

Breaking Barriers: Ramkripa Ananthan's Journey in Designing the Mahindra Thar



Ramkripa Ananthan is a woman known for her remarkable contribution to the automotive industry, particularly for her role in designing the Mahindra Thar. Ananthan, who was born and raised in India, followed her love of engineering and design and eventually made a big impact on the country's auto industry.

Ananthan's path to designing the Mahindra Thar was evidence of her ability and perseverance. She pursued a profession

in automobile design after receiving her degree in mechanical engineering since she wanted to build cars that spoke to the desires and ambitions of Indian consumers.

Her big break came when she was hired by one of India's top automakers, Mahindra & Mahindra, as an engineer on the design team. Here, she got the chance to work on the Thar project, an iconic and robust off-road vehicle that had captured the attention of adventure seekers all over the nation.

Ananthan approached the task with enthusiasm and creativity, drawing inspiration from India's diverse terrain and the rich heritage of the Thar brand. She worked closely with her colleagues to conceptualize and refine the design, ensuring that it not only met the highest standards of performance and functionality but also reflected the unique spirit of freedom and exploration.

The result of her efforts was the all-new Mahindra Thar, a vehicle that seamlessly blended modern design elements with the ruggedness and reliability for which the brand was known. With its distinctive silhouette, robust build, and cutting-edge features, the Thar captured the

hearts of automotive enthusiasts and critics alike, earning accolades for its innovation and versatility.

Ananthan's role in designing the Thar was particularly significant as it represented a departure from traditional norms in the Indian automotive industry. As a woman in a predominantly male-dominated field, she shattered stereotypes and paved the way for greater diversity and inclusion in design and engineering.

Her work on the Thar not only showcased her talent and creativity but also underscored the importance of representation and diverse perspectives in product development. By bringing her unique insights and experiences to the table, Ananthan played a pivotal role in creating a vehicle that resonated with a broad spectrum of consumers, transcending gender and cultural boundaries.

Today, the Mahindra Thar stands as a testament to Ananthan's vision and expertise, a symbol of innovation and excellence in the Indian automotive landscape. Her contribution to its design has left an indelible mark on the industry, inspiring future generations of designers and engineers to push the boundaries of creativity and craftsmanship.

In celebrating the achievements of Ramkripa Ananthan, we not only honor her remarkable talent and dedication but also recognize the transformative power of diversity and inclusion in driving innovation and progress. Her story serves as a reminder that great design knows no gender and that the pursuit of excellence is open to all who dare to dream and pursue their passions.





Kunti Hariram, a woman of extraordinary talents and unwavering determination, has become a prominent figure in poetry, art, literature, and yoga. Her creative expression and dedication to empowering women have earned her numerous accolades, making her an inspiration for aspiring artists and social advocates alike. Recently, Womanews conducted an online talk show with Kunti Hariram, given her residence in Jhansi.

Here's a summary of the interview:

Introduction:

Kunti sees herself primarily as a housewife and then as an artist and yoga teacher.

Inspiration:

She believes that talents like poetry, art, and yoga are innate and develop further with opportunities. Her interest grew over time as she encountered various experiences in life.

Education:

Born on April 13, 1957, in Jhansi, Kunti pursued a Bachelor of Arts degree from Ujjain. Although she initially paused due to marriage, she resumed her studies later, completing her bachelor's degree and a Master of Social Work degree from Bundelkhand University.

Experience as a Juvenile Magistrate and AIDS Advisor
Kunti Hariram's accomplishments span a diverse range of occupations and creative pursuits. Before embarking on her creative

pursuits, Kunti Hariram served as a Juvenile Magistrate in Jhansi from 2002 to 2004, where she dedicated herself to the welfare of young individuals. She also served as an AIDS Advisor in 2006, contributing to the fight against this devastating disease. Presently, Kunti Hariram's occupations include being a poet, artist, writer, and yoga teacher.

Notable Works:

Her passion for poetry and art has been widely recognized through the publication of her poems and artworks in esteemed national newspapers and magazines such as Dainik Jagran, Amar Ujala, Swadesh, Nai Dunia, Pakhi, Hans, Aam Yuddh Rat Aadmi, Kathadesh, and many more. Her poems have also found a place in several poetry collections, including "Andhere Mein Kandil," published by Shilpayan Publication in 2011, and "Panchva Mausam Kaafila," published in Chandigarh in 2015. In 2021, she took on the role of editor for the story collection "Gathaen Param Vir Chakra Vijetaon Ki."

Yoga Training Sessions:

Her commitment to empowering women is exemplified by her daily free yoga training sessions since 2013, conducted at Gajanan Park in Jhansi from 6:30 am to 7:30 am. Through these sessions, she has touched the lives of numerous women, helping them find physical and mental well-being. Despite initial challenges, her initiative has attracted over 100 participants, which she considers a significant achievement.

Engagement with the Creative Community:

Kunti Hariram's artistic prowess has been showcased in various art camps, group shows, and exhibitions across the country and even abroad. Notable events include the "Kala Mahotsav" in Bhubaneswar, Odisha, the

The Creative Journey of Kunti Hariram: Inspiring Women Through Poetry, Art, & Yoga

"Kalavart Kala Parv" in Ujjain in 2008, and an art workshop in Kuala Lumpur, Malaysia. Her artworks have been displayed in renowned venues such as the Chhatrapati Shivaji Museum in Mumbai, the Aparna Art Gallery in Delhi, and the Gandhi Art Gallery in Delhi, among others. Her participation in an art project earned a place in the Guinness World Records, with 1,500 artists collaborating to create magnificent artwork.

Recognition and Awards:

The recognition and honors bestowed upon Kunti Hariram reflect the impact of her dedication to her craft. Notable awards include the Bundelkhand Ratna Award, presented by Central Minister Aditya Jain in 2011, and the Param Moksh Kavita Puraskar awarded by Mahatma Gandhi International University, Wardha, Maharashtra in 2011, for her poetry collection "Andhere Mein Kandil." She has also been

honored at prestigious events such as the All India Poets' Conference in Khurja, Gujarat, and the International Writer Festival at Mohanlal Sukhadia University, Udaipur. Her talents have been recognized with awards such as the "Sangeet Shri" honor, the "Shri" Music Award by Kerala Gandhi Smarak Nidhi in Trivandrum in 2014, and the Senior Talent Award at the Social Media Conference organized by the Veerangana Foundation in Janakpur, Nepal, in 2014.

Kunti Hariram's contributions to poetry, art, literature, and yoga have left a lasting impression, inspiring countless individuals. Her story exemplifies the transformative power of art and the importance of pursuing one's passions to make a difference in the world.

As her journey continues, Kunti's creative spirit will continue to inspire and leave a legacy for generations.



Learning to Say No

Do you have a hard time saying no? Are you a people pleaser? Do you have a difficult time setting boundaries and getting others to respect them? I get it. In fact, I spent many years allowing others to overstep my boundaries. A few years ago, I finally learnt to say no without feeling guilty or ashamed because of one discovery: living a meaningful life. We can follow all the steps to establishing healthy boundaries, but if we don't live a life that means something to us, then we will never be able to develop and maintain clear boundaries. Read on to learn how you can also add meaning to your life so setting healthy boundaries and saying no feels like a breeze.

Step 1: Be brave

Your body should not be a permanent and comfortable home for trauma. If that's the case, then it's time to come to terms with the pain and suffering. To move forth, it is essential to ask the hard questions to understand your behavior patterns.

The fears, turmoil, agonizing memories and PTSD have to be worked through before you can add any meaning to your life. This process doesn't and won't happen overnight, so take your time, but promise yourself this: you will at least begin the journey of facing the truth and healing.

Step 2: Identify

Recognize and outline your priorities without worrying about what anyone else might think. Figure out what matters to you and not others. Identify your top 3-5 priorities and then spend some time analyzing your satisfaction towards the time and energy you give these priorities. If there is even the slightest dissatisfaction, then boundaries need to be implemented. Through this exercise, you figure out what and who matters to you and why.

Step 3: Face the music

When you first begin saying no to the people you've always said yes to, there will be consequences. As scary as it may seem, you have to hold your own. You will perspire, feel anxious, angry, or scared, lose sleep, cry and experience a myriad of other emotions, but stay the course.

The better prepared you are to deal with the backlash, the quicker you will rebound.

Step 4: Accept the emotions

Initially, you might experience guilt, shame or hurt as you learn to set healthy boundaries. Instead of ignoring or numbing these emotions, process them. Accept, acknowledge, and understand them to break the cycle. Grasp why there is any negative emotion associated with drawing boundaries, but also pay attention to the positive emotions.

When I first started setting boundaries, I often felt guilty; however, along with the guilt, I also encountered a deep sense of relief. I felt free, light, and less stressed. I held on to those positive emotions and recalled them every time I got uncomfortable establishing boundaries. Eventually, the positive emotions superseded the negative ones enough to serve as a strong motivator and purpose.

Step 5: Be clear

Have a clear answer to why you wish to set boundaries in the first place, so you can explicitly articulate your needs. Or else, it will be too easy to apologize unnecessarily. Be succinct and direct.

You can say what you have to say confidently only if you comprehend it and are on board with it. Get your buy in first; it's the only one that matters.

Step 6: Keep learning

It takes non-stop practice to set healthy boundaries. It is easy to give in sometimes only to realize that was not actually what you wanted.

Learn from all the times you successfully established your boundaries. Celebrate, be proud of yourself, and figure out what went well and what did not. Every personality is different, so learn as you go.

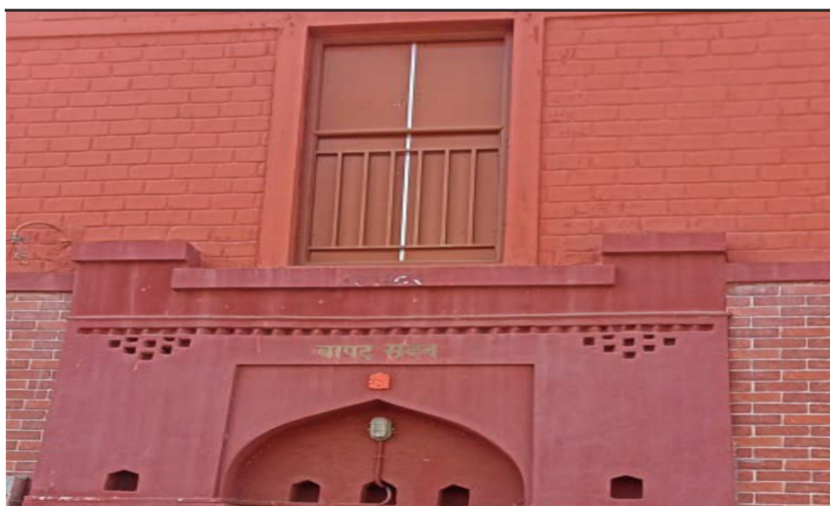
Step 7: Be kind to yourself

As a recovering people pleaser, I still have moments when I slip and say yes when I want to say no. Or I give into peer pressure. In those instances, I try to willingly not be hard on myself. I attempt to understand what happened and why I caved so as not to repeat the cycle. I've realized that is a more productive approach than berating myself.

To sum it up, setting boundaries doesn't come easily to many of us, especially if there is a strong desire to belong and feel loved. Regardless, true belonging and loving comes from a place of space, understanding and respect. It's never too late to practice healthy ways to love ourselves. We are way too impatient with ourselves, so approach this change as a journey. There will be blips and bumps, but it'll lead you to better mental and overall health.

Chaitni Modi, NBC-HWC, PN1-NC

Chaitni is a holistic mindset and nutrition coach helping clients cope with stress and anxiety through healthy habit formation, lifestyle changes, and proper nutrition. She is board certified in health coaching in the United States and holds a nutrition certification from Precision Nutrition. Her anti-diet approach allows her clients to embrace sustainable wellness practices towards a wholesome life.



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Painting, Sketching, Drawing

SPB : Redefining Business Success and Growth



Super Power Business Growth (SPB) recently hosted a vibrant gathering aimed at unlocking the secrets to success in business, life planning, and health. Held on February 15th, 2024, a Tuesday evening at 7 p.m., the event took place at the lively Zest House in Surat. With a red and black theme setting the stage, over 20 eager individuals joined together for an evening of inspiration and enlightenment.

The event was made possible through the generous sponsorship of Dr. Kartik Hadia, an esteemed professional in the field of Orthodontics and Dentofacial Orthopaedics (BDS, MDS). Adding further significance to the occasion was the presence of Mr. Tushar Ginoya, a multifaceted personality renowned for his expertise in Civil, Interior, and Architectural design. Mr. Ginoya also serves as a respected faculty member at several universities, enriching minds with his knowledge and experience.

The evening commenced with a warm welcome extended by the SPB team, comprising Sona Chauhan, Parul Sosa, and Bhavini Chauhan, the driving forces behind SPB Events. Parul Sosa set the tone with her welcoming remarks, paving the way for Bhavini Chauhan to take the stage.

Bhavini Chauhan, who heads BN Consultancy and holds the prestigious title of MDRT LIC Advisor and Financial Planner, captivated the audience with her insightful presentation. Shedding light on the importance of LIC insurance and sharing her notable achievements, Chauhan's expertise provided attendees with valuable financial insights and strategies.

Following the enlightening presentation was a session of minute pitches, where all participants were given the opportunity to showcase their businesses. This segment facilitated networking and collaboration as individuals connected, exchanged ideas, and explored potential synergies.

Overall, the SPB event proved to be a dynamic platform for individuals to gain valuable insights, forge meaningful connections, and take steps towards personal and professional growth. With its blend of informative sessions, engaging discussions, and networking opportunities, the event left attendees inspired and empowered to navigate their entrepreneurial journeys with renewed vigor and purpose.

PUMA For Revolutionary Movement



Continuing its mission to develop the sports ecosystem in India, especially women's sport, global sports brand PUMA has brought together illustrious female icons including boxing great MC Mary Kom and celebrated actor and entrepreneur Kareena Kapoor Khan among others at a Women's Premier League (WPL) match in New Delhi on March 10 for a unique Ladies' Night that champions the cause of women's cricket in the country.

PUMA took to social media on Thursday to launch a revolutionary campaign with a digital film conceptualised by PUMA featuring Kareena Kapoor Khan, MC Mary Kom, fashion designer Masaba Gupta, India's accomplished businesswoman and cofounder of SUGAR Cosmetics Vineeta Singh and renowned news anchor Faye D'Souza.

The film, narrated by the leaders, revealed that women's cricket receives only the 1/8th viewership of men's cricket, reflecting the staggering gender bias in the sports ecosystem in the country (as per official digital viewership data of 2023). The stars pledged to come together to watch the WPL match over an ultimate Ladies' Night, inviting women from all walks of life to join them in celebrating women in sport with #CricketIsEveryonesGame.

Commenting on the occasion, Karthik Balagopalan, Managing Director of PUMA India, said, "As the country's leading sports brand, PUMA has been a long-standing driver of change in shattering gender biases and championing women's sports. Traditionally, women in the country have not been encouraged to watch and embrace sports as men have. Now that is the need of the hour. We are at the turning point to create an equitable sporting landscape and women need to watch women's sport in order to drive change."

Karthik added, "As we launch this campaign today, it is heartwarming to have India's leading women such as Kareena Kapoor Khan, Vineeta Singh, MC Mary Kom, Masaba Gupta and Faye D'Souza, use the power of their voice and platforms to address this cause. Cricket is Everyone's Game and as a brand we have been advocating it from the time we onboarded Harmanpreet Kaur with an award-winning social experiment. We are confident now that this remarkable collaboration will further the narrative, level the playing field, increase fandom and create inspiration for the future generation of women athletes."