

Vol 18

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FEMMETIMES

Media

Queen OF
TELEVISION

CELEBRITY
SANGEETA KAPURE
Expression Queen -2023

Exclusive Interview With Celebrity Actress



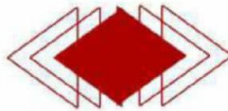
OUR TEAM

Teamwork is the force behind every successful business. Only when employees come together, share a common vision of the goal, put together their strengths, complement their weaknesses, and help each other in times of need- can an organization grow to its greatest heights.

Manisha Gangawat

Magazine Head

Once you have your overall theme, you can start brain storming the content. Just starting? Design a memorable masthead with an equally memorable name.



Pankaj Mahawar

Creative Designer

To create your own, choose a topic that interests you. It can be anything from fashion and beauty to travel and the news.

Ayushi Agarwal

Sales & Marketing Team

It is not your customer's job to remember you. It is your obligation and responsibility to make sure they don't have the chance to forget you



Munazir Hussain

Print & Digital Partner

Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus



SUCCESSFUL WOMEN

FEMMETIMES MAGAZINE

Femmetimes Magazine Presents: Queens Of
Success - 2023

Get ready to be inspired and empowered as
we unveil our sensational December edition of
Femmetimes Magazine! In this special issue,
we shine a spotlight on extraordinary women
who are making waves, breaking barriers, and
changing the world in 2023.

Pratigya Singh

Content Writer

*December
edition*

In this issue we feature "Queen Of
Success - 2023," we introduce you to a
diverse group of remarkable women
from various fields and backgrounds
who are redefining what it means to
be a superhero in the real world. From
trailblazing scientists and tech
innovators to fearless activists and
creative visionaries, these women are
true game-changers.



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Health Tips By DR. TRISHALA CHOPRA

Mastering the Art of Managing Period Cramps

Ah, the monthly visitor—menstrual cramps. They're like an unwanted guest that often brings discomfort and disrupts our routines. However, the good news is that effectively managing period cramps can transform these difficult days into more manageable experiences. Here's a guide to help you navigate this natural part of life with ease.

MAINTAINING A HEALTHY LIFESTYLE :

Exercise isn't just about fitness; it's your ally against cramps. Activities like yoga, walking, or swimming boost circulation and reduce inflammation, easing period pain naturally. Stay hydrated with a balanced diet—think fruits, veggies, and whole grains for regular hormones and well-being. Reducing stress with techniques like meditation can also help manage cramps.

HARVESTING HEAT THERAPY :

Big relief comes from heating pads or a hot water bath. These soothe muscles and increase blood flow to your abdomen, offering natural pain relief.

Harvesting Heat Therapy :

Place the gel pack over your lower back or abdomen for 15-20 minutes at a time. Reapply as needed. For extra relief, combine heat with a footbath or a warm shower.

Exploring Alternative Therapies :

Herbal remedies like ginger, turmeric, and chamomile tea can help ease cramps. Acupuncture and massage are also options for natural relief.

HERBAL REMEDIES :

Herbs like ginger, turmeric, and chamomile tea can help ease cramps. Acupuncture and massage are also options for natural relief.

Stress-Relief Techniques :

Deep breathing, meditation, and yoga can help reduce stress and ease cramps. Try these techniques daily for best results.

Hormonal Helpouts :

Over-the-counter pain relievers like ibuprofen can help with cramps. Hormonal birth control is another option for long-term relief.

Managing period cramps is a journey that involves various strategies. Experiment with lifestyle changes, home remedies, and, if needed, medical interventions to find what works best for you. Seeking advice from a healthcare professional is key to ensuring a comfortable, pain-free menstrual experience. Embrace these methods, and bid farewell to those uncomfortable cramps!



Woman Social Entrepreneur -2023 MANJULA SULARIA

*A Visionary Leader Transforming Lives and
Empowering Communities"*



Meet Manjula Sularia, an award-winning Life Skills Coach and Social Entrepreneur whose remarkable journey has left an indelible mark on the landscape of empowerment and positive change. As the CEM of 'The Transformation Table Coaches,' a nationally recognized Life Skills Training & Knowledge Enterprise, Manjula has not only been a *NSM TALK* speaker but has also been honored as the *Most Active Woman Entrepreneur of the Chandigarh Region*.

With an inspiring commitment to societal well-being, Manjula has dedicated over 8 years to the Indian Army's *Saahaswini Project*, working in various *Line of Control (LOC)* areas in Kashmir. Last year, she received recognition from the Lt. Governor J & K for her intensive youth development efforts in Kashmir. A true philanthropist, she extends her impact through the *SWH, Prerna House Foundation*. Join us in exploring the transformative journey of a leader whose vision transcends boundaries, leaving a legacy of empowerment and positive change.



Awards and achievements:

- 1. Most Active Woman Entrepreneur of Chandigarh Region.*
- 2. Award from the Lt. Governor J & K for Intensive Youth Development in Kashmir.*
- 3. Over 8 years of dedicated involvement in the Indian Army's Saahaswini Project.*
- 4. Extensive work in various Line of Control (LOC) areas of Kashmir.*





Some Q&A with Masjida Saifurra:

Q: How do you leverage technology and modern platforms in reach and impact a wider audience with your Q&A skills coaching and social entrepreneurship initiatives?

Masjida Saifurra: "Through various platforms and digital tools, we reach individuals, online courses, live social media engagement, podcasts, and more, and things I've been able to connect with audience worldwide, offering life skills coaching and promoting social entrepreneurship initiatives. My consistent presence on various social media handles such as Facebook, Twitter, LinkedIn, eLearn, Facebook, Instagram, Blogger, and more through live broadcasts, courses on a global scale. Overcoming these problems, I aim to make a meaningful impact and spread the reach of my initiatives, fostering personal and community development. The digital knowledge provides an excellent opportunity to connect, inspire, and empower individuals from diverse backgrounds, promoting positive change across the globe."

Q: In the rapidly changing landscape of professional development, what innovative approaches have you incorporated into your training programs to address the evolving needs of individuals and organizations?

Masjida Saifurra: "In terms of an innovative approach to my training programs, I have worked on:

- Designing and conducting various learning and training programs, courses, or both online and offline programs.

- Designing and conducting various online programs in the field of career and to cater other various domains such as, life skills and business training.
- Leveraging various digital marketing strategies and helping individuals to create high-quality content.
- Encouraging involvement and participation of individuals in social activities, self-education and get actively along in various ways."

Q: With your significant experience in the Anti-Money Laundering (AML) and youth development in Australia, how do you see the role of life skills training in fostering resilience and empowerment, especially in light of rising unique challenges?

Masjida Saifurra: "Through consistent training and guidance of essential life skills like self-confidence, self-empowerment, self-management, promoting the development, enhanced self-being and enhanced interpersonal skills, I am able to help the youth in Australia with:

- Fostering stronger awareness of one's strengths and weaknesses and accordingly, being more prepared and open one to self-improvement.
- Fostering of resilience along with mental strengthening and stronger emotional well-being.
- Effectiveness in meeting the required goals and getting them feel less stress and being.
- Helping the distressed and the individual youth to connect with their parents and the proper guidance of life, being proactive and resilient towards life and its various challenges."





Queen Of Success
ANANYA DASMAHAPATRA
WOMAN EDUPRENEUR
-2023

"Symphonies of Life: Ananya Dasmahapatra's Harmonious Journey"

Introduction:

"Meet Ananya Dasmahapatra, a multifaceted individual whose life resonates a symphony of art, culture, and passion. Daughter of Arts and Education Dasmahapatra, she gracefully blends her academic pursuits, holding an English Honors degree, with the rhythm of classical dance and the melody of music. Ananya's journey is not just academic; it's a harmonious dance between tradition and modernity. Now happily married to Mr. Shyamprasad Sahoo, the resilience to carry her life with the vibrancy of education. As we explore the chapters of Ananya's life, witness every step in her educational odyssey and every note in her music with a note of passion, dedication, and the celebration of life."

Awards and achievements:

- 1.2018: Received Best Teacher Award during employment.
- 2.September 2020: Honored with Ananya Samman for empowering girls through our company.
- 3.November 2021: Organisation awarded Best Academy, recognizing outstanding contributions.



Some Q&A with Ananya Dasmahapatra:

Q: How do you incorporate the latest educational trends into your classroom teaching methods at the Knowledge driven Pvt Ltd?

Ananya Dasmahapatra: "The motto is learning throughout as that the pace of learning is moved from the mind, and they can study with us. We also maintain a friendly relationship between students and teachers in the classroom."

Q: As the Director of this Knowledge driven, what challenges and opportunities have you encountered in adopting or evolving technologies in education?

Ananya Dasmahapatra: "There is completely a new teaching method in our schools, as it makes while in a certain manner about the benefits of internet. But when they understand and are working with us, it helps us a lot."

Q: Can you share a recent success story or innovation from your role as an education teacher that reflects the current trends in educational practices?

Ananya Dasmahapatra: "One of various, by learning about, however we can take from home through doing homework, especially during College students can also work by learning about."





Woman Make-Up Artist **AYESHA KHAN**

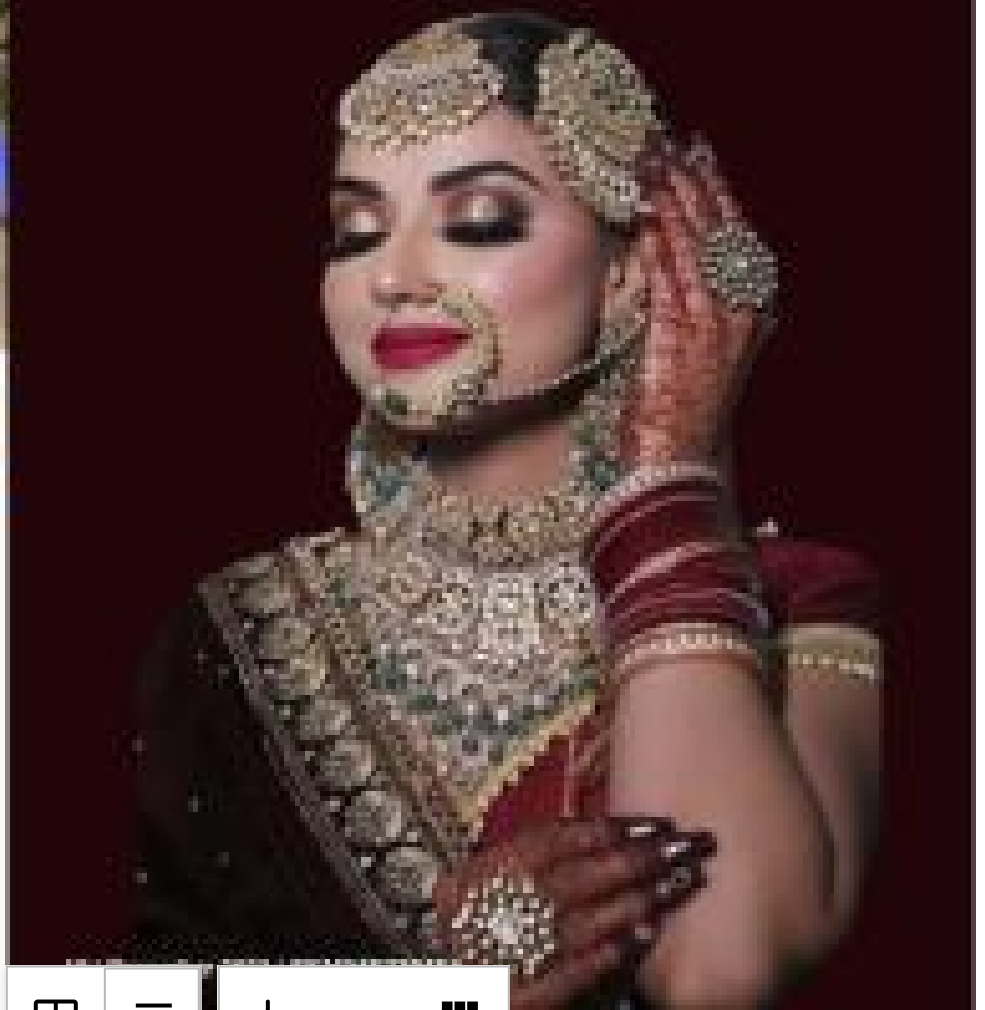
“A Creative Odyssey from Finance to Beauty”

In the captivating journey of Ayesha Khan, a masterful graduate in finance with a degree diploma in management, she has emerged as a professional in the financial market. Ayesha navigated through the complexities of stock trading for the years. While competing corporate firms like IFC and the Delta Policy Club (Singapore), she harbored ever-growing aspirations and found herself a new path due to personal reasons.

Embracing change, Ayesha emerged from the corporate and academic realm, venturing into the world of makeup artistry. Now a flourishing makeup artist, she shines for financial women with artistic flair, creating a unique synthesis of precision and creativity. Join us as we explore Ayesha Khan's fascinating narrative, uncovering the evolution from numbers to brushstrokes in a journey that epitomizes resilience and creative reinvention.

Awards and achievements:

1. Certified by renowned makeup artist Parul Garg.
2. Consistently delivers exceptional work in the makeup industry.
3. Brings smiles to clients' faces, considering it a significant achievement in itself.



Some Q&A with Ayesha Khan:

Q. What's your go-to makeup tip for achieving a flawless look that withstands long hours or various weather conditions?
Ayesha Khan:

- Start with skincare.
 - Choose the right foundation and concealer.
 - Layer concealer for added coverage.
 - Use translucent setting powder for a lasting finish.
 - Apply eye primer before eyeshadow.
 - Ensure proper setting of eyeliner.
 - Try the layering trick even for a natural glow.
 - Pay attention to lip care for an extra polished look.
 - Prioritize skin prep with cleansing, exfoliating, and priming for prolonged makeup longevity.
- A good prep before I start my makeup is very important. Rather than just relying on fixing sprays, I prep my skin with the wedding kit—cleansing, exfoliating, moisturizing, and priming, and it stays on for longer!*

Q. Could you share a skincare routine or product that you swear by for maintaining healthy and radiant skin, especially with a busy schedule?
Ayesha Khan:

- The perfect skincare routine can vary depending on my individual skin type, concerns, and preferences. However, here is a general guide to building an effective skincare routine:*
- **Cleanser:** I wash my face with a gentle cleanser twice a day, morning and night. This removes dirt, oil, and makeup from my skin.
 - **Moisturizer:** I apply a moisturizer to my face after cleansing. This helps to hydrate my skin and prevent it from drying out.
 - **Protect:** I apply sunscreen with an SPF of 30 or higher to my face and neck every day, even on cloudy days. Sunscreen helps to protect my skin from the sun's harmful rays, which can cause premature aging and skin cancer.

Q. In the realm of wedding trends, what's a versatile technique or product you recommend for a quick, everyday glam look?
Ayesha Khan:

- Apply a moisturizer followed by an SPF.
- Use a foundation or brightness primer for a glowy base. Pump my preferred foundation into the beauty blender.
- Apply concealer to any under-eye triangle shape. Blend my makeup with a setting powder.
- Use a big fluffy brush to apply my blush.
- Fill in my brows with a pencil and/or brow gel.
- Apply blush to the apples of my cheeks.
- Apply highlighter in a C-shape starting just above my brow and curving around to the top of my cheekbone. Use my favorite eyeshadow.
- Curl my lashes. Apply mascara.
- Apply lipstick!



Queen Of Success -2023

ISHU GUPTA

*Young Woman Tarot Card
Reader*

*"Bridging Worlds with Tarot,
Numerology, and Manifestation"*

In the bustling city of Lucknow, Ishu Gupta, a dynamic figure, seamlessly balances her career in the IT sector with her role as a sought-after tarot reader, numerologist, and manifestation coach. Uncovering her journey, Ishu's career began as a skilled teacher before a transformative shift in the IT realm. While excelling in technology, her passion for energy practices flourished, propelling her into the world of tarot and numerology. With over 10,000 global clients, Ishu's expertise in energetic skills reflects her commitment to helping others. Through the fusion of tarot sessions and AI processes, she aspires to reach more lives, utilizing these powers to guide individuals toward a better tomorrow.

Awards and achievements:

1. *Tarot Card Reader and Numerologist at Astroage, serving 1,700+ satisfied clients globally.*
2. *Conducted Tarot Guidance sessions for IITF Bank and IITFC Bank staff, and two sessions for Punjab National Bank employees in Kanpur.*
3. *Offered Tarot Guidance to delegates from 14 countries at the 1st meeting of SCO Member States' Heads of Supreme Audit Institutions in Lucknow, attended by Comptroller and Auditor General of India, Mr. Anil Chaudhary Mishra (February 6th, 2025).*
4. *Maintains a personal global clientele of 1000+ individuals, including Central Government Ministers and State Bureaucrats, with testimonials available upon request.*





Ishu Gupta

**Tarot Card Reader,
Numerologist, &
Manifestation Coach.**

Q. Could you share a success story where your tarot readings or numerology consultations made a significant positive impact on someone's life, highlighting the relevance of these practices in today's society?

Ishu Gupta: "Handling modern problems is indeed challenging due to their diverse nature, ranging from career issues to relationship complexities and foreign ventures. Among many success stories, I'll share one about a client undergoing a tough period due to a property dispute. Despite the prime location, she struggled to sell it for years, entangled in legal issues. Upon consulting with me, a thorough analysis revealed the root cause. In a few weeks, not only did her legal troubles vanish, but she also successfully sold her property for a handsome amount."

Some Q&A with Ishu Gupta:

Q. How has the integration of technology, like online consultations through the Astrologer First Panel, impacted your practice as a Tarot Card Reader and Numerologist?

Ishu Gupta: "The integration of technology has been a revolution for me, allowing many people to reach out. It has completely eradicated distances related to geographical boundaries and reduced the overall cost of sessions. I've observed that people are more comfortable doing online sessions, being in their familiar surroundings, leading to increased efficiency. Their comfort allows me to connect more profoundly, offering better insights and solutions. Despite some initial queries, online sessions are equally if not more effective. For some sessions, I provide a choice of different card sets. Overall, the convenience established through technology has considerably reduced wait times and cancellations."

Q. In a rapidly changing world, how do you adapt ancient occult practices to resonate with a modern audience, particularly in a diverse cultural landscape like Lucknow, Uttar Pradesh?

Ishu Gupta: "Occult practices have a rich historical legacy, standing the test of time. The modern audience seeking help is well-informed, drawn to the internet. As a practitioner, I ensure a blend of ancient wisdom with contemporary problems. Combining astrology, metaphysics, and ancient methodologies has successfully addressed complex issues. The dual nature of energies remains constant, and in the modern world, problems, though diverse, stem from negative energies. The right use of positive energies can balance them. I've succeeded in accomplishing this, leading to the satisfaction of most clients."



Woman Edupreneur

FOUZIA NAZEER

"Nurturing Minds, Shaping Futures: The Inspiring Journey of Educator and Mother, Fouzia Nazeer"

Fouzia Nazeer, a distinguished educator aged 40, is a beacon of knowledge and inspiration. Born in Small Town and raised in the vibrant city of Lahore, she embarked on a transformative educational journey. With a solid academic foundation comprising a B.A., B.Ed., and an M.Ed. in English Language, Fouzia further enhanced her teaching prowess by completing a Master's course in Management. She has been running the school for 21 years. Her, Fouzia Nazeer is the founder of "The Blossoms".

Her profession as an educator is fueled by a passion and a deep commitment to the growth and development of her students. She believes in the power of education to shape the future and to provide a bright path for all. Her dedication is evident in the results of her students. What sets her apart is the unwavering inspiration of her students that she sees daily. She generously shares the wisdom she imparts to her students with her children. Beyond her role as an educator, Fouzia takes pride in being a devoted mother to her two children as one of her life's greatest achievements in this world. She also has the extraordinary gift of Fouzia Nazeer, a woman who seamlessly balances the roles of educator and motherhood.

Awards and achievements:

- **Achievements:** Receiving the award of becoming a Higher level of education.
- **Fulfillment:** Teaching all age groups of children, serving a diverse set of needs.
- **Perseverance:** Growing education to ensure that knowledge encompasses the importance of good habits.
- **Entrepreneurial Acquisitiveness:** Being involved as a role model in different schools, considering it a meaningful and very successful journey.



Some Q&A with Fouzia Nazeer:

Q. What inspired you to establish *Thin Montessori*, and how do you perceive its role in shaping the future of education in the current landscape?

Fouzia Nazeer: "My teachers, my teachers, and my teachers."

I have learned a lot from them.

Whatever I am, whatever I know, it's simply because of them.

I am really glad and blessed to have had amazing teachers who have developed my affinity towards my subjects. They inspired me to open up Montessori schools. I have opened 4 Montessori in My own Montessori is to help a child become independent.

To enable them to contribute to their physical, mental, and moral education.

To enable them to contribute to their physical, mental, and moral education.

Q. As a leader with multiple branches, how do you adapt to the evolving educational trends and ensure *Thin Montessori* stays innovative and relevant?

Fouzia Nazeer: "The main purpose of my Montessori school is to provide a carefully planned, stimulating environment that will help the child develop an excellent foundation of creative learning. The specific goals for the children who attend my Montessori are developing a positive attitude towards their school as well as parents too."

Fouzia Nazeer: "The goals and do what it takes to accomplish them. I am a person who doesn't want to be told what to do. I come up with good ideas and turn my visions into reality. I make sure to communicate with others in a group."

Q. Can you share insights into your journey as the founder of *Thin Montessori* and the impact you aim to make in the field of early childhood education, considering the changing needs of today's parents and students?

Fouzia Nazeer: "The main purpose of my Montessori school is to provide a carefully planned, stimulating environment that will help the child develop an excellent foundation of creative learning. The specific goals for the children who attend my Montessori are developing a positive attitude towards their school as well as parents too."



Woman Writer Of The Year -2023

DR. MEENAKSHI SAINI

"Verses of Life: Dr. Meenakshi Saini's Journey from Silence to Poetry"

"Meet Dr. Meenakshi Saini, a public poet and writer whose literary journey officially commenced in 2017, marking the golden age of 35. Rooted in her traditional passion for poetic forms, Meenakshi's transformative journey and ultimate heart formed the backbone of her poetic expression. Born and raised in the quiet town of Kanwarbagh, she embarked on a transformative path when she stepped out of her traditional life, finding unwavering support in her husband. After spending hours brainstorming a literary 12-year career as an Associate Professor and her family life, Meenakshi has captured an inspiring vision of beauty, such a testament to passion and hope. From "Kavacharya" through "Chandniya Pithi" and "Chandniya Pithi" to "Chandniya Pithi" and "Chandniya Pithi" she has written several books, capturing readers with the beauty of structure and clarity. Her work, Meenakshi captures beauty through photography, nature, self-love, and work, offering a beautiful insight into her life.



Achievements and Awards:

1. Published author by The Thinking Poet for a Month's Day poem (May 2020)
2. Recognized by the Indian Magazine "Women" for poem "I. Published by Poems About Women Magazine (May 2020) for special coverage, sponsored by IFLA.
3. Awarded by "PIT" as the Great platform for the Poets for a poem (May 2020)
4. Recognized by "The Star Teacher" for a poem in English journal in their magazine (Dec 2020)
5. Featured with the title "Woman for a Month" by The Poet, Amazon Channel, Women's Campaign (March 2021)
6. Featured in a Covid-19 special magazine by "Indian Magazine" with a special feature (March 2021)
7. Awarded by "Women's Magazine" for a poem (May 2021)
8. Awarded by "Women's Magazine" for a poem (May 2021)
9. Awarded by "Women's Magazine" for a poem (May 2021)
10. Awarded by "Women's Magazine" for a poem (May 2021)
11. Awarded by "Women's Magazine" for a poem (May 2021)
12. Awarded by "Women's Magazine" for a poem (May 2021)

Some Q&A with Dr. Meenakshi Saini:

Q. In a world increasingly focused on technological advances, how do you experience it as a "Woman for a Month" who, with your spiritual philosophy, and how do you incorporate environmental awareness into your poetry?

Dr. Meenakshi: "As I've shared, we have discussed and shared how I feel in my environment. Unfortunately, what I've noticed is that many women feel to appreciate the beauty of their landscape, nature in the quiet town of Kanwarbagh, but have felt that something is missing and the environment. The idea of the poem is to create a sense of beauty of these places, recognizing that in ourselves is enhancing rather than degrading them.

The poem "Woman for a Month" is a tribute to a woman's experience in our environment, nature, peace, and the universe. Some of these poems include:

- | | |
|----------------------|----------------------|
| 1. And, I am here | 7. Breath by Breath |
| 2. Silence | 8. The Heart of the |
| 3. Silence | 9. Silence Problem |
| 4. Indifference | 10. The Heart of the |
| 5. And, I am here | 11. The Heart of the |
| 6. Silence is a Gift | 12. The Heart |
| 7. Silence | |

Q. Given the current emphasis on mental health and well-being, how do you believe your poetry contributes to fostering positivity and resilience, especially during challenging times like the global pandemic?

Dr. Mervatki: "Mental health and well-being have always been hidden issues, not explicitly discussed or accepted. The complexities of our modern times, characterized by the relentless pursuit of success, goals, wealth, materialism, social status, competitiveness, small family structures, and superficial relationships, coupled with a lack of someone to enlighten us have given rise to numerous mental health challenges. The global pandemic, "Covid-19," has intensified these issues, resulting in a surge in cases of depression and anxiety.

The intent of the poem is to promote "wellness," self-awareness, learning to accept life, fostering compassion, being a friend, a good listener, believing in oneself, and experiencing emotions more deeply. My poems encompass themes of hope, positivity, the significance of experiencing each feeling, well-being, and the gifts of life.

Some of these poems include:

1. Millions in love
2. Christmas
3. Kafi Ugra Daru
4. Daru chakra pu
5. Karam
6. Bazaar: Sufi to me speaking to
7. Samsara or purifier
8. Anubhavan
9. The Sun, An
10. Karm
11. Khushi
12. United Movement of
13. Khushiyon Dandak
14. Dandak of uphar
15. Anand Dandak
16. The Anubhavan"

Q. As an accomplished author who began her poetry journey at the age of 16, what advice do you have for individuals looking to pursue their passions later in life, and how has this late start influenced your perspective on creativity and personal growth?

Dr. Mervatki: "What I think helps and would advise would is that writing can stop you if you're determined. Be a poet if you're that will undoubtedly support your dreams and passion in a more inspired way, enriched with the experiences of learning and experiences of life. Do start whenever you want to, and then don't stop- Be unstoppable. Life is a precious gift as the first step, to find it in the yellow light every little light every dream, and then dream come. Find new hobbies, and in the cycle continue until you are able. Belief my age is not an obstacle. When I started writing at the age of 16, I could see and feel things around me in a better way.

I was able to control my emotions and control all negatively from writing in a more optimistic context. The experience of every phase of life helped me bring hope through my poems and poems to the lives of people around me. I interacted these messages with the simplest words and experiences that could connect with them, as if I was talking about their own lives. In this way, I could write about what a child feels, what a person choosing a career or societal expectations can face, what loneliness can lead to and how to train our minds, have positive thoughts, and believe in ourselves. These writings completely changed my own perspective towards life, and I started remaining more cheerful, responsible, optimistic, and optimistic. When I started writing, I promised myself that I would write and give only positive thoughts, and I truly changed to one mindset.

But will find the joys of life in my present and future!

1. Dandak of uphar
2. Christmas
3. Daru chakra pu
4. Bazaar: Sufi to me speaking to
5. Main Anand Dandak
6. Dandak of uphar
7. Kafi to Karm
8. Dandak of uphar
9. Anubhavan
10. Karam to Karm
11. Anubhavan Dandak
12. Anubhavan Dandak
13. Anubhavan Dandak
14. Anubhavan Dandak
15. Anubhavan Dandak
16. Anubhavan Dandak
17. Anubhavan Dandak
18. Anubhavan Dandak
19. Anubhavan Dandak



“Queen OF Writing -2023 ”



Queen Of Success

NIVEDITA MONDAL

Woman Cosmetologist Of The Year -2023

In the heart of the bustling New York City, a village that became the cradle of Nivedita Mondal's transformative journey. Nivedita, a resilient woman with roots in the traditions of Bharosa, abandoned her once calling under life's trials. The pages of her story unfold against the backdrop of adversity, leading to the birth of 'Glow & Glow' in 2019—a brand that transcends borders.

From battling personal demons during her teenage years to creating an empire, Nivedita's ascent is marked by triumphs and challenges. As a certified Cosmetologist, she revolutionized 'Glow & Glow' upon the world, winning hearts globally. Her visionary products, now celebrated in the top-reviewed online special interest about her commitment to natural wellness.

In this exclusive profile, explore Nivedita Mondal's odyssey—from village life to international acclaim—and her unwavering mission to redefine beauty. Witness the genesis of a brand set to make 'Glow & Glow' a beacon of beauty worldwide, pioneering a revolution in hair and skin care concepts.

Awards and achievements:

1. *Sanskriti Magazine Feature - Successful Woman of 2022*
2. *Hi-Media Ltd, King Media Solutions Feature*
3. *King Go Premier Award - Most Famous Cosmetologist (Beauty Care & Cosmetics)*
4. *'Fashion' Exhibition - Most Famous and Best Seller*
5. *Featured in P&H No. 1 on the Fashion show - Dist. No. 2*



"From Sundarbans to Global Glow: Nivedita Mondal's Radiant Journey"

Some Q&A with Nivedita Mondal:



Q: How do you seamlessly integrate your expertise in cosmetology, dentistry, and fitness training to promote holistic well-being for your clients, and what inspired you to pursue such a multifaceted career?
Nivedita Mondal: "I myself wanted to do something. As my first identity is a dentist, I met several people who faced severe hair and skin issues. They inspired me to do something. I wanted to make something that surely will give the desired result to each and every body. I did my own digestion. I set up my own competitor because I want to make myself better and the best every day."

Q: In the rapidly evolving world of beauty and wellness, how do you stay updated on the latest trends and ensure that your clients receive cutting-edge advice and services?
Nivedita Mondal: "I am connected with several Media Services. Cosmetology is not only my profession, it is my dream, it is my love. And when you love your work, you don't need to be updated on the latest trends. I never follow trends. I believe in Ayurveda, which is not a trend, it is our old-age tradition that will never let us down."

Q: As a renowned hair expert, could you share some practical tips for maintaining healthy hair in today's fast-paced lifestyle, considering the challenges people often face with busy schedules?
Nivedita Mondal: "There is no one magic product. We need to care for it. Having healthy hair in today's world is a challenge faced by many, and Gliss & Gliss hair care products are the one & only solution for maintaining healthy hair."



Multi- Talented Woman

NIVEDITA MANOJ

VASAIKAR

*"Nurturing Careers and Compassion:
The Multifaceted Journey of Miss
Nivedita Manoj Vasaiakar"*

Introduction:

Miss Mrs. Nivedita Manoj Vasaiakar is a dynamic professional hailing from Vadodha, Maharashtra, whose journey is marked by her excellence in the realms of business and technology. Armed with dual postgraduate degrees, a doctorate (MPhil) in HRM, and M.S. in Healthcare, she currently serves as the HR Advisor / Chief Human Resources Officer at a leading hospital, seamlessly blending administrative prowess with managerial finesse.

Her remarkable 14-year corporate odyssey, Nivedita has honed her skills while working with prominent institutions, fostering a rich reservoir of knowledge and a robust professional network. Beyond her corporate endeavours, she also holds the title of Secretary at Mahila Mahatrasa, a women's empowerment organization, contributing as a vibrant and committed member. An accomplished author, she has penned articles for platforms like LinkedIn and Medium. Her diverse portfolio includes PMP and Project PM, Nivedita's expertise is a testament to her dedication to both professional growth and community service. In every facet of her life, she stands as a beacon of competence, compassion, and unwavering dedication.

Awards and Achievements:

People's Choice:

- People's Choice Award, 2022
- People's Choice Award, 2021
- People's Choice Award, 2020
- People's Choice Fellowship Award, 2021
- People's Super Star Award, 2022

Professional Recognition:

- Human Resource Officer of the Year Award for Best Hospital Administration, 2021

Through years of corporate life, Nivedita Manoj Vasaiakar's unwavering commitment, showcasing her diverse talents and stellar contributions in the field of hospital administration, earning her recognition from People's Choice and the prestigious Human Resource Officer of the Year Award.



Some Q&A with Nivedita Manoj Varkkar:

Q: How has your experience in IT training and skill development at Exceba Learning Solutions contributed to your personal and professional growth, and what advice do you have for individuals entering the field today?

Nivedita: “

I had a very positive experience with Exceba Learning Solutions, where I worked as an IT Trainer and also handled MS-certs. While conducting training sessions for the students, I realized the crucial importance of providing comprehensive IT training. I focused on elucidating their queries, ensuring that I clarified all concepts for the students. I wish to emphasize to individuals in both IT and non-IT sectors that to enter a digital age, computer technology knowledge is imperative. The world is rapidly advancing in this digital era, and to avoid falling behind, everyone must acquire proficiency in various IT topics and concepts. Stay informed and keep progressing to stay relevant in this fast-paced digital world.”

Q: With your diverse skills in programming languages, art, and sports, how do you balance your professional IT career with your passion for creative activities and sports, and how do they complement each other in your life?

Nivedita: “I excel as a programming language trainer and MS administrator, balancing my professional life with my passion for painting, writing, and sports. Despite the demands of my busy schedule, I carve out time for my hobbies, dedicating myself to acquiring deep knowledge and honing my skills in each pursuit. Perhaps fueled by my unwavering commitment to continuous learning, I have garnered compliments and prizes in various forums. This multifaceted approach to life allows me to not only excel in my primary profession but also find joy and fulfillment in my artistic and athletic endeavors.”

Q: As someone with a rich educational background and numerous certifications, how do you stay updated with the latest trends in technology, and what role do continuous learning and skill enhancement play in your career journey?

Nivedita: “I believe that as long as you have a desire to learn something new or a passion to always do something new, then no one can stop you from learning anything or from becoming a successful person.”



Young Woman Author **DISHA SHARMA**

"Navigating the Written Odyssey: A Tale of Passion, Perseverance, and Family Bonds"



In the labyrinth of the written word, one destined path leads to Disha Sharma, an author who weaves compelling narratives and resilience. Armed with a PG Diploma in Mass Communication from India State Open University, she fearlessly delves into journalism's ever-evolving realm. From reporting on local events to exploring global perspectives, Disha's writing is a testament to her passion and perseverance. Her journey is marked by triumphs and challenges, but her family's unwavering support, providing unwavering support, through countless hardships, has been her anchor. From a PG Diploma in Mass Communication to a PG Diploma in Journalism, she has navigated diverse educational paths, all driven by the pursuit of her craft. Her work is a testament to passion, perseverance, and the timeless strength found in family ties.

Awards and achievements:

- 1. Ujjain Academy, Madhya Pradesh**
 - Best Young Journalist award for a compelling and insightful article on local news.
- 2. Research Papers**
 - "The Impact of Communication Technology on Journalism" in *Journal of Mass Media*, Vol. 12, No. 3, 2021.
 - Research article on the "Evolution of Family Structure in India" published in *Journal of Family Studies*, Vol. 15, No. 2, 2022.
 - <https://doi.org/10.1111/j.1471-6402.2021.00444.x>
 - Best research paper presented at a national-level communication conference (2021).
- 3. Recognition and Awards**
 - Young Journalist Award.
 - Excellence in PG Journalism Award.
 - Best in Family, Social, and Local News Award.
- 4. Educational Achievements**
 - Completed Master's in Mass Media.
- 5. Professional Inquiries**
 - Numerous queries and interviews.
- 6. Personal Blogger**
 - Blogger platform, *My Journey's Journal*, for sharing insights.

These achievements collectively showcase a diverse and accomplished career in communication, journalism, and academic research.



Some Q&A with Disha Sharma:

Q. How has your experience in covering various issues, from entertainment to health and lifestyle, shaped your perspective on current media trends?

Disha Sharma: "The experience is shifting, encompassing self-reflecting. Covering these reports are in the communication, well-known person with know-how. It helped me a lot in shaping my perspective by writing my thoughts through writing blogs regarding your current trend in sector. I can talk and discuss my great topic related to these subjects of IT or social, Internet and written about its various aspects. It adds to my own skill, making me an expert. Insights came through experience, gaining the within an economic organization, and learning everything you can in multiple subjects. Yes, it's challenging, but the outcome never disappointed me because it involved the complexities of examples after other contemporary topic from a different angle. This being an entertainment journalist, I hardly lack a knowledge various. The more I read to write, the more it used to get added to my creative skills, which was fun. First experimenting with formal stories writing skills in writing books, it will added to my existing career of writing content."

Q. With a strong educational background in mass communication and journalism, how do you see the evolving role of digital and social media in shaping public discourse?

Disha Sharma: "The evolving role of digital and social media in shaping public discourse is instrumental. Digital media has emerged as a significant and indispensable tool in shaping public opinion through various mediums of communication like blogs and social media platforms such as Facebook, Twitter, and YouTube. Initially, it appeared as an alternative set of opinion in various elements of communication to engage people to discuss issues, influencing and setting the opinion of the public. Further, traditional media had an opportunity to voice their opinion. Yes, it seems the digital media has taken the world by storm... from social and web sites to newspapers and interactive communication has found a completely different and new alignment with the function of expressing thoughts in various topics. This system became complex, motivated about the technology. Not yet, it does have disadvantages because each opinion should not have the sentiments of people belonging to different political or religious groups. So, the existing nature of the digital medium should be handled with utmost care and responsibility."

Q. As a recognized sub-editor and content creator, what advice would you give to aspiring journalists navigating the dynamic landscape of today's media industry?

Disha Sharma: "As a recognized sub-editor, I would advise that in a team of 20 people, do various other your responsibility because it adds to the overall success of a media organization."



As I began to research for people to bring to your attention with our focus on individual personalities, their own personal strength and weakness. The writing process reveals their genuine world and immense information about their field of work of love of people and business in the industry of people. It's an opportunity to get through various means of understanding the world and their activities. As a time when technology helps to create new relevance in the industry. After that the world continues to be digital, and more or less all our life of the world is from there."



COVER STORY



Queen Of Success

SANGEETA KAPURE

"Radiance on Screen, Grace in Life: Sangeeta Kapure, A Star Beyond the Limelight."



Introducing the Versatile Sangeeta Kapure: A Stalwart in the World of Entertainment and Entrepreneurship

In the enchanting realm of Indian cinema and television, Sangeeta Kapure has been a shining star in the bustling city of Mumbai, and she stands as a beacon of talent and versatility. As an actress and entrepreneur, Sangeeta has left an indelible mark on the entertainment industry with her captivating performances and business acumen.

Sangeeta made her foray into Bollywood with a memorable yet impactful debut in the film "Woh Khasa" in 1996, marking the commencement of a career adorned with diverse roles across Hindi, Marathi, Bengali, and Telugu cinema. Noteworthy among her cinematic ventures are the blockbuster film "Vishva Shikhar" (2005) where she portrayed the character of Agni, and the Marathi film "Sangharsh" (2014), where she brought the character of Sakshi to life.

However, it was on the small screen that Sangeeta truly became a household name. Her television journey began in 2008 with the popular Zee TV serial "Chand Aurat," where she portrayed the endearing Maheshi Devi Parthi.

Over the years, she has graced the television landscape with memorable performances, including her role as Namrata in Zee TV's "Bhagya" (2016) and the impactful portrayal of Yashvi Kumbhar in the Star Plus hit "Ek Rishta Woh Pyaar Hai" (2019). In 2020, she showcased her acting prowess as Hina Singh Mishra in the Zee TV show "Agnya Devi: The Untold Story."

Beyond the glitz and glamour of stardom, Sangeeta Kapure has successfully ventured into entrepreneurship. As the co-founder of three Mumbai-based restaurants – Lazzari-Ludhiana, Kuchhar, and Jai Lakshy Pranjali – alongside business partner Gaurav Sharma, she has added a savory touch to the city's culinary landscape.

Alongside helping her remarkable ventures, Sangeeta has received accolades such as the Star Screen and Style Icon awards in 2021 and the prestigious Maharashtra Film Award in the same year. Her versatility extends to the fitness realm, where she not only maintains a health-conscious lifestyle but also inspires others through her vibrant videos on social media. Amid her multifaceted career, Sangeeta Kapure remains deeply connected to her roots and passions. A dog lover, a collaborator with renowned cosmetic brands, and a fitness enthusiast, she embodies a perfect blend of talent, grace, and entrepreneurial spirit.

As Sangeeta continues to captivate audiences with her on-screen charisma and entrepreneurial endeavors, her journey serves as an inspiration for aspiring actors and budding entrepreneurs alike. In her own words, she explains, "Every role, every venture is a new adventure, and I embrace it with passion and dedication." Indeed, Sangeeta Kapure stands as a luminous star, shining brightly in the vast expanse of Indian entertainment and business.





Work:

- "Chhoti Bahu" (2005) - Mahesh Dastur
- "Rangana" (2005) - Sameer
- "Ek Bichay Main Phayr Ke" (2015) - Nishi Kanchal Rajwade
- "Apna Time Hai Aage" (2020) - Ajay Singh Shrivastava
- "Yeh Toh Hai - Story" (2023)

Awards:

- "Man Dahan" (1999) - Film Debut
- "Yeh Rangana" (2005) - Sameer
- "Sangharsh" (2014) - Nishi
- "Apna Time Hai Aage" (2020) - Ajay Singh Shrivastava
- "Man Dahan" (1999) - Film Debut

Entrepreneur:

- Co-founder of three Mumbai-based restaurants: Fatta-a-Cadence, Boudier, and Eat Like People
- Collaboration with brands like Khadi, F.I.C The Jewels Company, and Binnaka, with product creation on Instagram
- Sangeeta Kapore's journey spans a rich tapestry of acting, modeling, and entrepreneurial ventures, showcasing her versatility in the entertainment industry and business landscape.

Awards and Achievements:

- Best Actress Award for the TV serial "Ek Bichay Main Phayr Ke" on Perfect Screen Magazine Award (2015)
- Best Glamour and Style Icon Award (2017)
- Maharashtra Kanta Award (2020)
- Best Negative Award Award for the TV show "Apna Time Hai Aage"
- Recognition and collaborations with brands like Khadi, F.I.C The Jewels Company and Binnaka, with product creation on Instagram

These accolades showcase Sangeeta Kapore's multidimensional talent and her impact in both the entertainment and entrepreneurial realms.

Some Q&A with Sangeeta Kapore:

Q: How did your foray into the television industry commence? Could you share the pivotal moments that set the stage for your journey in this dynamic field?

Sangeeta Kapore: "I entered the television industry with unwavering faith and remarkable determination. It was a journey marked by diligence and hard work. The pivotal moments that set the stage for my career involved choosing roles that resonated with me, embracing challenges, and approaching each opportunity with passion. This moment proved to be my guiding light, opening doors to diverse and fulfilling roles. My success in television reflects a combination of excellence and a genuine love for storytelling that continues to drive my commitment to this dynamic and ever-evolving field."

Q: Every career path is riddled with obstacles. Can you shed light on the trials and challenges you encountered during your time in the television industry? How did you navigate and overcome these hurdles?

Sangeeta Kapore: "Navigating the television industry brought its share of ups and downs, with numerous challenges in my early days. Yet, I view these hurdles as integral to my journey. Overcome life's tests, recognizing that those who crossed my career path were guided by a higher force. My resilience became my shield, turning obstacles into stepping stones. The trials only strengthened my resolve, teaching me resilience and instilling a profound belief that every challenge is a divine opportunity for growth."



Meet - Yeh Rishtey Hain Pyaar Ke Fame actress Sangeeta Kapure

Q. For aspiring individuals eyeing a career in the television industry, what valuable suggestions, dos, and don'ts would you offer based on your own experiences?

Sangeeta Kapure: For aspiring actors, the advice is simple: never take shortcuts. Believe wholeheartedly in your craft, its journey, and its higher power. Dedication and dedication are your greatest assets in this industry. Stay true to your passion, avoid shortcuts, and let your talent shine. Trust the process, embrace the process, and success will follow. In the pursuit of your dreams, consistency, belief in your abilities, and hard work are your strongest allies.

Conclusion:

In conclusion, Sangeeta Kapure's journey in the television industry stands as a testament to the power of unwavering belief, dedication, and authenticity. From facing initial challenges to embracing diverse roles, she has exemplified resilience and growth. Her advice to aspiring actors, about the importance of staying true to one's craft and trusting the journey, reinforces the notion that success is a byproduct of genuine passion and hard work. As her career continues to unfold, Sangeeta's story inspires aspiring individuals to navigate the glamorous world of television with patience, perseverance, and an unwavering commitment to their art.





“The strongest action for a woman is to love herself, be herself and shine amongst those who never believed she could. So think like a queen who never afraid to fail because failure is another steppingstone to greatness.”

MONICA NEGI

Woman Entrepreneur

“Daksh Hello Travel: Monica Negi’s Inspiring Odyssey from Village to Venture”

In the tranquil embrace of a rural village, nestled in the breathtaking landscapes of Himachal Pradesh, a young woman named Monica Negi embarked on a journey of self-discovery and entrepreneurship. Monica emerged as the visionary founder behind "Daksh Hello Travel," a platform that revolutionized travel experiences for entrepreneurs and business travelers. Her journey began as a simple idea, but it quickly evolved into a thriving business, showcasing her resilience and innovative spirit. Monica's story is a testament to the power of passion and hard work, as she transformed a small village into a global hub for entrepreneurs and business travelers. Her journey is a source of inspiration for many, demonstrating the potential of a woman entrepreneur to create a successful business from scratch.

Monica's journey is a testament to the power of passion and hard work. She started as a simple idea, but it quickly evolved into a thriving business. Her journey is a source of inspiration for many, demonstrating the potential of a woman entrepreneur to create a successful business from scratch. Her story is a testament to the power of passion and hard work, as she transformed a small village into a global hub for entrepreneurs and business travelers. Her journey is a source of inspiration for many, demonstrating the potential of a woman entrepreneur to create a successful business from scratch.

Awards and achievements:

- 1. Recognized as a top-rated online travel agency and positive reviews showcasing the excellence of Daksh Hello Travel's services.
- 2. Recognized as an entrepreneur leader, Monica Negi received respect from business, proudly acknowledged as "Daksh Hello Travel's Owner of Daksh Hello Travel."
- 3. Received appreciation certificate awarded for business growth and recognition of Monica Negi's contributions to the travel industry.

Some Q&A with Monica Negi:

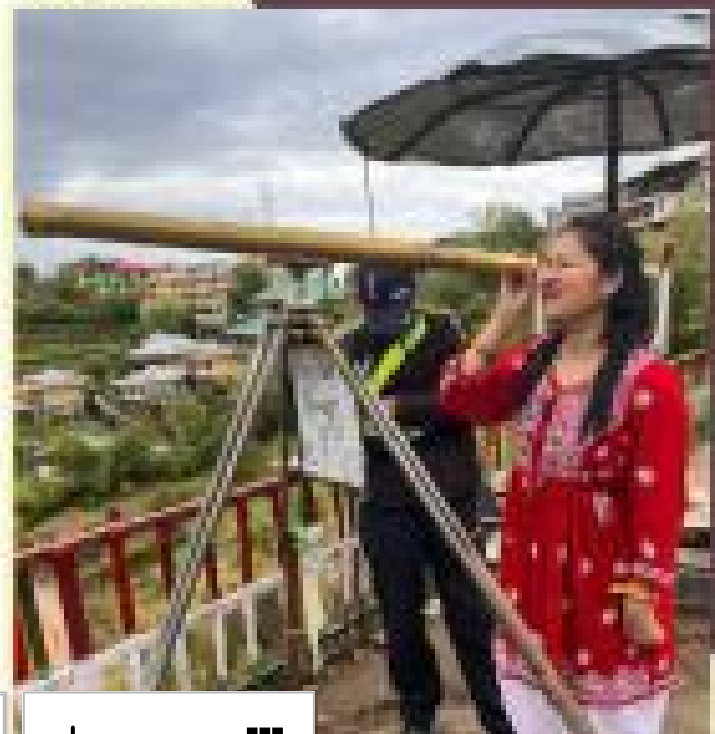
Q. How did your journey as a entrepreneur and managing director of Pahal Studio Travel influence the travel industry, particularly in the context of creating travel trends? Monica Negi: "As a travel brand architect, I've seen many new concepts in consumer travel being adopted and tested. Investments in travel services allow us to reach more travellers, accommodate and create for the changing digital marketing landscape, improve customer service and provide an all-in-one travel, ability app, which makes planning, booking, and managing all-in-one, to be focused on providing clients through provision of their platform."

Q. As a successful entrepreneur, travel, what strategies have you employed to navigate challenges in the competitive business landscape, and how do you inspire others in the industry? Monica Negi: "Entrepreneurship can be a very exciting, rewarding and fulfilling activity. But there are many challenges to overcome. To stay motivated, you need to have a clear vision and a strong belief in your mission and vision. As I travel and manage from a global desk, and to this day, I've learned many lessons. In my experience, I believe that the most important thing is to stay motivated. Don't let the world of the world in that you want to be a part of. Persistence is an ever-lasting."

Q. In the age of digital media, how do you leverage social media platforms to promote your travel company, and what innovative approaches have been adopted to stay relevant in the dynamic world of travel and tourism? Monica Negi: "Leveraging social media allows us to use the power of social networking sites to reach our customers. As a global business, it's critical to be visible on social platforms, engage with customers, and showcase unique offers. The approach might be complex in a world of online communication and engagement. Also, the key part of making them opportunities from anywhere. To make it really interesting to sharing and content appealing, that's things and content in Facebook and Instagram to get better reach. I also encourage everyone that our business is expanding its customer, adding partners and acknowledging feedback. I provide great offers and manage them on social media. If there are positive comments, I encourage them to share testimonials or more about the market."

Message from Monica for Women:

"Let this always be your motto. Stay dreaming about your future life and don't stop it. Sometimes your life changes, still you don't see the dream that you have in your reality in your hand, or maybe your mind. Be not sad or nervous. Be not a girl in flight, soaring at all the dreams." ❦



Woman Expert In Digital Marketing

Vidhi Balecha

“Digital Dynamo: WalnutHub’s Trailblazing Journey in the Realm of Digital Marketing”

Meet Vidhi Balecha, the visionary behind the thriving digital marketing agency, WalnutHub. Inspired by a profound passion for technology, Vidhi embarked on her entrepreneurial journey after earning a postgraduate diploma in Marketing from the University of East London. Guided by her partner's management, Vidhi transitioned from a home office to a bustling city location.

Starting as a solo entrepreneur, Vidhi's unwavering dedication attracted a committed team, with her brother Pradip joining soon. Together, they navigated challenges and triumphs, building WalnutHub from a modest setup to a prominent establishment in New York, Boston. Embracing cutting-edge digital marketing strategies, they propelled the business to new heights.

With a focus on progressive growth and a keen understanding of the all-encompassing realm of digital marketing, Vidhi remains a future vision. WalnutHub continues to make a positive impact, Pradip's unwavering support as the backbone of the company, and Vidhi's pivotal role in ensuring WalnutHub's success. The collaborative spirit, rooted in shared knowledge, brought to the forefront of Vidhi's collaboration and expertise at the service of business. And so go on, Vidhi and Pradip's unwavering love of change and innovation in the competitive world of digital marketing.

Research and Achievement

- Experience in business consulting and professional services, operations in digital promotion strategy and video production.
- Collaborated with leading brands in Australia, engaging with professional across various specialties.
- Recognized in 2021, Listed among the "50 Most Powerful Start-ups in Media Franchise."
- I already earned a Leveraging the Influence of the team and the unwavering support of family.
- Focus more on the marketing content, and customer care, the regulatory standards, reports, speech analysis, partnership, innovation, methods and the ideas, and complete digital marketing.



“Vidhi’s Brother Mr. Prakhar Backbone Of WalnuHub

”



Some Q&A with Vidhi Balecha:

Q. How has WalnuHub leveraged the latest digital marketing trends to stay ahead in the industry, and what innovative strategies have you implemented to meet the evolving needs of your clients?

Vidhi Balecha: “WalnuHub has stayed at the forefront of the digital marketing industry by actively embracing the latest trends and continuously innovating to meet their needs. Our client-centric approach involves spending software and technology regularly, ensuring the delivery of advanced digital marketing solutions such as high-definition graphics. Research and Development form a core priority, backed by a comprehensive team of experts. Leveraging cutting-edge technology including our state-of-the-art CRM, made for digital production, set us apart. Our ability to personalize interactions with healthcare experts, coupled with a commitment to staying ahead of industry shifts, enables WalnuHub to provide tailored solutions, positioning us as a dynamic and forward-thinking player in the digital marketing landscape.”

Q. With the increasing demand for personalized content, how does WalnuHub utilize data analytics and AI in crafting tailored digital

marketing solutions for diverse sectors, especially in the healthcare industry?

Vidhi Balecha: “WalnuHub recognizes the growing demand for personalized content and strategically employs data analytics and AI to craft tailored digital marketing solutions, particularly in the healthcare sector. Our approach involves leveraging data analytics to gain insights into target audiences, ensuring that content is precisely tailored to meet diverse sector needs. By harnessing AI, we optimize content delivery, personalize user experiences, and refine marketing strategies based on real-time data. The dynamic use of technology allows us to stay agile and adaptive, meeting the unique challenges and opportunities within the healthcare industry while delivering superior and customized digital marketing solutions to our clients.”

Q. As a woman-led startup, how do you see the role of diversity and inclusion in shaping WalnuHub’s approach to digital media, and what advice do you have for other women entrepreneurs aspiring to make a mark in the competitive digital marketing landscape?

Vidhi Balecha: “As a woman-led startup, diversity and inclusion are integral to WalnuHub’s approach in shaping our digital media strategies.”

We believe that diverse perspectives foster innovation and creativity, essential elements in the dynamic field of digital marketing. Our team comprises individuals with varied expertise, including web developers, graphic designers, video editors, programmers, and medical professionals, ensuring a well-rounded set of skills. Embracing diversity allows us to better understand and cater to the diverse needs of our clients, especially in the healthcare industry. To fellow women entrepreneurs aspiring to make a mark in the competitive digital marketing landscape, I would advise fostering an inclusive work environment that celebrates diverse talents and ideas. Embrace challenges as opportunities for growth, stay informed about industry trends, and network actively with a supportive network. Remember that your unique perspective is a strength that sets you apart from the rest.”



Best Woman HR Of The Year -2023

NEHA RAJEEV

*"Navigating Leadership with Neha Rajeev:
A Trailblazer in Human Resources"*

Meet Neha Rajeev, a dynamic professional whose journey unfolds from the vibrant landscapes of Karnataka, India. Starting from the culturally rich Mysore District in Kerala, Neha draws inspiration from a family deeply rooted in a great tradition legacy. Educated in the values of perseverance and dedication at St. Paul's without ceasing faith, Neha's narrative takes an intriguing turn post-professional graduation. A chance encounter with an HR head at the office sets up a continuity, leading Neha to embark a journey for human resources.

In the people, where Neha Rajeev's evolution from military engineering to becoming a trailblazer in the world of HR unfolds, resilience, discipline, and a commitment to excellence. Neha's strategic leadership and laser understanding of people make her a strong force in navigating the future of human resource management. Join us as we explore the distinctive journey of Neha Rajeev - a true visionary in the corporate landscape.

Key roles and achievements:

- 1. Five-Star HR Journey:** Successfully navigated challenges, consistently post-Performance and Transformation Engineering Action
- Leaders' Complete Engagement:** Identified and managed self-motivated groups, actively sharing job opportunities to engage with a diverse candidate pool.
- 2. Embracing Digital Trends:** Demonstrated commitment to continuous growth by embracing digital trends and innovation within the HR landscape.
- 3. Thrust Role in Collaborated Events:** Played a key role in supporting major events at the highest, showcasing impactful contributions towards successful HR functions.
- 4. Passion-Driven Work:** Consistently demonstrated a HR zeal, reflecting deep passion and unwavering dedication.
- 5. Express Interest Kerala 2018 (Privately held):** In 2018, setting a distinctive record as a woman owner of accomplishment and contribution.



Some Q&A with Neha Rajeev:



Q: How do you leverage your HR expertise to foster a positive workplace culture, and can you share a specific example of a successful employee engagement initiative you've implemented recently?

Neha Rajeev: "To cultivate a positive workplace culture,

- **Monthly Team Building Activities:** I organize interactive team events monthly, including dining out, games, treasure hunts, and sports challenges, and team competitions. Additionally, we regularly host sports events and weekly team parties for a more relaxed work environment, and also have various initiatives that's a great life. Technical presentations provide a platform for team members to share insights on topics that interest them most, contributing to the overall growth of the organization.

- **Quarterly Reviews and Open Communication:** Regular quarterly reviews and open communication channels are vital for maintaining a healthy workplace. This approach ensures that employees have the tools and resources needed for continuous learning.

- **Motivational and HR-Driven Systems:** Conduct well-being sessions to address both professional and personal aspects, contributing to the overall wellness of the team.

Q: When your experience in HR-related work, how do you navigate the unique challenges and opportunities in this domain, and what strategies do you employ to ensure smooth HR operations within such environments?

Neha Rajeev: "I have done the entire things, monthly performance report, and annual performance report of my organization. For the smooth process of HR, I attend HR meetings to keep up with the latest updates in HR."

Q: As an accomplished professional with diverse skills, from HR management to dancing and coding, how do you balance your professional and personal passions, and do you find any intersection between your hobbies and your career in HR?

Neha Rajeev: "To ensure the equilibrium, I prioritize productivity during working hours, providing the necessary official support when required. During off-hours or weekends, I focus on my hobbies to enhance, incorporating events or short trips to engage in my personal interests. Tech management applications like Trello further help me in efficiently managing all my responsibilities.

In essence, the intersection between my professional and personal goals not only ensures a well-rounded and fulfilling lifestyle but also enhances my effectiveness in contributing to the organization's success."



Woman Creative Entrepreneur - 2023

NAVNEET KAUR

"Unleashing Creativity, One Stroke at a Time"

Meet Navneet Kaur, a passionate artist whose love for art began in childhood but took a significant turn as an unexpected marriage in 2017. Despite facing financial hardship, she persisted in honing her skills through constant practice. The 2020 lockdown became a turning point as she rediscovered her love for art, particularly watercolor and mandala, transforming the power of color therapy. In a remarkable journey, Navneet transitioned from a hobbyist to a professional artist, participating in 17 exhibitions within a year. Embracing new challenges, she now ventures into creating intricate designs and social media content, showcasing her talent on YouTube. With an impressive Instagram following of 50k, her art not only captivates but has also transformed into a thriving business, reaching art enthusiasts across India. Join Navneet on her artistic odyssey, where each stroke tells a story of resilience and creativity.

Awards and Achievements

Exhibition Success: In just one year, I've participated in and showcased my art at 17 exhibitions, earning an invaluable boost in my art career.

Teaching Passion: Conducted workshops at home, various schools, and NGOs, imparting artistic skills to both kids and adults, fostering creativity in diverse settings.

Recognition and Awards: Proud recipient of three prestigious women's awards, acknowledging the impact and significance of my contributions in the field of art.

Judicial Ambition: Elevated to the role of a judge in art and cultural competitions, bringing my expertise to assess and appreciate the creativity of others in the artistic realm.



Q: How do you balance your roles as an artist, entrepreneur, and a mother, especially in the context of creating handmade decor and personalized items?

Nasreen Khan: "In the beginning, I faced several challenges, but I've managed to overcome them by creating all handmade decor items at home. With my kids, aged 11 and the other 12, who can handle their studies independently. One more step for myself? Reading them up in school and night managing bedtime stories. I allocate my time to painting from 7pm to 2pm. After their return, I also busy with them, and even with the arrival of school parents, I efficiently handle customer services from home. Striving for self-dependence, I put in considerably hard work. My children are also actively engaged in support work."

Q: In the evolving landscape of handmade decor, what trends or unique aspects do you bring to your creations, and how do you stay ahead in the competitive market?"

Nasreen Khan: "In. Especially, using plants, fabric scraps, dried flowers, and natural paintings are my high-selling products. I specialize in creating personalized items such as name gifts, birthday party name gifts, and year-to-birth orders as well."



Q: Your journey from being a Muslim artist to establishing "nasreenkhan.com" is inspiring. Can you share a pivotal moment or experience that shaped your entrepreneurial path, particularly in the context of Sharikhan's creative vision?

Nasreen Khan: "Initially, I wanted to become self-dependent, and handle hand work, there was no other path. I had to do something new, and the gift of God was with me. I used it and spread it over a glowing light."

"Half three years ago, nothing was going right in my life. I felt low, depressed, even took sleeping pills, and had constant negative thoughts. I motivated myself, searched inspirational videos, and then started practicing mindful walking with meditation at 7am. That's where my life took a U-turn, and I started becoming more positive."

"I'm grateful as a mother and have, but the transformation was so profound that I couldn't imagine quitting. My hard work became my strength. In my 20 years of marriage, many problems arose, but I focused on solutions, not the problems. Today, I've become a role model for professional me. The secret is never to give up."



Queen Of Success

DR. NAFIYA

Inspiring Woman Entrepreneur

“From Adversity to Triumph: Dr Nafiya H’s Journey of Resilience.”

Introducing Nafiya H, a remarkable individual hailing from Chennai, Tamil Nadu, India. She has spent years for her academic achievement in various fields where her journey is a shining example of grit, passion, and boundless energy and business acumen. Nafiya overcame adversity from the shadows of a medical law career, faced several years challenging the significance of educating girls. Overcame the global epidemics, inspiring business leadership and cultural fusion. With every setback, she fought for her path, seizing opportunities in the healthcare sector, broke down barriers, and emerged as a trailblazer, not only in her field but also in her community, paving the way for professional accomplishments, growth, and success in business and technology, shaping an inspiring journey of her years.

A special note of Thanks from Dr Nafiya:

Mr. Sathya played a pivotal role in guiding Nafiya over the healthcare industry during a challenging period. His unwavering support, for career growth, insight and have been invaluable and she is grateful to him. Last but not least, Nafiya expresses her heartfelt gratitude to the clinicians, another important figure who stood by her, shielding her from mental deterioration. She acknowledges his support in maintaining focus and growing individually in the face of several challenges.

Dr. Nafiya H’s Journey Highlights:

- 1. Overcoming Gender Bias:** Overcame societal norms inspiring a community and a negative view on girls education and gender roles.
- 2. Leader for Change:** Became an example of empowerment, inspiring underprivileged girls to assert their right to choose their own paths.
- 3. Professional Evolution:** Evolved to start business from field and then Entrepreneur in the fashion industry.
- 4. Milebig Achievement:** Created Mrs. Sathya Award 2024, Tribute to Mrs. Sathya Srinivasan, Mrs. Lakshmi Sathya Srinivasan, Mrs. Sathya Srinivasan, Mrs. Sathya Srinivasan. Nafiya is one of a business or leading business and achieving success in both academic change and personal accomplishments.



Some Q&A Dr. Nafiyah

Q: How do you balance your demanding roles as a Manager in Franchise, CEO of UNIFRY Business Solutions, and a student pursuing a Master's in Occupational Therapy, all while managing your responsibilities remotely between Pennsylvania, USA, and Chennai, India?

Dr. Nafiyah: "Embracing the thrill of multitasking my roles as Manager at Franchise is both inspiring and challenging. Increasing and enhancing organizations, increasing employee retention, and managing overall processes keep me engaged. As their both our CEO and a respected professional in my organization. All honesty and good treatment of all employees coupled with opportunities for Indian graduates define her leadership.

Pursuing a full-time Master's in Occupational Therapy at Mohor Chinnari, an esteemed local institution, through the encouragement and support, especially from Dr. Saranya Ravi, my past principal. Currently guided by Dr. Deepa Kambhampati, she has my experience with encouragement and direction. Pursuing the second profession aligns with my dream of making a difference. The dream takes shape with "focus," a concept promoting innovative solutions in healthcare, providing a platform for professionals to build impactful careers. Choosing Occupational Therapy reflects my passion for innovative healthcare contributions to drive its world."

Q: Your journey from overcoming societal expectations to becoming a successful entrepreneur and health care professional is inspiring. Can you share a pivotal moment or decision that shaped your path, and how it has influenced your approach to leadership and entrepreneurship?

Dr. Nafiyah: "My journey was a saga, especially as a student in a traditional joint family. Defying traditions, pursuing a night shift in IT while balancing studies and family responsibilities tested resolve and determination. Despite societal setbacks and a lack of family support, I persevered. Enduring tears and countless 16-hour days, I never wavered. My goal to realize my parents' dream of a daughter excelling in business at work. Mr. Nelson and Mr. Nisha became family offering support and guidance. Through family doubts, their belief fueled my determination. Witnessing my father's joyful moments in financial crisis ignited my entrepreneurial dream. In moments of despair, I recall my parents' struggle,

embracing my mother. "Take I stand a woman that with the right resources, challenges arise, and dreams materialize."

Q: Being a leader is prestigious. Being pregnant like Mrs. Madhusudhan and Mrs. Yellu is quite an accomplishment. How has your experience in the world of modeling influenced your career and personal growth, especially in the context of your role as a healthcare professional and CEO?

Dr. Nafiyah: "My life journey unfolds in diverse phases—student, employee, and entrepreneur. Modeling wasn't a dream, but an opportunity seized. Inevitable about work life split, especially due to my mother. Dr. Dr. Saranya, Dr. Madal, and Chinnari became my pillars guiding me through career dips and growing. Witnessing Mrs. Banathi Nelly 2019 at Mrs. Madhusudhan spread inspiration doors—advertisements, paid shoots, and support from. Despite the setbacks, it never overshadowed my own parents. I believe in family and career growth. This modeling chapter, though inspiring, never defined me. Hence, "Stay focus and fulfill responsibilities your the way to success." - Nafiyah (revels)



DR. N. ISWARIYA DEVI

Woman Educationist -2023

"A Beacon of Educational Excellence:

Meet Dr. N. Iswariya Devi, a seasoned educator with over 10 years of teaching and administrative experience. Her multifaceted persona, coupled with strong interpersonal skills, reflects a commitment to fostering academic growth. Not just an accomplished Principal in educational circles, she excels in various administrative, academic, and digital tasks prevalent in the modern world. Her journey is marked by numerous accolades, grants, and awards. Dr. Devi embodies qualities of leadership, integrity, and dedication. Her passion for education is unwavering, coupled with a persistent drive to overcome challenges, making her a standout figure in the ever-evolving landscape of education. Join us in exploring the journey of this dedicated professional as she continues to make an indelible mark on the field.

Awards and Achievements:

- 1. Best Principal Award - ENIC*
- 2. Excellence in Academic Administration - National Women's Leadership & International Good Achiever Award*
- 3. International Peace Achiever Award*
- 4. Best Principal Award - Aron Foundation*
- 5. Distinguished Award - Oglala University*



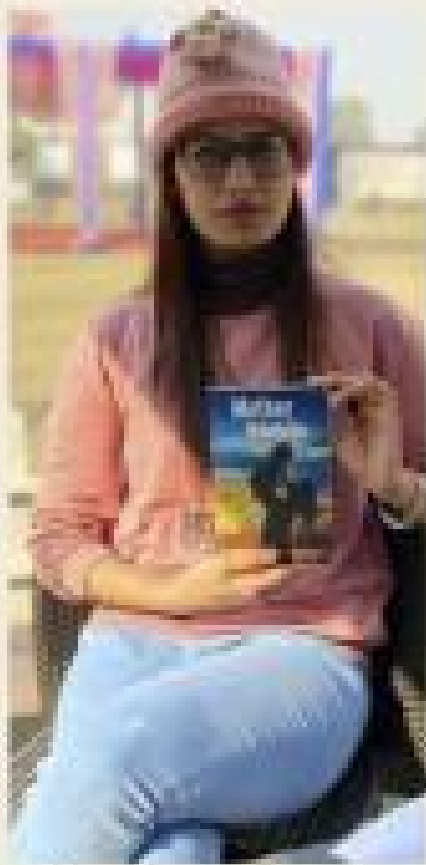
Tour Q&A with Dr. Anurag Dixit

Q. How do you integrate the latest educational trends and technologies into your role as a Principal, fostering a modern and dynamic learning environment for students?
Dr. Anurag Dixit: "Integrating technology in the classroom enriches the educational experience in various ways. Firstly, it grants students instant access to a wealth of information through digital libraries and online platforms. Additionally, technology connects the classroom to the real world, facilitating virtual tours and guest speaker sessions. I prepare students for the modern workplace by fostering digital literacy, adaptability, and creativity. Moreover, technology provides global connectivity, support during learning crises, and teacher support systems. Lastly, incorporating the latest educational games and augmented reality enhances student engagement. As an educator, I believe in guiding students to navigate the digital landscape responsibly and develop essential information literacy skills."

Q. In the ever-evolving landscape of education, how do you ensure that your institution stays ahead by adopting or incorporating current pedagogical approaches and methodologies?
Dr. Anurag Dixit: "In my educational journey of over thirty years, one commitment to excellence remains unwavering: that there is a pursuit to globally refine education, empowering students to be lifelong learners and critical thinkers. Beyond academic pursuits, we nurture holistic development, identifying and encouraging each student's unique talents. Our student-centered approach emphasizes activity-based learning, fostering a vibrant campus life aimed to create a lifelong culture by integrating strong values with academic and extracurricular activities. We extend beyond the walls through student traveling to both traditional and non-traditional fields. Embracing River Food's vision to 'inspire people, create passion, nurture to create a profession in the heart of every student, propelling them toward remarkable dreams'."

Q. In contrast with extensive experience in both teaching and administration, how do you perceive the role of a Principal working in response to the latest global trends in education, and what strategies do you employ to stay at the forefront of these changes?
Dr. Anurag Dixit: "In the rapidly evolving landscape of education, technology remains a central focus, revolutionizing the way we learn. However, a holistic approach is crucial, considering the impact on the student, educator, and industry sectors. With this, it is essential to evaluate the educational benefits of technological innovations, addressing the challenges of screen time, privacy, and data security risks, along with robust support mechanisms, are pivotal for student well-being. Moreover, fostering local and global responsibility is essential, encouraging students to actively participate in addressing these challenges. Empowering student leaders to social and global citizenship will shape the trajectory of education in the years to come."





GULISTA CHAUDHARY

Woman Author *OF The Year -2023*

Architect of Empowerment

Awards

- **Best Women Award 2023 from Career Star India**
- **Excellent Book of the Year by Beauty Planet India 2023**
- **Achievement under 40-45 by India World 2023**
- **Annual Power Recognition Award** appreciation from various government including Director, Ministry of Women Welfare, Registrar, Kanchi, Govt. College for Women, College of Education, Govt. and National Social Service
- **Media Presence:** Featured in numerous news programs such as *Maal Media, ANI*, and various newspapers and magazines, showcasing widespread recognition and support.

Time Q&A with Gulista Chaudhary

Q: How did your personal experiences and your father's journey inspire you to address the mother's role of women empowerment in your book "Mother of Millions"?
Gulista Chaudhary: "As far as my father's personal experience is concerned, I did not learn or do myself. I was born into an educational family, my father is working in the Indian Army. For an army dad who has served around all over the globe in India, and in Bangladesh, but which was never interesting me. Instead, I was very much interested. I found his respectful towards women and his dedication to women empowerment. I never saw gender discrimination in my family, and maybe this is the real reason I came up with my writing topic in my writing."

I found my dad's supportive and encouraging attitude towards all that I did, which was my utmost encouragement. At the end, he supported me even when I was not in the best. "Mother of Millions" was through my father but a very sensitive and important decision. I found his supportive and motivating role in every phase of my life. She was always the constant and the supporter of education in the 20 years that my younger brother is an IASBI doctor and my sister is a lawyer."

Q: As today's evolving society, how do you see your book contributing to changing mindsets regarding gender roles and empowering women, especially in parts of the country where these issues persist?"



After Gulista Chaudhary's extensive personal development work across various and disciplines, PhD and a rich spectrum of experiences, she has woven a platform rooted in social justice. Around her mother's life and company, Gulista passionately contributes to her platform for underprivileged children of women, especially the system that has created non-father as a subsidiary. Current writing "MOTHER OF MILLIONS OF WOMEN" reflects a real-life experience, highlighting qualities in women, showing struggles and resilience. Her life story is a testament to the strength of hard work, social connections, and a deep-rooted commitment to social betterment. Join us in celebrating Gulista Chaudhary – an inspiring figure in the pursuit of empowerment.

Friends and achievements:

- **Motivational Speaker Award by Director, All India Women and Child Development, Government of India, New Delhi, India, for her role and children.**
- **Education Philanthropist:** Actively involved in providing free education to underprivileged children with Charities, NGOs, and Social Enterprises.
- **Industry Leader:** "Mother of Millions" achieved significant success, ranking 2nd on the best new releases and becoming 23 Amazon best-seller.



Shilpa Chaudhary: "Education has a big influence on culture and society. A great tool for cultural expression, better understanding and empathy, stimulates various thoughts about cultural norms and how the personal to social world change. What I love is I can connect this question for everyone or how people take all my writings. But I am not that I write for the mass purposes. But, to try to understand the world around me more fully, and record it as a public manifestation of my experiences."

So in all these, women empowerment helps in enabling women powerful to study their capacity of thinking for themselves. As most women, women realized their power. I have begun the foundation for women empowerment.

Our national level funds enable people to gain a better personal understanding of specific topics, stimulating new thoughts and ideas in the reader which you find in understanding the action.

"KANYASulk" is a story of love, sacrifice, friendship, relationship and dream realization. But if you have written under a star names and local languages because when it's about their children, women are always right. **"KANYASulk - KANYASulk"** is a girl born in India and raised in the Middle East. There where wherever she goes, everything is that mysterious. And if we the power of courage - the courage to change and grow through struggle and unconventional experiences.

Culture is not a stereotype and provide few stars picture can rise up and become the change-making leader, no matter when you come from. We just need to understand our self-worth."

Q: As a young writer, what challenges did you face during the year-long research for your book, and what advice do you have for other aspiring writers seeking socially relevant topics?

Shilpa Chaudhary: "The idea of writing a book is an easy one to write and interesting especially when many people have no idea how long it takes to write a book."

Background is research, content helps bring the reader into the direction of into the perspective of your story. For me, it was challenging too - lot of homework, data collecting, brainstorming to create that document. It is difficult for me to get myself in a particular reader or capture I think. Because it is not an easy that to understand someone, just myself in someone's shoes but it is difficult to apply personally.

Q: How do you envision your career growth in the future, and what advice do you have for aspiring writers seeking to make a social impact through their work?

Probably someone can open with my passion, but we previous that what others do not appear as a statement they offer their judgments. They make comparisons between our version and their writing style. So, for me, it is difficult to fill a lot of the expectations of a reader and my own expectations as a writer.

What writing is important, planning, outlining, sticking into schedule to a step by step writing, keep maintaining yourself and on top, just share what you do and what you find because it's about you, life."





GAGAN KAPOOR

Woman Make-Up Artist

"Crafting Beauty, Defying Odds"

In the enchanting world of makeup artistry, Gagan Kapoor stands as a testament to passion, perseverance, and the pursuit of dreams. A budding professional makeup artist, Gagan Kapoor turned a childhood fascination into a flourishing career. After completing a comprehensive course in professional makeup artistry, Gagan Kapoor fearlessly embarked on the entrepreneurial journey, setting up a thriving business from the comfort of home.

The path to success wasn't without its challenges, but Gagan Kapoor's unwavering determination proved to be the driving force. Working diligently with resilience, the makeup maestro transformed obstacles into stepping stones, ultimately reaching the pinnacle of triumph. Today, Gagan Kapoor prides the industry as a seasoned makeup artist, honing an indelible skill through artistry and tenacity. Join us as we unveil the inspiring journey of Gagan Kapoor - a tale of passion, hard work, courage, and triumph.





Awards and achievements:

1. Best Makeup Artist Award by Parul Chaudhary:

Gagan Kapoor achieved recognition for outstanding makeup artistry, receiving the prestigious award from acclaimed actress Parul Chaudhary.

2. Best Makeup Artist Award by Divya Sharma Bhatia:

Another feather in Gagan Kapoor's cap, this award was bestowed by the talented actress Divya Sharma Bhatia, acknowledging excellence in the world of makeup.

3. Best Hair Artist Award by Javed Habib:

Gagan Kapoor's expertise extends beyond makeup, as evidenced by the accolade from the renowned hairstylist Javed Habib, recognizing exceptional skills in hairstyling.

Some Q&A with Gagan Kapoor

Q: What inspired your journey to become a professional makeup artist, and how do you stay updated with the latest makeup trends?
Gagan Kapoor: "I am deeply interested in makeup as an art. I want to stand as a professional makeup artist, so I focus on this. I update myself through collaborations and other activities from customers."

Q: Can you share a brief overview of your approach to special brides' makeup and the key elements that make your style unique in today's beauty landscape?
Gagan Kapoor: "According to me, the makeup that is trending nowadays is soft glam bridal look, and all A-List makeup are focused in the beauty industry."

Q: In the age of social media collaborations, how do you utilize platforms like Instagram and WhatsApp for client inquiries and collaborations, and what role do they play in your professional success?
Gagan Kapoor: "I updated my tool work on Instagram – real post and reels, which attract my customers and help me in getting customers."

Woman International Hypnotherapist

DR. PRIYA DUTT AANAND

A Green Crusader: Priya Dutt Aand's Journey in Environmental Conservation

In the vast landscape of individuals contributing to environmental conservation in India, Dr. Priya Dutt Aand stands out as a beacon of change. Born on December 11, 1985, in Mumbai, India, Priya has journeyed to become an environmental conservationist at Master Craft. Her ability to blend her profound understanding of environmental science with her innate love for nature is the cornerstone of her remarkable work. From forest conservation to sustainable agriculture, Priya Dutt Aand's research, writing, and activism are instrumental in the ongoing fight against climate change. Through her commitment, she has not only inspired a growing number of individuals to take action but has also become a global role model.

(Met with Priya Dutt Aand)

Q. What inspired your journey into environmental conservation?

Priya Dutt Aand: "My inspiration stems from a deep-rooted connection to nature, nurtured in my family's garden. Witnessing the environmental challenges in Mumbai, Goa, and beyond, I felt a strong desire to contribute and make a difference."

Q. Tell us about your educational background and key milestones.

Priya Dutt Aand: "I hold a Master's Degree in Environment from Columbia College, University of Chicago. My academic journey includes publications from *Sci. Data Group*, *India Meteorological Society*, and prominent forums on energy and climate. I've also pursued the *PhD* for my doctoral dissertation."

Q. Can you share your experience in founding and managing various organizations?

Priya Dutt Aand: "I have played a pivotal role in establishing *Green Environment Society*, *GGP&G*, *ANNE (India)*, and *Dr. K. Srinivas Acharya Bhawan*. These initiatives aim to address environmental issues and promote sustainable living in the world."





Awards and Achievements:

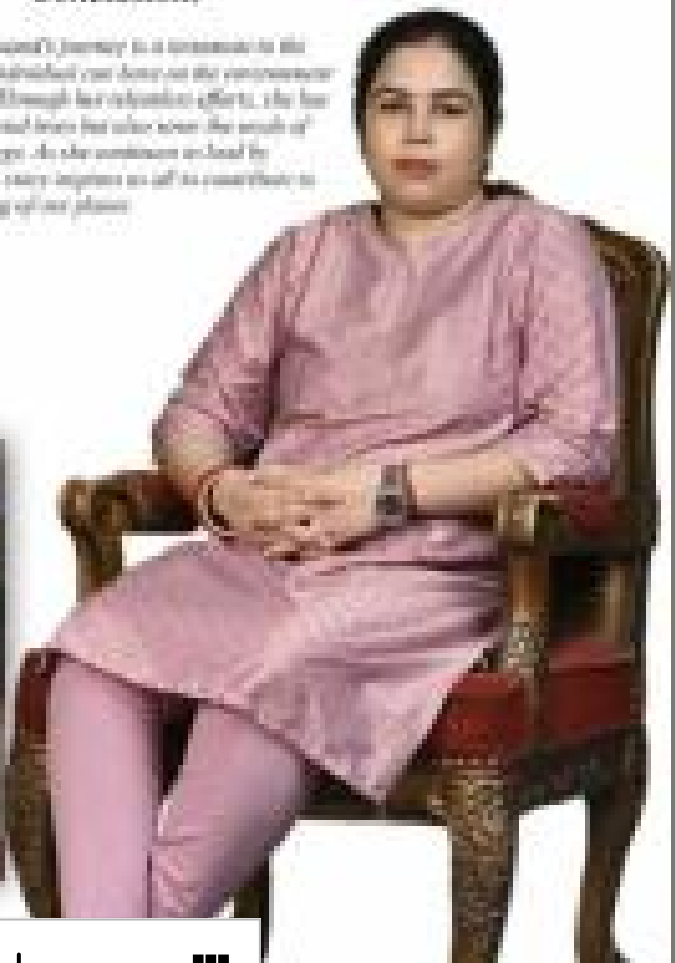
- In 2006, honored as Bachelor's Honoree by President Pratibha Devi Patel
- Appointed as the President of Anandhan Children's Trust, Tamil Nadu, Kerala, Vice President in 2004
- Recipient of the Bharatiya Shiksha Award in 2014
- Established five health-care centres in 2019
- Distributed approximately 25 lakh free cancer tests from 2020 to 2022
- Organized with the National Health Board in 2019 and Citizen Service Week award by the Government of Uttar Pradesh
- Undertaken the distribution of 1000 free gloves in Delhi's Old City in 2017
- Initiated the "33 Plastic-free Green Days" campaign in Haryana in 2018
- Honored as the "Vivek Dots Medallion of the Year" by the Minister of Health in 2019
- Distributed gloves in various districts of Bihar and Odisha in 2019
- Received the Global Green Award from the Rajasthan government in 2020
- Attended the International Conference on Education and honored with the National Inspiration Award in Madhya Pradesh in 2020
- Peace Warrior Award in 2022 from Finland

Current Responsibilities:

- Managing the Online Medical Research in Madhya Pradesh
- Leading the movement to end logging in Madhya Pradesh by establishing two associations
- Promoting the establishment of Sangita Vidya - Post-Graduate Courses in Postgraduate Institute, Ujjain
- Serving on the Board of Management of Columbia Pacific Group University

Conclusion:

Pratibha Devi's journey is a testament to the impact one individual can have on the environment and society. Through her relentless efforts, she has not only planned but also seen the fruits of positive change. As she continues to lead by example, her story inspires us all to contribute to the well-being of our planet.



Queen Of Success

MUMTHAJ

Expert In Beauty Health Care

“Mumthaj: Transforming Roles, Empowering Lives”



Mumthaj is a remarkable woman whose journey from being a dedicated housewife to a thriving therapist is both inspiring and empowering. For years ago, she embraced a significant opportunity that led her to venture into the world of therapy with passion and dedication. Mumthaj's story is a testament to the strength that lies within every individual to realize their dreams. As a therapist, she not only brings professional expertise but also a greater warmth that resonates with her clients. In this exclusive interview, Mumthaj shares her insights on her transformative journey, her personal growth, and the challenges she faced in helping others navigate their emotional well-being. Join us as we explore Mumthaj's journey of self-discovery and resilience, highlighting the remarkable contributions she makes to the well-being of those in need.

Mumthaj's professional journey is marked by a series of milestones that reflect her commitment to personal growth and professional excellence. Beyond the hours of therapy, she has undertaken numerous courses and certifications, furthering her understanding of mental health with great rigor. Her dedication to continuous learning is evident in her advanced certifications in trauma-informed care, ensuring a holistic approach. Additionally, her ongoing participation in workshops and seminars allows her to stay updated on the latest research and practices in the field of mental health care. Mumthaj's story is a testament to the power of perseverance and the pursuit of a healthy and meaningful life. Through her dedication to helping others, she continues to make a positive impact on the lives of those in need, proving that success is not just about achieving one's goals but also about the journey and the people you meet along the way.

Awards and achievements:

- Certificate in Health Care Administration for expertise in health care management and leadership.

Some Q&A Mumthaj:

Q: What innovative therapy techniques or products do you believe are essential for maintaining healthy and resilient minds in today's fast-paced landscape?



Q. As a renowned skin therapist, how do you navigate and stay updated on the evolving trends in skincare, ensuring your clients receive the latest and most effective treatments?

Answer: "As a renowned skin therapist, navigating and staying updated on the evolving trends in skincare is a continuous and exciting process. My role involves continuous education and staying abreast of the latest skincare trends. Regular participation in industry conferences, workshops, and online courses keeps me informed about emerging trends and breakthrough technologies. Collaborating with reputable skincare brands allows me access to their latest products and methodologies. The clinic prioritizes research and invests in state-of-the-art treatments like laser hair reduction and peels, ensuring our clients experience the most effective solutions. As a long-standing expert with regular consultations, I always stay one step ahead, always at the forefront of the exciting beauty challenges, proactively optimal ready for our client's choice."



Q. Can you share insights into the intersection of self-care and skincare, and how it plays a pivotal role in the well-being of individuals in the current societal context?

Answer: "In today's dynamic societal landscape, the intersection of self-care and skincare emerges as a vital component of holistic well-being. The self-care practices, skincare become a ritual of self-love, fostering confidence and resilience. Embracing a personalized skincare routine is an empowering act, symbolizing a commitment to one's physical and mental health. It serves as a daily reminder to prioritize oneself amidst life's demands. Confidence and blossoms when we nurture our skin, reflecting an internal harmony. The integration of self-care and skincare is a potent tool for navigating the challenges of contemporary living, offering individuals a holistic means to invest in their well-being and face the world with a radiant sense of self-assurance."



Khan Mohsinah

Young Emerging Writer

"Crafting Literary Journeys from Kashmir to Rajasthan"

In the breathtaking valleys of Baramulla, Kashmir, Mohsinah Ahsan, daughter of 'Shikharshah' Ashraf Khan and Indira, spent her formative years. Instilled with the pure essence of Kashmiri culture and a profound love for literature, her journey led her to the vibrant landscapes of Rajasthan, where she now shines as a young author and an English language teacher. Fervent about education, Mohsinah's dedication extends beyond the classroom, as evidenced by her role as a volunteer in numerous anthologies. From the crisp air of Kashmir to the cultural richness of Rajasthan, Mohsinah's narrative reflects her unwavering commitment to the written word and the profound impact of nurturing young minds through the art of education.

Awards and achievements:

- Co-author of multiple anthologies showcasing literary contributions.
- Actively engaged in the creation of a book addressing childhood trauma.
- Recognized for literary achievements and contributions to anthologies.
- Demonstrated commitment to raising awareness about childhood trauma through writing.
- Actively involved in the literary community with a focus on impactful storytelling.
- Ongoing efforts reflect dedication to addressing important societal issues through literature.





Some Q&A with Mohsinah Ashraf:

Q: What inspired you to become an English language teacher and share your passion for literature with young minds, especially in the picturesque valleys of Karanalla?

Mohsinah Ashraf: "An inspiration to become an English language teacher sprang from the inspiring vision of my English teacher who gave me love for literature and an insatiable desire to expand knowledge."

Q: In your journey from the valleys of Karanalla to achieving a Master's degree in English, how did the rich cultural tapestry of Kashmir influence your perspective and shape your approach to literature?

Mohsinah Ashraf: "The rich cultural aspects of Kashmir, with its great traditions, diverse influences, and mesmerizing beauty, inevitably weaved itself into the fabric of my perspective towards literature. Growing up surrounded by the breathtaking valleys and the poetic essence of Kashmir, I absorbed the region's heritage of language, art forms, and storytelling traditions."

Q: As both a writer and a teacher, how do you see the role of literature and education in bridging divides and creating understanding, particularly in a world often defined by chaos and uncertainty?

Mohsinah Ashraf: "As a writer and educator, I see literature and education as power tools capable of weaving threads of empathy, understanding, and unity in the complex fabric of our diverse world. Literature, with its ability to portray diverse perspectives and human experiences, serves as a bridge connecting individuals across culture, ideologies, and backgrounds."



Care for your skin, Care for your beauty

Love your skin naturally

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TOP 12 WOMAN LEADERS -2024



LAST 3 DAYS FOR REGISTRATION

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