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Opal Suchata Chuangsri from Thailand Crowned Miss World 2025

In a historic and dazzling finale held at the HITEX Exhibition Centre, Hyderabad, on May 31, 2025 Thailand's Opal Suchata Chuangsri was crowned Miss World 2025, becoming the first-ever winner from her country to claim the prestigious title.

The 72nd edition of the Miss World pageant witnessed a grand celebration of beauty, intelligence, and cultural unity, as 108 contestants from across the globe competed in various categories, including evening gown, talent, and the highly anticipated question-and-answer round.

The star-studded evening was co-hosted by former Miss World 2016 Stephanie del Valle and Indian presenter Sachiin Kumbhar, with a glittering audience in attendance, including Bollywood

celebrities and dignitaries such as Telangana Chief Minister Revanthy Reddy and his wife.

Thailand's Opal captivated the judges and audience alike with her elegance, intellect, and powerful message during the final round. When asked by actor Sonu Sood about the importance of truth and personal responsibility, Opal delivered a heartfelt response:

"Be the person that someone will look up to." Her poise and sincerity resonated with the panel, securing her the crown.

The newly crowned Miss World also paid homage to resilience and hope through her wardrobe. Her final gown—a white creation adorned with opal-themed floral motifs—was a tribute to "women who choose

hope over fear," she said.

Hasset Dereje Admassu from Ethiopia was declared the first runner-up, making history as the first Ethiopian to reach this position at the Miss World stage.

India's contestant Nandini Gupta, though unable to break into the final eight, made it to the Top 20, earning cheers from the home crowd for her graceful performance and cultural presentation.

Entertainment on the night was as grand as the competition itself. Bollywood stars Jacqueline Fernandez and Ishaan Khatter enthralled the audience with energetic dance numbers, including a rendition of the globally celebrated "Naatu Naatu."

The pageant also showcased India's rich handloom heritage, with a special segment on Telan-

gana sarees, curated by designer Archana Kochhar, highlighting the traditional elegance of Indian textiles.

This year's event marked the third time India has hosted the Miss World finale—after 1996 and 2023—further strengthening its position as a hub of global cultural events.

Opal Suchata Chuangsri's victory is not just a personal triumph, but a moment of pride for Thailand. Her win brings attention to the evolving role of beauty queens as ambassadors of purpose, change, and compassion.

As the curtain fell on Miss World 2025, the night left behind a message that transcended borders and traditions: beauty with a purpose remains a timeless force for good.

Jackielynn Pradhan Creates History

as First Transgender Woman to Win Miss Universe Sikkim 2025

In a landmark moment for Sikkim and the LGBTQ+ community in India, Jackielynn Pradhan, a 21-year-old from Jorethang, has been crowned Miss Universe Sikkim 2025, becoming the first transgender woman to win the prestigious title. Her win is being celebrated as a major step forward for diversity, acceptance, and representation in Indian pageantry.

The week-long contest, organised by POSITUDE, saw participation from 45 young women across Sikkim. The grand finale was held on May 25, where Jackielynn stood out not just for her poise and performance, but for her powerful journey. Her crowning moment is being hailed as a historic breakthrough.

"This has been my dream for nine years. Today, Miss Sikkim is not just a title, it is a reality — my reality," said Jackielynn, visibly emotional after her win.

Her road to success was far from easy. Having faced years of bullying, discrimination, and cyber harassment, Jackielynn remained undeterred. Even after winning, she continues to receive online hate, but she chooses to focus on the overwhelming support she receives in person.

"People still post transphobic comments, but real-life support has been much stronger. People hide behind screens to spread hate, but I choose to walk proudly," she said.

Jackielynn began her journey of self-discovery at 15, confiding in her family about her identity. Though coming out was difficult, she knew it was necessary — not just for her, but for countless others who remain unseen.

"At first, only my family knew I was transgender. But I realised I had to live openly — for myself, and to inspire others like me."

Her victory also opens the door for her to represent Sikkim at the Miss Universe India 2025 pageant, a national platform that has increasingly welcomed inclusivity in recent years. She follows the path paved by Navya Singh, who became the first transgender contestant in Miss Universe India in 2024. Internationally, trailblazers like Angela Ponce (Spain, 2018), RikkieKollé (Netherlands, 2023), and Marina



Machete (Portugal, 2023) have been celebrated for breaking barriers.

POSITUDE, the organisers of the Miss Universe Sikkim pageant, confirmed that Jackielynn met all eligibility criteria laid out by the Miss Universe framework, which includes the legal recognition of a contestant's gender identity. The contest is open to women aged 17–29 years, with a minimum height requirement of 5.2 feet.

Beyond the glitz of the crown, Jackielynn wants to use her plat-



form to address serious issues — most importantly, mental health awareness for queer youth, especially in small towns and remote regions.

"There's a lot of stigma around mental health, particularly in the LGBTQ+ community. In smaller states like Sikkim, we need more awareness, safe spaces, and empathy," she said. She credits much of her strength and determination to her mother, an overseas nurse whose sacrifices helped shape her values and drive. "My mother is my role model. Her courage and commitment gave me the strength to chase

my dreams." As messages of support and congratulations pour in from across the country, Jackielynn's story is being seen as one of hope, resilience, and transformation. For many, her win is not just about a beauty pageant — it's a powerful statement about the importance of acceptance and equality in modern India.

"They tried to tell me I didn't belong. But I've made space for myself — with grace, courage, and pride," Jackielynn said, as she proudly wore her crown — a symbol of triumph not just for herself, but for an entire community long denied the spotlight.

Arunachal's HillangYajik Creates History at South Asian Bodybuilding Championship

In a landmark moment for Indian sports, Hillang-Yajik from Arunachal Pradesh has created history by winning gold at the 15th South Asian Bodybuilding and Physique Sports Championships 2025, held in Thimphu, Bhutan, from June 11 to 15.

Yajik clinched the gold medal in the Women's Model Physique (up to 155 cm) category, becoming the first woman athlete from Arunachal Pradesh to achieve such a feat in physique sports at the international level. In addition to her golden triumph, she also bagged a silver medal in another category, further solidifying her place among South Asia's elite physique athletes.

Her groundbreaking performance not only brought pride to her home state but also marked a major milestone for India in the realm of women's bodybuilding and physique sports. Competing against top athletes from across South Asia, Yajik's poise, strength, and stage presence earned accolades from judges and spectators alike.

The victory has sparked celebration across Arunachal Pradesh, with officials, sports asso-

ciations, and locals hailing Yajik as a trailblazer for women in fitness and bodybuilding. Her achievement is being seen as a powerful inspiration for young athletes, especially girls, in the Northeast and across India.

HillangYajik's journey reflects the rising potential of talent from India's frontier regions and the growing presence of Indian athletes in international physique sports.

Arunachal Pradesh Chief Minister Pema Khandu acknowledged her remarkable achievement. "Big applause to Ms. Hillang-Yajik for her phenomenal feat at the 15th South Asian Bodybuilding & Physique Sports Championships 2025 in Thimphu, Bhutan! With 1 Gold and 1 Silver medal, she becomes the first-ever woman from our state to clinch an international Gold in physique sports -- a trailblazer in every sense! Your dedication, discipline, and determination have carved a proud chapter for Arunachal and the nation. More power to you, Hillang."





To every woman facing threats, black-mail, or digital abuse—through morphed videos, deepfakes, or intimidation—know this: you are not alone, and you are not to blame. You are strong, and your voice matters. Do not let fear silence you. Speak out, seek help, and stand your ground. You deserve safety, dignity, and peace. Shame belongs to the abuser, not the survivor. Your courage can break the cycle. Reclaim your power, your peace, and your life. Rise above the fear—because you are more powerful than the pain they try to inflict.

Geetika Lakshmi
Educator, Hyderabad



I believe it's time we reclaim society with #FreedomFromFear—starting right at home. It's time we elevate HomeManagement to the status it deserves: as a formal subject, just like entrepreneurship once made its debut in B-schools. Home is the first organization we manage, and yet, we don't teach it. By recognizing Home Management as a gender-neutral, professional skill, we not only empower individuals—especially women—but also strengthen the very fabric of society. This shift will legitimize and formalize the role of domestic support and caregiving, a critical need for every working family today. I urge us to build homes where responsibilities are shared, not assumed, so women can rise without guilt—from being Partners to Mompreneurs to Founders of their dreams. Let home be a Launchpad, not a limitation.

Mitalee Agrawal
Environment Enthusiast
Hyderabad

We can reclaim #FreedomFromFear by finding the courage to speak up, support one another, and refuse to stay silent in the face of injustice or discomfort. Fear thrives in silence, but when we share our truths and stand together, its power weakens. Whether it's in our homes, communities, or online spaces, creating a culture of openness and empathy helps others feel



seen and heard. Even small acts of bravery can inspire change. Reclaiming our freedom from fear isn't just a personal act—it's a collective responsibility to build a safer, more honest, and compassionate world for all.

Pratibha Singh
Mentor & Community Speaker
Hyderabad

Voice Of Grand Queen

The Freedom From Fear campaign, a crucial initiative by GrandQueens Club in partnership with The Women Now, is dedicated to enhancing women's safety in both public and private spaces. Recognizing that fear often restricts women's full participation in life, the campaign advocates for a society where women can live, work, and thrive free from violence and harassment. At its core, the campaign focuses on awareness, education, and community involvement. It empowers women by informing them of their rights and available resources, encouraging them to speak out against violence and seek support when necessary. The campaign also calls for systemic change, urging governments to strengthen laws against gender-based violence and harassment. It advocates for more accessible support systems like hotlines and safe spaces, ensuring women can report incidents without fear of stigma or retaliation. Community engagement plays a key role, with the campaign encouraging men and boys to actively support women's safety. By fostering a culture of respect and accountability, it aims to challenge societal norms that enable fear and violence. Ultimately, the Freedom From Fear campaign strives to create a transformative movement, ensuring women can navigate their lives with confidence, dignity, and safety. It seeks to pave the way for a more equitable and just society where women are empowered to live without fear.



lives with confidence, dignity, and safety. It seeks to pave the way for a more equitable and just society where women are empowered to live without fear.

We can reclaim our space from fear by staying informed, alert, and aware of what's happening around us. Educating ourselves and others about emotional and physical issues in society is key to building a safer, more compassionate environment. Spreading awareness isn't just a one-time action—it's an ethical and proactive habit that needs to be practiced daily. When we engage with our surroundings mindfully and responsibly, we not only protect ourselves but also empower others to speak up, take action, and create a culture rooted in awareness, empathy, and collective responsibility.

VijayaBhavana
Mentor & Trainer
Hyderabad



In today's world of political unrest, climate anxiety, digital overload, and personal insecurities, fear has quietly become one of the most pervasive forces—shaping decisions, silencing voices, and stalling progress. Reclaiming #FreedomFromFear starts with normalizing vulnerability by creating judgment-free spaces for open dialogue. Building inner clarity through mindfulness, journaling, and self-reflection helps individuals navigate uncertainty with strength. Redefining failure as feedback rather than defeat empowers people, especially youth, to take bold steps. Fear also fades when truth is spoken—whether in workplaces, institutions, or public discourse—fostering transparency and trust. Purpose brings clarity; when people align with personal or shared missions, fear loses its hold. Highlighting stories of courage inspires others and lights the way forward. In our digital lives, promoting responsible consumption and sharing of information is crucial to reduce col-



Archana Chigullapally
Entrepreneur, Social Influencer,
Biker
Hyderabad

Like our counterparts - the male gender, we too have a right to life and dignity. Why should we live in fear? Don't hesitate to call A SPADE A SPADE. Be it in the family, amongst your friends, your workplace or any social gathering, the moment you see any danger lurking, see a red flag, raise your voice. We not only need to protect ourselves, but also the others who are less fortunate in expressing themselves and their fear. As women, we also have a responsibility of raising our boys to respect women. Charity begins at home, so does good behaviour. Let us teach our boys, the men of tomorrow the importance of respect for their counterparts and educate our girls on the facilities, rights and protective mechanisms created by our government. To top it all DONT SEE YOURSELF AS WEAK. What you think, you perceive, what you perceive will reflect on how you act. THINK BRAVE, BE BRAVE and BE A BEACON OF BRAVENESS to your fellow eminent.

Shanti Krishna
Author & Personality Development Coach
Hyderabad



India Celebrates 'International Day for Women in Maritime'; Reinforces Commitment to Gender Equality

Union Minister of Ports, Shipping and Waterways (MoPSW), Shri SarbanandaSonowal unveiled the 'Sagar Mein Samman' (SMS), a policy initiative of the Government of India to create a future ready gender equitable maritime workforce with the ultimate aim to increase participation of women in the maritime sector. The initiative was launched at the inaugural International Day for Women in Maritime celebrations in Mumbai today, with a clear message of inclusivity, transformation and sustainability of the maritime sector.

The SMS policy aims to build a future where women's participation is integral to all maritime operations; i.e., from the docks to decision making boards. In order to bridge the gender gap in both seafaring and shore based roles, this policy provides a structured road map for enhanced participation by women while addressing safety, leadership and retention of women in the Indian maritime sector. This programme is also aligned with Government's DEI (Diversity, Equity and Inclusion) objective. Major scope of the policy would entail planning & strategy, training & development, research & development, governance & compliance, communications, and community outreach. It aims to secure objectives like empowerment & leadership, inclusivity & equal opportunity, safety & well-being, and skill development & training for women in maritime sector.

As the Chief Guest at the event, Union Minister Shri SarbanandaSonowal underscored the importance of empowering women to drive growth and resilience across the maritime ecosystem. Sonowal also interacted with a group of almost 100 women seafarers at the event.

Speaking on the occasion, Union Minister SarbanandaSonowal said, "This day is essential to celebrate women through their recruitment, retention, and sustained employment in the maritime sector. This year IMO is celebrating on a theme that 'An Ocean of Opportunities for Women,' which aligns with the 2025 World Maritime Day theme: Our Ocean, Our Obligation, Our Opportunity. We must introspect and work towards raising the profile of women in maritime and strength-

ening their presence. The development of women in various fields is also a top priority for our Hon'ble Prime Minister of India, Shri Narendra Modi ji. The Maritime India Vision 2030 document envisages the launch of the 'Women in Seafarer' program, which includes encouraging onshore jobs, awareness and marketing campaigns, incentivising shipping companies, and leveraging scholarships to improve women's participation. We have made significant efforts to bring this vision to reality."

Highlighting on the focus of the government since 2014, Union Minister Shri SarbanandaSonowal also said how the India's maritime sector has witnessed a surge of women seafarers from 341 in 2014 to 2557 in 2024, recording a whopping growth of 649%. Since 2014, about 2,989 women seafarers have received financial assistance. Due to govern-



ment's sustained effort to encourage women to explore maritime sector for a fruitful career, the number of women seeking financial assistance has increased from a mere 45 in 2014-15 to 732 in 2024-25. The engagement of Indian female seafarers on Indian and foreign-flagged ships is continuously increasing.

Citing data, Shri SarbanandaSonowal said, "Empowering women in maritime is not just about equity—it's a strategic necessity. Their leadership brings innovation, strength, and a more sustainable future for the sector. Our Nari Shakti



is a fundamental pillar of the new Bharat, for their incredible contribution in the nation building cause. Under the dynamic leadership of Prime Minister Shri Narendra Modi ji, our task is cut out. Sagar Mein Samman is one such initiative to create a conducive environment for more and more women to join the maritime sector. India witnessed a remarkable 739% surge in registered women seafarers — from 1,699 in 2015 to 14,255 in 2024, marking a

Shri SarbanandaSonowal further added, "The launch of the "Sagar Mein Samman" policy framework shows our commitment to the mental, physical, and professional well-being of women seafarers. This comprehensive policy addresses empowerment, leadership, inclusivity, safety, skill development, and the dismantling of gender-based barriers in the maritime profession. We have ambitious target of 12% female representation in technical maritime roles by 2030, aligning directly with national objectives. To our women seafarers present here today – you are the pioneers, the trailblazers who have navigated uncharted waters with courage and determination. This initiative is a tribute to your resilience and a promise for a more inclusive future for generations to come. Together, we shall ensure that Sagar Mein Samman is not just a policy but a transformative movement that reshapes the maritime landscape of our nation."

Held under the theme "Women in Maritime: Leading Transformation and Sustainability," the event was organized by Directorate General of Shipping, in collaboration with "Sagar Mein Samman" (SMS), Maritime Union of India, National Maritime Day Committee. The inaugural session saw participation from senior government officials, port authorities, maritime professionals, academics, and international bodies. Key highlights included a panel discussion on leadership and equity, and a felicitation ceremony recognising women achievers in the maritime domain. The celebration reinforces India's commitment to the International Maritime Organisation's (IMO) mission for gender inclusion and aligns with the broader vision of the UN Sustainable Development Goals (SDGs).



Plane Crash

Air India Flight AI-171 Crash Nation Mourns 260 Lives Lost



Ahmedabad, June 24, 2025 — In one of the deadliest air disasters in recent Indian aviation history, Air India Flight AI-171, a Boeing 787 Dreamliner en route to London, crashed shortly after take-off from Ahmedabad on June 12, killing 260 people, including passengers, crew, and civilians on the ground. The aircraft, carrying 230 passengers and 12 crew members, lost control moments after takeoff and plummeted into a nearby medical college hostel building, resulting in mass casualties and widespread devastation.

Authorities have so far identified 259 of the 260 victims, with 256 remains already handed over to families. The lone survivor from the aircraft continues to receive treatment, while the nation remains in shock. DNA testing

lakh to victims' families and the survivor, while also offering psychological and logistical support. The airline, under the Tata Group, has scaled back select long-haul operations by 15% to conduct internal safety reviews. Chairman N. Chandrasekaran stated that the aircraft had a clean operational history, with one engine recently replaced and the other serviced in 2023.

Eyewitness accounts and CCTV footage suggest the aircraft may have experienced technical issues shortly after takeoff, with experts analyzing potential flap deployment errors or engine failures. The

incident marks the first fatal crash involving a Boeing 787 Dreamliner globally, prompting closer scrutiny of the aircraft's safety systems. As recovery efforts continue and investigations unfold, the nation grieves a profound loss. Memorial services are being planned across multiple cities, and calls for stricter aviation safety oversight have grown louder. The tragedy has united the country in mourning, and the findings of the investigation are awaited with heavy hearts and high expectations.



Survivor in Seat 11A: Vishwash Kumar Ramesh Lives Through Air India Tragedy

and facial recognition were used to identify most of the victims. Several students residing in the building struck by the aircraft were among the deceased, heightening the tragedy.

The Aircraft Accident Investigation Bureau (AAIB) has launched a detailed probe, supported by international agencies including Boeing and the U.S. National Transportation Safety Board (NTSB). Both flight recorders—cockpit voice and flight data—have been recovered and are being analyzed domestically. Civil Aviation Minister Rammohan Naidu confirmed that the black boxes have not been sent abroad and that a preliminary report will be released within three months, with the final report expected in under a year.

Meanwhile, Air India has begun interim compensation disbursements of ₹25

In a tragedy that claimed 260 lives, one man emerged alive—Vishwash Kumar Ramesh, seated on 11A, has become the sole survivor of the devastating Air India Flight AI-171 crash that occurred on June 12. The Boeing 787 Dreamliner, which was en route from Ahmedabad to London, crashed into a medical college hostel within seconds of take-off, killing nearly everyone on board and several people on the ground.

Vishwash, a 40-year-old British national of Indian origin, was traveling with his brother Ajay when the crash occurred. Recalling the horrific moment, he said, "Thirty seconds after take-off, there was a loud noise, and then the plane crashed. It all happened so quickly." Despite suffering multiple injuries, he remained conscious and managed to escape the wreckage by leaping through a broken emergency exit door. Experts believe his seat location—adjacent to an emergency exit and near the aircraft's structural "wing box"—may have contributed to his survival. A soft sand mound outside the crash site likely cushioned his fall, saving his life.

He was rushed to Ahmedabad Civil Hospital, where

doctors confirmed he had suffered burns and trauma but was in stable condition. After receiving treatment, Vishwash was discharged and returned to his ancestral village of Bucharwada in Diu. There, in a heart-breaking turn, he performed the last rites of his brother, who perished in the crash.

Speaking to the media, Vishwash said, "I thought I would die. I saw people dying in front of my eyes." His miraculous survival has captured the nation's attention and brought a small glimmer of hope amid an otherwise overwhelming tragedy. Aviation and safety experts are expected to speak with him further, as his account may provide critical insights into the plane's final moments.

The Air India crash has prompted a wave of mourning, a call for improved aviation safety, and even a surge in interest in emergency-exit seating—being unofficially referred to as the "Vishwash effect." While investigations continue, Vishwash Kumar Ramesh's escape stands as a powerful and emotional symbol of resilience and the human will to survive against all odds.





pated Cannes debut as a global ambassador for L'Oréal. Her sartorial choices—a Schiaparelli mermaid gown and a Gucci-inspired saree ensemble—highlighted her effortless blend of contemporary international aesthetics and Indian heritage.

Janhvi Kapoor also turned heads with a stunning TarunTahiliani tissue weave saree from Varanasi, followed by an avant-garde ensemble by Anamika Khanna, cementing her place as a fashion-forward force. Aditi Rao Hydari chose a delicately embroidered ombré gown by Rahul Mishra, paired with classic Chopard diamonds,



Indian Women Shine at Cannes 2025 Red Carpet with Tradition, Glamour & Global Appeal

The Cannes Film Festival 2025 witnessed a dazzling showcase of Indian elegance, innovation, and cultural pride as several Indian women graced the red carpet with unforgettable flair. Leading the parade of style was Aishwarya Rai Bachchan, marking her 22nd appearance at the festival. She stunned onlookers with a regal ivory Banarasi saree designed by Manish Malhotra, later transitioning into a dramatic Gaurav Gupta gown featuring a cape etched with a verse from the Bhagavad Gita—fusing spiritual depth with high fashion.

Alia Bhatt made her much-anti-



reflecting subtlety and grace.

Influencers like MasoomMinawala and Parul Gulati brought fresh energy to the red carpet. Minawalahonored regional Indian craftsmanship with a custom-embroidered cape gown, while Gulati made a bold statement in a braided

dress inspired by her haircare brand.

Together, these women not only represented India on a global stage but also celebrated its diversity, artistry, and evolving fashion narrative—breaking barriers and redefining beauty with every step.



At 18, Samaira Hullur Becomes India's Youngest Commercial Pilot

In an extraordinary achievement, SamairaHullur from Bijapur, Karnataka, has become India's youngest commercial pilot at the age of 18. Her aviation journey began not in a cockpit but through the admiration her mother held for pilots in uniform. This fascination inspired Samaira to chase a career that now sees her soaring above the clouds.

Samaira, now 19, was always drawn to adventure, participating in activities like horse riding, rock climbing, and swimming. But her real calling came from her mother, NazeeyaHullur, a school coordinator at Delhi Public School in Bijapur, whose respect for the aviation profession deeply influenced Samaira. A helicopter ride during the NavaraspurUtsav and later experiences at Delhi airport cemented the idea in both their minds.

By Class 9, Samaira knew she didn't want a desk job. In Class 10, she attended an orientation with Captain Thapesh Kumar, which outlined the aviation path. With her mother's help and unwavering support, she made a decisive move to pursue pilot training. After her Class 12 exams, she enrolled in Vinod Yadav Aviation Academy in Delhi, where she passed five of six



theoretical exams on her first attempt.

Due to age restrictions, Samaira had to wait to appear for the final paper, Radio Telephony. Still, she completed her ground training within seven months. In April 2024, she joined Carver Aviation in Baramati, Pune, to begin her flight training. Over the next year, she logged the required 200 flying hours. Her first solo flight—completed after just 28 hours of training, ahead of the usual 36—marked a pivotal moment in her journey.

The challenges were many. Samaira struggled with landings and felt anxious about fly-

ing solo. But the support from her instructors and her determination helped her push through. When she finally flew alone, the experience was surreal—she describes the aircraft feeling “light” as she took off on her own.

Her efforts paid off when she earned her Commercial Pilot License (CPL) at 18, making her the youngest in India to do so. At the licensing ceremony, with three stripes added to her shoulder epaulettes, her family watched with pride and tears. Her grandmother, initially skeptical about Samaira's educational path, finally saw her granddaughter's success and beamed with pride.

The journey came at a significant

cost. Her family spent Rs 2.5 lakh on ground training and Rs 42 lakh on flying school—an amount that has since increased to Rs 49 lakh. The total cost, including future type rating and airline-specific training, could go up to Rs 75 lakh. With few scholarships and limited educational loans for aviation, her family relied on a property loan and savings to support her.

Now waiting for responses from airlines, Samaira is ready for the next challenge—type rating training, which will further qualify her to fly specific aircraft. She remains focused and patient. “If you are truly passionate about becoming a pilot, give it your all,” she advises. SamairaHullur's story is not just about conquering the skies but also about the power of belief, resilience, and a mother's unwavering support.



The National Commission for Protection of Child Rights (NCPCR), held an online National Consultation on Dissemination and Awareness of the Protection of Children from Sexual Offences (POCSO) Act, 2012 and the Child and Adolescent Labour (Prohibition and Regulation) CAL (P&R) Act, 1986, 14th may. Around 300 participants from various Central and State Ministries, State Police Departments, SCP-CRs, NGOs participated in the aforementioned event.

Chairperson, NCPCR Ms. TriptiGurha while delivering key note address, emphasized that structured awareness should be promoted for effective implementation of POCSO Act, 2012 & CAL (P&R) Act, 1986. She also highlighted various initiatives of commission in these areas. She sought collaboration and cooperation of every stakeholder to achieve the objectives of protection of child rights in true spirit.

Ms. PreetiBharadwajDalal, Member (LRC), NCPCR drawing on her experience related to spreading on awareness about POCSO Act, mentioned that the challenges in implementation of POCSO Act can be effectively tackled through proactive approach, personal intervention of the authorities & effective dissemination of the Act. She also mentioned that the Benches and Camps organized by NCPCR in Aspirational Districts yielded good results in reaching out to marginalized communities.

Dr.Divya Gupta, Member (Child Health, Care, Welfare) NCPCR, while

speaking on CAL (P&R) Act said that the awareness and dissemination of information also play major role in facilitating the implementation of the Act. We need to take gender neutral view by implementing the Acts, she said.

Dr. Sanjeev Sharma, Member Secretary NCPCR, highlighted sheer cruciality of protection of child rights. He

The consultation underscored the pressing need for coordinated inter-ministerial action to ensure the effective implementation of the POCSO Act, 2012, and the CAL (P&R) Act, 1986. Emphasis was laid on the establishment of Fast Track Courts across all States & UTs. Further, the importance of standardizing the format of Medico-Legal Reports (MLRs)

the POCSO Act into the school curriculum was also stressed, along with the need for regular capacity-building programmes for teachers and the strengthening of School Management Committees (SMCs).

Furthermore, the need for accessible legal aid for child victims and the timely disbursement of compensation in accordance with statutory provisions was reiterated. In the context of child labour cases, the consultation highlighted the necessity of enhancing the mechanisms for timely compensation disbursement, inter-agency institutional coordination, surveillance, and comprehensive rehabilitation of rescued children.

The meeting concluded with a vote of thanks by Shri. Rajesh Kumar Singh, Registrar NCPCR.

National Consultation On POCSO Act & CAL (P&R) Act

also mentioned that while meaningful progress has been made in this area however, significant ground is still to be covered. He also underscored the importance of awareness and education of all stakeholders.

nationwide in POCSO cases to ensure uniformity and consistency in medico-legal documentation and evidentiary procedures was highlighted. The integration of the NCPCR's Child Safety Manual and key provisions of



Honeymoon Turns to Horror

Indore Businessman Murdered, Wife Sonam Raghuvanshi Arrested in Chilling Meghalaya Murder Case

What began as a romantic honeymoon in the misty hills of Meghalaya ended in bloodshed and betrayal, as police unravelled a chilling murder conspiracy involving newlywed Sonam Raghuvanshi, who is now in custody for the murder of her husband, Raja Raghuvanshi, a 29-year-old businessman from Indore.

The couple had married on May 11, and set out for their honeymoon on May 20, choosing the scenic routes of Sohra (Cherrapunji). But on May 23, Raja went missing under mysterious circumstances after checking out of a local homestay. Days later, his body was discovered at the base of the Wei Sawdong waterfalls—battered, decomposed, and bearing multiple sharp weapon injuries.

The investigation, led by East Khasi Hills Police, initially treated the case as a possible accident. But discrepancies in Sonam's disappearance and witness testimonies quickly raised red flags. CCTV footage and a local guide's statement revealed the presence of three unknown

The Raja-Sonam honeymoon murder case underscores the urgent need to re-evaluate how we perceive marriage, trust, and background verification in India. It reveals the potential dangers of entering into marital relationships without fully understanding a partner's emotional, psychological, or personal history. In a society where arranged marriages are still common, trust is often assumed rather than earned. This tragic incident calls for greater awareness around pre-marital counselling, open communication, and perhaps even basic background checks—not just for financial security, but to ensure emotional safety and long-term compatibility.

trekking with the couple just before Raja's disappearance. Their rented scooter was abandoned, and both their phones went silent shortly after 1:30 PM that day.

On June 9, Sonam re-emerged in Ghazipur, Uttar Pradesh, claiming to have

escaped abduction. But inconsistencies in her story led to her arrest. Police later apprehended Raj Kushwaha (her alleged lover and employee at her brother's factory), and three of his associates — Vishal Singh Chauhan, Akash Rajput, and Anand Kurmi — all of whom were implicated in the meticulously planned murder.

According to police sources, Sonam and Kushwaha had plotted Raja's murder months in advance. Their first attempt in Guwahati failed, followed by two more failed attempts in Sohra. On the third try, on May 23, the plan was executed. Raja was attacked near the gorge while Sonam watched. A blood-stained raincoat, machete, and other evidence were later recovered from the scene.



The Government of India has invited nominations for the Pradhan Mantri Rashtriya Bal Puraskar (PMRBP) 2025, a prestigious national-level award conferred annually by the President of India to recognize exceptional achievements of children across the country. The last date for submission of nominations is 31st July 2025. All nominations must be submitted online through the official Rashtriya Puraskar Portal at <https://awards.gov.in>.

a concise narrative (maximum 500 words) describing the achievement and its impact, and the upload of supporting documents (PDF format, up to 10 attachments) and a recent photograph (in jpg/jpeg/png

Call for Nominations for Pradhan Mantri Rashtriya Bal Puraskar 2025

Last date for submission of nominations is 31st July 2025

Nominations are open to children aged between 5 and 18 years (as on 31st July 2025). Any individual or institution may nominate children with exceptional achievements for PMRBP. Children may also apply through self-nomination.

To apply, applicants must first register or log in on the portal by providing details such as First Name, Last Name, Date of Birth, Applicant Type (Individual/Organisation), Mobile Number, Email ID, Aadhaar Number, etc. and CAPTCHA verification. Once registered, they should select the "Pradhan Mantri Rashtriya Bal Puraskar 2025" under the Ongoing Nominations section and click on "Nominate/Apply Now." Applicants must then choose the relevant award category and indicate whether the nomination is for themselves or for someone else.

The application form requires nominee details,



format). Applications can be saved as drafts and edited before final submission. Once reviewed and submitted, a downloadable copy of the application will be available for reference.

The Pradhan Mantri Rashtriya Bal Puraskar honours young individuals below the age of 18 (as on 31st July 2025) who have demonstrated excellence in the following six categories: Bravery, Social Service, Environment, Sports, Art & Culture, and Science & Technology.

The objectives of Pradhan Mantri Rashtriya Bal

Puraskar awards are to celebrate and amplify the achievements of India's youth in diverse spheres, to inspire peers nationwide by showcasing real-life role models and to foster an enabling environment for children's holistic development.

Police say Sonam changed into a burqa, discarded her blood-stained clothes, and escaped the scene with help from the accused. The murder weapon—a machete bought in Guwahati—was recovered from the area. Officers also revealed that the motive appeared to be personal, not financial.

On June 17, Meghalaya Police conducted a crime scene recreation in Sohra with all accused present. Medical evaluations have since confirmed that Sonam is mentally sound. Meanwhile, Raja's family has accused Sonam of practicing black magic and called for a narco-analysis and even a CBI investigation, suspecting deeper roots of conspiracy.

"This was not a random act. It was a well-executed plan, with each accused playing a defined role," said Superintendent of Police Vivek Syiem, adding that the murder had elements of deceit, betrayal, and cold-blooded planning rarely seen in the region.

As the case unfolds, the nation watches in disbelief at how a celebration of marriage became a stage for murder. Sonam and the four co-accused are now in judicial custody, and Meghalaya Police have assured that the chargesheet will be filed promptly, backed by strong forensic and digital evidence. The honeymoon murder has not only shocked Raja's family but has also stunned the peaceful hill state of Meghalaya. Legal proceedings are expected to begin soon, with more revelations anticipated in the coming days.

Stitching Her Own Destiny

Grand Queen Madhulika Mehta's Journey from Tradition to Trailblazer

By Kamini Verma

In a world where many dreams are silenced by convention, Madhulika Mehta chose to listen to her instincts. True to the meaning of her name, Madhulika embodies strength and daring spirit. Her journey from a traditional Marwari household to becoming the founder of her fashion label, SatinVogue by Madhulika Mehta, is not just a story of entrepreneurial success, but one of inspiration, rebellion, and relentless determination.

Born into a family that initially envisioned her as a lawyer, Madhulika's early life was guided by societal norms. Her family recognized her intelligence and believed she would shine in the legal field. However, destiny had other plans. An unexpected conversation with a stranger, Mr. Ram Lashkari, during a train journey to Jodhpur, sparked a realization. That pivotal encounter planted the seed of fashion in her heart. From that moment, she began carving a new path for herself.

Her parents, breaking stereotypes themselves, became her strongest allies. Encouraging her to pursue her dreams and letting her travel freely from a young age, they laid the foundation for a confident and independent woman. "My parents are my best friends," Madhulika often says, a testament to the unshakable bond they share.

Madhulika pursued her Executive Programme in Sales & Marketing from the prestigious IIM-Calcutta, equipping herself with the business acumen needed to fuel her ambitions. She mastered the art of balancing creativity with commerce. Her flair for multitasking and an insatiable hunger for learning—be it through reading business journals, traveling, or even studying Mandarin—has consistently set her apart.

SatinVogue didn't emerge overnight. It was the product of over 11 years of perseverance, trial, error, and growth that began in her late teens. With no formal training in fashion design, her talent is

purely intuitive. Her designs are not just fabric and thread—they are stories. Stories of her life, the people she meets, the places she's traveled, and the experiences she has absorbed. Her label isn't just a business; it's a canvas of lived realities and vibrant dreams.

What makes her fashion line different is the empathy behind it.

Breaking Barriers



Her client's voice always comes first. In a world where fashion often shouts, Madhulika listens. She weaves individuality into each garment, crafting pieces that reflect not just style but substance.

Her professional journey is as dynamic as it is inspiring. From humble beginnings to supplying high-end garments globally, she has made SatinVogue a name to reckon with in luxury fashion. A landmark moment in her career came when she was awarded on the fifth anniversary of her brand, a day that also marked a personal milestone: meeting Bollywood icon Kareena Kapoor Khan. The universe, it seems, listened to her manifest this dream.

She's not just a designer; she's a giver. During the pandemic, while many withdrew, Madhulika rose to the occasion. She tirelessly worked to support people across India—organizing help, resources, and relief. Sacrificing sleep, personal comfort, and time, she stood by those in need. People called her a "life saver," and she humbly continued her mission. Her generosity didn't stop there. She ran fashion workshops online, helping budding designers start their own labels when the world was in lockdown.

Madhulika's philanthropic side extends deeply into child education. She believes every child deserves a chance to dream, and through various initiatives, she continues to invest in the future of underprivileged children. Her support for aspiring pageant contestants is another feather in her cap. By providing outfits for events like Mission Dreams and supporting women on such empowering platforms, she gives others the wings to fly.

She has been honored multiple times, including an award from actress Mugdha Godse for completing a two-year government project and recognition by ministers in Delhi. Fashion shows, exhibitions, accolades—her professional credibility is well-established. But perhaps her biggest achievement is not in the awards she has received, but in the barriers, she has broken.

In every role—entrepreneur, artist, mentor, humanitarian—Madhulika Mehta has consistently chosen courage over comfort. She continues to defy expectations, redefine norms, and empower others to follow their dreams. As the recipient of the Grand Queens Leadership Award, she stands tall not just as a fashionista, but as a woman with a

heart of gold.

Her journey reminds us that dreams are not bound by tradition, geography, or expectation. They are only bound by the courage we have to chase them.

Madhulika Mehta is living proof that when instinct meets intention, and passion meets purpose, there are no limits to what a woman can achieve.



New FASTag Annual Pass Announced : Travel Across India's Highways for Just ₹3,000 a Year Starting August 15

In a significant move to ease highway travel and reduce toll expenses for private vehicle owners, the Government of India has announced a new FASTag-based annual toll pass. Union Road Transport Minister Nitin Gadkari revealed that from August 15, 2025, car owners will be able to purchase an annual toll pass for ₹3,000, offering unlimited travel up to 200 trips across all National Highways and NHAI-managed expressways. The initiative aims to promote digital toll collection, cut waiting times at plazas, and make commuting more economical for the average citizen.

The pass, valid for either one year or 200 toll plaza trips—whichever comes first—will be linked directly to the user's existing FASTag account and vehicle registration. Only private, non-commercial four-wheelers such as cars, jeeps, and vans are eligible. The plan is voluntary, meaning motorists can continue using the pay-as-you-go toll system if they prefer. Once the pass is activated, users can enjoy seamless highway access without topping up for each journey. Officials estimate that the new pass could save frequent travelers up to ₹7,000 annually in toll charges, with the average per-toll cost effectively dropping to ₹15.

To avail the offer, users can log in to the RajmargYatra app, NHAI, or MoRTH official websites from Independence Day onward. After completing a one-time payment of ₹3,000, their FASTag will be upgraded to reflect the annual pass. Usage will be tracked automatically, and SMS



notifications will alert users as they approach the 200-trip limit or annual expiry. The system differentiates between "open" and "closed" toll plazas. In open systems, each passage counts as one trip, while in closed systems—such as access-controlled expressways—a full entry-to-exit journey is counted as a single trip.

The pass, however, will not be valid on certain state-managed toll booths or private expressways like the Mumbai-Pune Expressway, where standard tolls will still apply. It is also non-transferable and vehicle-specific, tied to the FASTag linked with a valid registration number. After the 200 permitted trips or the end of the one-year validity, the FASTag will automatically revert to the regular pay-per-use mode unless recharged with another annual plan. The Ministry of Road Transport has stated that pricing and policy will be reviewed annually, with potential adjustments starting from April 1 of every financial year.

With congestion at toll booths a persistent concern, the government hopes this initiative will encourage faster, smoother commutes and reduce vehicular idling—supporting both time savings and lower emissions. For frequent travelers, the pass not only offers economic benefits but also enhances the overall travel experience on Indian highways. As the Independence Day rollout nears, the ₹3,000 FASTag annual pass is expected to see wide adoption among daily commuters, intercity travelers, and road trip enthusiasts alike.

Aanchal Bhateja Becomes First Blind Woman to Argue Before Supreme Court

In a historic moment on June 6, 2025, Aanchal Bhateja shattered a glass ceiling by becoming the first blind woman advocate to argue a case before the Supreme Court of India. Her debut marked a milestone not just for the legal fraternity, but for the broader fight for inclusion and accessibility.

Aanchal was born with weak eyesight due to birth complications and later lost her vision completely due to Retinopathy of Prematurity (ROP), just before her board exams. Refusing to let her disability define her future, she cleared the Common Law Admission Test (CLAT) and made history again by becoming the first visually impaired student admitted to the prestigious National Law School of India University (NLSIU), Bangalore.

In her first appearance before the apex court, she represented the petitioner in a case challenging the recruitment process for the Uttarakhand Judicial Service (Civil Judge – Junior Division). The matter was specially listed for hearing on June 6.

Aanchal Bhateja's unwavering spirit and legal acumen stand as a beacon of hope and empowerment,



In a country where many girls still struggle for basic rights, Anjali Sondhiya's journey from a small village in Madhya Pradesh to securing All India Rank 9 in the UPSC Indian Forest Service (IFS) Examination 2024 is nothing short of extraordinary. Her story is not just about academic excellence, but about defying deeply rooted societal norms,

tion often trumps individual will. This act of support lit a fire in Anjali — one that burned brighter with each challenge she faced. She set her sights on the UPSC, one of the toughest competitive exams in India, and decided that she would serve the nation in uniform, not as a victim of circumstance, but as a changemaker.

her strategy, studied harder, and kept her vision intact. Finally, in her fourth attempt, she cracked the Indian Forest Service exam, choosing Geology and Forestry as her optional subjects.

Her preparation strategy was rooted in discipline and clarity. She deeply understood the syllabus, practiced mock tests, and solved

not just with her knowledge, but with her measured responses on Rajgarh's forests and tribal education issues—topics close to her roots.

Now 26, Anjali wears her achievement not as a trophy, but as a testament to resilience. "Today, I don't wear success like a crown – I wear it as proof that no cage is stronger than a woman's will," she says, standing tall as an example to millions of girls who dare to dream.

For UPSC aspirants, Anjali's advice is practical and powerful: "Study the syllabus thoroughly, stay consistent, use available resources, and keep going even when the path seems dark. This exam is not about talent alone — it's about discipline and patience over the years."

Anjali Sondhiya's journey is not just a personal victory. It is a reminder that barriers—whether social, cultural, or economic—can be broken with

determination and the right support. Her story inspires hope that with courage, even the most deeply entrenched traditions can be challenged—and rewritten.

From Escaping Child Marriage to Cracking UPSC IFS with AIR-9 :

Anjali Sondhiya's Story of Grit and Grace

rewriting her own destiny, and becoming a symbol of empowerment.

Anjali was just 15 years old when her life was almost derailed by an early engagement, a reality that remains common in several conservative communities across India. But unlike many others, she found the courage to say no. "They tried to write my destiny when I was just 15. But I rewrote it – with courage in my heart, tears on my cheeks, and books in my hands," she shares with a quiet but unshakable resolve.

The turning point came when her mother stood by her and called off the engagement, a bold and rare move in a community where tradi-

Anjali began her UPSC preparation in 2016, right after completing her Class 12 education. With no access to fancy coaching institutes, she relied entirely on self-study. Using NCERT textbooks, standard references, previous years' question papers, and making detailed notes, she gradually built her command over the syllabus.

But success didn't come easily. She faced three consecutive failures in the prelims—in 2021, 2022, and 2023. Many would have given up after such setbacks, but not Anjali. With each failure, she refined



previous year question papers rigorously. For the interview, she credits the book 'The Power of Your Subconscious Mind' for instilling a calm, confident mindset. The panel was impressed

When Compassion Turns Cold: Rethinking Love, Crime, and the Modern Woman's Mindset

Grand Queen Reena Chopra

Psychologist and Parenting Expert

The tragic murder of Raja Raghuvanshi, a newlywed man who vanished during his honeymoon in Meghalaya, only to be found dead days later, shocked the nation. The most disturbing part? His wife Sonam Raghuvanshi has been arrested for allegedly conspiring to have him killed just days after their wedding.

A woman expected to be nurturing, loving, and emotionally invested in her marriage now stands accused of orchestrating cold-blooded murder.

What drives a woman, who is traditionally associated with compassion, to commit such a calculated and cruel act?

And more importantly, what message does this send to the young men and women of this generation?



Meerut re-run in Auraiya? 15 days after wedding, bride gets husband killed to reunite with lover

The Shifting Archetype of the "Ideal Woman"

In Indian culture, women are raised to embody love, patience, and sacrifice. But with social shifts, evolving gender dynamics, and increased exposure to the complexities of relationships, a darker narrative is emerging one where some women, too, are displaying manipulative and violent behavior within intimate relationships.

Psychologist Dr. Judith Herman, in her work on trauma and abuse, writes that "power, when misused in intimate relationships, becomes invisible but deadly." When love becomes a mask for control or revenge, even women can adopt aggression as a form of emotional release or retaliation.

This doesn't make all women dangerous but it does highlight a growing psychological concern:

Emotional repression, entitlement, and unresolved trauma are no longer confined to one gender.

The Psychological Roots

of Betrayal

In the Sonam Raja case, police reports suggest that Sonam had been in contact with multiple individuals before the honeymoon, allegedly plotting the murder well in advance. If proven, this is not a crime of passion it's a crime of premeditation.

This raises deeper psychological questions:

- Was she emotionally coerced into the marriage?
- Was there prior trauma, resentment, or a personality disorder at play?
- Had she normalized manipulation or violence as a way to resolve conflict?

According to Dr. Robert Hare, an expert on psychopathy, some individuals regardless of gender can exhibit "cold empathy": the ability to understand emotions but not feel them. This is particularly dangerous in intimate relationships where trust is absolute.

Men as Silent Victims of Relationship Trauma

We often speak of women as vic-

tims in relationships and rightly so, but we cannot ignore the rising emotional and psychological impact on men.

In my counseling sessions, I've worked with men who say things like:

- "I'm scared to marry now, what if she turns out to be like her?"

Here's what we must do as parents, teachers, and mentors:

1. Teach Accountability Early

Children of all genders should be taught that emotions don't justify cruelty. Disappointment, heartbreak, or rejection should be processed not acted out.

2. Normalize Seeking Help

Whether it's a teen girl struggling with possessiveness or a boy feeling emotionally trapped therapy and counseling must be made accessible and stigma free.

3. Model Healthy Relationships at Home

Kids absorb what they see. Parents must model honest communication, mutual respect, and peaceful conflict resolution.

4. Break the Gender Stereotypes

Don't raise boys to "toughen up" or girls to "always be right." Raise both to be self-aware, kind, and expressive not suppressive.

It's Time to Heal, Not Fear

The Sonam-Raja tragedy should not push us into fearing love and relationships but it must push us into understanding ourselves and each other better. Emotional repression, when ignored, becomes destruction not just for the person suppressing it, but for the one receiving it.

We need more than just love in relationships today we need emotional maturity, self-reflection, and psychological support.

If you feel lost, unheard, manipulated, or emotionally overwhelmed in a relationship, please don't wait for things to explode.

Talk to a psychologist. Talk to someone who will not judge. Talk before it turns into tragedy.

- "I don't know whom to trust anymore."
- "If I express my pain, society tells me to man up."

When incidents like the Raja-Sonam case surface, they trigger fear, suspicion, and mistrust among men, especially those who believe in love, commitment, and honesty.

This emotional injury is often ignored because male vulnerability is still taboo in our culture.

It's time we stop brushing men's emotional health under the carpet.

Statistics Reflecting a Changing Reality

According to the National Crime Records Bureau (NCRB, India), while violence against women remains high, there's been a 35% increase in cases filed by men for emotional and legal harassment in domestic settings over the last 5 years.

A study published in the International Journal of Social Psychiatry (2023) revealed that 1 in 5 men in urban India experience emotional abuse in relationships, yet less than 2% seek therapy due to stigma.

We must realize that violence and psychological harm in relationships is not gendered it's human.

How to Prevent These Tragedies in the Future

These brutal events aren't just headlines. They are loud, desperate cries for change in how we raise our children, how we understand emotional intelligence, and how we deal with unresolved trauma in both men and women.



योग, भारत की प्राचीनतम धरोहरों में से एक है, जो आज केवल देश में ही नहीं बल्कि पूरे विश्व में स्वास्थ्य और मानसिक संतुलन का प्रभावशाली माध्यम बन चुका है। योग का शाब्दिक अर्थ है 'जोड़ना' - अर्थात् शरीर, मन और आत्मा का संतुलित मिलन। योग केवल व्यायाम नहीं, बल्कि जीवन जीने की एक शैली है, जो व्यक्ति को न केवल रोगों से दूर रखता है, बल्कि मानसिक, भावनात्मक और आध्यात्मिक स्तर पर भी उसे सशक्त बनाता है। आधुनिक जीवन की भागदौड़, तनाव और अस्वस्थ जीवनशैली में योग न केवल समाधान प्रदान करता है, बल्कि एक संतुलित, सकारात्मक और ऊर्जावान जीवन की ओर मार्गदर्शन करता है।

योगासनों के नियमित अभ्यास से शरीर की लचीलापन, सहनशक्ति और शक्ति में उल्लेखनीय वृद्धि होती है। सूर्य नमस्कार, त्रिकोणासन, वीरभद्रासन, ताड़ासन जैसे योगासन शरीर की मांसपेशियों को मजबूत करते हैं, हड्डियों को लचीला बनाते हैं और शरीर के समग्र विकास में सहायता करते हैं। नियमित रूप से किए गए योगासनों से रक्त संचार बेहतर होता है, जो हृदय को स्वस्थ रखने में मदद करता है और रक्तचाप को नियंत्रित करता है।

इसके साथ ही, योगाभ्यास शरीर की चयापचय क्रिया (मेटाबॉलिज्म) को भी संतुलित करता है, जिससे वजन घटाने में सहायता मिलती है। कई लोग योग को एक प्राकृतिक तरीका मानते हैं जिससे बिना किसी दवाई के मोटापा नियंत्रित किया जा सकता है।

मानसिक स्वास्थ्य की दृष्टि से योग अत्यंत लाभकारी सिद्ध होता है। आज की तेज़ रफ्तार और प्रतिस्पर्धात्मक दुनिया में तनाव, चिंता, डिप्रेशन जैसे मानसिक रोग सामान्य हो गए हैं। योगासन, प्राणायाम और ध्यान मानसिक शांति और भावनात्मक संतुलन प्रदान करते हैं। विशेषकर अनुलोम-विलोम, भ्रामरी, नाडी शुद्धि प्राणायाम जैसे श्वसन तकनीकें मन को शांत करती हैं और नकारात्मक विचारों से मुक्ति दिलाती हैं। बालासन, शवासन और विपरीतकर्णी जैसे आसनों से व्यक्ति को मानसिक शांति मिलती है, जिससे नींद की गुणवत्ता में सुधार होता है और अनिद्रा जैसी समस्याएं भी दूर होती हैं।

योग न केवल तनाव को कम करता है, बल्कि प्रतिरक्षा प्रणाली को भी सुदृढ़ करता है। विभिन्न रिसर्चों में यह पाया गया है कि नियमित योग

योगासन के फायदे : तन, मन और आत्मा के लिए वरदान

करने वाले व्यक्तियों में रोग प्रतिरोधक क्षमता अधिक होती है। प्राणायाम और ध्यान से शरीर में ऑक्सीजन की आपूर्ति बेहतर होती है और कोशिकाएं अधिक सक्रिय होती हैं, जिससे शरीर रोगों से लड़ने में सक्षम होता है। वर्तमान समय में जब वायरल संक्रमण और प्रदूषण के कारण स्वास्थ्य पर गंभीर असर पड़ता है, योग एक प्राकृतिक रक्षा प्रणाली प्रदान करता है।

महिलाओं के स्वास्थ्य के लिए भी योग अत्यंत उपयोगी है। मासिक धर्म की अनियमितता, थकान, हार्मोनल असंतुलन, प्रजनन संबंधी समस्याओं में योगासन बहुत कारगर साबित होते हैं। पवनमुक्तासन, सुप्त बद्धकोणासन,



के बाद शीघ्र रिकवरी में सहायता मिलती है।

योग पाचन क्रिया को भी बेहतर बनाता है। अर्ध मत्स्येंद्रासन, उत्तानपादासन, मकरासन और पश्चिमोत्तानासन जैसे आसनों से पाचनतंत्र को संबल मिलता है, कब्ज और गैस जैसी समस्याएं

दूर होती हैं और आंतों का संचालन सुधरता है। सुबह खाली पेट योगाभ्यास करने से शरीर की आंतरिक सफाई होती है और ऊर्जा का संचार बढ़ता है।

योगासन रीढ़ की हड्डी और कमर के दर्द में भी राहत प्रदान करते हैं। आजकल अधिकतर लोग लंबे समय तक बैठकर काम करते हैं, जिससे कमर और गर्दन में दर्द होना आम हो गया है। भुजंगासन, कंधरासन, मकरासन और अर्धचक्रासन जैसी मुद्राएं रीढ़ की हड्डी को मजबूत करती हैं और मुद्रा में सुधार करती हैं। इसके साथ ही योग शरीर के संपूर्ण स्नायुतंत्र को भी सक्रिय करता है।

सौंदर्य और त्वचा के लिए भी योग अत्यंत लाभकारी है। शीर्षासन, सर्वांगासन, प्राणायाम और ध्यान से चेहरे में चमक आती है, त्वचा दमकने लगती है और बालों की गुणवत्ता में भी सुधार होता है। योग शरीर से विषैले पदार्थों को बाहर निकालता है, जिससे त्वचा स्वस्थ और जवां दिखती है।

योग के लाभ केवल शारीरिक या मानसिक तक ही सीमित नहीं हैं, बल्कि यह व्यक्ति के आत्मिक विकास में भी सहायता करता है। ध्यान और प्रार्थना जैसे अभ्यास व्यक्ति को अपने भीतर झांकने, आत्मनिरीक्षण करने और जीवन के गहरे अर्थों को समझने की क्षमता प्रदान करते हैं। योग जीवन के प्रति सकारात्मक दृष्टिकोण को विकसित करता है, व्यक्ति को करुणाशील, धैर्यवान और संतुलित बनाता है।

वास्तव में योग एक सम्पूर्ण जीवनशैली है जो हमें बेहतर स्वास्थ्य, मानसिक शांति और आत्मिक संतुलन प्रदान करता है। इसे केवल शारीरिक व्यायाम समझकर करना उचित नहीं होगा। यह शरीर के हर अंग, मन के हर भाव और आत्मा की हर चेतना को जाग्रत करता है। आज, जब जीवन भागदौड़ और तनाव से घिरा हुआ है, योग हमें प्रकृति से जुड़ने, स्वयं से मिलने और एक शांत, स्थिर और सार्थक जीवन जीने की राह दिखाता है।

इसलिए, यदि आपने अभी तक योग को अपने जीवन का हिस्सा नहीं बनाया है, तो आज से ही इसकी शुरुआत करें। चाहे दिन की शुरुआत हो या थकान भरी शाम, योग कुछ ही समय में आपकी ऊर्जा, संतुलन और आंतरिक शक्ति को पुनः जागृत कर सकता है। योग को अपनाएं और स्वास्थ्यपूर्ण जीवन की ओर कदम बढ़ाएं - क्योंकि योग है जीवन का आधार।

भुजंगासन और हलासन जैसे योग महिलाओं के गर्भाशय और प्रजनन अंगों को स्वस्थ रखने में मदद करते हैं। गर्भावस्था के दौरान योग से मां और शिशु दोनों को लाभ होता है और डिलीवरी

