

Femme Forward

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Voice Vista

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.

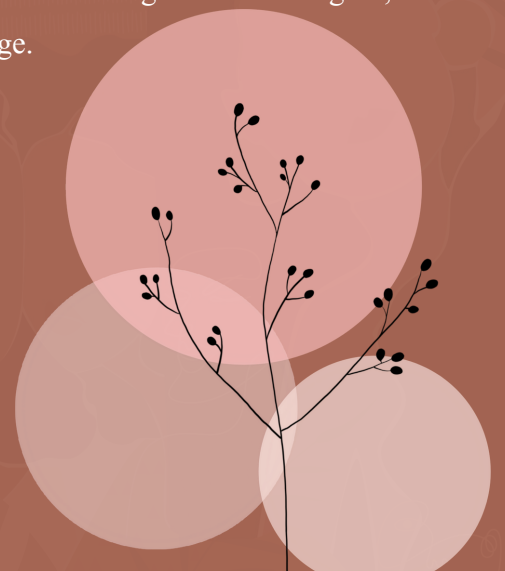
Moreover, I extend my sincerest appreciation to the interviewees who graciously shared their invaluable insights and experiences with us. Their willingness to open up and share their stories has enriched our magazine and will undoubtedly inspire countless individuals.

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
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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.

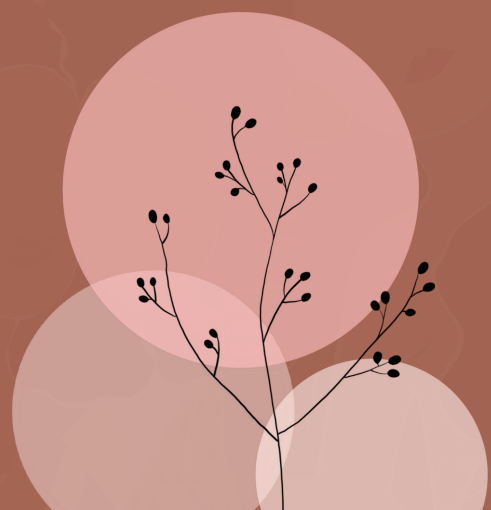
As we embark on this journey together, let us not only celebrate the achievements of these remarkable individuals but also reflect on the collective strides we have made towards a more equitable and inclusive society. May their stories inspire us to dream bigger, to reach higher, and to embrace the unique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

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PRADNYA TORASKAR

"Optimal Health: A Wealth In Itself"

The saying, "A sound body is the first step to achieving righteousness," perfectly embodies Pradnya Toraskar, a fitness trainer who's been reshaping the fitness landscape. Pradnya is not just a fitness trainer but also a social worker, fitness consultant, event organizer, certified naturopath, and the founder of an NGO. With over 20 years of experience in the fitness industry, she's conducted more than 350 successful fitness workshops and programs. Her notable achievement came in 2018 when her program, involving over 400 energetic kids, made it into the 'Limca Book of Records.' For her dedication to her work and social service, she's been honored with the 'National Janseva Award.'

In this interview, Pradnya Toraskar shares her journey in the fitness world, offering insight into her passion for fitness and the challenges she has overcome.

Q1: What drew you to a career in fitness training, and what inspired you to choose this path?

Ans1: My fascination with fitness began at a young age. However, I didn't always consider making a career in this field. It was my younger sister who inspired me to explore the world of fitness. She steered me towards this path, and I never looked back. While my initial introduction to fitness was through my family, it was after my marriage that I seriously delved into it. Balancing a one-year-old child and my fitness regimen meant I had to step out for early morning workouts at 5:30 am, rain or shine. These challenges ignited the spark within me. Notably, my family played a pivotal role in shouldering responsibilities during those days, making it a seamless journey.

Q2: How did you acquire your extensive knowledge and training in fitness? Did you follow any specific training paths or was it predominantly through your own experiences?

Ans2: I started by practicing rigorously on my own, primarily focusing on body anatomy. Then, I pursued official certification by enrolling in reputed training centers in Mumbai and Pune, earning my certified fitness trainer credentials.



Early on, I began my career in prominent gyms like Fitness Point and Talwalkar's Gym, which provided me with invaluable experience as a fitness trainer. However, my first-hand experience with clients and my deep study of muscle anatomy, particularly muscular exercises, have been instrumental in shaping my expertise. My focus on understanding and addressing muscular issues has been the cornerstone of my training.

Q3: As a fitness trainer, did you encounter any significant challenges or obstacles in building your reputation, and how did you overcome them?

Ans3: Challenges were undoubtedly part of my journey. The most significant hurdle I faced was balancing my responsibilities at home, especially with a one-year-old child. Committing to exercise at 5:30 in the morning while managing household responsibilities wasn't easy. Still, my family provided unwavering support, and my husband shouldered much of the responsibility, ensuring I could focus on my fitness journey. This family support was the key to overcoming those early challenges. Furthermore, my focus on body anatomy, muscle care, and specific exercises helped me build a unique niche and differentiate myself in the fitness training community. It was this depth of knowledge that attracted clients and led to their remarkable transformations.

Q4. In the field of fitness training, are there any specific areas in which you consider yourself an expert, and what have you focused on in that area? How have you tailored your personal training style based on your experiences?

Ans4: In the field of fitness training, I specialize in Muscular Fitness. This type of exercise has always fascinated me, and I have honed my skills in various aspects of it, such as Zumba, Pilates, Core Muscles, Functional Fitness, and more, becoming a certified trainer in these areas. I initially started as a fitness enthusiast and gradually developed expertise through training centers in Mumbai and Pune. My experience as a fitness trainer allowed me to provide personalized training programs, especially for women, making the exercises simple and effective.

I have trained many women in Nashik and gained a reputation for providing accessible and effective workouts.

Q5. Has anyone had a significant impact on your life and helped shape your personal training style? Are there any fitness professionals or mentors who have influenced you?

Ans5: My mentor has primarily been my husband, who encouraged me to pursue my own identity as a fitness trainer and continuously update my knowledge and skills. He advised me not to limit myself to the role of a trainer but to seek excellence in the field of fitness and muscle fitness. Additionally, my father-in-law and mother-in-law supported me, even helping me maintain my exercise regimen during my initial days as a new mother. Their support and motivation played a crucial role in building my fitness training career.

Q6. Is there anything you particularly enjoy or find effective in fitness exercises or routines that you can share with our readers? Based on your experiences, are there any unconventional techniques that have delivered significant results and could be of interest to our readers?

Ans6: I find Musical Fitness particularly enjoyable and effective. This exercise type allows you to incorporate music into your workout, making it more engaging and dynamic. It is an efficient way to work out while keeping your energy levels high. As for advice to readers, I recommend them to find a workout that they genuinely enjoy, as this helps maintain consistency in their fitness journey. Enjoyment can be a key motivator to keep up with a regular exercise routine. Musical Fitness is an example of such a workout that can make fitness enjoyable.



Q7. What are your thoughts on fitness training? How do you inspire your clients to set their fitness goals?

Ans7: Fitness training is a highly responsible job that requires a deep understanding of each individual's capabilities, strength, and specific requirements. To inspire my clients to set and achieve their fitness goals, I first tailor a workout plan to their specific needs, taking into account their body's unique characteristics and conditions. I guide them by offering exercises tailored to their objectives. Furthermore, I motivate them by showing their progress and highlighting their strengths and achievements. Helping clients set achievable short-term goals and consistently reaching them fosters a sense of accomplishment and encourages them to stay committed to their fitness journey.

Q8. Are there any common misconceptions or myths related to fitness that you encounter, and how do you dispel them? How do you educate and enlighten your clients about these myths?

Ans8: A common myth, particularly among women, is related to dieting and weight loss, which often leads to unhealthy practices. People believe that for weight loss, they must starve themselves. I educate my clients by emphasizing that such practices are counterproductive, leading to adverse effects on the body. For effective weight management, it's essential to maintain a balanced diet and engage in specific exercises designed to achieve their fitness goals. As a fitness trainer, my role is to guide my clients, debunk these myths, and help them understand the importance of a balanced and sustainable approach to fitness and well-being.

Q9. Can you share a special experience with a client from one of your distinctive sessions? How does your perspective differ from other trainers?

Ans9. Regarding unique client experiences, I have consistently refrained from advocating the use of additional supplements. A holistic natural diet is my primary focus. In this context, I have an inspiring story to share. One of my clients had struggled with weight issues from a young age. As she grew older, her weight continued to increase, reaching a peak of 110 kilograms. She had always wished to wear jeans but had never been able to do so due to her excess weight. She decided to embark on a fitness journey with my training program, completely avoiding supplements and relying solely on exercise. In just four months, she managed to reduce her weight to 80 kilograms, achieving her dream of wearing jeans. She even participated in a fashion walk. Her genuine desire had been fulfilled, bringing her immense joy.

Q10. Have you developed your training method or program that is more effective than other trainers? Explain your uniqueness clearly.

Ans10. As I mentioned earlier, I believe that exercise should be tailored to each individual's unique needs. I have made it a point to adapt fitness training to suit each client, ensuring that they witness tangible results and are motivated to engage in physical activities regularly. What is crucial in my approach is to maintain a humble and empathetic connection with the clients, as this nurtures trust and fosters strong, positive relationships between the client and me.

Q11. Fitness training often impacts not only physical health but also mental and emotional well-being. How do you support your clients in their overall well-being?

Ans11. Many clients who come to me face various challenges in life. It might be due to physical ailments or even depression stemming from physical limitations. Recognizing their physical and mental distress is essential. I actively engage in conversation with them, encouraging them to discuss their problems.





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This fosters trust, building a strong relationship where they believe in my advice. Through regular, personalized exercise and small achievements, they start to regain their self-confidence. Exercise not only helps them physically but also emotionally. It ignites their passion and enthusiasm, leading to happiness.

Q12. Have you witnessed significant life changes in your clients due to your training, outside the gym? Could you share an inspiring story, perhaps one that serves as a motivation?

Ans12. I indeed have many experiences where my clients have undergone significant transformations under my guidance. Allow me to share one remarkable story. I once had a 70-year-old client who had difficulty using her hand for a prolonged period. She couldn't even lift her hand and struggled with daily activities. She wanted to be able to walk without assistance. We embarked on a journey to improve her physical condition. We introduced mild, targeted exercises and incorporated yoga and meditation into her routine. She followed the exercises with dedication, and I witnessed a change in her mental state. Exercise became a source of emotional relief for her, making her feel like a new person. After just five months, she regained full use of her hand, and her mobility was significantly improved. She started walking regularly with a senior citizens' group in the mornings and engaging with family and friends more. Her son, a successful entrepreneur in Nashik, was surprised to see the positive transformation in his mother. She went from being bedridden to living a fulfilling life once again, proving that fitness training can have profound impacts beyond the gym. For this, I'm eternally grateful to the divine forces.



Q13: In the constantly evolving fitness industry, how do you stay updated with the latest trends, techniques, and research to provide your clients with the best guidance?

Ans13: It's true that the fitness industry is constantly evolving. To stay updated, I make use of social media and the internet to learn about the latest trends and techniques. I've been in this field for over 20 years,

which allows me to have an in-depth understanding of the trends. For this reason, I always focus on continuous learning and self-improvement. In today's competitive era, staying updated is essential to keep progressing in the field, and this is something I always emphasise.

Q14: For those individuals who are eager to start their fitness journey but face hesitation or fear, what advice would you provide to help them overcome initial hurdles and take the first step?

Ans14: If someone is hesitating to start their fitness journey, I would advise them to understand the importance of discipline, early rising, and consistent effort. These have been my guiding principles for the past 20 years. It's essential to overcome any fear they may have by gradually gaining knowledge and experience. Learning and practicing are crucial. In this field, complete dedication is required. I believe that with continuous effort, a positive attitude, and a willingness to learn new things, they can successfully embark on their fitness journey.

Q15: What guidance do you offer to individuals who find the initial stages of their fitness journey daunting or intimidating, especially when they encounter obstacles or fears? How can they take the first step and stay committed to their goals?

Ans15: For individuals who find the initial stages of their fitness journey intimidating or overwhelming, I suggest maintaining a high level of discipline and cultivating healthy habits. Over the past 20 years, I have adhered to these principles. The first step is to conquer any fear by acquiring in-depth knowledge and gradually overcoming challenges. Dedication and a strong desire to learn new things are also essential. Being humble and polite in their approach is key. With these attributes, they can become successful fitness trainers.





Your skills and passion in the field of women's fitness training are commendable, and we hope that through this interview, readers will gain valuable insights and inspiration to focus on their overall well-being. We express our gratitude for sharing your knowledge and experiences. Your dedication to improving the health of your clients' physical and mental well-being is indeed inspiring. We hope this interview provides readers with comprehensive information and motivates them to work towards holistic development.

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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.