BOUNCE BACK AND KNOW YOU ARE SO MUCH MORE.

IN LOVE WITH NATURE

Cover Personality
Diana Dentinger

Vidya Raju

Gender Issues Amidst The Pandemic
CeeVee's Corner

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Shesight

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MAY 2020

STORIES OF HER | FROM HER | BY HER

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‘April is the cruellest month’ said TS Eliot in his most celebrated poem ‘the waste land’. The April 2020 reflected anxiety, despair and mental vacuity as the corona hit days have flung us back and forth between hope and despair. But April remained a month of rebirth too – nature sprung back to her glory while many of us took this as a chance for self-introspection and self enhancement. New hobbies were taken up and new interests formed; thanks to social networking and its new platforms we were able to stay connected and to keep the spirits up. Team Prayaana too went active in various platforms; Many inspiring webinars were being conducted and skills sharpened as we never knew what’s waiting for us post covid ! The post crisis days may witness a sea change in equations and dynamics altogether - Modus operandi and preferences may get reversed and many tables will turn. ‘The wasteland’ ends on a highly optimistic note- quoting Brihadaranyaka Upanishad it calls- to share, to be compassionate and to have self-control. Amidst all the crisis the factor that remains unchanged is the ‘Humanity, and let us be more humane’. Once again team Prayaana extends our gratitude and love to health workers and the Police officials for their unrelenting support and services.

By Sujatha Unnikrishnan
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BOUNCE BACK
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Diana Dentinger
Diana Dentinger has carved out a niche for herself - after having created a personality profile and “21st Century” coaching methodology based on her experience as a psychosomatic illness therapist. She now uses her tools as a successful life coach, trainer, motivational speaker, mentor and corporate trainer. Her service is really a boon to those who want to come out, breaking the soporific, ho-hum life pattern to enjoy a more vibrant and motivated life. She has worked with many high level, multi millionaire entrepreneurs who have concretised their dreams in less time with less stress.

Her mission is to make ‘Coaching mainstream offering ’ and more effective tools’ at prices most can afford. She believes change in the world will come about sooner when each person steps rapidly, into their fuller potential.

Now more than ever she extends her hands to those who feel stuck in life, those who feel incomplete, fed up, aimless, meaningless, purposeless and caged in at the verge of ‘cannot take it any more’. Diana hears these “cries” from people of all ages and every socioeconomic category. Everyone has an inner self craving for a more energetic, enthusiastic and purpose driven life. Diana is known for her services for those who feel an impending need for greater inner satisfaction and for those who go through existential worries that sprout from a call to evolve. She is also known for her books that include her studies, experience and insights. There are hundreds of people worldwide who found their true call by going through the ‘Your Life Your Way Coaching’ Methodology, and thus realising their inherent talents and turning their life into a beautiful and fruitful sojourn. In the past she was more involved in the corporate environment building teams by using the personality profile for each individual’s personal and professional development.
How does she motivate others and make them find their true self and make them get aligned to it? Diana touches the brain, body and soul of every one -- that is -- to satisfy their innermost need -- the one at the top most of Maslow’s pyramid. Eager to know her proprietary process, Shesight curiously reached out to her and she responded with vivid and eloquent answers.

1. **There are many methods for personality discovery. The oldest, based on four fundamental personality types and the latest that of the Enneagram. In between there are plenty like Rorschach and Jung’s Archetypes to name a few. But you are renowned for the personality analysis based on neuroscience as you are a neurobiology therapist. We are eager to know what this neuroscience based personality discovery is?**

First let me help you become clear on what the old systems are about. They are called Psychometric tests and are mostly used in a job selection process to define the most suitable professional role based on the test results. The DISC test started being used in the selection of male soldiers in WWII and the Myers Briggs test was used for the selection of women for factory jobs also at the same time. How a person gets their results is by answering multiple choice questions about what they would do in different situations or to a range of strongly disagree to strongly agree. The test takes about 15 minutes to fill out. Then algorithms elaborate a readout that describes a person’s predictable way of thinking and behaving. The limitation of these are the black and white categorisation of you being a type. or other

On internet they call them scientific but the only science involved is psychology coming from the Swiss psychiatrist Carl Jung’s research in archetypes back in the 1920’s. If a person were to retake the psychometric test over time, there is a high percentage of unreliability, that is the same person providing different results. Overall, they are a good first baby steps into self knowing but the science community states they lack being reliable, valid, independent and comprehensive. It is just because they are still used by various governments and Fortune 500 companies, they have been and are still “popular”. People use what they know until they come to know something different.

The main differences are as follows: The Your Life Your Way Profile is based on who you are in your DNA. The science is -- that at conception you inherit emotional memory which resides also in your brain and every cell of your body. This memory determines how you automatically respond to stress from your middle brain as well as how you fulfill your innate talents, and information in your frontal cortex. This tool was created by reverse engineering the root causes of psychosomatic illnesses shifting it into a way to stay healthy and fulfilled.
The Profile describes your set of innate Personality Needs that drive your behaviour. They are the life force energy inside you. The descriptions move you emotionally and in a subtle way, “reconnect” you instantly to your innate potential.

How you get your Profile is by filling out an open ended questionnaire. You describe yourself and we organise that information so you know what personality need you have and to which of the 12 different facets of complete personality you belong.

So we have overcome the limitation of categorising you into black and white and demarcating you being either one or other type. Personality is a complex aspect and we turn that into a very simple process. As well as the Profile helps you to be you, not just a fake. And who you are never changes, nor does the Profile. What changes is whether you are consciously expressing yourself in your greater potential or not.

Yes, I often say this phrase that “you are so much more”. From a Personality perspective you are more than one type because there are many facets of personality. And from my research and experience, I integrate tools so you feel how you co-exist as a physical being with emotional, mental and spiritual energy.

2. You always encourage one to be oneself - “because you know you are so much more”. What are the techniques that you employ to find the truer self?

3. Helping people to realise their potential is of course a service to humanity too. But for many this happens much later in life, mostly around forties. Is catch them young policy applicable here, in this aspect?

Our basic human needs change because of innate development of physiological and psychological stages. This is the research of Jean Piaget back in the 1930’s in Switzerland and I find it relevant even in this time. From 21 to 35 years old, a person’s body and mental process is focused on finding their place in society, companionship and building a family. The phases change at every interval of 7 years. Later they tend to go less outwards and more inwards — that is to findout the existential answers. This is accentuated in the cycle from 42 to 49 commonly called mid-life crisis.
The important thing to realise is that if you get the depth of inner knowing earlier about your potential, then you don’t have to enter into a crisis. You express this potential earlier allowing you to make better, more meaningful decisions for your life path. We know this, since we work with teenage clients too.

4. What is setting the three pillars - Clarity, Confidence and Energy in place? How can we create more energy within us?

We live in a very mental world so clarity of knowing is important. When you intellectually know, recognise and identify yourself as having an innate talent you feel more confident. Having the clarity is key and precedes confidence. You are sure of your self and so the question of a not focused unsteady mind wont arise .The other coaching programs does not take into account of the emotional aspect as by default we are emotional beings — because we inherit emotional memory in our DNA. So what recharges our energy is living the aspects of who you are because we have the clear vision of what we are . As well as there is an alignment of quantum light energy that enters our cells when we are truly ourselves.

5. Your way is really an antidote for depression and anxiety disorders and I think it may give a direction for those who are hit with existential anxiety too. How do you see this?

Depression is an experience that takes place emotionally, mentally, physiologically and behaviourally. It means you have a “lower level of pressure” inside of you as a push to evolve and live your potential. Every living creature has this innate urge. The way out of this state is to raise your level of clarity. This sets off the natural sequence of having more confidence, positive self talk, resourcefulness and finally physiological energy.
6. **As different from other methods, the method that you adopt has a blend of practicality and spirituality. What is that spiritual content contained in your method.**

From my perspective, we are spiritual beings here on earth to have a human experience. So this means that our experience is 3 dimensional and very practical. When we consistently “do” who we are, our energy vibrates on the 4th dimension or above because it is filled with joy and self love. The beginning is to know who you are and be who you are in a tangible way to create that higher energy vibration ---- which, in my experience, is how the soul can more clearly “speak” to you ---- to indicate how to express yourself in a greater way.

7. **The out-dated old school methods and the one that you employ is so different - like moral science and mathematics. Are you seeing further development and scope in this arena?**

Yes I feel the younger generations will be searching for existential answers sooner because they are more socially aware and want positively impact things like climate change. They know they have the “answers inside”, but since parents and teachers are not always prepared to “teach” them how to find these answers, they need a tool to believe deep in themselves. I also feel that because the area of the career and job area is changing so rapidly and unexpectedly, people of all ages will be searching for how to bounce back and become resourceful no matter what.

8. **Many are dragging through their dreary jobs and not daring to listen to their true calling to meet their true self, as there is no other option than to pay the bills and rent. What is your remedy for this predicament?**

Personally, I feel many mainstream words used in Personal Development are overrated. We don’t all have to do something “great” or follow a calling. We just need to be our best selves more often and this will contribute to the greater good.

For me, much of the mainstream “hype” has inadvertently caused a lot of dissatisfaction. People are more confused than ever, asking themselves the wrong questions and comparing themselves to the people around them or people on internet.

When people consciously know themselves and their complete set of innate talents, they naturally feel resourceful and as an effect will be able to make money. But many people are doing their jobs unconsciously. They don’t know what they are investing personally into doing it. So they can’t generate internal motivation to make it fulfilling. They only look for the external motivation of the paycheck. They look for a role, instead of finding who they are.

I also see there is too much judgement on what “living your potential” looks like. For years I was a stay home mom and it was seen as “bad” because I did not want to work out of home. But I felt in that phase of my life, my potential was the best use to be with my children, transmit them my family values and teach them things that the schools would not.

We can take many examples of jobs, how about something humble like a street cleaner. Maybe they have a “calling” to make the world beautiful and do so by sweeping and picking up other people’s trash. Who are we to judge what is right or fulfilling for them?

We are all here for a reason. And we can understand that more, when we turn all the noise off from the outside that instructs us how to be and what to do. We have the answers inside so we need to connect deeply into what we feel is the best for us. I have seen that the Personality Profile helps people tap into their inner knowing faster and more effectively.
9. The dissatisfaction and displeasure towards life seems to be increasing and some people end up distracting themselves with entertainment, falling into addictions like drugs or end up being sadists or psychopaths. Had they been aware of such alternatives like the one you teach, they would not have fallen into these. How can we deal with this?

Answer:

I feel that suffering, unfortunately, is a great teacher. Often we don’t know how to stand in our greatness until we fall flat on our bottom. We are not ready to rise to the fullness of who we are until we get tired of being so small.

From my spiritual perspective, the soul came here on earth to experience dualism. This means that throughout our life time we might live the full range of emotions from feeling totally impotent and powerless to feeling immensely empowered and creative. Look at the range of emotions we live in contrasting experiences like death and birth. We go from heart wrenching sorrow to elated joy. This is what being a human is! I propose to feel the emotions without “being the emotions”. You can feel them but you still feel resourceful and connected to your purpose in life.

This is easier when you step away from judging your feelings and behaviours or fixating on them as if they were permanent and unchanging.

With my clients, I help them make peace with their “bad side” and accept that it exists. And since they have their Profile, they know their “good side”, can feel the difference in their heart and happily make conscious choices to be that way instead. Often we can’t get out of the “bad” patterns because we don’t know how else to be. And the only way to be is “be yourself”, striving lovingly, day by day to be better, throughout all the challenges that life may offer you.

I have a free course, when you are ready to commit to your personal and professional growth. It is called “Fast Track to Bounce Back”.

You can find out more information here: https://www.yourlifeyourwayacademy.com/course?courseid=bounce-back-best-free-offer

Thankyou Diana for your exclusive interview for shesight!

We hosted a webinar led by Diana in our Youtube channel ,Prayaanalabs in April. Do watch it .
Cee Vee's Corner

Gender Issues Amidst the Pandemic
The Covid-19 pandemic is considered to be one of the greatest historical event ever since the century old Spanish flu devastated the humanity. This significant period is changing our lives in myriad manners and indeed altering our priorities as if in a war-like scenario. Take for example, the case of alcohol. The lockdown which led to complete close down of all alcohol outlets in India was received with a huge debate on two sides. A set of people who argued that without alcohol, the alcoholics would have drastic withdrawal symptoms and may lead to harsh outcomes including crimes and suicides. Another set of people who felt that this period of non-intake of alcohol may lead to better balance and love inside the family especially in those where men are addicted to it. And that this period could even help in stopping or reducing this habit forever.

Around a week after the lockdown was announced, I had an interesting chat with a few of my women friends on the topic of family life and alcoholism. I spoke to selected 14 women who had previously disclosed to me that alcoholism of their husband / father is a matter of concern and familial discord. Around 80% of them told me that the non-availability and the resultant sober nature of the men in family was indeed very satisfying. There were less arguments and a feeling of safety within the family. Though there was a fear of withdrawal symptoms, most of them could overcome the same by spending time with children or doing household chores. The wives/mothers /daughters were happy and there was peace in the family.

However, to my surprise, when I re-checked the status after around one month of the lock down things were not as bright as it was initially. The “good husbands” became once more “bad husbands” for varying reasons. In fact, this time, only 40% of the women agreed that they had a “peaceful” family life. On probing further, the reasons included increase in domestic violence, arguments, verbal abuse, child abuse etc. The increase in the domestic violence incidents during the lock down have actually opened up the decaying worm called toxic masculinity or the deep rooted patriarchal notions which was hitherto hidden in the name of alcoholism. Other issues like sexual abuse especially of children also cropped up during this period and many cases were reported in the media as usual.
Sexual violence and alcoholism has been long considered as going hand in hand. But despite the non-availability of alcohol (now, this is a question by itself. Are we sure that they are not obtaining their alcohol from unscrupulous sources?) , the rising number of these incidents also points to pertinent questions on sexual deprivation or possibly psychopathic tendencies in such individuals.

Power relations within the family especially in the context of increasing financial insecurities, rising tensions, fear and seemingly endless confinement at home could also be other reasons for the rise in the incidents of domestic violence. So, my ladies who were earlier “happy” about having their husbands at home and having a “peaceful” life now started lamenting on when the lock down will end so that their husbands can get back to work which will enable some free time for themselves.

Amidst the media frenzy of the death statistics and political debates that’s happening on a similar pandemic rate, there are multiple segments of people whose issues get submerged. One such is the women and the Trans genders. The nature of issues may be different for each segment but the fact remains that the pandemic has brought out some issues which were hidden.

Feminist economists also have spent decades examining women’s unpaid work within the home, an issue that has gained attention during the crisis with lock downs and stay at home orders around the world. Regardless of context, women do relatively more unpaid care work than men and this is mostly undervalued and invisible. This also increased due to school closure and the additional care needed for elders at home who may be sick.

Coming to the work front, the fact that a vast majority of healthcare workers are also women and their burnouts, stress and emotional trauma is something which needs attention cannot be ignored.

We also heard of violent behaviour towards some of the healthcare professionals including doctors and nurses who were ill- treated by their neighbours or landlords. On one side, we hear of the struggles of healthcare workers and the other side we also hear of follies committed by law breakers leading to more victims needing attention from the same healthcare warriors.

Coming to economic issues, as the effects of the COVID–19 pandemic roll through economies, reducing employment opportunities and triggering layoffs, temporary workers (the majority of whom are women), are expected to bear the heaviest brunt of job losses.

Let’s look at some of the below statistics identified by Isabelle & Pamela (April 2020) published in the UNCTAD website where they talk about the necessity of gender- equal responses to save the economy after Covid 19.

“Across the world, women represent less than 40% of total employment but make up 57% of those working on a part- time basis, according to the International Labour Organization. In South Asia, over 80% of women in non-agricultural jobs are in informal employment; in sub-Saharan Africa this figure is 74%; and in Latin America and the Caribbean, 54% of women in non-agricultural jobs participate in informal employment. The service sector is being hit hard by the restrictions imposed to manage the spread of the coronavirus. Given that some 55% of women are employed in the service sector (in comparison with 44% of men), women are more likely to be adversely affected. Moreover, female-dominated service sectors such as food, hospitality and tourism are among those expected to feel the harshest economic effects of the measures to contain the spread of the pandemic. Without open and favourable lines of credit, many female entrepreneurs will be forced to close their businesses”
In the case of transgender, the issues are multi-fold. Poverty and lack of avenues for dignified living has now increased its magnitude post covid. It is imperative that their issues are studied separately by government and other bodies and necessary actions to be taken for effective rehabilitation and empowerment actions.

Gender sensitive strategies shall be identified by corporations and governments along with substantial provision of social net for women and other vulnerable segments. Flexible work arrangements for both men and women which became a necessity during this pandemic can continue which may enable better participation of men in household chores as well as reduce the burden of women to some extent. Gender responsive actions and business policies are also need of the hour.

In fact, the pandemic actually offers an opportunity to bring about effective changes in the society and systems to protect the women from the brunt of not just this situation but also to modify earlier inequities.

Women’s economic empowerment by providing opportunities in home based small businesses, micro-entrepreneurship, freelance jobs, opportunities in digital and technology world, local manufacturing and marketing of women made products are all areas to focus on after this lockdown.

We at Prayaana are striving in our own small ways to enable home based economic opportunities to women whose families may face reduction in their incomes in the current economic scenario.

*Just as the earth is healing itself by closing ozone holes and eliminating pollutants, it’s time to use this period as a ladder towards better gender equality.*

*Cheers to all the wonder women and superheroes out there!*
Secure your network

- Remember that hackers are watching you. You can't say, you are a victim.

- Change password frequently. Put strong passwords.

- Deploy a dedicated firewall to protect you from threat.

- Beware of fake mails.

- Browsing like banking, shopping should be done on a device that belongs to you.

- Backup your data frequently onsite and offsite.

- Ensure all company systems are regularly updated.

- Malware can be spared through infected devices like flash drives, hard discs, even from smart phones.

- Be careful with what you are sharing on social media.
In Love❤️ with Nature

VIDYA RAJU
Love is the key thing that binds the whole world— it should be unconditional, and it should flow into every life regardless of the form that it takes. Vidya Raju is such a lady who emanates her love to all the life forms — snakes, elephants, birds and plants. Her policy is live and let live, and with immense courage she had let snakes like python back to their home— forest, ensuring that nobody harms them. She cannot stand the suffering of animals and birds and to avoid them of their suffering, she travels that extra mile, if needed. Vidya Madam is ‘love’ personified and let us have a chat with her to know more about her ways of rescuing of Snakes and other animals.

Vidya madam, in Kerala we have Vava Suresh, a snake lover and the next name that we hear is that of yours and during the floods you have done a lot to save both humans and snakes. When did you start your affair with snakes and other reptiles?

I have been a nature lover since my younger days. My interest in reptiles, however, has been there since 2000 when we stayed in Goa due to my husband’s posting. To understand how I turned to rescue snakes, one must go back several years - to be precise, the year 2000, to the time when my husband, Commodore NVS Raju, then a Commander, was stationed in INS Mandovi, Verem, Goa. I used to go for bird watching trips and one such trip changed the way I looked at these reptiles. I saw a man in the team rescuing a snake during one such trip and I was fascinated and wanted to do so myself. Seeing my enthusiasm, some members of the bird watching team, who were also familiar with reptiles, initiated me into it.

People in general get scared out of their wits when they see a snake and the immediate reaction is to kill them, be it venomous or not. Any suggestion Vidya Madam?

This is due to lack of awareness amongst the public. Snakes are creepy, and are associated with danger and death. This creates fear in the people and prompts them to harm the reptile. Making the people aware of the types of snakes and giving them clues of identifying a snake will reduce this fear and anxiety in the people. This awareness, if initiated at a young age, will find the children growing up with empathy. I take awareness sessions in schools to promote understanding amongst the children. I give talks on the topic in other places as well for the benefit of adults.
You have lived in various part of India, do you think there is a vast difference in the terrain and in the flora and fauna of each state? Are the other parts of India, more respectful to animals than we in Kerala?

People in our country are caring and compassionate to animals and I experienced a great lot of love from people to life and nature in all parts of India. I do find that Kerala is blessed with greenery and wild life much more and this had in fact been an incentive for me to continue staying here after my husband’s retirement.

You really pain for the elephants chained, and the torture they endure here during the temple festivals. Earlier elephants (even other animals like cows and horses for that matter) were treated royally though they were domesticated. We have authentic thesis on elephants like Hasthi Ayurveda and Mathangaleela, which throw light on how to take care of them and use their intelligence and skills without even harming them. minutely. Now, the elephants are just used as a revenue source with little care and attention. As an animal-lover, do you think that there is a possibility to reverse this trend?

Many times people use animals for monetary benefit, but most of them do not have a criminal mind. I believe if groups of people involving in such activities are educated of animal rights and the way the voiceless need to be treated, things will improve because not many would want to get involved in illegal activities. Spreading awareness along with a constant vigil to bring to book the few offenders will definitely reverse the trend.

You have experienced a great lot of love from people to life and nature in all parts of India. I do find that Kerala is blessed with greenery and wild life much more and this had in fact been an incentive for me to continue staying here after my husband’s retirement.

It was really a surprise to see that you have also learned about the herbs of Kerala, Kerala is a state with great herbal opulence. Earlier we respected these herbs, and we worshipped them for their qualities as we do with Dashapushpam and Mukkooti. Unfortunately, we are losing out these precious herbs for simple useless plants (which are even poisonous too). Is there a way to protect these herbs and grow them in our

Yes, I had developed an interest in herbs and could develop a Herbal Garden in the Indian Naval Academy campus in Ezhimala in 2010 when my husband was posted there. Selecting the right herbs to suit the environment with care, and with nourishment and constant vigil. I do believe that the areas for cultivating them can be increased. In fact, Kerala can pride itself as having a populace with awareness in this regard. Many people are cultivating herbs in even limited spaces over here.

You are so in sync with nature that you can identify the birds from their calls. Out of your love to the nature, you are also trying to imbibe this quality – that is to love nature— into children around your area. How was the response of the parents and others to this venture of yours?

I have always had a positive experience in promoting bird watching amongst the children. I emphasise that bird watching can be done form their residence itself to start with. Parents and others not only encourage their children to participate in these activities, but very often participate themselves.
JOBS AND OPPORTUNITIES

WORDPRESS DEVELOPER
- For a digital marketing firm
- Location Thrissur
- Experience 1-2 years
- Salary 10,000-20,000

WANTED AN ACCOUNTANT
- UAE based digital firm
- Location Thrissur
- 2 year Tally experience
- Salary 10,000-20,000

ACCOUNTANT
- Security and service based company
- Location Kochi
- Experience 6 months to 1 year in Tally
- Salary 10,000-20,000

SENIOR ARCHITECT
- Leading architecture company
- Location Kochi
- Experience minimum 5 years
- Salary negotiable

DIGITAL MARKETING EXECUTIVE
- Cyber security firm
- Location Kozhikode
- Experience 2 years
- Salary 10,000-20,000

GRAPHIC DESIGNER
- For a digital marketing firm
- Location Thrissur
- Experience 1-2 years
- Salary 10,000-20,000

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BUSINESS WOMAN OF THE MONTH
Sajna’s Happy Petalz
**SAJNA’S HAPPY PETALZ**

Happy petalz’—the name itself evokes a feel of happiness, freshness of lush greenery dotted with fresh flowers. What can a person who love earth and environment do but other than creating a brand and dedicate it to nature itself! Sajna Sudhirkumar, hailing from Malabar district was born and brought up in Coimbatore. She had her graduation in Biochemistry, though she enjoyed teaching art and craft for the pre-schoolers—the best combination for this lover of arts and of children, the business genes in her made her restless until she found her way into something she loved. Thus Happy petals was formed—‘packing bits of nature’ into homes—indoor plants and potteries. She is doing her service through online, her services include selling indoor plants, beautiful cute pots and accessories in a right fit budget, and also she has incorporated—in indoor plant gifting solutions, and consultations for home décor too! She has also launched a new product, Dharbha mat—a mat made by using—dharbha/kusha—a herb/grass known since the Vedic ages for its healing and purifying qualities. Dharbha/kusha grass is the best recommended seat for yogic and meditative practises since ages. Meet her at www.happypetalz.com. Ph:9995022302
RECIPE OF THE MONTH 😊
**Ingredients:**
1. Idichakka/breadfruit-1 medium sized
2. Small Onions/shallots- 8 to 10 nos
3. Ginger Paste-1 teaspoon
4. Aniseed(Perumjeerakam)-1 tablespoon
5. Coriander Powder-1 teaspoon
6. Green Chilli-5nos
7. Turmeric Powder-3/4th teaspoon
8. Red Chilli Powder-1 table spoon
9. Curry Leaves-handfull
10. Black Pepper Powder-1 tea spoon
11. Rice Powder-3 table spoons
12. Salt to taste
13. Lemon Juice-one lemon
14. Coconut Oil-1 table spoon

**Preparation method:**
1. Cut idichakka in to medium sized triangle shapes.
2. Steam it, till it is half cooked and then allow it to cool.
3. Grind all ingredients from 2 to 10 in a mixer with little water.
4. Mix one teaspoon of coconut oil and lime juice, and 3 tablespoons of rice powder to this mixture.
5. Marinate this paste on the half cooked idichakka and mix well.
6. Keep it aside for 30 mins.
7. Shallow fry this marinated idichakka on medium flame by flipping both sides so that it become crispy.

Note: Throw a few curry leaves in to the oil and once done, sprinkle these on to the idichakka pieces for an added flavor.

Serve it hot.

**SUSHMA DAS**
TRIVANDRUM HUB LAUNCH

Our much awaited launch of Prayaana’s entrepreneurs collective, Trivandrum hub was held online on 6th April 2020. We proudly introduced our e-commerce platform to the new members. The participants were a mix of women entrepreneurs and homemakers who were passionate about making their dreams come true. Our visionary leader, Chandra, explained the business model and its dimensions. The insightful discussion touched upon the multitude ways of helping and supporting each other in this beautiful entrepreneurial journey.

Meeting ended up with our Kochi members sharing some of their experiences and success stories. We intend to conduct follow up meetings monthly. Those who wish to be a part of this wonderful journey please contact Our TVM Ambassador Ms. Sreekala on 8921553194.

ERNAKULAM COFFEE CHATS

We really enjoyed our cyber coffee chats during the April month, and while brainstorming for more, an idea of the ‘Future Talks’ came up. Soon The Future Talks’ series - webinars on curated contents became live. We ourselves were on cloud nine when we realized the impact and influence of the series. Till date many front runners and trail blazers lead the talks.

We are expanding – another hub is on the way – followed by the Thiruvananthapuram hub, a hub at Thrissur is on the way and will be opened soon while something for Idukki is also on the anvil. At the same time Pracol, the brainchild of the team Prayaana is getting more active, with more bloggers and active members signing in. We are keeping fingers crossed at this time of pandemic by remaining more enthusiastic and collaborative.
During this quarantine days to uplift ourselves and to stay motivated team Prayaana curated webinars - ‘The Future Talks’ series on variety of topics and contents. The series were conducted by international speakers, Successful CEO's, individuals who had swum against the tide and amateurs in various fields. Managed by a Team of Vibrant Women at Prayaana EKM, and Anchored by our bubbly host Ms. Chelsea, the Future Talks series brings many possibilities to the table and caters to the need of many. This Series will continue as an online learning channel for not just Prayaana but everyone who wish to learn and skill themselves on various topics like Arts, Culture, Business, Technology, Health and everything under the sun!

Watch the future talks series @ www.youtube.com/c/prayaanalabs
Here is a onliner on the topics we learnt. Do watch the videos anytime at our youtube channel

Ms Gayathri Prem
Co-founder - Live with Art
Topic: Art as a stress buster.
Her talk opened to a new dimension of arts which was really worth listening to. Art lover or not— one will surely be inspired to try a hand atleast on one of the techniques.

Mr Krishnakumar
CEO of Green Pepper, Co-Founder of Jumpfrog.
Topic: Remote working— Smart practices to stay productive.
His frank and matured talk on the subject dealt with essential tips and techniques for being more productive and energetic while working from home. His presentation was not confined only to work at home but it dealt more deeply about maintaining the energy and routine on a daily basis.

Ms Reshmi Rajesh
Life Coach, Founder SerklevLaif Academy
Topic: Importance of life skills for children
She stresses that it's not just academics but essential life skills that carves out a well-equipped human being. One of the best talks on parenting that one should never miss.
Ms Diana Dentinger  
*International life coach, Italy*  
**Topic:** How to bounce back – tap into your innate potential to be unstoppable.

Renowned International speaker she is, she talks about bouncing back, and inspires us to be a better version of ourselves. Her expertise in personality analysis based on pure scientific methods is a huge success. Based on this personality profile one will reach to the true self and will definitely realise the hidden potential.

Dr Suja Karthika  
*Founder and Chief Trainer. Exceller training*  
**Topic:** ABC - Adapting Becoming and Creating

She stressed the need of being flexible and brilliant at the basics. She encourages to see every crisis as an opportunity.

Mr Rajiv Ambat Menon  
*CEO Nuvovivo wellness clinic*  
**Topic:** Health and fitness for women.

A must watch to remain healthy and energetic. He scrapes down a lot of myths around fat, muscles, calories, and diet.

Mr Baburaj Nair  
*Chief mentor and Founder P2B Consulting  
Former CHRO The Hindu*  
**Topic:** Business strategies post covid.

His insights and wisdom on the topic is matchless. He draws a tree as a metaphor for an organisation and presented the business strategies in a very effective manner.
Ms Chandra Vadhana  
*Founder & Chief Mentor Prayaana | CEO, 4Tune Factory*  
**Topic: Six entrepreneurial qualities and live workshop with six women entrepreneurs**  
A highly interactive session, that was inspiring and motivating along with six women entrepreneurs who shared their journey and elicited the topic.

Ms Aditi Radhakrishnan  
*HR consultant Mitara consulting services*  
**Topic: What’s my super power?**  
Unless you unlock your potential you cannot be an asset to the society. Listen to this webinar on how to go ahead to realise the innate potential.

Ms Payal Nanjiani  
*Founder, Success is within Leadership*  
**Topic: What it takes to build a successful business and thrive.**  
She is globally known for her leadership talks and according to her developing a leadership mind set is essential no matter what you are. Her elaboration of the RAM technique was amazing.

Ms Rakhee Vijay Nair  
*Co-Founder Vajra learning solutions, Life Coach and management facilitator*  
**Topic: Paradigm growth to fixed mindset to growth. An excersie to your brain**  
From Now to Not yet, power packed words that could nip a negative mind in the bud.

Ms Yukthi Kapoor Mehandiratta  
*CEO of SBY academy*  
**Topic: Upskilling leadership to succeed in post crisis world**  
There is a silver lining in every crisis and this single talk of her make us overcome the anxiety and make us motivated during this corona hit days. She elucidates on the 4 C’s to be more successful in life.
Mr Arun Gopi
Award winning Wild life photographer
Topic: Stories behind those wonderful shots in wildlife photography
Nature always soothes and comforts us. At this quarantine days a sure chance to smell and feel nature

Dr Priya Vadhana
MD DNB DPMR Consultant physiatrist .Royal Care Super speciality Hospital
Topic : Pain pain go away.Stress and pain matters
A highly scientific approach towards pain and stress. She also dealt with the need of straightening the subconscious mind to overcome the impossible. A must watch for those who need to know the science of stress and pain

Ms Sivaparvathi
Founder Druta Music band
Topic : Music therapy for mindset shift
A wonderful class to know more about music and its therapeutic side

Ms Shyni Rajkumar
Award winning Lady bullet Rider
Topic : Come lets go for a ride!
Her passion is riding bikes, but unfortunately it was like being a rebel against the society. Listen to this webinar to know what it takes to overcome all the challenges to ride on your passion

Ms Dhanya Ravi
Freelance content writer, Disability Evangelist
Topic: My ability is my attitude
A vibrant interactive session. She opened her book on life and stressed the need to create awareness about the needs of the differently abled. She is a diamond who had gone through extreme hardship and is now shining.

THE TEAM BEHIND THE FUTURE TALK:
Ms Elsa Baby – Speaker Coordination
Ms Jency – Speaker Coordination
Ms Babitha Rose – Poster Designs
Ms Suji Satish – Poster Designs
Ms Chelsea Sunil – Anchor
Ms Chandra Vadhana – Technical Support & curation of Topics//Speakers
Are you a woman with a flair for writing? Can you inspire people with your stories? Then it's time for you to showcase your writing skills as well as utilise an opportunity for lifetime earnings.

We, Prayaana Collective are inviting women to spend their freetime to write articles on various topics like lifestyle, cookery, fashion, success stories of women, learning, career etc. Articles can be in English or regional language.

To join our Blogger Team, send an email with your contact details along with your profile to prayaanadigital@gmail.com
Beauty and wellness
THE BENEFITS OF CARDAMOM & OKRA

Mrs USHA KURUVILA

Here is a wonderful home made face pack with Okra. Okra is extremely good for your skin, hair, nails and eyes. It is a store house of vitamin c that boosts collagen and delayed aging. Cut 5 fresh Okras and boil in 1 cup of water, after 10mins strain and blend it nicely with 1 tea spoon of yoghurt and 1 teaspoon of olive oil and apply on your face and neck. Leave the pack for 15mins and rinse it off. Try this pack for once in a week for better result. Okra strained water can also be used as a hair gel. Strain & blend it nicely with half tea spoon olive oil and vitamin E oil. Apply this gel on your washed hair for shiny and healthy looking hair.

The queen of spices cardamom is a great aid to fight hair loss. Including cardamom in your daily diet aids in strengthening of hair roots. An easy way to include cardamom is to grind and mix, 2 pieces of this spice in a glass of milk and consume it boiled before bed time. Bonus- better sleep along with stronger hair.
Do you wish to be a Prayaana Ambassador in your city?

WARNING: BEING A PRAYAANA AMBASSADOR IS NOT EASY.

You will be the one who will respond to all the curious and inquisitive questions.

Why do women need to be a part of an organisation?
Why are you promoting only women?
Instead of being inclusive, why this division?
Oh! So you are a feminist? eh!
Women are already empowered and what more do you want?

If you are strong enough to handle these queries and lead a team of aspiring ladies, then flex your muscles and get ready. To help survive the odds and create a strong bond, we invite you to join Prayaana as a City Ambassador. Being a Prayaana Ambassador also comes with an earning opportunity for yourself.

Send your interest along with your profile/resume to Joinprayaana@gmail.com mentioning City Ambassador and the city you wish to work for.

Eligibility: Any lady/transgender. With no specific qualifications
Essentials: Techno savvy public, speaking skills, organising skills, passion towards working for women empowerment.

Please note we will be shortlisting City Ambassadors based on merit and leadership ability.
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"The most beautiful thing that a woman can wear is confidence!"

Stay tuned till next edition!