



IDEATION & CONCEPTUALISATION : POOJA PRASUN EDITOR-IN-CHIEF FOR PROJECT : POOJA PRASUN EDITOR-IN- CHIEF MARATHI : SUNITA CHAUHAN EDITOR-IN- CHIEF ENGLISH : DR ANAGHA NAIK EDITOR : TEAM FEMME FORWARD DESIGNER : CREATORS DEN PROOFREADER : TEAM VOICE VISTA DISCLAIMER:

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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,

ooja Prasun

Founder & Editor in Chief for Project Femme Forward





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) Femme Forward





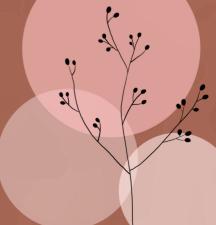
संपादकीय ..

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.

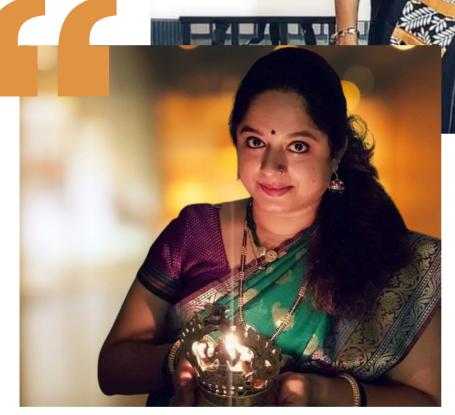
प्रज्ञा प्रवाहाच्या निमित्ताने दरमहा विविध संकल्पना - विषय घेऊन आम्ही नियमितपणे आपल्या भेटीस येणारच आहोत. आपले प्रेम आणि पाठबळ असू द्यावे ही नम्र विनंती. या प्रकल्पात आम्हाला मार्गदर्शन करणारे आमचे मार्गदर्शक, मदत करणारे सहकारी आणि तंत्रज्ञ या सर्वांचे आम्ही ऋणी आहोत. असाच लोभ असू द्या, धन्यवाद !

सुनिता चौहाण. संपादक (मराठी अंक) Femme Forward



Celebrating Women's Journey

MARCH 2024



POOJA NILESH GAIDHANI

Calligraphy: The Search for Artistic Beauty

"Femme Forward" magazine welcomes you. With the graceful and flowing strokes of ink, akin to the free-spirited flight of birds, Pooja Nilesh has mastered the art of calligraphy. Inspired by the teachings of Saint Samarth Ramdas in Dasbodh, she embarked on a journey of mastering the art of lettering. A skilled calligrapher, much like the renowned Achyut Palav, Pooja Nilesh has devoted herself to the intricate world of calligraphy. Let's delve into the artistic exploration of calligraphy in her city.

Q1: Can you provide a brief introduction about yourself and explain how you discovered your interest in calligraphy?

Ans 1: Hello, I'm Pooja Nilesh Gaidhani. After completing my B.Com graduation, I pursued a career in the field of Dubbing Artistry, working as an artist and a calligrapher for the last 15 years. My fascination with calligraphy and letters dates back to my childhood, and it became a special attraction in my life. After completing my 10th grade, I yearned to receive formal education in the art of calligraphy, but various circumstances prevented me from doing so.

Q2: What motivated you to pursue a career in calligraphy, and how did you develop your calligraphic skills?

Ans2: The love for calligraphy and a deep fascination for letters have been with me since my early days. The desire to learn the art of calligraphy, especially Devanagari script, was always intense, and I put relentless efforts into achieving it. I have extensively trained in various styles of calligraphy such as Italic, Gothic, Brush Calligraphy, Fraktur, and more, under the guidance of my calligraphy guru, Achyut Palay. This journey of learning and perfecting my skills has continued for over a decade.

M A R C H 2 O 2 4



Q3: Did you face any significant challenges or obstacles when starting your artistic journey in calligraphy? How did you overcome them?

Ans3: While I pursued calligraphy training, challenges did arise, but I never let these obstacles deter me. The true challenge was understanding and mastering the various styles of calligraphy, be it in Devanagari, Roman, or Modi scripts. I had to learn the intricate techniques and principles associated with each script, and this took considerable time and dedication. Additionally, the lack of a formal educational program in calligraphy further complicated my journey. However, my unwavering passion and persistence led me to overcome these challenges.

Q4: Are there any calligraphic styles or techniques that you specialize in, and what attracts you to them?

Ans4: Calligraphy offers a plethora of unique styles, each with its own allure. I have a particular affinity for working in the Devanagari script in all its variations. I find immense satisfaction in reviving traditional fonts used in old manuscripts, giving them a contemporary touch. In Roman script, I appreciate the diversity of styles, such as Chancery Cursive, Italic, Brush Calligraphy, Gothic, Fraktur, and Copperplate. The uniqueness and individuality of each style fascinate me, making every script a canvas for artistic expression.

Q5: Who are some of the artists or mentors that inspire you in your calligraphic journey, and how have their influences shaped your work? Ans5: Each artist has a distinct style that stems from their mentors' teachings and influences. However, every artist also strives to create their own unique style. While my calligraphy guru, Achyut Palav, has been a significant influence on me, I have also benefited from the guidance of Paul Antonio, an internationally renowned calligrapher. Learning from these experts, along with my experiences with artists like Kalpesh Gosavi, Shekhar Sawant, Pinakin Risbud, and Inkoo Kumar, has shaped my artistic journey.

Q6: Could you explain the creative process behind your calligraphic art, from conceptualization to the final creation? Please shed some light on any unique techniques or methods you use.

Ans6: Creating exceptional calligraphic art begins with a deep understanding of the subject matter, letter forms, and their aesthetic appeal. Observing the finer details in nature is crucial for creating a beautiful and harmonious piece. The process involves understanding the meaning of the words you are inscribing and meticulously practicing the strokes and colors to ensure a meaningful representation. The ultimate goal is to do justice to every word, ensuring that it complements the overall design.

Q7: Where do you draw inspiration for your calligraphic art, and do you have any specific sources or experiences that have nurtured your creativity?

Ans7: Inspiration for calligraphy comes from nature itself, and it's a profound source of creativity. A good calligrapher needs to be an avid reader to enrich their creative writing. Books are a valuable resource for creating an appealing backdrop to your calligraphic pieces.

Q8: Have you incorporated any unique or unconventional techniques or methods into your final calligraphic artworks?

Ans8: To add depth to my calligraphy art, I have explored the combination of calligraphy with digital tools such as Photoshop, Corel Draw, and Illustrator.

Celebrating Women's Journey

These software programs enable me to enhance my written content and present it in an aesthetically pleasing manner. By utilizing various techniques and software, I can offer the audience the beauty of calligraphy paired with stunning backgrounds and visuals.

Q9: Could you share a memorable experience or story related to your favorite calligraphic work or project?

Ans9: Through calligraphy, I've had the privilege of connecting with many like-minded individuals and artists. Even if someone in any part of the world needs calligraphic support for any project, they can simply reach out via phone. This has made the art of calligraphy accessible to people all over the world, making it a universal medium for artistic expression.

Q10: Your unique style and creativity differentiate you from others in the field of calligraphy. How do you balance preserving traditional calligraphy with embracing innovation?

Ans10: Calligraphy is an art that has been practiced for thousands of years. While there have been various modern styles that have emerged, it is essential to maintain the traditional methods as well. To preserve and evolve both traditional and modern styles, we conduct workshops, lectures, and sessions through Google Meet and Zoom in various locations in India and abroad, including the United States, Atlanta, and Russia.

Q11: Calligraphy holds historical and cultural significance today. How do you contribute to its preservation and development in the modern age?

Ans11: Calligraphy has evolved over the years with different styles and trends. We continuously adapt ourselves to these changes and put in consistent efforts to maintain and develop traditional and modern calligraphy styles. It is essential to pass these skills on to the younger generation, which is why we focus on teaching these skills to the youth of today.

Q12: Have you observed any changes or trends in calligraphy over the past few years, and how have you adapted to these changes in your work?

Ans12: Calligraphy is not just an art form; it is a form of selfdiscipline and meditation. It requires constant practice and an unwavering focus. Over the years, I've seen many changes in calligraphy styles, but the one constant is the discipline it instills. Each letter is a form of meditation and brings about a significant change in one's life.

Q13 : In today's society, who plays a significant role in promoting calligraphy, and how does it affect different communities and cultures worldwide?

Ans13: Calligraphy plays a substantial role in improving handwriting and bringing about a sense of discipline. This art can help improve the mental balance of individuals and even be a stress-buster. In the corporate sector, we often conduct calligraphy workshops as a stress-buster, and the results are remarkable. It has also brought about a significant change in the lives of underprivileged children, especially in orphanages.

Q14: Can you share a heartwarming or memorable experience where your calligraphy touched someone's life or had a positive impact on society?



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Jenne Jouwerd Celebrating Women's Journey

Ans 14: Once, I visited an orphanage to teach children and asked them to paint pictures and write on a canvas using calligraphy. The children would look at their work with amazement and affection. One day, a 6-7-year-old girl who couldn't write, looked at my work, and then gently touched her hand to mine. It was a touching moment that words can't fully describe. Some children said, "You're not a teacher; you are our mother." It was an overwhelming experience.

Q15: As a calligraphy artist, if you were to advise aspiring female artists interested in entering this field, what would you suggest?

Ans15: Before entering any art field, it's essential to practice that art with discipline and dedication. Regular practice and complete commitment to the art are necessary. Calligraphy is a form of meditation that requires consistent focus and discipline. Many avenues are available for women today in calligraphy. They can opt for training courses, workshops, corporate certifications, and magazine writing. There is also a current trend of calligraphy wall paintings. You can use this as an opportunity to express your culture and traditions through your art.

Through this interview, we aim to shed light on remarkable female calligraphy artists, showcasing their exceptional talents, and inspiring readers to explore the beautiful world of artistic calligraphy. We wish you the best on your journey into the world of artistic lettering!

Ideation & Conceptualisation : Pooja Prasun Editor in Chief : Pooja Prasun English Editor in Chief : Dr Anagha Naik Marathi Editor in Chief : Sunita Chauhan Proof Reader : Team Voice Vista Designed by : Creators Den







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.