



Prabha

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The Prabha Khaitan Foundation Chronicle

Colours of the Soul

A spectacular Vasanta Utsav celebration in Kolkata featuring Dona Ganguly's evocative dance presentation and a poetic exploration of Holi through music, literature, and the Navarasas.



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MANISHA JAIN
Honorary COO,
Prabha Khaitan Foundation

Spring of Conversations & Creativity

Spring has always symbolised renewal — of colour, creativity, dialogue, and hope. This edition of the newsletter reflects that very spirit through a vibrant tapestry of conversations, performances, literature, music, and cultural celebrations that continue to bring people together across geographies and generations.

Our cover story on the **Vasanta Utsav** celebrations in Kolkata captures the essence of this season beautifully. Through the evocative dance presentation by Dona Ganguly and the poetic narration by our Managing Trustee, Sundeeep Bhutoria, Holi emerged not merely as a festival of colours, but as a celebration of emotions, unity, and the timeless richness of Indian cultural traditions.

Music forms a strong heartbeat of this edition. From the soul-stirring performances of two-time Grammy Award winner Rakesh Chaurasia in Delhi, Kolkata, and Jodhpur, to the unforgettable Ricky Kej concert hosted in collaboration with ITC Hotels, these gatherings reaffirm the power of music to transcend boundaries and create shared experiences.

This issue also journeys through powerful literary and intellectual exchanges. Conversations with Rajdeep Sardesai across multiple cities, reflective dialogues with Vasundhara and Damini Grover, and engaging sessions with global voices such as Darrin Farrant and Ambassador Oleksandr Polishchuk remind us of the importance of dialogue in an increasingly fragmented world.

At the heart of every initiative featured in these pages lies a singular belief — that art, literature, music, and meaningful conversations can inspire empathy, encourage critical thought, and nurture human connection.

As always, we remain grateful to our patrons, collaborators, artists, authors, and audiences who continue to walk this journey with us. May this season bring renewed creativity, compassion, and colour into all our lives.

Manisha Jain

COLOURS of Spring. Poetry of the Soul

Kolkata witnessed a magnificent celebration of art, literature, music, and dance as **Prabha Khaitan Foundation** hosted its **Vasanta Utsav** celebrations through a specially curated cultural presentation titled “*Holi: Rangon Ki Kavita, Rason Ki Yatra.*” Conceptualised as an artistic exploration of Holi through the lens of the Navarasas — the nine emotional essences of Indian aesthetics — the evening unfolded as a vibrant tapestry of colours, emotions, and cultural traditions.

The highlight of the evening was a mesmerising dance performance by renowned Indian Classical Dancer and **Ehsaas Woman**, Dona Ganguly and her troupe, whose graceful presentation brought alive the spirit of spring and the emotional depth of Holi through classical movements, evocative expressions, and vibrant choreography. Their performance seamlessly blended tradition with theatrical storytelling, transporting the audience into a world of rhythm, devotion, celebration, and reflection.



Adding literary and philosophical depth to the evening was the narration by Sundeeep Bhutoria, Managing Trustee of **Prabha Khaitan Foundation**. Through a thoughtfully woven script, he reflected on how colours possess their own emotional and social language. Drawing references from celebrated poets and writers such as Ramdhari Singh ‘Dinkar’, Phanishwar Nath ‘Renu’, Meera Bai, and Gulzar, the narration transformed the programme into much more than a festive celebration. It became a meditation on humanity, equality, longing, valour, and peace.

The script explored the deeper meanings behind Holi’s colours — from Veer Ras, honouring the courage of soldiers safeguarding the nation during festivities, to Shant Ras, which symbolised harmony and unity beyond divisions of caste, class, religion, and identity. Bhutoria also highlighted the universality of Holi across India, connecting Bengal’s Dol Utsav, Punjab’s Hola Mohalla, Maharashtra’s Rang Panchami, and southern traditions into one shared celebration of togetherness and joy.

The performances were accompanied by an evocative musical repertoire featuring songs such as Bosonto Bohilo Sokhi, Fagunero Mohonaye, Dholira, Aur Rang De, and Rangiyе Diye Jao, each adding a distinct emotional texture to the evening.

Rich in artistry and emotion, the celebration beautifully captured the essence of Holi — not merely as a festival of colours, but as a timeless celebration of human emotions, cultural heritage, and the enduring spirit of love and compassion.









Vasant Utsav was an initiative of the Indian Museum, Kolkata, and the Ministry of Culture, Government of India, in collaboration with Prabha Khaitan Foundation and Diksha Manjari



Symphony for the Earth

An unforgettable evening of music, mindfulness, and artistic brilliance unfolded in Kolkata as **Prabha Khaitan Foundation**, in association with ITC Hotels, hosted an extraordinary concert by Grammy-winning composer and musician Ricky Kej at ITC Royal Bengal. The evening brought together art connoisseurs, cultural patrons, and distinguished guests for a performance that transcended entertainment and became a celebration of harmony — with nature, music, and humanity.

The programme commenced with a warm welcome by Esha Dutta, **Ehsaas Woman** of Kolkata and Honorary Convenor of North-East Affairs of the Foundation, who highlighted the shared commitment of the Foundation and ITC Hotels towards sustainability and cultural engagement. She also spoke about the Foundation's association with Ricky Kej through the #ReWear4Earth campaign, an initiative promoting sustainable fashion and conscious living.

A recipient of multiple Grammy Awards and the Padma Ricky Kej mesmerized the audience with a deeply immersive musical experience alongside his talented ensemble of artistes. Blending global sounds with Indian musical traditions, the performance carried an underlying message of environmental consciousness, peace, and collective responsibility towards the planet.

The evening stood as a powerful reminder of how music can inspire dialogue, evoke reflection, and unite communities beyond boundaries. The artistes were felicitated by representatives from both **Prabha Khaitan Foundation** and ITC Hotels, bringing the memorable cultural evening to a graceful close.





An Enchanting Evening of Flute & Melody in Jodhpur

Under the aegis of **Sur aur Saaz**, the **Prabha Khaitan Foundation**, organised a mesmerizing flute recital by internationally acclaimed flautist Rakesh Chaurasia at the Jodhpur Town Hall. The evening celebrated the timeless beauty of Indian classical music and drew an enthusiastic audience of over 300 music lovers and cultural enthusiasts.

The programme commenced with a warm welcome and introduction by Preeti Mehta, **Ehsaas woman** of Jodhpur who spoke about the Foundation's continued commitment to preserving and promoting India's rich artistic and musical heritage through meaningful cultural initiatives.

Rakesh Chaurasia's soulful performance created an atmosphere of serenity and artistic immersion as his masterful command over the bansuri captivated the audience. Blending technical brilliance with emotional depth, his recital beautifully showcased the richness and versatility of Hindustani classical music. Each composition unfolded like a journey of melody and emotion, leaving listeners spellbound and deeply moved.

The evening emerged as a memorable cultural experience that celebrated the transformative power of music and the enduring legacy of Indian classical traditions. The audience responded with immense appreciation and admiration, making the recital a resounding success.

Through initiatives like **Sur aur Saaz**, the Foundation continues to create platforms that honour exceptional artistic talent while nurturing cultural appreciation and meaningful engagement with the arts across communities.



Rakesh Chaurasia



Preeti Mehta



Sushma Sethia and Shelja Singh



Performance

This session of Sur aur Saaz was in association with Swara Sudha Sansthan and Mehrangarh Museum Trust

When Music Became Literature

As part of Sahityotsav: Festival of Letters 2025, organised by Sahitya Akademi in association with the Ministry of Culture, **Prabha Khaitan Foundation** presented a soulful musical recital by two-time Grammy Award-winning flautist Rakesh Chaurasia. The performance brought together the worlds of literature and music in a deeply evocative celebration of India's artistic heritage.

Known for his extraordinary command over the flute and his ability to create emotion through melody, Rakesh Chaurasia captivated the audience with a performance that was both meditative and exhilarating. His recital transformed the evening into an immersive cultural experience, where every note resonated with depth, serenity, and artistic brilliance.

Held amidst one of India's most prestigious literary festivals, the session reflected the Foundation's continued commitment to fostering meaningful intersections between literature, music, and the arts. The audience, comprising writers, artists, scholars, and cultural enthusiasts from across the country, experienced a rare confluence of sound and storytelling that transcended language and form.

The recital stood as a reminder that art, in all its expressions, has the power to connect, heal, and inspire — turning the evening into one of the memorable highlights of the festival.



Rakesh Chaurasia



K. Sreenivasarao, Kumud Sharma, Shariq Mustafa, Rakesh Chaurasia, Madhav Kaushik



K Sreenivasarao, Madhav Kaushik, Mahesh Dattani, Kumud Sharma



Shariq Mustafa



Mahesh Dattani



Felicitation

Colours of Diplomacy and Celebration

The vibrant spirit of Holi came alive in New Delhi as Prabha Khaitan Foundation hosted its annual Holi Meet at the residence of Neelima Dalmia Adhar, Honorary Convenor of Delhi NCR Affairs. The elegant gathering brought together members of the diplomatic fraternity, distinguished guests, and cultural patrons for an evening steeped in music, warmth, and festive camaraderie.

The highlight of the evening was a mesmerizing musical recital by two-time Grammy Award-winning flautist Rakesh Chaurasia, whose soulful performance created an atmosphere of serenity and celebration. Blending classical finesse with emotional depth, his music transcended boundaries, resonating deeply with the diverse audience gathered for the occasion.

Set against the joyous backdrop of Holi, the evening reflected the Foundation's enduring commitment to fostering cultural dialogue and meaningful connections through the arts. Diplomats and guests engaged in lively conversations while immersing themselves in the festive spirit, making the gathering a beautiful confluence of culture, music, and fellowship.

The annual Holi Meet once again reaffirmed the Foundation's vision of bringing people together through shared artistic and cultural experiences, celebrating not only the colours of the festival but also the spirit of harmony and togetherness.



Rakesh Chaurasia



Rakesh Chaurasia and Sundeep Bhutoria



Neelima Dalmia Adhar, Rakesh Chaurasia and Amitabh Adhar



Sundeep Bhutoria and Diana Mickeviciene



Sundeep Bhutoria and Masni Eriza



Marisa Gerards and Peter Knoope



Josel Ignacio and Sundeep Bhutoria



Rakesh Chaurasia, Srinjoy Chowdhury and Amitabh Adhar



Neelima Dalmia Adhar and Rakesh Chaurasia



Rakesh Chaurasia and Shinjini Kulkarni



Kateryna Bila, Sundeep Bhutoria, Dr. Oleksandr Polishchuk



Shinjini kulkarni, Sundeep Bhutoria , Darrin Farrant



कोलकाता: एक ऐसा शहर, जिसने कला और कलाकार दोनों को जीवित रखा है

- प्रभा खेतान फाउंडेशन एवं श्री बड़ा बाजार लोहा पट्टी सेवा समिति द्वारा आयोजित हास्य कवि सम्मेलन ने सभी को गुदगुदाया

"कोलकाता वह शहर है, जहाँ कला केवल जीवित नहीं है, बल्कि प्रतिदिन साँस लेती है। यह शहर न केवल साहित्य, संस्कृति और रचनात्मकता का केंद्र है, बल्कि कलाकारों को जीवित रखने का संस्कार भी सहेजे हुए है। इसी सांस्कृतिक चेतना को सजीव करता हुआ एक विशिष्ट आयोजन रहा - प्रभा खेतान फाउंडेशन एवं श्री बड़ा बाजार लोहा पट्टी सेवा समिति के संयुक्त तत्वावधान में होली की पूर्व संध्या पर आयोजित हास्य कवि सम्मेलन। इस आयोजन में हँसी ने कविता का हाथ थामा और व्यंग्य ने संवेदना की संजीवनी बनकर जीवन को गुदगुदाया।

कार्यक्रम की शुरुआत राज प्रभा दसानी के हृदयस्पर्शी स्वागत भाषण से हुई। मुख्य अतिथि श्री हरिमोहन बांगर, श्री बड़ा बाजार लोहा पट्टी सेवा समिति के अध्यक्ष श्री दिनेश बिहानी, श्री गौरीशंकर बेरीवाल तथा अन्य प्रतिष्ठित अतिथियों का मंच पर स्वागत किया गया। उद्योगपति एवं समाजसेवी श्री हरिमोहन बांगर को अंगवस्त्र एवं स्मृति-चिह्न भेंट कर सम्मानित किया गया। कार्यक्रम का औपचारिक शुभारंभ माँ सरस्वती की प्रतिमा पर पुष्पांजलि अर्पित कर किया गया।

संचालिका ने दोनों आयोजक संस्थाओं का संक्षिप्त परिचय देते हुए बताया कि उद्यमिता, लेखन और नारी सशक्तिकरण की प्रबल पक्षधर डॉ. प्रभा खेतान ने 1980 के दशक में जिस विचार-संस्था की नींव रखी थी, वह आज प्रभा खेतान फाउंडेशन के रूप में एक सशाल सामाजिक-सांस्कृतिक धरोहर बन चुकी है। चार दशकों की प्रेरणादायी यात्रा में इस संस्था ने नारी चेतना, साहित्यिक संवाद और सामाजिक उत्थान के क्षेत्र में अनेक उल्लेखनीय उपलब्धियाँ अर्जित की हैं। फाउंडेशन की प्रमुख पहचान उसकी शैक्षणिक, सामाजिक और सांस्कृतिक गतिविधियों में निहित है, जिन्होंने भारत ही नहीं, बल्कि अंतरराष्ट्रीय मंचों पर भी अपनी गहरी छाप छोड़ी है।

महिला सशक्तिकरण की दिशा में एक और सशक्त पहल है - 'अहसास वूमैन'। यह भारतभर की प्रेरणादायी महिलाओं का ऐसा संगठन है, जो न केवल लोककल्याण के कार्यों में सक्रिय योगदान देता है, बल्कि समाज को जागरूक और प्रेरित भी करता है।

सन् 1968 में लोहा पट्टी के व्यापारियों द्वारा स्थापित श्री बड़ा बाजार लोहा पट्टी सेवा समिति विगत कई दशकों से सेवा एवं जनकल्याण के कार्यों में सक्रिय रूप से संलग्न है। समिति की स्थापना का मूल उद्देश्य समाजसेवा रहा है, जिसे उसने निरंतर कर्म के माध्यम से सिद्ध किया है।

हास्य कवि सम्मेलन का संचालन वरिष्ठ हास्य कवि श्री दिनेश बावरा ने किया। उनके आत्मीय, अनूठे और व्यंग्यपूर्ण अंदाज ने पूरे कार्यक्रम को लगातार रोचक बनाए रखा। कार्यक्रम के आरंभ में ही उन्होंने कोलकाता से अपनी आत्मीयता व्यक्त करते हुए कहा-

“

हास्य जीवन का आभूषण है। जहाँ हास्य है,
वहाँ सुख है, और जहाँ सुख है, वहाँ समृद्धि है।

”

“कोई भी कलाकार देश के किसी भी कोने में चला जाए, पर जो स्नेह, अपनापन और संतोष उसे कोलकाता में मिलता है, वह शायद और कहीं नहीं मिलता। यहाँ के लोगों में कला और कविता के प्रति जो प्रेम और सम्मान है, वह अद्वितीय है।”

कवि सम्मेलन की शुरुआत कवि नीलोत्तपल मृणाल की प्रस्तुति से हुई। उनकी सजीव एवं भावनात्मक अभिव्यक्ति ने कला मंदिर सभागार में उपस्थित श्रोताओं के मन को छू लिया।

उनका गीत - “कहाँ गया मेरा दिन वो सलोना रें”





सभागार में सामूहिक स्मृति की तरह गूँज उठा।
“चाँद मेरा मामा था, सूरज भी हमारा था,
तब कौन नहीं चाहता था – मेरा होना रे!”

बचपन की मासूमियत, सामाजिक विडंबना और नए दौर की बेतरतीबी को उन्होंने अत्यंत सहजता से प्रस्तुत किया।

कवयित्री सीता सागर ने अपनी रचनाओं के माध्यम से स्त्री-दृष्टिकोण से हास्य और व्यंग्य का सुंदर समन्वय प्रस्तुत किया। उनकी कविताओं ने हँसी के साथ संवेदना का स्पर्श भी दिया। श्रोताओं ने उनकी प्रस्तुति को भरपूर सराहा।

राजस्थान से पधारे वरिष्ठ व्यंग्यकार श्री सम्पत सरल ने अपनी रचनाओं के माध्यम से समकालीन राजनीति और सामाजिक प्रवृत्तियों पर तीखा कटाक्ष किया। उन्होंने कहा-
“व्यंग्य व्यक्ति पर नहीं, प्रवृत्ति पर होता है।”

उन्होंने आगे कहा-

“राजनीति अब रिमोट से चलती है और जनता मोबाइल से।

वी.पी. सिंह ने अपनी ओजपूर्ण कविताओं के माध्यम से सैनिक अनुशासन और राष्ट्रभक्ति की गरिमा को स्वर दिया-

“आंधियों से रोज टकराता रहा, सरहदों के जख्म सहलाता रहा,
और रंग वर्दी का चढ़ा कुछ इस तरह, उम्र भर बस देश को गाता रहा”
उनकी प्रस्तुति गरिमा और जोश से परिपूर्ण रही। उन्होंने समाज में व्याप्त विसंगतियों पर भी प्रभावशाली व्यंग्य प्रस्तुत किया।

पद्मश्री सम्मानित वरिष्ठ कवि श्री सुरेंद्र शर्मा जैसे ही मंच पर आए, सभागार तालियों की गड़गड़ाहट से गूँज उठा। उनकी चिर-परिचित शैली और विशिष्ट अंदाज ने पूरे वातावरण में हास्य की बौछार कर दी।

“चौंसठ साल का हूँ, बीवी अब भी पूछती है – क्यों मुस्करा रहे हो?”
गूढ़ बातों को हास्य और व्यंग्य के माध्यम से कहने की उनकी शैली ने श्रोताओं को देर तक गुदगुदाया।

सूत्रधार श्री दिनेश बावरा ने हास्य के साथ सामाजिक चेतना को जोड़ते हुए कई मार्मिक, रोचक और समसामयिक टिप्पणियाँ प्रस्तुत कीं। उनकी चर्चित कविता “6 इंच का मोबाइल” आज के डिजिटल युग पर एक तीखी टिप्पणी बनकर सामने आई-

“इस दुनिया को अब सबसे बड़ा खतरा न चीन से है, न अमेरिका से
सबसे बड़ा खतरा आपकी जेब में रखे 6 इंच के मोबाइल से है।”

उनकी भाषा, भाव और प्रस्तुति ने दर्शकों के मन पर गहरी छाप छोड़ी। हर कविता के बाद गूँजती तालियों ने यह स्पष्ट कर दिया कि कविता केवल सुनी ही नहीं गई, बल्कि श्रोताओं के हृदय तक पहुँची।

अंत में श्री दिनेश बावरा ने कहा- “कविता वही है, जो हँसते हुए सोचने को मजबूर करे - और इस शाम ने वही किया।”

कार्यक्रम के समापन अवसर पर मंच पर उपस्थित सभी अतिथियों एवं सहयोगी संस्थाओं के प्रति औपचारिक धन्यवाद ज्ञापित किया गया। सभी कवियों को सम्मान स्वरूप अंगवस्त्र एवं स्मृति-चिह्न भेंट किए गए।

“

कविता वही है, जो हँसते हुए सोचने को मजबूर करे

”

“

सबसे बड़ा खतरा आपकी जेब में रखे 6 इंच के मोबाइल से है।

”



David Foenkinos



Kanchana Mukhopadhyay

Words Across Worlds: David Foenkinos in Conversation with Dr. Kanchana Mukhopadhyay

In a captivating session of **The Universe Writes**, **Prabha Khaitan Foundation** in association with Alliance Française du Bengale, celebrated French novelist, playwright, screenwriter, and director David Foenkinos who engaged in an insightful conversation with Kanchana Mukhopadhyay, a distinguished Bengali editor, translator, and writer.

The session commenced with a warm welcome note by Shefali Agarwal, **Ehsaas Woman** of Kolkata who set the tone for an enriching evening.

A significant portion of the discussion centered around the art and challenges of translation. Mukhopadhyay, who has translated several works into Bengali, elaborated on the delicate balance translators must maintain between fidelity to the original text and the nuances of the target language.

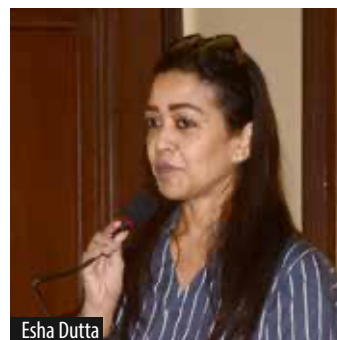
Foenkinos concurred, adding, "A good translation breathes life into the original text. It allows the story to resonate with readers in a different language yet retain its original charm."

The conversation also touched upon the role of literature as a reflection of societal values and challenges. Foenkinos shared his perspective, saying, "While fiction is born from imagination, it often mirrors the realities of the world. My stories are influenced by the world around me, the people I meet, and the experiences I encounter."

Concluding the session, Mukhopadhyay and Foenkinos discussed the future of literary collaboration between France and India. Dr. Mukhopadhyay proposed the idea of establishing a literary exchange program to facilitate deeper understanding and appreciation of each other's literary works. She suggested, "A structured exchange program can pave the way for more translations, joint publications, and collaborative literary projects."

Foenkinos welcomed the idea, expressing his commitment to fostering literary ties between the two nations. He affirmed, "Such initiatives are vital for the growth of literature. They promote mutual respect and understanding and enrich the literary landscapes of both countries."

The session concluded with a vibrant Q&A segment. A heartfelt Vote of Thanks was delivered by Esha Dutta, Honorary Convenor of North-East Affairs for the Foundation.



Esha Dutta



Shefali Agarwal

*This session of **The Universe Writes** was organized in association with Alliance Française du Bengale*



Seema Biswas

Sujoy Prosad Chatterjee

The Choupal Chronicles: A Candid Evening with Seema Biswas

In the heart of Kolkata, a rare and intimate sit-and-talk session **Choupal** left an indelible mark on its audience. Held under the aegis of **Prabha Khaitan Foundation**, the event featured celebrated actress Seema Biswas in a captivating dialogue with renowned actor, elocutionist, and interdisciplinary artist, Sujoy Prosad Chatterjee. Their conversation, both profound and engaging, traversed a spectrum of topics— from the actress's own journey in the world of cinema to the personal battles she has faced and overcome, offering valuable insights to the audience.

The evening commenced with a warm welcome by Shefali Agarwal, **Ehsaas Woman** of Kolkata. The atmosphere was imbued with warmth and hospitality, as she set the tone for the event.

Biswas's narrative was both inspiring and humbling. She spoke with candidness about the multi-faceted nature of her career, the nuances of her craft, and the barriers she faced. One striking moment came when she recounted how, early on in her career, she learned the importance of mental space: "When I leave home, I need my mental space, my own space for creativity." This admission illustrated not only the challenges of being an artist but the mental fortitude required to balance work with personal growth.

A pivotal moment in her life was the constant support and belief in her talent by her family, especially her father, who stood by her when the world doubted her. Biswas' relationship with her family is an anchor in her turbulent career, and her reflective tone on family support is touching and deeply personal. Through all the ups and downs of her journey, Biswas never lost sight of the values that grounded her: discipline, humility, and a relentless pursuit of excellence.

Ultimately, the Choupal session was a vibrant tapestry of personal anecdotes, life lessons, and moments of genuine connection. The evening proved to be more than just an exchange of words; it was a reflection on the human spirit, the power of empathy, and the transformative nature of art.

As the session drew to a close, a heartfelt Vote of Thanks was delivered by Esha Dutta, the Honorary Convenor of North-East Affairs of the Foundation. She extended her gratitude and invited Sounak Chakraverti to present the Kantha Uttoriyos to the distinguished guests—a beautiful tribute to India's intricate craftsmanship.



Esha Dutta



Shefali Rawat Agarwal

*This session of **Choupal** was organized with the support of **Ehsaas Women** of Kolkata*



Puneet Sikka

Echoes of Experience – A Literary Conversation with Puneet Sikka



Mridula Malu

At the latest session of **Ek Mulakat**, an initiative by the **Prabha Khaitan Foundation**, actress, and media professional Puneet Sikka took the audience on an evocative journey through her life, her work, and her debut novel *Take Number 2020*. In conversation with Mridula Malu, the multi-hyphenate Sikka shared deeply personal stories, weaving raw emotion with humour, wisdom, and candour. The event commenced with a warm welcome note delivered by Bharti Madhok, **Ehsaas Woman** of Varanasi.

In an electrifying anecdote, she recounted a surreal encounter with a senior Naga Baba during a visit to Banaras. As the only woman in a crew of over a hundred men, Sikka described the volatile temperament of the Baba, his gentle demeanour towards her, and the spiritual gravity of the moment.

The conversation pivoted to her novel *Take Number 2020*, a rich, character-driven narrative born out of the lockdown's solitude and silence. What began as a script evolved into a book, fuelled by her discontent with the superficial roles written for women. "Writing is an empowering exercise," she said. "What is stopping me from empowering myself?" Her creative journey was anything but linear, marked by persistence, mentorship, and a fierce commitment to truth in storytelling. "You have a story," her mentor had told her, "But you don't have storytelling." That moment, she admits, reshaped her entire approach.



Bharti Madhok

The conversation delved into the central theme of Sikka's novel: the greyness of life. "There is actually no black and white because everyone is navigating and everybody has a reason for why they are the way they are," she reflected. Her characters, shaped by personal histories, relationships, and lived experiences, embody this ambiguity. Particularly compelling was her insight into the actor's psyche; how life beyond the spotlight influences professional choices.

In closing, she emphasized literature's enduring role in society: A session that began as a literary dialogue evolved into a powerful exploration of identity, resilience, and creative truth. The event concluded with a closing statement delivered by Bharti Madhok, **Ehsaas Woman** of Varanasi. Additionally, the guest and the conversationalist were felicitated by Bharti Madhok.



Audience

*This session of **Ek Mulakat** was organized with the support of **Ehsaas Women** of Varanasi, and was in association with **The Benaras Club Ltd**.*

महिला होना अपने आप में शक्ति और सामर्थ्य का प्रतीक है : पुनीत सिक्का

- प्रभा खेतान फाउंडेशन की पहल 'एक मुलाकात' के मंच को किया शोभायमान



Puneet Sikka

Smita Bharadwaj

"महिला होना अपने आप में शक्ति और सामर्थ्य का प्रतीक है। हमें केवल इसलिए सम्मानित किया जाना चाहिए क्योंकि हम जैसी हैं, वैसी ही मूल्यवान हैं।" - अंतरराष्ट्रीय महिला दिवस के अवसर पर युवा लेखिका पुनीत सिक्का ने यह विचार व्यक्त किए। वे भोपाल में आयोजित प्रभा खेतान फाउंडेशन की पहल 'एक मुलाकात' के मंच की शोभा बढ़ा रही थीं। इस अवसर पर उन्होंने अपने पेशेवर जीवन, अनुभवों और लेखन यात्रा पर विस्तार से बात की।

कार्यक्रम की शुरुआत इंदौर की अहसास वूमेन सुचित्रा साजिद धनानी के प्रभावशाली और आत्मीय स्वागत भाषण से हुई। सुचित्रा ने लेखिका का परिचय देते हुए बताया कि पुनीत सिक्का एक मीडिया प्रोफेशनल हैं, जिन्होंने समाचार और विज्ञापन उद्योग में एक लेखिका के रूप में अपनी पहचान बनाई है। उन्होंने थिएटर, टीवी, डिजिटल विज्ञापन, लघु फिल्मों के साथ-साथ एक फीचर फिल्म में अभिनय भी किया है। पुनीत ने लेडी श्रीराम कॉलेज (दिल्ली) और सिम्बायोसिस इंस्टीट्यूट ऑफ मीडिया एंड कम्युनिकेशन (पुणे) से शिक्षा प्राप्त की है। उनका पहला उपन्यास "टेक नंबर 2020", पॉप संस्कृति और यथार्थवाद का एक अनूठा मिश्रण है।

'एक मुलाकात' के इस मंच पर लेखिका से संवाद किया प्रतिष्ठित आईएसएस अधिकारी स्मिता भारद्वाज ने। कार्यक्रम में प्रभा खेतान फाउंडेशन के कार्यों की संक्षिप्त जानकारी भी दी गई। यह फाउंडेशन सांस्कृतिक विकास, ग्रामीण समुदायों में सतत जीवनशैली और समग्र विकास को बढ़ावा देने वाला एक प्रभावी मंच है। कला, साहित्य और लोक संस्कृति के क्षेत्र में भी यह निरंतर नये आयाम स्थापित कर रहा है। फाउंडेशन की पहल 'एक मुलाकात' संवाद, विचार-विनिमय और दिल से दिल की बातों पर आधारित एक विशेष आयोजन है। लेखिका ने अपनी यात्रा के बारे में कहा, "हम सभी एक सतत यात्रा में हैं-एक 'वर्क-इन-प्रोग्रेस'। सीखना कभी समाप्त नहीं होता, और विकास भी नहीं रुकता। मेरी किताब भी मेरे जीवन की एक ऐसी ही प्रक्रिया का हिस्सा बनकर आई। मैं यह नहीं कहती कि मैंने कहानी लिखी, बल्कि ऐसा लगता है कि कहानी ने मुझे चुना, मुझसे खुद को लिखवाया। एक समय आता है जब हम सोचते हैं कि हम किताब लिख रहे हैं, लेकिन फिर वह किताब हमें लिखने लगती है।"

“सिर्फ सामग्री इकट्ठा करना ही खाना बनाना नहीं होता, उसे प्रेम से पकाना और परोसना असली 'खाना बनाना' होता है।”

उन्होंने कहा कि इस लेखन प्रक्रिया में हम स्वयं भी रूपांतरित होते हैं, और यह स्पष्ट होने लगता है कि हम वास्तव में कौन हैं। जब हम कोई कहानी लिखते हैं, तो हमारे विचार किसी अन्य किरदार के माध्यम से प्रकट होते हैं। वे किरदार मेरे भीतर से होकर प्रवाहित हुए, और उस फिल्टरिंग में मेरा भी आत्मिक शुद्धिकरण हो गया।

अपने जीवन के अनुभव साझा करते हुए उन्होंने कहा, "हर व्यक्ति के भीतर एक आवाज होती है, लेकिन उसे पहचान कर पूरी निडरता से व्यक्त करना आसान नहीं होता। इसके लिए जीवन के अनेक अनुभवों से गुजरना पड़ता है।"

उन्होंने सुंदर रूप के माध्यम से कहा, "सिर्फ सामग्री इकट्ठा करना ही खाना बनाना नहीं होता, उसे प्रेम से पकाना और परोसना असली 'खाना बनाना' होता है। ठीक वैसे ही, केवल कहानी होना ही पर्याप्त नहीं, उसे सुंदरता से कहना भी जरूरी है।"

पुनीत सिक्का ने फिल्म निर्माण की प्रक्रिया, डॉक्यूमेंट्री योजना, प्री-प्रोडक्शन, और कुंभ जैसे आयोजनों की शूटिंग की चुनौतियों के बारे में भी बात की। उन्होंने लेखन में भावनाओं की गहराई और अभिनय के इमोशनस की अहमियत को रेखांकित किया।

उन्होंने कहा, "संघर्ष कभी समाप्त नहीं होता, लेकिन 'उम्मीद' ही मनुष्य को आगे बढ़ाती है।" उन्होंने अपने कई महत्वपूर्ण अनुभव साझा कर कार्यक्रम को बेहद समृद्ध बनाया। बातचीत के दौरान कई प्रश्नों का उत्तर भी दिया, जिससे उपस्थित दर्शकों ने बहुत कुछ सीखा।

कार्यक्रम के अंत में इंदौर की अहसास वूमेन उन्नति सिंह ने सभी के प्रति आभार व्यक्त किया। योगिता भयाना ने लेखिका को दुपट्टा ओढ़ाकर सम्मानित किया।

कार्यक्रम को सफल बनाने में अहसास वूमेन, हॉस्पिटैलिटी पार्टनर - ताज लेकफ्रंट, भोपाल, तथा हिंदी प्रिंट मीडिया पार्टनर नई दुनिया का विशेष सहयोग रहा।



Unnati Singh



Suchitra Sajid Dhanani



Sanghamitra Chakraborty and Anchita Ghatak

Celebrating a Legend: Sanghamitra Chakraborty Illuminates the Legacy of Soumitra Chatterjee

The Prabha Khaitan Foundation's – An Author's Afternoon hosted an unforgettable literary conversation with acclaimed journalist and editor Sanghamitra Chakraborty, who took centre stage as the guest author. In dialogue with activist and writer Anchita Ghatak, the evening unfolded into a richly textured journey through memory, cinema, literature, and the human spirit—guided by Chakraborty's recent book- "Soumitra Chatterjee And His World" on the iconic actor Soumitra Chatterjee.

The session began with a heartfelt welcome by Esha Dutta, Honorary Convenor of North-East Affairs of the Foundation and an **Ehsaas Woman** of Kolkata. Her warm note perfectly set the tone for an immersive discussion that promised to go beyond nostalgia and into the very essence of cultural identity.

Chakraborty, with humility and insight, explained her motivation behind penning the biography: "I had a very specific goal... having stepped out of Kolkata, I realised our icons are not always appreciated outside the city." She expressed a desire to present the actor not only to a pan-Indian audience but also to a younger generation unfamiliar with his cinematic brilliance. "They're interested in good films, in literature... and being acquainted with his world would only enrich them."

"Soumitra Chatterjee And His World", born

during the pandemic, was a "co-passion project." As the session progressed, the discussion, she revealed, nudged into life by her husband. What followed was a labour of love, built on research, interviews, and the personal resonance of a legend she admired deeply.

One of the session's most heartening revelations came when Chakraborty recounted how she secured the foreword by Sharmila Tagore. "It wasn't my charm at all," she laughed, "but the friendship between Sharmila and Soumitra Chatterjee was so strong." Their bond, she noted, was rooted in mutual respect and deep professional admiration. Tagore's emotional generosity in contributing to the book offered a glimpse into the actor's quiet but impactful influence.

The conversation took several rich turns—discussing Soumitra Chatterjee's lifelong love for Bangla, his poetic pursuits, and his conscious decision to reject Bollywood's many offers, including roles in films by Raj Kapoor, Hrishikesh Mukherjee. Chakraborty recalled, "He once said, 'How would I write my poetry if I left the city?'" That rootedness, she noted, was both his anchor and his muse.

Chakraborty reflecting on the inception of

Ekon and its unique position in the Bengali literary landscape. "The planning of the magazine," Chakraborty shared, "was mostly done by the younger generation, but Soumitra Chatterjee and his colleagues brought their refined tastes and an exceptional depth of knowledge to the table." She highlighted how Soumitra Chatterjee and his team sought to replicate the success of magazines like Por, which had once set a benchmark for literary excellence. Ekon, under Soumitra Chatterjee's stewardship, eventually outshone many other literary journals of its time.

What stood out was Soumitra Chatterjee's foresight in creating space sought fresh talent, never the writers already featured in mainstream magazines" Chakraborty noted. This innovative approach not only gave rise to some of the finest writers of the era but also ensured that the magazine became a touchstone for literary excellence.

Turning to a more personal aspect of Soumitra Chatterjee's life, Chakraborty shared intimate details about his relationship with his wife, Deepa. "Deepa was not just a supportive spouse but a partner who played a vital role in shaping Soumitra Chatterjee's career," Chakraborty explained. The two, she elaborated, had a special bond, with Deepa often encouraging Soumitra Chatterjee in ways beyond the professional. "She was pivotal, reminding him to stay physically active, even suggesting exercises before it was the norm for actors," she added, offering a glimpse into their harmonious yet sometimes turbulent relationship.

While many would view such personal stories with judgment, Chakraborty took a more empathetic approach. "When you're writing about someone, especially a figure like him, it's crucial to avoid the temptation of sensationalizing. You must understand the human behind the icon," she noted with genuine humility. Her words provided an intriguing

reflection on how fame and personal lives intertwine, often in complex and challenging ways.

The session also delved into Soumitra Chatterjee's film career, where Chakraborty shared her perspective on his remarkable versatility. "What truly set Soumitra Chatterjee apart," she said, "was his ability to play characters beyond the traditional hero roles, offering a range of nuanced, even flawed, figures.

As the session drew to a close with a Q&A session with the audience, Chakraborty graciously acknowledged Soumitra Chatterjee's multifaceted contributions to cinema and literature. She concluded, "What truly distinguishes Soumitra Chatterjee from others is his commitment to not just acting but also his intellectual contributions to culture." The session proved to be a fitting tribute to an icon whose influence, as Chakraborty herself eloquently put it, "is far from fading." Esha Dutta, Honorary Convenor of North-East Affairs of the Foundation and an **Ehsaas Woman** of Kolkata, later concluded the session with a heartfelt vote of thanks, inviting Supriya Roy to honour the author and the conversationalist.



*This session of **An Author's Afternoon** was in association with
Hospitality Partner, Taj Bengal and
with the support of **Ehsaas Women** of Kolkata*



Rajdeep Sardesai

Voices of Democracy and Dissent



Amelia Lalremdiki Sailo

An evening of incisive dialogue and powerful reflection unfolded in Aizawl as **The Write Circle**, an initiative of the **Prabha Khaitan Foundation**, hosted eminent journalist and author Rajdeep Sardesai for a compelling literary session. In conversation with Amelia Lalremdiki Sailo, **Ehsaas Woman** of Aizawl, Sardesai spoke candidly about his latest book, *2024: The Election That Changed India*, while also reflecting on democracy, journalism, and the changing landscape of Indian media.

Opening the session, Amelia Lalremdiki Sailo shared her own experience of reading the book, remarking with warmth and honesty, “It’s not a book I would have picked up from a bookstore, to be honest, but it’s a book I’m glad I had to read.” Her thoughtful moderation brought depth and spontaneity to the discussion, drawing out both the personal and professional dimensions of Sardesai’s journey.

The conversation explored Sardesai’s early years in journalism and the experiences that shaped his perspective. Recalling the communal violence in Mumbai during 1992–93, he described it as “the most traumatic experience of my life,” explaining how writing became a way of making sense of chaos and human suffering. Reflecting on the evolution of news media, he lamented the erosion of journalistic integrity in an increasingly competitive environment. “Now everything is breaking news,” he observed, adding that journalism has gradually shifted from public service to business.

Sardesai spoke candidly about the pressures faced by the media and the growing culture of fear within newsrooms. “Fear is the operative word,” he remarked, expressing concern that sections of the media have become “obsessive cheerleaders” rather than watchdogs of democracy. Yet, despite these challenges, he reaffirmed the importance of conscience in journalism: “Eventually, we are accountable only to one thing—our conscience. When you go home, it’s you and your pillow.”

The discussion also touched upon issues such as Manipur’s ethnic violence, Kashmir after Article 370, and the importance of ground reporting. Sardesai emphasized that India’s diversity and complexity cannot be understood from television studios alone.

The session concluded with a heartfelt vote of thanks by Ashley Lalremruati, **Ehsaas Woman** of Aizawl. Irene Lalruatkimi felicitated the author with a traditional Mizo stole, bringing the evening to a graceful and memorable close.



Ashley Lalremruati



Audience

*This session of The Write Circle was organized with the support of **Ehsaas Women** of Aizawl, and was in association with Hospitality & Venue Partner, Folkland*



Rajdeep Sardesai

Democracy, Diversity, and the Stories Between



Patricia Mukhim

An evening of sharp political insight and reflective discourse unfolded in Shillong as veteran journalist and author Rajdeep Sardesai engaged in an engrossing conversation with senior journalist Patricia Mukhim at **The Write Circle**, hosted by **Prabha Khaitan Foundation**. Centred around Sardesai's latest book *2024: Elections That Surprised India*, the session explored the shifting realities of Indian democracy, journalism, inequality, and political power. The evening commenced with a warm welcome note by Jyoti Agarwal, **Ehsaas Woman** of Shillong.

Known for his candid observations and grounded storytelling, Sardesai opened the discussion by reflecting on India's extraordinary diversity. "Every 20 miles, something changes — food, language, culture, aspirations," he remarked, describing India as unpredictable, layered, and endlessly fascinating. "That's why it's the best country in the world to be a journalist," he added, drawing appreciative laughter from the audience.

Throughout the session, Sardesai illustrated the dynamism of Indian politics through vivid anecdotes, including the dramatic overnight political developments in Maharashtra when President's Rule was revoked in the early hours of the morning and a Chief Minister sworn in shortly after sunrise. "Only in India can politics move at this speed," he observed, highlighting both the chaos and energy of the country's democratic process.

While celebrating India's rapid transformation in digital infrastructure and connectivity, Sardesai also raised pressing concerns about widening inequality. Pointing to disparities in education, healthcare, and opportunity, he described India as a "50/50 country" — one half moving rapidly ahead while the other risks being left behind. "If equal educational opportunities are not created, our demographic dividend could become a demographic disaster," he warned.

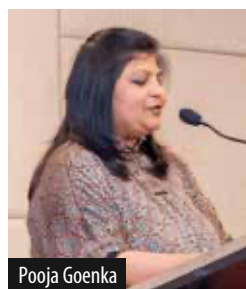
The session evolved into a lively and thought-provoking interaction with the audience. Responding to questions about women in politics, Sardesai supported greater

representation while cautioning against symbolic participation. "Once Indian women enter public life on their own merit, there's no stopping them," he remarked confidently. On reservations and affirmative action, he acknowledged the complexities within the system and argued for greater transparency and fairness in implementation. Sharing a personal anecdote involving his son, he emphasised the importance of recognising unequal starting points in society and the need to create genuine access for marginalised communities.

The discussion also touched upon the growing financial barriers in politics, with Sardesai lamenting how expensive electoral participation has become. Yet despite these concerns, he expressed optimism about emerging young leaders who continue to challenge entrenched systems through determination and grassroots support.

As the conversation drew to a close, Sardesai reflected on the need for political renewal, advocating for younger leadership and fresh ideas in governance. Blending humour with hard truths, his observations painted a portrait of India that was complex, chaotic, resilient, and constantly evolving. More than a discussion on elections, the evening became a meditation on democracy itself — its flaws, possibilities, and enduring spirit.

The session concluded with closing remarks by Pooja Goenka, **Ehsaas Woman** of Shillong, while Rudi Warjri felicitated the guests as a gesture of appreciation.



Pooja Goenka



Jyoti Agarwal

*This session of **The Write Circle** was organized with the support of **Ehsaas Women** of Shillong; Hospitality Partner, Vivanta*

Stories, Politics, and the Many Faces of India



Ayieno Kechu

Rajdeep Sardesai

An engaging evening of reflection, humour, and sharp political insight unfolded in Dimapur as **Prabha Khaitan Foundation** hosted an illuminating session of **The Write Circle** featuring renowned journalist and author Rajdeep Sardesai. In conversation with Ayieno Kechü, Media Secretary to the Chief Minister of Nagaland, Sardesai reflected on journalism, Indian politics, democracy, and the challenges of representing a nation as vast and diverse as India. The evening commenced with a warm welcome address by Viketuno Rio, **Ehsaas Woman** of Dimapur.

Opening on a light-hearted note, Sardesai reminisced about his childhood dream of becoming a cricketer like his father, legendary cricketer Dilip Sardesai. “But cricket requires talent,” he joked, recalling his father’s advice: “Once you go on the ground, you have to score the runs—I can’t do it for you.” His fascination with politics and current affairs, however, began early, eventually guiding him toward journalism. Reflecting on India’s political landscape, he remarked, “India is the only place you should do journalism in—every day is a new story.”

Throughout the session, Sardesai blended humour with critical reflection, sharing anecdotes from the newsroom and discussing the unpredictable nature of Indian politics. Recalling a dramatic political development in Maharashtra, he quipped about being jolted from a relaxed weekend into breaking news chaos. Yet beneath the humour lay serious concerns about the media landscape and democratic institutions.

A significant part of the discussion focused on the under-representation of India’s Northeast in mainstream national discourse. Sardesai candidly acknowledged what he called “the tyranny of distance,” admitting that stories from the region often receive attention only during moments of crisis. He reflected on the silence surrounding Manipur and questioned why certain regions remain peripheral in national conversations. “The further you are from Delhi, the less relevant you seem to the mainstream,” he observed.



Abokali Jimomi

Viketuno Rio

Speaking about contemporary journalism, Sardesai criticised the illusion of certainty often projected by media and pollsters. Referring to the 2024 elections, he remarked, “We sit in air-conditioned studios in Noida and think we know India,” adding that the election results surprised politicians, journalists, and experts alike. He also expressed concern about misinformation and the erosion of democratic balance, cautioning against the growing influence of “WhatsApp University.”

The evening concluded with a heartfelt vote of thanks by Abokali Jimomi, **Ehsaas Woman** of Dimapur. Sardesai was felicitated with a traditional Sumi Naga stole by Hekani Jakhlu Kense, MLA and Advisor to the Government of Nagaland, while Mmhonlumo Kikon, author and former Minister of Nagaland, extended the same honour to the conversationalist.

*This session of **The Write Circle** was organized with the support of **Ehsaas Women** of Dimapur, and was in association with Hospitality Partner, Zone Niathu by the Park*



Vasundhara

Wit, Mystery, and the Courage to Be Seen



Asawari Deshpande

An engaging evening of laughter, honesty, and literary intrigue unfolded at a recent session of **The Write Circle** in Nagpur, where debut author and actress Vasundhara was in conversation with the perceptive and articulate Asawari Deshpande. Organised by **Prabha Khaitan Foundation**, the session offered audiences a fascinating glimpse into Vasundhara's creative journey — from modelling and cinema to discovering her voice as a crime fiction writer. The evening began with a warm welcome note delivered by Priyanka Kothari, **Ehsaas Woman** of Nagpur.

With characteristic humour and ease, Vasundhara began by addressing the frequent confusion surrounding her name. "There's another Vasundhara who's also an actress, so people constantly mix us up," she laughed, admitting she had eventually stopped correcting people. This candid openness remained a defining thread throughout the conversation, making the evening both intimate and deeply relatable.

Reflecting on her childhood, Vasundhara spoke fondly about growing up across different Indian cities due to her parents' transferable banking jobs. Though frequent relocations shaped her adaptability, her upbringing remained rooted in discipline and academics. Acting, she confessed, was never part of the plan. Her original aspiration was to pursue fashion designing, and films were hardly encouraged at home.

While modelling and acting became important chapters of her life, writing remained her oldest passion. "I always wanted to be a writer," she admitted, recalling how she wrote poetry and stories from the age of thirteen. Yet the vulnerability of completing a book often intimidated her. It was only during the pandemic that she finally returned to an abandoned manuscript and completed her debut psychological thriller.

The discussion around her novel revealed her fascination with human behaviour and moral ambiguity. "The news



Parveen Tuli, Priyanka Kothari and Jyoti Kapoor

tells us what happened, but I'm always interested in why," she reflected, explaining how ordinary lives can unravel under extraordinary circumstances. Her decision to place a woman at the centre of the story was equally intentional. "Women deserve to exist at the centre of stories for more than just their appearance," she stated firmly, challenging conventional industry assumptions.

The conversation also touched upon language, cultural identity, and gender dynamics in the entertainment industry, with Vasundhara candidly sharing both frustrations and moments of humour. Her reflections on women's representation were particularly striking, as she expressed the hope that women would eventually become the "natural choice" in creative spaces purely because of their talent and capability.

Ending with a lively rapid-fire exchange and an interactive Q&A session, the evening left audiences both entertained and reflective. Blending vulnerability, intelligence, and effortless humour, Vasundhara proved herself to be far more than a storyteller — she emerged as an artist unafraid of being fully seen. The session concluded with closing remarks by Priyanka Kothari, while Payal Patle from Radisson Blu Nagpur felicitated the guests as a gesture of appreciation.

*This session of **The Write Circle** was organized with the support of **Ehsaas Women** of Nagpur, and was in association with Hospitality Partner, Radisson Blu Nagpur; and Print Media Partner, Lokmat*



Beyond Labels, Towards Truth

In an engaging session of **The Write Circle** hosted by **Prabha Khaitan Foundation**, author, actor, and writer Vasundhara captivated the audience with a conversation that was equal parts witty, introspective, and deeply honest. In dialogue with Shruti Juwarkar, **Ehsaas Woman** of Goa, the evening unfolded as a candid exploration of identity, storytelling, relationships, and the many contradictions of modern life. The event commenced with a warm welcome note by Vaishali Joshi, **Ehsaas Woman** of Goa.

From the outset, Vasundhara's humour and spontaneity set the tone. Calling herself a "morning person," she joked that she could wake up at any hour but could never stay awake beyond 10 p.m. without an afternoon nap. Her quick-fire responses revealed a personality that was sharp, grounded, and refreshingly relatable. Whether speaking about her love for dosa, her admiration for the sitcom *Frasier*, or hilariously recounting how she once escaped a disastrous date midway by quietly taking an auto home, Vasundhara held the audience in splits while also revealing her deeply observant nature.

Beneath the humour, however, lay thoughtful reflections on growing up, womanhood, and belonging. Speaking about her childhood shaped by constant relocations due to her mother's transferable job, she reflected, "It made me adaptable. I can talk to anybody as long as I know the language." At the same time, she admitted to feeling the absence of lifelong childhood friendships, adding that her family ultimately became her only constant.

A particularly moving segment of the discussion centred around her upbringing by a single mother. Vasundhara spoke with admiration about being raised in an environment where honesty and openness were encouraged. "She told me I could say anything without fear," she shared, emphasising how emotional safety forms the foundation of healthy relationships.

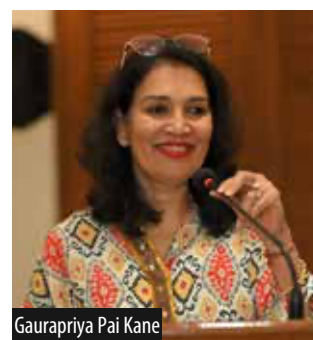
The conversation also ventured into her views on marriage, gender, and representation in cinema. With characteristic candour, she remarked that while she has witnessed beautiful marriages, she remains sceptical of the institution

as something that consistently benefits women. On storytelling, she argued against labelling films as "female-oriented," insisting instead that women-led narratives should simply exist as stories without qualification.

Discussing her debut novel *Accused*, Vasundhara explained her fascination with how society rushes to assign blame and create narratives before understanding the truth. Her upcoming horror novel, she revealed, would continue exploring unsettling social realities rather than relying on ghosts or supernatural tropes.

The session also touched upon fitness, mental health, and self-care, with Vasundhara encouraging women to take time for themselves regardless of their responsibilities. "You can't pour from an empty cup," she observed, stressing the importance of emotional and physical wellbeing.

Blending humour with vulnerability, the conversation offered the audience an intimate glimpse into a woman who refuses to fit into easy categories. Thoughtful, articulate, and unapologetically authentic, Vasundhara left the audience reflecting not only on storytelling, but also on the courage it takes to live truthfully. The evening concluded with a thank-you note by Gaurapriya Pai Kane, **Ehsaas Woman** of Goa, while the author was felicitated by Anmol Pancholi, General Manager of Taj Cidade de Goa Heritage.



Gaurapriya Pai Kane



Vaishali Joshi

*This session of **The Write Circle** was organized with the support of **Ehsaas Women** of Goa, and was in association with Hospitality Partner, Taj Cidade de Goa Heritage; and Print Media Partner, Lokmat*



Damini Grover

A Journey Inward Through Healing and Acceptance



Henna Kalro

An evening of introspection, vulnerability, and emotional honesty unfolded in Bengaluru as **Prabha Khaitan Foundation** hosted a deeply engaging **The Write Circle** session featuring author, counselling psychologist, and life coach Damini Grover. The session witnessed Grover in conversation with Henna Kalro, creating a thoughtful dialogue around identity, healing, and self-discovery. The evening commenced with a warm welcome address by Revathi Raju, **Ehsaas Woman** of Bengaluru.

Although the discussion was centred around Grover's book *Time to Come Home*, the conversation soon evolved into a deeply personal exploration of life experiences and emotional resilience. Setting the tone for the evening, Henna Kalro remarked, "It's not about your book today, it's more than just that... it's about your highs, your lows, your journey."

Grover reflected candidly on her childhood and the challenges of growing up feeling different in a family of achievers. Recalling her struggles with academics, she shared with humour and honesty, "I didn't understand math; numbers would dance in front of me." Instead, she found herself drawn to creativity, music, dance, and writing — interests that were often viewed as impractical. She also opened up about the emotional complexities of growing up with a chronically ill mother and a hardworking father, experiences that quietly shaped her resilience.

A turning point in her life came during her time in London, when she dropped out of a Master's programme shortly after enrolling. What she described as her "dark night of the soul" led to anxiety, panic attacks, insomnia, and emotional upheaval. Yet, she acknowledged that this difficult phase ultimately became the catalyst for her healing journey.

Throughout the session, Grover emphasised the importance of acknowledging and expressing emotions rather than suppressing them. "The thing about any emotion is that it

only needs a channel," she explained, encouraging healthier ways of processing anger, grief, and vulnerability. She also spoke openly about living with fibromyalgia and the process of learning acceptance despite chronic pain and uncertainty.

Speaking about self-love, Grover stressed that it is not perfection but acceptance that truly matters. "You have to love yourself with everything that comes with you—you are a package," she reflected. Her words resonated deeply with the audience, especially during the interactive Q&A session that followed.

The author and conversationalist were felicitated with handloom stoles by Revathi Raju and Lalita Goenka, **Ehsaas Women** of Bengaluru. The evening concluded with closing remarks by Goenka, leaving the audience with a powerful reminder that healing begins when one learns to truly come home to oneself.



Lalita Goenka



Revathi Raju

*This session of **The Write Circle** was organized with the support of **Ehsaas Women** of Bengaluru, and was in association with I'M Powered; Hospitality Partner, Four Seasons*



Anant Vijay



Gaurav Girija Shukla

“पत्रकारिता पर अंकुश लगाने का प्रयास तो सभी ने किया, लेकिन कोई सफल नहीं हुआ”
अनन्त विजय

- जब समाज का क्षरण होगा, तो उसका प्रभाव मीडिया पर भी अवश्य पड़ेगा...

“जब समाज का क्षरण होगा, तो उसका प्रभाव मीडिया पर भी अवश्य पड़ेगा” - यह कहना है लेखक एवं वरिष्ठ पत्रकार अनन्त विजय का। वे प्रभा खेतान फाउंडेशन द्वारा आयोजित चर्चित साहित्यिक शृंखला ‘कलम’ के रायपुर सत्र को संबोधित कर रहे थे। इस अवसर पर उन्होंने साहित्य, लेखन अनुभव और जीवन के विविध पहलुओं पर प्रभावशाली ढंग से अपने विचार साझा किए।

कार्यक्रम की शुरुआत अभिकल्प फाउंडेशन की सदस्य पृथा शुकला के आत्मीय एवं उत्साहवर्धक स्वागत भाषण से हुई। उन्होंने प्रभा खेतान फाउंडेशन की गतिविधियों का संक्षिप्त परिचय देते हुए बताया कि यह फाउंडेशन दशकों से साहित्य के क्षेत्र में अपनी अग्रणी भूमिका निभा रहा है। यह संस्था न केवल कला, साहित्य और संस्कृति के क्षेत्र में सक्रिय है, बल्कि महिला सशक्तिकरण की दिशा में भी समर्पित भाव से कार्य कर रही है। ‘कलम’ के अलावा ‘किताब’, ‘लफ़्ज़’, ‘एक मुलाकात’, ‘द राइट सर्कल’, ‘सुर और साज’ तथा ‘आखर’ जैसे समृद्ध कार्यक्रमों के माध्यम से फाउंडेशन समाज के विविध आयामों को स्पर्श कर रहा है।

कार्यक्रम में अनन्त विजय का परिचय देते हुए बताया गया कि वे लेखक, वरिष्ठ पत्रकार और स्तंभकार हैं, जो ढाई दशक से अधिक समय से पत्रकारिता के क्षेत्र में सक्रिय हैं। अनन्त विजय की अब तक चौदह पुस्तकें प्रकाशित हो चुकी हैं। इनमें ‘प्रसंगवश’, ‘कोलाहल कलह में’, ‘विधाओं का विन्यास’, ‘बॉलीवुड सेल्फी’, ‘लोकतंत्र की कसौटी’ और ‘माक्सवाद का अर्धसत्य’ विशेष रूप से चर्चित रही हैं।

उनकी पुस्तक ‘अमेठी संग्राम’ यह पुस्तक हिंदी के अलावा अंग्रेजी में ‘Dynasty to Democracy’ नाम से भी प्रकाशित हुई है। सिनेमा पर उत्कृष्ट लेखन के लिए उन्हें राष्ट्रीय फिल्म पुरस्कार (स्वर्ण कमल) सहित अनेक प्रतिष्ठित सम्मान प्राप्त हो चुके हैं।

‘कलम’ के रायपुर सत्र में लेखक से संवाद अभिकल्प फाउंडेशनी के संस्थापक गौरव गिरिजा शुकला ने किया। उन्होंने अपने प्रश्नों के माध्यम से लेखक की पारखी दृष्टि और अनुभवों के आधार पर समाज को देखने की उनकी सोच से दर्शकों को परिचित कराया।

पत्रकार अनन्त विजय ने कहा कि हमारे समाज में जो कुछ भी घटित होता है, उसका कोई-न-कोई रूप लेखन में अवश्य प्रकट होता है। मुझे लगता है कि ओटीटी प्लेटफॉर्म और



Srishti Trivedi



Pritha Shukla

“हम यथार्थ की कार्बन कॉपी नहीं दिखा सकते; हमें उसमें कोई न कोई फिल्टर लगाना पड़ेगा।”
“मैं उसी ‘फिल्टर’ की वकालत कर रहा हूँ।”

इंटरनेट मीडिया पर जो भी सामग्री प्रस्तुत की जा रही है, उसमें अच्छाई की अपेक्षा बुराई अधिक दिखाई देती है - कम-से-कम जितना मैं देख पाया हूँ।

उन्होंने कहा - “ज्ञान सीमित होता है, जबकि अज्ञान असीमित।”

डार्क ह्यूमर के नाम पर जिस प्रकार की अश्लीलता को मनोरंजन का माध्यम बनाया जा रहा है, वह चिंताजनक है। इंटरनेट मीडिया पर पोर्नोग्राफी आज एक गंभीर समस्या बन चुकी है। चाइल्ड पोर्नोग्राफी एक वैश्विक संकट का रूप ले चुकी है, जिसे रोकने में अब तक विश्व स्तर पर प्रभावी सफलता नहीं मिल सकी है। हालांकि यह एक बहुत बड़ी इंडस्ट्री भी बन चुकी है, फिर भी इसे कहीं-न-कहीं नियंत्रित और चिन्हित किया जा सकता है।

लेखक ने कहा कि यथार्थ के नाम पर हर चीज़ को जस-का-तस दिखा देना आवश्यक नहीं होता। किसी अंग्रेजी लेखक ने कहा है कि जब आप यथार्थ को अपने विचारों और कल्पनाशक्ति के साथ प्रस्तुत करते हैं, तभी वह श्रेष्ठ रचना बनती है। काशीनाथ जी ने भी कहा था - “हम यथार्थ की कार्बन कॉपी नहीं दिखा सकते; हमें उसमें कोई-न-कोई फिल्टर लगाना पड़ेगा। मैं उसी ‘फिल्टर’ की वकालत कर रहा हूँ।”

मीडिया की स्वतंत्रता पर अपने विचार रखते हुए उन्होंने कहा कि मीडिया पर अंकुश लगाने के प्रयास लगातार होते रहे हैं। पहला संविधान संशोधन भी इसी संदर्भ में हुआ था। मीडिया को यह लगता है कि उसे असीमित अधिकार मिलने चाहिए, जबकि संविधान ने मीडिया को अलग से कोई विशेष अधिकार नहीं दिया है। संविधान ने सभी नागरिकों को अभिव्यक्ति की स्वतंत्रता प्रदान की है और वही अधिकार मीडिया को भी प्राप्त हैं।

उन्होंने कहा - “हम ‘चौथा स्तंभ’ कहे जाने लगे हैं। यह स्थान मीडिया ने अपने कर्मों से अर्जित किया है। जब समाज का क्षरण होगा, तो उसका प्रभाव मीडिया पर भी अवश्य पड़ेगा।”

कार्यक्रम के समापन पर लेखक अनन्त विजय को कांथा उत्तरीय ओढ़ाकर पद्मश्री अनूप रंजन पांडे द्वारा सम्मानित किया गया। इस आत्मीय सम्मान ने आयोजन के वातावरण को और अधिक भावनात्मक बना दिया। धन्यवाद ज्ञापन रायपुर की ‘अहसास वूमेन’ की सदस्य सृष्टि त्रिवेदी द्वारा प्रस्तुत किया गया। उन्होंने लेखक, श्रोताओं और सभी सहभागियों के प्रति आभार व्यक्त किया। कार्यक्रम के अंत में उपस्थित साहित्य-प्रेमियों ने लेखक की पुस्तकों पर हस्ताक्षर करवाकर उन्हें संग्रहित किया।

इस आयोजन को सफल बनाने में अहसास वूमेन रायपुर के साथ-साथ अभिकल्प फाउंडेशन का भी सक्रिय और सराहनीय सहयोग रहा।



Anant Vijay and Garima Tiwari

"मेरे लिए अभिव्यक्ति का अर्थ मानव कल्याण है" अनन्त विजय

— प्रभा खेतान फाउंडेशन के बिलासपुर
'कलम' सत्र को किया संबोधित

"मेरे लिए अभिव्यक्ति का अर्थ मानव कल्याण है। समाज जैसा व्यवहार करेगा, मीडिया भी वैसा ही व्यवहार करेगी।" यह कहना है लेखक और वरिष्ठ पत्रकार अनन्त विजय का। वे प्रभा खेतान फाउंडेशन के चर्चित आयोजन 'कलम' के सत्र को संबोधित कर रहे थे। इस अवसर पर उन्होंने आज के समय में हो रहे परिवर्तनों, अपने लेखन, अनुभव और जीवन के तरीकों पर बेबाकी से अपने विचार व्यक्त किए।

'कलम' सत्र की शुरुआत अभिकल्प फाउंडेशन के संस्थापक गौरव गिरिजा शुक्ला के विचारोत्तेजक और आत्मीय स्वागत भाषण से हुई। उन्होंने प्रभा खेतान फाउंडेशन के कार्यों और गतिविधियों की संक्षिप्त जानकारी देते हुए कहा कि यह मंच साहित्य का एक सशक्त माध्यम बन चुका है, जहां लेखक अपने रचना-संसार से श्रोताओं को सीधे जोड़ते हैं। यह आयोजन लेखक और पाठक के बीच एक भावनात्मक आदान-प्रदान की भूमिका निभाता है। यह फाउंडेशन आज भारतीय साहित्य और संस्कृति का एक सशक्त ब्रांड एंबेसडर बन चुका है और इसके कार्यक्रम तथा गतिविधियां भारत सहित दुनिया के 55 से अधिक शहरों में अपनी उपस्थिति दर्ज करा चुकी हैं।

'कलम' के अलावा 'किताब', 'लफ़्ज़', 'एक मुलाकात', 'द राइट सर्कल', 'सुर और साज' तथा 'आखर' जैसे समृद्ध कार्यक्रमों के माध्यम से यह फाउंडेशन समाज के विविध पहलुओं को छूने का कार्य कर रहा है। विशेष रूप से 'कलम' का मंच 'अपनी भाषा, अपने लोग' के विचार को बढ़ावा देने के लिए समर्पित है, जहां सम्मानित और चर्चित लेखकों को आमंत्रित किया जाता है ताकि वे अपने पाठकों और चाहने वालों से सीधे संवाद कर सकें और उन्हें अपने अनुभवों से रूबरू करवा सकें।

कार्यक्रम में अनन्त विजय का परिचय देते हुए बताया गया कि वे लेखक, वरिष्ठ पत्रकार और स्तंभकार हैं, जो ढाई दशक से अधिक समय से पत्रकारिता के क्षेत्र में सक्रिय हैं। आपने राजनीति, साहित्य और सिनेमा पर विपुल लेखन किया है।

इतिहास में बी.ए. (ऑनर्स), दिल्ली विश्वविद्यालय से पत्रकारिता में एमएमसी तथा बिजनेस मैनेजमेंट में पीजी डिप्लोमा करने वाले अनन्त विजय की अब तक चौदह पुस्तकें प्रकाशित हो चुकी हैं। इनमें 'प्रसंगवश', 'कोलाहल कलह में', 'विधाओं का विन्यास', 'बॉलीवुड सेल्फी', 'लोकतंत्र की कसौटी' और 'मार्क्सवाद का अर्धसत्य' विशेष रूप से चर्चित रही हैं।

आपकी पुस्तक 'अमेठी संग्राम' पुस्तक हिंदी के अलावा अंग्रेजी में 'Dynasty to Democracy' नाम से प्रकाशित हुई है। सिनेमा पर उत्कृष्ट लेखन के लिए आपको राष्ट्रीय फिल्म पुरस्कार (स्वर्ण कमल) प्राप्त हो चुका है। इसके अतिरिक्त, महाराणा मेवाड़ सम्मान, बिहार सरकार द्वारा डॉ. फादर कामिल बुल्के पुरस्कार, और हाल ही में पुस्तक 'ओटीटी का मायाजाल' के लिए कलिंगा लिटरेरी बुक अवार्ड से भी सम्मानित किया गया है। वर्तमान में आप दैनिक जागरण में एडिटर एडिटर के रूप में कार्यरत हैं। आपको 'गणेश

“

सरकार तब तक काम नहीं करती है
जब तक उसे जनता का दबाव न मिले।

”



Gaurav Girija Shukla

शंकर विद्यार्थी सम्मान' देने की भी घोषणा हो चुकी है, जो हिंदी पत्रकारिता का एक प्रतिष्ठित पुरस्कार है।

इस सत्र में लेखक से संवाद किया अहसास वूमेन बिलासपुर की प्रतिनिधि गरिमा तिवारी ने। उन्होंने समाज में बढ़ रही अश्लीलता, अवसाद और जीवन से जुड़ी ज्वलंत समस्याओं पर प्रश्न पूछे, जिनका लेखक ने सहज, सरल और सटीक उत्तर दिया।

अनन्त विजय ने कहा कि सरकार तब तक कोई काम नहीं करती जब तक उस पर जनता का दबाव न बने। ओटीटी प्लेटफॉर्म पर परोसी जा रही सामग्री पर नियंत्रण पाना एक बड़ा और खर्चीला काम है। सरकार आज नहीं तो कल इस पर अंकुश लगाएगी, जब जनता का दबाव और साधारण जन-आंदोलन होंगे। इस पर नियंत्रण की आवश्यकता है।

बच्चों की स्थिति पर चिंता व्यक्त करते हुए उन्होंने कहा कि हमने ही न्यूक्लियर परिवार को चुना, हमने ही घर से बच्चों को बाहर किया, और अब हमारे पास बच्चों को देने के लिए समय नहीं है। इसकी कीमत हमें चुकानी पड़ रही है। ऐसे में हम उन्हें मोबाइल थमा रहे हैं और मानसिक रूप से बीमार बना रहे हैं।

उन्होंने विशेष रूप से माताओं से आग्रह किया - "मैं सभी से, विशेषकर नई माताओं से निवेदन करता हूँ कि बच्चों को समय दीजिए, क्योंकि उसका कोई विकल्प नहीं है।

कलम के इस विशिष्ट आयोजन के समापन पर अभिकल्प फाउंडेशन के संस्थापक गौरव गिरिजा शुक्ला ने सभी के प्रति आभार जताते हुए अपनी कृतज्ञता प्रकट की। छत्तीसगढ़ स्टेट लीगल सर्विसेस अथॉरिटी के मेंबर सेक्रेटरी अशोक कुमार लाल ने पत्रकार एवं लेखक अनन्त विजय को दुपट्टा ओढ़ाकर सम्मानित किया। कार्यक्रम के अंत में उपस्थित सभी साहित्य-प्रेमियों ने लेखक की पुस्तक पर हस्ताक्षर करार इस क्षण को स्मरणीय बना दिया।

कार्यक्रम को सफल बनाने में अहसास वूमेन बिलासपुर के साथ ही अभिकल्प फाउंडेशन तथा हिंदी मीडिया पार्टनर नई दुनिया का विशेष सहयोग रहा।



"अगर सुनने वाला न हो,
तो फनकार की कोई
औकात नहीं होती"

मनोज राजन त्रिपाठी

- प्रभा खेतान फाउंडेशन के कलम
रांची सत्र को कर रहे थे सम्बोधित

Manoj Rajan Tripathi

Poonam Anand

"अगर सुनने वाला न हो, तो फनकार की कोई औकात नहीं होती। फनकार भी तभी बनता है जब उसे सुनने वाले हों।" यह विचार प्रख्यात लेखक और वरिष्ठ पत्रकार मनोज राजन त्रिपाठी ने व्यक्त किए। वे प्रभा खेतान फाउंडेशन के चर्चित साहित्यिक मंच 'कलम' के रांची सत्र को संबोधित कर रहे थे। इस अवसर पर उन्होंने पत्रकारिता की हकीकत, जीवन के संघर्ष, और अपने लेखन-यात्रा के अनुभवों को अत्यंत सहज, पारदर्शी और भावुक भाषा में साझा किया।

'कलम' सत्र की शुरुआत मुक्ति शाहदेव के आत्मीय स्वागत भाषण से हुई। उन्होंने प्रभा खेतान फाउंडेशन के कार्यों और गतिविधियों की संक्षिप्त जानकारी देते हुए कहा कि यह मंच भारतीय साहित्य और संस्कृति का एक सशक्त ब्रांड एंबेसडर बन चुका है, जिसकी गतिविधियाँ भारत सहित दुनिया के 55 से अधिक शहरों में अपनी उपस्थिति दर्ज करा चुकी हैं।

उन्होंने कार्यक्रम के अतिथि मनोज राजन त्रिपाठी का परिचय देते हुए बताया कि वे एक लेखक, वरिष्ठ पत्रकार और गायक हैं। वे पिछले लगभग तीस वर्षों से पत्रकारिता के क्षेत्र में सक्रिय हैं। वे प्रसिद्ध फिल्म 'गेस्ट इन लंदन' (पूर्व शीर्षक: तुम कब जाओगे - पार्ट 2) के संवाद लेखक (डायलॉग राइटर) भी रहे हैं, साथ ही जी टीवी के सिंगिंग रियलिटी शो 'स्वर्ण स्वर भारत' में क्विंटव लीड के रूप में भी योगदान दे चुके हैं।

इस संवाद सत्र को अपने संवेदनशील प्रश्नों से सजाया अहसास वूमेन रांची की प्रतिनिधि पूनम आनंद ने। उन्होंने लेखक के जीवन, उनके संघर्षों, उनके सोचने और जीने के ढंग से जुड़े कई प्रश्न किए, जिनका उत्तर लेखक ने अत्यंत सहजता और आत्मीयता से दिया। लेखक ने कहा कि- "मेरी टक्कर आज की उस रील से है जो 30 सेकंड में खत्म हो जाती है। मुझे हर पेज को एक रील की तरह टर्न कराना था। इसलिए मैंने हर पन्ने का ग्राफ बनाया। बहुत मेहनत की है। मैंने सोचा कि इस पन्ने का आखिरी वाक्य ऐसा हो कि पाठक को अगला पन्ना पलटना मजेदार लगे।"

उन्होंने आज के डिजिटल दौर की चर्चा करते हुए कहा- "आज जब हम फिल्म की स्क्रिप्ट लिखते हैं, तो निर्देश यही होता है कि दर्शक फेसबुक या इंस्टाग्राम पर न जाएं, बल्कि स्क्रीन से चिपका रहे। इसलिए अब लंबी फिल्में नहीं बनतीं। डेढ़ घंटे में फिल्म खत्म कर दी जाती है।"

मनोज राजन त्रिपाठी ने अपने लेखकीय दृष्टिकोण को साफ शब्दों में व्यक्त किया- "मैं गंभीर साहित्यकारों को नमन करता हूँ। वे 'साहित्यकार' हैं, और मैं 'स्टोरी टेलर' हूँ। मैं उस नानी की तरह हूँ जो अब गायब हो गई है-जो बच्चों को कहानी सुनाकर सुला देती थी। मेरी हिम्मत नहीं है कि मैं प्रेमचंद बन सकूँ, और मैं वैसा बनना भी नहीं चाहता।"



"मैं उस नानी की तरह हूँ जो अब गायब हो
गई है जो बच्चों को कहानी सुनाकर सुला देती थी।"



Audience

अपनी किताब में प्रयुक्त गालियों को लेकर कहा कि ये गालियाँ कहानी की ज़रूरत के मुताबिक हैं, जबरदस्ती टूँसी नहीं गई हैं।

जीवन को एक अनूठे उदाहरण से समझाते हुए उन्होंने कहा- "जिंदगी उस पेड़ जैसी होनी चाहिए जिसकी छाल दालचीनी, फूल जावित्री, फल जायफल और पत्ता तेजपत्ता हो। मतलब, एक ही चीज में सबकुछ हो-यानी टोटल गरम मसाला! फिर चाहे उसे वेज में डालो, नॉनवेज में या चाय में-हर जगह मज़ा आना चाहिए। जिंदगी भी ऐसी ही होनी चाहिए।

'कलम' के इस विशेष आयोजन के समापन पर रश्मि शर्मा ने सभी अतिथियों, श्रोताओं और सहभागी संस्थाओं के प्रति आभार व्यक्त किया। पत्रकार एवं लेखक मनोज राजन त्रिपाठी को जयपुर की पारंपरिक कठपुतली स्मृति-चिह्न प्रदान कर सम्मानित किया अहसास वूमेन रांची की प्रतिनिधि पूनम आनंद ने। कार्यक्रम के अंत में उपस्थित सभी साहित्य-प्रेमियों ने लेखक की पुस्तक पर हस्ताक्षर करते हुए इससे एक स्मरणीय क्षण में परिवर्तित कर दिया।

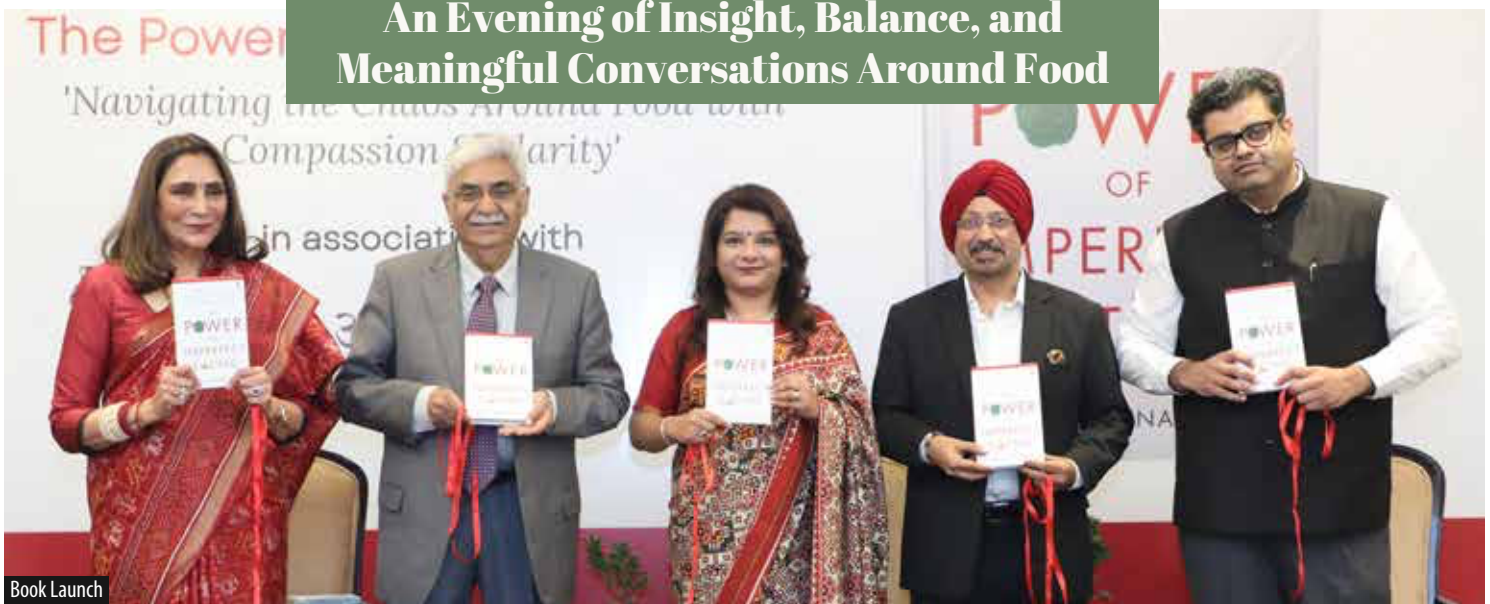


"जिंदगी उस पेड़ जैसी होनी चाहिए जिसकी छाल दालचीनी,
फूल जावित्री, फल जायफल और पत्ता तेजपत्ता हो।"



इस आयोजन को सफल बनाने में अहसास वूमेन रांची के साथ-साथ हिंदी प्रिंट मीडिया पार्टनर दैनिक जागरण का विशेष सहयोग उल्लेखनीय रहा।

An Evening of Insight, Balance, and Meaningful Conversations Around Food



An evening of warmth, reflection, and thoughtful discourse unfolded in New Delhi as the **Prabha Khaitan Foundation** hosted the launch of *The Power of Imperfect Eating* by Kavita Bhatnagar. The gathering brought together distinguished voices from the worlds of medicine, wellness, literature, and public life for a nuanced conversation on food, health, emotions, and the increasingly complex relationship modern society shares with eating.

The event commenced with a gracious welcome address by Neelima Dalmia Adhar, Honorary Convenor of Delhi NCR Affairs of the Foundation and **Ehsaas Woman** of Delhi, who warmly welcomed the audience and reflected on the importance of creating spaces for meaningful intellectual exchange around contemporary lifestyle concerns.

The evening featured a compelling panel discussion with Padma Bhushan awardee and eminent cardiologist T.S. Kler, author Kavita Bhatnagar, and Harbinder Narula, CEO of Businessworld Healthcare & Wellbeing, who moderated the session with warmth, wit, and insight. Sanjay Kumar, Immediate Past President of the Harvard Club of India, was also present and spoke highly of both the author and the significance of the book. Reflecting on Kavita Bhatnagar's unique perspective, he observed that she "has seen food

from multiple lenses—cultural and human behaviour," highlighting the depth and sincerity that shape her work.

What made the discussion particularly engaging was its honesty and accessibility. Moving away from rigid narratives around dieting and food guilt, *The Power of Imperfect Eating* advocates a balanced and compassionate relationship with eating. During the conversation, Kavita Bhatnagar reflected on how modern society often views food through narratives shaped by social media, family traditions, and fear-based wellness trends. She emphasised that awareness, rather than anxiety, should guide food choices.

One of the most moving moments of the evening came when Kavita Bhatnagar narrated an anecdote from her book about a dialysis patient asking his daughter to buy him samosas after treatment. What



Neelima Dalmia Adhar, Dr Kavita Bhatnagar, Mudit Bhatnagar

initially appeared contradictory soon unfolded into a poignant reflection on comfort, memory, and emotional nourishment. For the man, the simple act of having tea and samosas after work symbolised joy and liberation. The story beautifully illustrated the emotional and cultural dimensions of food that often go unnoticed in modern health conversations.

Responding to this, T.S. Kler remarked that food is far more than fuel. “Life needs some spice,” he said with characteristic humour, adding that happiness, satisfaction, and emotional well-being are deeply linked to what and how we eat. His observations balanced medical expertise with practical wisdom, reminding the audience that health cannot be built on fear alone. He repeatedly stressed moderation over restriction, encouraging people to enjoy food responsibly rather than obsess over perfection.

The discussion also explored the growing confusion created by social media health trends and conflicting nutritional advice. From debates around sugar and processed food to concerns about oils, milk, and packaged products, the panel urged audiences to avoid extreme thinking. Kavita Bhatnagar pointed out that demonising entire food groups often creates unnecessary fear and guilt. Instead, she advocated informed choices, moderation, and a deeper understanding of nutrition labels and portion sizes.

Kler echoed similar sentiments while warning against misinformation. He encouraged audiences to trust qualified professionals rather than online trends, humorously remarking that while moderation is important, “zero smoking is non-negotiable.” His candid reflections on fear, stress, faith, and emotional balance added another profound dimension to the discussion. Speaking about acceptance and resilience, he noted that inner calm and emotional equilibrium are as essential to health as diet itself.

The conversation further touched upon Ayurveda, emotional eating, artificial sweeteners, leftovers, and evolving food habits in modern households. Kavita Bhatnagar thoughtfully explained how convenience and practicality also shape contemporary eating patterns, especially in urban life. Her approach consistently moved away from guilt-driven wellness and towards sustainable, realistic habits rooted in awareness and balance.

The event concluded on a warm and celebratory note with felicitations for the speakers and author. Sanjay Kumar felicitated Kavita Bhatnagar, while Amit Singh Chauhan, Acting President of Harvard Club of India, felicitated T.S. Kler and Harbinder Narula before delivering the closing remarks.

More than just a book launch, the evening evolved into a deeply reflective dialogue on food, identity, wellness, and human behaviour. Through humour, honesty, science, and lived experience, *The Power of Imperfect Eating* encouraged audiences to move beyond rigid definitions of “good” and “bad” food and instead embrace a more mindful, balanced, and compassionate way of living.



This session of the book launch was organized with the support of Ehsaas Women of Delhi, and was in association with Harvard Business School and Harvard Club of India

An Evening of Knowledge, Wit & Intellectual Camaraderie



Srinjoy Chowdhury, Kenneth Nobrega and S Venkat Narayan

The eleventh edition of the quiz jointly organised by the **Prabha Khaitan Foundation** and the Foreign Correspondent Club witnessed an enthusiastic gathering of journalists, diplomats, and professionals from diverse fields for an engaging evening celebrating knowledge, teamwork, and intellectual exchange. Hosted by noted journalist and quizmaster Srinjoy Chowdhury, the event reflected the spirit of camaraderie and healthy competition that has become synonymous with the initiative.

Eight teams participated in the lively contest, displaying remarkable wit, awareness, and presence of mind across multiple rounds. Team Saturn, comprising Arnuv Joshi, Jayant Verma, and Shubham Joshi, emerged victorious

and secured the first prize. Team Neptune, represented by Praveen Dass, Kunal Malhotra, and Samar Singh, claimed the second position after a closely contested competition.

The event was further elevated by the gracious presence of Kenneth Félix Haczynski da Nóbrega, adding prestige and warmth to the occasion.

The quiz once again highlighted the joy of learning and meaningful interaction, while fostering stronger community connections among participants from varied professional backgrounds. The evening successfully celebrated curiosity, collaboration, and the enduring value of intellectual engagement in an increasingly interconnected world.



The winners





Darrin Farrant and Shinjini Kulkarni

UN at 80: A Beacon in a Fractured World

An engaging and deeply reflective session titled “UN at 80: Why It Is Needed More Than Ever” brought together diplomats, intellectuals, and members of the wider community for a compelling conversation on the continuing relevance of the United Nations in an increasingly fragmented world. Organised under the **Tête-à-Tea** series, the session featured Darrin Farrant, Director of the United Nations Information Centre (UNIC) in India and Bhutan, in conversation with Shinjini Kulkarni, **Ehsaas Woman** of Noida, whose thoughtful moderation lent depth and perspective to the discussion.

The evening commenced with a warm welcome by Neelima Dalmia Adhar, Honorary Convenor of Delhi-NCR Affairs of the **Prabha Khaitan Foundation** and **Ehsaas Woman** of Delhi, who reflected on the importance of sustained dialogue around global cooperation and shared responsibility.

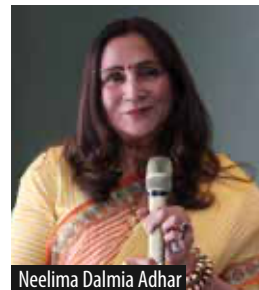
As the conversation unfolded, Farrant offered a candid perspective on the United Nations at a critical juncture in global history. Speaking about the role of UNIC, he explained how the organisation works to raise awareness about pressing international issues while building connections between global institutions and local communities through advocacy, education, and public engagement.

Addressing debates surrounding the effectiveness of the United Nations, Farrant acknowledged the institution’s limitations but emphasised its enduring significance. Reflecting on the absence of another world war since the UN’s formation, he observed that peace is often measured not only by visible successes, but also by crises prevented. He remarked that the UN remains “only as strong as its member states,” highlighting the complexities of

achieving international consensus.

The discussion explored urgent contemporary challenges including refugee displacement, climate change, global inequality, and the future of multilateralism. Speaking on the refugee crisis, Farrant noted the growing displacement caused by war, economic instability, and climate disasters, while stressing the need to reshape public perceptions around migration and refugees. On climate action and the Sustainable Development Goals, he admitted that progress remains far behind target, yet insisted that “giving up is not an option.”

The session concluded with an engaging audience interaction, followed by the felicitation of the guest speaker by Alison Barrett, Country Director of the British Council in India. Thought-provoking and timely, the evening reinforced the enduring importance of the United Nations and the continuing need for global dialogue, cooperation, and shared responsibility.



Neelima Dalmia Adhar



Audience

This session of Tête-à-Tea was organized with the support of Ehsaas Women of Delhi, and was in association with Sai Shinjini Academy of Fine Arts & Culture; Hospitality Partner, The Connaught, IHCL SeleQtions

Ukraine Beyond the Headlines: A Conversation on Resilience and Hope



Oleksandr Polishchuk and Srinjoy Chowdhury

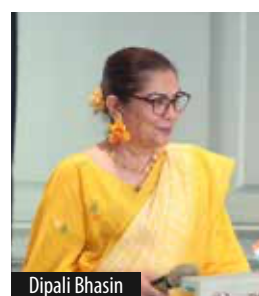
An insightful and deeply engaging afternoon unfolded under the banner of **Tête-à-Tea** as His Excellency Oleksandr Polishchuk, Ambassador of Ukraine to India, participated in a thought-provoking conversation with senior journalist Srinjoy Chowdhury. Organised by **Prabha Khaitan Foundation**, the session offered audiences a nuanced understanding of Ukraine beyond the headlines of war and conflict. The event was warmly introduced by Dipali Bhasin, **Ehsaas Woman** of Delhi, who welcomed the gathering and set the tone for an evening of meaningful dialogue.

Opening the discussion, Srinjoy Chowdhury observed, “Whenever you think of Ukraine, you think of war — but there’s so much more to Ukraine than just that.” His remark framed the conversation as one that sought to move beyond geopolitics and explore the nation’s culture, resilience, and enduring spirit.

Ambassador Polishchuk provided historical and political context, speaking about Ukraine’s democratic aspirations and the challenges posed by the ongoing conflict. Reflecting on the occupation of Ukrainian territories, he expressed hope for the future, stating that Ukraine continues to believe in restoring its internationally recognised borders. He also revisited Ukraine’s 1991 decision to relinquish its nuclear arsenal, noting that the Budapest Memorandum had been signed with expectations of security guarantees that were ultimately violated.



Charu Chauhan



Dipali Bhasin

One of the most compelling aspects of the discussion was the Ambassador’s emphasis on

cultural and historical ties between India and Ukraine. Drawing fascinating parallels between traditions, symbols, and customs, he highlighted the shared cultural echoes that connect the two nations. The conversation also touched upon Ukraine’s historic cities, Kyiv and Lviv, celebrated for their architectural beauty and rich cultural heritage, as well as Odessa’s scenic coastline.

The dialogue further explored the human cost of war, the resilience of Ukrainian citizens, and the nation’s determination to preserve its sovereignty. Ambassador Polishchuk spoke candidly about the emotional and physical toll of the conflict while reaffirming Ukraine’s commitment to peace. He also acknowledged India’s humanitarian support and Prime Minister Narendra Modi’s statement that “this is not an era of war,” noting its significance for the Ukrainian people.

The evening concluded with an engaging Q&A session with the audience. Georg Enzweiler, Deputy Chief of Mission of the German Embassy, felicitated the guest, while Dipali Bhasin delivered the closing remarks, bringing an enriching and reflective session to a thoughtful close.

This session of Tête-à-Tea was organized with the support of Ehsaas Women of Delhi, and was presented by Smartworks; Hospitality Partner, The Connaught, IHCL SeleQtions

Celebrating International Dance Day Through Rhythm & Movement



To celebrate International Dance Day, **Muskaan**, an initiative of the **Prabha Khaitan Foundation**, organised an energetic and engaging dance workshop for children featuring talented freestyle hip-hop artist Akash Agarwal. Conducted virtually, the lively session witnessed enthusiastic participation from nearly 500 children from schools across India.

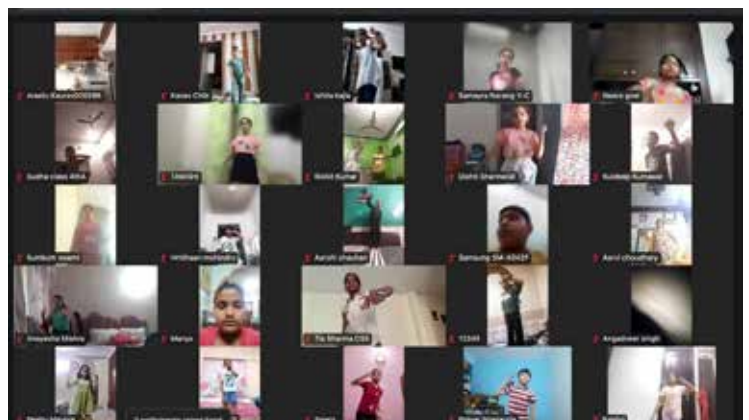
The workshop introduced participants to five foundational hip-hop dance moves — Smurf, Reebok, Monastery, Biz Markie, and Whoop — allowing children to explore rhythm, movement, and creative expression in a fun and interactive manner. Through his vibrant teaching style and infectious enthusiasm, Akash Agarwal encouraged the children to step out of their comfort zones, build confidence, and enjoy the joy of dance.

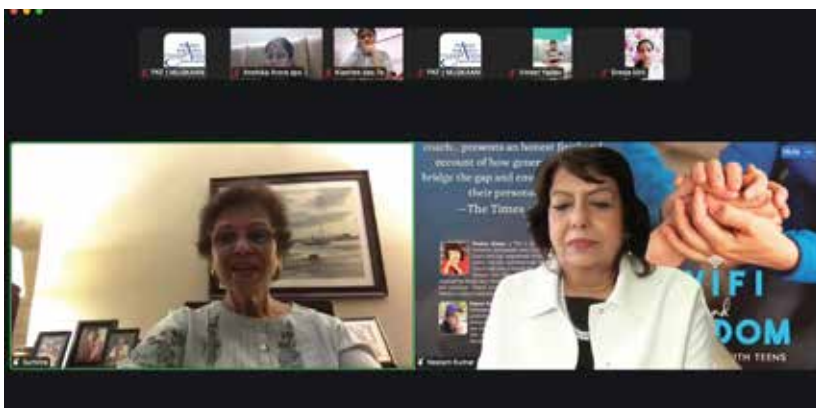
The session was warmly introduced by Sumitra Ray, who welcomed the artist and motivated the children to embrace creativity through performing arts.

Filled with music, movement, and excitement, the workshop created an atmosphere of positivity and learning. The children enthusiastically participated throughout the session and thoroughly enjoyed showcasing their newly learned dance moves.

The celebration beautifully highlighted the power of dance as a medium of self-expression, confidence-building, and connection. Through initiatives like Muskaan, the Foundation continues to create enriching experiences where education, creativity, and enjoyment come together to inspire young minds.

Muskaan is a joint initiative with Education for All





Encouraging Young Minds to Prioritise Mental Wellness

In observance of World Mental Health Month, **Muskaan**, an initiative of the **Prabha Khaitan Foundation**, organised an insightful and engaging workshop titled Understanding and Nurturing Mental Health for students across India. The session was conducted by Neelam Kumar, a bestselling inspirational author, TEDx speaker, and renowned Life Skills Coach known for her impactful work in emotional wellness and youth empowerment.

The workshop witnessed participation from more than 500 students from schools across the country. The session commenced with a warm welcome by Sumitra Ray, who introduced the speaker and highlighted the importance of mental well-being among young people in today's fast-paced world.

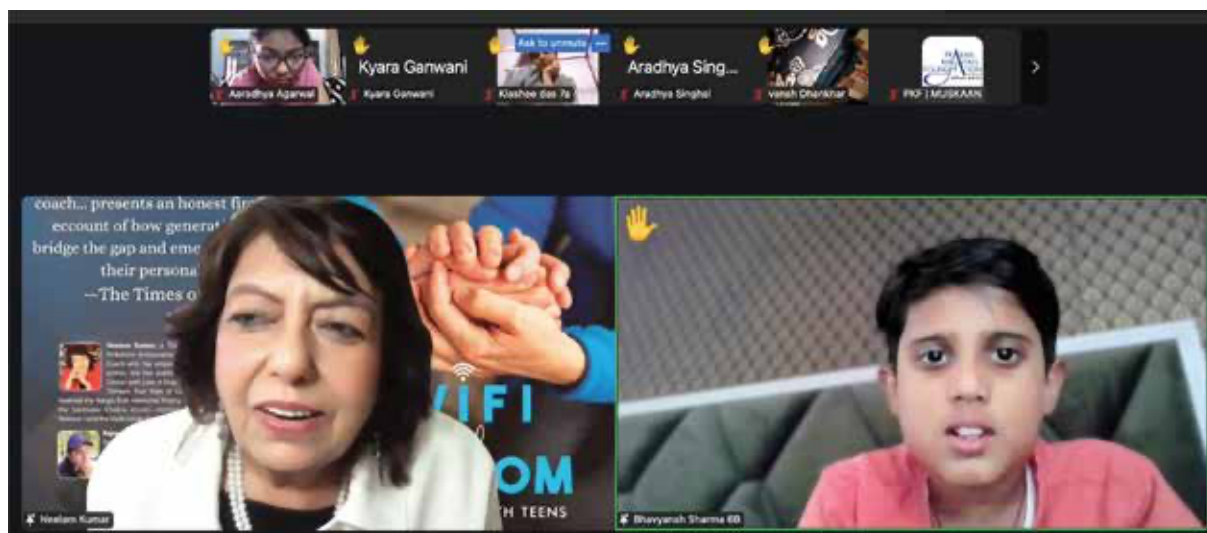
Through an interactive and empathetic approach, Neelam Kumar addressed important aspects of emotional health, including stress management, resilience-building, self-awareness, and the significance of maintaining a healthy balance

between digital engagement and personal well-being. She encouraged students to embrace positivity, practice digital detox, and develop habits that support emotional strength and confidence.

The session resonated deeply with the participants, offering them practical tools and meaningful insights to navigate challenges and prioritise mental wellness in their daily lives. The workshop also encouraged open conversations around mental health, helping break stigma and fostering greater awareness among young minds.

Through initiatives like Muskaan, the Foundation continues to create meaningful learning experiences that nurture emotional growth, confidence, creativity, and holistic development among children and adolescents.

Muskaan is a joint initiative with Education for All





International Women's Day: Celebrating Strength, Inspiring Change

“

There is no limit to what we, as
women, can accomplish.

— Michelle Obama

”

On International Women's Day, the **Prabha Khaitan Foundation** celebrates the strength, resilience, and achievements of women across the world — women who continue to inspire change, challenge barriers, and redefine possibilities in every sphere of life. This day is not only a celebration of progress, but also a reminder of the work that still lies ahead in building a more equal and inclusive society.

Women today are leading transformations in education, science, arts, business, governance, and social development. Yet, many continue to face discrimination, unequal opportunities, violence, and systemic challenges that limit their potential. Empowerment must therefore move beyond conversations and become a sustained commitment to creating safer spaces, equal representation, and meaningful opportunities for every woman and girl.

The **Prabha Khaitan Foundation** has long championed the cause of women's empowerment through initiatives focused on education, skill development, health, entrepreneurship, and cultural engagement. By nurturing confidence and creating platforms for expression and growth, the Foundation believes in enabling women to become changemakers within their communities and beyond.

International Women's Day reminds us that when women rise, societies prosper. Let us continue working toward a future where every woman is empowered to dream freely, lead fearlessly, and live with dignity and equality.



ARTWORK BY **SUDIPTA KUNDU**



Earth Day: Restoring Balance, Protecting Our Planet

“
The Earth is what we all have in
common.

— Wendell Berry
”

On Earth Day, the **Prabha Khaitan Foundation** reaffirms its commitment to environmental responsibility and sustainable living. As climate change, pollution, deforestation, and biodiversity loss continue to threaten ecosystems worldwide, the need for collective action has never been more urgent.

The Earth sustains every form of life, yet human activities continue to place immense pressure on natural resources and fragile ecosystems. Rising temperatures, extreme weather events, plastic pollution, and the destruction of forests and rivers are stark reminders that environmental conservation is not a choice — it is a necessity for the survival of future generations.

The **Prabha Khaitan Foundation** believes that meaningful change begins with awareness and conscious action. From reducing waste and conserving resources to supporting sustainable practices and protecting biodiversity, every effort contributes toward restoring harmony between humanity and nature. Environmental stewardship must become a shared responsibility embraced by individuals, communities, and institutions alike.

Earth Day serves as a powerful reminder that the health of our planet and the well-being of humanity are deeply interconnected. Together, let us commit ourselves to nurturing a greener, cleaner, and more sustainable world for generations to come.



ARTWORK BY **SUDIPTA KUNDU**



On National Endangered Species Day, the **Prabha Khaitan Foundation** highlights the urgent need to protect the countless species that are at risk of extinction due to habitat destruction, climate change, pollution, poaching, and human encroachment. Every species, no matter how small, plays a vital role in maintaining the delicate balance of our ecosystems.

Across the world, wildlife populations are declining at an alarming rate. From majestic tigers and elephants to rare birds, marine life, and pollinators, the loss of biodiversity threatens not only nature but also the future of humanity itself. Healthy ecosystems provide clean air, water, food security, and climate stability — making conservation an essential responsibility for all.

The **Prabha Khaitan Foundation** believes that protecting endangered species requires awareness, education, and collective action. Conservation efforts must focus on preserving habitats, supporting sustainable development, strengthening wildlife protection laws, and encouraging communities to coexist harmoniously with nature.

National Endangered Species Day: Protecting Life, Preserving Balance

“

There is no limit to what we, as
women, can accomplish.

— Michelle Obama

”

National Endangered Species Day reminds us that the fate of wildlife and humanity are deeply connected. By protecting endangered species today, we preserve the richness, beauty, and ecological balance of our planet for future generations.



ARTWORK BY **SUDIPTA KUNDU**



A Celebration of Rhythm and Uninhibited Joy

The **Prabha Khaitan Foundation** presents an electrifying composition by Grammy Award Winner, Ricky Kej, inspired by the vibrant Tapanguchi style of music from South India. Bursting with energy and infectious rhythm, this dynamic piece invites listeners to let go of their inhibitions and surrender to the spirit of celebration.

With beats that progressively intensify into a thrilling crescendo, the composition captures the exhilaration of movement, freedom, and uninhibited joy. Through this lively musical journey, Ricky Kej pays tribute to the rich rhythmic traditions of South India, creating an experience that is both exhilarating and deeply rooted in cultural vibrancy.



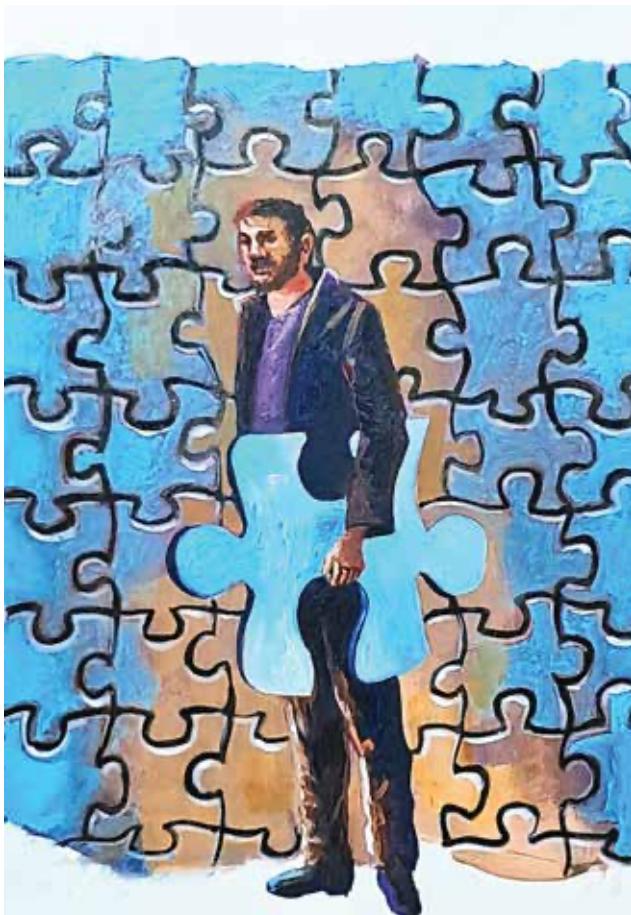
ARTWORK BY **SUDIPTA KUNDU**



A Melody of Coexistence with Nature

The **Prabha Khaitan Foundation** proudly presents a soulful composition by Grammy Award Winner, Ricky Kej, inspired by the wisdom of indigenous cultures across the world that have long championed harmony and coexistence with nature. Performed on the hauntingly beautiful Native American flute, the piece reflects humanity's timeless bond with the natural world.

Gentle melodies flow like wind through forests and rivers, evoking a sense of peace, balance, and interconnectedness. Through this evocative composition, Ricky Kej reminds listeners that humanity thrives best when it lives in respect and harmony with all forms of life, celebrating the shared spirit that unites people, cultures, and the Earth itself.



Insignificant Memories: Echoes of Life's Quiet Moments

The **Prabha Khaitan Foundation** presents a deeply reflective composition by Grammy Award Winner, Ricky Kej, inspired by the seemingly insignificant moments that quietly shape our lives and remain etched in our memories forever.

Through delicate melodies and emotional undertones, the composition captures the beauty of fleeting experiences — the small conversations, passing glances, quiet joys, and forgotten wonders that often hold the deepest meaning. Ricky Kej's music gently reminds us that life is not always defined by grand milestones, but by the subtle moments that leave lasting impressions on the heart and soul.

Prabha
प्रभा

अपनी भाषा अपने लोग

Handscripted by Paresh Maity

