

Women Planet

ANNUAL BOOKLET 2014



Three women,
Three Tales of
Extraordinary Courage

LISA RAY

APURVA PUROHIT

LAKSHMI

Women Planet's

WOMEN OF SUBSTANCE

Making a Difference • Women Rights • Health and Fitness • Child Care • Fashion • Travel • Horoscope • Humour • Food

SUPPORTED BY

SAFETY KART
com

ALONG WITH

women  pla.net

Because
HYGIENE
Does Matter!



- ✓ Ensures 99.9% Germ Free Protection.
- ✓ Clean, Deodorizes & Sanitizes.
- ✓ Dries Quickly & Leave no Harmful Residue.
- ✓ Protects you from UTI and other Diseases while using Toilet in Public Place.



KILLS

Bacteria E.coli

BREATHE EASY

Mint Fragrance No Harsh Chemicals

MULTI-USE

Toilet Seats Door Knobs, Handles

TRAVEL FRIENDLY

Easy to carry Light Weight

QUICK DRY

Evaporates in 5 Seconds

PREVENT

Diarrhoea UTI, Gastroenteritis

Available At **SAFETY/KART**
.com

Phone No. +91-11-45074705

www.safetykart.com | www.peesafe.in

Email: care@safetykart.com





SHOP AT Youshine.in

BANGALORE CHANDIGARH GURGAON GHAZIABAD MUMBAI NOIDA
NEW DELHI PUNE



YOUSHINE
hey, that's new!

we create better web experiences

VISUALLY STUNNING DESIGNS | TECHNICALLY STURDY DEVELOPMENT



www.blackid.com
For all you need to know

BRANDING | WEBSITES | MOBILE APPLICATIONS | CUSTOM CMS | INTERNET MARKETING & MORE

First Floor, Synergy House - 2, Goriya Subhanpura Road, Subhanpura, Vadodara - 390023, Gujarat, India. | +91-265-2280472 | info@blackid.com

PROUDLY ASSOCIATED WITH WOMEN PLANET

1 The Team

Editor

SWATI VAKHARIA

Entertainment & Managing Editor

USHAN ARYA

Makup & Beauty Editor

ADITI PATEL

Associate Editors

GOPI SHAH

HIMALI DOSHI

DARSHANA CHATURVEDI

NALANDA TAMBE

NIDHI SHENDURNIKAR TERE

Creative Director

DHARA VAKHARIA

Technical Support

TEAM BLACK iD

Special Thanks To

Vaibhav Shah

Alok Bhide

2 Connect With Women Planet

 TheWomenPlanet

 womenpla

 +Womenplanet

 womenplanet

What in the world is Women Planet?

It's good to ask questions! A question is what has led you to this note and a big bunch of them led me to put together the concept of Women Planet (www.womenpla.net). These questions were varied. They ranged from "What to do when I am bored" to life altering ones like "What can be done about victim blaming becoming so common through a lot of rape incidents in India?". I realized that a balance of 'me as a person' and 'me in society' is what most people aim for. This is how the aim of Women Planet "Educate, Empower and Entertain" came about – to provide a balance between living for yourself and contributing to the society. Women Planet is an ever-growing community of people from different walks of life and with different areas of expertise who have had a similar outlook. We – all genders alike – are extremely enthusiastic to share our experiences and knowledge and see more people join this movement to promote the reality that women are as equal and as strong a part of this world as anyone else.

It is our attempt to take this idea forward beyond the digital screen so that technology is no bar. We would like to reach out to as many people as possible to come join hands with us to create this space for comfort, contrast and creativity. This edition houses three unique

It's always good to get connected! Please share your thoughts with me @ fb.com/Swati.Sutaria or mail at editor@womenpla.net



and admirable stories of Lisa Ray, Lakshmi and Apurva Purohit. Our cover story "The Woman of Substance" is the story of how they emerged victorious through extremely varied conditions of struggle. The edition also looks into a gamut of topics like health care, fashion and lifestyle, astrology etc. to serve you with things to read about to suit your mood – playful or otherwise.

I would like to take this opportunity to thank my husband, Dr. Jyot Vakharia and my entire family to see me through thick and thin and for their unconditional support. Also, many thanks to my team, without whose hard work and timeless efforts Women Planet wouldn't have been a reality. Last but not the least, a big thank you to all the experts and readers of Women Planet for their invaluable contributions.

I hope you enjoy the ride just as much as I did putting it together for you.

Warm Regards,

Swati Vakharia
Founder & Editor, Women Planet

Women Planet CONTENTS

12 Ladies – Your Safety is Your First Priority!

SANDHYA SHETTY

14 Women's Legal Rights

DR. TRUPTI SHAH

18 Competition & Creativity At Its Peak

SHIVRAJ GAEKWAD

19 Designing For A Cause

SUMAN NATWANI

20 Create Your Own Style... Customize!

KANIKA GUPTA



22 O Womaniya... Let's Gossip Green.

24 Happiness

HIMANI

25 Women of Substance

LISA RAY | APURVA PUROHIT | LAKSHMI



26 The bright 'Ray' of hope through *Lisa Ray*

28 Are You the Heroine or the Victim of your Story? *Apurva Purohit*

30 Trust because you are willing to accept the risk, not because it's safe or certain. *Lakshmi*

Introducing first time unique concept for Gifting to your loved ones



100%
HANDMADE



ECO
FRIENDLY



300
PRODUCT



WOMENS
FASHION



COLOURS
OF HAPPINESS



EXCLUSIVE
RANGE



THE PERFECT
OFFICE
DECOR



FOLLOW US



Palmleaf Product
Designer Gift Envelopes
Printed Gift Envelopes
Moti Coin Pouch

HAMPERGIFT™
Handmade Gifting Concept

71 SITARAM PODDAR MARG, 2ND FLOOR, OFF NO 20
OPP. VENKATESH TEMPLE, FANASWADI, KALBADEVI, MUMBAI 2
+91-9702 805 805 | +91-22-2203 2204 | thehampergift@gmail.com

www.thehampergift.com

Women Planet CONTENTS



35 *Equality : The Time is Now!*

38 *Green Tea - A Miracle Drink*

PRIYA KATHPAL

39 *Turn On The Music, Jump In The Pool & Stay Fit!*

SUCHETA PAL

40 *Anytime Is Good Time For Exercise*

WANITHA ASHOK

42 *A New Way To Permanent Weight Loss*

MANSI PADECHIA

43 *Superstars & Their Lucky Charms*

GEMSTONE UNIVERSE

44 *Marriages May End But Families Are Forever*

MALTI BHOJWANI

46 *Spirituality Is A Journey Alone*

ANUPAMA SINGH

47 *Hello Happiness*

RJ JANAVI

48 *How To Look Picture Perfect*

NITI LUTHRA

50 *Natural Secrets To Cure Hair Loss And Dry Scalp*

MIRNALINEE MUKHERJEE

52 *Check Your Baby's Healthy Future*

N M LAKSHMIPATHY

53 *Understanding Your Child's Personality*

KIDGAZE

54 *It's Back With Horror*

DR. MALA

55 *Giving Hope To Parents IVF Technique*

56 *Alluring Beauty With A Reason*

ELISHA KRIIS

58 *Shades Of India*

MANISH LAKHANI

60 *Recipes*

NITIN TANDON

62 *Question & Answer*

64 *Check Your 2015 Horoscope*

66 *Giggle Through*

JYOTI XAVIER

*Looking fabulous
has never been easier*

shop online shop at
www.bluelilys.com

An exclusive collection of
Tussar Silk, Chandheri Silk, Matka Silk,
Pashmina Silk, Cotta, Jute silk sarees,
salwars and dupattas.

The most convenient and effortless
shopping experience where all you
need is a click of a button.



BlueLilys.com

FREE HOME DELIVERY | CASH ON DELIVERY | FREE RETURNS
ONLINE PAYMENT | EASY CANCELLATIONS
GREAT DISCOUNTS | DISCOUNT VOUCHERS



Ladies – Your Safety is Your First Priority!

Sandhya Shetty, the successful model who won bronze at the Maharashtra Karate Association Championship 2014 comes in the league of a super model with her tall, dusky and sultry physique and what makes her more remarkable and unique among the fashion industry in India is her strong inclination towards the sports. She practices karate and martial arts and was declared the State Champion in weight category, winning a Gold medal in 2007. Here are some of the tips she offers to the Women Planeters that can come in handy for the women working late night, victims of domestic violence, women scouting for career opportunities outside their city, female solo travellers, school girls and the most important of all – the tips to remain safe from social media abuse.



Karate should be made compulsory in schools

Talking about the safety tips which girls can be taught at schools, Sandhya Shetty said – “Karate should be made compulsory in schools so that the importance of fitness and self defence gets noted and proves to be worthy in bad situation. If marks are allotted then, I think that will be a good incentive to let students take up martial art. Girls are conditioned right from childhood that martial art is a very manly sport and that needs to be changed. Girls will surely take up martial art training if they are made to realise the importance of safety and how they can be strong and independent.”

Girls are conditioned right from childhood that martial art is a very manly sport and that needs to be changed.

For Domestic Violence – Education is the only mantra

When we inquired about what safety tips should women use who are the victims of domestic violence should, Sandhya Shetty succinctly said, “Education through self defense training and awareness is the mantra to make women more powerful. Women should understand the importance of self worth and strive to be independent by taking up work and financially getting secured. Household violence should be

condemned very strongly and clear knowledge of law and basic rights should also be made aware to women. Before getting into any relationship one should always be very alert and keep a keen watch on the partner's behavioral pattern. Marriages should be based on mutual love and respect and if any form of violence is noted then it needs to be dealt with strict action. Always keep few important numbers handy for emergency and never be vulnerable to wrong doings.”

Solo female travellers – Always keep a “Reference Zone”

Solo female travellers in India can be counted on fingers. Females in India generally prefer to travel in the comfort zone of families. When asked what cautions should be taken by solo Indian female traveller so as to keep herself safe, she said, “India is a place with varied culture and has influence of many religions. Indian families in general are very protective especially with the female child. Many conservative and dogmatic beliefs also make it difficult for women to be free and explore the possibility of being on their own. The solo woman travellers need to be extremely cautious and do their homework well in advance. The travel should be planned in such a way that they always have some reference zone to fall back if required on phone or at the nearest location of their travel point. They should at all times inform about their travel schedule to somebody close to keep a tab of their everyday progress of journey.

Women working late night – Safety tips

While Indian women are contributing much to the economy, there are some grave obstacles to their career when they refuse to work overnight or till late evening as they fear commuting alone in the dark hours. To this, she replied, “Solution is not to stop woman from working late but making the environment conducive. India is a fast growing country and the women power will only add to the progress. Therefore, total safety and security needs to be given and employment facilities need to be increased to empower more women. The government needs

to start special incentives of travelling provision for night travelling and also allot some night security. Phone should be having a women's help line number on speed dial and also while crossing road or while travelling at night one should be very alert of who is around. Self defence is must to know so that if any untoward incident happens at least one is prepared to make an Attempt to save oneself. A strong kick on the groin which can totally immobilise the man is the best technique for emergency.”



Career Oriented Women – Renting a flat? Please read this

Females in India have now started scouting for career options outside their city or country. When faced with such situation, they often have to rent a flat and stay alone. To remain safe, Sandhya Shetty offered tips like - “While renting a place one should always make sure that they register themselves with the local police station and also get information regarding the locality and the concerned person from the police or online. Always check all legal papers and make sure that all the information is provided to the family back home. A camera for safety should be installed at the door to check who visits you. One should always keep a cricket bat or a baseball bat to strike at if any untoward incident occurs. Practice straight elbow knocks on the nose and face to disorient the individual if in an attack situation.

Be always very careful with the keys and make sure that one locks doors and windows carefully at all times. In strange cities, it's very important to go slow while making new friends and screen them carefully and not trust anybody very easily. Single women are always soft targets so one should be alert at all times and be careful specially while doing late night outings.”

Social Media Abuse – Do not befriend everyone!

While talking about the havoc of social media abuse, Sandhya Shetty said, “Social media is a great place to be but, one should always strike a balance. Personal numbers and residential address should never be posted on profile. Take ample time to know a person; check thoroughly their activities through social media, goggle and gather as much information as possible before meeting. One should instantly report abuse online and delete the concerned person and any contact done through him. Think many times before doing a casual chat with a stranger and make sure not to give away personal or work information just randomly. Best is to go slow and make friends with people you interact personally and avoid strangers.”

Other than these safety tips, Sandhya Shetty asserts the significance of self-defence training for women. Other than Karate, girls should be trained in other martial art forms like kick boxing, mua Thai or mixed martial art. Even keeping fit by going regularly to gym will help them stay strong. Running also helps to stay strong. Basically women need to be confident both physically and mentally that she can save herself from the difficult situation.



Women's Legal Rights

Some Recent Legal Provisions

Legal Rights are very important for any section of society, including women. Many people argue that what is the use of law if they remain only in the books of law. Laws and legal rights reflect the direction in which the society wants to progress.

Some of the recent legal rights related to sexual violence are very significant because they reflect the beginning of change in the attitude of legal language in response to a long drawn struggle by women rights activists. One of the major changes are in understanding of sexual violence against women. From violation of women's "honor" to violation of women "rights over her body and bodily integrity". They are grounded in the fundamental rights given by the constitution of India under Article 14, 15 and 21 and international convention signed by the government of India like Convention on Elimination of All Forms of Discrimination Against Women.

Due to limited space we will discuss only the legal rights of working women against sexual harassment in this article.

1. The Supreme Court Judgement, popularly known as 'Vishakha Judgement' [WRIT PETITION (CRIMINAL) NOS. 666-70 OF 1992, VISHAKHA & ORS. Vs. STATE OF RAJASTHAN & ORS.] in the year 1997.

This Supreme Court judgment for the first time acknowledged that sexual harassment of women at workplace is violation of women's fundamental rights to

equality, right to life and right to work with dignity. The judgment given by the bench of Justice J. S. Verma (CJI), Sujata V. Manohar, B. N. Kirpal, defined sexual harassment for the first time and also provided the responsibility 'to prevent or deter the commission of acts of sexual harassment and to provide the procedures for the resolution, settlement or prosecution of acts of sexual harassment' to the employer. In this judgement the Supreme Court expected that the Government of India will pass a law regarding this issue. After 15 years of persistent struggles by women, the following law was passed on the 22nd April 2013.

2. The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act 2013.

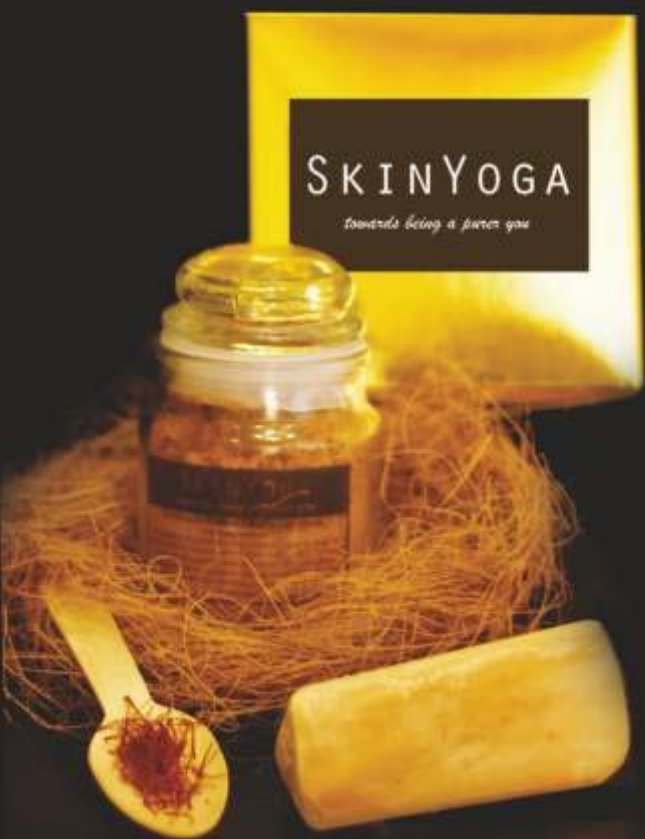
The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act 2013 is an Act to provide protection against sexual harassment of women at work place and for the prevention and redressal of complaints of sexual harassment and for matters connected therewith or incidental thereto. This Act have retained the definition of sexual harassment given in the Vishakha judgement and also clarified it further.

In section 2 (n) of the act sexual harassment is defined as i) physical contact and advances; ii) a demand or request for sexual favours; iii) sexually coloured remarks; iv) showing pornography; v) any other unwelcome physical verbal or non-verbal conduct of sexual nature.

It is further stated in article 3 (2) that along with sexual harassment if any implicit or explicit threat of detrimental treatment or promise for preferential treatment are given to woman, which affect her present or future employment status, it may also be considered as sexual harassment.



AS RAW AS IT GETS



SANDALWOOD SAFFRON FACE MASK

WWW.SKINYOGA.IN



Thus it takes care of two major types of sexual harassments

- Hostile work environment and
- Quid pro quo (This.....for That sexual favour).

The very important gain for majority of women workers in this law is that it is applicable to all workplaces, public or private, including informal sector women workers. More than 90% of women workers in India and 97% of women workers in Gujarat are earning their livelihood by working in the informal sector i.e. either without permanent job or a fixed employer or a fixed place of employment. Thus the law is applicable for temporary workers, contract workers, casual workers, vendors and even domestic workers.

For organized sector workers in public or private offices, factories, institution etc, as per section 4 (1) of the act, "Every employer of a workplace shall, by an order in writing, constitute a Committee to be known as "Internal Complaints Committee".

As per the section 5 and 6 of the act a Local complaint committee should be established by the district officer in each district and appoint a nodal officer in each bloc and at municipal ward level to address the need of informal sector women workers or in cases where Internal complaint committees are not effective.

The constitution of committee is also clearly mentioned in the law that the chair person should be a woman and majority of the members should also be women. A very important provision is, 'inclusion of one member from amongst non-governmental organisation or associations committed to the causes of women or a person familiar with issues relating to sexual harassment', who can provide neutral guidance and balanced judgement in a given workplace hierarchy.

It is important to note that the role of the committee is not just to receive complaints and investigate the matter. The law consist of three aspects (1) Prevention (2) Prohibition and (3) Redressal. Thus the committee is entrusted to organise awareness programmes for all the workers including women workers to create a positive environment that prevents hostile work environment for women.

Section 19 of the act provides detailed elaboration on the duties of the employer. Employers are not only responsible to constitute Internal Complaint committee but also to provide all the necessary facilities, publicize the information about the law and the contact information of the committee members to all employees, help complainant to file police complaint if she wants, organize awareness programmes, provide budget for the activities of the committee and ensure timely submission of the report to the government authorities.

If the employer is failed to constitute the internal complaint committee or any of the duties given by the law, employer can be liable for a fine which may extend to Rs.50000 and even cancelation of business license for repeated offence as per section 26 of the law.

More than a year is over, since, the law was passed in April 2013 but the actual effective enforcement is limited. It will come only with the persistent effort by aware women's organization and women employees. Unfortunately, a constant struggle for women rights groups over the years has been to not only advocate legal rights related to women but also trying to get them implemented



A Gift that your child will never grow out of...
Baby Record Book - Because, Memories are Forever.



www.little1.in

Warning - You may be the **FIRST** among your friends to own it.
Visit www.little1.in today

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

