



Edition

05

MAY 2024

Feminine Fortitude

Stories of Strength from Nashik's Leading Ladies



Feminine Fortitude

Stories of Strength from Nashik's Leading Ladies



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THANK YOU FOR YOUR UNDERSTANDING AND CONTINUED SUPPORT.

SINCERELY,

FEMME FORWARD EDITORIAL TEAM

Feminine Fortitude

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WHATS INSIDE:

EDITORIAL NOTES

1. SHAPING MINDS, BUILDING FUTURES: AN INTERVIEW WITH MANJUSHA UPASANI
2. ILLUMINATING CORPORATE LEARNING: A DIALOGUE WITH URJA MARATHE
3. CHAMPIONING CHANGE: A CONVERSATION WITH ADVOCATE ASHWINI DESHPANDE
4. INSPIRING JOURNEYS: A CONVERSATION WITH MONALISA JAIN
5. BEYOND THE MIC: ILLUMINATING THE ART OF ANCHORING WITH SHILPA BHENDE
6. A LEGACY IN STONE: CONVERSATIONS WITH A MASTER SCULPTOR ARUNA GARGE
7. UNVEILING ELEGANCE: A CONVERSATION WITH FASHION ICON SHRUTI BHUTADA
8. HARMONIZING ART AND ARCHITECTURE: A CONVERSATION WITH KIRTI BHAVALKAR,
INNOVATIVE DANCER AND FOUNDER OF DANCE ACADEMY
9. AMPLIFYING VOICES, BUILDING COMMUNITIES: AN INTERVIEW WITH RUCHITA THAKUR
10. HEALING RADIANCE: A JOURNEY INTO PRANIC WISDOM WITH DR. PALLAVI ALAP
DESHPANDE

Feminine Fortitude

Stories of Strength from Nashik's Leading Ladies

"Dear Readers,

As we prepare to embark on another captivating journey through the pages of Voice Vista magazine, I am honored to introduce you to our latest edition: 'Feminine Fortitude'.

As the Chief editor of this esteemed publication, it has been a privilege to witness the evolution of Voice Vista and the incredible stories we have had the opportunity to share. From our inaugural issue, 'Femme Forward', to the captivating narratives in 'Pedal Passion', 'Kankavali', and 'Vinayaki Gudde', each edition has been a testament to the diverse voices and experiences that make our magazine unique.



In 'Feminine Fortitude', we delve deeper into the lives of remarkable women who have overcome obstacles, shattered glass ceilings, and made a significant impact in their respective fields. From groundbreaking entrepreneurs to visionary leaders, this edition celebrates the strength, resilience, and unwavering determination of women everywhere.

As a Chief-editor, my role is to ensure that each story is crafted with care and precision, allowing the essence of each woman's journey to shine through. It is my hope that the stories featured in 'Feminine Fortitude' inspire you, uplift you, and remind you of the incredible power that lies within each and every one of us.

I extend my heartfelt gratitude to our dedicated team of writers, photographers, and designers, whose passion and creativity bring the pages of Voice Vista to life. And to you, our cherished readers, thank you for joining us on this journey and for allowing us to share these inspiring stories with you.

Here's to celebrating the indomitable spirit of women and the transformative power of feminine fortitude.

Warm regards,

Dr Anagha Naik

Chief Editor,

Feminine Fortitude



Feminine Fortitude

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"Dear Readers,

As we journey through the fifth edition of Voice Vista magazine, I am filled with an overwhelming sense of gratitude and excitement. Since our humble beginnings in March, each edition has been a testament to the incredible stories and voices that define our publication.

From our debut issue, 'Femme Forward', to 'Pedal Passion' showcasing the inspiring journeys of cyclists, and 'Kankavali' and 'Vinayaki Gudde' exploring diverse themes, our magazine has been a canvas for celebrating uniqueness and resilience.

Now, as we unveil 'Feminine Fortitude', I am thrilled to present a collection of stories that illuminate the strength and grace of women who have excelled in their respective fields. Through this edition, we shine a light on the remarkable achievements of these trailblazers, inspiring others to pursue their dreams with courage and determination.

'Feminine Fortitude' is more than just a title; it is a celebration of the indomitable spirit that resides within each woman. From entrepreneurs and artists to leaders and innovators, the women featured in this edition embody the essence of resilience and perseverance.

I am deeply grateful to our contributors, whose passion and talent breathe life into the pages of Voice Vista. To our readers, thank you for embarking on this journey with us and for allowing us to share these inspiring stories with you.

As we continue to evolve and grow, let us embrace the power of feminine fortitude and celebrate the extraordinary women who shape our world.

With warmest regards,

Pooja Prasun

Founder & Owner
Feminine Fortitude



Feminine Fortitude

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अध्यात्मिक, पौराणिक, ऐतिहासिक वारसा लाभलेले नाशिक शहर आता मेट्रो सिटी कडे वाटचाल करत आहे. 'गोल्डन ट्रॅंगल' चा भाग होत असलेल्या नाशिक नगरीतील स्त्री शक्तीचा नवनवीन क्षेत्रात स्वतःला सिद्ध करतानाचा काटेरी वाटेवरील सोनेरी प्रवास म्हणजे 'Feminine Fortitude' हे मासिक.

प्रतिकूल परिस्थितीवर धैर्याने मात करत पारंपारिक क्षेत्रासह आधुनिक क्षेत्रात स्वतःचं वेगळं स्थान निर्माण करणाऱ्या महिलांचा हा सन्मान. या कर्तृत्ववान महिलांनी प्राप्त केलेलं यश याचंच फक्त सेलिब्रेशन न करता या महिलांनी त्यांच्या अंगी विकसित केलेलं धैर्य, बुद्धीचातुर्य, करूणा असे अनेक गुण यासह सामाजिक बांधिलकी जोपासण्यासाठी जाणीवपूर्वक केलेले प्रयत्न समाजासमोर मांडण्याचा आमचा छोटासा प्रयत्न. येणाऱ्या पिढीसाठी 'Feminine Fortitude' चा हा अंक नक्कीच मार्गदर्शक ठरेल अशी आम्ही आशा बाळगतो.

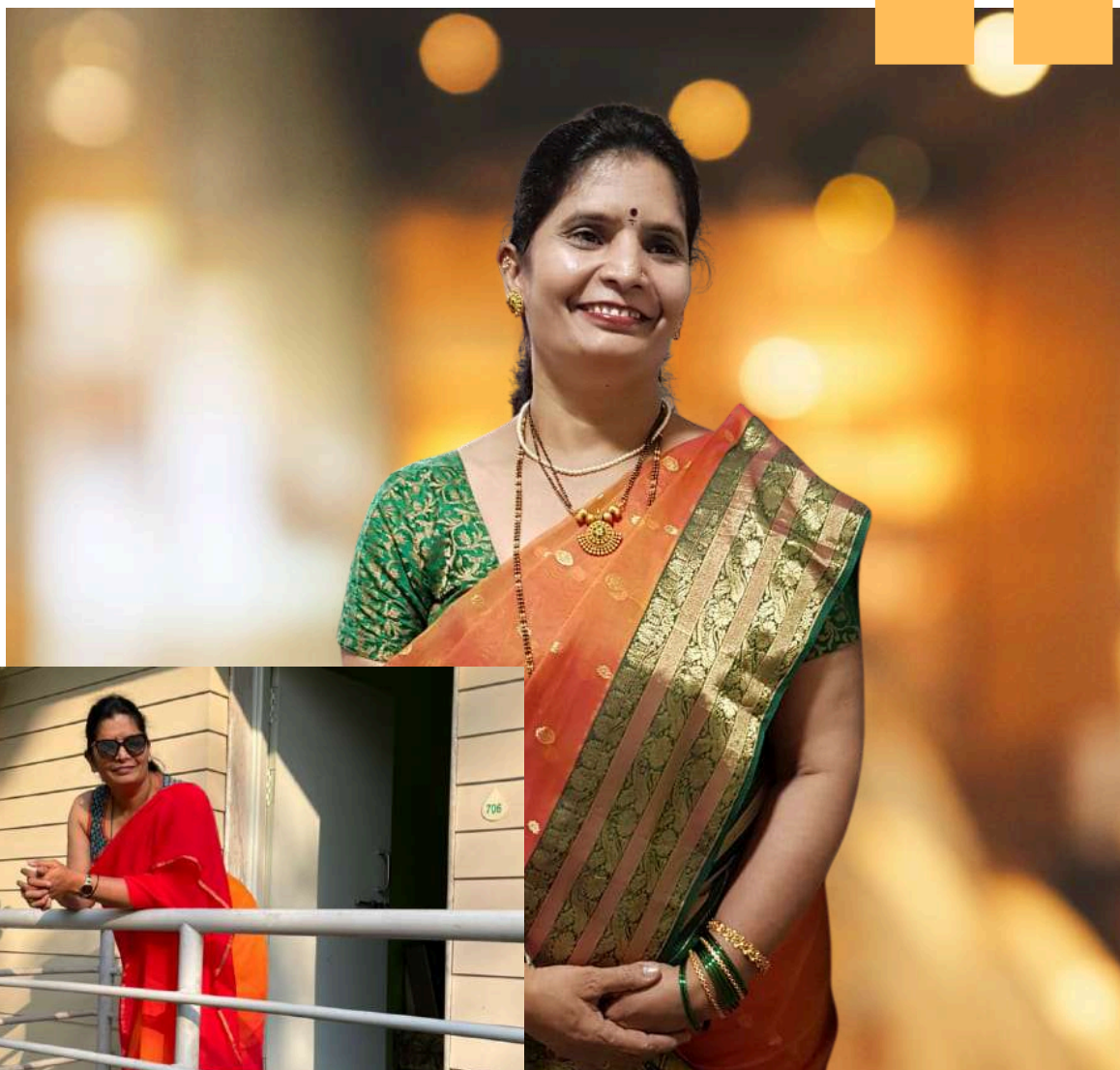
The Voice Vista Portal च्या माध्यमातून दर महिन्याला आम्ही विविध संकल्पना आणि विषय घेऊन नियमितपणे आपल्या भेटीला येत आहोत. 'Feminine Fortitude' हा पाचवा शब्दगुच्छ आमच्या वाचकांच्या हाती देताना आम्हाला मनस्वी आनंद होत आहे.

जर्नलिस्ट सुनिता चौहाण
संपादिका (मराठी अंक),
Feminine Fortitude



Feminine Fortitude

Stories of Strength from Nashik's Leading Ladies



MANJUSHA UPASANI

In the tapestry of education, there are rare individuals who not only teach but also inspire, guiding their students toward the brightest of futures with unwavering dedication and boundless compassion. Today, we have the privilege of delving into the extraordinary journey of Mrs. Manjusha Upasani, a beacon of hope and mentorship at Bhonsala Military College. With over three decades of experience in psychology and mentoring, Mrs. Upasani's story is a testament to the transformative power of education and the profound impact of a nurturing mentor. Join us as we unravel the threads of her remarkable career, exploring the moments of triumph, the challenges overcome, and the enduring legacy she continues to weave in the lives of her students.

1. What inspired you to pursue a career in psychology and mentoring?

Honestly, while I was deciding on my future career path, psychology wasn't initially on my radar. However, the profound impact of a remarkable teacher during my 11th and 12th-grade years sparked a deep love for the subject within me. She illuminated the true essence of psychology, not just as the study of the mind, but also as an exploration of human behavior. This realization resonated deeply with me, especially coming from humble beginnings as the daughter of farmers. Witnessing firsthand the importance of character and behavior in shaping one's place in the world fueled my passion for mentoring students, ensuring that no one is left behind due to lack of resources or opportunities.



Feminine Fortitude

Stories of Strength from Nashik's Leading Ladies



2. Could you share a defining moment or experience that solidified your passion for helping students?

Reflecting on my journey, I can't pinpoint a single defining moment but rather a lifetime of upbringing steeped in the ethos of selfless service. My father's unwavering commitment to helping others, even in the face of adversity, instilled in me a deep sense of responsibility towards society. This ethos propelled me to do my part in fostering positive change, one student at a time.

3. How do you approach mentoring and guiding students towards their career goals?

With over 31 years of experience in the field, I've learned that understanding students' daily struggles and aspirations is key to effective mentorship. By observing, listening, and identifying their hidden talents and interests, I strive to establish a rapport built on trust and mutual respect. Regular conversations serve as a conduit for guiding them towards fulfilling their career aspirations.

4. What are some of the challenges you've faced in your journey as a mentor, and how have you overcome them?

Teaching adolescents comes with its share of challenges, from navigating distractions like social media to addressing underlying issues stemming from

diverse backgrounds. Overcoming these hurdles requires a nurturing approach akin to that of a mother. By fostering open communication, instilling confidence, and providing guidance rooted in empathy, I've been able to steer students towards the right path.

5. Can you describe a particularly rewarding experience you've had while working with students?

My tenure at Bhonsala Military College has been profoundly rewarding, witnessing countless success stories emerge from the students I've mentored. From guiding visually impaired students to managerial roles in prestigious banks to empowering socially marginalized individuals to thrive as counselors, these transformations underscore the power of mentorship in shaping brighter futures.

6. How do you foster a supportive and nurturing environment for your students to thrive in?

Recognizing the delicate stage of adolescence, I strive to create a safe space where students feel valued, heard, and understood. By assuming a maternal role and upholding confidentiality, I aim to cultivate an environment conducive to personal and academic growth.



Feminine Fortitude

Stories of Strength from Nashik's Leading Ladies

7. What role do you believe mentorship plays in shaping the future of our society?

Mentorship transcends imparting knowledge; it's about understanding, empathizing, and guiding individuals towards realizing their full potential. By stepping into students' shoes, understanding their struggles, and offering support without judgment, mentors lay the groundwork for a more compassionate and empowered society.

8. Could you share any memorable success stories of students whose lives you've impacted?

1) A visually impaired student now serves as a manager at Bank of Maharashtra, defying all odds. 2) An orphaned student, on the brink of despair, now runs a thriving business. 3) A socially withdrawn student has blossomed into a confident counselor, contributing to the community. 4) A once reluctant learner now owns a successful business, breaking the cycle of poverty.

9. In your opinion, what qualities are essential for a successful mentor?

Understanding, patience, emotional intelligence, adaptability, and a genuine desire to empower others are indispensable qualities for effective mentorship.

10. How do you balance being supportive and challenging to encourage growth in your students?

I maintain a delicate balance between support and challenge by offering unwavering encouragement while gently nudging students out of their comfort zones. This approach fosters resilience and growth mindset essential for personal development.



11. What advice would you give to aspiring mentors or educators?

Wholehearted commitment and a deep understanding of students' needs are paramount for aspiring mentors. By prioritizing empathy, active listening, and continual self-improvement, mentors can make a lasting impact on their students' lives.



12. How do you stay updated with the latest developments and research in the field of psychology to better support your students?

I stay abreast of the latest developments in psychology through avid reading, engaging with former students, and leveraging social media platforms to access relevant research and insights.

13. What motivates you to continue your work despite the challenges you may face?

The tangible successes of former students, the joy on current students' faces as they overcome obstacles, and the enduring connections forged over the years serve as constant reminders of the profound impact of mentorship, fueling my passion to continue despite the challenges.



Feminine Fortitude

Stories of Strength from Nashik's Leading Ladies



14. Can you share a success story or testimonial from some students who have been impacted by your teachings?

Mrs. Upasani's mentorship has had a profound impact on both my personal and professional growth. Personally, her guidance has helped me develop a stronger sense of self-awareness and confidence. Professionally, her mentorship has provided me with invaluable insights and advice that have enabled me to navigate challenges more effectively, make better decisions, and advance in my career. Her mentorship has truly been a catalyst for my growth and development, both personally and professionally.

CAPT Chandrashekhar
Director -Shatrujeet Academy, Thane

Upasani Ma'am has been an essential figure in my life, particularly during my 12th-grade year. She provided unwavering support and motivation, organizing competitions and encouraging my participation in seminars. Her unique blend of mentorship and motivation set her apart as an exceptional educator. During a challenging period when my father was diagnosed with stage 4 stomach cancer, I was pursuing my MPhil in Clinical Psychology. Ma'am's guidance was invaluable. Despite the circumstances, she encouraged me to continue pursuing my dreams while supporting my decision to continue my education. Her advice helped me navigate the difficult choice with clarity and confidence. Throughout my psychology career, from undergraduate studies to pursuing a PhD, Ma'am has played a pivotal role. Her mentorship has equipped me with the skills and mindset to make a meaningful difference in my clients' lives. I am forever grateful for her unwavering support and guidance as I continue to grow personally and professionally.

Shambhavi Deval Clinical Psychologist Co-founder, MindAid Therapists

Mrs. Upasani epitomizes excellence with her profound intellect, towering stature, utmost vitality, and impeccably refined personality. She not only imparts knowledge but also instills a deep sense of values to shape successful individuals. Even today, whenever I meet her or speak with her over the phone, she exudes love and effortlessly imparts motivational insights, inspiring one to lead a fulfilling life. Her guidance and mantras readily offer solace and direction during life's challenging moments.

I recall an incident when my family and I were returning from a village trip. As we passed by some mischievous school kids playing on the streets, most educators wouldn't have paid them much attention. However, Mrs. Upasani didn't let such an opportunity slip away. She stopped the car, got out, and admonished those kids, teaching them a valuable lesson. This incident exemplified to me what an exceptional educator should be.

Teachers don't just shape students; they shape societies. Mrs. Upasani's actions taught me that if we see something inappropriate happening, we must make an effort to stop it, thus inspiring me to stand up against injustice.

"Indeed, such is the Guru, who captures your heart with their mere presence."

Mrs. Upasani, I am immensely grateful to you.

Warm regards,
Vikas Late





Feminine Fortitude

Stories of Strength from Nashik's Leading Ladies



Ma'am's lessons in psychology have been incredibly impactful in my life. The way she teaches provides us with practical applications that we can use in our daily lives. Her approach helps us gain a deeper understanding of the subject matter, making it easier to interpret clients' thoughts based on their facial expressions today. Ma'am deserves all the credit for this invaluable skill.

During college, Ma'am always took a personal interest in her students. Even during our 11th grade, when we were more interested in chatting with friends near the Ram Mandir than attending lectures, Ma'am provided us with profound insights into life's purpose.

Over the past three decades, Upasani Ma'am has shaped many outstanding generations. Her sense of dressing, lifestyle, manner of speaking, and positive attitude have been a constant source of inspiration to us all.

Kiran Sonar
Batch of 1994
Currently pursuing PhD
Sales Manager, News 18 Lokmat

Ms. Manjusha Nitin Upasani, our psychology mentor, influenced me greatly during my college days in 1999. While initially, I had little acquaintance with her, her passionate teaching style instantly captivated me. Even amidst the distractions of college life, her lectures became a beacon of inspiration. She played a crucial role during a phase of adolescent infatuation, guiding me with love and wisdom. During the recent lockdown, her support and guidance helped me navigate through tough times in my business. Today, after nearly 25 years, our bond transcends that of a teacher-student relationship, resembling more of a parent-child dynamic. Her mentorship has been instrumental in shaping my personal and professional journey.

Avi Gangurde
Director, A.G. Music Academy
Musician and Vocalist

Choosing psychology over economics in grade 11 led me to Upasani ma'am, who became not just a teacher but a guiding light for me during those two years. She inspired me to pursue psychology as a career and taught me invaluable life lessons, emphasizing the importance of responsibility and kindness without expecting anything in return.

Upasani ma'am was always there to lend an ear and offer solutions whenever I faced challenges. Her advice during exams and in personal development was invaluable, especially her lectures on 'self', which helped shape my character.

Attending Upasani ma'am's lectures was the highlight of my college days. She didn't just teach from the textbook but enriched our learning with real-world examples and discussions about life, society, and decision-making. Her impact extended beyond academics, influencing my friends and me positively.

Using the word "I" reflects my personal experience, but I'm certain my friends would echo similar sentiments based on the memories we shared during our college days because of her.

Regards,
Renuka badade



TESTIMONIAL



Feminine Fortitude

Stories of Strength from Nashik's Leading Ladies

15. How do you see the role of mentorship evolving in the future?

In the future, mentorship will likely transcend traditional boundaries, leveraging technology to facilitate greater accessibility and inclusivity. However, the essence of mentorship—empathy, guidance, and empowerment—will remain timeless.

16. Finally, what legacy do you hope to leave through your work as a mentor at Bhonsala Military College?

As I reflect on my journey, I aspire to leave behind a legacy of nurturing hearts and minds, akin to a second mother to my students. Through unwavering support, compassionate guidance, and a genuine belief in their potential, I hope to inspire generations of students to lead purposeful lives and contribute meaningfully to society.

As we bid farewell to this enlightening conversation, we are reminded that the true measure of a teacher's legacy lies not in accolades or achievements but in the lives they touch and the hearts they inspire. Mrs. Manjusha Upasani's unwavering commitment to her students transcends the confines of a classroom, leaving an indelible imprint on generations to come. May her story serve as a beacon of hope and inspiration, illuminating the path for aspiring educators and mentors alike. In a world thirsting for compassion and guidance, may we all strive to emulate the unwavering dedication and boundless empathy exemplified by Mrs. Upasani, shaping minds and building futures one student at a time.



Ideation & Conceptualisation : Pooja Prasun

Editor in Chief : Pooja Prasun

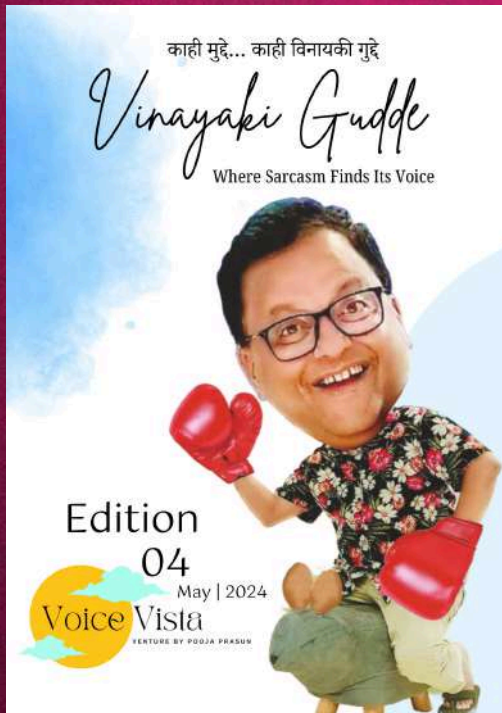
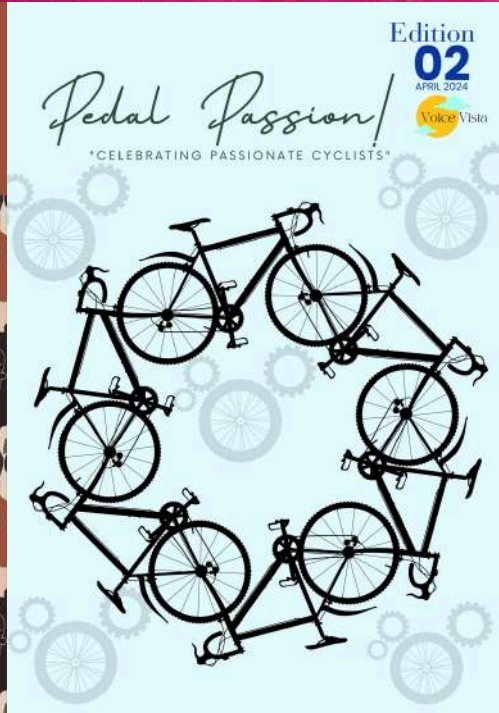
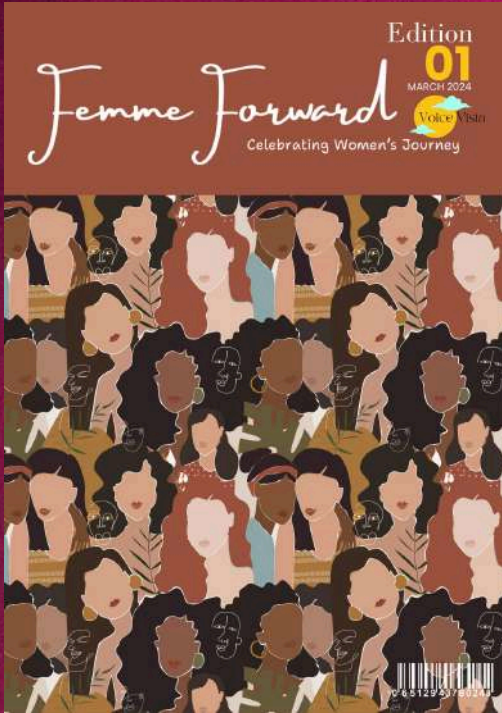
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Introducing "Feminine Fortitude" - a testament to the powerful female faces of Nashik who have not only excelled in their respective fields but have also set a benchmark in their domains. These remarkable women are the embodiment of commitment, dedication, and resilience, and their inspiring journeys serve as a beacon of hope and motivation for others.

"Feminine Fortitude" delves deep into the remarkable stories of these trailblazing women, uncovering the challenges they have overcome, the triumphs they have celebrated, and the lessons they have learned along the way. Through captivating narratives, insightful interviews, and stunning visuals, this magazine provides a platform to celebrate the indomitable spirit of women who have dared to dream and achieved greatness against all odds.

Each issue of "Feminine Fortitude" is a celebration of strength, perseverance, and empowerment, showcasing the diverse talents and accomplishments of women from all walks of life. Whether it's in the fields of business, arts, education, or social activism, our magazine shines a spotlight on the unsung heroes whose stories inspire and empower generations to come.

Join us on this extraordinary journey as we honor the resilience and fortitude of Nashik's formidable women, and celebrate their unwavering commitment to making a difference in the world.