

# REPORTer March, 2016 Edition,

*Celebrating Women's Day*



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Mrs Ritu Sharma received *Dhadsi Mahila award* on 23rd December 2015 for bravery from congress party as she saved a sixteen year old girl in Himachal Pradesh and sent her to her parents without police help. She had to take many risks to help this girl. The girl was brought to Mumbai from Nihan a village in Himachal Pradesh kept in a house and been tortured by her aunt and molested and raped repeatedly by different men. Mrs Ritu Sharma is now the vice president of Mahila congress party Panvel. She is also a model and multi-talented woman



**In Photos:**

**From Top :** Ritu Sharma, the power lady & Ritu Sharma receiving the Dhadsi Mahila Award



**In photo:** 2nd from the left, Rajpriya as the prize recipient.

Rajpriya Bhattacharya of grade Xth from New Horizon Public school, Airoli stood first in the district level essay writing competition held by "Helpage India". The topic for the essay was "Challenges faced by elderly in India-a way forward". Top 50 essays from various schools of Mumbai were shortlisted for the final round. Rajpriya stood first and a child from Bombay Scottish stood second.

**Want to share your achievements in ENCOURAGEher section, send us your entries with pictures to [writer@reporter.in](mailto:writer@reporter.in)**  
 Entries will be published on first come first basis

# REPORTHer

Sunday, 13th March, 2016

Mumbai

## HOW ABOUT BEING A WOMAN?

By Shalini Gamre

To really love a woman, to understand her, you've gotta know her deep inside....

These are the lines from a song sung by Bryan Adams. The song clearly describes the feelings and emotions of the woman and the power she carries within her. I wished I was a man sometimes, thought I'd be less abused, less mocked at, high on energies, high on support, etc. However, when I checked around me I discovered it is not true. Today with the changing circumstances, upgraded laws and evolved thought processes the position of a woman is much stronger. Gone are the days where the voice of lady was considered weak and powerless. Today, in just a sound she can create an unstoppable ripple effect, not just in this country but all around the world. Every company out there has a team taking care of women empowerment. Every school and college are educating girls on their potential and competencies. Every family today is being made aware of the essence of a girl child and encouraged to invite the birth of a girl with equal celebration.

The protection and regulations that the Government has formulated are directed



Photo Credit : Creative Commons

to give a solid ground to a woman's growth. What then are we doing with this conducive environment?

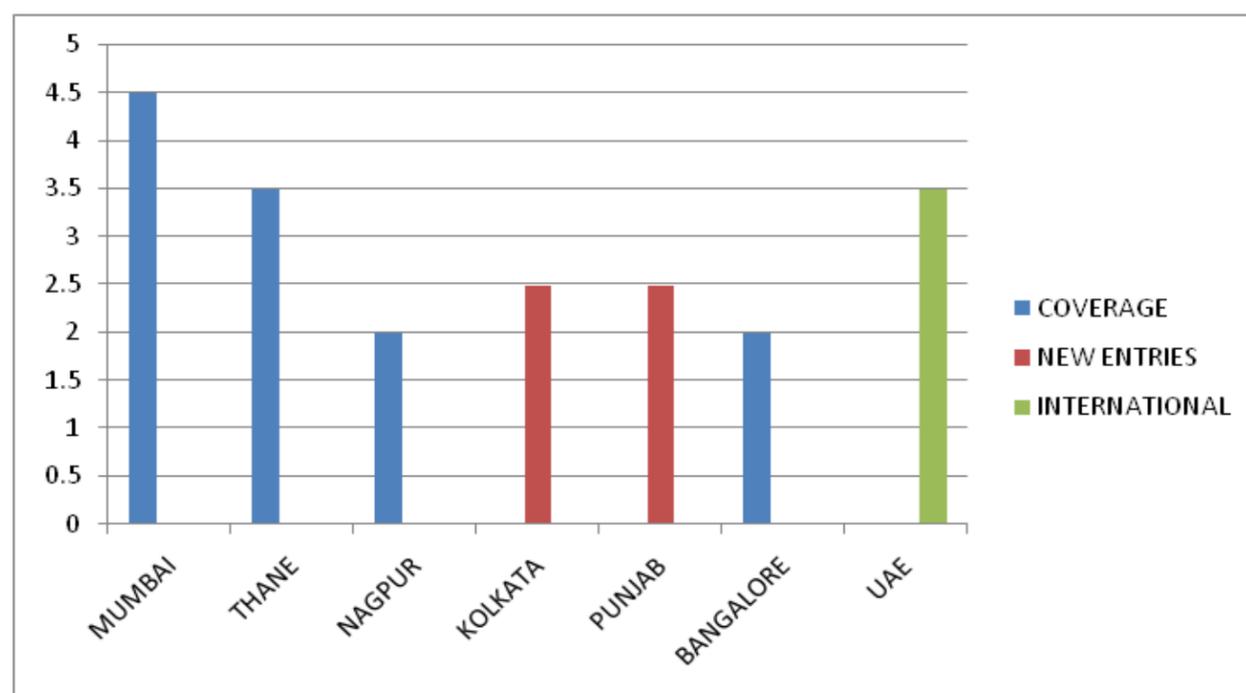
How many women out there really know the power they hold in their hands and how many women still depend on other people's decisions to run their lives? What happens if every woman becomes aware of her abilities and the laws attached to back those abilities up? Not many...not as many as should be. Do we look at ourselves as a powerful being or still just a woman.

If every woman realizes her purpose and steps up to take action, this country will see the growth it has never stipulated. Ironically, we don't even have to induce any new quality, we hold it all inside of us. Tolerance, patience, understanding, intelligence, emotional stability...all of it is within. Come and explore the beauty and the power it holds this Woman's Day .....

*Shalini is the founder of Sasha*

## REPORTHer COVERAGE-MARCH 2016

By Harshita Shah



## REPORTHer HIGHLIGHTS

By Harshita Shah

REPORTHer is planned to be India's First women Only Newspaper. REPORTHer is a newspaper by women, for women. It was started out in June 2015 by Harshita Shah, founder and editor of Reporter. While her thoughts were random, the fire of women empowerment that always kept burning within her finally got an outlet; and the newspaper which had only a few women writers gradually grew in to numerous. The numbers keep soaring every month. Some of the areas /sections/articles which we plan to initially bring out in REPORTHer are as follows:

- Highlights on important news around
- Woman health ,nutrition & hygiene

- Good Parenting measures
- Happy Child development
- Kitchen magic
- Gynaec check where doctors give valuable advice
- Beauty & make up tips
- Women oriented job vacancy
- Pregnancy care & concerns
- Latest styles & trends
- School & college corner where developments would be reported.
- Young achievers column – where children would be given recognition.
- Appreciation to 1 Women achiever & her cover story .
- Legal counsel on important cases & much more

Articles from across India and abroad are

welcomed on any topics above within a word limit of 300.

Be a part of our next edition & gain the recognition to voice out your concern.

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## DISASSOCIATION FROM REALITY

By Aditi Mahajan



(This poem is an attempt at expressing what a person with schizophrenia or other mental illnesses goes through)

Do I know you from somewhere?  
You do look familiar.  
Are you sure we haven't met before?  
Now this is a situation I need to explore.  
What time of the year is it?  
It is January 2011 they say, but I'm stuck in 2006 or sometimes 2009, or  
At times I jump ahead into 2012.  
Are you talking to me?  
Oh, I know you're right in front of me,  
And I can hear you bicker some words, but  
I possess an ability to tune out the world.  
Am I really seeing this?  
Or no, it's just my perception.  
Some things lie in front of me,  
and  
They are not what they look like for me.  
Who am I?  
I wonder...  
I just want to be myself  
Don't know how to be someone else.  
Living in a war zone,  
battered and confused.  
Wish I didn't have to stay like this,  
always feeling so bruised.  
If there's a third world I must be in the second,  
seems I'm neither here nor there.  
Living on the stairs that's neither up nor down  
Sometimes wondering how long I will be around.

*Aditi is a Psychologist/Special educator/Proprietor of Dots to Lines*

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## DON'T IGNORE- IF IT'S HYPOTHYROID



**Dr. Swapnali Dabholkar**

None of us thought a little butterfly shaped gland located at the base of your neck can leave many young women devastated as they get diagnosed with Hypothyroid. You got me right we all know it's a Thyroid Gland. It's unsettling for a lot of women as it not only affects their weight (weight gain), Metabolism but also causes hair thinning, dry skin, muscle weakness, fatigue, memory loss. If remain untreated would result in infertility, and even birth defects, depending on the severity of the condition, which we don't want to happen.

I Am clearly citing the complication at the beginning is because I have seen some women not taking their medicines

regularly, they often discontinue thinking that they are getting better, and land up in higher levels of hormone profile when checked & abrupt weight gain. So don't ignore it

The cause of Hypothyroidism is often genetic, but stress & pregnancy also can cause this problem.

Even though we cannot cure the condition we can surely control the symptoms from getting intensified.

### Aahar (Dietary Changes) ...

Diet should consist of sufficient portions of fruits, sprouts and vegetables. Carbohydrates other than those contained by potatoes and whole wheat products should be avoided. Cakes, pastries, sweets and other calorie rich items should be avoided.

Food rich in Vitamin A such as pumpkin, green leafy vegetables and carrots add to the balanced functioning of thyroid gland. Rapeseed, cabbage, Brussels sprouts, broccoli, cauliflower, sweet potatoes, maize, lima beans, soya and pearl millet should be limited, as they interfere in stimulation of thyroid which we don't want to happen. Make sure you completely avoid eating these foods raw. Eating iodised salt in your diet is advisable.

### Vihar (Lifestyle changes)...

Being active all the day is very important, as it will increase tissue sensitivity to the thyroid hormone, and stimulates thyroid gland secretion. An exercise regime of

between 15-20 minutes per day benefits hypothyroidism, and we all know Yoga is the ultimate choice.

Sarvangasana {shoulder stand} is the most suitable and effective asana for the thyroid gland. Enormous pressure is placed on the gland by this powerful posture. As the thyroid gland has a large blood supply, pressure has a dramatic effect on its function, improving circulation and squeezing out stagnant secretions. Also beneficial after Sarvangasana is the practice of Matsyasana (fish pose) and Halasana (plough pose). Other effective asanas include Surya Namaskara (Sun salutation), Pawanmuktasana (wind relieving pose) with emphasis on head and neck exercises. The most effective pranayama is ujjayi. It acts on the throat, and its relaxing and stimulating effects are most probably due to stimulation of ancient reflex pathways within the throat area, which are controlled by the brain stem and hypothalamus. Surya, Chandra, Nadi Shodhana pranayama (right, left and alternate nostril breathing) is useful in creating harmony in the metabolism.

*Dr. Swapnali is an Ayurvedic medicine consultant from UAE*

## SKINCARE DURING PREGNANCY

By Dr. Shweta Dixit

Pregnancy is undoubtedly the most cherished phase in a woman's life. It's the phase which is an amalgamation of happiness and concerns. The woman who would be a mother has to be ready to accept the changes happening to her body positively and at the same time take care of the arriving baby.

The skin shows lots of changes during pregnancy as there are loads of hormonal changes happening in the body. Some women get the very famous pregnancy glow while others can go through skin rashes, acne flares and other skin related issues during pregnancy.

As the body has to bear another life within, the skin of abdomen has to stretch to its optimum level. This skin stretch causes irreversible skin damage- the stretch marks. Hence skincare needs to be included in your daily routine when you are pregnant.

# Start early- The sooner you start taking care of your skin, the better would be the effects and results.

#Moisturize- Using a body lotion or body cream would surely help. Creams and lotions with vitamin E or cocoa butter are amongst the favourites. They make the skin supple and ready to stretch. The abdomen, hip, thigh areas along with the other parts of the body should be massaged lightly by hydrating creams and lotions daily. Preventing stretchmarks is better as there is no found 100% cure for it.

#Dealing with pigmentation issues- Due to changes in the hormonal levels, pigmentation problems like melisma may arise. This is a butterfly like patchy pigmentation seen over cheeks during pregnancy. It may stay or fade off post-delivery. Though prevention is not possible, application of lightening agents and certain treatments may help in fading it.

#Stay sun safe- Include a good sunscreen of SPF above 15 in your daily regimen and apply it about 20 minutes before stepping out in the sun. This will protect the skin from tanning and freckles during

pregnancy.

#Good food good skin- Eating healthy and a complete meal which is rich in proteins, vitamins, Iron and drinking plenty of water during pregnancy will give you the much wanted flawless skin.

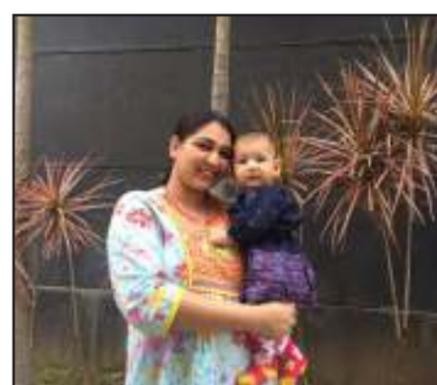
#Positive attitude- Last but not the least, a good smile and a positive attitude would not only help achieve a glowing skin during your pregnancy, but it would help your baby to be happy and grow well too.

*Dr. Shweta Dixit is a Consultant cosmetologist at complexion and contours, Bandra.*

*B.H.M.S, Diploma in skin aesthetics (Australia)*

## PREGNANCY CARE FROM EXPERIENCE

By Himani Singla



Well as we all know, every woman seeks a healthy pregnancy. Here are a few tips from my personal experience

- Have at least 3 seasonal fruits a day.
- Eat minimum of 3 vegetables a day which would include a lot of greens like Palak, broccoli, beans, methi,

corridor, etc

- Veg soup, almond soup, clear soup and such many liquid diet can be added.
- Eat at least 6 soaked almonds a day
- One piece of coconut a day -it keeps your baby healthy
- To get natural vitamin D you can stand under sunlight during morning hour (9:00am-10:00am)
- Increase your diet from usual days
- Go for walk every-day after your doctor recommends.
- Can consume fresh juice as well, especially carrot & pomegranate juice would help increase your haemoglobin
- Totally a BIG NO to papaya, pineapple and chiku.
- You can have chinese food, if prepared at home but without aginomoto.
- Mothers to-be who face constipation issues can have one banana a day (big banana) do consult your doc as well

- You can also sit down on the floor or a low profiled mattresses to help normal delivery, mostly after you cross 4th month
  - Mothers to-be who faces breast pain during nights can try wearing a loose bra to give support to the breast
  - Don't wear anything on your tummy once you know that you're pregnant. Wear anything that is lower to your tummy
  - Read good books like pregnancy related books, Bhagwat Gita, or any other novels that's of your interest
- These were a few tips from my experience. I hope all the mothers to be like this n enjoy your pregnancy. Wishing all the best, to all the good mummies to be.

*Himani is our newbie writer, mother and home-maker from Patiala, Punjab*

## I LOVE YOU

By Dr. Sapna Sharma

When was the last you told yourself “I love you”? Read again, yes I am asking if you have expressed your love for yourself recently. Sounds absurd? Or even awkward? I don’t blame you. Expression of love has been categorized as a “Teenage phenomenon” in our society. Hardly do we express our mushy feelings for our loved ones, and then telling “so” to yourself is ... well you know what...

Often I ask this question in my sessions in a more indirect way, “Who are the most important people in your life?” You can very well guess the answers- My wife, husband, child, mum, dad, granddad, friend extending to even a colleague or a boss or a dog (They are important for sure) but almost never do I hear the “myself” that I am so looking for. Certainly not without a prompt. Thinking about self or as much a little of self praising is an absolute no-no. To think good of others (even those that are a pure menace) to praise people even when they are being downright mean and even when we don’t mean a word of what we say, is encouraged and highlighted as a noble virtue.

### The outcome is:

I don’t know myself (because I am too busy looking at others). I certainly have no awareness of what is special and exclusive in me. In addition I have been bombarded with open criticism since childhood. Hence I am very low on self-esteem.

Hence I am always slipping towards inferiority complex. Hence I go about the world with low confidence, taking any garbage from anyone. Hence I either end up with depression or tend to put others down in a desperate attempt to feel good about myself. Wake up! Stop waiting for someone to come and tell you how good and how beautiful you are! It is not about them- it is about YOU!

All are sailing in the same boat. Difficult for most to praise others till they are themselves living with a negative self image. So remember that those who keep criticizing you are deep in low self esteem themselves. Pity them and pray for them BUT do not take their words seriously. YOU are the amazing creation and unique in every way. WAKE UP! Look deep into the eyes of the person in the mirror and say “I LOVE YOU- YOU ARE THE BEST”!!

**Dr. Sapna is a life coach and spiritual trainer**

## WOMEN OF INSPIRATION

By Smita Karve



Photo Credit : Ruchi Mahajani

Ruchi Mahajani has been a well renowned personality in the legal fraternity. She is an Advocate of High court, resides in Ratnagiri and has a well-established legal firm MAHAJANI ASSOCIATES.

I have known Ruchi from 1st standard as we were classmates since Saraswati Marathi Schooldays . We together, later pursued Bsc in microbiology. Ruchi was firm since those days that she wanted to take up legal profession as her career and therefore she moved to Thane law college.

The year she graduated was also the year of her marriage (25th Dec 1994). Though she relocated from Mumbai to Ratnagiri after marriage, she very well managed the change of surroundings and started her legal practise immediately in 1995 under the guidance of her father-in-law who was a very prominent advocate in those times. Being blessed by a son, Gaurav in 1997 & with growing fame of her husband Advocate Shivprasad Mahajani bought immense happiness and she stood as a pillar of strength hand in hand with him in times when required in handling the huge legal empire. It seemed a fairy tale life.

### LIFE CHANGES –

Ruchi lost her beloved husband in an accident on 29th July 2012. Life seemed devastated, But this woman outshined and turned to be an inspiration and example to many.

At a picnic with office colleagues, her husband along with 2 other office interns lost his life while trying to save them. Ruchi eye witnessed this incident.

In this tough situation she took the courage to personally inform her in-laws that she would stand to be their Son & daughter in law from time then.

She went personally to the 2 girls house

(who died in the accident) and informed their parents about the incident and consoled them .

She was present at office on 1st of August 2012 (ie on 3rd day after the accident) to make the salary payments of staff. She felt it was her responsibility to look into smooth functioning of the office and secure the fame and goodwill of the family.

She took up the entire responsibility of her legal firm within just 15 days after losing her husband . She intended this to be her way of showing tribute and love towards her husband.

On 28th August, in memory of her husband’s birthday; A foundation was started same year by name Shiv Prasad Mahajani foundation which caters to providing medical equipment on rent to needy at RE.1, scholarships to students , donations to organisations and much more. Ruchi stood bravely against all odds and supported her family & goodwill and has continued to be a ray of hope in lives of millions.

**REPORTer salutes Mrs Ruchi Mahajani for her immense courage, dedication and honourable work in the field of life and humanity.**

## MONEY, FINANCE & KHARCHA

By Karishma Engineer

These three names somewhat or completely mean the same thing that is the “Money”. March-April are such crucial months as the budget comes and also with that our annual appraisal. Expectation from both is actually 0. Nor do we expect a rise in our salary neither a suitable budget for a common mango people. What does a common man expect from his company is a decent salary hike. And from our FM, is maybe a deduction in the rate of interest for loans and good retirement plans (as not every citizen is a government employee). How much we earn, the double is what we spent. It is kind of a human nature maybe. We live such lifestyle where we don’t hesitate to spend on leisure. What we think is, we earn for our self, and we need to udaoify also.

But that doesn’t mean we shouldn’t even save. Below are some small but useful ways to put some savings. Suppose if u earn a minimum salary of 15,000 (it’s good to start for the youngsters as they are the only people who need to save for their future).

- Deposit 3,000 rupees on a recurring saving account every month. This is the best way to block your money from salary with minimum period of three years and when you complete three years you almost get a good compensation with the bank return interest policy.

- Invest Rs 3,000-4,000 in gold coins or invest in gold as an EMI. There are various gold schemes launched last year by our “ache din agaye hai” PM Narendra Modi. One reason to invest in gold is that it is a perfect diversification investment tool. For example, if there is a global market turmoil or geo political tensions, stock markets will crash, while gold will flare. To some

extent it will help conserve losses from other instruments, thus serving as a hedge and also you get good returns many years down the line.

See this is just like spending approximately 7,000 of your salary in some of the above investments. Calculate  $15 - 7 = 8$ . You have a full 8,000 to splurge on yourself.

P.S: With small savings in the start and also a regular practice you will automatically indulge in these activities even after your salary rises.

Let’s not be a complete berojgar and work up on this Money, finance and Kharcha...

## EVE TEASING IN INDIA

By Kshama Rao

Women in India are not safe and facing eve teasing or street sexual harassment even in daylight. There is no street in India where woman can walk fearlessly. Ladies are being eve teased in streets, buses, cinema halls. Women face a lot of humiliation by eve teasing. That will leave a permanent scar in the mind of woman being eve teased. Eve teasing is often shown in movies where the villain teases the heroine and hero comes and protects her. Some perverted men try to dominate women by eve teasing. These are the same people who have sisters in home but still tease another woman in the road. This is problem with their upbringing or some insecure feeling in them which targets women. Sex education should be made compulsory in schools. Boys should be taught that men and women are equal. Teasing is in three forms playful, hurtful and educative. Eve teasing is just a beginning of crime. But a

little preparation can make women more confident and protect herself without any hero. Street sexual harassment is not only touching but whistling, gestures, shouting obscene words and vulgar comments.

### Do's

- 1) Always keep a pepper spray with you and be defenced.
- 2) Ignore the eve teaser by not giving any response immediately.
- 3) Keep a serious expression on face . This type of expressions gives a mature look which repels the eve teaser towards you.
- 4) Always carry your mobile with you.
- 5) Find out the nearest helpline in your area or try to call police if situation is worsening.

### Don't

- 1) Don't lose your temper.
- 2) Try to be in company of others.
- 3) Avoid going in isolated places
- 4) Avoid travelling in crowded buses.
- 5) Don't blame yourself.
- 6) Raise an alarm.



Photo Credit: Kshama Rao

# LIGHTING EFFECTS IN HOME

By Gauri Doke

Some time or the other, every living soul on this earth admires the beauty of the colours at the time of sunrise and sunset. Through this article, we will unfold the secrets of decorating home with ambient lighting, so that you can have those beautiful scenic effects in your own

This isn't rocket science. If one had carefully watched how colours play magic during sunset and sunrise; they would know that blue, violet, red, orange and yellow are the main ingredients to bring up those amazing combinations. We do not do anything different here, but choose similar colours for painting the walls. An important thing to decide while choosing the right shades for the walls is to understand whether the room has ample natural light or need illumination through artificial lights. For the rooms where sunlight is available, we can experiment with darker shades of blue and violet. Rooms with less sunlight, we recommend brighter shades of yellowish orange.

Lights are one of the most important factors to keep in mind before undertaking any sort of interior designing/re-designing. As we have discussed earlier, the shades and the extent of lighting required



Photo Credit : Gauri Doke

will depend on the amount of natural light which is available in the room. We recommend controlled lighting which can be scaled up and down as per the requirement during various times of day and night. We recommend using contrasting lights which means that on blue or purple walls, use lights which are red, orange or red yellowish in nature but use blue or purple lights on bright walls. The key to

choose the right lighting is to consider the size and style of the room. Some good sources of artificial lights are chandeliers, wall brackets, or a diffused lighting setup.

**Gauri is an Interior designer and Vaastu Consultant**

# TRAVEL - FOOD FOR THE SOUL

By Dr .Shruti Sharma

**The world is a book, and those who do not travel read only one page. Saint Augustine.**

In the present world, we are all so occupied with work and family that most of us do not find the time to relax. Office deadlines, household management, hobbies, and children's school and studies seem to take up all our time. It is not surprising then, that we find ourselves tired and stressed. Doing the same things everyday makes our life monotonous and boring.

Travelling offers a simple and very effective solution to the above problems. Travelling offers much more than a change of surroundings. When we travel, we see new things, learn about new cultures, new customs and increase our knowledge about the diversity of the world. When we visit a new place, we get to see something that we had only heard about so far. Being there in person gives us a chance to explore.

Visiting a new place makes us aware of different food habits, languages, style of clothing and religious practices. We are lucky that our country is so big that we get to see vast differences between its different regions. It offers us everything from deserts to beaches and hills to backwaters. There is something for everyone. All we need to do is to take out a few days and explore the beauty of nature. It will surely give us the much wanted time for ourselves where we can relax, ignore our daily routine and de-clutter our mind. Let us all start by making a list of the places we want to visit, and then go there, one by one. Don't forget to bring a souvenir to remind you of the time you spent there.

**Dr. Shruti Sharma is our newbie writer from Kolkatta.**

# YUMMY RECIPE

By Tipti Aggarwal

## COCONUT RABRI

Preparation Time: 25 -30 minutes  
Kaamchor Ki Rasoi Se: Here's a simple, yummy homemade dessert!

### Ingredients:

- Coconut: Fresh coconut (grated, remove the skin)
- Milk: 1 litre full cream milk
- Power Sugar: 1 tbsp
- Green cardamom powder: 1/4 tsp

### Method :

1. Take a heavy bottom pan, boil milk and grated coconut till reduced to half.
2. Add sugar and cardamom powder, keep stirring to ensure a creamy texture.
3. Allow the rabri to cool, refrigerate and serve chilled!

**Tip:** You can also use jaggery instead of sugar for the twist in taste.



Photo Credit : Kamchor Ki Rasoi se/ Tipti Aggarwal

# INTROVERTS & EXTROVERTS

By Rajpriya Bhattacharya

The world has two kinds- the extroverts and the introverts. An extrovert is a gregarious person. He loves mingling & socializing with people. He finds energy in interactions. An introvert turns inward mentally. They avoid large groups of people. They build up their own cocoon and stay there till eternity.

Introverts are often mistaken to be people carrying heaps of attitudes. But, they love the feeling of solitude and their fear of turning into a hermit is constantly bothering them. The thought of having to be 'on' is what petrifies them the most. They keep cancelling plans. When they're bounded with too many social obligations, they become grumpy. The offer of working in a group bothers them. They want get out of parties and get-togethers as soon as possible. 'WANNA HANG OUT?', gets their adrenaline activated and they rub their hands to think of a decent excuse. They are asked, "ARE YOU OKAY?" or "WHY SO QUIET?" for the umpteenth time today. They don't like it when their phone buzzes because they don't want conversations. The extroverts

on the other hand are extremely active socially. They grow faster personally and professionally. They're a lot more expressive and don't get bored easily as they can talk to or hang out with anyone. They bring life into parties. The world is a merry place for the extroverts, as friendly and outgoing are the optimistic words used for them while reserved and ungrateful describe introverts. If one is good friends with an introvert, they'll know what a gem of a person such people are. They're very jolly but need to be left by themselves. Instead of calling them names, one needs to encourage them. They need to be told that it is okay if they want to spend quality time alone. Here are some things one can do to overcome their shyness to an extent.

- 1) Be with outgoing people. As you start being with them, you'll soon inculcate their traits.
- 2) Voice your opinions and speak your heart out.
- 3) Get into public speaking. In front of 10, then 20, then 50 and then 100s.
- 4) Try to develop friendships.
- 5) Lastly, do not lose out on your identity in the race.

# ENLIGHTENING PROSPERITY

By Ashna Ddhannak

"MONEY IS ENERGY" & is always in motion. It is drawn to those who welcome it & those who respect it.

MONEY has a frequency of FUN - Remember the days when we used to collect the coins in our Piggy Bank that brought a bundle of Joy along with it. There was never a feeling of lack, stress or neediness. It was a delightful & entertaining experience to see our piggy banks get heavier with time.

Many of us dwell with the mindset of MONEY being a subject of controversy. Time & again it has been proven that a negative conditioning stored in the sub conscious mind due to old belief systems programmed in the past, specially as a young child from parents, relatives, religion institutions, schools etc, has not only restricted the financial abundance but also disabled the person making him experience a series of failures in life due to a negative MONEY BLUE PRINT. Let us look into some important tools that will remarkably help us to change our MONEYBLUEPRINT.

Consciously training your mind to

believe SUCCESS - Combat that old feeling of lack & poverty mindset. Start feeling good, happy & successful even in the most trying circumstances. Make Gratitude as your daily prayer & start visualizing achieving small dreams & goals.

Implement Money routines that develop fortune & prosperity - Spend less than you earn & invest the difference. Re-invest the returns for compounded growth. Pay yourself first every pay check that consists the 10% of your earnings & make sure to lock this amount safely somewhere you won't touch for long. For eg - Invest in Fixed Deposits or long term saving plans. Take determined actions to support your new belief system - A vigorous Self Discipline to work on the financial blocks is required. Clear all clutter at home, office & in your wallets. Throw away the old bills & unwanted documents etc. Make space for new people & opportunities in life. As you make small shifts, you will build the momentum. Start acting on the opportunities that present themselves

**Ashna is a Money & Prosperity Coach**