

# Femme Forward

Edition

01

MARCH 2024

Voice Vista

Celebrating Women's Journey





# Femme Forward

Celebrating Women's Journey



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THANK YOU FOR YOUR UNDERSTANDING AND CONTINUED SUPPORT.

SINCERELY,

FEMME FORWARD EDITORIAL TEAM

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Dear Readers,

As we embark on this journey with our inaugural issue, it fills me with immense joy to introduce to you our magazine, a platform conceived with the noble intention of shining a spotlight on the extraordinary individuals who tirelessly contribute to society in various fields. Our mission is simple yet profound: to celebrate and appreciate the remarkable work being done by people from all walks of life. As March approaches, a month heralding the celebration of International Women's Day, we find ourselves in a position of privilege to showcase the talents and achievements of eleven remarkable women hailing from diverse sectors in Nashik. These women are not just emblematic of resilience and determination, but they also serve as beacons of inspiration for generations to come.



I extend my heartfelt gratitude to the entire team whose dedication and tireless efforts have brought this vision to fruition. Each member has played an integral role in shaping this platform into what it is today—a testament to our collective commitment to amplifying the voices of those who often go unheard.

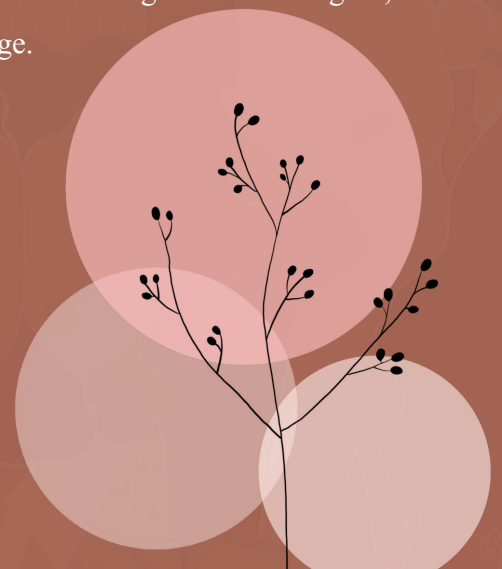
Moreover, I extend my sincerest appreciation to the interviewees who graciously shared their invaluable insights and experiences with us. Their willingness to open up and share their stories has enriched our magazine and will undoubtedly inspire countless individuals.

As we embark on this journey, let us remember that it is not merely about the stories we tell, but the lives we touch and the hearts we inspire. Together, let us continue to uplift and celebrate the unsung heroes among us, for it is through their stories that we find hope, courage, and the power to effect change.

With warm regards,

*Pooja Praasun*

Founder & Editor in Chief for Project  
Femme Forward





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Esteemed Readers,

As we stand on the brink of our magazine's debut edition, poised to launch on the auspicious occasion of International Women's Day, I am reminded of the immense power and potential encapsulated within each page. This edition is not just a collection of stories; it is a testament to the unyielding spirit of Nashik's women—a celebration of their triumphs, their resilience, and their unwavering commitment to shaping a better tomorrow.

Within these pages, you will find narratives that transcend the ordinary, offering glimpses into the extraordinary lives of eleven women who have left an indelible mark on our city and beyond. From breaking barriers in traditionally male-dominated fields to nurturing communities with compassion and grace, each story is a testament to the boundless possibilities that await when courage meets opportunity.

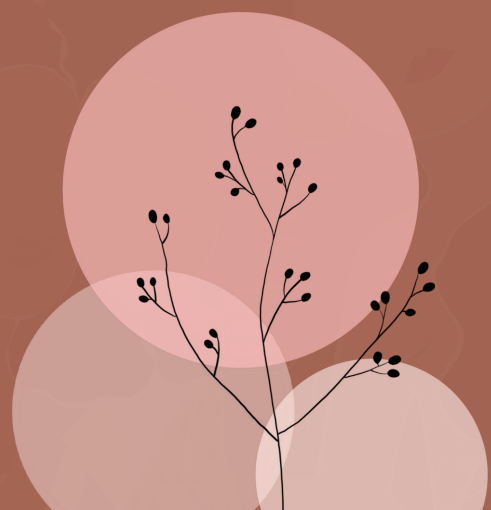
As we embark on this journey together, let us not only celebrate the achievements of these remarkable individuals but also reflect on the collective strides we have made towards a more equitable and inclusive society. May their stories inspire us to dream bigger, to reach higher, and to embrace the unique potential that lies within each of us.

With gratitude and anticipation,

Dr. Anagha Naik

Editor-in-Chief (English Edition)

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संपादकीय ..

पंचवटी पासून पॅन्टीयम पर्यंत प्रगती केलेली ही नाशिकनगरी ... मंत्रभूमीकडून तंत्रभूमीत परावर्तित झालेली नाशिकनगरी ... रुद्राक्षभूमीकडून द्राक्षभूमीकडे वाटचाल करणारी ही नाशिक नगरी... या नवशिखरांवर वसलेल्या नाशिकनगरीतील स्त्री शक्तीच्या भारावलेल्या पंखांनी साकारलेली 'अकरावी दिशा' म्हणजे 'Femme Forward' चा हा पहिला अंक चोखंदळ वाचकांच्या हाती देताना आम्हाला मनस्वी आनंद होत आहे.

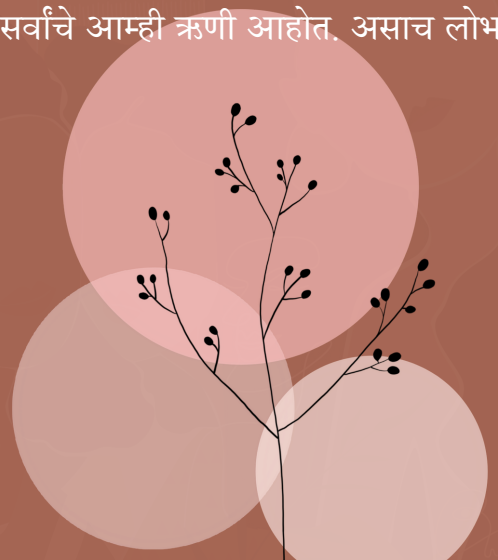
भारतीय संविधानाने बहाल केलेल्या स्वातंत्र्य - समतेचे अर्धे आकाश मिळवून स्वतःची क्षमता सिद्ध केलेल्या स्त्रीजीवनातील 'गृहिणी' पदासोबतच सखी, राज्ञी, सचिव, मार्गदर्शक अशा विविध भूमिका सक्षमपणे साकारणाऱ्या अकरा 'मातृकां' चा 'प्रज्ञाप्रवाह' च्या या अंकात आपणास परिचय होऊन प्रेरणेचा प्रकाश पसरेल अशी आम्हाला खात्री वाटते.

प्रज्ञा प्रवाहाच्या निमित्ताने दरमहा विविध संकल्पना - विषय घेऊन आम्ही नियमितपणे आपल्या भेटीस येणारच आहोत. आपले प्रेम आणि पाठबळ असू द्यावे ही नम्र विनंती. या प्रकल्पात आम्हाला मार्गदर्शन करणारे आमचे मार्गदर्शक, मदत करणारे सहकारी आणि तंत्रज्ञ या सर्वांचे आम्ही ऋणी आहोत. असाच लोभ असू द्या, धन्यवाद !

सुनिता चौहाण.

संपादक (मराठी अंक)

Femme Forward







## TRUPTIDA KATKAR

### "Harmony in Action: An Interview with a Multifaceted Woman Making a Difference"

Truptida Katkar, an exceptional individual, stands as a testament to the power of dedication and compassion. Her remarkable journey is one that has inspired countless people and left an indelible mark on society. Trupti's unwavering commitment to making the world a better place has touched the lives of many. Her story serves as a beacon of hope and motivation for all who have had the privilege of knowing her or hearing about her remarkable achievements.

Q1. What inspired you to choose a career dedicated to social work and helping others?

Ans1: My father, Mr. Shriram Vaani, was the founder of Shriram Coaching Classes and was dedicated to serving society. Under the guidance of Pandurang Shastri, numerous social initiatives were organized. Despite being physically handicapped, every Saturday, my father would travel to Lonarwadi near Sinnar to teach Vedic mathematics to children. The essence of social work was instilled in me from a young age. My mother and father often helped the poor and needy. My inspiration comes from my mother, Mrs. Suman Vaani, and my father, Mr. Shriram Vaani. After marriage, my husband Abhijeet and son Prathamesh provide full support, making everything possible, which further motivates me.

Q2. Can you share a heartwarming story from your experience as a social worker?

Ans2: A spastic child, a victim of cerebral palsy, was given plastic children's toys to color at Manali Multifaceted Institute. Despite having a paralyzed hand, he learned to use it to color and found great joy in doing so. An autistic child, who is usually unstable and unresponsive, was able to focus and work on coloring sketches. This experience motivated him to work with enthusiasm. The feeling of being able to bring happiness to someone's life is very fulfilling. After visiting the Manali Multifaceted Institute, I received a lot of love from the children.





Q3. How do you feel about cycling and its impact on society?

Ans3: Everyone in the cycling community, spanning 60 years, enjoys cycling immensely. Even if it's just a minimum of 30 kilometers, they still enjoy cycling. Seeing them encourages us.

Q4. Can you share an experience where you felt immense satisfaction in your work?

Ans4: Yes, I once met a child who had a hole in his heart. Due to his poor financial condition, he was unable to receive proper treatment. We were able to arrange for his surgery through a charitable organization, and seeing him healthy and happy after the successful surgery brought immense satisfaction to me.

Q5. How do you maintain inclusivity and diversity in your social work interactions?

Ans5: We ensure inclusivity and diversity by involving people from all backgrounds and communities in our social initiatives. We believe in the principle of unity in diversity and strive to create an environment where everyone feels valued and included.

Q6. What impact do you hope to leave through your social work?

Ans6: My ultimate goal is to create a positive impact on society by uplifting the underprivileged and marginalized communities, promoting education, and fostering a culture of compassion and empathy. Through my work, I aim to inspire others to join the journey towards a more equitable and just society.

Q7. What motivates you to actively participate in tree plantation drives and environmental conservation efforts?

Ans7: Planting trees and contributing to environmental conservation efforts bring me immense joy. Over the past five years, witnessing the growing number of Indian species of trees being planted, totaling over eight thousand, fills me with great satisfaction.

Q8. Can you share an experience where you encountered challenges while participating in tree plantation drives?

Ans8: When forest fires occur in areas where we have conducted tree plantation drives, we find ourselves actively involved in firefighting efforts. We also assist in relocating water pipes to prevent them from getting damaged by the fire. Some individuals obstruct our efforts, causing inconvenience. However, in such situations, we maintain a calm demeanor and continue our work. Additionally, green nets installed to protect the trees sometimes need repair, and we carry out the necessary repairs without delay. Despite facing challenges, we remain committed to our cause and focus on the positive aspects of our work.

Q9. How do you involve the community in tree plantation projects?

Ans9: We encourage community participation by involving them in the preparation of saplings from mango seeds. It is essential to teach children to plant trees while enjoying nature's company. We also encourage children to cycle a short distance of two kilometers from their homes as a form of exercise and to instill a sense of responsibility towards the environment. Additionally, we request shopkeepers to plant at least five trees and maintain them for a minimum of four years, integrating it into their business plan. We advocate for the use of public transportation or cycling for at least one day a week to reduce petrol consumption and air pollution, promoting both physical and mental well-being. By involving economically disadvantaged families in our social activities, we indirectly improve their mental and physical health. Witnessing these children laugh and play brings us immense joy and satisfaction.



Q10. How does your cycling group contribute to both individual health and community service through its daily cycling activities?

Ans10: Our cycling group, "Saturday Sunday Group," covers a minimum of 20 kilometers every day, resulting in 86 cyclists collectively cycling a total of 1,21,148 kilometers in a month. Even though we prioritize our health, this activity serves as a form of social service. Seeing a significant number of women participating in our cycling events, including the Rajmata Jijau ride, brings me immense satisfaction.

Q11. Can you describe the cycling challenge organized by the Saturday Sunday Group involving senior citizens?

Ans11: Certainly. Through the cycling challenge initiated by the Saturday Sunday Group, senior citizens are encouraged to cycle more than 50 kilometers daily. Over time, their cycling distance has increased to 50 kilometers per day. This regular physical activity has contributed to maintaining good health, resulting in fewer instances of illness and overall enjoyment in life. Spending two hours amidst nature each day has also proven to be beneficial for their well-being. When senior citizens wake up early and go out for cycling, they return home feeling content and happy. Prioritizing personal health is also a form of community service.

Q12. What activities do you engage in for personal enjoyment?

Ans12: Engaging in physical exercise, such as cycling, and taking care of my body through yoga and meditation brings me immense joy. Any activity done with joy turns out to be excellent. I spend ten minutes each day practicing Omkar chanting, which simplifies spiritual practices due to my interest in spirituality. I never let anyone else control my joy. Happy individuals always bring positivity, and everyone, including children, enjoys their company. Therefore, I carry out all tasks with joy and maintain control over my happiness and contentment.

Q13. Can you explain the concept of "Like there, like swayed" and how it contributes to both physical and mental well-being?

Ans13: "Like there, like swayed" emphasizes dedicating at least 30 minutes each day to physical exercise for both physical and mental health. Many excellent social organizations are doing remarkable work, and I contribute financially to support their endeavors. Even donating just ten minutes per month can make a significant difference for such organizations. I also suggest planting indigenous trees around homes, and once they grow, they can be transplanted to nearby areas.



Q14. How does events accommodate different age groups?

Ans14: Cycling events organized by the Saturday Sunday Group attract participants from three generations who cycle together. Additionally, children are involved in tree plantation drives, and they plant trees while staying close to nature. Various schools also participate in such drives, allowing children to experience nature and contribute to environmental conservation together. Mutual assistance and cooperation are essential for successful endeavours.

Q15. Can you share your experience participating in the "Star Pravah" competition organized by the Tridal Bhajani Mandal?





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Ans15: Certainly. I participated in the "Star Pravah" competition organized by the Tridal Bhajani Mandal and performed bhajans for two rounds, ultimately securing the opportunity to perform on the Star Pravah platform representing Nashik.

Q16. What is the essence of the Kojagiri Purnima celebration? How did the Datta Jayanti celebration unfold, and can you elaborate on the tribute paid to martyrs' families?"

Ans 16: Certainly, the essence of the Kojagiri Purnima celebration was to bring together over 800 women for a spiritual journey to Chanwad. The day-long program near the goddesses sought to foster meaningful conversation and camaraderie among the women, promoting mental health and happiness.

The Datta Jayanti celebration, held on December 25th, involved the participation of 500 women from Nashik who gathered at Karanji. The program honored Shri Datta Guru Maharaj with soulful bhajans and devotional offerings.

On February 25th, a solemn ceremony was organized at the IMA Hall to honor the families of martyrs. Sponsored by the Choudhary Pratishthan, the event featured musical performances by the Jai Stuti group, patriotic songs, and a heartfelt feast, all dedicated to the martyrs' families.

Q17. How do you manage to balance personal and social responsibilities?

Ans17: It seems like they are always outside working for 24 hours. No one in the world ensures that women cook for themselves. Social work requires a significant financial investment, while tree planting does not require much money, but it still makes a significant impact. I recently realized that it's important to take the name of God. However, you never suddenly get God's name when you are young.

Q18. Can you tell us whose teachings have influenced you?

Ans18: I admire the teachings of Gaur Gopal Das as they provide valuable insights on overcoming obstacles in life. His guidance on tackling challenges is exceptional and resonates deeply with me.

Q19: Why should people focus on contributing to their society, even if it may seem like a small effort?

Ans19: It is crucial for people to contribute to society, even with seemingly small efforts, as these cumulative actions can have a substantial impact. By working collectively and sharing resources, people can address various societal needs without the need for substantial financial investments. The sense of fulfillment and making a positive difference in one's community are more important than the size of the effort.

In conclusion, Trupti Da Katkar's incredible contributions to society and her unwavering dedication to making the world a more compassionate and inclusive place are nothing short of extraordinary. Her story is a reminder that a single person's actions, fueled by love and empathy, can create a ripple effect that transforms countless lives. Trupti's journey is a shining example of the positive impact one can have on the world, and she continues to be an inspiration to us all.

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Introducing "Femme Forward," a captivating magazine celebrating the extraordinary journeys of 11 remarkable women, each shining brightly in their respective fields. From the intricate strokes of a Rangoli artist to the soul-stirring verses of a poet, from the nurturing guidance of a teacher to the captivating narratives spun by a writer, our pages are adorned with the diverse hues of talent and passion.

Within these pages, you'll meet a calligraphy artist whose ink flows with elegance, a fitness coach inspiring strength and vitality, and a compassionate social worker weaving threads of change in our communities. Venture further and discover the entrepreneurial spirits behind a kitchen of culinary delights and the aromatic spices that tantalize the senses.

Delve into the insightful wisdom of a counselor, guiding hearts towards healing, and the mesmerizing performances of a mono artist, captivating audiences with each word uttered. Through their stories, we illuminate not only their individual journeys but also their profound impact on society, weaving a tapestry of empowerment and inspiration for all who dare to dream.

"Femme Forward" is more than just a magazine; it's a beacon of empowerment, a celebration of diversity, and a testament to the boundless potential of women everywhere. Join us as we embark on a journey of discovery, illumination, and empowerment, one story at a time.