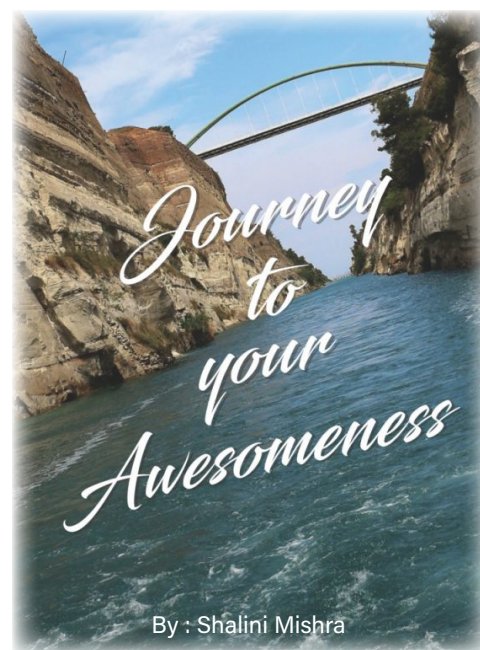


SHALINI MISHRA

Shalini Mishra has been born and brought up in Raipur. She has been a vivid reader since childhood and believes in the physical as well as emotional fitness of an individual.

The word enthusiasm comes from the ancient Greek word EN +THEOS meaning “inspired by or possessed by God”. When you are enthusiastic about anything it really connects you to the supreme intelligence that exists to provide you the life enthralling experiences. When you are really eager about something you feel on top of the world. You feel the good feelings. You feel inspired, you experience happy emotions. But the problem comes when you lose sight of the path that is ahead of you. In order to have a satisfactory life you have to become a passionate person, who always looks ahead of what lies in the road. Enthusiasm is being eager for what life is, being happy in the feeling and expectation of what all good can come to you. When you achieve this feeling of excitement you will have good things. With enthusiasm you shine like a bright star, wherever you go you carry that spark with yourself and everyone loves to be around you. When you are filled with a zest for life you

will always go in the direction of your dreams and enjoy the gifts life has to offer and produce for you. Your life has a variety of surprises ahead of you that you do not know of. You cannot even imagine what all good is to come in to your life. But to receive those gifts you have to become a person full of exhilaration. You have to fall in love with yourself only then you will fall in love with life and when you love life, it gets better and better all the time. Don't you just love it when you have planned a surprise party for your loved ones and you eagerly look forward to it? You look forward to the fun it will bring to you and to others. You look forward to the excitement and the happiness your loved ones will get when they see the efforts you have given to make the day special for them. You never doubt that they will hate it or bash you for what you have done. You know that you will be loved for what you have done. That is how your life is. Your life is always going to treat you well but you have to become as enthusiastic about it as you are for the small surprise party. The people who become the



most successful are the people who are filled with enthusiasm. You must have seen stories around you of successful people who achieved great heights despite all odds. All this happened because they were filled with eagerness about what their life would offer and life opened ways for fulfillment of their dreams. One thing is always common among all these people, they are all really passionate about what they do. They do their work willingly and are always enthusiastic about positive results. Universe does not need a person to slave hard, to slog and labor but it only needs a devoted heart and an eager soul to change circumstances of your life. If the toiling is not necessary for you because you have the power to be enthusiastic and full of love for life anytime you want. The best point of your life is to be happy in the expectation of something and when you are filled with zest for life, you will always have greater experiences in front of you. You will look to your world from a different angle and everything will turn out better. For this to happen you have to get excited and enthusiastic about your own dream, smell the freshness of it even if it is miles away from you and then you will be in the path of its realization.

GETTING MARRIED DOESN'T MEAN YOU HAVE A LICENSE TO RAPE ME



Awadhi sharma

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Rape—any nonconsensual sexual intercourse— between non-spouses has always been illegal. However, until 1975, every state had a “marital exemption” that allowed a husband to rape his wife without fear of legal consequences. “Her friends used to tell her it wasn’t rape if the man was your husband. She didn’t say anything, but inside she seethed; she wanted to take a knife to their faces.” - F. H. Batacanto
Today numerous nations have either established marital rape laws, revoked marital rape special cases or have laws that do not recognize marital rape and ordinary rape. This demonstrates marital rape is currently perceived as an infringement of human rights. In 2006, it was assessed that marital rape is an offense rebuffed under the criminal law in no less than 100 nations and India is not one of them, India is one of the thirty-six countries that still have not criminalized marital rape.

MARITAL RAPE AND LAWS IN INDIA

Section 375 of Indian Penal Code for Marital Rape :

Section 375 which states about Rape along with Section 376 with its punishment doesn’t reveal any context of marital rape as a criminal offence. Though in Exception – 2 of Section 375 which elucidates as- “Sexual intercourse or sexual acts by a man with his own wife, the wife not being under fifteen years of age, is not rape.” The Supreme Court of India and various High Courts are currently flooded with writ petitions challenging the constitutionality of this exception, and in a recent landmark judgment, the Supreme Court criminalized unwilling sexual contact with a wife between fifteen and eighteen years of age. This judgment has in turn led to an increase in other writs challenging the constitutionality of Exception 2 as a whole. In light of ongoing litigation, this Article critically analyses the constitutionality of Exception 2.

Article 14 of the Indian Constitution :

Article 14 of the Indian Constitution ensures that “[t]he State shall not deny to any person equality before the law or the equal protection of the laws within the territory of India.” Although the Constitution guarantees equality to all, Indian criminal law discriminates against female victims who have been raped by their own husbands. At the time the IPC was drafted in the 1860s, a married woman was not considered an independent legal entity. Rather, she was considered to be the chattel of her husband. As a result, she did not possess many of the rights now guaranteed to her as an independent legal entity, including the right to file a complaint against another under her own identity. Exception 2, which essentially exempts actions perpetrated by husbands against their wives from being considered acts of “rape,” is largely influenced by and derived from this already existing doctrine of merging the woman’s identity with that of her husband.

Budhan Choudhary v. State of Bihar and State of West Bengal v. Anwar Ali Sarkar held that any classification under Article 14 the classification is subject to a test of reasonableness that can be passed only if the classification has some rational nexus to the objective that the act seeks to achieve. But to the contrary, the distinction created in respect of rape of married and unmarried women violates Article 14 and the classification has no rational relation to the underlying purpose of the statute.

Article 21 of The Indian Constitution :

Exception 2 is also a violation of Article 21 of the Indian Constitution. Article 21 states that "[n]o person shall be denied of his life and personal liberty except according to the procedure established by law." The Supreme Court has interpreted this clause in various judgments to extend beyond the purely literal guarantee to life and liberty. Instead, it has held that the rights enshrined in Article 21 include the rights to health, privacy, dignity, safe living conditions, and safe environment, among others.

In The State of Karnataka v. Krishnappa, the Supreme Court held that "[s]exual violence apart from being a dehumanizing act is an unlawful intrusion of the right to privacy and sanctity of a female." In the same judgment, it held that non-consensual sexual intercourse amounts to physical and sexual violence. Later, in **Suchita Srivastava v. Chandigarh Administration**, the Supreme Court equated the right to make choices related to sexual activity with rights to personal liberty, privacy, dignity, and bodily integrity under Article 21 of the Constitution. **In Justice K.S. Puttuswamy (Retd.) v. Union of India**, the Supreme Court recognized the right to privacy as a fundamental right of all citizens and held that the right to privacy includes "decisional privacy reflected by an ability to make intimate decisions primarily consisting of one's sexual or procreative nature and decisions in respect of intimate relations." Additionally, Exception 2 violates Article 21's

- The UNITED NATION DECLARATION ON THE ELIMINATION OF VIOLENCE AGAINST WOMEN defines violence against women as "any act of gender-baed violence that results in, or is likely to result in, physical, sexual, or mental harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life."

- In 2013, the UN Committee on Elimination of Discrimination Against Women (CEDAW) recommended that the Indian government should criminalize marital rape.
- The JS VERMA COMMITTEE set up in the aftermath of nationwide protests over the December 16, 2012 gang rape case had also recommended the same.
- By removing this law, women will be safer from abusive spouses, can receive the help needed to recover from marital rape and can save themselves from domestic violence and sexual abuse.

Conclusion :

Marital rape is not completely criminalized in India. It certainly is a genuine type of wrongdoing against ladies and deserving of government's consideration. Women who are raped by their spouses are more inclined to various attacks and frequently endure long haul physical and enthusiastic issues. In this specific circumstance, marital rape is significantly more horrendous for a lady since she needs to remain with her aggressor ordinary. As the results of marital rape are truly high, there is obviously a dire requirement for criminalization of the offense of marital rape. Indian law



How To Get Rid of Acne

Acne is a skin condition that occurs when your hair follicles become plugged with oil and dead skin cells. It causes whiteheads, blackheads or pimples. Acne is most common among teenagers, though it affects people of all ages. Effective acne treatments are available, but acne can be persistent.

ACNE CARE TIPS:

► Keep your face clean. Whether you have acne or not, it's important to wash your face twice daily to remove impurities, dead skin cells, and extra oil from your skin's surface. Washing more often than twice daily is not necessarily better; it may do more harm than good. Use warm, not hot, water and a mild facial cleanser. Using a harsh soap (like deodorant body soap) can hurt the already inflamed skin and cause more irritation.

Avoid scrubbing your skin harshly with a washcloth, an exfoliating glove, or loofah (a coarse-textured sponge). Gently wash it with a very soft cloth or your hands. Always rinse well, and then dry your face with a clean towel. (Toss the towel in the laundry hamper, as dirty towels spread bacteria.) Also, use the washcloth only once.

► Moisturize. Many acne products contain ingredients that dry the skin, so always use a moisturizer that minimizes dryness and skin peeling. Look for "non comedogenic" on the label, which means it should not cause acne. There are moisturizers made for oily, dry, or combination skin.

► Benzoyl peroxide, salicylic acid, glycolic acid, or lactic acid, are acne products which curb bacteria and dry your skin. They may cause drying or peeling so start with a small amount at first. Use these products with caution if you have sensitive skin.

► Exercise daily. Regular exercise is good for your whole body, including your skin. When you exercise, avoid wearing clothing or using exercise equipment that rubs your skin and may cause irritation. Shower or bathe right after exercise.

► Use makeup sparingly. During a breakout, avoid wearing foundation, powder, or blush. If you do wear makeup, wash it off at the end of the day. If possible, choose oil-free cosmetics without added dyes and chemicals. Choose makeup that is labelled as "non comedogenic," meaning it should not cause acne.

► Keep your hands off your face. Avoid touching your face or propping your cheek or chin on your hands. Not only can you spread bacteria, you can also irritate the already inflamed facial skin. Never pick or pop pimples with your fingers, as it can lead to infection and scarring.

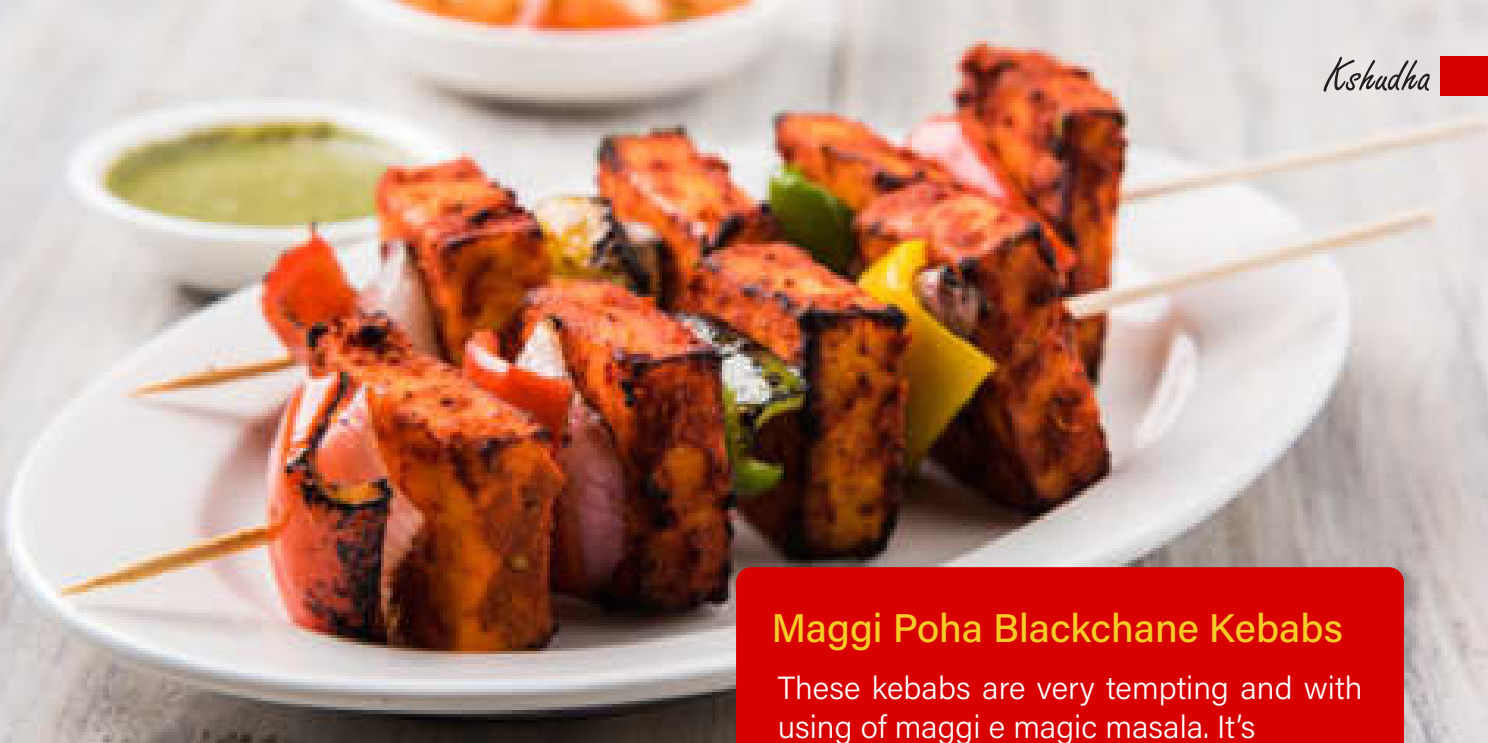
► be careful about what you put on your hair. Avoid using fragrances, oils, pomades, or gels on your hair. If they get on your face, they can block your skin's pores and irritate your skin. Use a gentle shampoo and conditioner. Oily hair can add to the oil on your face, so wash your hair often, especially if you're breaking out. If you have long hair? Keep it.



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Maggi Poha Blackchane Kebabs

These kebabs are very tempting and with using of maggi e magic masala. It's become very delicious.

Ingredients:

1 packet maggi e magic masala
1 cup poha
1/2 cup boiled black chane
2 tablespoons besan
2 green chillies chopped
1 teaspoon turmeric powder
1 teaspoon red chilli powder
Salt as per taste
1 teaspoon kasuri methi
1 tablespoons oil

Method:

Firstly take poha soaked it and then put aside. Crush black chane in grinder. Now take bowl put poha, besan, black chane, maggi e magic masala, turmeric powder, red chilli powder, salt, kasuri methi mix it and make dough. Then with hand gives kebab shapes and put it aside. Now in non stick pan put oil and all kebabs shallow fry it. Enjoy it with any dips.

For the Love of Food

By : Bishakha Kumari

Stuffed Soya Granules Sabzi

Ingredients : Soya Granules - 1 bowl, Paneer - 1 cup, Turmeric powder - 1 teaspoon, Garam masala powder - 1 teaspoon, Red chilli powder - 1 teaspoon, Besan - 1 cup, Hing/Asafoetida - Pinch Onion chopped - 1, Ginger chopped - 1 inch, Garlic - 3 cloves, Salt as per taste, Oil, Kasuri methi - a pinch |

Method : In a grinder, grind the chopped onion, ginger and garlic and make a fine paste. Keep aside. Take the Soya Granules in a bowl. Add besan, salt, turmeric powder, garam masala powder, red chilli powder, hing and mix well and make dough like chapati and keep aside. Take the paneer and add salt, garam masala powder, red chilli powder and mix it well. Keep aside. Take Soya Granules and make ping pong size balls and put the paneer mixture in the center of the ball. Close it and give flat round shapes. Deep fry all pakode. Take a kadhai, heat oil and put jeera until it splutters. Add onion paste and saute until the oil is separated. Add turmeric powder, red chilli powder, garam masala

powder, salt, Kasuri methi and saute for 1 minute. Add some water, boil it and then add the pakode into the gravy. Bring to a boil and remove from the flame. Serve your Stuffed Soya granules sabzi with roti or paratha.



Handmade is Heartmade

Myself- P.Shweta, I have years of Apparel experience, BSC Fashion & Apparel graduated in the year 2018 from Bangalore. Fashion Designer by profession. I got trained under some renowned Indian designers and fashion export Industries. I'll say from childhood days the creative and artistic mind was inside me.



P. Shweta

Founder of
Kauseyah

To encapsulate my entire work in a few paragraphs, this is a small business based on my knowledge and riding on my experience of years in the apparel industry. After being there and having done that, this time it is a label with a purpose- "Handmade is Heartmade", a profit-making grassroots sustainable business with a cause of supporting Chhattisgarh Artisans and a principle using Hindustani handloom fabrics and hand-blocked prints.

KAUSEYAH: is an भारतीय clothing label inspired by the land of Baiga & Gond Indigenous which highlighting the hidden beauty of Chhattisgarh state creating design that is both rich in Indian aesthetics and modern sophistication inspired by the fading traditions and an initiative to empower and sustain local Artisans in rural India. Mainly the label focuses on the traditional fabric of Chhattisgarh, Kosa. The purpose to show the lifestyle of the village people and their generations of handloom work.

As I was brought up in Chhattisgarh, India, I have huge respect- for age-old traditions, years-old craft, and generations of handloom work done in villages with progressive thinking aesthetics.

My motive for starting this label is to support and preserve the handwoven Kosa fabric (the traditional fabric of the state Chhattisgarh), the culture of tribes, nurturing Artisans, handwork, and keep it alive for generations to come. I'm deeply rooted in the thought which promotes the idea to work at the local level because there is beauty in imperfection. My heart lies with the women artisans in the village who are custodians of ancient crafts, hand stitches, etc. My goal is to create a design that sustains the craft, does good for them and for the planet. I am fiercely passionate about making India rediscover their love for art and the beauty of the handmade craft.

I showcased my collection which depicts the lifestyle of tribal CG (of fabric Kosa) in various fashion shows held in Mumbai, Bangalore. My dream is to take the Chhattisgarh art and craft heritage on the International ramps because I believe in the deepest alcoves of CG rural India, there are hidden arts and crafts. I love to call this state "Hidden Beauty of India".

Some of my Achievements:

- *Published many articles including "Atulyaa" it's all about the eternity and hidden beauty of state "Chhattisgarh".*
- *In past years my work and collection have featured on many notable platforms and many print media.*
- *I have participated in many fashion shows including "Aulva Fashion Runway" held in Mumbai 2019 and won the award of "Best Designer" for the collection KAUSEYAH: got the opportunity to walk with many TV celebrities.*
- *I also got the opportunity to design for "IPL Bengaluru Royal Challenger's cheerleaders in 2018.*
- *I was also nominated and received for the "Vogue Mystique Designer Award 2018" for kauseyah: from Vogue Institute Of Fashion Technology Bangalore.*

In the month of October 2020, during this Pandemic, I came up with an initiative after researching called "Be More Zero Waste" towards saving the planet by upcycling the leftover handloom fabric pieces (Kosa) into manually done SCRAP FABRIC JOURNALS. Scrap fabrics I purchase from local tailors, Artisans (needy) of CG so that they will get some amount for the waste and giving new meaning to scraps into beautifully manually done fabric Notepads/Journals (a multi-purpose use for writing/sketching, etc) making sure to minimize the waste with zero-waste left



behind. The textile industry is among the most essential consumer goods industry. However, the textile industry is accused of being one of the most polluting industries. This waste is produced in every phase of the textile manufacturing process. The average life span of a garment is roughly three years, it takes 7-8 months to decompose so, textiles generate a huge amount of waste. Five percent of all global landfills are being taken up by dumped textile waste. The huge quantity of textile waste dumped in landfills and incinerated can be reduced to a great level by understanding the dimensions of a product or using the leftover for some productivity. I strongly believe step by step and together we can make a difference. The amount I receive from selling these scrap fabric notepads would be utilized in the most important education of CG rural kids by supplying them with essentials of education related to keeping them in a positive and healthy environment to Dream Big. As an existence in rural life won't give many chances or opportunities and sometimes students (young ones) stop their education because they won't get the clear surroundings. Young girls, most of them are forced to discontinue their studies. There are many endless reasons behind their dropping out. Otherside I also met with some genius champs who are managing and balancing everything with ease. You can read some of my experiences on my account.

My only aim is to fulfill all their positive dreams and to make clear ways so that they can move forward with high aim without barriers. Some days I also conduct some creative or sports sessions at some villages as this is also the foremost for the disciplined life. This initiative also encourages the Artisans towards their handwork as they receive income when I source scrap fabrics from them. I feel very happy to tell you for Be More Zero Waste initiative I am receiving a lot of supporting responses from out of India too.

There is great happiness to bring joy to the life of the deprived person. There is an enormous mental, emotional and creative development back of this.



Human body that needs to be taken great care of.



Dr Suman Gangwani

BDS (Practising since 5 years)
Suman Dental Care
1st floor moni mansion
Shanker nagar (Raipur)

Oral health and hygiene is the foremost sector in the human body that needs to be taken great care of. Oral hygiene in all extent of hygiene is as important as gums to our teeth. Nowadays negligence of oral health from childhood to adulthood has caused various forms of ailments like dental cavities, toothache, bad breath, bleeding gums, periodontitis, etc. “ As far as looks are concerned to be the primary source of impression to one’s personality, one should have greater concern over their satisfactory dental health too” PATIENTS LACK WHICH CAUSES THEM TO TRAP!!!! HOW?? As I have heard the screech of my patients, I would only call it being trapped in the torment of their carelessness.



Yes, you people are lacking in numerous ways when it comes to maintaining your foremost hygiene that is oral hygiene. I may tell you-how??

- By delaying the idea of visiting the dentist while having lesser pain.
- By late night binging of fast foods and not brushing their teeth before sleeping.
- By using tools rather than floss and interdental brushes for cleaning the stuff stuck in between their teeth.

● By lacking concern towards their oral health and visiting dentist only while it becomes some sort of emergency.

So I would like to draw your attention towards having safer and much better oral hygiene, this can be done in very easy and simple steps which are as follows :

- Brush twice a day with fluoridated toothpaste and clean in between your teeth with floss or interdental brushes daily.
- Drink fluoridated tap water.
- Wear a mouth guard when playing sports as dental injuries can cause pain and loss of teeth.
- Don't smoke as it provokes gum diseases.

In my opinion following a basic daily routine would drop major tooth ailments and as said in ancient sciences that prevention is better than cure, I personally applaud people if they follow a daily routine and prevent themselves from such major tooth ailments

The Constitution of DHAIRYA



'DHAIRYA', our flagship program, is a socio-cultural initiative, designed and drafted by the women and for the women. It is basically an e-magazine that primarily deals with the most ignored and underprivileged section of our society, that are, women. Being a women-centric magazine, it deals with the problems faced by women, both in urban and rural surroundings. Some of the main issues covered in our magazine include are the problems of women related to women's health, both physical as well as mental; the laws related to women which can be helpful to fight injustice faced by them; the importance of right food choices and adequate nutrition for women; the importance of personal hygiene and sanitation for women. The magazine also deals with real-life problems faced by women and their solutions like career opportunities and career guidance.

The magazine is available to our valuable readers in the English language as of now. We are also cheerfully and continuously working on the task of publishing the magazine in the Hindi language. We believe that soon our magazine will achieve the status of a bi-lingual magazine so that it could be enjoyed by everyone.



'DHAIRYA' being a women-centric e-magazine which is published by the women and for the women, believes that who can understand the problems faced by women more than the women themselves. And so the major constituents of our magazine are all women. These include women from various sections of the society like Doctors, Working Professionals like Editors, Designers, Social Workers, and College Students as well as women who are role models in the society, who encourage other women to take necessary steps to fight off the injustice towards them by supporting them and motivating them.

The name 'DHAIRYA' is synonymous with the word 'patience' in the English language. Women in our society who face all kinds of anomalies and injustice presented before them on a daily basis deal with these problems with patience in their hearts and courage in their disposition without ever going out of their way. Synonymous to this idea is the name 'DHAIRYA' of our e-magazine which encourages women to not lose their patience in any scenario and come out as strong and independent individuals who will ultimately bring about a positive change in society.