



◆ WELCOME TO THE MARCH EDITION OF OUR ◆

MONTHLY NEWSLETTER

◆ **WOMAN'S DAY SPECIAL** ◆



In this edition, we celebrate the essence of womanhood. Join us as we honour the strength, resilience, and achievements of women around the world. Let's embrace empowerment together!

"Here's to strong women: may we know them, may we be them, may we raise them."

↓ In this newsletter you will find:

Spirit of the feminine, workshops, and more. Keep Reading!

FOUNDER'S MESSAGE



Dear Readers,

March is a very special month. March begins with the letter M and mother begins with letter M too. I became a mother of a beautiful daughter on 8th March. What a blessing it is.

My mother is the most important woman of my life and so was my mother-in-law. They gave me LIFE, LOVE and LESSONS.

As we celebrate Woman's Day on March 8, this year let's cherish and give gratitude to the mother in every woman. She may or may not have given birth to a child but the quality to nourish and nurture is present in every woman. 'Prakriti' or 'Nature' heals you and nurtures you and that is what the month of March brings.

As the winter season gives birth to Spring we cherish the fragrance of flowers, warmth of the Sun and the colours of nature. let's also take a moment of mindfulness and look within for the Divine Feminine and give gratitude to it .

Ask yourself:

What do I need to nurture within?

How can I unconditionally love, like my mother?

How can I give gratitude to my mother?

When you do that all other forms of the divine feminine like the sister, the daughter, the wife the lover ,the friend and all other roles played by women are acknowledged and shine through.

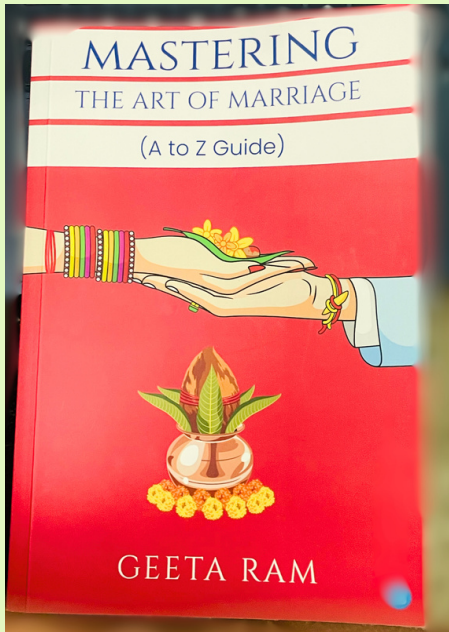
-Gratitude, love and blessings,

Sangeeta Dasgupta



MASTERING THE ART OF MARRIAGE

→ (A TO Z GUIDE) ←



Excerpt from the book,
Women are birthgiver (Janani), grace and dignity of the community. Then I bow to Shri Guru Granth Sahib, who has showered unparalleled praise on women by saying that within women, man is conceived; man is born from a woman; man is engaged to woman and married. The future generations exist only due to woman. From her, Kings are born; from a woman, woman is born. Without woman there would be no one at all because she is the source of creation.

WHY SHOULD YOU READ THIS BOOK?

Great family is a bedrock of great society and great Nation. The aim of the book is to unveil reality of marriage in a fresh way and enable couples to re-orientate themselves around these new realities to make the married life happy and successful in all aspects.

ABOUT THE AUTHOR: GEETA RAM

Shri Geeta Ram, retired Joint Secretary of the Government of India, holds an MA in Public Administration and a diploma in Adult Education from Nottingham University, U.K. He authored several books on disciplinary proceedings and adult education. He takes pride as a father of two daughters and grand daughters, alongside his vibrant & loving wife, Seeta.

“Marriage is a spiritual odyssey in which both husband & wife travel together to enjoy the exciting and purposeful journey.



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AFFIRMATION'S FOR MARCH



FOR WOMEN

- I embrace the beauty and strength of my womanhood.
- My femininity is a source of power, grace, and resilience.
- I celebrate the divine feminine energy that flows through me.
- I am a vessel of nurturing, compassion, & healing.

FOR EVERYONE

- I am connected to the balance and harmony of the universe.
- In the embrace of Mother Nature, I find peace, healing, and profound connection.
- The earth beneath my feet nourishes my spirit, grounding me in its ancient wisdom.



WRITER OF THE MONTH



Prerna Yadav is a driven individual studying Journalism with a passion for societal issues and current affairs. With a background in psychology, she is deeply curious about human behavior and adept at navigating life's complexities. Her enthusiasm for diverse perspectives and fostering positivity reflects in her engaging dialogue and endeavors.

REDEFINING RESILIENCE: WOMEN'S MENTAL HEALTH AND EMPOWERMENT

In the ever-changing landscape of life, women have long been pillars of strength, confronting obstacles with remarkable resilience and determination. Yet, beneath their confident façade, lies a silent narrative—a testament to their courage amidst the challenges of mental well-being. Mental health, a complex blend of emotions, thoughts, and perceptions, holds profound significance in the lives of women throughout their journey and beyond.

At its essence, mental health epitomizes the intricate balance of mind, body, and spirit—a graceful dance amid life's chaos. It surpasses mere absence of illness, embracing a state of profound flourishing where inner peace blossoms like a fragrant flower, leaving the essence to uplift and inspire those around us.

Over the years, women have faced countless challenges, from societal pressures to unfair treatment, navigating through the shadows of inequality and oppression. But even in the face of these tough times, the unwavering strength of women shines through, serving as a source of inspiration and hope in the midst of life's storms.

The preservation of women's mental health is not merely a matter of individual well-being but a cornerstone of societal harmony and progress. Empowered women radiate boundless strength, enriching the fabric of families, communities, and nations with their resilience and empathy.

Understanding the intricate interplay of factors shaping women's mental health is paramount. Recognizing everything from societal expectations to how our bodies are wired helps us heal and feel empowered. Through dialogue, education, and advocacy, women can cultivate environments conducive to holistic well-being, where vulnerabilities are met with compassion and support.

Self-care becomes a sacred practice in the intricate fabric of women's lives—a way to honor and cherish themselves. Nurturing the body, mind, and soul through mindful practices, wholesome nourishment, and nurturing relationships forms the cornerstone of mental well-being.

This Women's Day, let us pledge to embark on a collective journey towards elevating women's mental health to the forefront of our consciousness. Beyond the short-lived celebrations, let us invest in sustainable initiatives that foster awareness, provide resources, and offer unwavering support to women navigating the labyrinth of mental well-being.

Let's honor the resilience of women worldwide and affirm our commitment to a future where every woman thrives, unhindered by the shadows of mental health stigma. Let us unite in solidarity, for uplifting women's mental health, we illuminate the path towards a more compassionate, equitable, and enlightened world for all.

-Prerna Yadav

AFROZE: “GIRL WHO IS ILLUMINATING, ENLIGHTENING & SHINING BRIGHTLY”

Sitting beside the window, overlooking the beautiful meadows,
Thoughts kept gripping her, about her own dark shadows.

Regressing, why is she living a life, that she never chose?
Promising self, to heal & break-free, so the past doesn't superimpose.

Turned to the Mirror, she screamed –
Mirror! Mirror! now reveal, what part of me, do I need to heal.

Emerging in the reflection, a pale skinny girl, standing up-close.

Soon she recognised, it was the little girl in her, that froze!

Eyes met & emotions flowing,
both had been lonely, hurt & exhausted, it was clearly showing.

Professionally/Personally, the same test, the same lesson, life had proposed.

Only to witness hostile times, when the masks fall & all stand exposed.

Giving her all, to everyone, she diligently played her Role.
Takers took as much, but when she couldn't, they instantly became her Troll.

This is what confused, her all along, was being a “Good Girl”
meant to be a Slave Girl, after all?

One that fulfil needs & desires of all those,
who dominate, manipulate, deny & dismiss her needs.

AFROZE: “GIRL WHO IS ILLUMINATING, ENLIGHTENING & SHINING BRIGHTLY”

But, remain emotionally unavailable, whenever she needs.
Conditioned to be co-dependant, silently she weeps,
Because, the fear of abandonment precedes, even before
she speaks.

The trauma & fear of her people, turning into Foes,
No wonder she chose silence & that's how the Little Girl in
her, Froze.

Hugging the Inner-child, layer by layer, she peeled &
healed.

Till the child released all the hidden
Pain/Guilt/Fear/Shame, & felt relieved.

Breaking the shackles of generational trauma & victimhood
of woes.

She integrated each lesson with a pinch of salt, listing all
the pros.

Healing from this day, till the stage of an embryo,
she anchored Divine Love, making the Almighty, part of the
Trio.

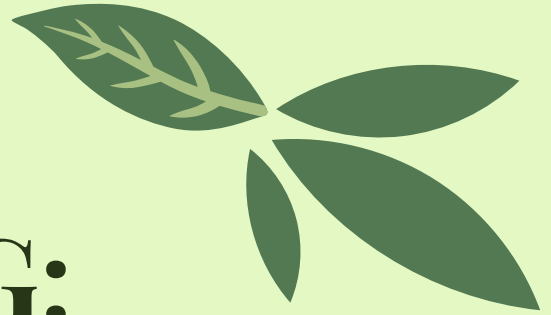
With the Healing of the Womb,
the Angels Applauded & the Ancestors celebrated.
Joy echoed in in the heavens. Finally, the curse was broken!
For the Little Girl dint know, she is the Blessing, “The Chose
One”

As the Goddess Energy in her rose, she was no more the “Lil
Girl that Froze”.

Like a tiny bud, blooming into a Fragrant Rose, she was now
“AFROZE”

-Paarul Pathak

March 1, 2024



CELEBRATING:

The Spirit of Divine Feminine



Coaching
#InternationalInclusion
Conference

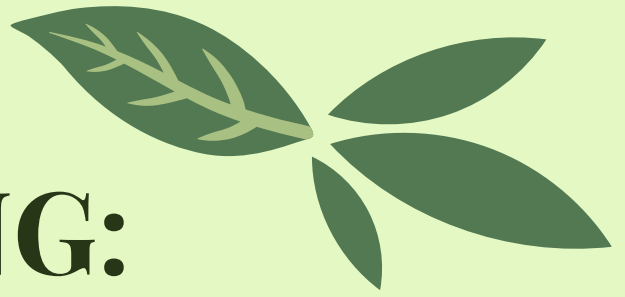


Workshops



The Healing Oshun

March 1, 2024 →



CELEBRATING:

The Spirit of Divine Feminine



Art Therapy



THE HEALING OSHUN: MEANING BEHIND ITS NAME

A lot many times people ask me the meaning of The Healing Oshun so here I go. Oshun is a Goddess who symbolizes the essence of the Divine feminine. Revered as the goddess of love, fertility, and abundance, she embodies compassion, empowerment, and resilience. The Healing Oshun, named after this revered deity, mirrors Oshun's attributes through its commitment to nurturing individuals' healing journeys. It embraces the spirit of the Divine feminine by fostering growth, nurturing emotional well-being, and promoting empowerment among those it serves, embodying Oshun's essence in its compassionate endeavors.

OUR WORK FOR WOMEN

Sangeeta Dasgupta extends her impact as a clinical hypnotherapist specializing in aiding women with PCOD, PCOS, postpartum depression, menopause ensuring healthier outcomes emotionally and physically.

Additionally, she serves as a life and leadership coach with the ICF Ignite Project with "LEAD LIKE A GIRL," coaching young women for their career and life.

Sangeeta Dasgupta's dedicated efforts in Bhilwara's DGH (Dignity Growth and Happiness) Project underscore her commitment to addressing community-based mental health needs, particularly among women. Through rigorous engagement, she and her team provided vital support to many women navigating distressful times in loss and grief during pandemic times.

JOIN US NOW!



[CLICK HERE!](#)
[to know more](#)
[about Sangeeta](#)
[Dasgupta & Her](#)
[journey.](#)



UPCOMING WORKSHOPS

- 1st March: TaiChi & QiGong, Friday & Sunday Morning (Subscribe Now)
- 8th March, Women's Day Special Online Meditation
- 9th March: Grow through Grief, Supporting self & others in grief, Podcast for YES talks.
- 17th March: Aura Photography, The City Club ,DLF
- 10th March: New Moon Meditation
- 25th March: Full Moon Meditation

Thank You!

Thank you for allowing us to be a part of your journey, for embracing the stories, insights, and updates we share. Your continued support fuels our passion to deliver quality content that matters to you. Your feedback and suggestions will be invaluable, and we are dedicated to enhancing your experience with each edition.

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-Sparshika Tripathi

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