

LITRO FASHIONATE

Issue 7
Dec 2023--Jan 2024
Bi Monthly E-Magazine

An Initiative by Anuragym
www.anuragym.com

DOLLY JAIN

Weaving Threads of Philanthropy
Inner Wheel Club to Jain Milan Chetna
Corona Warrior: Impact in Times of Crisis
Sponsoring Education, Jain Community Icon
Women's Empowerment in Bhartiya Jain Milan
Rajdhani Ratan Awardee, Leadership Talent Awardee
Inspiring Positivity and Empowerment to Girls & Womens
Empowering Dreams: Commitment to Girl Child Education
Social Activist & Numerous National & International Awardee



कला । साहित्य । संस्कृति

The Team

Litro-Fashionate Magazine



Er. Sachin Chaturvedi
M.Tech (Machine Design, Mechanical)
Educator, Researcher, Poet & Author
Founder & Executive
Anuragym, New Delhi, India



Mrs. Nidhi Bansal
Head, Dept. of Arts
Anuragym, New Delhi
Director & Creative Head
Theme & Concept Designer



Ms. Veronica Roma Pingol
Work at Hongkong
Lives in Manila, Philippines
International Creative Head



Mrs. Shalu Jain
Fashion Designer
Bengaluru, Karnataka, India
National Creative Head



Mrs. Deepali Jain
Cultural & Social Activist
Meerut, Uttar Pradesh, India
National Convenor



MICRO, SMALL & MEDIUM ENTERPRISES
सूक्ष्म, लघु एवं मध्यम उद्यम
OUR STRENGTH • हमारी शक्ति

Regd. No. UDYAM-DL-08-9070

Sister Magazine



Hindi Magazine to
promot Indian Art, Literature
& Culture.

Price : INR 99/- (E-Copy : PDF)

Publication :
Anuragym, New Delhi

Declaration :
The Publisher (Anuragym)
make every effort to ensure
that the magazine's contents
are correct, but cannot
guarantee the accuracy of any
information published herein,
or be held accountable for any
errors, omissions, or claims for
damage.

Copyright :
Content copyright is with authors
and litro-Fashionate magazine
team. We take all/some images
from google source.

Subscription :
Mail and Whatsaap us..
Email : litrofashionate@gmail.
com
Whatsaap : +91-9999920037
Whatsaap : +91-9899883785

Contact :
Mobile : +91-9999920037
Malviya Nagar, New Delhi, India

Design & Layout :
Er. Sachin Chaturvedi

Website :
www.anuragym.com



CONTENTS



Nidhi Bakshi
New Delhi, India
(18)

----- POEMS -----

Judy Liwanon Lammag
Hong Kong (17)

Ledarose Santos Delima
Cainta Rizal, Philippines (24)

Ternenge Igbudu
Benue State, Nigeria (25)

Okechukwu, Chidoluo Vitus
Anambra, Nigeria (19)

Anupama Sham Budhrani
Visakhapatnam, Andhra Pradesh India
(26)

Winga Richmond
Malawi, East Africa (27)

Frieda Norma Dela Cruz
Philippines (28)

Madinabonu Mahammadrizoyeva
Uzbekistan (31)

Petros Kyriakou Veloudas
Agrinio, Greece (33)

Anamika Amitabh Gaurav
Aara, Bihar, India (33)



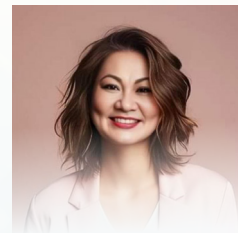
COVER STORY - Social Activist

Dolly Jain, Meerut, Uttar Pradesh, India

----- FEATURED -----



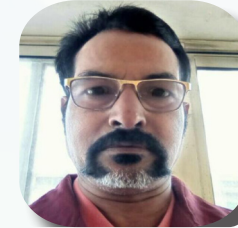
Binod Agrawal
Brahmakumaris Nepal
(22)



Frieda Norma Dela Cruz
Philippines
(29)



Piyush Goel
Dadri, Uttar Pradesh
India (16)



Dr. Prasanna Kumar Mohapatra
Bhubaneswar, Odisha
India (30)



Sirojiddin Sayyid
Uzbekistan (31)



Dt. Sapna Nova
Hazaribagh, Jharkhand (34)

Founder's Desk

Dear cherished readers and enthusiasts of Litro Fashionate

Warm greetings to each of you!

Within the vibrant pages of Litro Fashionate Magazine lies a world where style, passion, and creativity intertwine to form an extraordinary tapestry of innovation. It's not just a publication; it's an adventure waiting to be explored.

Embrace the extraordinary, celebrate the unique, and immerse yourself in a realm where fashion as trending knows no bounds. Every page is a masterpiece of inspiration, stitched together with the finest threads of Literature, Arts, Sports, Stories, Emotions, Attitudes, Creativity, Fashion, Nature, and life itself.

In today's fast-paced world, mastering these diverse domains is the key to true success. We believe that excellence is never an accident but the result of intention, effort, direction, and execution, echoing the very soul of Litro Fashionate.

In the past year, we've achieved remarkable milestones, including the creation of Kalayatra Magazine, a vibrant tapestry in the rich hues of Hindi, capturing the essence of Indian Art, Literature, and Culture. We deeply appreciate the trust our readers have placed in us with these initiatives and are committed to exceeding their expectations.

In the realm of Litro Fashionate, we celebrate the synergy of passion and intellect. Every stroke of art, every penned



Er. Sachin Chaturvedi

Founder, Anuragyam

Engineer, Researcher

Science Communicator

Author, Writer, Poet

Best Teacher Awardee

Universal Global Excellence Awardee

word, every expressed emotion, and every shared cultural nuance contributes to the vibrant mosaic of life we're creating.

Together, let's continue this exhilarating journey where creativity knows no limits and cultural richness finds its eloquent voice. Here, innovation has no boundaries, and creativity finds its purest expression.

Thank you for being an integral part of this remarkable journey. Your passion fuels our efforts, and your support ignites our creative spirits. Let's explore new horizons, challenge norms, and create a future where arts, literature, and culture thrive in harmony.

Join us on this exhilarating journey, where fashion meets fervor, and let your imagination wear the boldest hues of possibility. With boundless gratitude and immense enthusiasm.

Director's Desk



Dr. Nidhi Bansal

Director, Litro Fashionate Magazine
Head, Dept. of Arts, Anuragiyam

In the whirlwind of our daily lives, where time seems to slip through our fingers like sand, it's crucial to hit pause. To quiet the noise of our minds and dive deep into the recesses of our souls. In these moments of stillness, gratitude emerges as a guiding force—a force that speaks not in words alone but in profound actions. It's a selfless act, an authentic expression of appreciation that knows no bounds, fostering inner peace and enriching our humanity.

Gratitude transcends mere sentiment; it's a catalyst for transformation. When we take a moment to acknowledge the kindness of a stranger, the warmth of a friend, or the beauty that surrounds us, we not only recognize goodness in others but also nurture positivity within ourselves. This positivity, like gentle ripples in a pond, expands, touching every facet of our lives. It's an investment in our own well-being and that of those around us. Each emotion we encounter is a piece of the intricate puzzle of our existence. We must safeguard the sanctity of our thoughts and the clarity

of our minds, nurturing our vulnerabilities and embracing our strengths. We wield immense power, capable of healing ourselves and others. By shielding our hearts from negativity, we preserve our inner light, allowing it to radiate and brighten the world. We are the heroines of our narratives, the architects of our destinies. Let us embrace this truth with grace and conviction. Each of us possesses the ability to breathe life into others with a genuine smile, to be the sunshine after the storm, the calm of twilight, and the promise of a new day. We are not just stardust; we are entire constellations, capable of illuminating our paths with divine energy, celebrating the beauty of our existence in every moment.

In this journey of self-discovery, let us embrace our authenticity without apology. Let us be the melody that resonates in the soul, the warmth of a first embrace, and the enchantment of a new beginning. Let us recognize and celebrate our inner and outer beauty, dreaming beyond the confines of reality. We are pure, transcendent, and radiant, capable of shaping our lives into extraordinary works of art. As we embrace gratitude and exude positivity, we sow the seeds of a world where love, empathy, and kindness reign supreme. It begins with us, with our willingness to recognize beauty in others and within ourselves. So, let us cultivate gratitude, let us spread kindness, and let us be the beacon of light that illuminates even the darkest corners of the world.

Together, we can infuse every moment with significance, every life with purpose, and every heart with joy.



Icon

Dolly Jain

President of Jain Milan Mahila Chetna
Member at Digambar Jain Mahasamiti
Goodwill Ambassador at Grahlaxmi Magazine
Rajdhani Ratna Awardee 2016
Meerut Ratan & Woman of the Year Awardee
Received Recognition from Nari Shashakti Karan

Dolly Jain, a distinguished resident of Jain Nagar in Meerut, Uttar Pradesh, India, stands as a beacon of inspiration within her community. As the proud owner of Vandana Industries, she not only excels in the realm of business but also exudes an extraordinary passion for social welfare and cultural enrichment. Married to Shri Pawan Kumar Jain, the esteemed owner of Pawan Industries, Dolly Jain is a devoted mother to her daughter Alisha Jain, a flourishing dentist, and her son Ayush Jain. Beyond the boundaries of her familial and professional responsibilities, Dolly Jain has seamlessly woven a tapestry of purpose, earning accolades in beauty contests, engaging in cultural activities, and receiving numerous prestigious awards that acknowledge her exceptional contributions. Her life is a testament to the harmonious blend of entrepreneurship, family values, and a deep commitment to the betterment of society. The roots of Dolly's philanthropic journey trace back to a genuine and organic calling. As a successful businesswoman, she found herself blessed with the time and energy to make meaningful contributions to society. It was a calling she embraced with open arms, driven by a desire to make a positive impact on the lives of those around her. Culturally inclined, she has always been drawn to activities that foster connection and celebrate the rich tapestry of diversity. Join us as we delve into the remarkable journey of Dolly Jain, exploring the milestones of her philanthropic endeavors and the cultural tapestry she continues to weave with passion and dedication.

of the India

Passionate Interview with
Dolly Jain (Meerut, Uttar Pradesh, India)
by Sachin Chaturvedi, Founder, Anuragyam, New Delhi, India

Sachin Chaturvedi : Good day, everyone!
Today, we have the honor of diving into
the inspiring life and impactful journey of
Dolly Jain, the dynamic force behind
Vandana Industries and a beacon of
philanthropy and social welfare in Jain
Nagar, Meerut, Uttar Pradesh, India.

Welcome, Dolly Jain!

Dolly Jain : Thank you, Sachin. It's a
pleasure to be here and share my
experiences.

Let's start at the beginning of your

philanthropic journey. What inspired you
to venture into social welfare and cultural
activities, and how did it all begin for you?

My journey into social welfare and
cultural activities unfolded quite
organically. As a business owner, I found
myself with the time and energy to
contribute to society. It became a calling
that I embraced wholeheartedly.
Culturally, I have always been drawn to
activities that foster connection and
celebrate diversity.



UGE Award 2024 by Bollywood Actress Rimi Sen at New Delhi



Your dedication to social service has not gone unnoticed. One notable recognition is the 'Rajdhani Ratna Award-2016' in Delhi. Could you share more about this prestigious award and what it means to you?

The 'Rajdhani Ratna Award-2016' holds a special place in my heart. Presented by Bhavana Kala Mandir in Delhi, it acknowledged my outstanding contributions to society, particularly in uplifting the underprivileged. To be recognized by such a respected institution was unexpected and truly delightful. It added depth to my commitment and reinforced the idea that every effort, no matter how small, contributes to the greater good.

Your involvement in women's empowerment is commendable. As a Goodwill Ambassador at Grahlaxmi Magazine, you stand as a symbol of commitment and advocacy. Could you tell us more about your collaborative efforts with the magazine and the impact you aim to create?

Grahlaxmi Magazine and I strive to create a world where women can thrive, breaking free from societal constraints. It's a recognition of the collective efforts I've put into making a positive impact on society. This acknowledgment adds depth to my commitment, reminding us of the transformative power of compassion and dedication in fostering positive change.

Empowering the girl child seems to be a cause close to your heart, as evident from the Meerut Ratan Award. How does this recognition motivate you to continue championing the cause of the girl child?

The Meerut Ratan Award is a validation of



my commitment to empowering girls. This recognition motivates me to continue championing the cause, ensuring that girls have the resources and support to thrive. It's a reminder of the importance of fostering an environment where every girl can reach her full potential.

Balancing various leadership roles, such as the Gold President of the Inner Wheel Club and your role in Digambar Jain Mahasamiti, requires a deep sense of responsibility. How do you manage these roles, and what do they mean to you in terms of community impact?

Balancing these roles requires a deep sense of responsibility and a passion for

service. As the Gold President of the Inner Wheel Club, I focus on women and child welfare, while my role in Digambar Jain Mahasamiti allows me to contribute to the spiritual and cultural fabric of our community. It's about creating a harmonious balance between social service and cultural preservation.

Recognition from Jain Milan Chetna is particularly special because it comes from a community that I deeply cherish. It signifies appreciation for my efforts in promoting awareness, unity, and cultural richness within the Jain community.

Your consistent recognition as Woman of the Year by Bhartiya Jain Milan is truly inspiring. How does it feel to be



Selfi with
-“Malik Brothers”
Owner, Fusion Cars







recognized multiple times, and what does this acknowledgment mean for women's empowerment, especially within the Jain community?

Being recognized as Woman of the Year multiple times by Bhartiya Jain Milan is both humbling and motivating. It validates the impact of my contributions to society and encourages me to continue being a beacon for women's empowerment, especially within the Jain community. It's a collective celebration of the strides we've made in promoting gender equality and empowering women.

The pandemic demanded collective efforts, and you supported various initiatives to ensure that the vulnerable received assistance. How important is community service during challenging times, and how did the recognition from Nari Shashakti Karan reinforce this?

The pandemic highlighted the importance of community service. Supporting various initiatives during challenging times became crucial to ensuring that the vulnerable received assistance. The recognition from Nari Shashakti Karan reinforced the importance of collective efforts in community service, reminding us that together, we can make a significant impact, even in the face of adversity.

Leadership, as you mentioned, is about inspiring others to reach their potential and fostering positive change. With the various awards and recognitions, what are your future aspirations in terms of leadership and social welfare?

Leadership, to me, is about inspiring others to reach their potential and fostering positive change. With these awards, my aim is to continue my work in social welfare, empowering individuals to create a better society. I believe in the

डॉली जैन को मिला राजधानी रत्न अवार्ड

meerut@next.co.in

MEERUT (20 April): मेरठ में जैन गरम को निवासी डॉली जैन को राजधानी रत्न के अवार्ड से नवाजा गया है। डॉली को दिल्ली में वूमन ऑफ द इयर 2016 से नवाजा गया है। यह अवार्ड डॉली को भावना कला मंदिर की ओर से दिया गया है। उन्हें यह अवार्ड सीबीआई के पूर्व डायरेक्टर जोगिंदर सिंह ने प्रदान किया है। डॉली जैन पिछले काफी समय से समाज सेवा के क्षेत्र में सक्रिय रहकर विभिन्न वर्गों को भलाई के लिए कार्य करती रहती हैं। अवार्ड मिलने पर मंजू गुप्ता, ममता वाष्णीय आदि ने उन्हें बधाई दी।

सीबीआई के पूर्व डायरेक्टर जोगिंदर सिंह ने डॉली जैन को किया अवार्ड देकर सम्मानित।



बेटी बचाओ अभियान में महत्वपूर्ण योगदान के लिए डॉली जैन को महिला रत्न अवार्ड से सम्मानित किया गया



Dolly Jain
Owner of Vandana Industries
Rajdhani Award Winner

अब यात्रियों को मिलेगा टंडा पानी

मेरठ LIVE
इंपैक्ट

मेरठ | कार्यालय संवाददाता

जैन मिलन महिला चेतना की ओर से शनिवार को सोहराब गेट बाइपास पर वाटर कुलर स्थापित किया गया। हिन्दुस्तान लाइव के 25 अप्रैल के अंक में रेलवे स्टेशन और बस अड्डों पर वाटर कुलर खराब होने और इसके कारण यात्रियों को होने वाली परेशानी को प्रमुखता से प्रकाशित किया था। खबर छपने के बाद रेलवे ने जहां रेलवे स्टेशन पर कुलर ठीक कराया दिया था वहीं, सामाजिक संगठनों ने भी इस दिशा में हल की।



जैन मिलन महिला चेतना की ओर से सोहराब गेट अड्डे पर वाटर कुलर स्थापित किया गया। खबर कि यात्रियों को पीने का स्वच्छ, शीतल पानी उपलब्ध करने के लिए सभी सदस्यों के सहयोग से बड़े वाटर कुलर की व्यवस्था की। भीषण गर्मी को देखते हुए शनिवार को यह वाटर कुलर अड्डे पर स्थापित करा दिया गया। वाटर कुलर का शुभारम्भ जयचंद जैन, सुरेश जैन रितुराज, आरके जैन द्वारा किया गया। इस मौके पर डॉली जैन, मीनाक्षी जैन, सुनेना जैन समेत अन्य संगठन के लोग मौजूद रहे।

हिन्दुस्तान में प्रसृतता से छापी ली छबर
...तो ये हैं पानी के इंतजाम।

गृहलक्ष्मी इवेंट

गृहलक्ष्मी गुडविल एम्बेसडर

प्रस्तुति: जीता सिंह

महिलाओं को पत्रिका 'गृहलक्ष्मी' के सहयोग से मेरठ शहर में इंटरनेशनल 'मदर' के शीक पर 'बेटे मदर' कॉन्सेप्ट का आरंभ किया गया। इस कॉन्सेप्ट में माता होने वाली प्रतिस्पर्धी के अपने व्यक्तिगत को एक पहचान दी। साथ ही इस समारोह में 10 पेशी महिलाओं को गुडविल एम्बेसडर चुना जाकर अपने कार्यों के चल पर शहर में एक अलग पहचान रखती हैं और समाज सेवा से जुड़े कार्यों में बिना किसी महत्वकांक्षा के जुड़ी हुई हैं। इन सभी महिलाओं को गृहलक्ष्मी की ओर से ट्राफी भी प्रदान की गई। आइये जाने आखिर क्या है खास गृहलक्ष्मी गुडविल एम्बेसडर चुनी गई इन 10 महिलाओं में।

डॉली जैन

- डॉली जैन हाउसबाइफ होने के साथ-साथ कई क्लबों जैसे - इनरव्हील, लॉयन रोटीर क्लब की सदस्या हैं।
- गरीब बच्चों, महिलाओं को सहायता कर समाज सेवा के कार्यों में भागीदारी निभाती हैं।
- कैंसर हॉस्पिटल का निर्माण करवाना चाहती हैं।
- गृहलक्ष्मी गुडविल एम्बेसडर बनने के बाद पत्रिका का ज्यादा-ज्यादा प्रचार कर अन्य महिलाओं को डॉली इससे जोड़ेंगी।

सोहराब गेट डिपो पर लगाया वाटर कुलर



जैन शिरोमणि पुरस्कार से न

प्रदेश भर से मेरठ पहुंचे सामाजिक कार्यकर्ता



आईआईई हाल में पुरस्कार समारोह में जैन समाज के कर्मठ लोगों को सम्मानित करते आतीं। अमर उजाला ब्यरो गया। शभारंभ वरिष्ठ समाजसेवी साहू अखिलेश जैन ने क

भारतीय जैन मिलन पदाधिकारीगण

पी.आर. वेलवारियर
क्षेत्रीय प्रबन्धक, मेरठ

श्री संदीप लाहा
प्रबंधक निदेशक महानगर

श्री वी.पी. अग्रवाल
सहायक क्षेत्रीय प्रबन्धक

श्रीमति शरद सिंह
सहायक क्षेत्रीय प्रबन्धक

श्री संदीप अग्रवाल
सहायक क्षेत्रीय प्रबन्धक

श्री श्याम बाबू वर्मा
सेवा प्रबन्धक

श्री परवेज वशीर
सहायक क्षेत्रीय प्रबन्धक

श्रीमति मुक्ता कृष्ण
सहायक क्षेत्रीय प्रबन्धक

उत्तर प्रदेश सड़क परिवहन निगम, मेरठ मण्डल मेरठ

डॉली जैन
क्षेत्रीय उप-प्रबंधक

वीरगंगा डॉली
शाखा अध्यक्ष



transformative power of education, and my future aspirations include providing opportunities for girls to access quality education. Sponsoring schools is my way of contributing to a brighter future, empowering young minds to achieve their dreams.

Your recent initiative, inaugurating a large water cooler at the Sohrab Gate Bus Stand in Meerut, is a commendable effort to address the scorching summer heat. Could you share more about this initiative and the collaborative efforts that made it possible?

In the scorching summer heat, providing clean and cold water is essential. As the President of Jain Milan Mahila Chetna, I, along with the support of my team members, recently inaugurated a large water cooler at the Sohrab Gate Bus Stand in Meerut. This initiative aims to provide clean and cold water for travelers, and it was made possible through the collaborative efforts of all the organization members. The installation of the significant water cooler was a result of the collective support of the team to ensure the availability of clean and cool water for the passengers. Inaugurating the water cooler was a momentous occasion, carried out by Jai Chand Jain, N. Suresh Jain, Rituraj Jain, and RK Jain.

In the intricate tapestry of your life, each thread represents a story of resilience, compassion, and unwavering commitment to societal well-being. How do you perceive the impact of your journey beyond the accolades you've received?

My journey is not just a testament to personal achievements but a beacon of inspiration for those seeking to make a difference. Beyond the accolades, it's a legacy of positivity and empowerment that continues to unfold. The impact goes beyond awards; it's about creating a ripple effect that inspires others to contribute to the betterment of society.

Thank you, Dolly Jain, for sharing your remarkable journey and insights with us today. Your dedication to social welfare and cultural enrichment is truly inspiring, and we wish you continued success in your endeavors.

DJ: Thank you, Sachin. It's been a pleasure sharing my journey with you, and I hope it encourages others to embark on their path of positive change.





Piyush Goel

Dadri, Uttar Pradesh, India

The Thirsty King and the Enchanted Pond

The wise young king of Shahgarh set out for a ride in the dense forest. After a while, he was very tired and thirsty. He went looking around for the source of water. Suddenly his eyes fell on a beautiful pond. As soon as the king put his hand in the pond to drink water, a fairy came out of the pond and started touching the king. The king hesitated a little, the fairy was fascinated by his appearance and fell in love with him. The king was confused by her behavior and could not understand anything. Ignoring her actions, the king bent down to take water from the pond, the fairy stopped him and said, "Every time you dip your hand in the pond, a new fairy would come out." The king said he was very thirsty.

Fairy said she would provide him with nectar but he should marry her. The king was already married and wanted to get rid of her so he said, "Okay, I will marry you but you will have to fulfill one condition.

You will have to find a person who is not arrogant." The fairy found the task so easy and said, "That's not difficult at all. Wait for it. I shall find it in no time." Saying that the fairy disappeared. The king waited for a while, since he was thirsty, the king was thirsty, and he dipped his hand into the pond to drink water, immediately another fairy was standing in front of the king. As soon as she saw the king, she was also fascinated by the king and said she wanted to marry him. The king puts the same condition on this fairy too. He said, "Okay I will marry you but before that you have to find a person who is not greedy ." The fairy said, "That's an easy task. Wait here.

I shall soon come back with such a person." Saying this she too disappears. Now the king waits for the fairies, still tired and thirsty. After waiting for a while he again dips his hands in the pond to drink water. The third fairy appears and asks the king to marry her. Now this time the king asks her to find a person who is happy and content.

This fairy too goes in search of such a person. After waiting for a long time the king went back to his kingdom without drinking water and not only the king, everyone is still waiting for those fairies and of those people.

■■■

“

LOTTERY

I wish I can win
To the lottery I bet in
I hope I have a chance
To won the first price
So I can have much money
And go back to my own country.

To start business
And build our house
And I'm so very happy
Together with my family
To live well and happy
And thank you to the lottery.

”



Judy
Liwanon
Lammag

Happy Valley
Hong Kong





Success Story

Nidhi Bakshi

A Journey of Grace,
Success, and Empowerment

In the tapestry of achievements and aspirations, some individuals stand out, not just for their accolades but for the essence they bring to their endeavors. One such luminary is Nidhi Bakshi, a name synonymous with elegance, resilience, and empowerment. From her early days as a beacon of beauty to her current stature as a multifaceted personality, Nidhi Bakshi's journey is nothing short of inspirational. Nidhi Bakshi's journey to success began with a crown atop her head. She clinched prestigious titles such as "Ms. Pride of Delhi," marking her as a beacon of grace and poise in the capital city. But her aspirations didn't stop there; she broke barriers by becoming the First Social Indian Beauty Queen in 2017, a testament to her commitment to using her platform for social good. The accolades kept pouring in, with her coronation as "Ms. Grahxmi," solidifying her status as a trailblazer in the world of beauty pageants.



Nidhi Bakshi's shelf gleams with numerous awards, each a testament to her charisma, talent, and dedication. From the "Ms. Charismatic Award" in 2018 to the "Bal Dev Raj Kalra Smriti Award" in 2023, she has consistently been recognized for her contributions to society, entrepreneurship, and excellence in her endeavors. Her journey is not just about personal triumphs but also about uplifting others and making a difference in the world around her.

While Nidhi Bakshi dazzled on the ramp, her journey transcended the confines of the fashion world. She became the face of Banjara Works, a sterling silver and oxidized jewelry brand, embodying elegance and sophistication.

Simultaneously, she lent her star power to the NGO Ehsaas Charitable Trust, using her influence to advocate for social causes close to her heart. Nidhi Bakshi's versatility shone through as she graced the screens for brands like Sakarni Cement, Vedhana Creations, and Vardhaman Jewelers, showcasing her talent as a model and ambassador.

Nidhi Bakshi's creative spirit knows no bounds. She explored the realms of music and acting, captivating audiences with her performances. From cover songs to short movies, from documentaries

to OTT projects, she left an indelible mark with her emotive portrayals and captivating presence. Her role as an astrologer in the Astro Talk app and her lead performance in the OTT platform's "Chahat" exemplify her versatility and commitment to her craft.

But perhaps, amidst the glitz and glamour, Nidhi Bakshi's most significant triumph lies in her ability to inspire others. Her journey is not just a narrative of personal success but a beacon of hope for aspiring individuals everywhere. Through her work, she embodies the spirit of empowerment, encouraging others to chase their dreams relentlessly and break societal norms with grace and determination.

As Nidhi Bakshi continues to chart new territories and inspire generations, her journey serves as a testament to the power of passion, perseverance, and purpose. With each accolade, each project, and each endeavor, she leaves an indelible mark on the world, reminding us all that true success lies not just in the destination but in the journey itself. Nidhi Bakshi: a name etched in the annals of success, an epitome of grace, and a beacon of empowerment for generations to come.







The Transformation From Darkness to Light

YOU SHOULD CHANGE YOU ARE WRONG

Binod Agrawal's life story is not just one of overcoming adversity but also a testament to the power of spiritual awakening and personal transformation. Born into privilege, his early years were filled with joy and promise. However, his path took a dark turn when he fell into the grip of addiction, leading to the loss of his wealth, friends, and almost his own life.

It was during his darkest moments, when he stood at the precipice of despair, that a glimmer of hope appeared in the form of his mother's unwavering love and newfound serenity. Through her involvement with Brahmakumaris, she showed him a different way of living, one rooted in spiritual principles and inner peace.

With nothing left to lose, Binod took the courageous step of seeking help from Brahmakumaris.

There, he found solace, guidance, and a profound understanding of the power of forgiveness and self-transformation. Through meditation and introspection, he confronted his past, forgave himself and others, and embraced a new path towards healing and wholeness. The journey was not easy.

Temptations and challenges continued to test his resolve, but armed with the knowledge that he was not alone, Binod persisted. He discovered the inner strength to resist the allure of drugs and reclaim control over his life.

As the years passed, Binod's transformation became evident to all who knew him. Gone were the days of darkness and despair, replaced by a radiant spirit and a sense of purpose. His dedication to his newfound path inspired others, proving that change is possible for anyone willing to embrace it.

Today, Binod stands as a beacon of hope and resilience, a living testament to the transformative power of faith, love, and self-discovery. His journey from the depths of addiction to the heights of spiritual awakening serves as a reminder that no matter how far we may fall, we always have the power

to rise again.

In sharing his story, Binod hopes to offer hope to those who may be struggling and to remind them that they are never alone on their journey towards healing and redemption. For him, the greatest reward lies not in his own personal triumph, but in knowing that his experiences may help others find their own path to peace and fulfillment.

Binod Agrawal's story is not just one of success, but of profound transformation – a testament to the resilience of the human spirit and the boundless possibilities that await those who dare to seek them.



Binod Agrawal

Volunteer in Brahmakumaris Nepal



OFF TO THE PAST ON TO THE NEW LIFE

Ledarose Santos Delima
Cainta Rizal, Philippines



Amidst of solitude, I glanced at the past
Those times wherein I got frustrated, overwhelmed and tired up to the last
Tired of failure, disappointment, pain and everything
Various things and situations that gave me so much reasons to give up all in.

But, giving up would be the very last option
I'd rather crawl in death or jail myself in dungeon
Instead of died with regrets from not resisting,
Because I know there is God who's with me and always watching.

I don't have any regrets for the wrong move I have made
Because I finally understood, what I've been through
was not an outcome of my mistakes,
It's about the destiny that never takes side for me
So the fate and universe unite, not allowed me to have things were not meant to be.

I clearly understand and learnt a lot from my tribulations
Now it's time for me to reboot my life and change directions,
I turned off the past and turn on for the new beginning
Ready to wander again, holding all the life lessons with a strong wings
towards to a journey without an ending.

PLIGHT OF A MOTHER

She goes through the wilderness
To bank our happiness
Shoulders our responsibilities
To lighten our yokes
Chimpanzee her life
To keep our pride
Fast her stomach
To feed ours against
hunger attack
Nurse us to a fort
Not minding the cost
Valentine us on a daily
Without a salary
We play in her head
Even when she goes to bed
Yet the world is blind
about her roles
Yet she is not the president
of her house
Yet she is not doctored well
by her boss
Yet the world owes no remorse
When we she be due for promotion
When will she enter her heaven



Ternenge Igbudu
Benue State, Nigeria

COAT OF MANY COLORS

Living in the Fegge as a child
We were neither rich nor poor
We would wear our home made cloths
And we are happy with it
We are never ashamed with our style
You do think we are born again
We were trying to live a simple life
Which reflected our wears?
We simply has to cut our cloths
According to what we have
When we go to occasions
Many may laugh at me
But I did not for once care
What I was wearing on my body
Were the cloths of seven colors?
That my mother well made for me
I didn't know they envy me
Until I saw them sowing the style
Only then did I smile
You don't know what you are
Till the style of life has left you.



Teacher, Poet, Author
Okechukwu, Chidoluo Vitus
Anambra, Nigeria

A Soldier



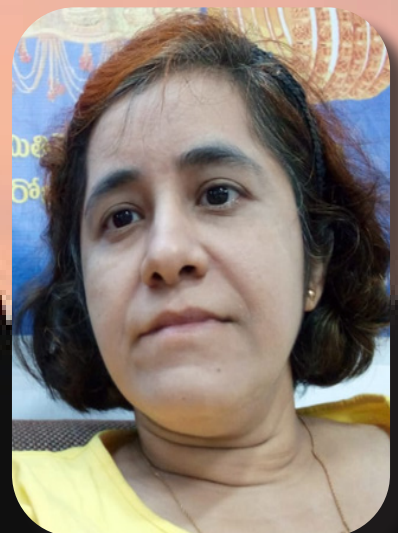
A soldier protects the country's borders
Even at odd hours
They are ready to defend
If the enemy offends

A soldier is a brave heart
And has a early morning start
From their families they stay apart
To protect our country's ghats

They stay in camps
They are our nation's bright lamps
They stay in hilly ranges
And are our real heroes in danger

A real hero is a soldier
Be it Army, Navy or an Air force rank holder
He puts his life at risk
For his fellow countrymen whom he miss

A salute to the soldier of the nation
Who protects the country
with his ammunition
His bravery, courage, discipline and
action Are his life's passion!



Anupama Sham Budhrani
Visakhapatnam, Andhra Pradesh, India

The Reality of Judgement



Was it a way of abolishing?
Whenever it met them it judged
Should I say was its professional
work of stopping it
It even stayed along ants' route
A gazing and staring at them as
if it looked for something
But solemnly it got amazed whilst
being untongued by their steps

I wonder why its eyes were too keen on ants
Did it forget that ants' life is all
about generation?
As it each time threw judgement on them
Even old leaves fall and decompose and
newest are produced
It better blamed the word generation
on behalf of them
Ants were innocent, sincerity and honest

Whether blessings had to a sunder it apart
Also good ants had to smelt freezing
But it was its behavior itself
Drinking, defilement and inhaling
Its words were more of slippery and cunning
I wonder why it kept on giving
judgements to ants

Though the judgement is there yes
But it had to let it flew in a straight river
It had to be well mouthed to the ants
It was its deeds that had deafer the ants
And it made many ants to proceed
the same deeds
Yet was the reality of its poor judgement.



Winga Richmond
Malawi, East Africa

Replica of Pure Mind

Frieda Norma Dela Cruz
Philippines



Not everyone is lucky in life
Not everyone feels so blessed
But, having you in my life
I feel elated being drenched
in pure passion
Please stay this way forever
You are my angel sent by God who is
my most precious consolation.
Words can't express how much
I appreciate your support
and encouragement.
I'll forever be grateful for
the encouragement you have
given me when I need.
You never fail to make me smile.
The more I see your face, the more
I fall in love with you.
The more I talk to you, the more I get sure
that it is love and it means a lot.
We will face life's struggles together
with faith in our hearts.
Our love makes us stronger,
Every obstacle that comes
Our way will survive us
Confidence with pure feeling of heart
makes us move forward victoriously
God is in the midst of us and nothing will go
against us.
It's purity of heart, we got the blessing
from the Almighty God.
We will stay forever in love.
As I'm the replica of your pure mind.

Motivational Story

Once upon a time, in the quaint town of Sta. Maria, Ilocos Sur, Philippines, there was a girl named Frieda Norma Dela Cruz, fondly known as Nunema. She was born into a humble family, the fifth child of Federico and Francisca. Her upbringing was imbued with values of hard work, honesty, and respect for others.

From an early age, Frieda exhibited remarkable intelligence and determination. Despite the challenges of rural life, she excelled in her studies, becoming one of the top students in her high school. Her academic prowess earned her the title of First Honorable Mention in the Class of 1969.

With dreams as vast as the horizon, Frieda embarked on a journey to Manila for her college education at Far Eastern University. Striving for excellence, she balanced her studies with a job as a Student Assistant, displaying her innate leadership qualities and resilience.

Armed with a Bachelor of Science in Commerce degree, Frieda ventured into the corporate world, joining various esteemed companies and organizations. Her experiences honed her skills and credentials, paving the way for her ascent up the professional ladder. On June 12, 2018, Frieda bid farewell to her corporate career, embracing the new chapter of her life with open arms. However, fate had other plans in store for her. Less than a year later, tragically struck as her beloved husband passed away suddenly from a heart attack on April 12, 2019.

Amidst the storm of grief, Frieda found solace in her passion for writing. Channeling her emotions into words, she penned her debut book, "Comfort for All Seasons," a testament to her resilience and unwavering faith. This marked the beginning of her illustrious career as an author.

Frieda's literary journey flourished as her works graced the pages of prestigious anthologies and magazines. She became an integral part of the writing community, serving as an administrator and advisor for various groups and foundations. Her dedication to her craft, coupled with her compassionate nature, endeared her to all who crossed her path.

As she navigated life's twists and turns, Frieda remained steadfast in her principles. A woman of integrity and kindness, she treated everyone with fairness and respect. Her unwavering faith in God served as her guiding light, instilling in her the strength to overcome any obstacle.

With each sunrise, Frieda embraced the promise of a new day, embracing the mantra, "I am never too old to set another goal, to dream a new dream." Her journey was not merely about achieving success but about touching lives and spreading hope wherever she went.

And so, the story of Frieda Norma Dela Cruz, the girl from Sta. Maria who dared to dream and conquered the world with her pen, continues to inspire generations, reminding us that with faith, resilience, and a sprinkle of kindness, anything is possible.

Frieda Norma Dela Cruz
Sta. Maria, Ilocos Sur
Philippines



The Transformative Power of Literature

Tapestry of Societal Evolution

In the intricate tapestry of societal evolution, literature stands as a potent catalyst for change. Through the alchemy of words, it has the ability to shape perspectives, challenge norms, and ignite revolutions. Literature serves as a mirror, reflecting the complexities of human existence, and a window, offering glimpses into alternative realities. It weaves narratives that resonate with collective struggles, fostering empathy and understanding. In the realm of social change, literature acts as a silent revolutionary, sparking conversations that transcend generations. It can

dismantle entrenched prejudices, amplify marginalized voices, and illuminate the shadows of ignorance. Through poignant storytelling and nuanced characterizations, literature bridges gaps between diverse communities, fostering a sense of shared humanity. The written word, a formidable force, has historically been wielded to dismantle oppressive systems. From the abolitionist writings that fueled anti-slavery movements to the feminist literature that challenged gender norms, literature has been a steadfast companion in

the pursuit of justice. It offers solace to the disenfranchised, empowers the oppressed, and kindles the flames of resilience. Moreover, literature is a repository of cultural heritage, preserving the collective wisdom of societies. It acts as a guide, imparting lessons from history and cautionary tales for the future. Through the exploration of fictional worlds and historical accounts, readers gain insights that can shape their ethical compass and influence their actions in the real world.

In the digital age, literature continues to be a vanguard of social change, adapting to new mediums while retaining its transformative essence. Blogs, social media, and online platforms serve as contemporary canvases for narratives that challenge the status quo. The democratization of storytelling empowers individuals to share their experiences, fostering a diverse tapestry of voices that collectively propel societal evolution.

In essence, literature stands as a beacon of enlightenment, navigating the seas of societal change. Its pages harbor the potential to inspire, provoke, and unite, making it an indispensable ally in the ongoing quest for a more just and equitable world.

Dr. Prasanna Kumar Mohapatra
Bhubaneswar, Odisha, India



Sirojiddin Sayyid was born on October 30, 1958 in Sariosiya district of Surkhandarya region. He graduated from the Faculty of Journalism of Tashkent State University. He worked in "Toshkent oqshomi" newspaper and "Mushtum" magazine. He worked as the first deputy chairman of the Union of Writers of Uzbekistan, the editor-in-chief of the magazine "Sharq Yulduzi". Till now, Sirojiddin Sayyid has published a number of poetry collections, such as "Ruhim xaritasi", "Salqin xarsanglar kaftida", "Sevgi mamlakati", "Asragil", "Mehr qolur, muhabbat qolur", "Kuydim" and "Vatanni o'rganish" published. if his first poem "Orzu" was published in 1975, his first collection "Ruhim xaritasi" was published in 1985. He translated many poems of A. Voznesenskiy, B. Akhmadulina, V. A. Feinberg into Uzbek. His works were published in Russia, Azerbaijan, Turkey, Korea, Tajikistan and Turkmenistan. Currently, he is the head of the Writers Union of Uzbekistan.

Motherland

I love the Motherland
You are my soul, Motherland
The stars are my eyes
My sky is the Motherland
My eyelashes are flickering
The moon illuminates the night
Stones are also shining
My bright inspiration is Motherland
Mountain - my grandfather Bukhari
Garden - my grandfather vernal
Temur- my grandfather commander
My Shohijahon is Motherland
My beautiful and bright cradle
My door opened to the sun
My song my father sing
My soul is the Motherland
I have more good intentions
The best is freedom
Honor is literature
Honor is Motherland
My way is always bright
My heart said this poem
Motherland - bright my sister
My mother is Motherland

Motherland poems written by Sirojiddin Sayyid
and has been translate by Madinabonu

Madinabonu Mahammadrizoyeva
Uzbekistan

LOVE IS AN EMOTION THAT SPEAKS..

Kissing is love
of blue sky to the stars
he once aptly said
an intellectual, poet
Love means to share
the personal moments
with him or her who
you love to offer red flower
fragrant from your soul
the blooming garden.

Love is not required nor begs
is, camaraderie feeling
overflowing understanding,
tenderness, kisses
who do not regret
when they were left on
the street
of passion.

Love is a sweet melody
from the eyes of soul!



Petros Kyriakou Veloudas
Agrinio, Greece

Have Stopped

Now I have stopped
troubling myself!!
Don't say anything to those
who keep telling me about everything
Now I have stopped
wasting my time to please someone!!
Now I have stopped
reacting to someone's useless words.
Stop now I have given
answering even the most
absurd questions!!
Now I have stopped
expecting good
behavior from everyone!!
Now I have stopped paying attention
to the reactions around me!!
Now I have stopped letting
my emotions go out of control!!
Now I have stopped
rushing to talk to anyone!!
Now I have stopped thinking about
life negatively!!
Because, now I am starting
to know myself.
Understanding Yourself!!



Anamika Amitabh Gaurav
Aara, Bihar, India

Healthy Eating^{and} Active Lifestyle

Tips for Health Life by Dt. Sapna Nova

A healthy life is everyone's desire. But where from and how to get it? What is the cost? Who will make it available and when?

Are the questions in this concern. So, first of all let us know what is a healthy life? Answer is – 'Not merely the absence of disease or infirmity but a state of complete physical, mental and social wellbeing with qualities to enjoy the beauties & charms of Nature.

Just to unlock the mysteries of the so called 'Healthy life'. We have opened our eyes in the Nature full of beauties, eatables, fragrance and a long series of such other enjoyable diversities.

So, we must love and follow the trends of Nature unconditionally just as a baby to her / his mother, in order to acquire the healthy life. This is because mother's are the first and most powerful teacher to ingrain a number of qualities into her baby.

Some of the factors of utmost importance to achieve a 'Healthy

life' are discussed below:

Manage your sleeping hours: Rise between 5:00 – 6:00 am i.e. about Sunrise & sleep between 9:30 – 10:30 pm in a pleasant environment.

Avoid late night functioning, because you will be more prone to ill health / diseased condition increasing by 20 % / hour.

Take plenty of fresh air and sunlight in morning hours with light exercise.

Maintain a good Oral (Brush your tooth twice daily for two minutes with Fluoride Tooth Paste) & General Hygiene (Take Bath in morning as well as after returning home from your job).

Take care (Cut) of your hair and nails on regular basis.

Wear traditional and clean cotton/woolen clothes depending on climatic condition.

Eat Healthy: Add Plenty of water, Milk, Fruits and Green + leafy

Vegetables; limit carbs and Fats, Salts And Sugars, Non-Veg, Fast/ Junk Foods. Avoid Alcohol, Smoking And Tobacco Chewing.

Follow at least 3 Meal Pattern (Light and Frequent Meals), Adding sprouts, whole grains and salad in your daily life.

Maintain an ideal body weight adopting active life style.

Maintain a Clean, Green & Pleasant Environment with proper sanitation and ideal housekeeping.

Keep yourself connected with earth: be bare foot in home/lawn grass, sit on ground for exercise as well as eating.

Keep on maintaining a Healthy Social Life with your family & friends regularly sparing 1 – 2 hours with them.

Adopt Meditation at least for 10 – 30 minutes for achieving a Good Mental Health & Peace of Mind.

Limit your Screen – time within 2 – 4 hours with frequent breaks depending on your job profile. Rather add at least one hour for studying religious books or otherwise creative – writing, drawing etc. All the valued factors are easy to practice and assimilate in our daily life to enjoy a long lasting Healthy life.



Meet Dt. Sapna Nova, a renowned Dietitian/Nutritionist based in Hazaribagh, Jharkhand. With a specialization in Clinical Nutrition, Dt. Nova has dedicated her career to helping individuals achieve optimal health through personalized dietary plans.

She brings a wealth of experience, having worked at prestigious institutions such as Diet Defeats Disease, Kartavya Healtheon, Sheikh Bhikhari Ansari Medical College and Hospital, and Mata Chanan Devi Hospital in Delhi.

Dt. Nova's expertise lies in crafting tailored nutrition strategies to combat various health conditions effectively.

Passionate about promoting wellness through balanced nutrition, she continues to empower her clients on their journey to better health.





Litro Fashionate Magazine
Anuragyam, New Delhi, India

-- Our Initiatives --

Anuragyam TV



कलायात्रा



ANURAGYAM
DANCE LEAGUE



Art | Literature | Culture | Science | Kalayatra Magazine - Anuragyam