



TWELL MEDIA PRESENTS

TWELL

MAGAZINE

APRIL-2021
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TO MAKE A CHANGE

FASHION
"KHADI KHADDAR"

An Year of PANDEMIC

SALUTING MOTHERHOOD
Exclusive Pictures of Eminent Personalities with their mothers

SLEEPING BUDDHA
In the Silicon City

JUST JENI SHOW
WOMEN EMPOWERMENT TALKS
With the "Editor-In-Chief"

A Teenage Dairy
Effective Ways
to Reach Optimal Weight

JACK FRUIT BASUNDI
KNOCK THE KITCHEN

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social
Why Introverts Make Great Public Speakers?

PANDEMIC
ONE YEAR IN
How it has changed our work culture and what will be the future

KNOCK THE KITCHEN



1 cup sugar in a deep non-stick pan.
Add the blended jackfruit puree cook
for 10 minutes.
Add 1/2 cup milk and stir until it thickens.
Add 1/2 cup ghee and stir for another 2-3 minutes.
Add 1/2 cup basundi and serve chilled.

Our Indian Education System

ASSOCHA INDIA



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FROM THE EDITOR



COVID-19

We are now entering the second phase of Covid-19, the so-called the recovery stage, sandwiched between the crises and rebuilding phase. So, while the first phase of COVID has left many of us feeling fatigued, anxious, traumatized and grieving, there is also hope that the 'new normal' may bring with it a fresh perspective on what matters.

We do not know how long this pandemic and its restrictions



will last, so there really is no reason to be panic. Things have changed. The key to find balance is to focus on the day-to-day work you do and to utilize every opportunity to make positive changes and tweaks. Rumor and speculation can fuel anxiety. But having access to good quality information about the virus can help you feel more in control.

Create a new daily routine that prioritizes looking after yourself. It will mean a different rhythm of life, a chance to be in touch with others in different ways than usual. The way we are able to connect to others is changing, but this is

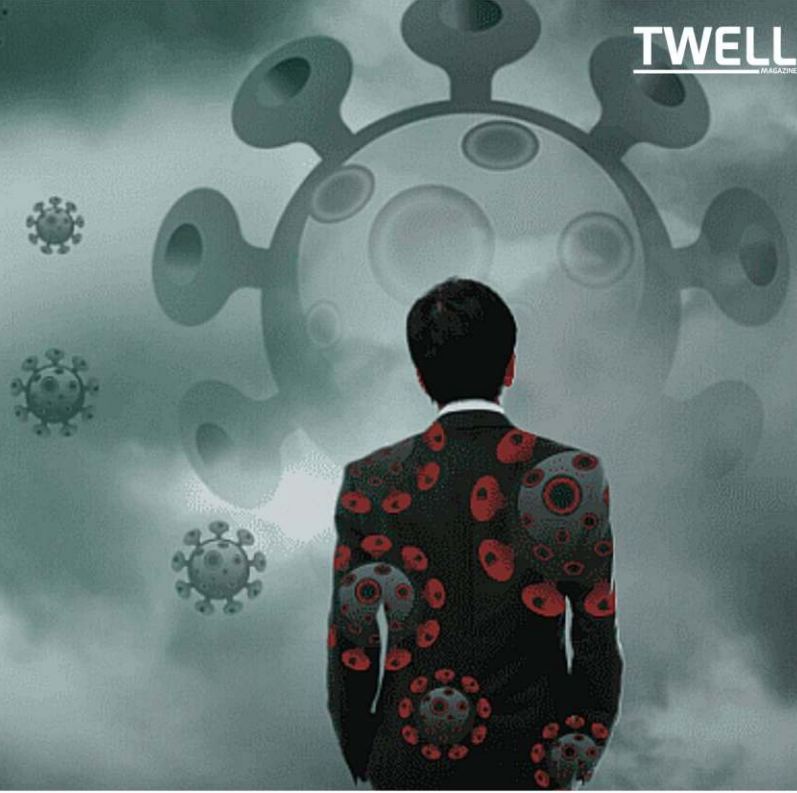
happening at a different pace depending on who you are and where you live. Advice is different if you are shielding.

We have no clue when this pandemic will end, but we do know it will end. Until then, we need to take care of our greatest tool for business: our mind. The country is a vaccine powerhouse. It is now time for a planned, systematic response and not makeshift solutions.

Deepak Tater Jain
Editor-In-Chief
TWELL Magazine

An year of **PANDEMIC**

**How it has changed the work culture
and what will be the future**



More than a year has passed since Covid-19 was declared a pandemic by the World Health Organization, and the working culture changed in our lives. There was an abrupt shift towards work from home while millions of others lost their jobs. Categorization of employment took place, and the hazards of the virus led to the creation of “essential workers,” and at present, our future looks uncertain. So it is pertinent to ask the question – how has Covid-19 changed our work culture, and how will the work culture look in the post-pandemic future?

Work from Home

Let's point out the obvious. Following the pandemic, a large-scale workforce shifted their work to remote locations, and employees ditched their commutes and large office spaces and switched to working from their homes. The corporate culture faced casualty as companies lost their tangible aspect of the business. Starting from the perks that the companies offered (free coffee, restrooms, gyms) to socialized meetings, the corporate world lost it all. However, companies need to brace themselves, as the post Covid era will be the new normal.



Gender Divide

Then there is the gender divide; with the world struggling to stay on edge with the raging pandemic, the women were pushed off the edge. The soaring unemployment hit women the hardest as women were 1.8 times more likely to lose their jobs than men. The percentage of women in unpaid work was already high; during the pandemic, it has skyrocketed. The burden of demand for unpaid childcare cooking, and cleaning fell on women more, becoming a barrier for socio-economic development.



Gradual Change in Work Culture

Work culture is likely never going to be the same in the post-pandemic era. However, this gives us an ample opportunity to rethink how we run the companies. For decades, 9-to-5 has been the unofficial slogan of the work centered around offices. This rigid structure changed in the covid-19 era as companies gave up unnecessary meetings and office timings. Looking at this from an employee's perspective, they are now allowed to make flexible choices about the working conditions, and they can get their work-life balance on track.

Technology Upgradation

There was a surge of new technologies loaded on those who worked from home in the pandemic. There is development in the 5G spectrum, which enables workspaces at any place, and with Artificial Intelligence being powered through laptops and Virtual Reality headsets, meetings are being conducted with employees all across the world. In this Zoom era, organizations are hosting more meetings; however, employees, in general, are spending less time attending those meetings.



Equitable Growth

Covid-19 had the most severe impact on jobs, and the pandemic has revealed that the current scenario is not sustainable in the long run. The Post-pandemic era could prove to be a boon in this sector. In India, financial institutions are focusing on financial inclusion across the country, and in western countries, the focus is on a diversified and inclusive workforce.



This pandemic could prove to be a catalyst as companies will finally work on socio-economic upliftment. The new companies coming up after the pandemic are providing better access to their employees in terms of medical benefits, financial plans, wealth management, and insurance schemes. This could spur significant societal changes and paramount reforms.

CONCLUSION

We are looking at a modernized workplace to make sure that the transition of employees to a hybrid workstation is smooth and easy. Alternative work schedules are now being adopted and proactive companies will gobble this up as new normal, which will give them an advantage over the industry. Slowly but surely, companies will step up to embrace this messy situation and turn it into a new opportunity. The future is wide open for us.

social

Why Introverts Make Great Public Speakers ?

In an increasingly noisy, extroverted world where everyone is shouting for attention, can an introvert be a good public speaker?

Some may assume that being introverted is a barrier to being a public speaker. However, an introvert can be a good public speaker by being exactly who they are. While the performance side of speaking can be learned, the gifts of focus, listening and reflection give introverts a speaking advantage.

Introverts are people who primarily look inward, paying close attention to their thoughts and emotions. It's not that they are incapable of paying attention to what is going on around them, it's just that their inner world is much more stimulating and rewarding to them.

In some respects, there are more extroverted public speakers because extroverts are more likely to try speaking.

The title extrovert many times is equated with being a rock star public speaker. I've found this isn't necessarily true. Just because someone feels at ease in front of others doesn't automatically mean they'll be a phenomenal orator. In fact, many of the greatest speakers of all time were introverts and managed to find their speaking niche. Ghandi, Winston Churchill, President Barack Obama, Eleanor Roosevelt, and Abraham Lincoln to name a few.

Introverts will be less likely to be drawn to the spotlight that is speaking. If an introvert does take up public speaking, it is likely they have a deep passion for a message or the craft that will drive them to excel.



You may picture ultra-extrovert Anthony Robbins whipping the crowd into a fire-walking frenzy when you think of a famous speaker but many more are introverts.

Being an introvert can be an asset in public speaking rather than a deficit! Let's stop looking at introversion as something a speaker has to 'get over'. Instead we should identify why introverts are amazing public speakers.

Introverts focus on the message

An introvert realizes that they are not the most important person in the room – they are there to service the audience. This simple shift in perspective dramatically decreases presentation anxiety because they focus on more important things than themselves.

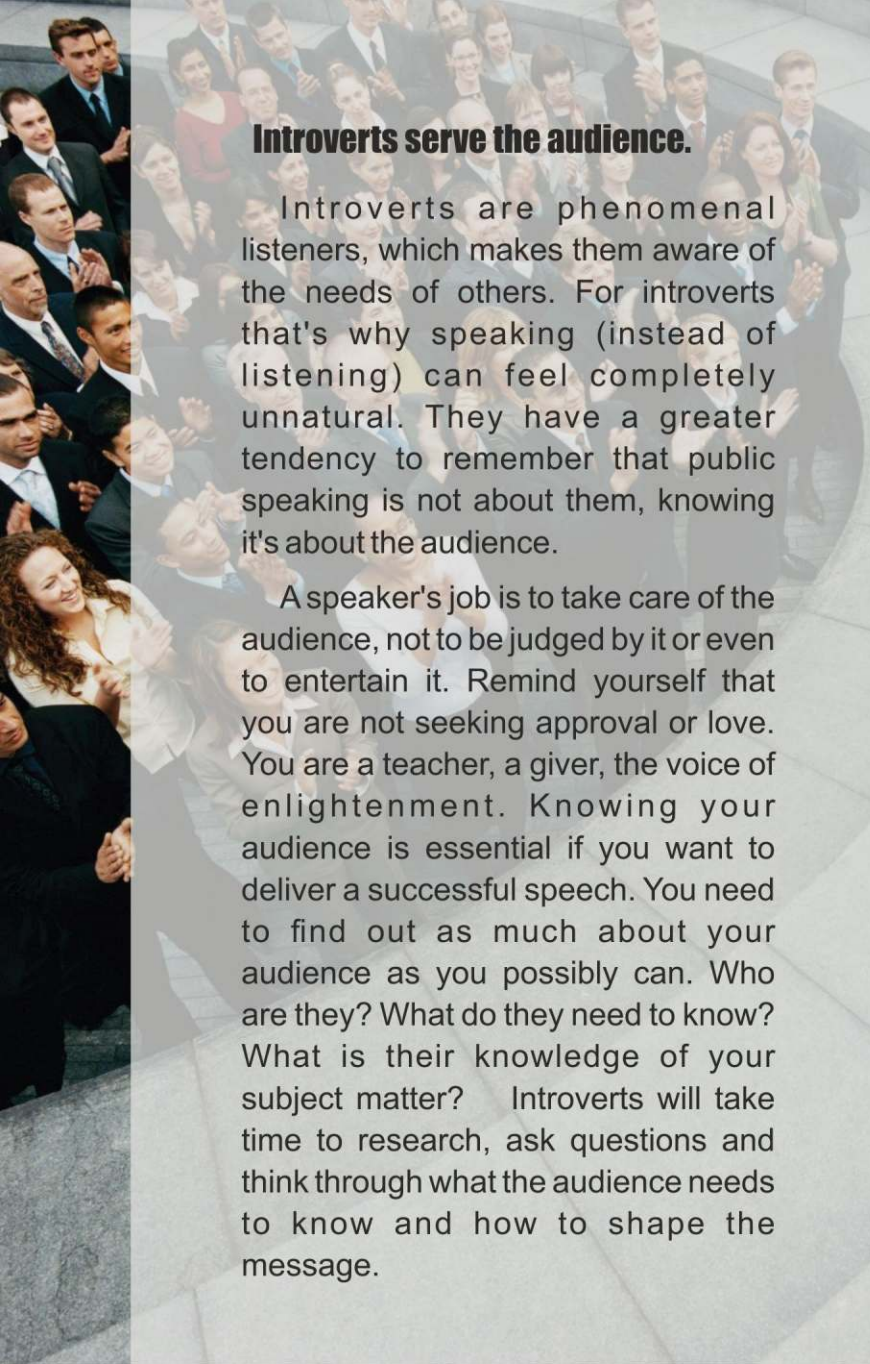
The most powerful speakers have a strong belief that their public speaking will bring some kind of benefit to the audience. If you believe firmly in your message, you will have no problem speaking with confidence; because that message is more important than your nerves.

Think about Churchill and Gandhi – two incredibly powerful speakers – two incredibly powerful speakers who faced public speaking anxiety at some stage in their life. But they had missions that were greater than themselves, so by serving the audience their nerves were no longer an issue.

Introverts serve the audience.

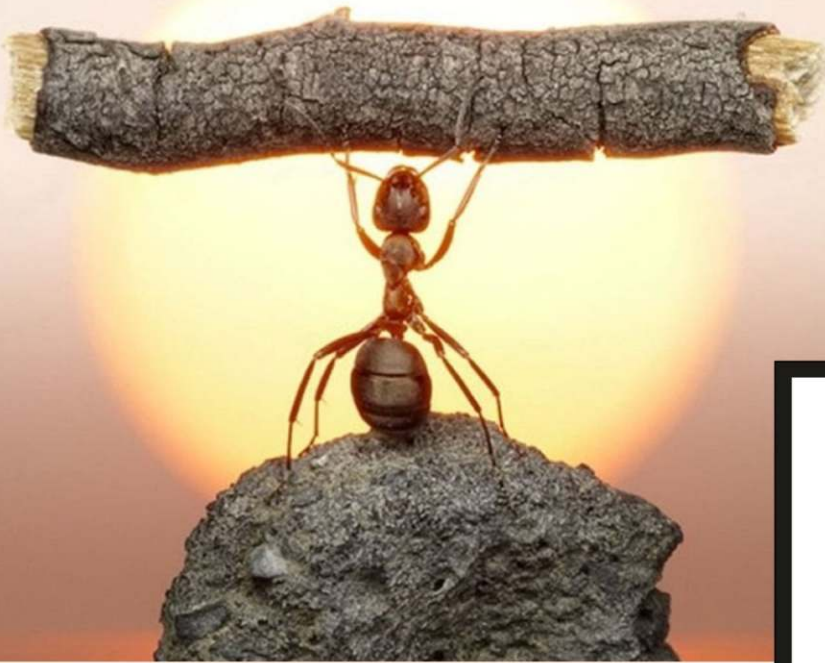
Introverts are phenomenal listeners, which makes them aware of the needs of others. For introverts that's why speaking (instead of listening) can feel completely unnatural. They have a greater tendency to remember that public speaking is not about them, knowing it's about the audience.

A speaker's job is to take care of the audience, not to be judged by it or even to entertain it. Remind yourself that you are not seeking approval or love. You are a teacher, a giver, the voice of enlightenment. Knowing your audience is essential if you want to deliver a successful speech. You need to find out as much about your audience as you possibly can. Who are they? What do they need to know? What is their knowledge of your subject matter? Introverts will take time to research, ask questions and think through what the audience needs to know and how to shape the message.



Not only during the planning stage but also during the delivery, an introvert will remain focussed on the audience and this is an important part of getting instant audience feedback. If you are able to gain valuable non-verbal cues from your audience whilst you are speaking, you can make subtle changes.





**"Be Competent to win without being in the competition"
- A message to the young**



Do you remember the slow and steady wins the race story?-Tortoise and the Hare story Did one of your parents' question "So, who came first in your class?" blogged down? felt heavy on your shoulders? welcome to the real world!

If it is always the 'win' that matters and only the 'winner', how about people in the groove, wasn't their effort genuine enough? aren't they the best too?

We need someone telling us

"If you can't win, make the guy ahead of you break the record!"

For every Sean Connery there is a Nawazuddin Siddiqui, for every Jeff Bezos there's a Azim Premji, for every Lionel Messi, there's a Dhyan Chand, for every Mary Kom there is a Karnam Malleswari. Popularity and accomplishment are the sides of the same tossed coin. If it is always the best that stands up, it's also the next best that counts because it sets COMPETITION!

We are ofcourse in a world of competition whether the best version of a phone or a SUV, competition ignites motivation, invention and innovation.

Take a moment, step backward and STOP!

Need is the mother of all inventions, if we are living in a metropolitan, cosmopolitan city today it all began with the early stone age era when the nomads picked up momentum. Believe me, they did not compete with each other but enhanced their understanding and knowledge. From fire to rocket and barter to world trade has been progress and strength.

It's one thought, one attitude that can make a world of difference.

The mad rush to join the best of international schools, scores, assignments and ranks, the gusto to join the best professional colleges with big heavy fee, projects, internships, industry visits, labs, libraries and lectures. The journey does not stop, it's just the beginning into an unknown space- jobs, interviews, selection process Swimming through umpteen candidates to bag a privileged position- the real race begins





From a fresher to the CEO and CFO, a posh lifestyle and a good bank balance as if you have just recycled the money spent over your studies into your childrens'.

Holidays, celebrations and it doesn't stop here, life starts getting philosophical, when you look back and only realise that life has been a hell of a roller coaster ride like the sand dome built by little hands that keeps collapsing with every wave of the sea.

Life offers us opportunities, our educational qualifications give directions and our career gives us value but in the REAL sense what can make one exuberant and invincible is the choice to be self sufficient having self worth, an uniqueness in spreading positivity into this world full of chaos and uncertainty.

It is the zeal to excel, the skill for inner engineering and to think out of the way that can bring big things into this world. If you are on a mission, do you really have time for competition? We stand with people not against them to show our worth.

"Be Competent"- upskill yourself, upgrade self, learn to love yourself, have a good stewardship of self-care and 'be yourself' because it's just not a right but an obligation. Leave something behind with every person you meet and understand what lies within yourself rather than around. Define yourself without accepting others' version of you. Do not surrender your dignity even if someone assaults, mocks or vandalizes it. Let your procrastinations, negatives, ego, and lack of knowledge not steal away who you really are. If people can take you only as an idea, a fantasy and not the real you, stand up, speak up and show up threatening to be better than who you could be, you now know you are in the real competition.

You are not made up of circumstances but 'what you are' because the same boiling water that softens the potatoes, hardens the eggs. Sometimes you are ahead, sometimes you are behind, the race is long and in the end it's only with yourself!



Hema N
Assistant Professor
RV PU College
Bangalore

Vaishnavi

A Versatile Child Actor of South India

Films, on the other hand, are a dream for every artist, there is creative satisfaction, an opportunity to portray your art and skills closest to its best form. I think both have their own challenges and benefits.

Vaishnavi is considered to be one of the finest and rising child artist. Being a prominent face of mainstream cinema, Vaishnavi had worked with Superstars like Power Star Punneth Rajkumar, Kiccha Sudeep, Nitya menon, Rashimika Mandanna, Amulya, Ravishankar, V Nagendra Prasad, Ananth Nag, Shubha Punja & as a guest appearance in famous television serial "Bhramagantu" directed by Shruthi Naidu and many more.

Vaishnavi, the well – known child actress of South cinema, got a break from the movie "Maduveya Mamatheya Kareyole" directed by Kavi Raj in Toogudeepa production. Cameraman Arun Suresh and the Editor Nagendra Urs introduced her to the field. She got the golden chance to work with K S Ravikumar which was nothing short of a dream.

Needless to say, Vaishnavi is very much popular in Kannada, Telugu and Tamil film industry. Ahead of the release of Devathe, a Kannada movie, TWELL magazine recently got in touch with Vaishnavi and had candid chat with her.

In an exclusive interview with us, Vaishnavi shared her thoughts about her cine career, she express her experience in her films.





The actress has opened up about her casting experience. She revealed that, “I feel a lot of gratitude that I got an opportunity to play important characters with legendary actors. Even though I was small when entered into the field, people in the industry makes me feel humble and encouraged to grow in my acting. Usually the ambience on the shooting set will be warm, welcoming and professional. All the actors I have worked with, have a legacy in their own career. I am humbled to perform with them.”

She is a working child actor, doing a lot of advertisements along with her studies. She says, “even as a child it takes effort to go to different locations and learn dialogues but I wouldn't call it a struggle. You only struggle if you do things that you don't like. But if you are constantly pursuing what you like to do and love then, it's a journey and it has its ups and downs. My mother and my sister are the emotional and moral pillars, who constantly encourages me.”

She was born on 19th April 2007. She started her career early, at the age of 7. Even though she has not come from an acting family, she has made her signature in every role does she played. She came to limelight with her critically acclaimed performance in the film Kottigobba 2, which is a super hit movie in Kannada film industry. She gets noticed by her unique performance and won million hearts with her cute antics.

She always leave a mark because of her skills as well as her candid nature. She is known as the 'Dialogue Queen' of Karnataka. And also known as a one take artist in Kannada, Tamil & Telugu industry as well. She had been a part of her movies Rajakumara and Anjaniputra, which celebrated 100days successfully. She is balancing her studies and her acting career smoothly in this competitive world.

She is started her career in the Kannada entertainment industry and hence shifting to the Telugu industry was a delightful shock for her.

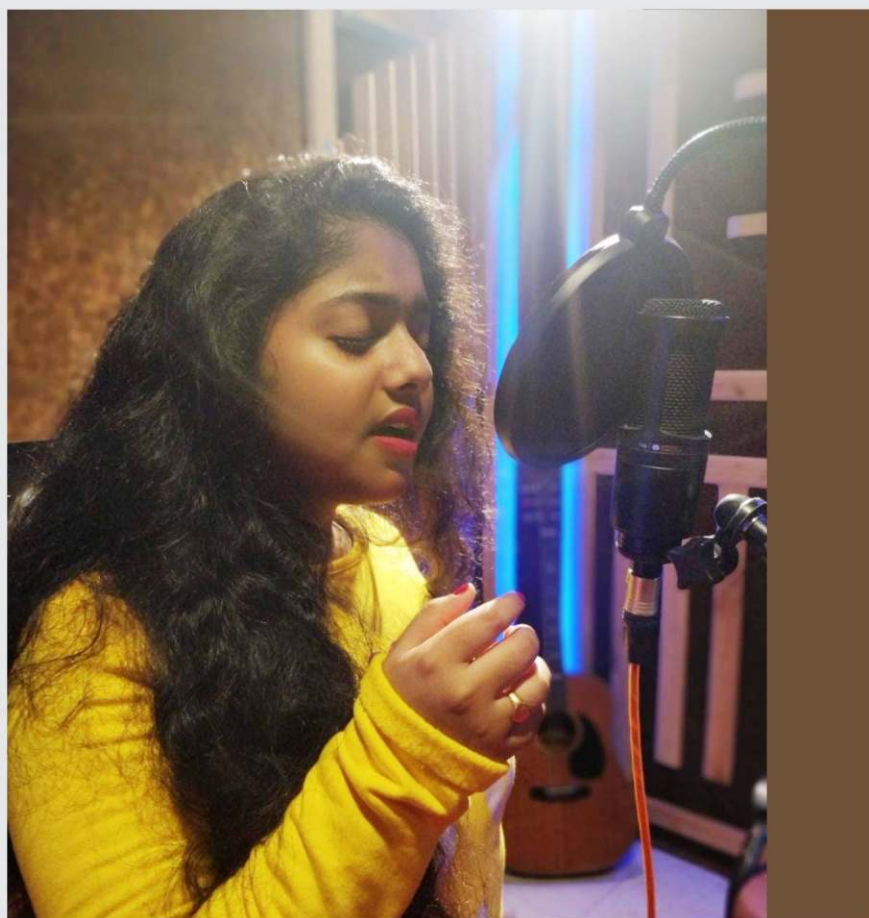
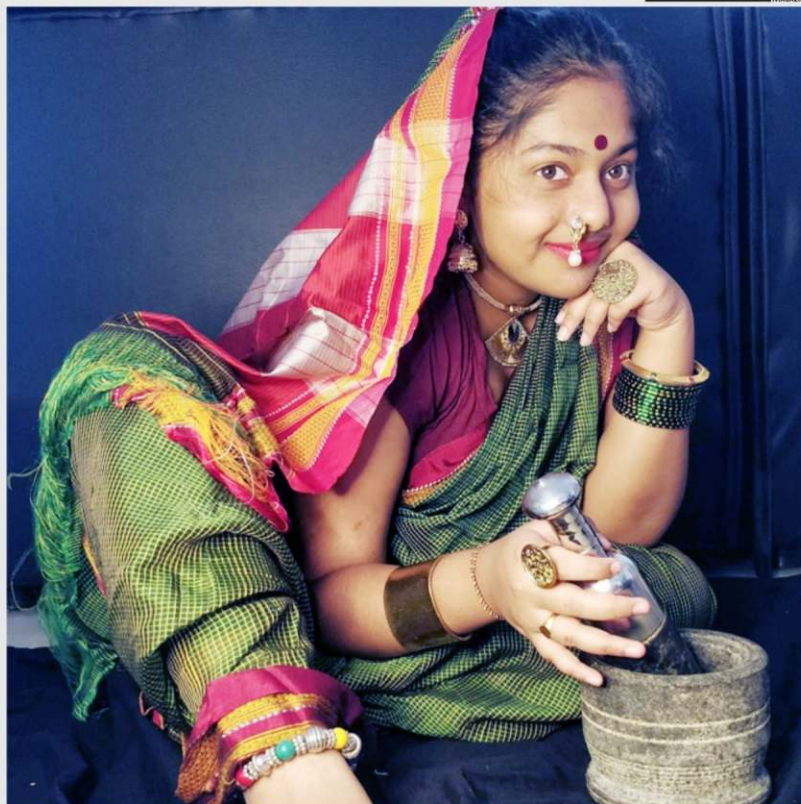


There are many different acting challenges but she wanted to work some of those that she has faced everyday as an actor. Family is her strength and motivation.

The working style, language barrier, ethics, food habits and even the most basic things are entirely different from what she had experienced. Irrespective of the industry, she thrive to mould herself as per the atmosphere and deal accordingly.

There is a unique flavor in all platforms. She has been a part of all three platforms but she would also want to explore herself to the new things. She feels, her job is to perform with all honesty as an artist on any platform and feel that if she is telling a good story or message through her character, Vaishnavi is fine with acting on any platforms.

Despite shooting back-to-back films, the actress has no complaints. Her filmography consists of around 15 films, some of from Telugu and Tamil, many of which became her notable works. However, without mincing words, the actress said acting is her main passion.



After her first movie, Week end with the Ghost, Vaishnavi become completely focused on her south Indian movie projects. Her second movie Maduveya Mamatheya Kareyole followed by the super hit films Kotigibba 2, Rajakumara, Bhanumathi and so on.

Vaishnavi's Mother is a President of International Human Rights Association and is always stood behind Vaishnavi's cini career and her studies.

Apart from films, she has also learning music, and piano. She wants to become Doctor, Actor, and music director. Let us wish may all her dreams comes true and wish for all her future endeavours. Her motivators are Anushka Shetty and she wants to be a popular actor like Amithab Bacchan.



Dr. Sreedharan Sobhana

The Lady who brought Sleeping Buddha to Silicon City

Each mother tries to see life through their child's eyes to make every struggle more rewarding and less stressful. Their special relationship is evident and inspiring, especially being a mother of a special child is quite challenging. These women are unsung heroes of our society, waking each day to protect their well-loved child and grow the foundation for a successful independent future.

Today we are introducing one of such Unsung Hero of life. Master Dr. Sreedharan Sobhana is the mother of a disabled child and a Spiritual Healer. Due to the negligence of doctors, her daughter had brain damage during her birth in Singapore, which led her to leave the job and passion for the betterment of her daughter's health and to seek traditional medical assistance.

She filed a case against the doctors and succeeded after 6 long years. But that was not a true justice. That negligence made her to fight throughout her life. One fine day, she decided to migrate to India leaving her country Singapore, to get the treatment for her daughter. While trying various methods and remedies to cure her daughter, she also learned and practiced Aromatherapy and Herbalism with Jurlique, learning and picking up knowledge from various books and materials.



Even her early life was not smooth enough. She began her career as a Production Technician in General Motors, followed by Production Inspection Specialist in Baxter Healthcare Pte Ltd and then moved on to American Hospital as the head of Billing Department. Modelling was her passion. During her career, she participated in many Beauty Pageants like Mrs. World Singapore, Fashion event in Baxter Healthcare Pte Ltd in 1990 and many more. At the age of 63, she created a record in the field of Fashion in Mrs. India Fashion Icon 2019.

Being a natural gifted Healer with inborn psychic and intuitive abilities, she found her true calling; realizing it was her mission to help people. Her true strength comes from deep meditation of the Divine. One fine day, she dreamt a dream from Buddha. "In the dream, he sent me to convey His teachings to mankind, to assist them out of this never-ending suffering. And from this my true destiny was shown. I started a humble Buddhist-Hindu Temple in 2007 in Bangalore, which is known as SRI DHARMA BODHI TEMPLE", Master Dr. Sobhana explains.



Master Dr. Sobhana's name is recorded under the World Record category in Karnataka Achievers Book of Records, for being the First Indian Woman to build a Buddhist Temple with Sleeping Buddha statue in South India.



Sri Dharma Bodhi Temple is a place for hope and peace. Being a shelter for various social activities, Master is helping people to calm themselves and alleviate their sufferings. Temple has many specialities.



Sleeping Buddha is the main deity of the Temple, which signifies Mahaparinibbana, end of sufferings. The statue measure 6 feet in length and the statue is from Thailand.



There is an opportunity to do meditation at the height of 22 feet above ground level which happens to be right below the Bodhi tree branches. Yakshas statues are built at the entrance of the temple.



Creator of the Universe, Lord Brahma's statue can be seen in the Temple. Very rarely we find Lord Brahma statue in South India.

Her contributions to the community surfaced and were recognized by many organisations, and she has received many awards and accolades from various institutions. Master Dr. Sobhana is the first South Indian Women to be honored with "Outstanding Women in Buddhism Award", an International award conferred in Thailand on International Women's day 2019.



Master Dr. Sobhana gave the Bhutanese nursing students, who were away from home, the chance to practice chanting in Sri Dharma Bodhi Temple. Even though she is a Master and strict enough to her students, her love is so profound, even for animals. Even though her schedule is constantly packed, she pours her constant care for her daughter. It has been 32 years and she still takes care of her special needs child with such tender loving care. Her never ending energy to meet daily challenges, and an ever-flowing river of faith that her child will meet her potential.



Sri Dharma Bodhi Temple is located at
#24, Sai Lotus Layout, 1st Block, 5th Cross, Channasandra,
Rajarajeshwari Nagar, Bangalore- 560098, Karnataka
Phone number: +91 9886255531

JACKFRUIT BASUNDI

INGREDIENTS

Milk	1 to 1 ½ Ltrs.
Sugar	½ Cup
Coarsely blended Jackfruit puree	1 Cup
Cardamom Powder	1/2 Tsp.



**KNOCK
THE
KITCHEN**



METHOD

- Combine the milk and sugar in a deep non-stick pan.
- Once the milk starts boiling add the blended jackfruit puree cook the milk in medium flame till it thickens.
- Mix well and cook on a medium flame for 25 minutes, while stirring occasionally and scrapping the sides of the pan.
- Add cardamom powder and cook for another 2-3 minutes.
- Remove the pan from heat and allow the Jackfruit Basundi to cool.
- Garnish it with finely chopped jackfruit and serve chilled.



Dr. Saraswathi N
Founder, Sacchus Kitchen
Trissur





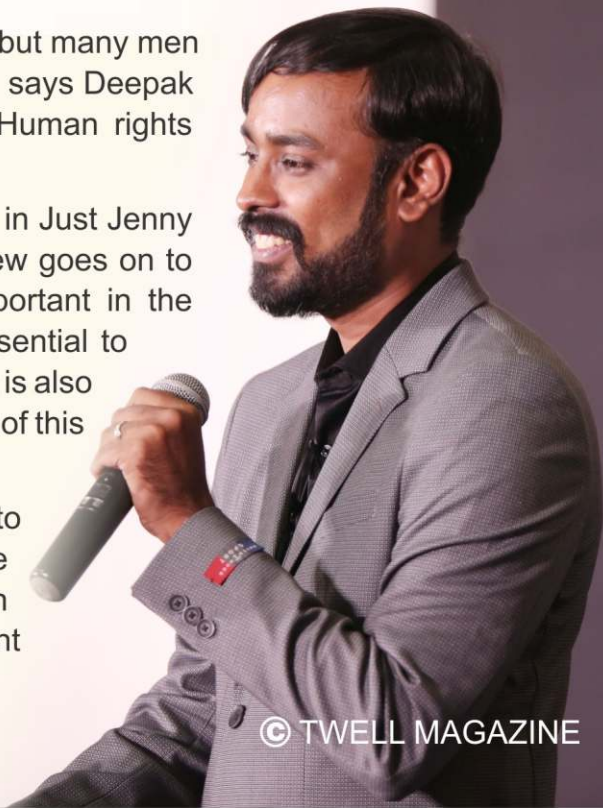
**Celebrity Host
Jenisha Sharon Jha**

“WOMEN EMPOWERMENT TALKS WITH THE EDITOR-IN-CHIEF”

“Women are without a doubt their own greatest champions, but many men are also lending their support to the cause of gender equality”, says Deepak Tater Jain, the Tamil Nadu state President of International Human rights Association.

In an interview with Jenisha Sharon Jha, a celebrity anchor in Just Jenny show, he discusses about women empowerment. The interview goes on to highlight why Women empowerment has become more important in the current scenario. He says, “For a nation to progress, it is essential to empower women. Gender equality is a basic human right, and it is also fundamental to having a peaceful, prosperous world. A key part of this empowerment is through education.”

He further stated that obviously, what we have been doing to push for gender equality is not enough. To make progress, we need a more active stance. Men have the most important role in achieving gender equality and promoting women empowerment initiatives.



He For She is an example of a similar solidarity campaign to achieve equality by encouraging all genders to partake as agents of change and take action against negative stereotypes and behaviours.

Empowerment is enabling girls and women to develop their own solutions to the problems they face, and supporting them to transform their own lives, families, and communities.

Not only that, the mission of Empowering Women is to inspire women in business to reach their highest potential by instilling confidence, building networks, and promoting community.

He's also wagered against MLM. Many people may not be familiar with the term "network marketing," but they do know this process by another term: multi-level marketing, or MLM for short, which has become most common word in the mouth of modern women. It can sometimes be difficult to determine when something is real or if something is just a scam with modern network marketing.



He also quoted that majority of companies and schemes are fraud and it is very difficult to trust on such schemes and companies which in turn make the task of genuine companies also difficult as individuals treat every company as fraud and therefore they will not market the products of the companies easily to their networks. The pressure to sell and recruit has led to underhanded tactics that strain, fracture and sometimes end friendships and family relationships. If you are considering starting a multi-level marketing business, do your research and then step ahead.



The word 'empowerment' has become so overused that it is essentially meaningless. It is time to stop calling for women's empowerment and start recognizing and respecting their rights.

Talking further about his brain child South India Women Achievers Awards and now the most awaited All India Women Achievers Awards, he said that, It all started with my mother's dream. During the SIBA 2018, Mr. Deepak Tater Jain's beloved mother put a thought across the table. She said "If someone had awarded me when I was running the business, I never would've quit despite the backlash". Soon after this conversation, Mr. Deepak Tater Jain's mother breathed her last.



Mr. Deepak Tater Jain had a vision towards empowering Suburban and Rural cities of South India, The objective of SIWAA, as derived by Mr. Deepak Tater Jain, was to felicitate and honor hardworking women entrepreneurs of India in order to motivate them.

Mr. Deepak Tater Jain is one of the most hardworking, strong and inspiring people that we can look up to. Without the help of social platforms, he broadens his horizon and becomes one of the young and successful entrepreneurs.



Saluting Motherhood



It is the time of year to celebrate our Mothers. Just in case you are wondering who a mother is and what she does, ponder these words that describe a mother: love, care, sacrifice, beautiful, strong and of course she is a synonym for the word perfect.

Every mother deserves honor and respect for all she does for her children. Although we do not thank our mother every day for every pain she goes through and the sacrifices she makes, we can do so on a special day dedicated to them — Mother's Day.

Celebrating Mother's Day is always a treat, but a Saluting Motherhood event will make the day more meaningful, thanks to their insight, inspiration and her sacrifice.

Women are honored and awarded for many of their accomplishments in managing the households as well as setting up new heights for themselves at their place of work. These remarkable, multitasking moms serve as strong role models and mentors to others, inspiring their co-workers, families and communities with their talent and tenacity.

Let's all thank our mothers this Mother's day for the love and care they provide us all our lives. In celebration of honoring women, Born to Win Foundation kicks off its emotional and entertaining event "Saluting Motherhood" to pay tribute to mothers, who are keeping their families cheerful and safe during such challenging times.

Varsha Aswani, the Founder and the Managing Trustee of Born to Win Foundation Trust. She is a social entrepreneur who operates in the landscape of social entrepreneurship ventures including social purpose ventures & NGOs. She has received prestigious awards and accolades from many reputed institutions.

Saluting Motherhood is an innovative and social event organizing from the past two years along with her two sons Jai and Preet. Jai Aswani, the Global Ambassador of Born to Win Foundation Trust has initiated several social initiatives that have earned him a lot of recognition.

Winners of the Drawing Competition



Zaruf Iqbal
Age 13yrs



Mahwish Siddiqui
Age 8yrs



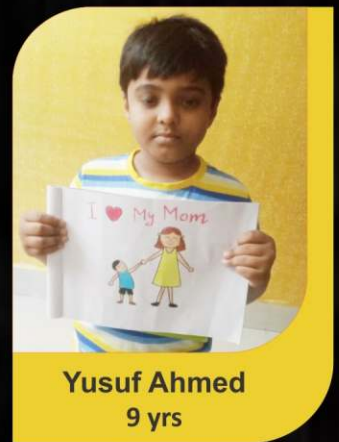
Humaira Shafique
Age 5 yrs



Uzaira Shafique
Age 11yrs



Yunus ahmed
Age 5 yrs



Yusuf Ahmed
9 yrs



Aamna Amin
Age 6 yrs



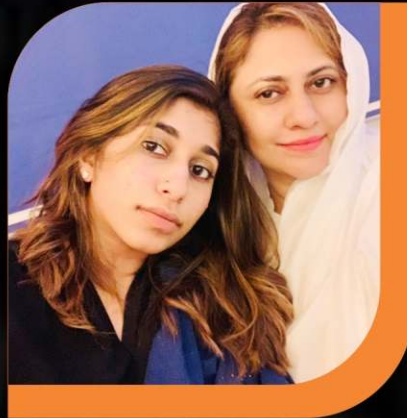
Sk . AqduS Rahman
Age 9 yrs



Aaira Rushda Rahman
Age 5 yrs



Tamimuddin
Age 8 yrs







Moral Story for Kids

THE POT FULL OF WIT

Akbar was once infuriated with Birbal and banished him from his kingdom. Birbal travelled to a faraway village and assumed a new identity and started working as a farmer. After a couple of weeks, Akbar started to miss Birbal and hence asked his soldiers to find where he is and bring him back to the kingdom. The soldiers searched from one end of the kingdom to another but could not find Birbal.

Akbar then came up with an idea to find Birbal. He sent word across the kingdom that the head of each village has to send him a pot full of wit. Anyone who cannot send the pot full of wit can instead fill up the pot with gold and diamonds and send it to him.

The people in Birbal's village found the announcement absurd and were wondering how to fill the pot with wit. Birbal stepped in to help and came up with a way to give the king what he wanted.

KIDS 
CORNER

He put a small watermelon into the pot without separating it from its vine. He watered it every day and grew it big enough so that all the space in the pot was taken up.

Birbal then separated the watermelon from the vine and sent the pot to the king. The instruction that was sent with the pot read, "You can find the wit in the pot if you carefully remove the watermelon without cutting it." Akbar realised that only Birbal could have sent the pot. He travelled to the village himself and brought Birbal back to the capital.

Moral :

Even the toughest questions can be answered cleverly if you think hard.



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SOUTH INDIA WOMEN ACHIEVERS AWARDS

2020

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Asha Rajini

Using WhatsApp, this woman has been selling sarees over three years and slowly built a band. Social media is a double-edged sword. Use it right and it can cut the crap and reward you.

That is what Asha Rajini found when she started using WhatsApp to sell sarees online. She is the founder of **AR Fashions**. She had a mindset to work from home. After exploring different businesses, she entered to the fashion business. In three years, she has sold sarees worth of lakhs. Not only has she brought prosperity to her life, but she has also empowered many women struggling to make ends meet by making them resellers.



Based out of Bangalore, What started as a trial-and-error in 2018, when she first sold some sarees on a family-and-friends WhatsApp group, is now a thriving business. After her wedding she shifted to Bangalore, and tried many other businesses, looking for a source of extra income coming into the family kitty. Later when Social media came to trend she started with handmade jewellery. It was again a great success and she was featured in leading news paper as well.

Her husband, who is working in an MNC, also helps and supports her. When Asha Rajini started on WhatsApp, it was mostly her friends and family who bought her sarees. As word spread, more and more women started buying sarees directly from her and selling it themselves.

She has won many awards and accolades in her journey. She is also the proud winner of India's biggest South India Women Achievers Awards -2020.



She is the proud winner of India's biggest South India Women Achievers Awards 2020.



A Girl Who Lives Her Father's Dream Hephzibah Thavaraj

Any young woman at the start of her professional career will know the difficulties that come with being young and female. There is often a desperate need to try and prove yourself; Hephzibah Thavaraj is Known for her devoted career in advancing social acceptance.

When Hephzibah Thavaraj claimed her maiden in Cuddalore District around ten years ago, she was living a dream so passionately cherished for long by her father, who had yearned to become a social activist and had a dream to achieve in IT & HRM field.

After the sudden demise of Dr.K.V.Thavaraj in 2011, his daughter Hephzibah is taking the organisation forward. She was just 23 years at that time. Late. Dr.K.V.Thavaraj was the founder of OASIS TRUST FOR THE DIFFERENTLY ABLED, established in the year 1987. It is a Pioneer Organisation serving for the Disabled in Cuddalore District, Tamil Nadu. The Trust was created with the aim of serving the homeless roadside mentally ill people and the differently abled Children like Hearing Impairment, Locomotor Disability, Intellectual Disabled with Education, Training, Medical Rehabilitation, motivation, referral services and reunion with their families.

And now Hephzibah is the Chairman cum Director of Oasis Trust for the Differently Abled. "When my father passed away suddenly, he had started many projects.

So, I thought I should continue this wonderful cause started by my father and have been doing that since then; because my father loves Oasis more than anything in the world and I love my father like my whole world". Hephzibah Thavaraj took the in charge of Oasis and she was extraordinarily close to her father, a pious and compassionate man who instilled in his daughter a deep commitment to charity.

Oasis was initiated to develop a better quality of life for people with disabilities.

Vision is not to let anyone die due to ill health or lack of shelter. More than 50% of their residents have been rehabilitated. Even in peak of COVID-19 lock down, so many homeless roadside mentally ill patients were and took care by OASIS.

Today, Oasis Trust stands to be a complete solution provider by supporting education and livelihood needs of persons with disabilities and those from underprivileged backgrounds.

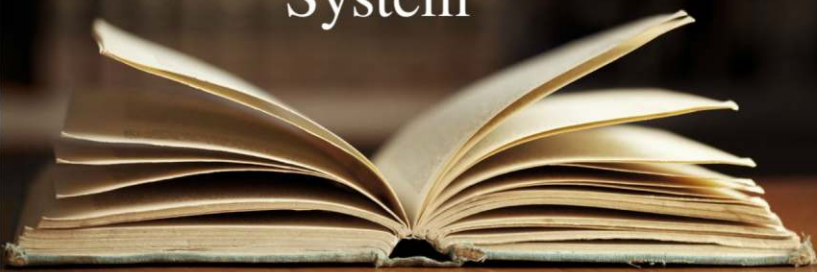
The organisation has received many state and national awards.

Hephzibah Thavaraj is the proud winner of India's Biggest South India Women Achievers Awards -2020.



Hephzibah Thavaraj is the proud winner of India's Biggest South India Women Achievers Awards -2020

Our Indian Education System



Under various articles of the Indian constitution, free and compulsory education is provided as a fundamental right to children aged 6 to 14. Indian institutions have been working to reform the existing education model too. However there are still several issues need to be taken care of.

At the primary and secondary level, India has a large private school system complementing the government run schools, with 29% of students receiving private education. Poorly resourced public schools which suffer from high rates of teacher absenteeism may have encouraged the rapid growth of private schools. And nowadays the average yearly expense of a primary school education is more than the expenses of my entire education!



There are 950 Universities, approximately 50 thousand colleges. Approximately 35 crore students' study and 88 lac graduates every year. The number of engineers produced by India in a year is more than the total population of Switzerland. Even after such a revolutionary figure, Switzerland tops the world when it comes to "Research & Innovation", not India. Republic India has given zero Science Nobel Laureates, while USA has crossed 100.



ASSOCHAM reported 93% of the MBA graduates are either unemployed or underemployed. And according to the latest reports of ASER, 83% of the graduates are not even employable. Approximately 82% of the students of age group 18, have mobiles with 4G connection. But only 42% students could point out their states on the map of India. They are not taught logical and rational thinking, or the "Application of knowledge"!



The students spend about 25% of their entire life in studies to secure good scores in exams, because they are taught that these marks decide the rest of the 75% of their life.

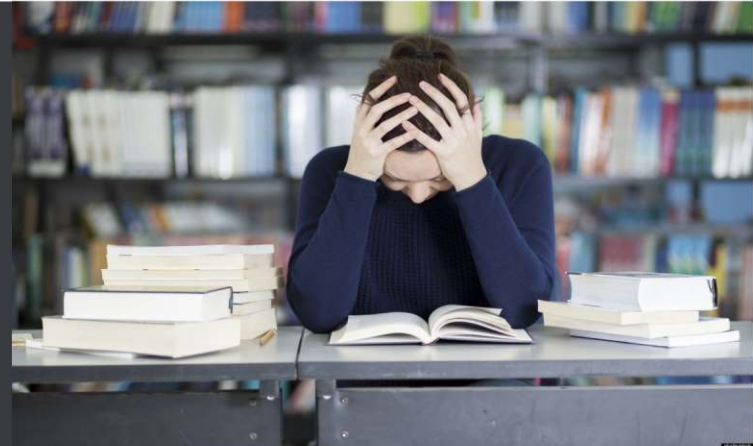
The infrastructure of these schools is more than 400 years old. The British empire 400 years ago basically needed 3 kinds of people;

- 1) Clerks to manage their work,
- 2) Factory workers,
- 3) Military guys who can protect their territories.

So the requirement was to have no skill sets, no creativity, and listen to the instructions and do their job quietly. So our schools are modelled on the basis of these factory models.

The grouping of the kids in sections is based on the age group not their learning abilities. The tests are conducted not to assess the strengths and weaknesses of the students, but just to certify as pass or failed.

Our education system is not equipped to train students to be a confident and successful professionals. 20 kids per day kill themselves because of academic pressure. A suicide is attempted every 90 minutes. While quantitatively India is inching close to universal education, the quality of education has been questioned, particularly in its government run school system.



The biggest flaw lies in the pre-primary and primary structures. Schools must introduce more of conceptual learning. The teachers should be imparted their training in such a way that they can act as parents, so that students can feel the empathy and love which is then reflected in their behaviours. Schools must embrace technical education from the early years, so that technology doesn't come like an alien in their later times. Students must also be taught in-depth about morals of life and inculcated with humanistic values. Education is not always about becoming big, rich person. It should make them good humans too.

Distance education, like Indira Gandhi Open University should be encouraged more, where classes are conducted on weekends, or online, where students get to work in industries and corporates, so that they get trained for their skills and gain some experience and meanwhile complete their graduation too. Likewise we can come up with some plans and policies to empower our education system.



Sangeeta Keshav
Vedic Counsellor &
Yoga Practitioner
Bangalore

Caring for your eyes during the COVID-19 outbreak

While the global pandemic has interrupted many healthcare services, eye care is still essential and available under certain circumstances. We have yet known that touching a surface or an object that has any virus on it can act as a potential carrier also known as fomites. We also comprehend that touching own mouth, nose, and eyes can cause the virus to enter your body.

Coronavirus does spread via your eyes so it is our utmost duty to protect our eyes at all times. When someone who has coronavirus coughs or talks, virus particles can spray from their mouth or nose into your face. You are likely to breathe these tiny droplets in through your mouth or nose. But the droplets can also enter your body through your eyes.

People who have coronavirus can also spread the disease through their tears. Touching tears or a surface where tears have landed is another way someone can become infected.

You can also become infected by touching your eyes after touching something that has the virus on it.



Here are ways your ophthalmologist will work to protect patient health during the coronavirus pandemic.

1. Expect changes to your routine eye exam and procedures like online consultation
2. Eye doctors recommend the following precautions:

- If you have a cough or a fever, you must call your doctor's office ahead of time and let them know.
- Wear a protective covering or mask, and to wait in a special room away from other patients.

If you need to cough or sneeze during your exam, move back from the microscope. Bury your face in the crook of your arm or cover your face with a tissue.

Guarding your eyes — Here are some ways to you can keep your eyes safe and healthy during this coronavirus outbreak.

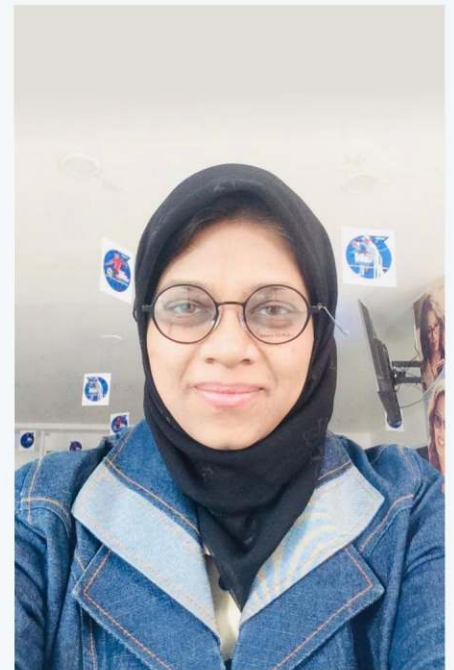
1. If you wear contact lenses, try switching to glasses for a while.
Substituting glasses for lenses can reduce eye irritation.
2. Wearing glasses may add a layer of protection. Corrective lenses or sunglasses can shield your eyes from infected respiratory droplets. For better protection, you must use safety goggles if you're caring for a sick patient or potentially exposed person.
3. Stock up on eye medicine prescriptions if you can.
4. Avoid rubbing your eyes.

Dry eyes can lead to more rubbing, so consider adding moisturizing drops to your eye routine.

Safety precautions in general at all times to be followed:-

- Wash your hands a lot.
- Follow good contact lens hygiene.
- Avoid touching or rubbing your nose, mouth and eyes.

Follow the hygiene protocol and make the surroundings COVID free!



Dr. A. H. Hajra Salar
Ophthalmologist
I Care Center
Hyderabad

This is the best time of day to Exercise backed by science

There's so much conflicting research out there on when the optimal time to workout is. Morning people claim it boosts your metabolism, but night time people claim that actually doesn't help you lose weight. Night time people claim it helps you sleep better, but morning people say that's actually not true. So what's the right answer?

Here's the right answer you will get in better shape and your performance will improve if you pick a time and stick to it. As far as we know now, morning and night bear little difference in weight loss results between groups. But those morning people or those night time people that stick with a consistent time? That's when results start to show.

But how to decide which is right for you? First: don't freak out if you miss one morning or evening workout in your journey to finding the perfect schedule. But take note that might not be the best time for you.

Here, to help you decide, are the pros and cons of working out at night versus in the morning





Morning Workouts: Pros

- Testosterone and other muscle-building hormones are higher earlier during the day. Wake up with your hormones and you'll have a faster path to stronger muscles.
- Exercise is a natural caffeinator, which means you can cut back on the coffee.
- Morning workouts may prevent cravings.
- Fat is your primary energy source in the morning—you've been fasting all night!—so when you work out, you're targeting fat more directly.
- It will lower your blood pressure, and according to researchers, improve your sleep.
- Morning exercisers tend to be more consistent.



Morning Workouts: Cons

- When you wake up, your body is stiff, your muscles haven't been used, and you need to invest in some serious stretching time. If you don't, you have a higher chance of injury.
- It's possible you're going to be energy deficient. In the morning, you have lower energy stores that might hold you back from an intense workout.
- The whole "boosts your metabolism" thing might not be totally true. New studies show that even with a morning workout, your metabolism will slow again in the evening naturally.

And for the night owls, the master schedulers, and people who just don't like to wake up early? Here are your pros and cons.



Evening Workouts : Pros

- You can work out harder, for longer.
- They help you unwind from a tough day.
- You can build more muscle.
- You'll sleep more deeply. For a while, there was a body of studies that said a hard workout at night could mess up your circadian rhythm. It's possible that might be true for a hard cardio workout, but strength building at night has been shown to encourage deeper sleep.
- Group classes ramp up from 5-8. More options to choose from!
- The body's metabolism may adapt better to later workouts.
- You're naturally more flexible later in the day.

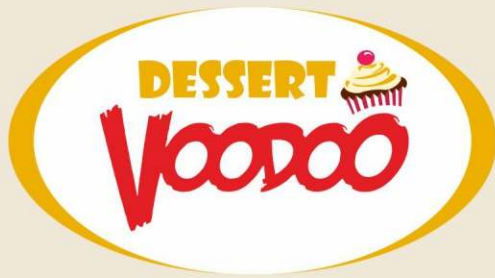
Evening Workouts : Cons

- They're easy to skip or miss. You've got a to-do list in the afternoons and who can blame you if you skip the workout to grab your kid from practice?
- Aerobic exercise at night can mess up your sleep. Save the cardio for the morning.
- It's easy to lose motivation throughout the day, and the most powerful influencer on your workout schedule is you! If you don't stay motivated all day, accept that and go for mornings.



We say that in order to succeed, you need to set yourself up for success. If success doesn't naturally happen at 5:30 a.m. for you, accept that and sleep in. Pick the time of day when you know you can commit to consistency. The best part of working out is that you're in total control, so listen to your body, practice a little discipline, and give yourself some fitness agency.





Chocolate Mud Cake

Ingredients :

Butter	:	250gms
Chocolate	:	500gms
Instant coffee	:	2 tsp
Water	:	375ml
Sugar	:	220gms
Cocoa powder	:	4 tsp
Flour	:	240gms
Baking soda	:	1/4 tsp
Baking powder	:	1/2 tsp



RIYA (MONICA)
KRIYA Cakes And Treats
Ulhas Nagar, Maharashtra



Method

- * Combine butter, chocolate, coffee, sugar, cocoa powder and water in a microwave safe bowl.
- * Heat it till chocolate is completely melted.
- * Let it come down to room temperature.
- * Add the flour and baking soda.
- * Now bake it on 160c for 50 min.

Note : You can decorate it with melted chocolate or shredded chocolate





KHADI OR KHADDAR

- A Humane Soul & Trend

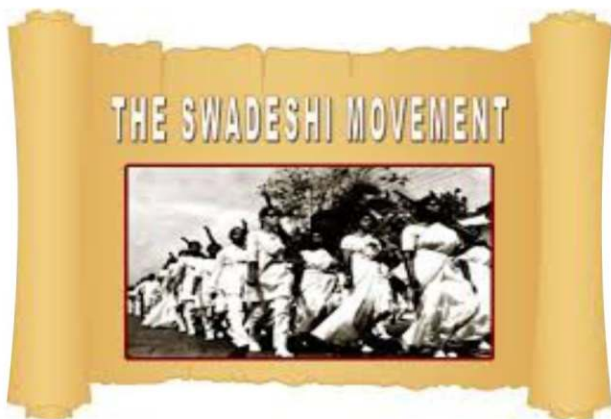
One of his visits in South Africa, Gandhi's style of dressing caused problems wearing a turban & due to his Indian-ness he was thrown out of the first class train coach unless the dressing attire matches in European standard to look 'civilized'. He realized the meaning of cloth is "their importance as indicators of status & social scaling." The British colonization had wiped out the Indian economy by overtaxing the cotton farmers & the cloth manufacturing taken back to England. Exporting European countries ruined the trade, leaving farmers, spinners, dyers, weavers in poverty. He realized the cloth industry (but not the industrialization of it) could lift India out of poverty.



Khadi

A timeless Fashion proclamation

The Khadi Village & Industries Commission (KVIC) initiated research in the manufacturing techniques & tools to improve quality and promote Khadi products establishing number of Khadi institutions & trained artisans which tremendously boosted production of Khadi fabric with more than 15 lakh people now engaged. Logo of 'Khadi Mark' indicates the genuineness of the product. Leading Celebrities, Sports personalities and fashion designers have come forward to promote this unique 'Made in India' fabric in the global arena. Khadi which started as a symbol of the 'Swadeshi Movement' led by Mahatma Gandhi 100 years ago, echoed emotions behind the patriotism is now a Fashion statement in India, gradually getting popular across the globe. During independence, Khadi emerged as a white, pristine fabric, also remembered as the famous Gandhi Topi. Once considered as the fabric for political leaders and rural folk, Khadi entered the wardrobe of the fashion-conscious urban population & evolved as Indo-western wear.





Khadi is natural & durable in nature, which makes it unique in look, comfort, elegance, versatility and urbane touch, suits Indian weather & reflects the diversity of the country. The design pattern & associated style distinguishes and enhances the beauty of the product. Fashion designers have acknowledged the aesthetic appeal and comfort attributes of Khadi and tested it in blending with other stuff to enhance the fashion appeal in contemporary line. Difference between Khadi and handloom fabric is its texture. There are varieties of products made of Khadi fabric like sling bags, shawls, scarves, shoes, home furnishings & apparel accessories. Men prefer, Dhoti, shirt or kurti. Khadi also used in denims, jackets, shirts, stoles, trousers. Women's preferable attire is Saree, Salwar-kameez, Dupatta, Scarf, & Shawl with shoulder or cling bag. We can see a well emerging market in Khadi Cosmetic products, toiletries, & Khadi Ayurvedic oils in trend too.



Khadi, threads are generally interwoven to provide passage of air circulation in the fabric. Khadi is prepared from natural fibers manually using natural dyes & treated under environment-friendly conditions. People accepted Khadi, because the more you wash Khadi fabric, the better it looks and feels & considering Khadi's eco-friendly it has become a focal point of global fashion owing to growing consumer awareness and the consistent demand for sustainability.

Khadi cotton by hand-spun method (without technological aids) is called Handloom Khadi Cotton & Khadi silk is produced via the same method is Handloom Khadi Silk. Due to the increasing demand from the fashion industry, this blending of different yarns produced in the different regions of India has gained higher popularity like Khadi Silk with the mixture of other yarns of varieties like Matka, Tussar, Pattu in cotton & silk both. Ponduru Khadi silk is produced in the Southern region of India which is unfortunately rare in today's market.

We, as a nation, interpret Gandhi's choice of dress to communicate his political values as crucial to a nation which made visual communication vital. The tricolor Indian flag symbolizes Gandhi's philosophy by incorporating a spinning wheel (Ashoka Chakra) in the center that has 24 spokes representing the eternal wheel of progress and righteousness.



Tumpa Datta Gupta
 Educationalist,
 Founder & Social Entrepreneur
 Green Wings
 Preschool Educational Network.
 Mysore

Beauty of life



“Respect the old when you are **Young**
 Help the weak when you are **Strong**
 Confess the fault when you are **Wrong**
 Because one day in life you will be **Old, Weak and Wrong.**”

Someday when I heard this saying, it took me to days when I had nothing; no dreams, no vision, no passion and some days with all of these but no ways to work. At times when I stay at home I sit idle and think for hours. The pathways that dropped me down, the unexpected failures, unfortunate distress curves and timeless critics that I have come across! Sounds super pervasive to me now and couldn't really imagine how I managed to lift myself up during times when I had to expectedly fall with lack of confidence. Perhaps, we may feel weak, old or even incapable. During times like that, make sure you place yourself into the hands of optimism and let it go. And that's the beauty of our lives.

You struggle today for your bread, let the phase mould you for the better days to come. Cry, crib and scribble your life but never give up. Do not disregard your downturns. Learn, cherish, adapt, adopt and overcome. Some day or the other you will thank that person or the circumstance for what you are that day!

And not to forget to be grateful for the position that you hold beside the trauma. Forgive but never forget. Respect but never be a prey to someone's play. Know the difference and be subtle and natural.

Always have a “Thats okay!” in your life. If you are not super confident of yourself, if you commit to wrong relationships, if you feel all alone, drained, weak or anyhow not the perfect version of someone expects you to be! That's okay girl!! After all, you sketch your living and well do you know how to breathe with it.

Alright! Perfection doesn't matter if you are well to do with what you preach.

Because one day in life everybody will feel old, weak and wrong. Not just you!



Penned by

Vj Kalyani

Prominent anchor of South India
 South India Women Achiever awardee
 Ms.Fashion Icon India



Ugadi

A New Year for South Indians

Festivals



Ugadi or Yugadi literally means 'the beginning of a new age'. With reference to the commencement of the Kali Yuga that started when Lord Krishna left the world, Ugadi is celebrated as the New Year in the Deccan region that lies between the Vindhyachal hills and the Kaveri river, consisting of the states of Andhra Pradesh, Tamil Nadu, Maharashtra, Goa and Karnataka.

It is celebrated on the first day of the Shukla paksha of the Indian month of Chaitra. According to the Gregorian calendar, Ugadi falls in the month of March-April.

Due to this, Hindu New Year is celebrated twice in the year with different names.

It is known as Puthandu in Tamil Nadu, Bihu in Assam, Vaisakhi in Punjab, Pana Sankranti in Orissa and Naba Barsha in West Bengal

On the day of Ugadi, people make colourful patterns on the floor called Muggulu and mango leaf decorations on doors called torana. Buying and giving gifts such as new clothes, giving charity to the poor, special bath followed by oil treatment, preparing and sharing a special food called pachadi, and visiting Hindu temples are some of the common rituals followed on this day.





The Religious Background

Hindu mythology believes that during the evolution of the cosmos, Brahma, the creator commenced the act of creating on the day of Ugadi. Therefore, Ugadi is celebrated in commemorating the beginning of creation when the earth and the life forms on it started emerging. Also, a new astronomical and astrological cycle commences on this day. Therefore, Ugadi is a prayerful day for people to get divine blessings for the successful journey through the New Year ahead.

The Seasonal Background

As we all know that Hindu Year is also divided into four seasons with the Spring season as the first one among them. Ugadi marks the start of spring seasons when nature starts wearing a fresh look laden with new leaves, flowers and fruits.

Most plants come to life around this season and therefore there is a green ambience all around setting a wonderful phase for a renewed look and invigorating spirit. Ugadi thus sets the phase for a new beginning in life and everything around.

On the day of Ugadi, a special kind of juice is prepared by mixing neem flowers, mango scraps and jaggery water. This preparation is of immense health value that is consumed in the empty stomach after the pujas.

Above all, what is important is the renewed spirit that Ugadi promotes among the people. People consider Ugadi as an auspicious day to make new beginnings and engage in innovative ventures. Thus, Ugadi stands for everything new in the lives of people.

Coming Soon!

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