

CHICS CONNECT - Power Women

Mala Sukhwai - International Powerlifter

As I planned my interview with Mala Sukhwai, I was overwhelmed and also super happy because she is that solid woman who has broken all stereotypes when it comes to woman as a gender, their body, the cans and can not be associated with it and more importantly she comes from the same land I belong to. As I penned down my questions and went on asking her, I knew this interview will bring in a lot of inspiration and motivation for sure. For me knowing stories of courage, determination and perseverance is something I have loved always but today as I take a step further to share these stories with all other women through this platform I feel blessed and this is surely a new beginning.

I asked her the following set of questions and the replies would leave you inspired, wanting to do more than what you thought you could.

1. Tell us something about yourself, early life and your family! Born in a small village named Sangesara near Chittorgarh, Rajasthan in 1984, me and my parents moved to Udaipur after 1 month where they had no one, no relative and no support to start with. They started searching for a means of livelihood to sustain our family. My parents were not very highly educated but the family had a lot of love and we were very close to our culture and values.

I learnt swimming at the age of 2 and I must say, I was very passionate about it, so much so that it became a daily routine. I still remember this serial called Udaan on Doordarshan which left a very deep imprint on me to do something extraordinary. To what I can remem-

ber is that there was a girl who used to stare at a bird caged until one day she sets the bird free and moves on to become a police officer, giving flight to her own dreams and setting herself free. My mother always wanted me to do everything that she never had the opportunity to and to fly high but because my father had a very decent paying private job and mother was a housewife, there was a lot of struggle on the financial front. My mother used to take up odd paying jobs like working at a tiffin centre, sewing and stitching and sometimes selling of garlands to make sure we had enough and to be able to support the family. My parents really struggled their way to make sure I reach where I am today along with my two brothers. Today, I am married with two sons and my husband is in Indian Air Force while I work for Indian railways as a Dy CTI.

2. What made you choose this career path, powerlifting? I wanted to become a doctor but my financial conditions were not such that I could afford the coaching at that time even after my name was listed in RPMT Coaching List, I had to drop the plans. After 12th I continued with Bsc. I always had the urge to do something extraordinary and so in second year of Bsc. I felt I should start with swimming again and do something extraordinary. Unfortunately, after so many years when I started with swimming again I could not do well because I had very less sta-

mina. I was still firm to do something extraordinary even if that wasn't swimming. In order for me to increase my stamina and strength, I thought of joining a GYM first and without wasting much time I started with a nearby gym. One day while I was gyming an old man in the gym just very casually asked me to pick a 60 kilogram weight lying down and I could do it very easily. Everyone in the gym gave me a lot of appreciation and asked me to consider power lifting. When I came home that day and told everyone, at first they all laughed at me but later I sat down with my mom and told her that I want to take this up seriously as a game and my mother decided to support me and my decision and that I should go ahead with it if my heart desires to. Right from this day onwards I started working hard and participated



for District and various other games and won first position everywhere I participated. It was an extraordinary start to begin with. This journey began in 2003 and thereon it changed my life forever. With such a brilliant start, my mother decided to put me into training with Rajasthan State Sports Council, Luv Kush Stadium under the coach at that time, Mr. Amrit Lal. He refused to train me saying that we do not give training to girls to which my mom replied that she is my son, not my daughter and this increased my confidence and my efforts manifolds. My mother's faith in me changed everything for me and I found a whole new strength inside me.

3. Tell us about the obstacles you had to face while pursuing your dreams. It is said that when you start a new journey, you need to be

physically and mentally sound to overcome all obstacles and make your way through but this game also demanded us to be financially sound which we were not and this was a very big challenge. Many roadblocks were there but I never lost my focus. One major roadblock was that I belong to a Brahmin family and so I never had a non vegetarian diet throughout my life and so I trained completely on the vegetarian diet, finding ways and means to make it happen through the vegetarian plan and to still be able to get the desired stamina and strength for power lifting. I also went through a lot of mental and emotional torture when the society started talking about our family and that why did they choose to send their daughter into this game and that no one would ever marry her. It was a very tough time for us.

When I got married people used to tell me that I can never have a baby because of this aggressive training and the game. In a period of 3 years of my marriage, I gave birth to my son and then people told me that I would not be able to do powerlifting ever again and some also decided for me that I should not because I already had a job in railways and why was it even required. This criticism only made me stronger.

One of the biggest hurdles was managing financial requirements for the game. My training fee, travel expenses, game kits etc. there were many expenses. I got selected twice for international games and it was really tough to manage the funds. I got a lot of help from

my college Meera Girls, some eminent people in our town, Hindustan Zinc etc. to name a few who supported me. I still clearly remember that day when I got selected for the New Zealand Commonwealth Championship and Mr. Devpura made sure I got all resources to make this game a big success. Lot of hurdles came in but lot of good people helped me to cross them and come out as a winner.

4. Do you feel that women stand shoulder to shoulder with men or do you find a gap here

There is no doubt about this that women are walking shoulder to shoulder with men but this does not hold true for the entire women community. We still have women being considered a weaker gender in society and are looked down with sympathy because they are not considered as strong as men. When women are becoming independent, they deserve all the respect and instead of being looked down as a weaker gender they should get an equal position in the society. Though we talk of gender equality, it is still a far fetched reality and would require a complete mind shift for the society to accept us as equal in all ways.

We should bring forth the strength and courage of women who have done extraordinary instead of highlighting the weakness and the can not so that many more women can get inspired and march forward to join this movement of getting equal rights that we truly deserve.

5. Which is that one moment which you feel is the defining moment in your life

In 2007 at New Zealand Commonwealth Powerlifting Championship I won 4 gold medals and was also titled Second Strong Woman of Commonwealth Countries. This moment was my defining moment as I wrapped the Indian Flag around my body, standing proud with the medals, our national anthem playing and tears rolled down my eyes as I realized in the moment that I have made my country shine on the global front. It was indeed a very special moment for me.

6. One problem in India which concerns women and needs immediate attention and action. I feel that Women education is there and is also being addressed by the government but awareness is lacking. Education which we get in our schools and colleges is not enough. We need to have more awareness towards laws, our rights, the policies so that women can protect themselves against all the crimes in society.

7. How would you like to contribute to society?

I would like to open an academy for women in the domain of powerlifting to bring more awareness and also encourage women to take up this game. I would also want to motivate people to remain fit and healthy and take out time for exercise because very few people realize the importance of a healthy body. I also want to have inspirational sessions where people can inspire other people with their stories of struggle, achievement and an undying attitude to never give up.

8. One message that you would like to give to all women

out there. Nothing comes easy, one has to struggle for everything. Do not do things with an expectation of getting results. Just do it with all your heart and a positive attitude and then leave the rest to God. Work on things you love with passion and not because of the returns or results you expect to get out of it.

9. Tell us something about your association with Chics Connect and what do you like about this community.

My association for CHICS CONNECT has started with their award show for women in sports and fitness on 8th March, International Women's Day where they awarded 50 women from the city and I was on the Jury Panel. What I love about this network is that it has something for all women. Whether you are a housewife, a professional, a sportsperson or a business woman, you will always have something to learn from this group. This platform is also breaking the stereotype that women do not support other women.

Covered by: Hurratul Maleka Taj

"Hurratul Maleka Taj, Director CHICS CONNECT is an entrepreneur, speaker and a blogger. She also has her own blog named www.hmtaj.com which is a reflection of her own life. Through CHICS CONNECT, Hurratul is building a global women network where women can connect, collaborate and empower each other. The network is 20,000+ women strong and is present in 11 locations across the globe including India, Dubai, Jamaica, Turkey and California."

Sojatia Science Academy launched

Udaipur: Sojatia Science Academy was duly inaugurated by Prof. Ranjit Singh, Sojatia founder of Sogatia Group. After launching Prof. Sojatia said that there is an Integrated Program started at Sojatia Science Academy. Under this program, students will be given coaching of JEE and NET while schooling. For this, separate host facility will also be provided to the students. In the academy, students of class 11th and 12th of CBSE and RBSE will be prepared in accordance with their subjects (Physics, Chemistry, Mathematics, & Biology).

He advised to avail Use of Summer Vacation for preparations During the summer vacations, the curriculum of 10th and 12th will be completed in 50 days by experienced professors. For this, special classes will be organized by Sojatia Science Academy. The number of students in these classes will be limited. The last date for registration for Summer Vacation Classes is April 7.

Experienced Faculty Team

Dr. Mahendra Sojatia said that in coaching, students will be given by masters and experienced faculty is Rajneesh Goswami and Anil Sadvani (chemistry), Alok Sahni and Amit Khandelwal (physics), Sharad Jain and Dr. Gajendra Purohit (Mathematics) will teach and guide the students

Scholarship test for 10th student On 8th April

Group Adviser Dr. Mukesh Shirmali told that the students want to make a career with science subjects in class 10th and 11th, from Sojatia Science Academy. For them based on 10th Science and Mathematics syllabus, Scholarship Test will be organized on 8th April 2018 in Udaipur, Banswara, Dungarpur, Pratapgarh, Rajasamand, Chittor and Bhilwara. A scholarship will be provided to selected talented students by the Sojatia Academy of Sciences.

The vision of Sojatia Science Academy is as under

The limited number of students in each batch.

Free online test series

Special focus on each student.

Scholarship for talented and economically vulnerable students.

Journey of India's Philately



In the year 1971 the department of post of government of India issued eighteen postal stamps. The first stamp was issued on 11 January on Indian life Insurance centenary followed by stamp on anniversary of Kashi Vidyayathi. Various other stamps were issued in the same year on Sant Ravidas, Deenabandu Charles, Acharya Narendra Deo, Census centenary, Sri Ramana Maharshi, Raja Ravi Verma, Dada saheb Falke, Abanindranath Tagore, Swami Virjanand, Anniversary of Charter Cyrus, World Thrift Day, UNESCO Anniversary, National children's day, Death Anniversary of Dr. Chandrashekar Venkatraman, Anniversary of Viswa Bhartiya University. The last issue of this year was on Indian Cricket Victories.

An Incomplete Goodbye — I

Present Day!

Loud music and huge crowd grooving on the dance floor, with flashing disco lights and drinks.

Abhay, sitting with his colleagues and watching people dance while enjoying his beer, is pretty tired of the usual 9 to 6 job routine. He never complains to any of his colleagues but today his expressions justified everything.

Abhay is an ordinary office guy who is involved into his family responsibilities and fundamentals. He is too friendly to people around him and currently single and very loyal to his ex.

"I'll get some more beer. Anyone needs another drink?" (Abhay)

He moves to the bar counter, orders 3 pints of beer and waits until the payment is done. Meanwhile he asks the bar tender to open all bottles and suddenly a voice comes from behind.

"Hi Abhay!!"

"Umm..Hi Kritika! Nice to see you. How are you?"

"I'm good. Pretty good. What about you?"

"Been the same always, cool."

Abhay is quite nervous to meet Kritika after 7 years. Kritika is his ex. He kept on smiling for a minute or so until the bar tender calls Abhay to take his receipt and card.

"So, you're here with some friends or umm?" (Abhay asks)

"Yeah! Friends. You?"

"Office colleagues, weekend party. Just wait, I'll be right back. I'm gonna go and give them their drinks."

"Gosh! What to do, she is as pretty as she was back then in the school days. How should I act now? Be cool or the ugly ex boyfriend type? This is so nervy. Damn these coincidences." (to himself)

"Hey guys, I'll be taking your leave, got an old friend here, so here are your drinks. Enjoy and see you on monday everyone."

Abhay runs into the washroom to check his look and builds some self confidence by talking to himself in front of the mirror.

"Sorry for keeping you wait. Shall we sit?"

"Of-course! I already told my friends that you're here." (kritika replies with a sweet gesture)

"Your smile is still the same. You are still the same."

"Thank You!! and You've grown to be more handsome!"

"So, what are you up with these days? Job or what?"

"Well my internship is on, came to Mumbai last week only."

"That's great. So, for how much time this smile can be seen in the city?"

"Haha! You're lucky on this. 6 Months."

Kritika and Abhay sat there for about 2 hours and their conversation mostly included smiles, sweet compliments and gestures. They took each other's leave and went back to their respective homes.

Abhay had Kritika's number and so did Kritika of Abhay. How and when did this happen? Abhay was very consistent in wishing Kritika on her birthday every year. So, every year they talked once in which Abhay wished her and in turn she acknowledged him with a formal thank you.

Now, you might think for a second that what actually happened between the two that led to a single conversation with just two messages every year?

Keep Calm Readers! You'll know it soon.

'It was nice meeting you after a long time Abhay'—a text message from Kritika popped on Abhay's phone. It was certainly a healthy meet up for both of them and finally Abhay had something to smile about.

2 Days later ...

'Hey?' (Kritika texted Abhay)

'Hey! sorry for being busy, office work.'

'Sorry!'

'Sorry? For what?' (Abhay replied)

She read his message but didn't reply. Abhay kept on buzzing Kritika, he even tried calling her but she didn't pick up.

To be continued.....by kashish sodhi

Call to serve! An overview of Nursing Care



Nursing is a versatile profession that is subject to rapid changes in health care provision. Nurses are not only involved in patient care which includes monitoring and assessment of patients, medication management, health and hygiene management but also assist in surgeries, procedures and interventions. With the changing trends now their scope of work has also spread to quality control, data collection, error reporting & correction and furthermore they have become an integral part of the hospitals in coordinating with various departments and ensuring a well-oiled and smooth functioning of the system.

Hence there is a need for training & continuous nursing education to keep up with the changing trends by. This can be achieved by conducting induction program for the nurses joining in the hospitals and also by comprehensive competency assessment to keep the nurses up-to-date with the latest changes in modalities of healthcare and acquiring the set of skills which is required to be at par with the ever-changing demands of patients from healthcare industry.

Esita Chand - The new kid on the block, Fortis JK hospital is trying to inculcate their vision of patient centricity and patient safety into the field of healthcare in Udaipur. Nursing stands as one of the backbone of this institution. We in Fortis JK hospital nurture our nurses to bloom wherever they are planted and to withstand adversity & survive in all situations of life.

The journey of nursing staff in Fortis JK starts with a robust induction program, where they are refreshed with what they have learned and hone their past nursing skills, and also, they get acquainted with their skills in handling various equipment's, learning the hospital information system, acknowledging the standard operating procedures based on best practices.

The nurses are then assigned to their buddies who further helps them to achieve their utmost potential in their assigned clinical areas. They are supported by a team of clinicians, senior nurses and hospital administration. Above all these they are mentored by the nurse educator who takes regular trainings and workshops to improve their knowledge and skill base.

The nurse educator plays a pivotal role in strengthening the nursing workforce, serving as role model and providing the leadership needed to implement evidence-based practice. She combines her clinical expertise and a passion for teaching into grooming them for better future. The nurses are assessed on their competency skills at regular intervals and a one on one training need analysis is framed for each staff if needed. There are continuously being groomed for soft skills while dealing with patients and their attendants, colleagues, and other health care team members. A daily in-service training sessions is conducted to get the nurses aware with latest updates.

It's never an easy task to be a nurse but we know that every day we are going to touch somebody's life or rather somebody will touch our lives.

"To do what nobody else will do,
A way that nobody else can do
Inspire of all we go through
That is to be a NURSE"

**ESHITA CHANDA
NURSE EDUCATOR
FORTIS JK HOSPITAL**