

Femme Forward

Edition

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Voice Vista

Celebrating Women's Journey



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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.

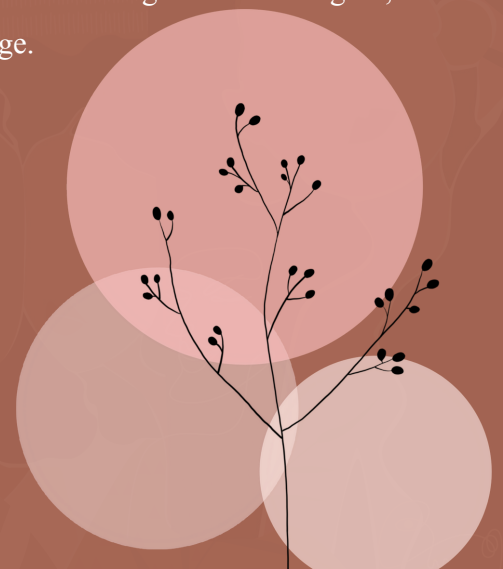
Moreover, I extend my sincerest appreciation to the interviewees who graciously shared their invaluable insights and experiences with us. Their willingness to open up and share their stories has enriched our magazine and will undoubtedly inspire countless individuals.

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 Prasad

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.

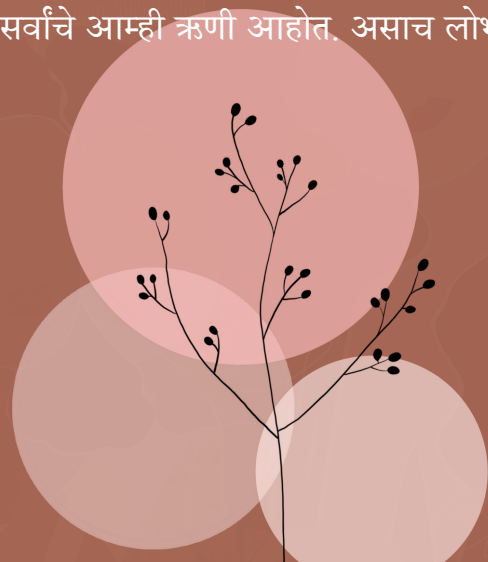
भारतीय संविधानाने बहाल केलेल्या स्वातंत्र्य - समतेचे अर्धे आकाश मिळवून स्वतःची क्षमता सिद्ध केलेल्या स्त्रीजीवनातील 'गृहिणी' पदासोबतच सखी, राज्ञी, सचिव, मार्गदर्शक अशा विविध भूमिका सक्षमपणे साकारणाऱ्या अकरा 'मातृकां' चा 'प्रज्ञाप्रवाह' च्या या अंकात आपणास परिचय होऊन प्रेरणेचा प्रकाश पसरेल अशी आम्हाला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

"Empowering Through Empathy: An Insightful Journey into Counseling and Mental Wellness"

"Femme Forward" magazine welcomes you. Over the past thirty years, Ms. Meenakshi Krishnaji Jagdale has been actively involved in mentoring numerous individuals, helping them navigate through the challenges of life and find joy in their existence. Through her diverse experiences in journalism, public relations, event management, and active participation in various social and cultural activities, she has been dedicated to contributing to society and understanding the complexities of human nature.

Q1: What inspired you to choose mentoring as a career and to assist others in overcoming their personal and emotional challenges?

Ans1: With a wealth of experiences spanning various fields and a deep understanding of human nature gained through diverse interactions, I found joy in guiding others. My continuous involvement in addressing various familial and societal issues and desire to make a meaningful contribution to society have motivated me more to pursue mentoring consistently. The constant availability of opportunities to engage with people, understand their psychological, intellectual, physical, and emotional dimensions, and to find solutions to various familial and societal problems has been my driving force towards becoming a mentor.

Q2: Share a memorable or amusing experience from your mentoring field that has had an impact on you or your clients.

Ans2: Recently, I encountered a case that left a lasting impression on me. It involved a newlywed woman who, just fifteen days into her marriage, experienced severe mental distress. After undergoing thorough medical examinations and receiving appropriate treatment, she was discharged, but her symptoms persisted. It was during this period that I began mentoring her.

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Initially, the woman was hesitant and withdrawn, but gradually, with consistent guidance and support, she began opening up. Through regular sessions, she gained insights into her situation, and her mental state improved significantly. The experience not only highlighted the importance of timely intervention and support but also emphasized the transformative power of guidance in shaping lives.

Q3: As a mentor, what do you find most effective in helping clients with self-discovery and treatment amidst challenging situations?

Ans3 : Through mentoring, guiding individuals in devising solutions and providing direction on various issues, the most effective aspect lies in facilitating a change in their intellectual and emotional perspectives. By awakening their multidimensional thought process, we can eliminate negativity, recognize someone's mentality, and guide them on where and how to make necessary changes. This approach leads the person to become stress-free and relieved, which is the ultimate solution.

Q4: When faced with challenging situations during mentoring, such as encountering emotionally charged circumstances, how do you assist clients in overcoming them?

Ans4 : In the course of mentoring, challenging situations often arise, especially when dealing with family-related issues. Sometimes, family members involved in counseling may face threats, pressure, or even verbal abuse. It is essential to handle such cases with patience, without succumbing to pressure, threats, or coercion. Maintaining cooperation with law enforcement agencies is often necessary in such cases. Personally, my focus always remains on successfully completing my work despite facing various challenges. With each case, I strive to approach new challenges with an open mind.

Q5: If someone is actively trying to maintain their mental well-being but still struggles, what advice would you offer them and why?

Ans5 : For those actively striving to maintain mental well-being, the following advice is often beneficial:

~ Maintain continuous communication, avoid isolation, and engage in dialogue.

~ Avoid staying alone, seek companionship, and connect with various people, friends, and family members.

~ Refrain from harboring resentments, anger, disdain, ridicule, envy, or jealousy towards anyone.

~ Avoid dwelling on unpleasant past events continually.

~ Refrain from constantly blaming others.

~ Understand and empathize with everyone's joys and sorrows.

~ Engage in activities outside the home, change routines, and explore nature, music, spirituality, tourism, and entertaining arts such as cinema, theater, books, and literature to find joy.

~ Following these tips can significantly help in maintaining mental well-being.

Q6: Share an engaging or memorable anecdote from your mentoring therapy that led to significant changes or transformations in someone's life.

Ans6 : Let me illustrate with a remarkable example that I find truly fascinating. There is a highly educated, cultured woman from a very respectable family. For the past seven to eight years, she has consistently felt as though someone is casting a spell on her, keeping an eye on her, and controlling every aspect of her life. She constantly feels monitored and controlled, even though there was no visible change in her surroundings. She sought guidance, advice, and counseling from numerous places, but nothing seemed to make a difference in her mental state.



She was experiencing significant disturbances in her life, such as constant arguments at home, financial losses, and various other personal crises, all of which she attributed to this unseen force. Her thoughts often gravitated towards suicide, and the idea of suicide constantly haunted her mind. It was a peculiar mental state she found herself in. When she came to me seeking help, I noticed her troubled mental state during our conversations. After several sessions, I was able to successfully pull her out of this distressed mental state. Now, she has learned to find joy in the ordinary aspects of life.

Q7: How do you incorporate creativity or unconventional techniques into your counseling approach to maintain the interest and engagement of clients seeking guidance?

Ans7 : To maintain the interest of clients seeking counseling, especially those dealing with mental and emotional stressors in society, I regularly provide information on family laws, social issues, and daily occurrences, especially related to suicide, domestic violence, crime, runaway cases, extramarital relationships, accidents, conflicts arising from one-sided love, and other relevant topics. I strive to familiarize them with detailed information on such incidents.

Additionally, to cope with mental and emotional stressors prevalent in society, I encourage them to explore various fields of psychology through books, videos, and other resources to keep themselves updated.



Q8: What advice would you give to aspiring counselors who are passionate about helping others but may feel overwhelmed by the emotional toll of the profession?

Ans8 : To aspiring counselors embarking on this journey, I would emphasize the importance of first strengthening themselves mentally and emotionally. Completing a counseling program alone does not guarantee success. Maintaining a strong intellectual and emotional fortitude, impartiality, and control over oneself is crucial. It is essential to view everyone's statements from an inclusive, neutral perspective and discern the truth from falsehood. Reading between the lines is vital.

Moreover, practicing immense patience, self-discipline, and self-control while asking probing questions is essential. It's crucial to understand the true meaning behind each person's words, whether they are true or veiled.



Q9: How do you create a safe and non-judgmental environment to facilitate open dialogue and sharing of experiences with your clients?

Ans9 : Firstly, starting from the initial phone appointment to the first meeting with the client, it is essential to create a reassuring, comfortable environment where they feel safe to speak and be themselves. You assure them that no problem is too difficult or insurmountable, and everything they share is entirely confidential. Encourage them to take their time and express themselves freely. Conversations flow smoothly, with laughter and light-heartedness, relieving tension for many who are often stressed and burdened. This relaxed atmosphere helps in fostering open communication. Ensuring confidentiality and maintaining professional ethics further instills trust in them.

Q10: Have you experienced any surprising or unexpected successes through your counseling that have had a lasting impact on both you and your clients? If so, could you share that experience?

Ans10 : The extensive counseling sessions conducted at the police station have had a significant impact on me, leaving a lasting impression on me and the clients alike.



Q11: How do you keep yourself updated on the latest research and counseling techniques to provide effective guidance and assistance to your clients?

Ans11 : It is crucial to engage in continuous practical work, observation, listening to people, and understanding them. Each person's personality, behavior, interactions with others, societal, environmental, and personal experiences, aspirations, these are all factors that I study diligently to provide guidance to others. Understanding how individuals develop over time, their interactions with the environment, the educational level, the intellectual environment, their experiences up to the present, their intentions, these factors enable me to guide others effectively.

Q12: Share a success story of a client whose holistic development and positive transformation through your counseling inspired you as a counselor. How did their progress inspire you as a counselor?

Ans12 : Whenever I visit schools or colleges for counseling sessions with young people, there are many who, despite their young age, have faced injustices. In such cases, being able to assist them in overcoming their adversities, whether through cooperation with the police administration, teachers, or parents who have taken organized action, and seeing the significant impact my counseling has had on their lives at such a young age, is a great source of inspiration for me.

Q13: If you were to have the opportunity to work with any renowned psychologist or mental health expert, who would you like to work with and why?

Ans13 : Having the chance to work with Jordan Peterson would be incredibly rewarding and impactful. His perspective on life is both profound and influential. Through his lectures and books, he offers a simple yet effective framework for navigating through life's challenges. Not only is Jordan Peterson a psychologist, but he also delves into political, economic, and social elements, providing insights into how individuals can contemplate various subjects. Therefore, I am eager to collaborate with such an extraordinary individual.

Q14: When providing a foundation for others, how do you prioritize your own emotional and mental well-being in your daily routine?

Ans14 : It is essential to maintain my own mental health and inner peace while constantly attending to the problems, sorrows, and distress of others. Many women are overwhelmed by familial and marital troubles, experiencing extreme fatigue and sometimes becoming emotionally numb due to the diverse issues they encounter. Therefore, it is crucial for me to take care of my mental health and remain calm.

I make sure to allocate plenty of time for self-care, engaging positively with others, communicating and discussing with them, performing various activities, taking care of myself even amidst my busy schedule, going out to different places, spending more time in nature. Changing the scenery of my work, introducing novelty into my work routine, all contribute to maintaining balance and keeping myself content and happy.

Ultimately, what mattered most to me was my spiritual practice, devotion, religious observance, and enjoying festivals and holidays, which greatly helped me to maintain balance and contentment.





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Q15: Finally, if you were to describe the essence of your work as a counselor in one word, what would it be and why?

Ans15: As societal issues such as crime, violence, suicide, terrorism, economic and emotional distress, and distorted mentalities continue to rise, it is expected that more innovative solutions become available to prevent these harmful occurrences.

Thank you so much for sharing your insights and experiences with us today. Your dedication to promoting mental well-being and your commitment to helping others navigate life's challenges is truly inspiring. It's clear that your passion for counseling stems from a deep understanding of human nature and a genuine desire to make a positive impact in the lives of those you work with. Your thoughtful approach to self-care and your appreciation for spiritual practices as a source of balance and contentment serve as valuable reminders for us all. We wish you continued success in your counseling journey and thank you once again for your time and wisdom.

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Designed by : Creators Den



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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.